

LivingWell

Spring 2018 • Volume 14 • Issue 2

A publication of



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Will Be Active
— You Should
Be, Too!**
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Retiree Len Sloup takes volunteering seriously. He and others are helping to make the process easier for older adults through the Just Ask: Connecting Retirees with Causes that Matter initiative.

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Director's Corner

Throughout our great state, several businesses, foundations and private donors regularly demonstrate a genuine caring spirit when it comes to providing heartfelt support to older adults and want to make a difference in their lives.

This fall, the Immanuel Vision Foundation in Omaha announced the distribution of \$1,500 grants to 155 senior centers throughout the state. Their total contribution to Nebraska senior centers, which included several in Aging Partners' service area, was over \$230,000.

Senior centers play a big role in many seniors' lives. They are a place where older adults can get a hot meal, participate in fitness or recreational activities, and share experiences with old friends, as well as make some new ones.

In announcing the grant distribution this fall, foundation officials noted that senior centers "have increased demands as our population ages," and they "want to help improve the lives of Nebraska seniors and their families by supporting increased programming and strengthened services."

The Immanuel Vision

Foundation is an exemplary example of how caring people, organizations and foundations continue to reach out to better the lives of our nation's older adults. On behalf of everyone who works with older adults and seniors, we thank the Immanuel Vision Foundation for its generosity. 



Randall Jones

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Living Well (ISSN 1556-9780, USPS 657-630) is published quarterly (January, April, July and October) by Aging Partners and created by News Link, 2201 Winthrop Road, Lincoln, NE 68502. Last issue: Living Well Winter 2018.

Periodical postal rates paid at Lincoln, NE and additional mailing offices.

Issues printed: 15,000.

POSTMASTER-Aging Partners address changes to:

Living Well Magazine

1005 "O" St.

Lincoln, NE 68508-3628

Email: livingwell@lincoln.ne.gov

Fax: 402-441-7160

Phone: 402-441-6146

(collect calls accepted)

Toll free: 800-247-0938 (Nebraska only)

Publisher, editor and advertising: David Norris, 402-441-6156

Mailing list and accounts: Deb Elrod, 402-441-6146

Production Coordinators: News Link, 402-475-6397

Living Well is a service of Aging Partners. A voluntary suggested annual subscription of \$12 or any amount is welcome. This magazine is for the 57,200 citizens, 60 years of age and over, who reside in the counties of Butler, Fillmore, Lancaster, Polk, Saline, Saunders, Seward and York in the state of Nebraska, United States of America. However, all readers of all ages are welcome!

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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Just Ask:

Connecting Retirees with Causes that Matter

Len Sloup retired in 2016 following a 48-year career with the Nebraska Department of Revenue. He then spent some of his early mornings at coffee shops chatting with other retirees. After a few months, he began to realize the skills and energy sitting across the table from him.

“I found there were so many resources and talents sitting in those coffee shops,” he said. “A lot of those talents are not being used, even though those people would volunteer if they were asked.”

For decades, Sloup has been active in the community, with organizations such as TeamMates Mentoring, Sheldon Art Association, Lux Center for the Arts, and as a founding Boys and Girls Club board member. Today, he serves on both the Boys and Girls Club Advisory Board and Lincoln Arts Council Board of Directors. He also is a Madonna Rehabilitation Hospital trustee and former volunteer, Lincoln Community Foundation trustee, and is involved with 100s of Lincoln Men Who Care. He even reads to children at Head Start and St. Teresa’s Parish School.

“I like to help people who need help,” he said. “So many things can be done by those who are retired.

Some of it is happening now, but so much more can happen.”

Just Ask Initiative

Looking for another way to be involved in the community after retirement, Sloup was accepted as a Leadership Lincoln Fellows XXXIII candidate. The program brings individuals from across the community together to help learn what makes Lincoln tick and get engaged in the community. It requires teams to select and complete a community service project. After discussing various ideas, Sloup’s committee chose to pursue how to better involve older adults in the community.

