

LivingWell

Summer 2018 • Volume 14 • Issue 3

A publication of



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SAVING LIVES *by* SAVING COSTS

page 4

Joan Anderson has served in Lincoln's medical community for more than 40 years, providing many with the health care they need through the Lancaster County Medical Society.

Saving Seniors Money

It's time to check your Medicare Supplement

- Apply to change plans in less than 1 hour!
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402-514-7241

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Lincoln NE 68516

Director's Corner

Beginning June 1, Aging Partners Senior Centers in Lincoln and Lancaster County returned to locally prepared meals from our central kitchen in downtown Lincoln. We've brought back some of our diners' favorite recipes — bread pudding, banana flip, apricot charlotte and barbecue chicken, to name a few. Food will be provided in the recommended portions and nutritional content within Older Americans Act and USDA standards, meeting one-third of the nutritional dietary requirements for seniors.

Aging Partners takes our responsibility for food service very seriously. We have continually scrutinized it since we began the new food model Nov. 1 of last year.


Cooking from our central kitchen will allow us more control over food quality and menu selection, and reduced transportation time will improve freshness.

Most importantly, we listened to our patrons. The feedback we received regarding diners' satisfaction, or lack thereof, with the food provided under the vendor model, clearly stated that the meals were not up to par for some.

Meals and socialization are important elements of health for seniors everywhere. Our senior centers provide an opportunity for seniors to receive a nutritious meal, enjoy various activities and get together with friends.

If you haven't visited a senior

center recently, we hope you'll make plans to enjoy a meal with us sometime soon. A listing of our centers can be found at aging.lincoln.ne.gov and on page 35 of this publication. If you'd like more information on our meal program, please call 402-441-7159.

We thank you for the feedback we've received. We listened to you, and we are very excited about what the future holds for our agency, our senior centers and our Aging Partners meal program. 



Randall Jones



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

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Staying Involved

SAVING LIVES *by* SAVING COSTS

Anderson Makes Community Impact

With 40 years of experience in Lincoln's medical field, Joan Anderson has her finger on Lincoln's pulse.

Anderson, RN, MA, worked in several capacities at Lincoln's three major hospitals, but her specialty was critical care. In the 1970s and 1980s, she served on the Mobile Heart Team, an emergency unit that responded to emergencies at Nebraska football games. While working as Lancaster Medical Educational Partnership (LMEP) director of special projects, Anderson assisted in training the Lincoln Fire & Rescue paramedic program, adding paramedics to each of the city's engine companies in 1994. While there, she also helped coordinate the training of doctors and nurses through the Advanced Cardiac Life Support Program, Advanced Trauma Support Program and Advanced Burn Life Support Program, all of which began in Lincoln and are now implemented nationwide.

Later, Anderson produced health care videos at the height of the AIDS epidemic in the United States. She interviewed physicians in San Francisco and produced nationwide training programs on HIV/AIDS and how to protect health care workers. Overall, she produced more than 100 different health care training

programs from hand-washing to a series on cancer.

For 20 years, Anderson has been a doula, advocating for mothers as they give birth; for the past six, she has been a hospice volunteer, providing companionship for hospice patients and respite for the family.

"My years of experience have given me knowledge and community connections, and I plan to use them as long as I can for a positive purpose," she said.

Making a Positive Impact

Since 2001, that positive purpose has been found with her service as Lancaster County Medical Society (LCMS) executive director.

"Working here allows me to use my nursing experience without being a full-time nurse," she said.

LCMS is committed to work with other agencies to address community health issues and assist people in getting the medical care they need. It helps in four main areas: physician referral, specialty care access, medical home access and medical

assistance, funded in part by the Community Health Endowment.

The Medical Assistance Program was developed in 2003 to help low-income individuals afford medication and primary and specialty medical care.

"Joan has driven our 'clinic without walls' concept into reality for us," said Lori Seibel, Community Health Endowment President. "That program has been successful and brought millions of dollars back to the community because of Joan's knowledge. She has been a big part of creating that safety net health care system that can't be matched by any other community."

The Medical Assistance Program assists about 1,000 to 1,500 Lancaster County residents annually with current medical needs. Many of those helped are uninsured, have Medicare but no supplement, and a few other exceptions, such as those with a high deductible or no adequate medication coverage. Individuals pay for medications or medical care on a sliding fee scale based on income. LCMS can assist people who live outside of



Everyone needs someone like Joan. Lincoln is fortunate to have her."

— Lori Seibel, Community Health Endowment President

Lancaster County if the individual can pay the full discounted rate.

When an individual calls LCMS, Anderson or Director of Operations Mary Goracke provide triage over the phone. Staff help set up appointments, rotating through the list of LCMS physician members, who take a discounted rate.

“We’re lucky to have our physician members,” Anderson said. “They all want to help, but no one office can take all the uninsured.”

With more than 650 physician members — 94 percent of practicing physicians in Lancaster County — LCMS has a very high percentage compared to similar organizations throughout the region.

“Lincoln is fortunate to have so many community connections,” Anderson said. “We work with hospitals, pharmacies, physicians and other agencies. We are very well connected. Lincoln is a big-small town with a lot of collaborations.”

Linking Other Resources

LCMS also assists individuals with referrals for dental care, hearing aid help, medical supplies such as walkers, or CPAP machines and bus vouchers. Staff can also help those who qualify apply for Medicaid or Medicare or the Supplemental Nutrition Assistance Program (SNAP), formerly food stamps.

“Lincoln is one of the few cities with a lot of programs for its residents,” Anderson said. “Our philosophy is we are not able to be a one-stop shop, but we never want someone to hang up the phone and not have options. If we don’t know, we try to find out who does.”



Anderson serves as Lancaster County Medical Society executive director, assisting individuals via phone to receive the medical care they need.

LCMS also assists many over age 60 who are on a fixed income but aren’t sure what programs are available.

“Sometimes using free resources such as FoodNet allows individuals to pay for their medications,” Anderson said.

To expand their knowledge and better connect, Anderson and Goracke also serve on several community coalitions, acting as a trusted link between residents and physicians.

“From critical care to making videos — I’ve enjoyed all of my experiences and have been very blessed in having such diverse opportunities,” Anderson said.


Lancaster County Medical Society

402-483-4800

Monday through Thursday:
8:30 a.m. to 4 p.m.

Friday: 8:30 a.m. to noon

Anderson’s knowledge of the medical field and local physicians is a benefit to everyone involved, Seibel said.

“Joan is always working with folks to access health care in the community,” she said. “Everyone needs someone like Joan. Lincoln is fortunate to have her.” 



Older adults play pickleball at Peterson Park. Many also play at the Calvert Recreation Center during the winter or rainy weather.

Recreation Centers Provide Ways to Get Involved

The Calvert Recreation Center at 4500 Stockwell offers a variety of activities and a place for community members to gather. It also has formed its own small community of older adults, in part because it was a senior center many years ago.

“Throughout the years, we have tried to cater to the older adult community,” Calvert Rec Center Manager Dan Payzant said.

The Calvert Rec Center offers various social and physical activities for older adults, from playing cards to open gym times for walking and pickleball. Although any Parks and Recreation center is open to seniors, Calvert provides a few different activities.

One is the Widowed Persons Service Friendship Group, where widows and widowers gather

Sundays from 2 to 4 p.m. to play cards, drink coffee and get to know one another.

The Calvert Rec Center opens its gym for walkers Monday through Friday from 12:30 to 2:30 p.m. and on occasion hosts education meetings for people about to retire and looking into Social Security, retirement and other relevant topics. On Thursdays at 11 a.m., FoodNET distributes food donated by grocery stores, restaurants and other local businesses to those who are in need. There is no cost or registration required.

Groups of older adults can gather to socialize, play games or sports, but often the biggest and consistent groups at the center are there to play table tennis and pickleball.



Table Tennis

On Mondays, Wednesdays and Fridays from 1 to 2:30 p.m., the Calvert Rec Center is alive with the sound of plastic bouncing between paddles.

"They are our regulars and are welcoming to anyone who wants to join," Payzant said.

Table tennis players improve their hand-eye coordination while having fun and building friendships.

"We occasionally host a table tennis potluck meal, and the players bring their spouses," he said. "It is always a lot of fun."

Last year, the group donated enough money to purchase a brand-new institutional table tennis table for the center.

"We appreciate the facility and its availability," said player Jerry Sellentin, who joined the group about 11 years ago. "I played table tennis before, and when I retired, I was looking for things to do."

No particular skill level is required to join, and players are willing to show newcomers the ropes. Many of the more competitive players test their

skills in the Cornhusker State Games and the Nebraska and surrounding states' Senior Games.

The University of Nebraska Osher Lifelong Learning Institute (OLLI) also coordinates a table tennis interest group Tuesdays and Thursdays from 1 to 2:30 p.m. for its members.

Pickleball

Pickleball is a combination of tennis, badminton and table tennis, played with a paddle and whiffle ball on a short court. The game is played on courts found in many recreation centers and at Henry and Peterson parks. The Calvert Rec Center opens the gym for pickleball Monday through Friday for two sessions: 8 to 10 a.m. and 10 a.m. to noon. There is a \$2 drop-in fee.

"Everyone is welcome to come, play and meet people," Payzant said.

Many enjoy the game because it is fast-paced, but doesn't require a lot of movement such as tennis.


"I come for the fun, friends and fitness," said Lynn Grams, a regular player.

Miriam Wallick enjoys getting good exercise and making new friends while playing pickleball. At both public parks, groups of younger players occasionally will come by to join in.

Many players are associated with the Lincoln Pickleball Association. Bill Roehrs, ambassador, can help get people involved in the group and learn the game. He can be contacted at wroehrs@me.com, 402-423-6784 or found on Facebook at Pickleball Lincoln NE.

For More Information

The Calvert Recreation Center is open 7 a.m. to 7 p.m. Monday through Thursday and 7 a.m. to 6 p.m. each Friday in the summer and changes to fall hours in November. For more information on activities, reservations and other inquiries, call 402-441-8480.

Don't forget to check out other Lincoln Parks and Recreation centers for more activities near you. 



Gary Oxley, Dale Eddy, Norm Robbins and Ken Kokes play table tennis twice a week at the Calvert Recreation Center.



