

# LivingWell



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A publication of  
**AGING  
PARTNERS**

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*Tom Osborne has spent his life serving youth as a coach and mentor, working to build up people with character now and in the future.*





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# Director's Corner

## Victory Park – A Big Win for Older Adults and the Community

We are thoroughly enjoying our new location at Victory Park, 600 S. 70th St., and we are seeing a tremendous positive response from the public. The sound of laughter coming from the Victory Park Center exemplifies how much the community is enjoying the new site. We often look at the results of these projects and thank the leaders that made it happen – and rightfully so. But seldom do we spend time thanking the frontline workers whose patience, flexibility, creativity and hard work have made it all possible.

What most people don't see are the laborers working in the heat under pressing deadlines to make their mark and provide their craft to the project.

The same holds true with our professional frontline employees at Aging Partners. I'm thankful for their patience through many delays and changes in the project. I'm thankful for their ability and heart-driven effort to make sure the people we serve continued to receive that service during our building transition.

In my home, there are dozens of clocks that tick with seldom a miss.

When I think about who makes the clock tick, it's the frontline workers who design, craft, manufacture and assemble the clock. My heart is full of appreciation.

We hope you'll visit us soon. 



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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## BEYOND THE FIELD: *Finding Meaning and Purpose*

Even as one of history's most recognized people in college football, Tom Osborne says he never intended to coach.

However, he found great purpose through serving others; and his coaching experience helped give him a platform to inspire and encourage countless people on and off the field.

Born at the end of the Great Depression, Osborne's most memorable childhood moment was Dec. 7, 1941, sitting in his grandparent's living room when word came over the radio that Pearl Harbor had been bombed.

"My dad jumped out of the chair and said, 'I'm going to get into this thing,'" Osborne said. "He didn't have to go — having a wife, two kids and being well-beyond draft age, but he was patriotic and wanted to go."

A month after that, his father would leave to serve in the military, returning home five years later when Osborne was 9 years old. Seeking his father's approval, and knowing his father enjoyed athletics, Osborne threw himself into sports.

"I thought if I was good enough, he would approve, even though my dad wasn't the type of guy who

wanted to give his approval — it was my perception," he said.

Osborne excelled at football, basketball, baseball and track; earning Nebraska basketball and football scholarship offers, but decided to attend Hastings College where he was able to play both sports.

### Key Moment

A Fellowship of Christian Athletes camp in Estes Park, Colorado, after Osborne's sophomore year set him on a new course for his purpose in life. Scripture from Matthew 16 particularly impacted him: "Whoever wants to be my disciple must deny themselves and take up their cross and follow me. For whoever wants to save their life will lose it, but whoever loses their life for me will find it. What good will it be for someone to gain the whole world, yet forfeit their soul? Or what can anyone give in exchange for their soul? For the Son of Man is going to come in his Father's glory with his angels, and then he will reward each person according to what they have done."

"It resonated with me that whatever you put most of your time

and energy in was how you were going to save your life," Osborne said. "Athletics was the most important thing in my life, but the scripture said it wouldn't last. I knew there would be a time when the body will get old."

Osborne reframed his thinking, choosing to honor God in his activities and serve others.

"The timing was right, and I said 'OK, this is what I'll do,'" he said. "It didn't mean I became a perfect person, but that was the place when I began to chart my course. I've never given up on my faith nor turned from it, but that was the direction I went. I think the course of your life you decide to take makes a big difference when it comes to the end."

### Charting a New Course

Osborne graduated from Hastings College in 1959 with a history degree. After a short time in the NFL, he went on to earn his master's degree in educational psychology from the University of Nebraska in 1963, later earning a doctorate in 1965.

Although he had planned to be a college administrator, Osborne found himself missing athletics. He



approached Bob Devaney in 1962 about becoming a grad assistant for the football team. Devaney didn't have any positions for him but offered an unpaid counselor role in the Selleck Quadrangle to oversee a floor of freshmen football players.

"I broke up some fights and settled them down; and by the time spring ball came around, Devaney thought maybe he could use me," Osborne said.

One thing led to another, and Osborne set a new course which would lead to his storied career.

"I didn't plan to be a coach," he said. "It was never on my radar. But I loved athletics and found that working with young people was important — not just making better football players but helping them grow into people with character."

In 1968, Devaney named Osborne offensive coordinator, and he immediately overhauled the offense switching to a balanced attack operated from the I formation. This propelled the 1970 Cornhuskers to the first national title in program history, and another in 1971.

Following the 1972 season, Devaney stepped down and named Osborne his successor. He served for 25 years at the helm of the Cornhusker football program until his retirement in 1997.

During his time as head coach, Osborne's teams modeled consistency — never winning fewer than nine games per season. The Cornhuskers were known for their powerful rushing attack and

strong defense, which led them to national championships in 1994, 1995 and 1997 and 13 conference championships. Osborne's 255-49-3 record acquired him the best winning percentage among active coaches at the time of his retirement at 83.6 percent.

## Refocused

In 1985, at the age of 48, Osborne noticed difficulty in jogging with other coaches during a San Diego recruiting trip.

"I had a chest cold and tightness in my chest after running a couple miles. It eventually loosened, and I didn't think much about it," he said.

After returning home, an angiogram found a 95 percent blockage in his left anterior descending artery, also known as a "widow-maker." Double bypass surgery left Osborne finding it necessary to decrease his load of 100-hour workweeks, speaking engagements, recruitment, TV shows and other commitments.

"Normally, six to eight years after a double bypass surgery the artery will reblock — but that was 38 years ago," he said. "I've been fortunate; I was given another shot at life. Reorienting my life made me better as a coach."

Osborne was able to continue building relationships with his players, the most valuable part of coaching to him.

"There are some trophies in the Nebraska Athletic Department that I was part of — two as offensive coordinator and three as head coach — people get excited about that. I didn't win those trophies; the players did. But as I look back on those trophies, they're in the distant past. I'm glad we won them, but I can say they're nothing I think about much. What is important is the relationships with those players, my wife, kids,



grandkids and my faith."

Osborne could often be found talking with players during stretching and in the weight room.

"I think over time we got to know each other well," he said. "You can have the greatest impact if youth know where you are coming from. Hardly a week goes by that I don't hear from several players. We've been through a lot together. The fact that they care, and I care is important."

Osborne's desire to serve others is the underlying key to where he put his time and energy. He encouraged students to live their lives in a way that was worth doing and find purpose in all they did.

"I've come to understand the most important thing I did in coaching was trying to serve those players," he said. "It didn't mean I was warm and fuzzy — we had tough practices, and at times we had to discipline them — but we tried to do what we felt was in their best interest."

## Greatest Life Lesson

Osborne considers discovering that adversity is a good teacher as being the most valuable life lesson.

*Continued on page 6.*



# Beyond the Field: *Finding Meaning and Purpose*

*Continued from page 5.*

“Most of the things I think that have been meaningful have been a result of taking adversity on; when things are difficult, then everything is on the table,” he said. “When you’re on a winning streak, you don’t change. But when life throws you a curve and you’re really hurting or struggling, you’re apt to look deeper at the situation. You can react to adversity three ways: you can blame circumstances, find someone to be the scapegoat, or look at it as an opportunity to learn and get better.”

Osborne faced adversity with three resets in his coaching career. In 1968, a 47-0 loss to Oklahoma made Nebraska the first school to have a strength coach.

“That changed our offense completely and out of that came a couple of national championships and changed our recruiting philosophy,” he said.

A second reset occurred in the late 1970s, with the realization Nebraska was having difficulty with quarterbacks who could run. Nebraska had good quarterbacks who could pass, but running added a dimension that made it difficult for the defense. A similar reset in 1992 resulted with a good run in the 1990s and a couple of championships.

“If we hadn’t encountered adversity, we probably wouldn’t have made those changes,” Osborne said. “It’s not just football, but so true in many things. Adversity is a great teacher. You have to react to it in a way where you’re open to learning something.”



**Adversity is a great teacher. You have to react to it in a way where you’re open to learning something.”**

*– Tom Osborne*

## End of an Era

Retiring from coaching in 1997, Osborne looked to serve in another way. In 2001, he was elected to the House of Representatives District 3, where he grew up, and served until 2006. He campaigned for governor but lost.

He then returned to the University of Nebraska as senior lecturer at the College of Business Administration, teaching leadership and business ethics.

“Once I lost the governor’s race, I went back to teaching and was perfectly happy with that,” he said. “But I was called by Chancellor Harvey Perlman to be athletic director in October 2007.”

As athletic director, Osborne made many impactful decisions for the University of Nebraska, including the move from the Big 12 to the Big 10 Conference and redevelopment of athletic facilities — the expansion of Memorial Stadium, new baseball and softball practice facility, renovations

to the Devaney Center for women’s volleyball and encouraged the construction of the Pinnacle Bank Arena, where basketball is played.

