

LivingWell

Summer 2019 • Volume 15 • Issue 3

A publication of



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Gladys and Ken Cooper give at their jobs and at home.





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Director's Corner

Riding in My 32-Passenger Limo

Every day, I look forward to my journey to and from work across the city. My 32-passenger limo picks me up less than one-half block from my house and delivers me to the downtown block where I work. I have different drivers from time to time; they are all friendly and wish me a good day when they drop me off. What I like most about my limo are the other people who come along with me. They are a great cross section of the community – from retired persons to professionals and young people.

Often, my co-riders recognize me from past trips and call me by name. It's safe, clean and comfortable.

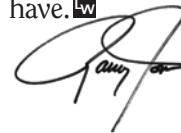
Enjoying my trip to and from work has never been as good as this. I can read the newspaper, nap, finish some emails, look at this beautiful city and not worry about driving.

You might wonder how a City employee can afford such a luxury. It's easy! My limo is StarTran, the City bus service. For only \$17 a month, I enjoy all the benefits, avoid the hassle of traffic and save tons of cash by not parking downtown or

paying for gas. Passes also are available for \$8 per month for persons who are low income.

If you haven't tried riding the bus lately, I would strongly encourage you to give it a try.

Get on board with StarTran! It's a great option that we're fortunate to have. ^{LW}



Randall S. Jones



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

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Staying Involved

Giving from the Heart

Gladys and Ken Cooper Serve the Community

When people are in need, the Coopers often are there.

If you've called Aging Partners for assistance, you might have talked with Gladys Cooper. And if you've visited the Center for People in Need, it's likely that you have seen Ken Cooper.

Throughout the community, they are known as honest and respected people who have very big and kind hearts.

Gladys works as Aging Partners' First Service/Information and Referral supervisor, assisting older adults, their families and caregivers with a variety of resources. Her knowledge, expertise and experience allow her and her co-workers to meet with clients, assess their needs and assist them in accessing the vast social services network in the community, county and state.

"She's very kind and easy to get along with; very sympathetic to a person's personal situation; finding solutions to everyday problems," said David Norris, Aging Partners Public Information Specialist.

Experience Gained from Life Circumstances

In 1981, as a newly divorced mother, Gladys relied on Food Stamps (now SNAP), housing assistance and Medicaid for her and her daughter.

"That was the hardest thing for me to do," she said. "I came from a working-class family and had worked since I was 16. And when I

went to the Department of Health and Human Services to apply, I was crying like a baby, due to the shame I associated with applying."

For four years, the assistance she received helped her get through college.

"I knew in my mind I wasn't going to be on assistance forever," she said. "My goal was to get my education and go back to the work field. I wanted to show my daughter that while tough times come, you work if you have the opportunity to work. I didn't want her to think this was a way of life, but it was only temporary. When I went back to work, I could support the next person through public benefit programs supported by my taxes."

Gladys graduated with her social work degree from Union College. Having a good relationship with her grandparents, she saw it as a perfect fit to serve her practicum at Aging Partners, previously known as the LIFE Office, and enjoyed it.

"I thought it would be easy to work with seniors since they were adults and would have their life together," she said. "I was such a rookie."

She quickly realized older adults face varying challenges just like younger adults, but with additional stress of an aging body and mind, many are living on a fixed income and have faced great losses.

"I realize we all have issues to deal with no matter the age, but if we carry them through life without

addressing them when younger, our behaviors and attitudes can become ingrained when we become older — making it difficult to recognize the need for change or how these issues impact others who try to provide assistance," she said.

She also doesn't solely work with the older adults. She often works with their children or grandchildren, who many times have differing opinions on what is best for their loved one, as well.

Gladys first joined Aging Partners part time. Shortly thereafter, she applied and accepted a full-time position in June 1985. For five years, she did case management. For the last 29 years, she has worked in Information and Referral (I&R). When calls come into Aging Partners, they are triaged and sent to Gladys and the I&R team to screen and assess the needs of the caller, answer questions and provide resources or referrals.

"We have a great and very committed staff; our team consists of Community Resource Specialists and Care Managers working together to create a plan that will meet the needs of the caller, consumer or caregiver. We are proud of our reputation in town for providing good care management services and a continuing effort to make sure people receive accurate information about community resources and public benefits so they can make informed decisions."

The I&R team answers anywhere from 20-30 phone calls daily about various topics including housing, applying for Medicaid or disability, eligibility for Medicare, programs and even a phone call about where to get dirt. Calls come in mostly from older adults, their families or caregivers, but many also come from local authorities, adult protective services, doctor's offices and concerned members of the community. The calls come from all across America; we've had calls from Australia, Slovakia, Germany and Japan.

When talking to those reluctant to apply for services and benefits, she relies on her past personal experience of receiving assistance.

"I am sympathetic and understand how hard it can be to ask for help," she said. "I assure them if they have worked for years paying taxes, and if they qualify for the benefits, they should apply for them. For some, it might be temporary, but others might need it to survive."

Gladys also empathizes with caregivers — her mother lost her sight in her 40s. And when her father got sick with multiple sclerosis, later becoming an amputee, she and her siblings became long-distance caregivers for both. Gladys and her husband would travel to Kansas to take care of her parents' needs and ensure they got signed up for eligible services to help them remain safely in their home until they could not.

"At Aging Partners, we truly understand what many of these families are going through," Gladys said. "Most of us have come full circle in the aging process. We have become caregivers of our parents or in-laws. We know the fine line of maintaining their dignity but



Gladys and Ken Cooper

making sure they are safe and prepared for the latter years as much as possible."

Giving Back Above and Beyond

Ken and Gladys met when he helped fix her car. And 10 years later, they were able to share their experiences as young, divorced parents.

"I told him if he needed someone to talk to, he could call me," Gladys said. "He called me within the week, and he's been calling ever since!"

They married in 1992, each with a daughter — one a teacher in Lincoln, the other a biochemist

in North Carolina. Together, they have four grandchildren.

Both the eldest of six kids, their strong-willed personalities and opinions often clash, but they have an easy banter.

"It's just the way we are," Ken said.

Ken, who also has a social work degree from Union College, worked in family services for several years. He taught parenting skills and anger management, he worked for the Lincoln Council on Alcoholism and Drugs, Midland Recycling and CEDARS. For the last seven years, he's worked at the Center for People in Need

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Giving from the Heart: *Gladys and Ken Cooper Serve the Community*

Continued from page 5.

and currently serves as facilities manager, overseeing maintenance, vehicles, custodial and contractors' work for the building.

Ken has volunteered his time to assist Aging Partners staff plan and prepare for car emergencies through training to care managers. He also shoveled snow through the Home Handyman program for four years for those who aren't able to shovel their sidewalks and driveways.

But it doesn't stop there — the Coopers are active in their church, Allon Chapel Seventh-day Adventist Church. They both serve as Elders. Gladys assists

in the community services, prison ministry, FoodNET, Head Deaconess and serves as the church's social worker. Ken assists as the worship leader, runs the sound board, serves on the Ministry Leadership Team and is a mentor to single parents with children. He sings in the church choir and plays the trumpet.

"We just ask, 'What do you need?' and morph into whatever they want us to do," Gladys said.

"I do it because I can help now while I'm able-bodied; one day I won't be able to," Ken said. Gladys echoes that sentiment.

As if their church involvement isn't enough, they also are trained

in Adventist Disaster Response, working with the American Red Cross when activated to manage warehouses during disasters to receive and distribute donations. Gladys has been trained in Children's Disaster Services, Community Emergency Response Training (CERT) and has a ham radio license.

"You never know when the tables will turn; everyone needs a little help sooner or later," she said. "We are fortunate that our jobs are in the helping business, allowing us to be helpful to many people who come our way, which allows us to remain true to our faith and beliefs." **lw**



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Nance Completes Solo Swim Across St. Lucia Channel

Molly Nance of Lincoln swims 21.2 miles in the Caribbean Sea from St. Lucia to Martinique. Dealing with seaweed proved to be one of the biggest challenges, she said.

There's a story often told about English mountaineer George Mallory's response to why he attempted to scale Mount Everest on the border of Nepal and China. He supposedly said "because it was there."

Molly Nance of Lincoln traveled nearly 2,840 miles to the Caribbean and became the first woman to swim solo in open water for what is officially 21.2 miles in the St. Lucia Channel on May 16, 2018. It took her 13 hours and 56 minutes to swim from the coast in St. Lucia to the coast in Martinique.

When asked about her motivation to tackle open water challenges such as this, Nance had a similar response to what Mallory supposedly said.

"To see if I could do it," she said.

There are people who can climb mountains and others who run long distances, she said. She can swim. And swim she does.

Only one male had ever successfully swam the St. Lucia Channel before. Frenchman Jacques Sicot accomplished the feat from Martinique to St. Lucia in 1987 and made the journey in the other direction from St. Lucia to Martinique a year later.

"I love swimming and the feeling of water on my skin," said Nance, who was 52 at the time of the swim.

"It also gives me time to think. How many times do you have the chance to just get away from everything with no computer screen and nobody telling you what to do? You're just alone with your thoughts in the water. It's a good feeling."

This wasn't her first attempt at a marathon swim of this kind of distance, though. In 2014, she attempted to swim the English Channel. During the swim, she encountered severe nausea in the cold water after swallowing significant amounts of seawater and had to call it off a little more than four hours into her attempt.

"It was a profound disappointment," Nance recalls. "I had trained so hard for that swim and felt like I physically could have done it. It just wasn't my day, and I felt like I let a lot of people down."

Her friends and family assured her that wasn't the case, but she did take some time off from swimming for a while after that.

She eventually returned to swimming and her routine that includes doing laps for about 90 minutes to two hours daily at the Lincoln Downtown YMCA pool before heading to work for the Daugherty Water for Food Global Institute at

the University of Nebraska-Lincoln, and three- to six-hour swims on the weekends. She often swims at Branched Oak Lake north of Lincoln and will do some river and open water swims in various locations across the country as well.

As she got back into the routine, Nance also started considering another attempt at a major channel swim.

"I started thinking how there is a lot of water in the world and maybe there's another place I could go," Nance said.

By happenstance, some friends were talking to her and her husband, Paul, about a vacation they went on to St. Lucia and how beautiful it was.

"We literally took out the globe to see exactly where it was," she recalls.

Knowing the water would be warmer than in the English Channel, she decided to give it a shot and test herself, especially after doing research and discovering that no woman had ever successfully completed it before.