Committee members are Amanda Barker, Kyle Cech, Denine Erlemeier, Jeremy Gegg, Stacy Guevara, Martha Hakenkamp, Emily Koenig, Sloup and Scott Thayer. They have partnered with Randy Hawthorne of VolunteerLinc and Leadership Lincoln’s Mick Hale, executive director; Laura Uridil, program director; and Randy Bretz, communications specialist.

The committee circulated a survey asking local older adults what inspires them to volunteer.

“I’ve found a lot of people are reluctant to take the first step to



“ So many things can be done by those who are retired.”

– Len Sloup

volunteer for an organization,” Sloup said. “But if an organization asks them, they’d be glad to help. Conversely, we are also hoping to encourage retirees to ‘Just Ask’ organizations that they have an interest in about volunteer opportunities.”

The committee formed an initiative called Just Ask:





Leadership Lincoln Fellows XXXIII committee helping older adults volunteer through Just Ask. From left, Scott Thayer, Budget Blinds of Lincoln; Kyle Cech, Crete Carrier Corp.; Denine Erlemeier, State Farm Insurance Cos.; Len Sloup, Nebraska Department of Revenue, retired; Amanda Barker, Civic Nebraska; Emily Koenig, Lincoln Electric System; Martha Hakenkamp, Aging Partners; Jeremy Gegg, Lincoln Fire and Rescue; and Stacy Guevara, Ameritas Life Insurance Corp.

Connecting Retirees with Causes that Matter. While there are other groups in Lincoln aimed toward specific groups of older adults such as retired school personnel, the committee wanted to increase the visibility and opportunities for other retirees resulting in this partner project with VolunteerLinc.

“We wanted to broaden the group so everyone had an opportunity to say ‘yes’ or ‘no’ to volunteering,” Sloup said.

The committee will host a Just Ask volunteer fair May 15 from

10 a.m. to noon at Gateway Mall, 6100 “O” St., in partnership with Aging Partners, Leadership Lincoln, VolunteerLinc and Gateway Mall. A variety of nonprofits will be present with volunteer opportunities for everyone.

“This is an event designed for older adults and retirees looking to get more involved and better their community,” Sloup said.

Why Volunteer?

There are many benefits to volunteering, but Sloup believes it benefits the community much more when older adults and retirees volunteer, because it:

- Helps bridge the generation gap.
- Helps change how people think

The Just Ask volunteer fair is May 15, 10 a.m. to noon at Gateway Mall, 6100 “O” St. There will be a variety of nonprofits with volunteer opportunities for everyone.

about older adults.

- Is good for mental health and keeps the body and brain active.
- Helps prevent isolation and depression through social contact.
- Helps the community.
- Helps the volunteer feel good and valued.

When volunteering, it is important to remember that you don’t have to volunteer all your free

Continued on page 6.



Just Ask: Connecting Retirees with Causes that Matter

Continued from page 5.

time, but finding a cause may help motivate you.

“Many older adults want flexibility to volunteer,” Sloup said. “It’s good to find a place where you want to volunteer. I find reading to kids in school is an ideal hour each week for me.”

The volunteer fair is just one way to inform older adults of places and ways to volunteer.

“Sometimes people just need a start to get into volunteering,” Sloup said. “This effort is a seedling that we hope grows as the retired sector grows in the years to come.”

More Information

After the volunteer fair, VolunteerLinc will continue the “Just Ask” efforts. If you are looking for volunteer opportunities, contact VolunteerLinc at 402-435-2100 or visit VolunteerLinc.org. 

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Program Helps Those with Aphasia, Looking for Volunteers

Imagine knowing what you want to say but not being able to say it. For 2 million Americans, that is a reality after being diagnosed with aphasia.

Aphasia is an acquired communication disorder that impairs a person's ability to speak and understand others, but does not affect intelligence. It occurs after a brain injury, most commonly stroke, to the left frontal-temporal region of the brain, where speech and language are heavily localized. There is no cure for aphasia, and problems communicating can be long-term. Most people can improve over time, especially if speech therapy is involved.