Osborne resigned in January 2013 and put his full attention to his family and the TeamMates Mentoring Program.

## Building Up Youth

In his years coaching and recruiting, Osborne took notice of changes in family structure, which concerned him. Students went from living in two-parent homes to living in single-parent homes, two different homes or, in some cases, were living with a grandparent.

This concern paired with an idea from Nancy Osborne is what spurred the creation of the TeamMates Mentoring Program in 1991.

“I asked my players how many of them would be a mentor to a middle school boy within Lincoln Public Schools — 22 hands went up,” he said.



*For Osborne, coaching was a way to serve youth by encouraging them to become people of good character.*





Players were matched with students and met once a week. Of the 22 original mentees, 21 went on to graduate from high school and one left school early to pursue a successful motocross career; and 18 of the original mentees obtained some type of postsecondary education. Osborne considered that there was something to providing extra support.

“My major concern for young people is the number of kids growing up without both parents,” he said. “We have a lot of single parents struggling to keep up; and so many kids are less anchored because they don’t have that family support. Kids face so many pressures from society today. What we can do is provide a mentor, another person who cares and is consistent and will be there week after week. That can make a big difference and is why we do what we’re doing.”

Since its inception, TeamMates has expanded across Nebraska and into Iowa, Kansas, South Dakota and Wyoming with volunteers mentoring 10,000 K-12 students in 191 school districts. Students involved in the program see a positive impact on attendance and behavior at school, resulting in a 98 percent graduation rate.

“In 85 percent of our matches, we find kids are more hopeful about their future,” Osborne said. “Not having hope is powerful, and life gets really hard. But if you can show some light at the end of the tunnel and a path to walk through — that

their current circumstances are not necessarily permanent — that’s the best thing a mentor can do.”

Osborne himself still mentors two students, and he encourages others to demonstrate purpose in their lives through volunteering.

“In my case, working with TeamMates has been very significant,” he said. “I think everyone has something they can contribute. Even simply visiting people in a nursing home or hospital. There are a lot of opportunities out there. It’s worthwhile to find a way to give back to others.”

There are many organizations with ways to serve others. Just because people have reached a certain age does not mean they stop being active or not have anything to contribute.

“I think sometimes lifespans are shortened significantly when individuals feel they no longer have anything to give or live for,” Osborne said. “Spend time on things that make a difference. That’s one of the issues with retirement, because so often people get meaning and significance from their job or raising children. We see with our volunteers; they find meaning and significance in doing something for someone that on the surface can’t do anything for them. In reality, it’s beneficial to our mentors just as much, or more than the mentees.”

For more information on TeamMates, visit [teammates.org](http://teammates.org).


## Reflection

Osborne is thankful for his wife, Nancy, for her support through the years along with his family. He enjoys spending more time now with his three children and five grandchildren.

“When I look back on my life and the things I’ve done — I am most proud of my family, and Nancy

has been a major part of the way things have turned out,” he said. “My children and grandchildren are people of faith with good character. I am very proud of them.”

Osborne is thankful for a platform that allows him to share his life experiences with others, and he continues to find ways to serve others.

“Sometimes I can better see God’s hand in things in retrospect — past relationships, past decisions that seemed almost random — probably turned out to be more significant than I had imagined they’d be. I think you have to try to set a certain course in life, and what I’ve tried to do is honor God in what I’ve done. Sometimes I’ve done it better than other times. If you try to do that and that’s your general objective, it may take you in a lot of different paths. But hopefully, it doesn’t take you too far afield from what you’re called to do. Just do the best you can one day at a time.” 

*\* All photos pages 4 to 7 courtesy of Husker Athletics.*

**“It’s worthwhile to find a way to give back to others.”**

*– Tom Osborne*





# Victory Park Boasts Expanded Services



*Elda, Yolanda and Regina are forming friendships while gathering at the new Victory Park Senior Center.*

**“The new Victory Park Center has been filled with sunlight, laughter and plenty of good food since we’ve opened.”**

*– Ben Middendorf, Victory Park Center Manager*

Aging Partners’ new location at Victory Park, 600 S. 70th St., provides ample, accessible parking and a bus stop right to the front door on StarTran routes 48 and 54. This new facility includes a welcoming lobby, coffee lounge with fireplace, fitness center, classrooms for educational programs and Aging Partners administration staff.

## Senior Center

At the new Victory Park Senior Center, older adults can find engaging, educational and enriching programming from 9 a.m. to 1 p.m., with afternoon groups beginning this summer. See pages 37 and 38 for

more information.

“The new Victory Park Center has been filled with sunlight, laughter and plenty of good food since we’ve opened,” Victory Park Center Manager Ben Middendorf said. “We’re excited to welcome seniors to enjoy our meals, musical entertainment, games such as bridge, bingo and pitch, as well as educational speakers and much more!”

The new dining room seats 70 individuals and can host a wealth of center programming and community events with delicious meals from the new state-of-the-art central kitchen, which will be used to cook more than 30,000



*Victory Park Senior Center attendees enjoying conversation.*





meals annually for senior centers throughout Lincoln and Lancaster County. Meals must be reserved two business days in advance by calling 402-441-7154.

## Fitness Center

The new expanded Schmieding Center for Active Living Fitness Center is available for aging adults to build their strength and cardiovascular health.

Equipment includes treadmills, NuStep recumbent cross trainers, exercise bikes, standing and seated ellipticals, Helix lateral trainer, free weights, mat table, stretching apparatus, vibrational platform and Body Solid equipment. Brand new to the facility are several Keiser brand pneumatic strength machines, which are easy to use and designed for older adults, as the weight can be adjusted up or down by the push of a button.



From left, Dennis and Gil exercise at the Aging Partners Fitness Center.

The Fitness Center is open Monday through Friday from 8 a.m. to 4 p.m. The cost is \$15 per month if under age 60, and has a suggested contribution of \$10 for those age 60 or over.

Personal trainers are available by appointment only to demonstrate how to use the



EJ takes on physical training at the Aging Partners Fitness Center.

equipment, and they can help to develop a personalized workout plan. Call 402-441-7575 to find out more.

The Aging Partners Health and Fitness team will continue to offer fitness classes throughout the Lincoln area. Such classes

*Continued on page 10.*

*Dignity In Life*

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# Victory Park Boasts Expanded Services

Continued from page 9.

include Chair Yoga, Dance for Life, Qigong, and Tai Chi for Arthritis and Fall Prevention. New classroom space at Victory Park will also host programs such as Stepping On: Building Confidence Reducing Falls, Living Well with Diabetes, and Living Well with Chronic Conditions.

Please call 402-441-7575 for more information on the Schmieding Fitness Center.

## Offering Clinical Care

A new in-house clinic space at Victory Park offers health promotion and foot clinics for older adults by appointment only. It features a comfortable waiting room and private rooms for patients to receive nursing and foot care.

“It’s important that older adults take care of themselves as they age, and we want to help with that,” Health and Fitness Coordinator Karen O’Hara said. “Our clinic offers pure patient care and works toward making people feel better.”


Health Clinics review health history and medications and offer foot care such as nail trimming, addressing bunions, corns, callouses, dry skin, heel pain and ingrown toenails along with education on proper foot care for a variety of concerns. Many clinics offer bone density, blood sugar and blood pressure screenings. Referrals to other health care professionals are made when appropriate.

“We had an individual who had challenges walking, but after



Jackie Fleming, Aging Partners registered nurse, cares for a patient's feet at the new clinic space.

he received foot care from us, he called to tell us it was a miracle that he could walk better,” said Ann Heydt, clinic coordinator.

At a suggested contribution of \$20, clinic times are available by appointment only at 402-441-7506. 



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[CountryHouse.net](http://CountryHouse.net)

# Veterans Can Receive Guidance at No Cost

A new location for the Lancaster County Veterans Service Office allows staff to better serve more veterans at a time when eligibility has expanded. Co-located with the Aging Partners office on the Victory Park campus, 600 South 70th St., the new facility boasts ground level access, accessible and adjacent parking, proximity to StarTran Routes 48 and 54; and convenience to Aging Partners and Lincoln Veterans Affairs (VA) Clinic services.

Under the direction and guidance of the Veterans Service Committee, the national accredited staff of the Lancaster County Veterans Service Office assists and advises at no cost the more than 17,000 county armed forces veterans, along with their spouses, widows, family members and dependent children about the federal, state and local benefits available.

Staff most commonly assist with filing and processing VA Veterans' service-connected compensation claims and non- service-connected disability pension claims, as well as claims for local, state and federal benefits. Staff ensure all applications are properly completed and submitted to the appropriate agency. They can assist with applications for Nebraska Veterans Aid Fund and wartime veterans claims for Lancaster County Veterans Aid Fund, admission to the Nebraska Veterans Home system, securing Department of Veterans Affairs federal education benefits and state tuition waivers, and Homestead Exemption applications for 100 percent disabled veterans or surviving spouses of veterans who died due to a service-related disability.