Training for a swim like this, which features up to 6-foot swells in the open water, is not easy in Nebraska though, Nance said. Much like a former slogan for her place of work at UNL that stated "Come make waves

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Nance Completes Solo Swim Across St. Lucia Channel

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where there is no ocean,” Nance was attempting to do just that.

For the St. Lucia swim, she had to organize a team with a boat captain and crew, an official observer and other swim support such as her husband who provided what swimmers call feeds — carbohydrate drinks — every half hour or so in the water.

She found the water comfortable at 80 degrees and felt fortunate to be able to swim in what she described as a “beautiful place.”

“I loved it,” she said, acknowledging how her swimming has taken her to a lot of exciting places throughout the years — both coasts in the United States, the Dead Sea in Jordan and that English Channel attempt.

While she was in the water, no one could physically interfere with her swim or help. She wore what are known as Sharkbanz — one on the wrist and one on each ankle. The magnetic bracelets are designed to repel sharks. She said the bigger concern for her going in was jellyfish.

“They can pack a wallop and ruin your swim,” Nance said, noting that she fortunately didn’t have too much of an issue with them on this swim. Seaweed proved to be her biggest obstacle during the swim in this channel.

Nance initially wanted to swim the St. Lucia Channel to test herself and prove that she could, in fact, do it. She had to consistently overcome her own doubts even during the swim.

“I wasn’t sure I could do it,” she said. “But, by swimming through the

doubt in 10-minute chunks, I ended up on the Martinique beach.”

As she reached the shore, she was ecstatic and grateful for her team of supporters with her and at home in Nebraska.

“I couldn’t believe we did it,” Nance said. “It was definitely an awesome feeling.”

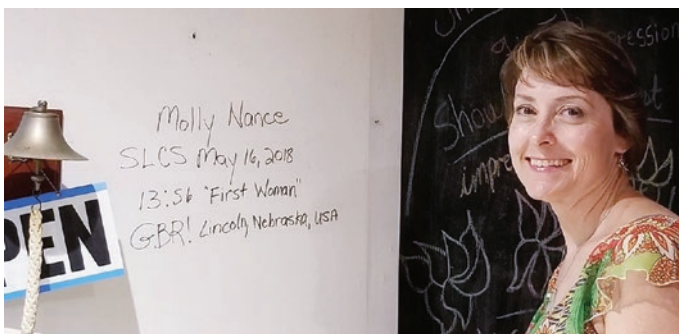
And that moment does not make her swimming story complete, she said.

She knows swimming is an activity people can do for a long time. She looks up to people such as Maine native Pat Gallant-Charette who is 69 and is attempting to swim what is known as Oceans Seven — seven channel swims around the world. Gallant-Charette has completed six of them to date.

“It’s a wonderful, lifelong sport,”



Molly Nance swims as a member of her support team looks on.



Similar to a tradition done for those who swim the English Channel, Molly Nance wrote her name on a wall of a bar in the Caribbean after successfully completing the St. Lucia Channel swim.

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Nance said. “You don’t have the impact that can affect your joints and cause pain. It’s good for your heart and good for circulation. It just makes me feel good.”

She also appreciates the camaraderie that comes with swimming, noting how “it’s a global community.”

“I feel like swimmers are some of the nicest, kindest people,” Nance said. “Everyone is welcome, regardless of their abilities.”

She approaches these marathon swims by taking her time and pushing herself at whatever pace she wants. It’s not a race, she said.

And while future plans for other swim challenges are not firmly set for Nance, she says “I don’t think that will have been my last marathon swim.”

She fully intends to keep going on this swimming journey, because she can. 



Molly Nance gets what swimmers call “greased up” before beginning the swim. She put on Desitin diaper cream that acted as a sunscreen and Lanolin cream to help prevent chafing.



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.

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Make Sure You're Counted

Aging Partners Care Manager Jenna White is helping to promote the 2020 census and educate the area's older adults about the process.

Along with serving on Lancaster County's Complete Count Committee, White aims to increase awareness about the process in the seven other counties that Aging Partners serves: Butler, Fillmore, Polk, Saline, Saunders, Seward and York.

The overlying message about the 2020 census, according to White, is that it matters and should be taken seriously to make sure everyone is counted.

"It's absolutely vital in so many ways," she said.

What is the 2020 Census and Why is it Important?

Every 10 years since 1790, the United States has counted population through a Constitution-mandated census process.

The U.S. Census Bureau aims to count every resident in the U.S., and this process helps to ensure equal representation in elected government at the federal, state and local levels. The census data also helps to establish Nebraska's proportion of federal funds for local- and state-level programs for the next 10 years.

Using the 2015 fiscal year as an example, Nebraska received \$1,342 in federal funds for each resident counted in the 2010 census, according to information from North Dakota State Data Center that was modified to represent data for Nebraska.

That is a significant reason it's important everyone is counted, said White, who notes it is an estimated \$13,420 over a 10-year period that would not be received by the state for each person not counted during the 2020 census.

"I think it's a staggering number," she said, noting how it could affect Aging Partners funding through the Older Americans Act for programs and services.

Lancaster County Commissioner Sean Flowerday is co-chairing the County's Complete Count Committee with Lincoln City Councilman Bennie Shobe and agrees about the census' importance to state and local communities.

"Democracy doesn't begin at the ballot box," he said. "It begins with the census. Getting everyone counted; that's the name of the game."

How are People Counted?

Census Day is officially April 1, 2020.

People will be counted in the census based off the address where they usually live and sleep as of that date.

People in certain types of group facilities such as assisted-living facilities on Census Day will be counted there. People who do not have a usual residence, are counted where they are on Census Day.

Most households can start participating through voluntarily reporting in mid-March 2020 when they receive letters with instructions about the process in the mail. They will be able to self-respond via the mail, telephone or internet.

The 2020 census marks the first time people will be allowed to respond online as early as March 23, 2020.

Households that do not provide a response by early April 2020 could receive a visit from a census worker who will collect responses using a smartphone.

Flowerday reminds people that the census will not ask about banking information or anything like that.

Census questions will be similar to what forms have asked in recent counts: number of people living or staying in a home on April 1, 2020; whether the home is owned with or without a mortgage, rented or occupied without rent; a phone number for a person in the home; name, gender, age, date of birth and race of each person in the



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home; and relationship of each person to a central person in the home.

The final census information will be delivered to Washington, D.C., Dec. 31, 2020.

Can Responses Be Done In A Language Other Than English?

While paper forms will only be available in English and Spanish, people can respond online or by phone in Spanish, Arabic, Chinese, French, Haitian Creole, Japanese, Korean, Polish, Portuguese, Russian, Tagalog and Vietnamese. The Census Bureau also is providing video and printed guides in 59 non-English languages, as well as a video in American Sign Language.

Complete Count Committee Role

Flowerday says the committee members simply serve as advocates for the census process to help inform residents about it.

There are 14 people from various organizations on the committee who have been meeting monthly since January. Meeting frequency may change as census day gets closer, Flowerday said.

"It's about getting the word out," he said.

There will be sample versions of the census eventually displayed. Various posters and fliers will be distributed at events to inform the public as well.

A Census Bureau representative attends the meetings and has helped committee members identify areas with statistically lower response rates. White said the committee members discuss options about various activities and events to help promote the census.

"My ultimate goal is to help spread the message to older adults as many ways as we can," she said. **lw**



Aging Partners Care Manager Jenna White serves on Lancaster County's Complete Count Committee for the 2020 census.



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Discover Unique Treasures in Lincoln

Lincoln has earned a reputation as one of the Midwest's most beloved cities.

Jeff Maul, Executive Director of the Lincoln Convention and Visitors Bureau, encourages people to discover unique treasures, right here in Lincoln.

"Every day, on every corner and at every event, you'll see a community coming together to celebrate history and unprecedented growth, yet not forgetting about its roots and those who helped make Lincoln what it is today," he said.

Nebraska's capital city is home to fine culinary and artistic treasures, a budding live music scene, breathtaking parks, golf courses and trails. There is a surprising variety of public art and international culture. The Lied Center for the Performing Arts enters its 29th season, offering the best of touring music, dance, theatre, symphony, comedy and world-renowned artists of every discipline. There are 50 galleries ranging from non-profit collectives to exclusive, private collections. Enjoy new performance spaces such as Union Plaza (19th and "P" streets) and Tower Square (13th and "P" streets), featuring a lighted art glass tower by Omaha-based artist, Jun Kaneko.

Lincoln truly offers the exhilaration of a big city and the serenity of the countryside all in one place. It is host to many attractions and museums that capture the unique interests from all over the world and offers literally hundreds of choices of places to eat, sleep, work, shop, relax and play.

"You'll find the ability to live, love and learn in Lincoln," Maul said. "Walk, bike and enjoy the over 131 miles of Lincoln trails as you see all parts of the city at your own pace from downtown to College View, Havelock and everywhere in between. Take a long, relaxing walk around Holmes Lake, Pioneers Park or visit one of Lincoln's four dog parks if you want to let your four-legged friends stretch their legs in a friendly environment."

With a mixture of large parks dedicated to putting a person in touch with nature and little parks designed to help you catch some air, there are countless choices. There is water teeming with fish and wooded paths to stroll.

Want to learn more about and relive some of the past?

"Visit the Nebraska History Museum downtown to view the city through its early years to the present time," Maul said.


A trip to the Nebraska State Capitol to see the art deco mosaics and architectural detail also is a must.

Other attractions on UNL's East Campus include the Larsen Tractor Museum, International Quilt Study Center & Museum and the University of Nebraska-Lincoln Dairy Store.

"This area provides a perfect mix for students and those looking to immerse themselves in history," Maul said.




Jeff Maul, Executive Director of the Lincoln Convention and Visitors Bureau, sits in front of a 5-foot-tall Abe Lincoln bobblehead statue at the Lincoln Visitors Center at 7th and "P" streets in Lincoln Station.




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An active sports scene is present as well. A Husker football game day experience can be enjoyed with or without a ticket to the game. You can see the march of the band down Stadium Drive to Memorial Stadium. The addition of the Pinnacle Bank Arena and adjacent Railyard development further enhances an already exciting destination.

Lincoln has successfully hosted the 2010 USA National Games for Special Olympics and more recently, the 2015 State Games of America with more than 20,000 athletes in attendance. The city also is home to the Lincoln Stars hockey and Lincoln Saltdogs baseball teams as well as numerous youth organizations.