"While a person's intellect

is good, they have a difficult time in using and understanding words," said Kristy Weissling, University of Nebraska associate professor of practice. "That can leave them socially isolated, and they may avoid going out in the community."

On average, people with aphasia have nine fewer social contacts and three fewer social activities than their non-aphasia peers. That's where UNL's Aphasia Community Partners hopes to help.

Aphasia Community Partners

Created by the Barkley Speech Language and Hearing Clinic, Aphasia Community Partners' mission is to connect individuals

with aphasia to people without aphasia in the community to enhance social involvement and to promote understanding of the strengths of individuals with the disorder.

"We had people come to us because they are still struggling, and we know there were people not getting out into the community," Weissling said.

Nationwide, aphasia centers have been established, but Weissling didn't think that would work well in Nebraska.

"We have a more spread-out density of people with aphasia," she said. "Instead of bringing in people with aphasia, we wanted to get them out into the community."

Continued on page 8.

Participants of last year's Lincoln Aphasia Awareness Walk.





Participants of last year's Lincoln Aphasia Awareness Walk.

Program Helps Those with Aphasia, Looking for Volunteers

Continued from page 7.

The Aphasia Community Partners program was formed, and UNL graduate students have since helped raise funds to provide the services for free. Undergraduate students have served as communication partners.

“We are looking to transition from students to people of the same age, life stage, gender and interests as the people with aphasia,” Weissling said. “Our students love doing this, but we need to help people form relationships with others their age.”

The Aphasia Community Partners program is looking for both persons with aphasia and volunteers to engage in a weekly outing to help those affected

interact in the community, which helps decrease social isolation.

How Volunteers Can Help

Volunteers receive training that includes information on aphasia, instruction on communication strategies, and a monthly stipend of \$15 to offset the cost of activities for both involved. Volunteers must also pass a criminal background check every two years.

Volunteers and members are encouraged to interact once a week with activities such as visiting a local park, getting coffee or ice cream, volunteering, going to a museum, or meeting for lunch.

“We also suggest helping people figure out the bus schedule near their house,

“ We encourage people to get out in the community and interact with other people, too.”

– Emma Brandt, audiology graduate student

playing a game or walking a dog,” said Emma Brandt, audiology graduate student and this year’s volunteer coordinator. “We encourage people to get out in the community and interact with other people, too.”

Licensed speech-language pathologists help with the initial paired meeting, and Weissling or a graduate student follow up at least monthly with the volunteer and person with aphasia to ensure success.

How to Get Involved

To get involved in the Aphasia Community Partners program, either as a volunteer or person with aphasia, email aphasiapartnerslnk@gmail.com or call the Barkley Speech Language Clinic at 402-472-2071. It is not a requirement that volunteers or people with aphasia live in Lincoln.

For more information on the program, visit cehs.unl.edu/secd/aphasia-community-partners.

Each summer, Aphasia Community Partners hosts its annual walk to raise funds and awareness. This year's 1-mile walk is June 9 at 9 a.m. at the Barkley Memorial Center on UNL's East Campus. If you are interested in participating, contact Alyssa Mount at alyssa.mount@huskers.unl.edu. 

How Can I Communicate with People with Aphasia?

- Be creative – As you speak, use gestures, facial expressions, writing, drawing, and pictures and photos.
- Keep it simple – Speak in short, simple sentences. Slow down.
- Be patient – Wait longer for them to respond. Talk with them, not for them.
- Relax – When you appear calm and patient, you are communicating your interest.
- Confirm – Repeat back what you think they say and ask if it is correct.



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Long Grass in Parks Benefits Community

As temperatures warm and we see the signs of spring, many citizens will begin to visit Lincoln's 125 parks. If you frequent the parks enough, you might begin to notice areas in which the grass is allowed to grow tall.

These areas are not a sign of someone negligent in their job duties, but rather part of the Long Grass Maintenance program. Started in 2004, the program consists of open space areas and stream buffers within parks that are allowed to grow up to 18-20 inches. These long grass areas are mowed just three times annually, whereas traditional park areas are mowed about every 14 days. Currently, tall grass covers about 715 acres of 52 Lincoln parks.