Service officers aid veterans and dependents in obtaining missing or



**We do our best to make sure we understand and give each veteran an honest understanding of what they're potentially eligible for and work with the VA to make those claims. It's not a simple process, but we're trained to help walk veterans through the process."**

*– Mark Lakamp, County Veterans Service Officer*

replacement military medals, ribbons or badges; correct errors on military records; and help surviving spouses secure Department of Veterans Affairs death and burial benefits. They also can advise veterans about the VA guaranteed home loan program and provide assistance in obtaining Certificates of Eligibility (COE).

"Our new location allows us to collaborate with Aging Partners," County Veterans Service Officer Mark Lakamp said. "This is especially valuable for our Vietnam and many Gulf War vets who may be newly eligible for services through the PACT Act."

## **PACT Act**

Passed in August 2022, the Promise to Address Comprehensive Toxics (PACT) Act significantly expands and extends eligibility of VA health care for veterans with toxic exposures of the Vietnam, Gulf War, and post-9/11 eras.

"This has significantly increased the number of Vietnam and Gulf War veterans eligible to file disability claims with the VA or are eligible for VA health care," Lakamp said. "Our office is standing by to assist."

The PACT Act clarified coverage for veterans who were potentially exposed to



environmental and other toxins, such as Agent Orange.

“For Vietnam Era veterans, it’s more clearly defined who was exposed to Agent Orange and opened eligibility to those who served outside of Vietnam in areas such as Thailand and Guam, who previously were not presumptively exposed,” Lakamp said. “We’re seeing a lot of veterans presumptively exposed to Agent Orange in their service now eligible for assistance for medical conditions such as hypertension.”

The VA has expanded coverage to a variety of cancers and respiratory conditions in various southwest Asian countries since 1991 presumptively exposed to environmental toxins from burn pits, burning oil wells, dust and sand storms.

“The VA is now presuming veterans were exposed to these toxins and can now make claims for disability for diagnosed health conditions linked to these exposures,” Lakamp said.

### Acquiring Assistance

While the VA is working to contact veterans with related previously denied claims or those potentially exposed to these toxins in the PACT Act, the best way to determine eligibility is to call the Veterans Service Office and make an appointment.

“It’s part of our job to answer questions, and we can do that via a quick phone call to check initial information and determine a follow-up appointment, if necessary,” Lakamp said. “Every case is different, and we do our best to make sure we understand and give each veteran an honest understanding of what they’re potentially eligible for and work with the VA to make those claims. It’s not a simple process, but we’re trained to help walk veterans through the process.”

The Lancaster County Veterans Service Office is open Monday through Friday from 8 a.m. to noon, and 12:30 to 4 p.m. at 600 South 70th St., Building #2, Suite #200; enter on the south side under the Aging Partners and Lancaster County Veterans Service Office sign and ask the front desk staff member for directions. The Veterans Service Office also can be reached at 402-441-7361. The office does accept walk-ins, but wait time is subject to availability. For more information, visit [lancaster.ne.gov/vso](http://lancaster.ne.gov/vso). To find a Veterans Service Center in another county, visit [veterans.nebraska.gov/cvso](http://veterans.nebraska.gov/cvso). <sup>LW</sup>

# Estate Planning

Take care of the details today, so your family doesn’t have to tomorrow.



*From left: Patrick D. Timmer, Elizabeth A. Workentine, Kent Endacott, Attorneys at Law*

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# In Two Words, It's **R E T I R E M E N T F U N**

When Fred Ohles started contemplating retirement, he knew he would need another way to fill his time. Having enjoyed solving crossword puzzles since childhood, he decided to purchase software for crossword puzzle creation.

By staying engaged with crosswords or other word games, he says it helps keep words fresh in the mind.

“It’s a good way to concentrate, and it helps us to remember how to find patterns, as well as bring joy and amusement,” Ohles said.

Upping the challenge, he has used only a dictionary to even complete puzzles in several languages he doesn’t even speak. It’s the wordplay Ohles enjoys.

And when the Nebraska Wesleyan University president emeritus retired in 2019, he went to work creating his own crossword puzzles. It was difficult, he said, but after reading up on the rules and practicing the craft, his skills have flourished.

“It’s really fun writing clues that make me laugh, and I hope others will laugh too,” Ohles said.

However, the process of creating puzzles is quite different than solving them.

“I have a deeper understanding for the trickiness of some clues than before I was writing,” he said. “I look for misdirection now.”

Ohles said one of the hardest puzzles to make is the easiest to solve, and the easiest puzzle to make is the hardest to solve.

“If I just throw in a combination of words and clues, many people won’t know them,” he said. “But if I take the time to make the puzzle accessible, I must think hard about the words and clues I use. Writing compact, intelligible clues is hard work.”

Using his software to help fill in some of the answers, Ohles has added 19,000 words and clues to his dictionary on top of the 113,000 it came with.

“I don’t use a lot of those original dictionary words and phrases, because many people won’t know the answers,” he said. “I use more of my dictionary entries.”

*Continued on page 16.*

**“It’s a good way to concentrate, and it helps us to remember how to find patterns, as well as bring joy and amusement.”**

*– Fred Ohles*



*In retirement, Fred Ohles has taken on creating crossword puzzles and has fun doing it.*

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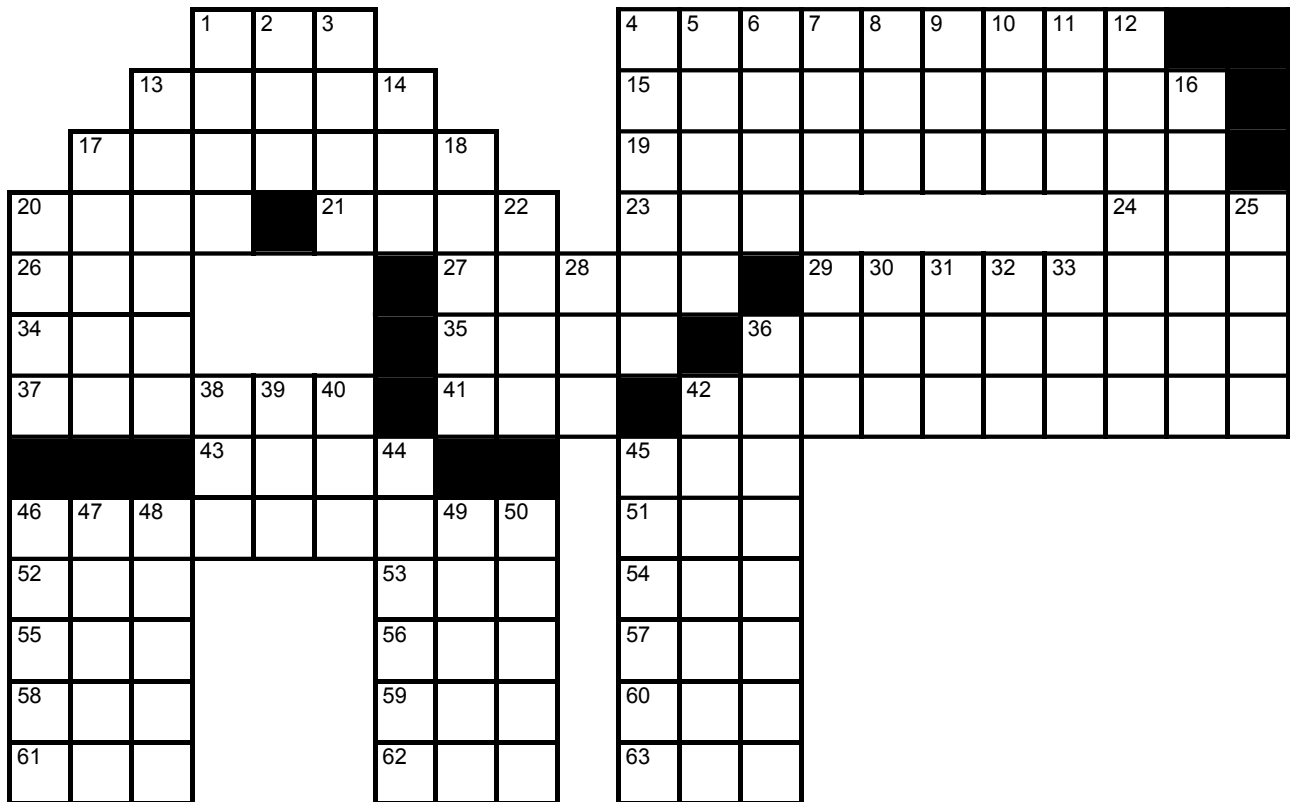
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# Especially for Aging Partners