With more than 65 lodging facilities and over 5,000 hotel rooms, the city has opportunities for groups of all sizes.

"As you can see, Lincoln is a city on the move and offers something for everybody," Maul said.

To learn more, visit Lincoln.org or come visit the Lincoln Visitors Center at 7th and "P" streets and take a photo with the giant Abraham Lincoln bobblehead. **lw**

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By the Numbers - COPD in NE

- 5.2% of adults have been diagnosed with COPD (prevalence)¹
- 79,400 adults have been diagnosed with COPD¹
- 49.5 people out of every 100,000 die per year²
- \$216 billion is the annual cost for treatment³

Sources: ¹Behavior Risk Factor Surveillance System ²CDC ³Medical Expenditures Panel Survey

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The Belmont Senior Center, located in the Belmont Recreation Center at 1234 Judson St., is now open Monday through Friday from 9 a.m. to 1 p.m. following the merger with the JoAnn Maxey Center.



The Waverly Senior Center has moved to the VFW Post 9875, 13820 Guildford St.

Two Aging Partners Senior Centers Relocate


Two Aging Partners senior centers in Lancaster County now have new locations:

- The JoAnn Maxey Senior Center, previously in the Malone Center at 2032 “U” St., has merged with the Belmont Senior Center at the Belmont Recreation Center, 1234 Judson St. The Belmont Senior Center’s new hours are Monday through Friday from 9 a.m. to 1 p.m. Transportation will continue to be provided to the Belmont Senior Center.
- The Waverly Senior Center moves from its former location at First United Methodist Church, 14410 Folkestone St., to the Waverly VFW Post 9875, 13820 Guildford St. The new Waverly Center will be open on Wednesdays from 9 a.m. to 1 p.m., with the exception of the second Wednesday of every month, when the hours will be 9 to 11 a.m.

The relocations became effective June 5. Aging Partners Director Randall S. Jones said the moves are intended to improve service delivery and cost efficiency.

“The majority of our Maxey Center patrons attended both the Maxey Center on Wednesdays and Fridays as well as the Belmont Center on Mondays, Tuesdays and Thursdays,” he said. “This move allows us to provide daily meals throughout the year at one location and continue service through the summer. It also increases seniors’ access to Parks and Recreation activities at Belmont.”

Jones also said the Waverly move takes advantage of a popular, existing gathering place in addition to providing lease savings.

In addition to hot and sack meals, Aging Partners’ senior centers provide exercise programs, events, recreational activities, informational presentations and a great place for seniors to socialize. Aging Partners now has five senior centers in Lincoln as well as centers in rural Lancaster County communities Hickman, Firth, Bennet and Waverly. 



Let's talk about these free presentations!

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Planning Ahead



From left, Lincoln Fire & Rescue Captain/Paramedic Kyle McCown and Josh Schumacher, LFR apparatus operator, show a card developed in collaboration with Aging Partners and LFR to highlight some Aging Partners services. McCown initiated the effort to have the cards so LFR and Lincoln Police Department can hand them out to people and help point them to more services if they are in need.

Care Demonstrated Through Collaborative Effort

When Lincoln Fire & Rescue Captain/Paramedic Kyle McCown sought a better way to point older adults to local resources, he found the Aging Partners site online and acted.

"It was like striking gold," he said. "I had no idea about all of the services Aging Partners provides. It's more than just meals."

Aging Partners seeks to enhance daily living, expand personal choice and educate the community in an effort to ensure the independence and full life of people.

So McCown stopped into the 10th and "O" streets location one day and was going to ask about obtaining business cards for the agency's personnel. He wanted to have them available to hand out to older adults looking for answers on topics such as obtaining a medical alert device or

finding help around the house.

He later met with Aging Partners Director Randall Jones, Care Management Coordinator Joyce Kubicek and Public Information Specialist David Norris. McCown told them about needs he saw throughout the community with more people choosing to age in place and how he wanted to help these older adults.

"The response I got from Aging Partners was just overwhelming," McCown said.

Following the meeting, the agencies collaborated to create a bilingual handout — written in English and Spanish — that LFR and Lincoln Police Department personnel can distribute to older adults. It provides contact information and lists some Aging Partners' frequently asked questions about obtaining a personal emergency response system;

information about transportation, medical equipment or medication; respite help for a caregiver; information about assisted living or in-home services; and help getting additional benefits and services.

"The referrals Aging Partners receives from LFR and LPD — Lincoln's public safety departments — is a prime example of City agencies working together to help the people we all serve," Jones said. "The caring and compassionate initiative shown by LFR Captain and Paramedic Kyle McCown to fill the void he saw through his own professional experience was impressive."

"He truly cares and is concerned about these people, to the point where he wanted to do something to help bridge the gap to 'what happens next' by reaching out and referring them to

Continued on page 16.

Care Demonstrated Through Collaborative Effort

Continued from page 15.

a place that may be able to provide some valuable resources during their time of need.”

LFR Fire Chief Micheal Despain agreed.

“Part of LFR’s mission is to look at how we can help our most fragile community members beyond just the emergency response,” he said. “Captain McCown’s dedication to this mission is evident in his efforts to reach out to other support agencies, such as Aging Partners, to build on systems already in place and expand it with our daily routine of meeting people at their greatest moment of need and get them headed toward the right type of help sooner.”

Josh Schumacher, LFR apparatus operator, already has handed out the cards and appreciates having them available.

“It’s one thing to say there are resources, but having cards with a list of information is really helpful,” he said.

McCown said ultimately both agencies want to assist people and find resources for individuals in need.

“It’s such a relief to be able to hand people this card and tell them ‘Call this phone number. They’re good people, and they might be able to help you,’” McCown said. ^{lv}



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Community Action Offers Programs From Home Weatherization to Foster Grandparents

Community Action Partnership of Lancaster and Saunders Counties' (Community Action) empowers people living in poverty to reach economic stability. The agency addresses the causes and conditions of poverty through 18 programs in four impact areas: early childhood education, homelessness prevention, financial and family well-being, and hunger relief and healthy food access. The following are just some of the services provided by the agency:

Weatherization Program Expansion

Community Action recently received a \$750,000 grant from the Federal Home Loan Bank of Topeka and a \$10,000 contribution from Horizon Bank to expand its Weatherization Program to 100 owner-occupied, low- to moderate-income homes throughout the next three years.

"Having safe, energy-efficient housing is synonymous with one's ability to maintain and work toward greater financial well-being," Community Action Executive Director Vi See said in a press release. "We're thrilled to be able to expand upon our work in this area."

During 2018, about half of Community Action's Weatherization Program applicants were deferred, meaning their homes didn't pass a prescreening inspection due to a disqualifying factor such as mold, asbestos or structural deficiencies. Though households can opt to fix issues on their own, many haven't been able to afford this and have had to forego receiving weatherization services altogether.

Community Action Weatherization and Facilities Administrator Amy Jeanneret said that deferred households, historically, are often in the greatest need for weatherization services.

"This grant will allow us to remediate factors leading to deferral, increase the number of households

receiving weatherization, and ultimately improve low- to moderate-income housing stock in our service area," she said.



Priority for weatherization services will be given to homeowners who are 60 and over.

Specific services to be provided will be based on inspection results and focus on hazard remediation including, but not limited to, mold and asbestos removal, electrical upgrades, roofing, siding, foundation shoring and water infiltration elimination.

Flood Damage Assistance

Uninsured low- to moderate-income homeowners affected by recent flooding in Saunders and rural Lancaster counties may be eligible to receive free repair and rehabilitation assistance from Community Action's Weatherization Program.

Continued on page 18.



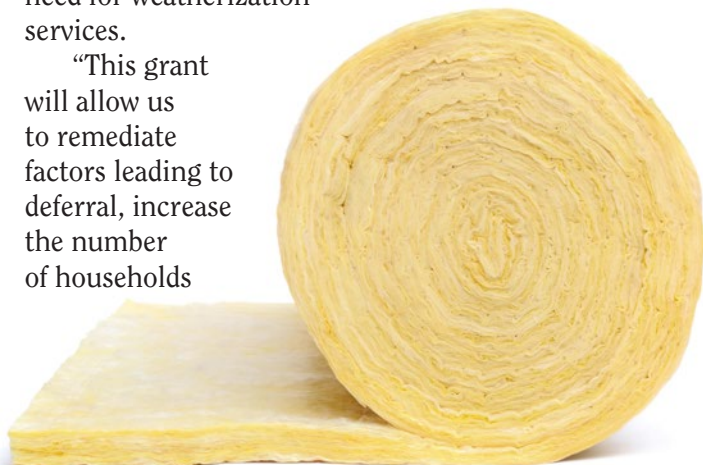
"It is such a rewarding gift to be able to get children ready for school."

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Community Action Offers Programs From Home Weatherization to Foster Grandparents

Continued from page 17.

"The damage caused by recent flooding has been devastating," Jeanneret said. "Homeowners without insurance are especially vulnerable. Providing stable housing to those affected by this



natural disaster is a critical need Community Action can address. Homes previously weatherized, but affected by current flooding, may be able to qualify for services again, due to natural disaster."

Community Action encourages anyone who thinks they may be eligible to apply.

Foster Grandparents


Foster Grandparents serve within Community Action Head Start. They serve as role models, mentors and friends to enrolled children.

To be eligible to serve as a Foster Grandparent, individuals must be 55 and over, have income below 200 percent of the federal poverty level, and be able to serve 20 hours or more each

week. Some benefits of serving through this program include a stipend, professional development opportunities and mileage reimbursement. However, the most important benefit of being a foster grandparent is the opportunity to make a difference in a child's life.

To apply or inquire about weatherization, including flood damage assistance, call 402-875-9364 or email weatherization@communityactionatwork.org.

To apply to become a foster grandparent, contact Community Action Foster Grandparent Program Director Georgann Roth at 402-875-9320.

To learn more about Community Action, visit www.communityactionatwork.org. 

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The Silent Disease: Weakened Bones Through Osteoporosis

As we age, we notice various changes in our bodies. One change we might not notice though is bone weakening. Osteoporosis is a disease that weakens the bones to the point where they can break easily.

According to the National Osteoporosis Foundation, one in two women and up to one in four men age 50 and over will break a bone due to osteoporosis. About 54 million Americans have osteoporosis or are at an increased risk for the disease due to low bone mass.