Lincoln Takes It To The Bin

Lincoln and Lancaster County residents, businesses and recycling collectors made April a historic recycling month. As clean corrugated cardboard is no longer accepted at the landfill, we recycled it at record levels. The amount of cardboard deposited at the city drop-off sites totaled about 428,000 pounds — 93 percent more than in April 2017!

Households can either take their cardboard to one of 32 public recycling drop-off sites or subscribe to a curbside service. You may want to contact your garbage and recycling collector to see if they offer senior discounts for weekly collection.

To keep operations running smoothly at drop-off sites,

residents are encouraged to take the following steps:

- Flatten boxes, and remove packing material and Styrofoam.
- Fill bins from the back to the front, and check all slots and bins if one appears full.
- Report sites in need of collection service to 402-441-8215 or recycle@lincoln.ne.gov.
- If a container or bin is full, visit an alternate site or come back another time.

We learned a great deal from our first month of this experience, and the Recycling Office is available if you have questions. Your best resources are to visit recycle.lincoln.ne.gov or call 402-441-8215. **lw**



Dr. Andrew Glenn

Andrew R. Glenn, DDS, MD

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Planning Ahead

The New Fullerton Adventure: Living with Alzheimer's

Lynne and Bob Fullerton have been married 33 years. Bob enjoys playing practical jokes on Lynne.

"He is always trying to sneak up and scare me," she said.

For the Fullerton's, this is marriage. But often with a lifelong commitment, things don't always go as planned.

They spent their first decade together on the softball field. Bob played second base and shortstop for the Omaha Machine softball team, where he worked as an overnight machinist. Eventually, they moved to Grand Island and Bob became a stay-at-home dad for their children, Alicia, Justin and Brad.

Six years later in 1991, they moved to Lincoln. Lynne sold medical supplies and Bob was a paraeducator and taught 4th grade for a few years.

"I love kids," he said. "I really connected with the kids who needed additional support."

They spent their time keeping up with the children. Bob coached their sports teams and took an interest in nature photography.

"We started exploring state parks, and it became a ridiculous passion for us," Lynne said.

In 2014, the Fullertons moved to Colorado to pursue wildlife photography and all things beautiful.



Lynne and Bob Fullerton make the most of life since his younger-onset Alzheimer's Diagnosis four years ago.

The Diagnosis

Just three months after arriving in Colorado, it became obvious that something wasn't right.

"Bob was having trouble completing online job applications or getting around the neighborhood," Lynne said. "It just became clear learning new information wasn't happening."

It was just 30 days from the initial appointment to diagnosis, and it didn't even cross their minds that Bob might have younger-onset Alzheimer's disease at just 59 years old.

The Fullerton's were fortunate to live just 30 miles away from one of the few centers doing PET scans for official diagnosis, which insurance

Continued on page 10.

The New Fullerton Adventure: Living with Alzheimer's

Continued from page 9.

doesn't often cover due to limited treatment.

"I disagree," Lynne said. "The combination of medications Bob took backed up time for us. It extended our adventure in Colorado for two years."

After the initial diagnosis came shock, depression and disbelief. Bob wasn't able to work, and seeing a psychiatrist allowed him to apply for Social Security Disability. The psychiatrist encouraged the Fullertons to focus less on what they couldn't do — but what they could do.

They turned to the Alzheimer's Association. From education to support groups, Lynne took every opportunity to attend a class or seminar to gain education.

"Without the Alzheimer's Association, we wouldn't have known what we were going to face," she said.

It took about six months after the diagnosis before the Fullertons were at a place of acceptance. Bob took up the electric guitar to fill time and stimulate his brain.

"My parents were in a country western band," he said. "Even though I played drums growing up, I chose guitar because of my dad. That's what he used to play."

Life Now

In 2016, the Fullerton's moved back to Lincoln to their support system of family and friends. All three of their children and families enjoy time together and doing activities with Bob.

Their family was close, but now they are even closer.

"Even though we would not have chosen to have this happen, the silver linings have been so frequent and so huge," Lynne said. "If you would have told me that accepting this diagnosis would be the answer to living well with it, it wouldn't have been what I was thinking."

Bob's progression of Alzheimer's has been gradual, so things are always changing. The acceptance of the diagnosis is constant, with occasional grieving of what could have been. But that doesn't stop them from living now, it just requires more support.

"Bob is a very easygoing man," Lynne said. "I am grateful for that. He has the quickest wit and he hasn't lost that. I think it might even be sharper now."

For those with Alzheimer's, it becomes a challenge to use any gadget: the television, cellphone, thermostat, gas pump or camera.

"We just provide more support," Lynne said.

While many find it

10 Early Signs and Symptoms of Alzheimer's

- Memory loss that disrupts daily life.
- Challenges in planning or solving problems.
- Difficulty completing familiar tasks at home, at work or at leisure.
- Confusion with time or place.
- Trouble understanding visual images and spatial relationships.
- New problems with words in speaking or writing.
- Misplacing things and losing the ability to retrace steps.
- Decreased or poor judgement.
- Withdrawal from work or social activities.
- Changes in mood and personality.

If you notice any of the 10 Warning Signs of

Alzheimer's in yourself or someone you know, don't ignore them. Schedule an appointment with a doctor.



frustrating and might not be willing to accept help, Bob is the opposite.

"I can't work it, so just help me," he said.

Lynne works as a mortgage banker from home to take care of Bob.

"Safety was an issue being at home alone for longer periods of time," she said. "My boss told me, 'You're trying to do too much, so let's change things and let you do the most important job — take care of your husband.' I'm very fortunate."


Bob now spends his days helping around the house and staying active by walking, riding his


bike, shooting baskets and playing a football video game. Together, they travel at least once a week to Branched Oak Lake for Bob to pursue his wildlife photography.

"I love getting out in the woods and trying to find something to take a picture of," he said.

The Alzheimer's Association provides and enhances care and support for individuals and families affected by Alzheimer's disease through resources, education and financial help. For help or questions, call the Alzheimer's Association 24/7 helpline at 800-272-3900.

For individuals and their

 **If you would have told me that accepting this diagnosis would be the answer to living well with it, it wouldn't have been what I was thinking."**
— Lynne Fullerton

families diagnosed with Alzheimer's, life is just different — ever changing — but still an adventure. 

Is It Time For a Change?

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

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

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

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- Vendor referral handbook for local service companies
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When to Draw Social Security: Know Your Situation and Make an Informed Choice

It can be difficult to decide when to make the jump from working daily to relaxing retirement. While also comparing pensions, savings and investments, everyone should take some time to consider their Social Security benefits before determining a date for retirement.

Social Security is part of a retirement plan for almost every American worker, as 96 percent of workers are covered under Social Security. Social Security credits are based on your total wages and self-employment income during the year, no matter when you did the actual work. You might work all year to earn four credits, or you might earn enough for all four in a much shorter length of time. Social Security is looking for the highest 35 years during a worker's lifetime of earnings, regardless of when it was earned.

Deciding when to take retirement and Social Security benefits is something each person should

decide based on his or her own situation.

The actual amount you receive through Social Security each month depends on when you begin receiving benefits and the year you were born.

Individuals can begin receiving retirement benefits at any point from age 62 to 70. However, when an individual takes benefits before full retirement age, the amount he or she receives will be reduced for the duration of their benefits. Individuals are always eligible for cost of living adjustments annually; in 2018, that adjustment was 2 percent.

For example, if you turn 62 in 2018 and retire, your benefit would be about 26.7 percent lower than at your full retirement age of 66 and 4 months.

For each year a person waits after full retirement age to take benefits, the increase is 8 percent annually. At age 70, the payment is 132 percent compared to 100 percent at full retirement age. The longer you delay your benefit, the higher it will be by

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Year of Birth	Full Retirement Age
1943-1954	66
1955	66 and 2 months
1956	66 and 4 months
1957	66 and 6 months
1958	66 and 8 months
1959	66 and 10 months
1960 and later	67



the time you reach age 70. This adjustment is usually permanent and sets the base for benefits you will receive for the rest of your life.

Working and Taking Retirement

If you're still working and younger than full retirement age and your earnings exceed certain amounts, your benefit payments will be reduced. That amount isn't lost, however. The SSA will recalculate and your benefit will increase at your full retirement age to account for benefits withheld due to earlier earnings. Different rules apply if you receive Social Security disability benefits, Supplemental Security Income payments, or work outside of the United States.


When you reach full retirement age, you can work and earn as much as you want and still get full Social Security benefit payments. In addition, as long as you continue to work and receive benefits, the SSA will record each year to see whether the extra earnings will increase your monthly benefit.

For example, if an individual turns 62 in 2018, his or her full retirement age is 66 and 4 months. Their monthly benefit starting at full retirement age is \$1,300. If they begin taking benefits at age 62, the monthly benefit will be reduced 26.7 percent to \$953 to account for the longer time they would receive benefits. If the individual chose to delay benefits until age 70, their monthly benefit would be increased to \$1,681. This increase is a result of delayed retirement credits due to postponing benefits past full retirement age. The benefit of waiting until age 70 in this example is 76 percent more than the benefit you would receive each month if the individual began benefits at age 62 — a difference of \$728 each month.

Making an Informed Decision

Of course, due to aging and the specifics of the

job, not everyone can wait to retire. Remember, do your research and make a wise decision based on your personal situation.

To help with this substantial decision, the Social Security Administration (SSA) provides a Retirement Estimator based on an individual's actual Social Security earnings record, providing personalized and more accurate and detailed numbers. While the SSA cannot provide people with an actual benefit amount until they apply, it may give them a better idea of what is best for their situation. To access the Retirement Estimator, visit www.ssa.gov and search "Retirement Estimator." 



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New Fitness Center, Feeling Fit Fridays to Help Seniors Stay Fit this Summer

By Peggy Aphorpe, Aging Partners Health and Fitness

We are delighted to report that our new fitness center at 555 S. 9th St. is flourishing! Participants cannot say enough nice things about the new equipment and facility. They especially like the cheerful environment, supportive staff and the windows! The enhanced parking options are also a plus. Center participants and staff would like to express our sincere thanks to our many donors, including the Schmieding Foundation, Nebraska Department of Health and Human Services, Lincoln Cares, Jim Schueth and the Seniors Foundation. This could not have happened without your support.