# A Crossword Puzzle by Fred Ohles



## Across

- 1 Letters formerly on cereal boxes
- 4 Tom & Nancy Osborne group
- 13 With 17 Down, *Star Wars* baddie
- 15 Underwater sailor
- 17 With 20 Across, new Aging Partners location
- 19 Certain swans and Herb Alpert
- 20 See 17 Across
- 21 Noggin
- 23 Go bad
- 24 "Who am \_\_\_ judge?"
- 26 Lemon or Gator finish
- 27 Hatha and vinyasa
- 29 Florida Native American
- 34 *Parks and \_\_\_*, TV series
- 35 Letters on new car sticker
- 36 Josh
- 37 School room boosting creativity
- 41 Natural observer
- 42 Well-defended sites
- 43 Pancake chain, sounds like my rabbit imitation
- 45 Short life story
- 46 Lincoln bowling lanes or Idaho ski resort
- 51 Wall St. purchase
- 52 Lincoln-Sioux City dir.
- 53 \_\_\_-skeleton, like a lobster shell
- 54 Pasta suffix
- 55 Breakfast drinks by the letters
- 56 Used a shovel
- 57 Fourth letter

## Down

- 58 Tell on someone
- 59 El in Spanish, \_\_\_ in Italian
- 60 Nineteenth letter
- 61 Thirteenth letters
- 62 UFO pilots
- 63 It went so fast, it broke the sound barrier: Abbr.
- 1 Set of antlers
- 2 \_\_\_ & *the Women*, 2000 movie with Richard Gere
- 3 Two-letter first volume
- 4 Sandal feature with a letter
- 5 Coins in Berlin and Paris
- 6 Be right alongside
- 7 "So delicious!"
- 8 Way finder
- 9 "We \_\_\_ not alone"
- 10 Small palindromic songbird
- 11 Lincoln-Des Moines dir.
- 12 Earnest
- 13 Straight, without digression
- 14 Charlemagne's realm, in short ("her" anagram)
- 16 *Wheel of Fortune* bonus round letters
- 17 See 13 Across
- 18 "I'm the best!"
- 20 Prefix to legal or graph
- 22 Getting into other people's business
- 25 Multi-volume British dictionaries, in brief

- 28 M.A. hopeful's exam
- 29 Polite title for a man
- 30 Summer hrs. in New York
- 31 Deface
- 32 Anger
- 33 Opposites of yeses
- 36 Most odd and goofy
- 38 Actress Ullmann
- 39 "So, that's it!"
- 40 S. Amer. country north of Arg.
- 42 Routine to keep in shape
- 44 Act of allegiance to the flag
- 45 45 rpm record halves less likely to be hits
- 46 Make a sleepy commotion
- 47 Get the printer paper to flow again
- 48 Bird homes
- 49 Gloat or shout for joy
- 50 Hindu mystics and Berra in baseball

Answer key on page 17.

# In Two Words, It's Retirement Fun

Continued from page 14.

## Unique Process

The first step in creating crossword puzzles involves devising a theme. Then, theme words are put on a grid, followed by deciding where to put the black squares.

"The goal is to have 35 to 38 black squares in a 15-by-15 puzzle," Ohles said. "The expectation is it will be rotationally symmetrical; so, if you turn the puzzle upside down, it looks identical."

He's also created some puzzles that had right-left symmetry — where the black squares were made into the shape of the Nebraska State Capitol Building, a smiling face or with no symmetry to look like an 18-wheeler.

Ohles then completes the rest of the answers, called the fill. Fill words must be at least three letters long and be solvable going across and down. Theme answers should be the longest across, and not more than 10 percent of the clues should be one word. The corners of a crossword puzzle are ideally simple words with easy clues. It can take some time to refine the



**This can be fun or tedious. When fun, it's the best part."**

*– Fred Ohles*

words to be sure they are not repetitive and work well with the others. The final step is to write the clues.

"This can be fun or tedious," he said. "When fun, it's the best part."

Once complete, Ohles has a group of puzzle testers who provide feedback on each puzzle before it is published.

"I rely on these individuals," he said. "I do everything I can to proof and ensure there are no mistakes, but my loyal puzzle testers help find things that are obscure or imprecise."

Creating a puzzle takes Ohles anywhere from 90 minutes to 15 hours, with an average of about two to three hours per puzzle. He can work on multiple puzzles at once, but not all completed ones are published.

You can find Ohles' puzzles every Wednesday in the Lincoln Journal Star. He's been publishing these

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puzzles, which mostly have a Nebraska theme, since February 2021.

"I've learned a lot about Nebraska in my research," he said.

He's also had 16 puzzles published outside of Lincoln, including one in the Los Angeles Times and two in the Wall Street Journal — May 19, 2020 "On the Move" and Sept. 15, 2021 "Sentinels." Publishing crossword puzzles is a competitive market, and it doesn't pay that well.

The most unique theme puzzle Ohles has completed included the names of Nebraska's 93 counties, comprised of 750 clues. Ohles also completes custom-made puzzles and can be contacted at fred.ohles@gmail.com.

## Answer

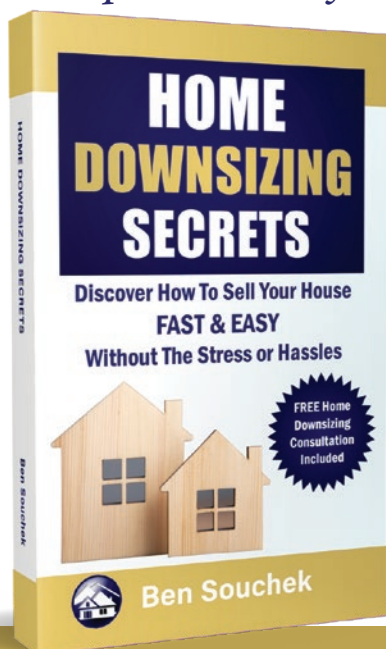


Aside from crosswords, Ohles is working on his playwriting skills as part of the Angels Theatre Company, and he is hoping to finish up his first play soon. On

top of that, he is working on a book or two and has taught a class on the "Theory of Word Puzzles" on Zoom. <sup>LW</sup>

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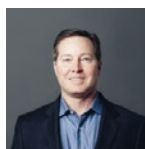


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# Caregiver Corner **File of Life can Save Lives**

When minutes or even seconds can matter, a little red envelope with a card known as File of Life could mean the difference in receiving the proper medical treatment as quickly as possible in an emergency.

This is a red plastic envelope with a magnetic strip which contains a card where older adults can record medical information and other significant details such as their name, date of birth, emergency medical contacts, health conditions, medications, dosages, allergies, recent surgeries, religion, doctor's name, pharmacy, blood type, medical insurance policy and health care proxy details.

Having this information readily available enables emergency

personnel and medics to quickly obtain necessary medical history and eliminate potential risk to the patient who may be confused, incapacitated or possibly forgotten to mention something crucial.

"This information is able to speak for the person if they are not able to, so it's incredibly important," said Kyle McCown, Lincoln Fire and Rescue fire captain/paramedic.

Established in 1995 and with 7,500 communities across the United States having implemented a File of Life program, many first responders know to look for this card in emergency situations. Lincoln Fire and Rescue members are trained to conduct a scene survey upon arrival to ensure the

safety of everyone. It's during this time that they look for a File of Life, which often is found on a refrigerator.

"The information contained in the File of Life assists with expediting the service we provide," McCown said. "Instead of searching for the information and trying to piece everything together, it's all contained in one place."

Information in a File of Life should be accurate, legible and updated frequently — especially with a change to medications — and dated. Using a pencil to complete medications and the date makes it easy to erase and update details.

A File of Life is free to any older adult and can be obtained



## We're in Your Corner

People today can spend nearly half their lives over the age of 50. That's a lot of living. So, it helps to have a wise friend and fierce defender like AARP in your community.

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The advertisement for Legacy Retirement Community is divided into two main sections. The top section shows a group of four people sitting around a table in a bright, modern lounge area with large windows and green armchairs. A sign on the wall reads "LEGACY". The bottom section shows a young man in a white shirt and red bow tie, smiling and talking to a woman in a similar uniform. The text "Live & Work" is written in a large, elegant script across the middle. At the bottom, the website "LegacyRetirement.com" and phone number "402.436.3000" are displayed.