Bone is a living tissue and to keep bones strong, your body breaks down the old bone and replaces it with new bone tissue. A close look at bone shows that it looks similar to honeycomb. However, when you have osteoporosis, the spaces in the honeycomb grow larger and the bone that forms the honeycomb becomes smaller. The outer shell of your bone also becomes thinner, making your bones weaker.

Sometime around the age of 30, bone mass stops increasing, and the goal for bone health is to keep as much bone as possible for as long as possible. The amount of bone mass an individual has at age 30 may define bone health for the rest of his or her life. As people enter their 40s and 50s, more bone may be broken down than replaced.

Most often, individuals who have osteoporosis don't know they have it until a bone breaks, most often in the hip, backbone (spine) or wrist. Individuals also may notice that they are becoming shorter or their upper back is curving forward.

Breaking a bone is a serious complication of osteoporosis, causing permanent pain and may limit mobility. Twenty percent of older adults who break a hip die within one year from complications related to the broken bone or the surgery to repair it, and many require long-term nursing home care.

Individuals at risk for osteoporosis may have osteopenia, or low bone mass. It means that bone loss has begun, but action still can be taken to possibly prevent osteoporosis later in life.

Risks

Although osteoporosis can affect individuals of any age, it is most commonly found in older adults. While men can have the disease, women are more at risk, especially white and Asian women.

Those at risk include:

- Individuals with a family history of broken bones or osteoporosis.
- Older adults who have broken a bone after age 50.
- Women who have had surgery to remove ovaries before menstruation stopped.
- Individuals who did not receive enough calcium and/or vitamin D throughout life.
- Those on extended bed rest or physically inactive.
- Men with low levels of testosterone.

Continued on page 20.



UNMC Student Katie Thorn, right, performs a SAHARA Bone Density Test on Doris King at the Senior Health Promotion Center at St. Mark's Vermeer Education Center.

The Silent Disease: Weakened Bones Through Osteoporosis

Continued from page 19.

- Individuals who smoked or currently smoke.
- Those taking certain medications, including those for arthritis, asthma, some cancer drugs and more.
- Women affected by early menopause.
- Men who consumed too much alcohol.
- Those who used certain medications for a long time.
- Individuals with a small body frame.
- Those who have taken medications that have been shown to increase the chances of developing osteoporosis, including: corticosteroids, chemotherapy, antidepressants, anti-seizure medications, glitazones to treat diabetes and more.

Each individual has a unique health history, and it is important to talk to your doctor about your personal risk factors.

As we age, the risk of osteoporosis does, too. At the time of menopause, women lose bone tissue quickly for several years. After that, the loss continues, but slows down.

“Women are at high risk for osteoporosis and osteopenia,” said Rita Antonson, geriatric nurse practitioner/UNMC nursing instructor. “Estrogen protects our bones, but some genetic and lifestyle factors can work against bone loss.”

It is believed not as many men have osteoporosis because they start with more bone mass and the loss of bone is slower, but typically by age 65 or 70, men lose bone at the same rate as women.

Testing

A bone mineral density test can be done to compare your bone density to that of an average healthy young adult. The test provides a T-score, which tells you how strong your bones are, and if you have low bone density and if further testing is recommend.

The Senior Health Promotion Center at St. Mark's Vermeer Education Center, 4000 S. 84th St., located north of the church provides bone density screenings from September through April. Student nurses, under the guidance and supervision of Antonson, offer bone density, blood pressure, cholesterol and

blood glucose screenings, toenail trimming and health promotion education.

“We offer a SAHARA bone density screening, which measures the calcaneus bone, or heel bone, using ultrasound,” Antonson said. “The test is quick, and we can give you the results right away. The T-score will tell us if you have normal bone density or are showing too low bone density. If so, we would recommend individuals to follow up with their doctor to get a dual energy x-ray absorptimetry (DEXA) scan to be diagnosed.”

The clinic is open from 9:30 a.m. to 1:30 p.m. most Wednesdays from September through April. No appointments are necessary. There are no fees for services for those age 60 and over or caregivers, but a \$15 contribution is suggested. For those under age 60, there is a \$15 fee. Limited transportation to the center is available. Call 402-441-7575 for more information.

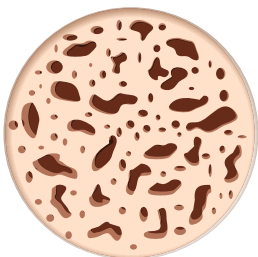
The National Osteoporosis Foundation suggests testing for women age 65 and over, and those through menopause with more than one risk factor. Men over the age of 70, or over age 50 with more than one risk factor also should be tested. Any adult age 50 or over with a broken bone, with health conditions or taking medications that cause bone loss also should be screened.

What Can I Do to Keep My Bones Strong?

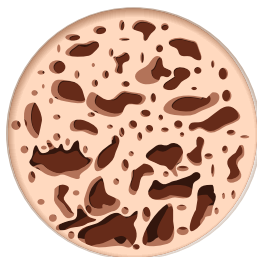
To prevent weakened bones at any age, it is important to eat foods rich in calcium and vitamin D. Calcium is a key mineral for reaching peak bone mass and helping prevent and treat

Stages of Osteoporosis

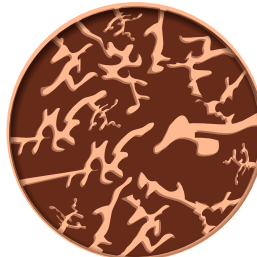
Normal Bone



Osteoporosis



Severe Osteoporosis



osteoporosis. Foods rich in calcium include low-fat milk, yogurt, cheese, sardines, soy products and collard greens. Items such as orange juice, breakfast bars and cereals often have calcium added. Vitamin D helps the body absorb calcium. Your skin can make vitamin D when you spend time in the sun, but how much sunlight you need depends on where you live, time of day and skin color. Adults who don't spend a lot of time in the sun may have a hard time getting enough vitamin D.

It's also important to perform weight-bearing and resistance exercise, such as weight training, walking, hiking, jogging, climbing stairs, tennis or dancing. If you have osteoporosis, avoid activities that involve twisting your spine or bending at the waist, such as sit-ups, toe touches or swinging a golf club.

Alcohol consumption can impede how vitamin D is used in the body and can result in lower calcium. Heavy drinking also can affect hormone levels — in women, it can cause menstrual problems, and it can lower how testosterone is made in men. This can result in reduced bone formation. Alcohol also can impede your balance, causing you to stumble, trip or run into objects and lead to a higher risk for broken bones.

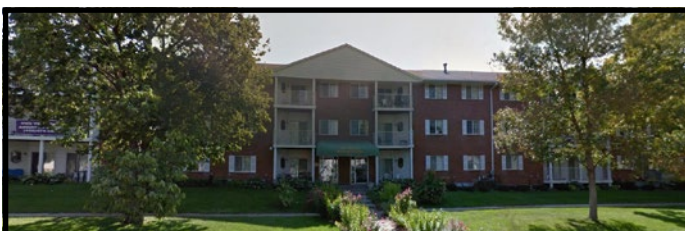
When bones are weak, a simple fall can cause a fracture. It is important to take all steps to prevent falls in your home, including clearing walking paths, removing rugs, using adequate lighting and a handrail to go up and down the stairs.

If lifestyle changes are not enough to treat osteoporosis, several medications are available



UNMC Student Katie Thorn, right, explains her bone density test results to Doris King.

that can help slow bone loss or rebuild bone. Healthy lifestyle choices such as proper diet and exercise can help prevent further bone loss and reduce the risk of fractures, but individuals should talk with their doctor about the best options for them. **lw**



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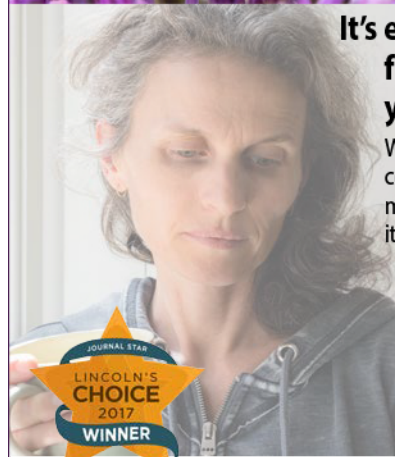
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Know Signs, Steps to Take With Sundown Syndrome

Sundown syndrome, or sundowning, can be common for people with Alzheimer's disease or dementia, leading to sleeping or behavioral issues that begin at dusk and last into the night.

Diane Hendricks, licensed clinical social worker contracted to the Alzheimer's Association Nebraska Chapter, said sundowning is more common in the moderate stages of Alzheimer's and the symptoms diminish as the disease progresses.

"However, throughout the whole disease process, there are going to be good and bad days," she said.

Some studies indicate as many as 20 percent of people with Alzheimer's will experience increased confusion, anxiety and agitation beginning late in the day. Others may experience changes in their sleep schedule and restlessness during the night. This disruption in the body's sleep-wake cycle can lead to more behavioral problems.

What Causes Sundowning?

According to the Alzheimer's Association, scientists don't fully understand why sleep disturbances occur with Alzheimer's disease and dementia.

However, there are factors that may contribute to sleep disturbances common with sundowning, including:

- End-of-day exhaustion (both mental and physical)
- An upset in the "internal body clock" that can cause a biological mix-up between day and night
- Reduced lighting and increased shadows that can cause people with Alzheimer's to misinterpret what they see, and become confused and afraid
- Reactions to nonverbal cues of frustration from exhausted caregivers
- Disorientation due to the inability to separate dreams from reality
- Less need for sleep, which is common among older adults

Symptoms

Hendricks notes caregivers should be aware of some signs and symptoms of sundowning, which include sudden mood swings, anxiety, sadness, restlessness, energy surges, increased confusion, hallucinations and delusions.

What Should be Done if a Person is Awake at Night or Upset?

Hendricks said it's important to calmly approach a person who is awake or upset possibly as a result



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of sundowning. It's also good to find out if there's something he or she needs, and gently remind the person of the time. Don't argue; offer reassurance that everything is all right.

Don't use physical restraint. If the person needs to pace, allow this to continue under your supervision.

"Don't take the behavior personal," Hendricks said. "This isn't your loved one but the disease itself."

What Are Some Steps That Can Be Taken?

While the first step should be to talk to a doctor about causality and possible solutions, some changes can be made to help, according to the Alzheimer's Association.

For sleep issues due primarily

to Alzheimer's disease, most experts encourage individuals or caregivers to try non-drug treatments first. But in some cases, medication may be prescribed for agitation during the late afternoon and evening. Work with the doctor to learn both the risks and benefits of medication before making a decision.