The areas include existing vegetation and in many cases will be transitioned into Prairie in the Park — natural, open spaces within parks that are seeded with prairie grasses and wildflowers.

“Our goal is to convert about 25 acres of areas in parks managed as ‘long grass’ to Prairie in the Parks each year,” said Lynn Johnson, Lincoln Parks and Recreation director. “The number of acres actually converted will depend on funding, weather conditions and staffing resources.”

So far, 52 acres of long grass has been converted in the past seven years.

In 2012, Lincoln Parks and Rec added more areas with long grass due to budget cuts. These reduced mowing areas save money in staff time, fuel, fertilizer and chemical usage.

Reduced mowing also benefits the community by creating bird and butterfly habitats, improving native plant germination and regeneration. It also reduces competition with weeds, noise pollution and pesticide use. These areas also improve ecosystem diversity, stabilize stream banks and protect water quality.

Long grass areas within parks are promoted through several agencies, including the National Recreation and Park Association, Natural Resources Conservation Service, Nebraska Statewide Arboretum, U.S. Environmental Protection Agency and the U.S. Department of Agriculture.

Lincoln Parks and Rec works to balance long and mowed grass areas. You can find more information and maps of long grass and prairie grass areas at lincoln.ne.gov/city/parks/parksfacilities/parks/longgrassmaint.htm.

If you have questions about an area, please contact the Lincoln Parks and Recreation Department at parks@lincoln.ne.gov or call 402-441-7847. 

 **Our goal is to convert about 25 acres of areas in parks managed as ‘long grass’ to Prairie in the Parks each year.”**
— *Lynn Johnson, Lincoln Parks and Recreation director*



Long grass in Lincoln parks is part of the Long Grass Maintenance program which betters the community.



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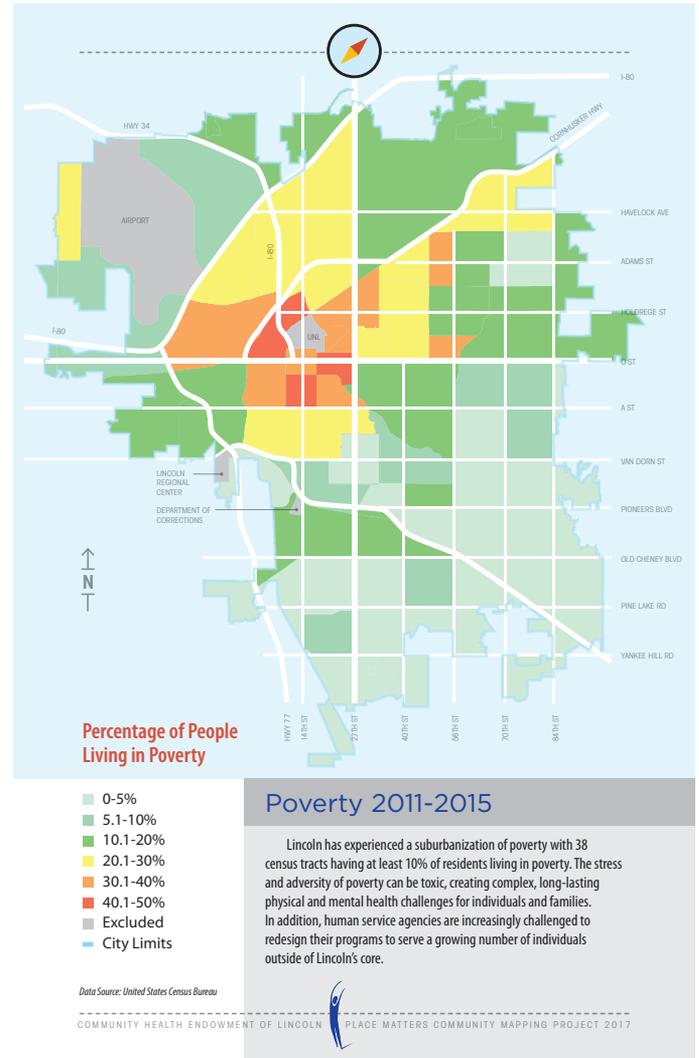
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Childhood Factors Influence Adulthood

At Aging Partners' quarterly Outreach Breakfast Feb. 14, Community Health Endowment (CHE) of Lincoln President/CEO Lori Seibel discussed the organization's mapping project, dubbed "Place Matters."