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# FILE OF LIFE

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Review At Least Every Six Months !**

MEDICAL DATA REVIEWED AS OF		MO.	YR.
Name:			Sex: M F
Address:			
Doctor:		Phone #:	
Preferred Hospital:			
EMERGENCY CONTACTS			
Name:		Phone #:	
Address:			
Name:		Phone #:	

*The File of Life is a free resource.*

at Aging Partners, 600 S. 70th St., and at Lincoln Fire and Rescue stations. Individuals also could create their own version. McCown said the most basic information included should be the correct name and spelling of the person they are helping with their date of birth, any allergies to medications, current medications and a brief medical history. **HW**



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

**[problemgambling.nebraska.gov](http://problemgambling.nebraska.gov)**

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

## NEBRASKA

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# White Honored for Dedication to Older Adults

For the past 10 years, Jenna White has fully embraced a mission for learning, teaching, helping and advocating for older adults so they can age with dignity and respect.

And on March 9, the Aging Partners care manager was honored with the 2023 Alumni Award for Excellence in Public Service for the Department of Gerontology during the University of Nebraska Omaha College of Public Affairs and Community Service Alumni Awards Celebration. This event recognized selected alumni for their

contributions and commitment to public service both in daily deeds and greater achievements through integrity, stewardship, volunteerism, leadership and a commitment to social justice and human dignity.

As White pursued a Master of Social Work degree through UNO, she was required to take foundational coursework before beginning her advanced degree.

"I'm so thankful for these foundation courses because they changed me as a person and a professional," she said.

Part of White's foundation work was her practicum placement at Aging

Partners. Prior to that, her professional background was working with children and family services.

"I was immediately taken by the mission of Aging Partners, my colleagues who had spent their entire careers with this one agency, and the people we were serving," she said.

"My whole career focus changed with this one practicum experience."

Halfway through her practicum in 2013, White was hired as an Aging Partners care manager and continues to



Jenna White and her husband, Erik

serve older adults today.

"There was something so rewarding about working with older adults that I knew this was my calling," she said. "I don't know if it's the heartfelt 'thank you' I get from families whose loved ones I had helped, the fresh baked goods a client insists you take home with you, the life stories I get the privilege of hearing, or just knowing you are the only person someone might have in their life to support them."

White expanded her education to include a second master's in social gerontology, which she determined would be an excellent fit for her newfound calling.

In 2018, White became an adjunct instructor for the Department of Gerontology at the University of Nebraska-Lincoln campus.

"I have enjoyed sharing my knowledge and experience with my students," she said. "As an instructor, I aim to excite our younger generation about this field



Jenna White, Aging Partners care manager, was honored for her commitment to public service through her work for and with older adults at Aging Partners.





**I want to help educate anyone willing to listen, whether they are students, professionals, families, clients, caregivers, or policymakers.”**


*– Jenna White, Aging Partners care manager*

and respect the aging process. The decisions we make while we are young play a vital role in how we age, whether that’s physically, financially or mentally.”

White is involved in several professional organizations, including American Sociological Association (ASA), National Association of Social Workers (NASW), Nebraska Mental Health and Aging Coalition (NeMHAC), Nebraska Caregiver Coalition and serves as the scholarship committee chair on the Coalition of Older Adult Health Promotion (COAHP) board. She also volunteers on several subcommittees to help organize education experiences related to gerontology, has organized a movie screening with LeadingAge Nebraska to address issues of social isolation within the older adult population, and represented Aging Partners in the City of Lincoln’s 2020 census education and outreach efforts.

“I want to help educate anyone willing to listen, whether they are students, professionals, families, clients, caregivers, or policymakers,” she said.

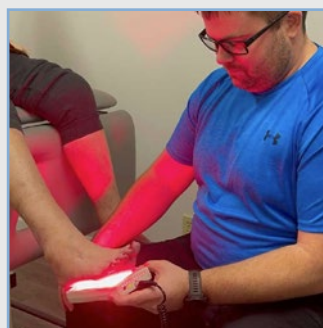
White expresses appreciation for the support from her husband, Erik, colleagues and instructors as she looks forward to encouraging others to help older adults.

“Jenna White represents the best of the Department of Gerontology,” UNO Department of Gerontology Chair Christopher Kelly said. “Not only did she excel in our master’s program, she has become a valued colleague. Her work with Aging Partners has helped thousands of older Nebraskans access services and supports to age in place. Jenna also has become one of our most popular instructors. Her enthusiasm engages and inspires students at UNL to pursue careers in aging.” 

## The Lymphedema Clinic

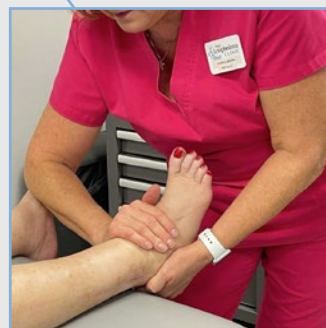
Opened in May 2020, The Lymphedema Clinic aims to serve our community and help those affected with lymphedema to live their lives to the fullest. Our vision is to become a premier lymphedema treatment provider for the Lincoln, Nebraska area.

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# Hydration is Key for Your Health and Well-Being

By Devin Mueller, Aging Partners Nutrition

Staying hydrated is critical for our bodies to function most efficiently, and stay healthy overall. On average, the human body is made up of about 45 to 60 percent water so it is imperative that we replenish our body's levels regularly. Water plays major roles in our bodies, such as controlling body temperature, blood pressure and heart rate; removing waste and maintaining a healthy metabolism.

## What Should Our Intake Be?

Does the age old saying of “drink eight glasses by eight ounces per day” still hold true? Does everyone need the same amount? While the “8-by-8 guideline” is a general widespread rule of thumb, everyone's needs will vary depending on individualized needs and requirements. You might need more if you're going to be outside in the sun all day or working a manual labor job. However, most experts suggest that on average you will want to consume enough water so that you are going to the restroom about every two to four hours.

## What Counts and What Doesn't?

Most think water is the only fluid that truly counts toward your daily fluid intake needs, but that isn't exactly the case. Coffee, tea, juice, milk, soda and sports drinks all count toward your daily total fluid intake.

Certain foods naturally have more overall water content such as yogurt, melons, soups, leaf salad, citrus fruits and celery. Although other sources and foods count for your fluid intake, the best item to help you, not only fulfill your thirst but help meet your needs, is water.

## What Happens When Not Enough Fluid is Consumed?


When there is a lack of fluid consumption, you can become dehydrated. Most may think that thirst is the best indicator, but that is not actually the case. When you begin to feel thirsty, often your body is already dehydrated. Other signs of potential dehydration can include symptoms such as headaches, altered behaviors like confusion, anxiety, not being able to stay awake, rapid pulse, weakness, inability to stand or walk, and faintness.

There can be many causes for dehydration to occur such as fever, vomiting, diarrhea, excessive sweating, increased urination, chronic and acute illnesses. Older adults are especially at risk for dehydration since they have an overall lower volume of water in their bodies. Certain medications or chronic conditions can also increase the chances of dehydration. A good physical indicator to make sure you aren't dehydrated is to make sure your urine is clear to light yellow and not dark yellow to brown.



## Helpful Tips to Increase Your Water Intake

You may want to increase your fluid intake but may not know how. These tips will help provide the necessary resources for you to reach your goal:

- Make it convenient – try to carry around a water bottle with you that is always available!
- Set visual reminders – some people learn best from visuals. If this is the case, try using that to your advantage by setting hourly alarms or reminders on your phone or watch.
- Make it taste good – add flavor packets to spice it up or try infusing it with mint, limes or lemons.
- Don't skip water with meals – aim to drink a full glass of water with all meals during the day and at any times you consume medications.
- Start your day off by drinking a glass of water first thing in the morning – this can also help with your body's filtration process as well as jump-starting your metabolism.
- Set yourself up for success with goals – aim to increase your water intake by setting sustainable and attainable goals. Remember, these should be realistic! 

Sources: [www.mayoclinic.org](http://www.mayoclinic.org),  
[www.ncoa.org](http://www.ncoa.org) and  
[www.roswellpark.org](http://www.roswellpark.org).







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# Seniors Foundation Honors Those Serving Older Adults

Community members who serve the aging population gathered May 24 at the Country Club of Lincoln for the 10th Keystone Award Luncheon, held by the Seniors Foundation.

Keynote speaker was Julie Masters, University of Nebraska Omaha Gerontology professor who holds the distinguished Terry Haney Chair of Gerontology. Masters — who teaches courses in gerontology, death and dying and works with students on independent research topics and honors theses — spoke about how older adults are called to be role models.

“To be a role model, be aware of others looking to you for guidance, be open to sharing your story — it’s a good one,” she said. “Even when you have challenges and difficulties, please share that story. In my 35 years of teaching, I’ve not encountered so

many young people who are faced with difficulty, anxiety and mental health issues as they are today. They need to know they can get through it, and life is never perfect. It’s built with opportunity. Be available because each encounter can make a difference.”

## Honoring a Legacy

Mary Ann Stallings was honored with the 2023 Seniors Foundation Keystone Award, which recognizes an individual who provides a lasting legacy to enhance the quality of life for older adults in Lincoln.