Some coping strategies include:

- Keep the home well lit in the evening, which may reduce agitation that occurs when surroundings are dark or unfamiliar.
- Make a comfortable, safe sleep environment. A comfortable temperature and nightlights can help. Appropriate door and window locks or door sensors and motion detectors can be used to alert family

members when a person is wandering.

- Maintain a regular schedule as much as possible for meals, waking up and going to bed. This will help to provide a more restful sleep at night.
- Plan more active days. Discourage afternoon naps and plan more challenging activities such as doctor appointments, trips and bathing in the morning or early afternoon. Daily exercise can be beneficial as well, but no later than four hours before bedtime.

"I think trying to have routines are really important," said Hendricks, who also encourages caregivers to be aware of self-care, so they can calmly handle any potentially challenging situations. ^{LW}



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By Peggy Apthorpe, Aging
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are some great testimonials from three of our fitness center participants about why they exercise and how it has impacted their lives:

Jan Bolin

I started coming to the Aging Partners Fitness Center in September 2018, but I have been an avid walker my entire life. I used to walk daily with co-workers, but they have since retired and I needed an “indoor” place to get some exercise over my lunch hour. The Aging Fitness staff is amazing and so helpful in getting you started with your exercise program, no matter what your personal level of activity is currently. By exercising over my lunch hour, it frees up my evenings to spend time with my husband, to get things done around the house after work, and help out my 88-year old mom.

I exercise because it keeps me healthy, somewhat strong and gives me some downtime from work. My job is somewhat sedentary, so I need to get up and move around over my lunch hour. Sometimes it is where I do my best thinking!

I believe exercising keeps you healthy because it gets your blood and muscles moving. It helps allow me to keep up with my six grandkids and continue

to do the fun things in life. Core strength is vital as we get older and this allows me the opportunity to maintain mine. Also, being able to just walk across the street from the County-City Building and have access to a terrific fitness center is perfect for me.

I wish I could say that this helps my golf game, but at least I can get out there and have some fun. However, I do notice that I don't get sick very often, my blood pressure is lower and I can go to Colorado and enjoy time with my daughter and her family, even with the high altitude. I want to be involved with my family, and exercising allows me to have the energy level to do that.

For 19 years I have been a budget analyst with the City of Lincoln Finance Department. Prior to that, I was an accountant for 11 years with StarTran, Lincoln's transit system. My husband, Dan, and I have a son and twin daughters. Our six grandkids keep us busy and allow us to truly enjoy life!

Oscar Blomstedt

I am 92 years old. I started working out at the Aging Partners Fitness Center soon after retiring in 2002.


I grew up on a farm and worked hard. Years ago, I decided I wanted to stay healthy as I grew older.

It helps to have an exercise appointment with a friend. It helps me to keep my body moving so I can continue to walk and take vacations to places such as Guatemala.

In 2014, I was hit by a car making a left turn while I was in a pedestrian walkway. I had a lot of trauma and could barely move. I credit my recovery to the fact that I was in good physical condition when this happened.

Sarah Porto

I have been coming to the fitness center for almost four years. I exercise because I don't want my health to keep me from doing what I want to do. I have a passion for travel. We are planning a trip soon that will require lots of walking, and I need to be ready.

I can honestly say I am in better health than I was 10 years ago. Having trainers available to assist me has helped me get healthy in the right way. My trainer is encouraging “planks.” I can do much better than when I first started. Thanks Judy! 

It's not about our specialized care for aging adults.

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Aging Partners Offers Free 'Feeling Fit' Classes

The public is invited to participate in Aging Partners' Feeling Fit classes as part of the Move More Lincoln Wellness Series. Classes are from noon to 12:45 p.m. Fridays from June 7 through Sept. 27 at the Jayne Snyder Trails Center, 21st and "Q" streets.

The Move More Lincoln Wellness Series is designed to help individuals stay active, flexible and balanced. It is sponsored by the Community Health Endowment of Lincoln and Lincoln Parks and Recreation. All classes are free and open to the public, and no preregistration is required. Nine different types of classes are offered:

- July 5 – Tai Chi: Moving for Better Balance is a fall prevention program using principles and movements of Tai Chi.
- July 12 – Qigong movements work with the body, breath, mind and subtle energies to attain health, vitality and longevity.
- July 19 – Movement and Music explores elements of dance in a no-pressure, social environment at a comfortable pace.
- July 26 – Movement with Mitzi involves low-impact exercises done while seated and standing near a chair and incorporates oldies and modern music to create an invigorating workout.
- Aug. 2 – Dynamic Movement involves stretching, breathing and a unique combination of exercises and dance steps done to oldies music. These activities will isolate muscle groups, enhance flexibility, increase heart rate and improve strength.
- Aug. 9 – Balls and Bands/Stretch and Strength
- Aug. 16 – Movement and Music
- Aug. 23 – Contemporary Movement involves Yoga-based movements that can be done from a chair, on the floor or both. Bring your Yoga mat.
- Aug. 30 – Line Dance participants will follow an instructor who leads a sequence of steps done in a line or circle to country, oldies and contemporary music.
- Sept. 6 – Sit and Be Fit incorporates oldies music blended with seated stretches, breathing techniques, cardio and strengthening movements to produce a fun and invigorating workout.
- Sept. 13 – Movement with Mitzi
- Sept. 20 – Movement and Music
- Sept. 27 – Line Dance

More information about Aging Partners is available at aging.lincoln.ne.gov. More information about the



Move More Lincoln Wellness Series can be found at chelincn.org (select Move More Lincoln in the "News, Events & Resources" tab). 

Charles Senior Housing



Welcome to Charles Senior Housing – a beautiful apartment community in the heart of Lincoln.

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- on-site building manager
- off-street parking and laundry facilities
- security entry system

These bright, beautiful apartments were designed to make you feel right at home. Come see for yourself!

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Lincoln, NE | (402) 730-3496



Community Health Endowment of Lincoln Funds Pay Attention to Fall Prevention Project

Aging Partners is pleased to announce that a one-year Spark! Grant from the Community Health Endowment of Lincoln will enable us to plan and implement Pay Attention to Fall Prevention, a flexible and easy to understand fall prevention program.

Pay Attention to Fall Prevention will focus on neighborhoods and populations within Lincoln and Lancaster County who have not yet been reached with important fall prevention information. Falls are a leading cause of emergency room admissions for all age groups, but they are especially detrimental to older adults. The information provided through project activities will be most helpful to mature members (age 50 and over) of these neighborhoods and populations. Family members and caregivers

will also benefit. Community awareness of the significance of falls and the fact they can be prevented will be increased.

Project activities will be designed to reach the following populations:


- Deaf and hard of hearing
- Hispanic/Latino and Spanish speaking
- Vietnamese, Arabic and Karen speaking

People who work in the fall prevention field, as well as other aging professionals and advocates in the Lancaster County area, recognize the need to develop a simple, flexible, easily replicable fall prevention program for residents who are not involved in existing programs. The goal is to get this important information to as many people as possible.

Specific groups such as deaf and hard of hearing and those who speak languages other than

English cannot participate in programs that are currently offered for a variety of reasons. The obvious reason is the inability to hear or understand English. Other barriers include lack of awareness that programs exist, knowledge that falls are not a normal part of aging and can be prevented, lack of transportation, time or money and/or feeling uncomfortable in an unfamiliar environment.

Aging Partners believes these individuals can benefit from fall prevention exercises and information presented to them in an easy to understand flexible manner in a familiar, comfortable environment.

For more information about this project, contact Peggy Apthorpe at 402-441-7796 or papthorpe@lincoln.ne.gov. 

Commission for the Deaf and Hard of Hearing, Aging Partners Sponsor September Workshops

This four-week Pay Attention to Fall Prevention workshop is offered at no charge thanks to the Community Health Endowment grant. It's co-sponsored by Aging Partners and the Nebraska Commission for Deaf and Hard of Hearing:

Lincoln Medical Education Partnership Training Center

4600 Valley Road in Lincoln
1 to 3 p.m., Wednesdays
Sept. 4, 11, 18 and 25

To register, contact Kim Davis at kim.davis@nebraska.gov, or Peggy Apthorpe at papthorpe@lincoln.ne.gov or 402-441-7796, by Aug. 21. When registering, please notify them of any accommodations you may require. Sign language interpreters will be available. People of all ages and

family caregivers are welcome.

This workshop is for people who are fit and active as well as for those who have mobility problems or are worried about falling. Participants will learn simple strength and balance exercises they can do to prevent falls. Other areas covered include how to get up from a fall, safe walking techniques, how hearing, vision and medications impact your risk of falling and how to keep your home safe inside and out.

Falls are a leading cause of injury and death among adults. They can result in serious injury or fear of falling which can lead to a sedentary lifestyle, depression and isolation. The good news is that falls can be prevented! This workshop will help you learn and implement simple changes you can make to lower your risk of falling.

Cool Tastings: The ‘Great Debate’ — Ice Cream vs. Frozen Yogurt

What is Ice Cream and What Makes It So Good?

When it comes to those delicious cool treats on those hot summer nights, we all have that American favorite we can fall back on – ice cream! Since most of us have either tried or indulged ourselves in ice cream euphoria, we have all probably wondered what exactly makes ice cream so good and what it is truly made of.

At its simplest form, ice cream is a mixture of butterfat, cream and milk mixed with sugar. In order for ice cream to be considered authentic, the butterfat, also known as milk-fat, needs to be at least 10 percent. In some varieties, even eggs are added to the final product. Ice cream follows specific steps called the churning process. In this process, all of the ingredients are added together and mixed up to make that frozen treat!

What is Frozen Yogurt, and What Makes It Unique?

While ice cream has always been a fan favorite and a household treat, frozen yogurt has become popular in recent years. The reason for the popularity is because of the health benefits that come from yogurt. When frozen yogurt is being produced, unlike ice cream there is no set requirement for the percentage of fat. Ice cream gets a majority of its fat through added cream. Frozen yogurt does not have any added cream, just the milk fat.

Frozen yogurt is made of cultured milk, which is found in many food items such as yogurt, Greek yogurt and yogurt-based drinks. Since these products are not frozen, the good bacteria, or probiotics, are active. With frozen yogurt, these live active cultures cannot handle the freezing process, which offers little to no benefit to us.