Following the sale of Lincoln General Hospital in 1997, the City of Lincoln looked to the community to decide the best use for the \$37 million it received. As a result, the proceeds from the hospital sale, now valued at nearly \$70 million, were put into an endowment to help grow and improve the health of the community. To date, CHE has invested nearly \$30 million by funding various projects, grants and agencies.

CHE's goal is to better understand Lincoln and the challenges its citizens face, and to make the biggest impact on their lives — now and in the future.



The Community Health Endowment of Lincoln's map data shows those who live in poverty have effects in other areas of their life.

Place Matters Maps

Knowing information is incredibly valuable to a community, CHE created 150 maps on various circumstances such as poverty, first trimester care, primary medical and dental care locations, childhood obesity, healthy food access within walking distance, tobacco use, mental health calls and life expectancy.

A map from 1980 to today shows poverty has grown from a central location and has increased in number. Why does poverty matter to health? Generally, poverty is the circumstance that brings on other challenges.



Community Health Endowment (CHE) of Lincoln President/CEO Lori Seibel discusses the organization's mapping project, "Place Matters," at Aging Partners' quarterly Outreach Breakfast Feb. 14.

“Poverty is always shifting and chipping away on neighborhoods and schools,” Seibel said. “Poverty has a deep impact on any neighborhood. Those who live in poverty tend to be more sick. It may be due to less access to care, because of cost or distance, or simply because of the stress that living in poverty places on a person. That stress affects their immune system and causes them to be sick more often and more seriously.”

Your Childhood Matters

The maps showed that many of the same issues, such as childhood obesity and shorter life expectancy, were in areas with the highest rate of poverty.

“There is a direct relationship with childhood obesity and the type of older adult you’ll grow into,” Seibel said. “That layering of poverty and other circumstances weighs down neighborhoods. As a community, we need to target specific areas to make deep and lasting change.”

Often the difficulties older adults face are a direct correlation to their childhood.

A study on Adverse Childhood Experiences (ACE) found that toxic stress of chronic and severe trauma damages a child’s developing brain, thereby impacting the rest of their life. Studies based on the 10-question ACE test show that answering “yes” to four or more of the 10 questions about their childhood is a tipping point for decreased quality of mental and physical health for their lifespan. The higher the ACE score, the higher the risk of disease, suicide, violent behavior and becoming a victim of abuse.

People with an ACE score of four are twice as likely to smoke, seven times more likely to develop alcoholism, twice as likely to be diagnosed with cancer or heart disease, four times more likely to suffer from bronchitis and emphysema, and 12 times more likely to attempt suicide than those with a score of 0.

This research shows that bettering a child’s life now can make lifelong impacts.

“We need to take care of children at this vulnerable age so they can be productive and healthy,” Seibel said.

The maps also show the difference in life expectancy if a person lived their entire life in the same neighborhood. While life expectancy in Lancaster County is 80, the north areas of Lincoln averages 76, the south averages 84, and in the

center of the city, where poverty is the greatest, is 66.

Make a Lasting Impact

So, what can we do to benefit the community with this information?

“We have to plant messages of value and health in parts of our community where it might not exist,” Seibel said. “Make every effort to understand that there is a deep connection between children in our community and the lives they’ll ultimately live. Get to know the kids around you. Their lives will be better for it.”

Become an advocate for your neighborhood — or an area where you don’t live. Take time to read to a child you know and help when you can. Poverty is the root of so many issues, and for many, their childhood circumstances could have a lifelong impact.