Feeling Fit Fridays

Aging Partners is proud to be part of the Move More Lincoln Wellness Series, co-sponsored by

Community Health Endowment of Lincoln and Lincoln Parks and Recreation. Join us for Feeling Fit Fridays, a sampling of the classes offered by Aging Partners Health and Fitness. Every Friday at noon from June through September, our instructors lead popular fitness classes that also are offered throughout the year. Classes are held at the Jayne Snyder Trails Center, 21st and “Q” streets, and are free and open to the public.

Active Aging Week: Sept. 23-29

In recognition of Active Aging Week, the public is invited to check out the new fitness center or attend one of our fitness classes, which are at convenient locations throughout the community. During the week, all activities are free and open to the public. A listing of Health and Fitness activities can be found on pages 36 and 37 of this publication. You can also call 402-441-7575 for

a detailed schedule or for more information.

Initiated in 2003 by the International Council on Active Aging, Active Aging Week occurs every year during the last week of September. The weeklong campaign calls attention to and wholeheartedly celebrates the positivity of aging today. It showcases the capabilities of older adults as fully participating members of society. Participating countries include the United States, Canada, Australia, India and Ireland.

Active Aging Week challenges society’s diminished expectations of aging by showing that regardless of age or health conditions, adults over 50 can live as full as possible in all areas of life — physical, social, spiritual, emotional, intellectual, vocational and environmental. The objective of the annual health promotion event is to give as many older adults as possible the means to experience wellness activities and exercise in a safe, supportive environment. It also promotes the benefits of healthier, more active lifestyles across the life span.

Stay Active, Stay Strong

Health benefits of remaining active:

- Helps you maintain or lose weight (if needed).
- Helps delay or prevent disease.
- Reduces the impact of existing illnesses.
- Enhances mobility, flexibility and balance.



The new Aging Partners Health and Fitness Center is at 555 S. 9th St.

- Improves sleep.
- Boosts mood and self-confidence.
- Aids with mental function.
- Helps keep your bones and muscles strong.
- Helps reduce your risk for falls!

National Falls Prevention Awareness Day: Sept. 22


Falls are not a normal part of aging, but they are the leading cause of fatal and nonfatal injuries for older Americans. That's why Aging Partners is partnering with the National Council on Aging (NCOA) and the Nebraska Falls Coalition to celebrate Falls Prevention Awareness Day Sept. 22.

Fall prevention education can be life-changing, not just for the older adults who participate in these events, but for their loved ones, and even our community. Aging Partners offers evidence-based fall



prevention programs including Stepping On: Building Confidence and Reducing Falls, Tai Chi: Moving for Better Balance and Fit and Strong.

Fall prevention is a team effort that takes a balance of education, intervention and community support. This annual coordinated celebration is an opportunity to look at the world around us, be

aware of falls hazards and take action to stay safe from falls. We also thank all of those in our communities who have supported our fall prevention efforts. This includes our program host sites and the numerous active and retired professionals who have helped us plan and implement successful fall prevention programs. 



2018 *Signature* Events

Experience Legacy Retirement Communities this summer at our events!



Legacy Estates Chef Showcase

Wednesday, August 1st • 11am - 2pm

Legacy Estates, 7200 Van Dorn

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Sunday, September 9th • 1 - 4 pm

Legacy Terrace, 5700 Fremont

Patio Party

Sunday, Sept 16th • 4 - 7pm

The Legacy, 5600 Pioneers

Brain Injuries: The Invisible Injury Impacting All Generations

At age 17, Dale Johannes was in a car accident that caused extensive physical injuries and a severe brain injury which initially left him fighting for his life and in need of months of rehabilitation.

“It has taken me years to recover,” he said. “But I have been incredibly fortunate that I have been able to make a full recovery.”

Today, Johannes helps raise awareness of injuries like his own.

“I need to make a difference,” he said. “The attention paid to brain injuries is little to almost nothing. It needs to change.”

For the past 10 years, Johannes has volunteered with the Brain Injury Alliance of Nebraska (BIA-NE), the only nonprofit in the state exclusively dedicated to brain injuries. Committed to creating a better future for Nebraskans with brain injuries, BIA-NE works to secure and develop community-based services, provide support groups and access to pertinent information, medical resources and service referrals.

What is a Brain Injury?

There are two types of brain injuries: traumatic and acquired.

A traumatic brain injury (TBI) is caused by a bump, blow, jolt or penetration to the head that disrupts the normal function of the brain. Not all blows or jolts to the head result in a TBI. TBIs range from mild, a brief change in mental status or consciousness, to severe, an extended period of unconsciousness or amnesia after the injury.

An acquired brain injury (ABI) is an injury to the brain, which



Thirty years ago, Dale Johannes suffered a serious brain injury after a car accident. Today, he is helping to raise awareness of brain injuries through the Brain Injury Alliance of Nebraska.

is not hereditary, congenital or degenerative, that occurs after birth. This includes anoxia (lack of oxygen), aneurysms (a weak bulging spot on the wall of a brain artery), or infections to the brain and stroke. ABI can occur after other significant health problems, such as a heart attack.

Brain Injury Symptoms

Brain injury is often called the “invisible injury” as you can’t always see the injury and oftentimes evidence of mild brain injury does not show up on brain scans.

“Because brain injury is an invisible injury, it is important to know and look for the signs and

symptoms of one,” said Peggy Reisher, Brain Injury Alliance of Nebraska executive director. “If you suspect a brain injury has happened, it is important to be seen by a doctor. When in doubt, get it checked out.”

Due to the complexity of the brain, an injury is unpredictable in its consequences. A brain injury affects who a person is, and how they think, act and feel.

Symptoms of a brain injury include:

Physical symptoms

- Headache
- Fatigue
- Dizziness
- Sensitivity to light and/or noise
- Nausea
- Balance problems
- Cognitive symptoms
- Difficulty remembering
- Difficulty concentrating
- Feeling slowed down or “in a fog”

Emotional symptoms

- Irritability
- Sadness
- Feeling more emotional
- Nervousness

Sleep symptoms

- Drowsiness
- Sleeping more OR less than usual
- Trouble falling asleep

Symptoms might not occur until 48 hours after the injury, and not all areas (physical, cognitive, emotional and sleep) may be present, making brain injuries difficult to diagnose.

“Brain injury affects everyone differently,” Reisher said. “Some experience depression if they don’t fully recover, as they will often long for the way things used to be. Additionally, sometimes family and friends are unsure how to interact with the individual if



Brain Injury Alliance

N E B R A S K A

their personality has changed due to the brain injury. This, too, leads to social isolation and depression.”

TBI is responsible for more than 80,000 emergency department visits annually in people 65 and over, and three-quarters of those visits result in hospitalization as a result of the injury.

During the aging process, the brain shrinks, making older adults more likely to suffer a brain injury. The No. 1 cause of traumatic brain injuries to older adults are falls, followed by motor vehicle accidents.

Many brain injuries aren’t

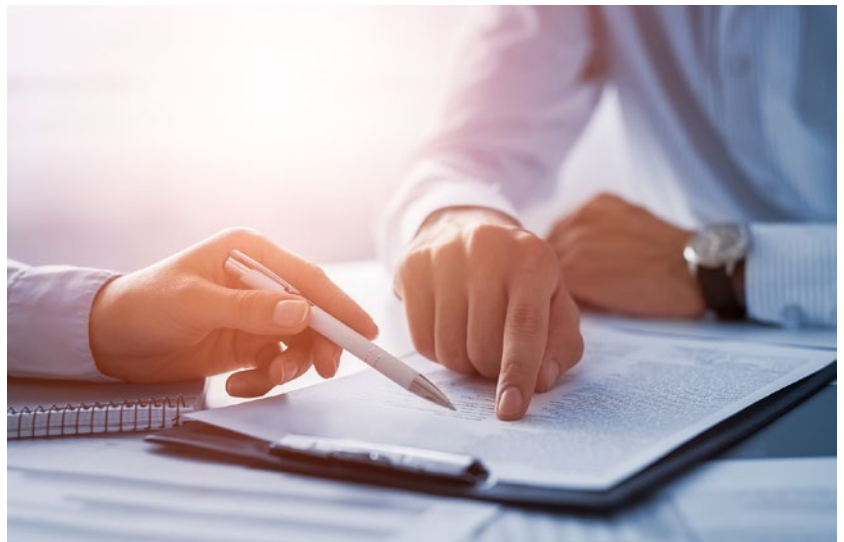
Continued on page 18.

PLANNING FOR TOMORROW

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Where Connections Make a Difference.

Brain Injuries:

The Invisible Injury Impacting All Generations

Continued from page 17.

properly diagnosed in older adults due to limited understanding and their coinciding with additional medical conditions.

“If a person has dementia, it is incredibly difficult to diagnose a brain injury knowing they already have diminished activity,” Reisher said. “And that resiliency to bounce back isn’t there.”

Recovery After a Brain Injury

Thirty years ago, 50 percent of individuals diagnosed with TBI survived. Today, that number is 78 percent due to medical advancements.

“When a brain injury happens, everything is affected,” Johannes said. “I’ve been fortunate to overcome it, but many aren’t. It scares me to age and think of possibly having to go through what I went through again.”

For the first few years of Johannes’ recovery, he was able to determine when the injury was causing problems. But now, it doesn’t matter. He is who he is — a “new normal.”

“Things are going to be different than before,” Johannes said. “What ‘different’ looks like is hard to say. I’ve been able to make the best of my situation.”

Recovery is different for each person and is dependent upon many factors such as the severity of the injury, age of the individual and the support and management of the injury.

“For those with mild brain injury (or concussion) recovery starts with rest and slowing activity level based on how the individual is feeling,” Reisher said. “If your symptoms are increasing, like you have a harder time with memory or anxiety, take a break. Rest might be lying on the couch or watching TV.”

Brain injury recovery is a long and slow process for people of all ages, but for individuals 50 and over, the process is made infinitely more difficult because of pre-existing conditions (i.e., diabetes, cardiovascular disease, pulmonary disease, renal disease, endocrine disorders, etc.) that are common in this age group and the deconditioned state of some due to the aging process.

Complicating the injury even further, medications used to treat these pre-existing conditions often act as a barrier to an individual’s

recovery from a brain injury. For example, a person may take a blood thinner for their cardiovascular disease, but that blood thinner greatly complicates the bleeding in the brain that may occur after a blow to the head after a fall. While it is important that individuals on these medications continue to take them as prescribed, it may be helpful to visit with their doctor about measures that might be taken.