Compare and Contrast Nutritional Information (Ice Cream vs. Frozen Yogurt)

The standard serving size for these treats is 1 cup or 8 ounces. In one serving of regular vanilla

ice cream there is 267-275 calories, 14-15 grams of fat, 30-31 grams of carbohydrates (sugars) and an average of 5 grams of protein.

Frozen yogurt has fewer overall calories but that doesn't paint the full picture. In one serving of frozen yogurt there is 214-221 calories. The amount of fat per serving depends on if the frozen yogurt is low-fat or non-fat. The low-fat typically has 0-6 grams fat and 15-40 grams carbohydrates (sugars).

The Varying Types of Ice Cream and Their Differences!

In the frozen section of our local grocery store, we are overwhelmed with all the options of ice cream that are available. More often than not, most people pick out the ice cream that sounds the best. However, we need to dig further and take time to look at the nutrition facts label. Besides regular ice cream, other options include reduced fat, light, low-fat and non-fat.



Some examples are Ben and Jerry's (regular, any flavor), Breyers (reduced and low-fat flavors), and Turkey Hill (non-fat vanilla bean with no added sugar).

When It Comes to Frozen Yogurt, What Are Your Options?

With frozen yogurt, our sweet treat options are somewhat easier. When trying to decide which frozen yogurt to select, we have options such as low-fat, non-fat and no sugar added. The KEMPS brand of frozen yogurt offers these options in a variety of flavors and continues to grow in popularity. Be sure to check the label on the container when choosing the best option for you!


Is There Consensus or a

Clear-Cut Winner?

When looking at the facts and current research, is there really a clear-cut option? There are so many options with both ice cream and frozen yogurt. The answer might surprise you! There is a mix of choices that would work; not a definite choice.

If you have your sights set on ice cream, try to make it reduced, low-fat or non-fat, and always remember to pay attention to the nutrition facts label. With frozen yogurt, make sure to look at all of your options. If you are weary of extra sugars, select the low-fat option. If you want to have less fat but more sugar, select the non-fat option. If you want to have the best of both worlds, select the non-fat,

no added sugar option. This option gives you the lowest fat content and the lowest amount of sugars.

At the end of the day, remember that moderation is everything. These sweet treats are just that – a treat. Try to choose the healthier option, but if ice cream is your only option, substitute the fats from another meal. And remember; always look at the nutrition facts label! 

<https://healthyeating.sfgate.com/nutrition-frozen-yogurt-vs-ice-cream-1525.html>

<https://www.dairygoodness.ca/ice-cream/how-ice-cream-is-made>

<https://www.mymomochi.com/blog/mochi-ice-cream/know-the-difference-between-these-types-of-ice-cream/>
<https://downshiftology.com/recipes/strawberry-frozen-yogurt/>



The first morning I helped Stanley down the stairs, the third step creaked. That's when I found out his wife, Martha always told him to fix it. And now he's just glad he never did, because that's home. I love hearing Stanley's stories about home. And now I get to be a part of them.

Maddie G.

— Maddie G.
Stanley's CAREGiver



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Strawberry Frozen Yogurt

- 1 cup yogurt, dairy or dairy-free
 - 1 pound frozen strawberries
 - 2 tablespoons honey or maple syrup
- Add the yogurt, honey and strawberries to your blender (in that order).

Turn the blender on high and use a spatula to push the frozen strawberries into the blades. You'll have frozen yogurt in 30 seconds.

Scoop out the frozen yogurt and serve immediately or transfer to a storage container and freeze.

Calories: 93.2kcal; Carbohydrates: 17.6g;
Protein: 2.6g; Fat: 2.1g; Saturated fat: 1.3g,
Cholesterol: 8mg;
Sodium:
30.7mg;
Fiber:
2.4g;
Sugar:
12.4g



Living At Home

Staying Self-Sufficient

*By Mitch Sump, Aging Partners
program coordinator*

Hello, all! First a weather report, as several readers have mentioned they find them amusing! As I write this, it is your typical spring day in the Midwest with 50-degree temperatures and rain. If “April showers bring May flowers,” then Lincoln probably should’ve resembled the Rose Bowl Parade last month!

On a serious note, we had a major storm go through Lincoln and Lancaster County just a few days before I wrote this column. The next day at the office, our Handyman staff members were pretty much on the phones all day with calls regarding

damaged trees, water in basements and damage to siding and roofs. Unfortunately, we are unable to help on a number of these requests as they are beyond the scope of our program. Regardless of that, I am going to share some information that you might find helpful to mitigate or even prevent future incidents.

Damaged Trees

The problem with damaged trees is twofold. One is the issue of damage caused by falling limbs and the subsequent cleanup of the damage and the tree debris. During high winds, even smaller branches (less than 3 inches in diameter) can become, in effect, missiles. They can

damage buildings, vehicles as well as other things. Larger branches, even though unlikely to blow around, can be especially damaging due to size and weight. The second issue is dealing with partially damaged trees. Broken branches left in trees pose a safety issue due to the reasons noted above. Jagged edges still on the living tree become an entry point for insects and diseases, which can further damage a storm-stressed tree. Our Handymen and Handywomen are happy to assist with the removal of storm debris, providing it is not too large (less than 3 inches in diameter). Unfortunately, they are not trained to deal with damaged trees. Contacting a licensed arborist is your best option.



2019 SIGNATURE EVENTS



PATIO PARTY

Sunday, Sept 15th
4 - 7pm
The Legacy
5600 Pioneers Blvd.

Mark your
calendars
for upcoming
events at
Legacy
Retirement
Communities!

SIGNATURE EVENTS

CHEF SHOWCASE

Wednesday, Aug 7th 11am - 2pm
Legacy Estates, 7200 Van Dorn St.

TERRACE TOWN CARNIVAL

Sunday, Sept 8th 12 - 3pm
Legacy Terrace, 5700 Fremont St.


Water in Basements

Although water can enter a home in a number of ways, one of the most common is blocked gutters and plugged downspouts. Overflowing water ends up too close to the house and works its way down the walls prior to entering the home through frost and age cracks in the foundation and walls. The best thing you can do to combat this is to get your gutters and downspouts cleaned on a regular basis. It may seem like an expense you don't want or need; but in the long run, it's much cheaper than a flooded basement. Checking the grade of the soil alongside your house annually also is beneficial. If the grade is positive (higher alongside the house), water will run away from your home as it falls. If the grade is negative (lower alongside the house), water will do what water does and follow the path of least resistance, straight into your basement! Both of these suggestions are things that the Handyman program can probably help you with.

Damaged Siding and Roofs

High winds and hail can cause a lot of easy-to-see damage. But these two weather elements can also do quite a bit that isn't as obvious, especially on roofs. Most of the time, damage to siding consists of holes and cracks caused by wind-borne debris. It's pretty easy to notice. High winds can also pull vinyl siding out of its locking channels. Once one piece is loose, you tend to lose whole sections as they are peeled away from the walls underneath. A professional siding installer should be called in both of these cases. Roofs don't get damaged in a uniform manner. Corners and edges tend to be more easily damaged by wind than center areas, but you should check the entire roof after heavy winds. Things to look for include missing and loose shingles, and shingles that are cracking. These items can be fixed easily by a competent roofer; sometimes quickly with minimal expense. When

checking your edges, make sure to pay close attention to the flashing. Damage to a roof by hail isn't as easy to spot in most cases, but a sure sign is bruising of the shingles. When you step back from the roof, the shingles should appear flat and uniform for the most part. If you see wavelike patterns or dimples, you probably have hail damage. These all need to be dealt with by a licensed roofing contractor. If you have them check your roof for damage or do minor repairs, make sure and ask them to caulk/tar around roof openings. Chimneys, vents and other items on or in roofs should be caulked or tarred on a regular basis to prevent water seeping into the house and under shingles, which can lead to rot and mildew.

By the time you're reading this, I hope you're in the midst of enjoying a great summer. Don't complain too much about the heat and humidity; our next article will be discussing snow removal! 

Medicare Prescription Drug and Advantage Plans

ANNUAL ELECTION PERIOD OCTOBER 15 - DECEMBER 7

Plans will likely be changing.

- ▶ Are your medications still on your plan's formulary?
- ▶ Did the Tier for all of your medications stay the same?
- ▶ Are you sure your plan will remain the most competitive for 2019?

If you answered "No" to any of these, let UNICO help determine the best 2019 plan for you

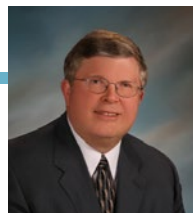
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Medicare Product Advisors:



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Benefits Advisor
402.434.7242
kwilson@unicogroup.com



Bob Grundman
Senior Benefit Strategies
402.489.9171
grundman@inetnebr.com



Caregiver Corner

Trust and Being Compassionate Among Caregiving Lessons

It's been said that knowledge is power.

For Ann and Jay Hamilton, their past experiences with caregiving for their parents have allowed them to provide powerful insight to others and helped them to better plan their own personal aging journey.

As a licensed independent mental health practitioner with certification as a marriage and family therapist and a professional counselor, Ann doesn't necessarily have people come to her for caregiving issues per se. However, she does see how the added stress can affect caregivers.

"Part of that is being in the sandwich generation — people taking care of children and parents," she said. "I think it's important that they remember to also take care of themselves, so that they can take care of others."

She points to basic self-care such as eating well, exercising and getting enough sleep. It's also important, Ann said, to seek out support from others when needed.

For instance, Aging Partners offers support services in which caregivers receive stress management, exercise, health and wellness assessments and nutrition counseling. For more information, call 402-441-7070.

Open to anyone, the Lincoln Caregiver Education Group's support group meets the fourth Tuesday of the month at 1:30 p.m. in Lincoln at Saint Paul United Methodist Church, 1144 "M" St. Those interested can simply show up.

Caregiving Experience

Ann and Jay will celebrate their 40th wedding anniversary this August. They raised four children and then also found themselves helping Jay's parents before his mother died in 2004 and his dad died in 2013.

While they said Jay's father, the Rev. Harold Hamilton, was the primary caregiver for his mother, Darlene, they would provide some caregiving services for her when needed.

After his mother died, the couple became more involved with caregiving for Jay's father. Being the oldest of his parents' three sons, Jay said, "I always tried to be responsive if he needed something. If you can help people with solutions, they feel better about it. And I felt better about it, too."