Stallings has been an active participant and leader in many community organizations throughout the years, most recently receiving the Nebraska Alzheimer’s Association Community Impact Award in 2022, and appointed by the Nebraska governor to the first Alzheimer’s Disease and other Dementia Advisory Council.



*Seniors Foundation President Robin Szwaneck, right, presents the Keystone Award to Mary Ann Stallings for her dedication to aging adults.*

Notably, Stallings was part of the Seniors Foundation Board of Directors, serving as president for two terms. She spent six years as a key member on the Veterans Affairs (VA) Victory Park Development

*The family of Linda Miles accept the Seniors Foundation Remembers award from Robin Szwaneck, Seniors Foundation president.*





Team, traveling twice to Washington, D.C., as part of the contingency to establish the 60-acre campus into a multi-use redevelopment plan, including supportive housing for veterans, housing for veterans and seniors, new offices for Aging Partners and the Lancaster County Veterans Service Office and a new VA Clinic. This project was the first in the nation where the VA partnered with a nonprofit to design and develop the campus for veterans and seniors.

“Mary Ann’s leadership through the Victory Park Development was instrumental in pushing the project to fruition,” Aging Partners Director Randall Jones said.

During her teaching career with Lincoln Public Schools, Stallings advocated for her mother who suffered with Alzheimer’s disease and cared for her severely handicapped brother. This encouraged her to help others.

Stallings founded Bridge to Better Living in 2010, a no-cost to client service assisting older adults and their families to find appropriate senior living retirement communities. The business has grown to serve Lincoln, Omaha and the surrounding area.


Her motto is “placement with passion,” and Stallings is dedicated to helping seniors, families and loved ones so all seniors are treated with respect and offered experts’ assistance to enjoy the quality of life they deserve.

### Seniors Foundation Remembers Awards

In addition, the Seniors Foundation Remembers Award went to the family of Linda Miles. Miles shared her love for older adults within the community, volunteer organizations, church and profession.

She was active in community organizations which served and advocated for aging adults. Miles served as scholarship chair for the Coalition for Older Adult Health Promotion (COAHP) Board. She also spearheaded scholarship opportunities for future gerontology nurses, social workers and other health care professionals; as well as support and educational opportunities to those currently working in the health care system.

With a professional career as a nurse, educator and mentor, Miles served as a long-term faculty member at the Bryan College of Health Sciences. She led the College of Nursing’s gerontology component, created the first freestanding course on the topic and assured that contemporary principals of gerontology were integrated in the curriculum. Miles changed the curricular perspective of gerontology from treating an illness to the practice of helping seniors thrive.

Miles retired from College of Health Sciences where she served as program director of the Center for Excellence in Gerontological Studies. She died Feb. 11, 2023. 



*Julie Masters, University of Nebraska Omaha Gerontology professor and distinguished Terry Haney Chair of Gerontology, encouraged attendees to be a role model for youth.*

An advertisement for Bailey Pointe Assisted Living at Van Dorn. The top half features a photograph of an elderly couple smiling. The man has a white beard and is wearing a light blue shirt. The woman is wearing a wide-brimmed hat and glasses. The text "Bailey Pointe" is written in a large, elegant script, with "ASSISTED LIVING AT VAN DORN" in smaller capital letters below it. At the bottom, there is a dark blue banner with the text "Let our family care for yours." and "Tour today to see the Sagora Senior Living difference." Below this is a QR code and the contact information: "(402) 513-3540 | BaileyPointeVanDorn.com" and "7208 Van Dorn St., Lincoln, NE 68506". The bottom right corner includes the hashtag #ALF157 and a small logo for "A Sagora Senior Living Community".

# Understanding Medicare Penalties

It can be difficult determining when to enroll in Medicare. However, it's important to note that not enrolling in Medicare for the year when first eligible can add incurred penalties.

Individuals are first eligible for Medicare during the Initial Enrollment Period (IEP), which is three months before, and three months after, an individual's 65th birthday. If individuals miss or choose not to enroll during the IEP without a Special Enrollment Period, they can enroll the following year during General Enrollment from Jan. 1 to March 31 with coverage beginning the following July 1.

Delaying enrollment does come with penalties, including higher premiums. Penalties generally apply to Part B and Part D, since Part A is usually free for most people.

"These penalties are meant to discourage you from passing up coverage, then getting hit with costly medical bills," said Molli Stolz, Aging Partners benefits counselor. "To avoid higher Medicare premiums, you need to know about these penalties and take steps to avoid them."

If individuals age 65 or over have health insurance coverage under a group health plan through an employer with 20 employees or more, Medicare enrollment can be delayed without penalty. In this case, individuals receive an eight-month Special Enrollment Period (SEP) to sign up if and when leaving their job, or when their employer stops offering coverage. The SEP begins the month after separating from the employer, or when the group health insurance ends, whichever comes first. To avoid penalties for late enrollment, individuals must sign up during those eight months. This SEP may also be for those delaying Part B enrollment because they were covered by a spouse's employer-sponsored plan.

## Part B Penalties

So what are the penalties? Late enrollment penalties are added to an individual's monthly premium. However, these fees are not a one-time charge — they last for as long as you have the coverage and, in many cases, for the rest of your life. The longer you wait to enroll, the more the penalties cost.

Medicare Part B penalties are 10 percent of the Part B premium for every 12-month period a person goes uncovered.

For example, if an individual turns 65 in October and doesn't have employer coverage and does not apply for their Medicare benefits, they will have a 10 percent

penalty if they do not have Part B by October of the following year.

These penalties are monthly and are lifelong. The Part B premium in 2023 is \$164.90 per month, and a 10 percent penalty would bring that premium to \$181.39 each month.

## Other Penalties

Part A penalties occur when individuals must buy Part A because they don't qualify for premium-free Part A. If they must buy Part A and don't when first eligible, the premium may go up 10 percent for twice the number of years they were eligible but did not enroll. Most individuals are entitled to Part A at no cost for paying the Medicare tax while working. However, if an individual does not have an employment history or not enough working history, out-of-pocket premiums, and therefore penalties, are applied.

Part D penalties are accrued the same way as Part B. This penalty is 1 percent of the average monthly prescription drug premium times the number of months late, rounded to the nearest 10 cents. Generally, this

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penalty is \$0.33 for every month uncovered. These are also lifelong penalties and are paid every month on top of the Part D premium. This penalty is generally enacted if not enrolled within three months of Medicare Part A or B. These penalties can be forgiven if a person qualifies for Extra Help through Social Security.


A person can apply for Part D during Initial Enrollment, Special Enrollments and during Open Enrollment (October – December). If a person does not qualify for Initial Enrollment or Special Enrollments, they can only apply for Part D coverage during Open Enrollment and their drug plan will not start until Jan. 1 of the following year.

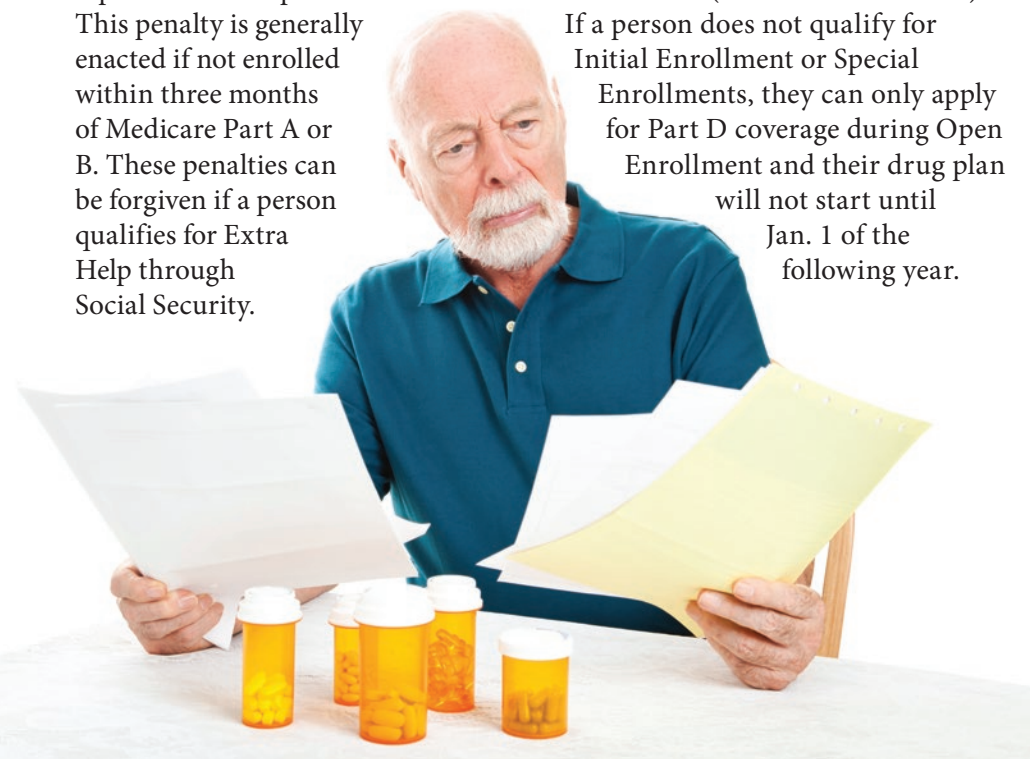
### Looking for More Guidance?