It’s important to remember that brain injuries affect the entire family, too. Family members of those affected by brain injury will need to provide support, as it may be difficult for the individual to care for themselves as they did before.

“If the individual with the brain injury had been living by themselves, they may need help with things like medication management, meal preparation, paying bills and so on,” Reisher said. “These things might be challenging right after a brain injury.”

Family can help the individual by encouraging



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him or her to rest, ensure their medications are set up and check in frequently. Keep conversations simple and help them with tasks that might be overwhelming, such as grocery shopping, appointments, paperwork and paying bills.

“Writing things down and keeping things simple can help,” Reisher said.

Prevention

According to the World Health Organization, TBI will be the major cause of death and disability by 2020. Among older adults, 155,000 cases of TBI are diagnosed annually in the U.S., leading to 12,000 deaths.

The monetary cost associated with TBI in Nebraska was more than \$413 million in 2009 alone. That includes both fatal



Things are going to be different than before. What ‘different’ looks like is hard to say.”


– Dale Johannes

and nonfatal injuries, medical costs and productivity losses. An estimated lifetime cost of an individual with a mild brain injury is \$85,000; moderate is more than \$940,000, and a severe brain injury lifetime cost is \$3 million.

Although it is important to note we will not be able to prevent all falls that can cause brain injury, there are ways to help minimize the risk of falling. These include: removing rugs and other trip hazards, monitor the use of medications, have vision checked regularly and participate in activities such as Tai Chi to work on balance.

Aging Partners offers Stepping

On, a workshop to help older adults strengthen balance and reduce fall risk. Workshops are available for adults 60 and over and caregivers, and are designed for people living independently in the community and able to walk without assistance most of the time. Participants meet two hours a week for seven weeks, during which they learn the most up-to-date information about fall prevention alongside others their own age. For more information, call Aging Partners Health and Fitness at 402-441-7575.

To learn more about BIA-NE and for more resources on brain injuries, visit www.biane.org. 



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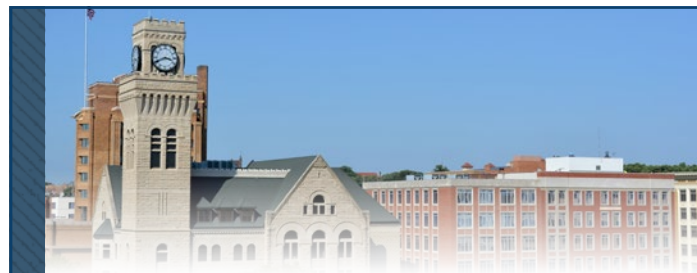
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Eat to Your Health

Summer Food Safety

Summers are often spent outdoors enjoying the warm weather. Many activities such as grilling, camping, picnics and family reunions involve food and food preparation. The risk of foodborne illness increases with the hot summer heat, so it is important to know how to keep your food — and you — healthy!

Plan and Prepare

Planning and preparing your meals ahead of time will ensure that you take the proper steps for food safety. Plan to take only the amount of food you will use. This will not only save on cost, but also limit the amount of leftovers you will have. Do not partially cook food ahead of time. Partially cooking food increases the risk of it entering the “temperature danger zone,” which increases the risk of bacterial growth. Cleaning and cutting fresh produce ahead of time will make it easier later, but also reduce the risk of cross-contamination with other foods.

When packing the cooler, it is best to use one with insulation to help maintain a colder temperature longer. It is worth considering packing two coolers — one for beverages and snacks and another for the perishable food. Having two coolers will help keep the perishable food colder longer since it will not be opened as frequently as the one with beverages. When packing a cooler, it is important to pack the cold food first and then layer with ice. The more ice is in the cooler, the colder it will stay.

Food Preparation

Always wash your hands with soap and water before and after handling food. Ensure that all cutting boards, utensils and plates are clean before using. Plates and utensils should be cleaned after handling raw meat. Consider bringing separate cutting boards and utensils for raw meat, as this will reduce the risk of cross-contamination with other foods. Keep foods such as raw meat, poultry, fish, deli meat, summer salads, dairy and cut-up produce packed in a cooler full of ice. Keep these foods cold until you are ready to cook. Serving cold food in smaller portions will help keep the remaining amount of food cold until it is ready to use.

A food thermometer is the safest method for determining if your food is thoroughly cooked. The chart below shows some common food temperatures.

Perishable food should sit out for no more than two hours. If the weather is hot (90 degrees or more), food should be out for no more than one hour. Allowing foods to sit out for long periods increases bacterial growth and the risk of a foodborne illness.

The summer can be a great time to get together with friends and family for a barbecue, picnic or reunion. Practicing good food safety will ensure that you and your family stay safe and healthy. [www](http://www.foodsafety.gov)

Source: www.foodsafety.gov

- **Fresh beef, pork, ham and lamb** should be cooked to a temperature of 145 degrees Fahrenheit with a three-minute rest time.
- **Fin fish** should be cooked to 145 degrees or until flesh separates easily with a fork.



- **Ground beef and pork** should be cooked to 160 degrees.
- **Egg dishes** should be cooked to 160 degrees.

- **Chicken and turkey (whole and ground)** should be cooked to 165 degrees.
- **Casseroles** should be cooked to 165 degrees.

Refreshing Cucumber Salad

Ingredients:

2 small cucumbers, thinly sliced
½ small red onion, thinly sliced
1 large tomato, halved and sliced
3 tablespoons mayonnaise
1 Tablespoon white vinegar
¼ teaspoon salt
½ teaspoon ground black pepper
Fresh dill (optional), to taste

Directions:

In a medium bowl, toss together the cucumber, red onion and tomato. Whisk the mayonnaise, vinegar, salt and pepper together and pour over the vegetables. Cover and refrigerate for at least one hour before serving.

Source: www.foodsafety.gov



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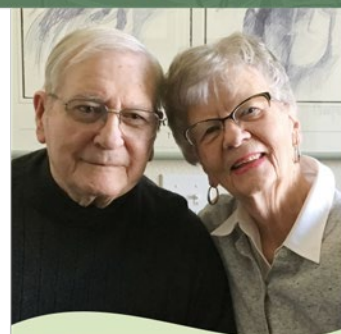
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Outdoor Festival Set for Sunday, Sept. 23

Health, Wellness and Movement Festival Appeals to All Ages, Abilities

Partnership for a Healthy Lincoln has announced that this year's free outdoor movement festival, Streets Alive!, will be Sunday, Sept. 23, from 1 to 4:30 p.m. in the Belmont neighborhood.

Streets Alive! encourages people to get off the couch, go outdoors, and move up and down a stretch of city blocked off from traffic. A child-, dog- and wheelchair-friendly event, visitors can walk, push a stroller, bike, skate or even dance their way down a 1.5-mile route lined with exhibitors and entertainers. New this year, an all-ages Fun Run along the festival route will start prior to the festival at 12:30 p.m.

Partnership for a Healthy Lincoln, Lincoln Parks and Recreation, the Lincoln Parks Foundation, and other sponsors will also unveil the Streets Alive!/Belmont



Community Development Project, an outdoor living and learning center that will expand programming opportunities for older adults, pre-school and school-aged children, and neighborhood organizations.

"We often see multigenerational families, including the family dog, taking the opportunity to enjoy one another's company on a beautiful fall day as they stroll the route," Streets Alive! Event Manager Ashley Carlson said. "Streets Alive! offers something for every age, from square



A child gets her face painted at last year's Streets Alive! event.



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dance exhibitions to join-in hip-hop fitness routines.”

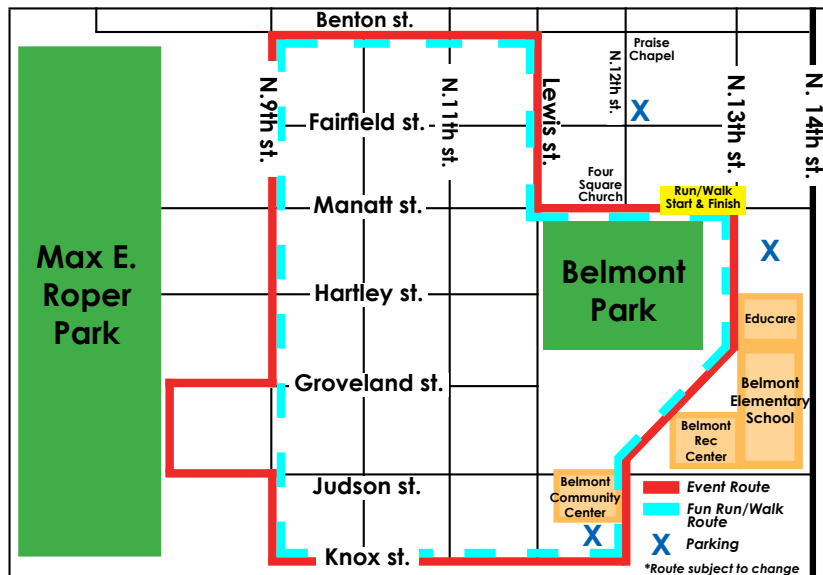
Staying active and moving is important for all ages, said Dr. Bob Rauner, family physician and president of Partnership for a Healthy Lincoln.

“But it’s especially important for seniors,” he said. “A simple daily walk can make a huge difference in flexibility and stamina. Streets Alive! is a fun opportunity for seniors to get some exercise, as well as get great free health resources.”

The route includes parks, walking trails, community gardens and local food trucks. Visitors can enter and exit anywhere along the way. More than 100 exhibitors offer free wellness resources, including health screenings, for children, adults and seniors. Visitors will be entertained by live music, art and dance, and also have an opportunity to participate in fun fitness and sports activities.

The festival is a city-supported event.

“This is the one day every year that we invite everyone in the community to play in the streets,” Mayor Chris



Beutler said. “When the cars are gone, the space opens up for families to walk, bike, skate and enjoy the great outdoors with their neighbors. We hope everyone will mark Streets Alive! on their calendars now and get ready to enjoy this fun, free festival.”

For more information, visit HealthyLincoln.org/streetsalive. **LW**

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Sleep on the Aging Journey

Do you find yourself waking up multiple times at night and struggling to fall back asleep? Or maybe you need a nap to keep you going throughout the day. As with physical changes, sleep also alters as we age.

Sleep should be restorative, allowing the body time to repair itself at the cellular level. A good night's rest supports healthy brain function and your physical and mental health — including your ability to focus, problem-solve and learn throughout the day. It also helps your immune system and decreases your risk for obesity and diabetes.