Harold served at various locations as a pastor including First Lutheran Church of Lincoln from 1972 to 1982 before becoming the chaplain at Tabitha Home of Lincoln in 1983. He then was a visitation pastor for Our Saviour's Lutheran Church of Lincoln from 1987 to 2000.

Growing up in the Depression era of the '30s, Harold always sought to help those facing hunger and would often donate food to the city mission and food banks.

Jay notes how his father said he lived to give, and Jay considered part of his caregiver role was to

support his father so he could safely do the things he enjoyed. Jay did tasks such as making sure railings were secure at his father's home, helping to move his office from the basement to the main floor and installing shelving in another main floor room — so he could more easily store the supplies he liked to donate.

For Ann, her mother was living in southwest Minnesota as she was aging, and her siblings who lived closer handled most of the caregiving responsibilities. However, she said, "I just tried to be of support and a good team member" to ensure caregiving needs were met before her mother died at age 93 in 2003.

"One of the things I learned through my mom's lengthy decline is that you have to trust the people who are there and doing most of the caregiving, and give them as much support as you can," Ann said.

Through their experiences, Ann and Jay are willing to offer advice to others, if it helps.

"Always try to think about what's best for the person you're caring for as opposed to what you think is best for you," Jay said.

Ann said their experiences have provided her greater sensitivity and understanding about the complexity of being a caregiver. Those are lessons she uses in her professional and personal life as she relates to others.



Jay and Ann Hamilton have provided caregiving to their parents and draw upon those experiences in their professional and personal lives.

Shaping Their Own Aging Journey

As they age, the lessons Ann and Jay have learned from their caregiving experience also help form their path on their own aging journey.

They considered it important to downsize as they age, going from what Ann called a “five-bedroom, three-bath, too big of a house considering that our kids had already graduated” to a smaller place.

“We really went through all of our stuff, got rid of several things and moved to a smaller house, so hopefully our kids don’t have to spend a lot of time going through things later,” she said.

Jay echoed the remark.

“I’ve always told people you’re born in one room and die in one room,” he said. “In between, you accumulate a lot of things. If you’re not careful, it leaves a lot for others to deal with.”


To clearly communicate their thoughts and wishes, the Hamiltons have updated their wills and health directives, and they value open communication with their family.

Jay also said a lesson he learned from his father was to maintain good financial records.

“He had most of his finances in a way that’s easily understood,” Jay said. “I try to do the same thing so our kids aren’t going to have to dig through things.”

Possibly the most important lesson garnered from caregiving experience was to spend time with loved ones while you can.

“I’m always saddened that people too often gather for a person’s funeral instead of going and seeing them when they were still alive,” Jay said.

Ann adds that aging is a process you can’t make go away. So whether it’s caring for a loved one or planning for your own aging journey, her advice is “be compassionate.” 

Nebraska Family Caregiver Support

LIFESPAN RESPITE NETWORK

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- Go to the grocery store.
- Visit the doctor.
- Have lunch with a friend.
- Take a nap.
- Do anything else needed to help reduce stress.

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

Your Southeast Nebraska Respite Coordinator can assist you with finding a provider in your area:

(402) 300-8448
southeastrespite@unmc.edu

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

866-RESPITE (737-7483)
nrns.ne.gov/respite

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Key for Services: ▲ = Lancaster only

MISSION

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

Being Well

NUTRITION

402-441-7159

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

HEALTH AND FITNESS

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

- **Health Education Programs** - A variety of topics assisting individuals to make healthy lifestyle choices.
- **Health Screenings** - A variety of screenings include blood pressure, cholesterol, glucose and bone density.
- **Exercise** - Pilates, yoga, stretch and tone classes are available at several locations. Daily fitness programs on LNKTV City (ALLO Channel 2, Spectrum Channel 1300 and Kinetic Channel 1005) and LNKTV Health (ALLO Channel 3, Spectrum Channel 1301 and Kinetic Channel 1010). ▲
- **Alzheimer's Disease** - Information and referral. 402-441-7070 or 800-247-0938

Living at Home

INDEPENDENT LIVING SUPPORT SERVICES

402-441-7070 or 800-247-0938

- **Care Management Services** - Providing professional assistance in assessing needs, planning and coordinating home care.
- **Lifeline Emergency Response System** - 24-hour emergency access at the press of a button.
- **Supportive Services Program** - Eligible older persons can receive assistance with the cost of in-home services.
- **Durable Medical Equipment** - Providing items that address short- and long-term needs. Lightly used and/or new in-the-box items in stock including crutches, walkers, canes, wheelchairs, bath chairs and toilet risers.
- **Home Handyman Service** - Minor home repairs and maintenance including mowing, leaky faucets, painting, broken light fixtures, and heavy housework services. ▲ 402-441-7030
- **Subsidized and Independent Housing Resource Listings**

LONG-TERM CARE OPTIONS/ CARE MANAGEMENT

402-441-7070 or 800-247-0938

- **Aging and Disability Resource Center (ADRC)** - The Aging and Disability Resource Center assists seniors and persons of all ages with disabilities to obtain information, services and supports.
- **Home and Community-based Waiver Services** - State funded in-home services for those who are Medicaid-eligible 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

HEALTH INSURANCE AND FINANCIAL COUNSELING

402-441-7070 or 800-247-0938

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

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. Five centers in Lincoln and four in Lancaster County.

▲ 402-441-7158

LINCOLN/LANCASTER COUNTY SENIOR CENTERS

- Asian Center: 402-477-3446
144 N. 44th St., Suite A, Lincoln
- Belmont Center: 402-441-7990
Belmont Recreation Center
1234 Judson St., Lincoln
- Bennet Center: 402-416-7693
American Legion Hall
970 Monroe St., Bennet
- Firth Center: 402-416-7693
Community Center
311 Nemaha Blvd., Firth
- Hickman Center: 402-416-7693
Hickman Community Center
115 Locust St., Hickman
- Lake Street Center: 402-441-7157
St. James United Methodist Church
2400 S. 11th St., Lincoln
- Downtown Center: 402-441-7154
1005 "O" St., Lincoln
- Northeast Center: 402-441-7151
6310 Platte Ave., Lincoln
- Waverly Center: 402-416-7693
13820 Guildford St., Waverly

Other Services

INFORMATION AND REFERRAL

402-441-7070 or 800-247-0938

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

TRANSPORTATION

- **Ride within Lincoln to the Centers**
▲ 402-441-7158
- **Lancaster County Public Rural Transit**
Scheduled transportation to and from Lincoln and rural Lancaster County areas. Handicap accessible.
▲ 402-441-7031
- **Other options in the community**
Listings available at 402-441-7070.

LIVING WELL MAGAZINE

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

LIVE & LEARN

A monthly TV show for and about older adults on LNKTV City (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 LNKTV City or online at lincoln.ne.gov.

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

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

CARE MANAGEMENT

All Counties: 800-247-0938

Care Management Coordinator

Joyce Kubicek

- Butler County
Becky Romshek, 402-367-4537
- Fillmore County
Rhonda Stokebrand, 402-759-4922
- Polk County
Amy Theis, 402-747-5731
- Saline County
Mary Dailey, 402-441-6141
- 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
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

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

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

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

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

New for Family Caregivers

Family caregivers do a lot to enhance the health and well-being of the person they care for. It is important that they remember to take good care of themselves. One of our certified personal trainers or instructors would be happy to assist you in developing a home-based exercise program designed to meet your needs. Appointments can be set up at a time and location convenient to

you. We would also like to encourage family caregivers to take advantage of our fitness center and classes if they can. Call 402-441-7575 for more information.

Chair Tai Chi

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.

- St. Paul United Methodist Church
1144 “M” St. (dining room)
Tuesdays, 9:30 to 10:15 a.m.
July 2 through Sept. 3

Chair Tai Chi (New)

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

- St. Paul United Methodist Church
1144 “M” St. (dining room)
Tuesdays and Thursdays, 9:30 to 10:15 a.m.
Sept. 10 through Dec. 3 (no class Nov. 28)
This evidence-based program is based on the modified Tai Chi – Moving for Better Balance 8 Form program. Participants meet twice weekly for 12 weeks and are taught simple movements they can practice sitting or standing near a chair.

Movement with Mitzi Summer Series

Belmont Recreation and Senior Center
1234 Judson St.
Thursdays, 10:30 to 11:15 a.m.

- June 6 through Aug. 22
- June 6 and June 20 - Bands and Balls:
This is a fun class where we use balls and bands to improve flexibility and strength, and tone muscles.
- July 11 and July 25 - Movement with Mitzi: This class includes low-impact movements done while seated and standing near a chair. Upbeat oldies and modern music make this an empowering and fun workout.
- Aug. 8 and Aug. 22 - Bend, Stretch and Breathe: Exercises in this class are based on concepts from Aging Backwards and geared toward lengthening and strengthening muscles. Movements are done from a chair, but those who choose to can do some from the floor with a mat. Please bring a mat if you would like to do some floor work.

Movement with Mitzi (New)

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

- Sept. 11 through Nov. 27
(Please note: Class on Sept. 11 is in a temporary location – Antelope Park enclosed shelter)
- Mitzi Aden, certified personal trainer and fitness instructor will lead this four-part miniseries designed to give you a chance to sample different types of exercises.
- Sept. 11, Oct. 2 and 23, Nov. 13 - Bands and Balls.
- Sept. 18, Oct. 9 and 30, Nov. 20 - Movement with Mitzi.
- Sept. 25, Oct. 16, Nov. 6 and 27 - Bend, Stretch and Breathe.

Qigong Refresh and Recharge (New)

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

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

Dynamic Movement

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

- Cotner Center Condominium
1540 N. Cotner Blvd.
(use Cotner Blvd. entrance)
Mondays, 2 to 3 p.m.
Sept. 9 through Dec. 2 (no class Nov. 11)
- St. Mark's United Methodist
8550 Pioneers Blvd.
(church gymnasium)



Thursdays, 3:30 to 4:30 p.m.

Sept. 12 through Dec. 5 (no class Nov. 28)

- Auld Pavilion
1650 Memorial Drive
Tuesdays, 9:30 to 10:30 a.m.
Sept. 10 through Nov. 26

Chair Yoga

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

- East Lincoln Christian Church
7001 Edenton Road
Fridays, 11 a.m. to noon
Starting July 19 this will be an ongoing class; however, preregistration is still required if you have never attended this class.
- Eastridge Presbyterian Church
1135 Eastridge Drive
Wednesdays, 1:30 to 2:30 p.m.
Starting July 24 this will be an ongoing class, however preregistration is still required if you have never attended this class.