For more information and guidance on when to apply for Medicare, contact Aging Partners at 402-441-7070.

### How to Apply for Medicare

You can apply for Medicare by visiting your local Social Security office, calling 800-772-1213 (TTY 800-325-0778) or going online at [www.ssa.gov/benefits/medicare](http://www.ssa.gov/benefits/medicare). With no forms to sign, applications are processed and individuals will be contacted if more information is needed.

For more information on Medicare, visit [www.medicare.gov](http://www.medicare.gov) or call 800-633-4227 (TTY 877-486-2048). 



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# Following Heart Attack, Hogg Presses Past Fear to Continue Running

Jim Hogg made a purposeful choice in 2009 to begin running; his goal was a long, healthy life. On Oct. 1, 2016, he was training with a friend for his 10th half marathon when halfway through the course, he began to feel unwell. Hogg decided to walk, but soon, he collapsed.

Hogg's friend, Brian, checked the cross streets for their location and called 911. Brian performed CPR with the dispatcher's guidance while waiting for Lincoln Fire & Rescue to arrive. One shock from an AED put Hogg's heart back into rhythm and he was rushed to the hospital.

"I normally run by myself and without a phone, so it was a blessing my event happened on a day I was running with Brian and he had his

phone," he said. "I'm thankful for those firefighters every day, too. Everything worked out exactly how it needed to for me. If I was alone, it would have been a different story. If those firefighters weren't at that station that day, I wouldn't have had the same outcome."

It was determined Hogg had experienced a cardiac event, or heart attack, which put him into ventricular fibrillation (V-fib). His heart was beating so fast, it didn't know what to do — so it stopped.

Hogg doesn't remember much of the week he spent in the hospital after receiving two stents for three blockages found in his arteries during surgery.

"I don't remember the night

before or the event," he said. "I just remember waking up a few days after it happened."

A week later, Hogg was discharged with a wearable, portable external defibrillator. He wore the device 24/7 (except in the shower) for 90 days. It tracked his heart and had the ability to shock it into rhythm if needed.

One of the first questions Hogg asked the doctor was if he could run again.

"In my mind, I wanted to finish the race I was training for," he said.

Running didn't come anytime soon. With restrictions on physical activity, Hogg completed cardiac rehabilitation, but a stress test determined he needed a third stent



Your love and stability kept me on the right path, Dad.  
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for an artery 65 percent blocked. The surgery mandated another round of cardiac rehab and 90 days with the portable defibrillator.

Hogg now has an Implantable Cardioverter-Defibrillator (ICD) — a dual chamber device in his chest with two leads to monitor the upper and lower chambers of his heart. If his heart rate gets too high, it would shock his heart into rhythm.

“They’ve told me it feels like you’re getting kicked in the chest by a horse,” he said. “Thankfully I’ve never gotten to experience that.”

### Resuming Running

Doctors couldn’t determine why this happened to Hogg. He considers running may have actually saved his life by giving him a positive baseline of physical health. Although he had that assurance, he faced many mental difficulties with running again.

“At first, every time I ran, I

thought about the possibility of dying,” he said. “I thought, ‘This could be my last time, I could have another event.’ That messes with your head.”

But Hogg paced himself, always tracking his heart rate with a smart watch, telling his wife when and where he was running and taking his phone.

In October 2017 — just a year after his heart attack — Hogg finished the half marathon he was training for when the event happened. Then, he ran two more for good measure. For now, he continues to run for exercise, although he sometimes enters a few smaller races.

“I knew I wasn’t going to win, so eventually I decided the work on my heart just wasn’t worth it,” he said. “I’m old and slow, so it’s more a mix of walking and running now. But I’m

*Continued on page 30.*



*Jim Hogg and his family after he completed the Good Life Halfsy in 2017, the same race he was training for when he had his heart attack in 2016.*



# RE/MAX CONCEPTS

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8135 South 15th, Suite A  
Lincoln, NE 68512

# Following Heart Attack, Hogg Presses Past Fear to Continue Running

Continued from page 29.

better off for getting out and moving than sitting on the couch.”

Hogg doesn’t often think about dying, except a few days following Buffalo Bills defensive back Damar Hamlin’s cardiac event in January 2023.

“My event was a fluke,” he said. “The doctors still don’t know why this happened to me. I had no symptoms, had regular checkups and screenings and was healthy. There will be a day when my time has come, but I don’t want to live in fear and obsess over it.”

Hogg’s event left him with a new perspective on valuing time with his wife and two children. He encourages everyone to exercise, visit the doctor regularly, and know and be ready to perform CPR.

“Do something about your health, within reason of what you can handle,” he said. **LW**

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- ▶ Is the prescription drug benefit portion of that plan “creditable” by federal definition or will I face a future penalty?

For more information, visit [unicogroup.com/medicare](https://unicogroup.com/medicare) or contact **Karla Wilson and Nikki Bruns**



**Karla Wilson**  
Vice President  
Individual Health  
Medicare Product Advisor  
402.434.7242  
[kwilson@unicogroup.com](mailto:kwilson@unicogroup.com)



**Nikki Bruns**  
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Living Well | 31

# Staying Self-Sufficient

By Mitch Sump, Aging Partners program director

The other night I was sitting on my front porch watching the moon rise, petting my cats and sipping an icy beverage when I remembered this quote from some distant college class.

“Summer is hot, sweaty lackadaisical laziness!” — Opal Santigel

This stuck with me because everyone in that class started laughing when the professor recited it. We weren’t intentionally being rude, but I believe everyone in that class had grown up on a farm or ranch where laziness just wasn’t frowned on, it was a sin!

I can assure you that in the programs area no one is sinning now! We stay busy year-round, but summer is our busiest time! Combine that with the recent move to our new offices at Victory Park, and we are all busy as bees!

## Durable Medical Equipment

Our inventory took a hit the past few months with the move, but we are now up and running. If you need a walker, cane or shower chair, please reach out to Linda at 402-441-7032 to find out if we can help you. On that note, if you have any items that are gathering dust and would like to give them a new home, please call. We are always trying to match equipment to folks who might have a need. A few things we can’t find new homes for are walking boots, braces, CPAP machines, hospital beds and motorized wheelchairs. We wish we could but just don’t have the room or the expertise to make sure they are being used properly.

## Lifeline® Emergency Response System (ERS)

We continue to help people stay independent and safe with Lifeline. I just got a smile on my face as I wrote that! What a cool thing to say you do for a living! We have systems to match everyone’s needs and budgets. So, if you are a quiet, shy, stay-at-home introvert or a loud, boisterous, traveling extrovert, we can help! The latter is not a joke — we have a system that travels with you anywhere in the continental United States. If you or a loved one might need or want an ERS system, give Mike a call at 402-441-8816.

## Transportation

There is a lot of excitement of late with this program brought about by our move to Victory Park and running new routes. If you want to get out of your home and spend some time listening to music, presentations, playing games and enjoying a good meal at one of our four senior

centers in Lincoln, give Jenny a call at 402-480-4329 to determine which center is in your area. Jenny can also get you signed up for meals and share information about other activities at the centers. If you want to visit friends in Lancaster County who live outside of city limits, please consider using Lancaster County Public Rural Transit (LCPRT). LCPRT runs routes during the week to the smaller communities outside of Lincoln and into Lincoln from them. The cost for LCPRT is \$2 per boarding. Riders use our services for a variety of reasons including shopping, doctor appointments and recreation. Call 402-432-7031 for schedules and availability on certain dates.

## Health and Fitness

If you have not had an opportunity to see the new facility at Victory Park you should plan a visit. The new facility offers a wide range of equipment for cardio and strength training. New Keiser equipment that provides resistance from air pressure versus physical weight makes working out easier and quicker. Staff are on-site to assist with individual programs and can share



## GRANDMAS & GRANDPAS NEEDED

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

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



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



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information about additional classes and services provided. It is never too late to start working out and enjoying the benefits it brings! To learn more about Health and Fitness, please call 402-441-7575.

### Handy Home Services

We are smack dab in the middle of our busiest season as you read this. Our technicians are working to ensure that you are safe in your home and continue to enjoy the benefits of being a homeowner. If

you are not familiar with our Handy Home Services program and can answer yes to the following three questions, then read on!