Five Sleep Cycles

Our bodies cycle through five sleep cycles many times each night:

- **Stage 1** — The lightest stage of sleep, lasts 5 to 10 minutes.
- **Stage 2** — A slightly deeper sleep lasting about 20 minutes.
- **Stages 3 and 4** — Progressively deeper sleep where a person is harder to awaken. As a person

ages, they spend less time in this sleep and more in Stage 2. This is when the body repairs muscles and tissues, stimulates growth and development, boosts immune function and builds up energy for the next day.

- **Stage 5 or Rapid Eye Movement (REM)** — REM is the sleep stage tied to dreams, increased brain activity, higher body temperature and a quicker pulse.

REM plays an important role in learning and memory function, including the ability to store things into long-term memory. This cycle typically lasts 60 minutes, although the length is shorter at the beginning of the night and increases as the night progresses.

Besides improving your physical health, sleep helps cleanse the brain. As you sleep, your body uses the glymphatic system in your brain to help clear a toxic protein called beta-amyloid. The protein is known for accumulating in the brains of individuals with Alzheimer's disease.

STAGE 2

A slightly deeper sleep lasting about 20 minutes.

STAGES 3 AND 4

Progressively deeper sleep where a person is harder to awaken. As a person ages, they spend less time in this sleep and more in Stage 2. This is when the body repairs muscles and tissues, stimulates growth and development, boosts immune function and builds up energy for the next day.

STAGE 5 OR RAPID EYE MOVEMENT (REM)

REM is the sleep stage tied to dreams, increased brain activity, higher body temperature and a quicker pulse.

STAGE 1

The lightest stage of sleep, lasts 5 to 10 minutes.



Common Aging Sleep Myths

Myth: As a person ages, their body needs less sleep.

Fact: Your patterns of sleep will change as you age, but the amount of sleep needed does not. Everyone's sleep needs are unique, however, for most adults the optimal amount is seven to nine hours of sleep each night.

Myth: Nightly routines should remain the same.

Fact: Although the amount of sleep needed does not appear to change, sleep becomes lighter and more easily disrupted. It is a good idea to evaluate your sleep environment, including caffeine consumption, use of screen time (television, phone or computer) and amount of light in your sleep surroundings.

Myth: Snoring is a common problem and is harmless.

Fact: Although snoring may not be an issue for most people, it can be a symptom of a life-threatening sleep disorder called sleep apnea. About 22 million Americans of any age suffer from this condition, where breathing stops for a period of time and results in sleep disruption. Long-term side effects include sleepiness, headaches and other symptoms, and it contributes to other chronic medical conditions. If you feel like your snoring may be associated with sleep apnea, visit with your primary care physician.

Typical Aging Sleep Changes

Older adults often suffer from insomnia, finding it harder to fall or stay asleep than when they were younger. Waking up several times during the night is common — as your sleep patterns change, you spend more time in light sleep, making it easier to awake.

Older adults experience an average of three to four awakenings each night. Often, many make up for lost sleep during the day by spending more time in bed or napping throughout the day, which may affect sleep later that night. Several factors can affect an older adult's sleep:

- Decreased production of melatonin — the hormone that helps regulate sleep.
- Chronic medical problems, such as arthritis or back pain.
- Advanced sleep phase syndrome — a disorder in which you fall asleep much earlier than a typical bedtime and wake up earlier. Your internal clock is off.

- Depression.
- Sleep deprivation.
- Nocturia — frequent urination at night.
- Sleep apnea.
- Restless leg syndrome.
- Narcolepsy — a disorder characterized by excessive sleepiness, sleep paralysis, hallucinations and cataplexy (sudden loss of muscle control) due to the brain's inability to control sleep-wake cycles.
- Hypersomnia — a disorder characterized by excessive daytime sleepiness or prolonged nighttime sleep.

"Getting a good night's rest is crucial for your overall health," said Brenda Soto, Director of Nursing, Tabitha Nursing and Rehabilitation Center. "Although sleep patterns change over time as a normal part of the aging process, some sleep issues and symptoms such as constant drowsiness and restless leg syndrome are not considered normal aspects of aging and should be discussed with your physician."

Continued on page 26.



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Sleep on the Aging Journey

Continued from page 25.

A lack of restorative sleep over the years can lead to several issues, including increased fall risk and auto accidents, mood changes, depression, obesity, problems concentrating, memory loss, hypertension and diabetes.

Evaluate Your Sleep Habits

It is important to take preventive steps now to decrease the chances of encountering these medical and sleep issues down the road.

First, stick to a schedule. Go to bed and wake up about the same time each night and day. Keep the amount of sleep consistent while aiming for about seven to nine hours of sleep each night.



It may be helpful to establish a regular relaxing bedtime routine — you can take a bath, read a book or listen to music. The use of computers, cellphones and watching TV may suppress the production of melatonin, which helps you control your circadian rhythm. It's best to stop using these items 30 minutes prior to bedtime to help your brain calm after being exposed to the light emitted by the screens.



Consider your medication schedule and avoid getting up in the middle of the night to take medication. Be sure to ask your doctor if any of your prescriptions could affect your sleep and discuss any potential underlying medical conditions.



Regular exercise helps reduce stress, supports a healthy weight and heart, and promotes relaxation, but try to avoid exercising too close to bedtime. Your body temperature will be higher, making it difficult to fall asleep. It's also best to avoid stimulants such as caffeine and tobacco for at least three or four hours before bed. And although drinking alcohol can make you feel sleepy and relaxed, it affects the quality of your sleep.




Check your surroundings: keep your bedroom dim, cool and quiet. A fan or sound machine can help prevent night waking by drowning outside noise. A fan may also keep you cool, as the ideal bedroom temperature is between 60 and 67 degrees. Avoid using your bed for anything other than sleep.



If you wake up in the middle of the night and cannot fall back asleep within 15 to 20 minutes, get out of bed, go to another room and engage in a relaxing activity. When you feel sleepy, return to bed.



If you have any concerns about your sleep, contact your primary care physician.

For more healthy aging tips and information, visit Tabitha.org or call 402-486-8520. 

ANGELS CARE HOME HEALTH

BEAT the HEAT

Summer is here with an important time to review vital hydration safety tips for seniors.



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Are you at risk for dehydration? What are the symptoms?

First symptoms:	Life threatening symptoms:
<ul style="list-style-type: none">• Thirst• Dry mouth• Fatigue• Dark yellow urine• Irritability	<ul style="list-style-type: none">• Dizziness• Feeling of blacking out when sitting or standing• Confusion• Muscle weakness/cramps• Sunken eyes• Low blood pressure or increased heart rate

 **Action:** Drink water

Action: Go to ER or contact your physician right away

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Living At Home

Mayor Announces 2018 Lincoln Cares Projects

Mayor Chris Beutler has announced the city projects that will be funded through the 2018 Lincoln Cares community donation program. Lincoln Cares allows Lincoln Electric System (LES) customers to add \$1 to their monthly bill payments for Parks and Recreation, Lincoln City Libraries and Aging Partners. The funds support projects and programming that cannot be funded through the city budget.

"We started this partnership with LES in 2003 because we believed in the generosity of Lincoln residents and their desire to support the programs that add so much to our quality of life," Beutler said. "Today, 15 years later,

our entire community can take pride in the fact that almost \$1.5 million has been invested in our parks, libraries and services for older adults. We are grateful to LES and its customers, the sponsors, the other donors, our media partners and our project partners who have all played a role in making Lincoln Cares successful."

Five media organizations will provide in-kind advertising and promotion for the program: KOLN/KGIN-TV, KLKN-TV, Alpha Media, Broadcast House and the Lincoln Journal Star. This year's project partners include Lincoln Parks Foundation, Foundation for Lincoln City Libraries with grant support from Allstate, Seniors Foundation,

Olsson Associates, Prairie Corridor Partnership and Culver's.

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

The average number of LES customers enrolled per month is 3,586. From February 2003 through April 2018, Lincoln Cares collected \$915,708 in donations from LES customers.

More than \$600,000 in additional funds has been contributed through direct

Continued on page 28.

2018 Lincoln Cares Projects

Fitness Equipment and Facility Upgrades for Aging Partners:

This includes fitness equipment for the new Aging Partners Fitness Center at 555 S. 9th St. *Project Partner: Seniors Foundation.*

Library Meeting Rooms and Maker-Space Activities:

Lincoln City Libraries has been building portable Maker-Space kits. These allow the library to present opportunities for people of all ages to engage in hands-on activities from sewing to robotics and scrapbooking to coding. Lincoln Cares funds will provide for furnishings for meeting spaces and other areas to support these Maker-Space activities. *Project partners: grant to the Foundation*

for Lincoln City Libraries from Allstate.

Fitness Equipment for Cooper Park: Parks and Recreation has developed a master plan for Lincoln's oldest park at 6th and "D" streets through a neighborhood engagement process. The plan envisions infrastructure repair and replacement and new recreational opportunities. Lincoln Cares is funding new fitness equipment for the park. *Project partner: Lincoln Parks Foundation.*

Haines Branch Prairie Corridor: The 13-mile corridor will link Pioneers Park with Spring Creek Prairie Audubon Center and provide enhancement and preservation

of tallgrass prairie, recreational and educational connections, and economic development opportunities. *Project partner: Lincoln Parks Foundation, Prairie Corridor Partnership.*

Parker's Pals: This scholarship program provides financial support for children of low-income families. It includes pool admissions, swimming lessons and participation in the swim/dive league and allows children to participate in youth and sports programs offered by Lincoln Parks and Recreation. *Project partners: Culver's, Lincoln Area Retired School Personnel, Lincoln Parks Foundation, Olsson Associates.*

Mayor Announces 2018 Lincoln Cares Projects

Continued from page 27.

donations to the City and from local foundations, businesses and neighborhood associations.

The Lincoln Cares program has assisted Aging Partners in renovating a new fitness center at 555 S. 9th St. with state-of-the-art fitness equipment.

"Maintaining physical strength allows our seniors to remain active, healthy and vibrant," Aging Partners Director.

Lincoln Cares funds, matched by Allstate, will allow Lincoln City Libraries to build on the success of its Maker-Space activities.