Tai Chi – Moving for Better Balance

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

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

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

Tai Chi – Continuing 24 Form

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

- Cotner Center Condominium
1540 Cotner Blvd.
Mondays, 1 to 1:30 p.m.
Sept. 9 through Dec. 2 (no class Nov. 11)

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.

- Lincoln-Lancaster County Health Department
Lower Level Training Center, Room 0214
3131 “O” St.
Fridays, 10 a.m. to noon
July 12 through Aug. 23

Vermeer Education Center

Senior Health Promotion Center
4000 S. 84th St.
(located north of St. Mark’s Church)

Services available to people age 60 and over (unless otherwise noted) 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.
No clinics in July.
Aug. 7, 21 (foot care only)
Sept. 4 (foot care only); 11, 18 and 25
(all services available)

Downtown Senior Health Promotion Center

1005 “O” St., lower level

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

- Thursdays, 9:30 a.m. to 1:30 p.m.
July 11 (foot care only)
Aug. 1, 8 and 22 (foot care only)
Sept. 5 (foot care only); 12, 19 and 26 (all services available)

Move More Lincoln – 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 7 through Sept. 27

Join us for a sample of the classes offered by Aging Partners Health and Fitness. Our instructors will be leading 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
Aug. 2
- Balls and Bands Stretch and Strength
Instructor: Mitzi Aden
Aug. 9
- Movement and Music
Instructor: Ruth Davidson Hahn
July 19, Aug. 16 and Sept. 20
- Contemporary Movement
Instructor: Terri Swanson
Aug. 23
- Tai Chi – Moving for Better Balance
Instructor: Ann Heydt
July 5
- Qigong
Instructor: Tracie Foreman
July 12
- Movement with Mitzi
Instructor: Mitzi Aden
July 26 and Sept. 13
- Line Dance
Instructor: Tracie Foreman
Aug. 30 and Sept. 27
- Sit and Be Fit
Instructor: Tracie Foreman
Sept. 6

Continued on page 38.

Aging Partners News and Events

Continued from page 37.

Pay Attention to Fall Prevention

This four-week workshop is brought to you by Aging Partners and the Nebraska Commission for Deaf and Hard of Hearing (NCDHH). Sign language interpreters will be available. People of all ages and family caregivers are welcome.

- Lincoln Medical Education Partnership Training Center
4600 Valley Road
Wednesdays, 1 to 3 p.m.
September 4, 11, 18 and 25

Falls are a leading cause of injury and death among adults. They can result in serious injury or fear of falling, which can lead to a sedentary lifestyle, depression and isolation. The good news is that falls can be prevented! There are simple changes you can make to lower your risk.

This workshop is for people who are fit and active as well as for those who have mobility problems or are worried about falling.

Participants will learn simple strength and balance exercises they can do to prevent falls. Other areas covered include how to get up from a fall; safe walking techniques; how hearing, vision and medications impact your risk of falling; and how to keep your home safe inside and out.

Thanks to a grant from the Community Health Endowment of Lincoln, there is no charge for this workshop.

To register, contact either Kim Davis at kim.davis@nebraska.gov, 402-261-2657 (videophone) or Peggy Aphorpe at paphorpe@lincoln.ne.gov, 402-441-7796 (voice), by Aug. 28.

Senior Center Events

Dinner and a Show

Cotner Center Condominium
1540 N. Cotner Blvd.
Dinner: 5:30 p.m.; Show: 6:30 p.m.
Van transportation: \$4 round trip
Dinner and Show fee: \$10
Show-only ticket: \$5
No refunds!

Call 402-441-7158 for reservations.
Registered guests get seating priority over walk-ins.

Reservations, payments and cancellations are due by noon the Tuesday before each show.

Co-sponsored by Butherus Maser & Love in cooperation with Cotner Center Condominium.

Upcoming events:

- Lloyd McCarter
Thursday, July 11
- Chris Sayre
Thursday, Aug. 8
- Johnny Ray Gomez
Thursday, Sept. 12

Spirit of Brownville Dinner Cruise and the Brownville Village Theatre

Thursday, July 25
Departure: 3 p.m., Walmart, 2500 Jamie Lane. (Park at the east end of the lot.)
Return: About 11 p.m.

Transportation to the pickup site \$6.

Arrive in Brownville at 5 p.m. to board the Spirit of Brownville for a dinner cruise down the mighty Missouri from 5:30 to 7:30 p.m. There is a cash bar and live piano music. After the cruise, we'll attend a performance of the Brownville Village Theatre's "Leaving Iowa" — a family comedy by Tim Clue and Spike Manton. This is a heartfelt and hilarious tribute to family vacations. The show runs from 7:30 to 9:30 p.m.

Reservation and payment deadline is noon Thursday, July 18. Call 402-441-7158 for more information and reservations. Cost: \$70 (a minimum of 40 riders is necessary to confirm this tour).

The Time Burners in Concert

Friday, July 19
Downtown Center, 1005 "O" St.
10:30 to 11:15 a.m.
\$4 suggested contribution age 60 and over.

The Time Burners are a husband and wife vintage roots music duo from Eureka Springs, Arkansas. They met playing music during their high school years and have been together ever since. With a hot start in Lincoln, their musical experience over the years has allowed them to play a vast array of venues and events all over the Midwest. While paying their dues and learning the roots of music, they played in an award winning band called Travis and the Flamekats. They also had the good fortune to share the stage and learn from some blues greats such as Magic Slim, Nick Holt, Duke Robillard and Shemekia Copeland. Call 402-441-7154 for details and meal reservations.

Bob Ross® Oil Painting Class

Saturday, July 27
9:30 a.m. to 3:30 p.m.
Lake Street Center, 2400 S. 11th St.

"Prairie Cactus" — cacti loom over a prairie setting. Paint along with certified instructor Donald R. Belik. No experience required. All materials and supplies are provided. Registration and payment due by Tuesday, July 23. Mail payment to Aging Partners, Attention: Art Class, 1005 "O" St., Lincoln, NE 68508. Cost: \$50. Call 402-441-7158.

Hastings Museum and 2D IMAX Showing of Superpower Dogs

Thursday, Aug. 15.
Departure: 9 a.m. Shoemakers Truck Station
Return: about 4:30 p.m.
4800 W. "O" St. (parking available on the west side)
Transportation to the pickup site is \$6.
Showtime: 11 a.m.

Enjoy an immersive IMAX adventure to experience the lifesaving superpowers and extraordinary bravery of some of the world's most amazing dogs. In this inspiring true story, our best friends are also real-life superheroes. Journey around the globe to meet remarkable dogs who save lives and discover the powerful bond they share with their human partners. Meet Halo, a rookie pup training to join one of the most elite disaster response teams in America. Meet Henry, an avalanche rescue expert in the Canadian Rockies; Reef, a Newfoundland lifeguard with the Italian Coast Guard; Ricochet, a Californian surf legend helping people with special needs; and the Bloodhound brothers, Tipper and Toney, who are leading the fight to save endangered species in Africa. As we discover the incredible abilities of dogs and the astonishing science behind their superpowers, we'll never look at our best friends the same way again.

After the show, we will eat lunch on the bus, then return to the museum to look at the history of Hastings.

Reservation and payment is due Friday, Aug. 9 at noon. We will need a minimum of 30 riders to confirm this tour. Cost: \$45, which includes bus, museum, show cost and sack lunch. Call 402-441-7158 for details or reservations.



September is National Senior Center Month

Barn Festival and Concert

Early Buying Barn Bash

Thursday, Sept. 19

Transportation to the pickup site is \$6

Cost includes bus transportation, early buying privileges, concert and a free Underground Candle Company candle — hand-poured at the barn.

Departure: Shoemakers Truck Station (Phillips 66)

4800 W. "O" St., at 9 a.m.

Parking is available on the west side.

Enjoy first choice of shopping, food and drinks, topped off with a September sunset and concert under the stars on the barn stage. Bring your own chairs along with your dancing shoes. Nebraska native, Rascal Martinez, will be there to entertain with a mix of rockabilly, folk, country and timeless hits from the 50s and 60s. With over 100 vendors, a large amount of product is hand-crafted in the USA with a majority made right here in Nebraska! For more information, visit www.barnfestival.com or find them on Facebook

(www.facebook.com/barnfestival).

We arrive in Hastings around 1 p.m. All meals are at your own cost. Food trucks will be open and drinks-for-purchase from the Watering Hole and Winery pop-up. Shopping is from noon to 8 p.m., and the concert is from 6:30 to 8 p.m. This trip is for those who can ambulate on their own without assistance.

After the concert, we'll leave Hastings at 8 p.m. and arrive back in Lincoln around 10 p.m.

For reservations, call 402-441-7158.

Cost: \$48

Reservation and payment is due Friday, Aug. 2 at noon. We will need a minimum of 30 riders to confirm this tour.

Helen's Musical Hats Show

Downtown Center, 1005 "O" St.

10:15 to 11:15 a.m.

Thursday, Sept. 19

\$4 suggested contribution age 60 and over.

Helen Waring Johnson has produced her original "Helen's Musical Hats!" shows for eight years, performing throughout Nebraska, as well as Iowa, Kansas and Florida. She will soon celebrate her 1,000th solo show! Come and enjoy this wonderful performer and

have lunch! All September birthdays will be recognized. Call 402-441-7154 to reserve a meal.

The Lincoln Screamers

featuring Kevin Witcher
Firefighters Reception Hall
241 Victory Lane

11 a.m. to 1 p.m.

Lunch: 11:30 a.m.

Program: noon

Thursday, Sept. 26

The Screamers concept was conceived by Kevin Witcher, a longtime veteran of the music and entertainment industry. Both the name and the concept is a tribute to The Scarlet and Cream Singers (University of Nebraska's show choir, of which Kevin was a member) and its founding musical director Ray Miller.

\$4 suggested contribution for age 60 and over.

\$8 fee for people under age 60.

\$4 suggested transportation for age 60 and over.

For meal reservations and transportation, call your senior center by Monday, Sept. 16. 

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

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

___ Check or money order payable to *Living Well* enclosed.

Sorry, we don't accept credit cards.

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

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(Mr., Mrs., Miss., Ms.) Please print

Street: _____

City: _____ State: _____ ZIP: _____

Phone: _____ Spouse's name: _____

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

Spouse DOB: ___/___/___ Last 4 digits of SSN: _____

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