Are you over age 60? Do you own the home where the work needs to be done? Do you live in the home where the work is being done? If you answered yes, then call Diana at 402-441-7030 to see if we can help you!

As usual, I am running short of space but wanted to share a quote that has a lot of meaning to me:



**We all have two  
lives and the  
second begins when we  
realize we only have one!"**

*– Confucious*

Life is short so don't live with regrets about things not done, just go do them! **LW**



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## MISSION

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

## BENEFITS COUNSELING AND LEGAL ASSISTANCE

402-441-7070 or 800-247-0938

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

## HEALTH, FITNESS AND NUTRITION

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

on LNKTv City (ALLO channel 2, Spectrum channel 1300 and Kinetic channel 5) and LNKTv Health (ALLO channel 3, Spectrum channel 1301 and Kinetic channel 10). ▲

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

## HANDY HOME SERVICES, LIFELINE® AND TRANSPORTATION

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

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

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

## LIVING WELL MAGAZINE

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

## LIVE & LEARN

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

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

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



## NEIGHBORLNK

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

▲ 402-441-6076 or 402-441-7575

## SENIOR CENTERS, EVENTS AND ACTIVITIES

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

▲ 402-441-7158

### Lincoln/Lancaster County Centers

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

## SENIORS FOUNDATION

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

## INFORMATION AND REFERRAL

402-441-7070 or 800-247-0938

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

## LONG-TERM CARE OPTIONS/ CARE MANAGEMENT

402-441-7070 or 800-247-0938

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

## MULTI-COUNTY CARE MANAGEMENT SERVICES

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

**All Counties: 800-247-0938**

### Jean Holt, Coordinator

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

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

## MULTI-COUNTY PROGRAMS

### Coordinator Jill Engel

- Butler County Senior Services  
Diana McDonald, 402-367-6131
- Fillmore County Senior Services  
Brenda Motis, 402-759-4922
- Polk County Senior Services  
Erin Dickey, 402-764-2252
- Saline County Aging Services  
Lori Moldenhauer, 402-821-3330
- Seward County Aging Services  
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" St., David City  
402-367-6131

### Fillmore County

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

### Polk County

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

### Saline County

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

### Seward County

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

### York County

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

## SENIOR CARE OPTIONS (SCO) AND MEDICAID WAIVER

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

# Aging Partners News and Events

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

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



## Health and Fitness

### Schmieding Center for Active Living Fitness Center

Monday through Friday  
8 a.m. to 4 p.m.  
600 S. 70th St.

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

For most Health and Fitness

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

### Evidence-Based Tai Chi Classes

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

### Tai Chi for Arthritis and Fall Prevention

Eastridge Presbyterian Church  
1135 Eastridge Drive  
Tuesdays and Thursdays  
Two class options - 11 a.m. to Noon or 1 to 2 p.m.  
Sept. 19 through Dec. 12  
(no class Nov. 23)

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

### Chair Yoga

Eastridge Presbyterian Church  
1135 Eastridge Drive  
Wednesdays, 9 to 10 a.m.  
June 21 through July 26  
Sept. 20 through Nov. 29  
(no class Oct. 4)

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

### Dance for Life

- Auld Pavilion  
1650 Memorial Drive  
Wednesdays, 10:30 to 11:30 a.m.  
Sept. 13 to Nov. 29
- American Lutheran Church  
4200 Vine St.  
Mondays, 1:30 to 2:30 p.m.  
May 1 through July 31  
Sept. 11 through Nov. 27

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

### Qigong Refresh and Recharge

- St. Mark's United Methodist Church  
8550 Pioneers Blvd.  
Thursdays, 1:30 to 2:30 p.m.  
June 22 through July 27  
Sept. 14 through Nov. 30  
(no class Nov. 23)
- American Lutheran Church  
4200 Vine St.



Tuesdays, 10 to 11 a.m.

May 2 through July 25

(no class July 4)

Sept. 12 through Nov. 28

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

### Caregiver Support Group

St. Mark's United Methodist Church

8550 Pioneers Blvd., Room 137

(Enter through door 9 on South side of St. Mark's, turn left and go downstairs)

2nd Tuesday of every month

5 to 6 p.m.

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

Eligible caregivers are:

- An individual of any age providing care for an older adult, age 60 and over
  - Providing care for a person with Alzheimer's disease, brain injury or a related brain disorder
  - Over the age of 55 and raising a grandchild
- Registrations are not needed; walk-ins welcomed.

### Foot Clinics/Senior Health Promotion Services

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

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

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

## Aging Partners Events

### Native American Flutes by Eldonna Rayburn

Victory Park Center

600 S. 70th St.

Thursday, July 13

10:30 a.m.

\$4 suggested contribution age 60 and over

\$8 meal fee under age 60

Call 402-441-7154 to reserve a meal.

The flute is one of the oldest instruments dating back to very ancient times. Hear modern Native American and Native American Style flutes, double and triple drones, bird flutes and more!

### Environmental Trivia – All Things Nebraska

Belmont Center

1234 Judson St.

Thursday, Aug. 3

10:30 a.m.

Please join us for this fun and informative game. You will find out what you know and maybe didn't know about Nebraska's natural resources and environment!

*Continued on page 38.*

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# Aging Partners News and Events

*Continued from page 37.*

Presented by Peggy Apthorpe, AmeriCorps member working with Conservation Nebraska's Common Ground Program

Conservation Nebraska is a nonprofit organization that protects our state's natural legacy.

## **Saxophone and Variety Music with Tim Javorsky**

Victory Park Center  
600 S. 70th St.

Thursday, Aug. 24  
10 a.m.

\$4 suggested contribution age 60 and over

\$8 meal fee under age 60

Call 402-441-7154 to reserve a meal.

Tim Javorsky, a saxophone

maestro extraordinaire, will be here to help us celebrate our August birthdays! Come hear his tenor, alto, baritone and soprano saxophones and stay for a slice of cake!

## **Abraham Lincoln: The Personal Side**

Northeast Center  
6310 Platte Ave.

Thursday, Aug. 31  
10:30 a.m.

\$4 suggested contribution age 60 and over

\$8 meal fee under age 60

Call 402-441-7151 to reserve a meal.

Lincoln's greatness as president resulted from a life of continual progress and transformation. The

obstacles Lincoln faced and the characteristics he expressed are the subject of this presentation by professor of history speaker Spencer Davis. Join us for lunch as we learn more about this president with this interesting Humanities Nebraska program.

## **Music BINGO with Elliott Piper**

Victory Park Center  
600 S. 70th St.

Monday, Sept. 11  
10 a.m.

\$4 suggested contribution age 60 and over

\$8 meal fee under age 60

Call 402-441-7154 to reserve a meal.

This fun game will test your knowledge of some of the best of

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# AGING PARTNERS

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the golden oldies! Dance in your seat while you try to guess their names!

### Bill Chrastil Performs

Northeast Center  
6310 Platte Ave.

Friday, Sept. 15  
10 a.m.

\$4 suggested contribution age 60 and over

\$8 meal fee under age 60

Call 402-441-7151 to reserve a meal.

Bill Chrastil has been a full-time musician and entertainer for over 50 years! Please join us as he performs his mix of Elvis, Tom Jones and songs from the '50s through the '80s.

### Jimmy Mack Performs

Northeast Center  
6310 Platte Ave.

Friday, Sept. 29

10 a.m.

\$4 suggested contribution age 60 and over

\$8 meal fee under age 60

Call 402-441-7151 to reserve a meal.

This veteran performer is back with his selection of rock, country and crooner songs! Join us as we take a trip down memory lane with one of Lincoln's finest!

### Free Writers Club

Northeast Center  
6310 Platte Ave.

Twice a month, call for details.

10 a.m.

\$4 suggested contribution age 60 and over

\$8 meal fee under age 60

Call 402-441-7151 to reserve a meal.

This club meets to create

lyrical compositions to share. We meet twice a month on alternate Tuesdays. Check us out; and if you are feeling creative, join in! Reserve a meal two business days in advance.

### Aging Partners Rural Foot Clinics

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

#### July Rural Foot Clinics:

Friday, July 7 – Waverly

Friday, July 21 – Malcolm

Monday, July 24 – Firth

Wednesday, July 26 – Hickman

Thursday, July 27 – Bennet


#### September Rural Foot Clinics:

Friday, Sept. 1 – Waverly

Friday, Sept. 15 – Malcolm

Monday, Sept. 18 – Firth

Wednesday, Sept. 27 – Hickman

Thursday, Sept. 28 – Bennet 

# LivingWell

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

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

\_\_\_\_ 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](mailto:delrod@lincoln.ne.gov) or 402-441-6146.

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