"Hundreds of people have had a great time while learning at the library due to Maker-Space activities," Lincoln City Libraries


Director Pat Leach said. "Whether connecting circuits, programming a robot, or even using a sewing machine, people learn together through Maker-Space activities. It's a worldwide trend that's all about learning in community."

Parks and Recreation Director Lynn Johnson said Lincoln Cares will support several programs.

"Lincoln Cares donations will again provide opportunities for children from low-income families to participate in swimming, youth sports and other recreation programs," Johnson said. "New outdoor fitness equipment in Cooper Park will bring a new activity to Lincoln's oldest park. Lincoln Cares funding also will continue to assist with development

of the Haines Branch Prairie Corridor, celebrating and preserving Lincoln's prairie heritage."

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

For more information, visit LincolnCares.info. 



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Forward. Together.



Beginning Your Online Experience

By Jeremy Hoshor, Aging Partners System Specialist

As anyone living in today's modern society can tell you, technology changes every day. It can be difficult even for technology aficionados to keep up with the latest developments. For some older adults who did not grow up in a technically dominated world, the task can seem daunting or almost unachievable. Taking a structured, bare-bones approach to using technology is often necessary to limit the confusion.

Approaching technology from this perspective can be best done by focusing on key motives and tried-and-true companies and products. For example, many older adults like to use technology to keep in touch with family and loved ones.

Facebook and Email

Facebook is probably the most popular application for sharing pictures and videos, and updating friends and family on the latest happenings. Creating an account is easy and free, which makes it user-friendly for inexperienced users. It is recommended, however, to limit the amount of information you share with others on the site. Consult others or Internet resources for help in configuring security settings to better limit what outsiders are able to access.

Email is another way to share ideas, pictures, etc. Sending one is as easy as writing a letter, with many more options. Companies such as Google, Microsoft, Apple and Yahoo! offer free accounts. Use a reputable company, or one from your Internet Service Provider if available.


These are great ways to communicate and share with loved ones, but what if you are looking for something a little more personal — something allowing face-to-face, real-time conversation, as if you are visiting with them in the same room? As the popular adage alludes, there's an app for that! Actually, there are four mainline ones: Apple has FaceTime; Google has Hangouts; Facebook calls its application Messenger; Microsoft's version is Skype. All of these programs offer similar features, so your choice most likely hinges on your computer or device. For instance, if you have an iPhone or Mac computer, it will probably be more convenient to use FaceTime. If you are a Google (Android) owner, you will probably go with Hangouts. Microsoft's Skype is the most widely supported, so it may ultimately be the best choice if



you have many contacts with whom you want to stay in touch.

The Internet's Place in History

In today's world, mostly everyone has browsed the Internet or at least heard about it from someone who has. It is quite possibly the most important development of the past 50 years and has transformed the world into one in which virtually limitless, and most importantly, real-time information is just a few mouse clicks away. By using an Internet-connected computer or mobile device and a web browser, you can access hundreds of thousands of websites from around the world. Using a "search engine" is one of the most effective ways to obtain information on the Internet. They provide the user with sophisticated searching capabilities, allowing them to find virtually anything they are looking for. Popular search engines such as Google, Bing and Yahoo! are usually imbedded into the web browser, so the user just needs to type the desired topic into the address bar. The browser uses the search engine to provide a list of results for the user to choose from.

With technology morphing on a daily basis, sorting through the various options for enhancing our lives presents a huge challenge. Having a clear idea of what you want the technology to do for you and picking a reputable company for your experience are good strategies in today's ever-changing technology world. 

Staying Self-Sufficient

By Mitch Sump, Aging Partners program coordinator

As I write this, I am enjoying a wonderful summer day with temperatures approaching 90 degrees. Unfortunately, it is early May — we have skipped straight from winter to summer! Oh well, I guess that's why we choose to live in Nebraska!

Summer is the busiest time of the year for the program team. It is the season when we help more folks with repairs, give more rides and install more Lifeline systems. In reviewing past articles, we have covered what each of our areas does in detail pretty well. In this issue, we will focus on tips for maintaining your home.

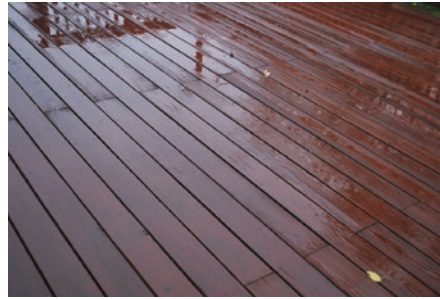
Decks, Porches and Patios

Just like our programs, decks, porches and patios get more use in the summer than the rest of the year. Consider making some of these upgrades in an effort to make yours safer and more useful.

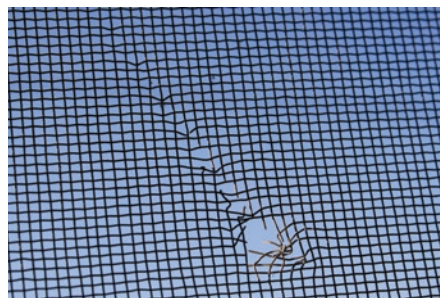


Non-Slip Tread Tape: Tread tape is wonderful stuff that goes on easily and works very well. Think of it as rough sandpaper with a sticky back. It comes in 3- to 6-inch-wide rolls and just about any length you might need. Our Handyman program has installed it for several clients and

all are very pleased with the end result. We put it on wooden and concrete steps and, as long as the steps are cleaned first, it isn't going anywhere. An added bonus is that if you have small amounts left over, you can wrap handles on tools to make them easier to grip.



Water Treatments: Water treating decks, porches and patios has a couple of nice benefits. First and foremost is that it helps protect your home by not allowing water to pool up and be absorbed by the materials — it's a great way to prevent rotting wood and crumbling masonry. Sealant helps keep wood-destroying insects from gaining entrance. It also helps keep them looking cleaner! One word of caution, however, is to use a good quality product. Cheaper treatments tend to not adhere as well and can leave surfaces slick.



Insect Control: If you're fortunate enough to have a screen on your deck, porch or patio, make sure to keep them in good condition so they do their job

properly. Small holes and tears can be patched using small self-adhesive pieces purchased from a hardware store. Larger holes and tears will require complete replacement of the screening within the frame. If you're not fortunate enough to have screens, try hanging brown paper bags stuffed with crumpled newspaper on the ceiling, giving them a roundish shape. Wasps and bees will see them, think they are hornet's nests and avoid the area around them.

Dandelions and Other Assorted Wild "Flowers"

The dandelion may be the toughest plant on the face of the earth, Russian thistles and sunflowers being a close second and third! I have a professional lawn service treat my yard four times a year and am very happy with the results. But no matter what month it is, I am still out there spot-treating these little yellow "flowers."

Commercial Applications: As noted above, I am on a four-session yard service arrangement. It is not as expensive as many people think,



and the herbicides, insecticides and fertilizers are much more effective than many you purchase yourself.

Self Treatment: I treated my yard by myself for a number of years, and although the results were OK, having a professional do it is a better option. If you prefer to be a do-it-yourselfer, remember to buy a good-quality product from a respected company. It's not really cheaper if it doesn't work. A note regarding safety: Make sure to use protective clothing and gear as required by the manufacturer.

Roofs and Gutters


You know it's summer when you hear the nail guns! Roof repairs are great to get done in the summer. The high temps help the asphalt backing set quickly. Using tar and roofing cement around vents, chimneys and other roof projections is also easier due to

warmer temperatures. A word of caution: Avoid being on the roof in direct sunlight when temperatures are above 90. You can damage the shingles and yourself! Temperatures on asphalt shingles have been recorded well above 100 degrees.

Gutters tend to be checked in the spring and fall, but don't neglect them in the summer. Even though leaves aren't falling, gutters can still be plugged by various things. I don't know which one of my neighbors is feeding peanuts to the birds and/or squirrels, but I clean up a bunch of those shells every week. It might be time to consider gutter covers. If you go that route, I suggest a heavy-gauge metal screen. If you buy quality, they don't rust (at least not quickly) and stay in place better than the cheaper plastic ones. Heavy summer thunderstorms can



bring large amounts of rainfall in a short time. Clean gutters and downspouts will keep that rain outside where it belongs, as opposed to your basement, where it doesn't!

The program team wishes you a safe and happy summer and looks forward to helping you with things that will help you stay in your home. 

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Caregiver Corner



Mae O'Neal attends Tabitha The Club, while her daughter, Anita, runs errands or picks up extra shifts at work. Both appreciate the care and fun Mae has while there, without worry of her being alone.

Relief for Caregivers: Adult Day Services

For nearly two years, Anita O'Neal has been the caregiver for her 77-year-old mother, Mae. Also a mother of two, her job providing in-home health care keeps her busy.

"My schedule can be unpredictable," she said. "My usual shift is 2 to 10 p.m. But in the mornings, I pick up extra or emergency shifts for other people needing services."

That could be giving a bath, cleaning around the house or cooking.

"We are short-handed, so everyone is trying to pick up and help others, providing the help just like my own mom needs," she said.

For the last year, O'Neal has taken Mae to Tabitha The Club, which provides a safe, nurturing environment for adults needing extra care during the day. The Club provides a secure space, activities and entertainment, visits from

animals, medication management, vital monitoring and encourages social interaction.

"It gives her something to do other than sitting at home," O'Neal said. "She gets to interact with people her own age, and I don't have to worry — especially about her falling. The caregivers go out of their way to interact with her."

It's not just a place to go — but it's a place to build friendships.

"I love everything about coming here," Mae said. "We joke around and have fun just like family."

Along with quality care and nutritious meals, O'Neal also knows that her mother has a lot of fun.

"My mom is up and ready to go before the kids are ready for school," she said. "I have to plan her doctor's appointments around bingo on Mondays. She loves bingo!"

Utilizing an adult day service allows the older individual to live

at home while also receiving care while the caregiver continues daily work and activities. It also provides peace of mind and respite to help caregivers in balancing their responsibilities and needs with those whom they care for.

Some adult day services accept Medicaid Waiver, which helps people who would otherwise be in an institution, nursing home or hospital to receive long-term care. For many, utilizing adult day services is less expensive than hiring someone to come to their home.

"I highly suggest that if a caregiver works, they should look into a day service and get their loved ones there," O'Neal said. "It gives me a chance to pick up extra shifts, get things done around the house, or go grocery shopping. They are phenomenal at Tabitha. I couldn't ask for a better staff to care for my mom." **lw**

Adult Day Services

Adult Day Services provide care and supervision in a protective setting for disabled or older dependent adults living in the community during some portion of a 24-hour day. Services

may include: social, recreational and therapeutic activities, snacks and noon meal, medication administration, personal care and limited transportation. Programs and services will vary with each

provider and some restrictions may apply for admission. Low income persons may be eligible for Medicaid Waiver, Medicaid or Block Grant as a payment source if they qualify.

■ Assisted Living ▲ Medicaid Waiver Certified Program ● Population includes adults with developmental disabilities

CountryHouse

Two locations in Lincoln
402-421-1160 or 402-421-1300

Havelock Manor

6330 Platte Avenue, Lincoln
402-464-2222

Tabitha Adult Day Services—The Club ▲

4600 Valley Road, Lincoln
402-484-9600 or 800-418-9335
tabitha.org

Easterday Adult Day ■▲●

6130 Adams Street, Lincoln
402-441-7901

Independence Houses ■

Three locations in Lincoln
402-475-7755

Waterford of CollegeView ■▲

4800 S. 48th Street, Lincoln
402-434-2680

Haven Manor Hickman ■

730 Larkspur Drive, Hickman
402-792-3099

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

AGING PARTNERS

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aging.lincoln.ne.gov

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

Key for Services: ▲ = Lancaster only

MISSION

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

Being Well

NUTRITION

402-441-7159

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

HEALTH AND FITNESS

- **Health Center** - Exercise classes, fitness equipment and certified personal trainers. ▲ 402-441-7575
- **Senior Health Promotion Center** - University of Nebraska-Medical Center and Aging Partners provide health screenings. ▲ 402-441-6687
- **Caregiver Support Services** - Caregivers receive stress management, exercise, health and wellness assessments, and nutrition counseling. 402-441-7070
- **Fit to Care** - Free tips from a registered dietician and certified personal trainer to help decrease the effects of chronic tension.

- **Health Education Programs** - A variety of topics assisting individuals to make healthy lifestyle choices.
- **Health Screenings** - A variety of screenings include blood pressure, cholesterol, glucose and bone density.
- **Exercise** - Pilates, yoga, stretch and tone classes are available at several locations. Daily fitness programs on LNKTV City (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.
- **Harvest Project** - Specialized community support services are provided to individuals who are age 55 and over, live in Lancaster County and have severe mental health diagnosis. ▲ 402-441-7070
- **Home Handyman Service** - Minor home repairs and maintenance including mowing, leaky faucets, painting, broken light fixtures, and heavy housework services. ▲ 402-441-7030
- **Subsidized and Independent Housing Resource Listings**

LONG-TERM CARE OPTIONS/ CARE MANAGEMENT

402-441-7070 or 800-247-0938

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

Planning Ahead

FINANCIAL

402-441-7070 or 800-247-0938

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

SENIORS FOUNDATION

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

Staying Involved

SENIOR CENTERS

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

▲ 402-441-7158

LINCOLN/LANCASTER COUNTY SENIOR CENTERS

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

Other Services

INFORMATION AND REFERRAL

402-441-7070 or 800-247-0938

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

TRANSPORTATION

- **Ride within Lincoln to the Centers**
▲ 402-441-7158
- **Lancaster County Public Rural Transit**
Scheduled transportation to and from Lincoln and rural Lancaster County areas. Handicap accessible.
▲ 402-441-7031

• Other options in the community

Listings available at 402-441-7070.

LIVING WELL MAGAZINE

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

LIVE & LEARN

A monthly TV show for and about older adults on LNKTU City (ALLO Channel 2, Spectrum Channel 1300, Kinetic Channel 1005) and video-on-demand at lincoln.ne.gov (keyword: vod) or Live & Learn's YouTube channel at lincoln.ne.gov (keyword: live & learn). View on LNKTU City or online at lincoln.ne.gov.

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

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

CARE MANAGEMENT

All Counties: 800-247-0938

Care Management Coordinator

Joyce Kubicek

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

MULTI-COUNTY PROGRAMS

- Butler County Senior Services
Diana McDonald, 402-367-6131
- Fillmore County Senior Services
Brenda Motis, 402-759-4922
- Polk County Senior Services
Jan Noyd, 402-764-2252
- Saline County Aging Services
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 to sign up.



Health and Fitness

Aging Partners Fitness Center

Monday through Friday

8 a.m. to 4 p.m.

555 S. 9th St. (New Location)

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

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

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

Chair Tai Chi

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

- Aging Partners Fitness Center
555 S. 9th St.
Tuesdays, 9:45 to 10:30 a.m.

Fit and Strong Classes

These classes are helpful to anyone wanting to become more active and especially beneficial to people with osteoarthritis. Participants learn about the benefits of physical activity, how to manage arthritis, how to exercise safely and how to develop and maintain a healthier, more active lifestyle without pain. The first hour of class is comprised of exercise incorporating stretching and flexibility, walking, strength training and balance exercises. The last 30 minutes are spent with health education and group problem-solving. Workshop participants report the ongoing support helps them learn ways to deal with symptoms and other problems related to arthritis

while incorporating lasting healthy behaviors into their lives.

- F Street Recreation Center
1225 "F" St.
Tuesdays and Thursdays
1 to 2:30 p.m.
Aug. 21 through Nov. 8 (12-week session)

Qigong

Refresh and Recharge (New)

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

- Auld Pavilion
1650 Memorial Drive
Thursdays, 9:30 to 10:30 a.m.
Sept. 13 through Nov. 29 (no class Nov. 22)
(11-week session)

Chair Dance (New)

This chair dance exercise class includes aerobic activity that burns calories, works the heart muscle and is appropriate for almost any fitness level. Movements will be done seated and standing near a chair. Upbeat oldies and modern music make this an empowering and fun workout.

- Auld Pavilion
1650 Memorial Drive
Thursdays, 11 a.m. to noon
Sept. 13 through Nov. 29 (no class Nov. 22)
(11-week session)

Dynamic Movement

This unique class blends synchronized dance steps with movements that improve balance, flexibility and core strength. Popular oldies music sets the tone for these fun and easy-to-learn movements. Participants will transition from chair warm-ups to standing dance movements, which include circle dance, line dance, forward, back and side-to-side movements. Class will end with a seated cool-down.

- St. Mark's United Methodist
Church Gymnasium
8550 Pioneers Blvd.
Thursdays, 3:30 to 4:30 p.m.
Sept. 13 through Nov. 29 (no class Nov. 22)
(11-week session)
- Auld Pavilion
1650 Memorial Drive
Tuesdays, 9:30 to 10:30 a.m.
Sept. 18 through Nov. 27 (11-week session)
- Cotner Center Condominium
1540 N. Cotner Blvd.
(use Cotner Blvd. entrance)
Mondays, 2 to 3 p.m.
June 18 through Aug. 6 (eight-week session)
Sept. 10 through Nov. 19 (no class Nov. 12)
(10-week session)

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
July 13 through Aug. 31 (eight-week session)
Sept. 14 through Nov. 30 (no class Nov. 23)
(11-week session)
- Eastridge Presbyterian Church
1135 Eastridge Drive
Wednesdays, 1:30 to 2:30 p.m.
Sept. 5 through Nov. 21
(12-week session)

Beginners 8 Form Tai Chi for Balance and Fall Prevention

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

- Auld Pavilion
1650 Memorial Drive
Tuesdays, 10:45 to 11:45 a.m.
Sept. 18 through Nov. 27 (11-week session)

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.
June 18 through Aug. 6 (eight-week session)
Sept. 10 through Nov. 19
(no class Nov. 12) (10-week session)

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. Suggested contribution is \$2 per class or \$4 per week.

- F Street Recreation Center
1225 "F" St.
Tuesdays and Thursdays
10:30 to 11:30 a.m.
Sept. 11 through Dec. 4
- Eastridge Presbyterian Church
1135 Eastridge Drive
Mondays and Thursdays
1:30 to 2:30 p.m.
Sept. 17 through Dec. 13
(no class Nov. 12 and 22)



Vermeer Education Center

Senior Health Promotion Center
4000 S. 84 St.(north of St. Mark's)

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

- Wednesdays, 9:30 a.m. to 1:30 p.m.
Foot care only: July 18
Foot care only: Aug. 8 and 22
All services: Sept. 5, 12, 19 and 26

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.
July 19 (foot care only)
Aug. 9 and 23 (foot care only)
Sept. 6, 13, 20 and 27 (all services)

Feeling Fit Fridays

(Free and open to the public)

Jayne Snyder Trail Center

21st and "Q" Streets

Fridays, noon to 12:45 p.m.

June 1 through Sept. 28

Join us for a sample of the classes offered by Aging Partners Health and Fitness. Our instructors will lead some of the popular fitness classes that we offer throughout the year. Aging Partners is proud to be part of the Move More Lincoln Wellness Series sponsored by Community Health Endowment of Lincoln and Lincoln Parks and Recreation.

- Dynamic Movement
Instructor: Tracie Foreman
July 20
- Movement and Music
Instructor: Ruth Davidson Hahn
July 13, Aug. 10 and Sept. 7
- Chair Dance
Instructor: Mitzi Aden
July 27, Aug. 17 and Sept. 28
- Qigong
Instructor: Tracie Foreman
Sept. 14
- Tai Chi – Moving for Better Balance
Instructor: LaVonne Elfring
Aug. 31 and Sept. 21
- Line Dance
Instructor: Tracie Foreman
July 6 and Aug. 24
- Simply Fit
Instructor: Tracie Foreman
Aug. 3

Stepping On – Building Confidence and Reducing Falls

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

- Eastmont Towers
6305 "O" St.
Thursdays, 1 to 3 p.m.
Aug. 2 through Sept. 13

Celebration of Self for Caregivers

Old Cheney Rehabilitation Center

5431 S. 16th St.

Friday, Sept. 7

Join us for a half-day of relaxation and renewal. Spaces are limited. Please call 402-441-7575 to register for this free event.

9 to 9:30 a.m. – Welcome and continental breakfast

9:30 to 10:30 a.m. – Laughing Matters with Tracie Foreman. It really does. Laughter can improve circulation and productivity, reduce stress and even help us lose weight. A sense of humor is truly one of our greatest assets.

10:30 to 11 a.m. – Relaxation, Guided Imagery and Breathing with Terri Swanson. Terri will teach simple techniques you can continue on your own at home.

11 a.m. to noon – The Heart of Forgiveness with Tracie Foreman. To forgive is divine but not always easy to do. Learn to apply the power of forgiveness in your life.

Noon to 12:45 p.m. – Light lunch and tours of Old Cheney Rehabilitation Center.

Senior Center Events

Dinner and a Show 2018

Cotner Center Condominium

1540 N. Cotner Blvd.

Dinner: 5:30 p.m.; show: 6:30 p.m.

Reservation and payment required by deadline for dinner and show. Reservations suggested for show-only and can be paid in advance or at the door. Registered guests get seating priority over walk-ins.

No refunds!

\$10 dinner and show fee.

\$4 round trip transportation.

\$5 show-only tickets.

Enjoy a Hy-Vee catered meal and an evening of great entertainment at a reasonable price.

Call 402-441-7158 for more information and reservations. Send payment to Aging Partners, Dinner and a Show, 1005 "O" St., Lincoln, NE 68508. Co-sponsored by Butherus Maser & Love, in cooperation with Cotner Center Condominium.

- Bill Chrastil: "A Salute to the Greats!"
Thursday, July 12

- Paul Siebert: "Poems, Prayers and Promises: A John Denver Tribute"
Thursday, Aug. 9
- Johnny Ray Gomez and Son: "It's a Family Affair!"
Thursday, Sept. 13

Nebraska Spirit: The North Platte Canteen

Thursday, July 5

Downtown Center, 1005 "O" St.

10:15 to 11:15 a.m.

\$4 suggested contribution for age 60 and over.

Call 402-441-7154 to reserve a meal.

Charlotte Endorf presents this Humanities of Nebraska program about the North Platte Canteen. Learn about the story of the community that turned a railroad depot into a legend and touched the lives of more than 6 million soldiers from 1942 to 1946.

Day-Trip Tour

Brownville Village Theatre
and the Spirit of Brownville

Sunday, July 8

Departure: 9:30 a.m., Northeast Center

Sorry, no transportation available to the Center.

Return: about 9:30 p.m.

The day will begin in Brownville as we take in the sights and enjoy a light lunch (on your own). After lunch we'll head to the matinee performance of Steel Magnolias. This dramatic comedy is set in Truvy's beauty salon in Chinquapin, Louisiana, where all the ladies who are "anybody" come to have their hair done. Although filled with hilarious repartee and plenty of humorous revealing verbal collisions, when the play moves toward tragedy, it draws on the underlying strength of love. This gives the characters a special quality, making them truly touching, funny and marvelously amiable company in good times and bad.

After the theatre, we'll watch the sunset on the Spirit of Brownville Dinner Cruise. Boarding time is 4:30 p.m. Set sail and enjoy supper on the mighty Missouri River. Reservation and payment deadline is June 25. Cost: \$72 per person.

Northeast Center Saturday BINGO!

6310 Platte Ave.

July 20, Aug. 17 and Sept. 21

Doors open at 9:30 a.m.

BINGO at 10 a.m., Lunch at 11:30 a.m.

\$4 suggested contribution for age 60 and over.

\$8 for under age 60. Van transportation is available for a \$4 suggestion contribution. Please call 402-441-7151 three days prior to the event for your lunch and transportation reservations. Please remember to bring a prize for BINGO!

Continued on page 38.

Aging Partners News and Events

Continued from page 37.

Lloyd McCarter: Bringing Honky-Tonk Back

Thursday, July 26 from 10:30 to 11:15 a.m.

Downtown Center, 1005 "O" St.

\$4 suggested contribution for age 60 and over.

Growing up in a musical family, Lloyd McCarter is well-steeped in honky-tonk music. Starting at age 8, Lloyd began playing in the family band. By age 18, he was touring with the Forty-Twenty band, playing the pedal steel guitar. After cutting his teeth in the honky-tonks of the Midwest, Lloyd has now taken it upon himself to bring back the days of the Country Hero that have been lost and almost forgotten. Call for meal reservations at 402-441-7154.

"Hyde, Dr. Jekyll, Hyde"

Thursday, Aug. 16

5:30 p.m. dinner at Northeast Center

7:30 p.m. show at the Eugene T. Mahoney State Park
Enjoy a meal catered by Hy-Vee and an evening of great entertainment at a reasonable price.

A laugh-filled send-up of a gothic classic. Kindly Dr. Lazlo Jekyll, with his assistant Dr. Jonathan Marvel, is trying to discover a potion to bring out the best in mankind. What he discovers instead is the mean and wicked Mr. Hyde within himself. Fiendish Mr. Hyde proceeds on a rampage of cruel and wicked behavior with the help of his housekeeper and former music hall dancing girl, Muriel Snipe. Will the sweet and innocent Ivy Goodall be caught in the evil web of Mr.

Hyde's cruelty? Can Ivy's blustery aunt, Mrs. Hugh Huffin-Puffington, and fearless Dr. Marvel save her from Hyde's revolting clutches? Will Dr. Jekyll be able to reclaim control of his inner beast before it's too late?

Cheer the hero, boo the villain and throw popcorn, all at this hysterically, family-friendly melodrama!

Reservations and payment must be made no later than 4 p.m. Friday, Aug. 10.

\$10 suggested meal contribution for age 60 and over. \$10 meal fee for under age 60.

Vans leave the Northeast Center for the show at 6:30 p.m. Transportation and show cost \$15.

Vans return to the Northeast Center about 9:30 p.m. Call 402-441-7151 before Saturday, Aug. 11 for your reservation.

The Brad Husak Polka Band

Thursday, Aug. 23, from 10:30 to 11:15 a.m.

Downtown Center, 1005 "O" St.

As a child growing up in Columbus, Nebraska, in the late 1970s and '80s, Brad Husak was surrounded by the polka music atmosphere. He began playing the accordion at an early age and continues to perform traditional polkas and waltzes today. Join Downtown Center patrons for a nice meal and some toe-tapping music. Call for meal reservations at 402-441-7154.

Bob Ross® Oil Painting Class

Saturday, Aug. 25

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

Lake Street Center, 2400 S. 11th St.

"Ocean Breeze" — palm trees blowing on a sandy beach. Complete and take home this finished oil painting. Paint along with a certified Donald R. Belik instructor. No experience required. All materials and supplies are provided. Registration required. Payment due by Friday, Aug. 17. Mail payment to: Aging Partners, Art Class, 1005 "O" St., Lincoln, NE 68508. To register, call 402-441-7158. Cost: \$50

September is National Senior Center Month

Building Momentum Senior Fair

Thursday, Sept. 6 from 9:30 to 11:30 a.m.

Downtown Center, 1005 "O" St.

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

Call 402-441-7154 to reserve your meal two business days in advance.

September is National Senior Center Month, and we'd love for you to join us in celebrating growing older with momentum. Home Instead will have their photo booth here; our good friend Bruce Jacoby will blow up balloons; music will be provided compliments of "The Doodley Squats," and we'll enjoy festive fair food compliments of our dietary department. You won't want to miss this fun day!

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402-441-8816



Coverage outside the home provided where AT&T wireless network coverage is available. AutoAlert does not detect 100% of falls. If able, users should always push their button when they need help.



Live Well. Go Fish.

Friday, Sept. 14

\$12 fee if you want to fish.

\$7 fee if you only want to enjoy the boat ride.

Reservation and payment deadline: Friday, Sept. 7

We're celebrating National Senior Center Month with a boating adventure! Through grant funds, Lincoln Community Foundation is sponsoring cruises aboard the "Live Well. Go Fish's" wheelchair-accessible pontoon boat located on beautiful Lake Wanahoo near Wahoo, Nebraska. During our cruises, we'll do some fishing, bird watching, kite flying, singing and making fun memories. Transportation from Lincoln will be arranged for three groups of 10 participants. Reserve your spot today by calling 402-441-7158. Departure times from Lincoln will depend on the number of participants and requested activities.

Lincoln Historical Lunch Series

Gere Library, 2400 S. 56th St.

\$4 fee for sack lunch

Wednesdays, Aug. 15 and Sept. 19

Reservation and payment deadlines are Mondays,

Aug. 13 and Sept. 17.

Lunch served at 11:30 a.m., Program begins at noon.

Call 402-441-7158 for reservations.

- Aug. 15 - "History In The Hallway: Nebraska's Hall of Fame"
- Sept. 19 - "Robbers Cave: Truth, Legends and Recollections"

Memorial Stadium and Mueller Planetarium Tour

Tuesday, Sept. 25

Stadium tour 9:30 a.m. to 10:30 a.m.

Walk over to UNL's Morrill Hall and Mueller Planetarium for the 11 a.m. to noon showing of Big Red Sky Tour.

\$7 admission to planetarium.

\$4 round-trip transportation.

\$4 suggested contribution for sack lunch for age 60 and over.

\$8 fee for sack lunch under age 60.

Reservation and payment deadline:

Tuesday, Sept. 18 at noon.

Full Moon Madness Ice Cream Social

Northeast Senior Center

6310 Platte Ave.

Monday, Sept. 24 from noon to 1:30 p.m.

Join us for a fun afternoon of music and yummy, creamy treats. Come in for a great lunch and stay for the best of all desserts: ice cream sundaes.

Special musical guest Jimmy Mac will perform from noon to 1 p.m.

Reservations for lunch should be made no later than Wednesday, Sept. 19 by calling 402-441-7151.

\$4 suggested meal contribution for age 60 and over. \$8 meal fee for under age 60.

National Senior Center Month Celebration

Thursday, Sept. 27

Lincoln Firefighters Reception Hall

241 Victory Lane

Program: 10:30 a.m.

Lunch: 11:30 a.m.


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

\$8 meal fee for people under age 60.

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

Join friends in celebrating your senior centers and learning about Aging Partners. Do you know the history of your senior center? Did you know Aging Partners is an Area Agency on Aging? Have you wondered what an Area Agency on Aging has to offer? We are ready to answer your questions.

Informative presentations will be provided by Aging Partners staff. Helen Waring Johnson will entertain you with her lively "Helen's Musical Hats" variety show, and a delicious lunch, featuring Runzas from RUNZA® International.

Reservations accepted through Tuesday, Sept. 24. Call 402-441-7158 to make your reservation and arrange transportation. Talk with your senior center manager for more information. 

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

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

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