“Think about the people you serve a little differently — where they come from, where they live now, and the challenges they faced in childhood compared to now,” Seibel said. “Lincoln is an incredible city, but we need to understand these maps to change their lives. It can truly make our community better for all of us.” ^{LW}

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Seniors Foundation Keystone Award Banquet Honors Volunteer Service to Seniors

The Seniors Foundation of Lincoln and Lancaster County will present the 2018 Keystone Award at their annual award



luncheon at 11:30 a.m. May 17 at the Country Club of Lincoln. The award is presented to an individual or group that has made a significant impact through volunteer service to seniors in Lincoln.

Past recipients of the award, originally called the Community Service Award, include Dorothy Applebee, Helen Boosalis, Joe Hampton, Harland Johnson, Jerry Joyce, Gil Savery, Lela Shanks, Scott Young, R. David Wilcox, and Dayle Williamson.

Proceeds from the annual fundraising event support special project needs for Aging Partners.

Foundation Donates \$5,000 for ADA Enhancements to Fitness Center

Funds raised from the 2017 Keystone Award Luncheon have been designated to pay for increased accessibility at the new Aging Partners Fitness Center, located at the northwest corner of 9th and “J” streets in Lincoln.

“The Seniors Foundation believes that every person has the right to be treated with dignity and respect as they age,” said Mark Richardson, Seniors Foundation president. “We are proud to help make the new location for the Health and Fitness Center accessible for all. Since 1981, we have funded projects across Lincoln, from building renovations at the Northeast and Downtown Senior Centers to purchasing and redeveloping the Crossroads House. We thank the Keystone Award Luncheon sponsors and attendees for their ongoing support.”

Tickets for the fundraiser are available through the Seniors Foundation website at www.SeniorsFoundation.org, or by mail at 600 S.

70th St., Lincoln, NE 68510. Individual tickets cost \$65. Tables of 10 can be purchased for \$600. For more information, call the Seniors Foundation office at 402-441-6179 or email support@seniorsfoundation.org.

The Seniors Foundation is a private 501(c)(3) nonprofit organization founded in 1981. Its mission is to enrich the lives of seniors by supporting Aging Partners. 

 **The Seniors Foundation believes that every person has the right to be treated with dignity and respect as they age.”**

– Mark Richardson, Seniors Foundation president

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Schmieding Foundation Gift Enhances Fitness Center Move

New facility at 9th and "J" streets welcomes seniors and general public

Aging Partners moved its fitness center in early March to 555 S. 9th St. (northwest corner at 9th and "J" streets) in Lincoln. The new facility and overall workout experience for seniors and the general public has been enhanced to a large degree by a \$42,000 grant from the Schmieding Foundation. The generous donation was used to purchase new fitness and cardio equipment.

The gift is the second major grant to Aging Partners from the Foundation. In 2013, the Schmieding Foundation generously funded the purchase of an ADA-compliant, 12-passenger bus for the agency's senior center transportation service.

"We are grateful to the Schmieding Foundation for its contribution to help seniors stay fit and learn how to better manage their health," Aging Partners Director Randy Jones said. "Many older adults will benefit from this generous gift for years to come."

The Schmieding Foundation was founded by Lawrence H. Schmieding, a Lincoln native and entrepreneur. In partnership with his brothers, Schmieding created H.C. Schmieding Produce, a wholesale distributor of fresh fruits and vegetables, in Springdale, Arkansas.

Schmieding passed away in 2009. An advocate for children and older adults, his experience as a caregiver for his brother served as a foundation for his philanthropic efforts. This included his work with the University of Arkansas for Medical Sciences, which operates the Schmieding Center, a state-of-the-art senior clinic and education facility that was the first regional center on aging in Arkansas and the first geriatric clinic in northwest Arkansas.

The new fitness center is open from 8 a.m. to 4 p.m. weekdays. For more information, contact Aging Partners Health and Fitness at 402-441-7575. [lw](#)

Springtime Will Be Active – You Should Be, Too!

By Peggy Apthorpe, Aging Partners Health and Fitness

Springtime activity began with a bang as the Aging Partners Health and Fitness Center changed locations (see article on page 15). The new center offers a variety of resources to help you get or stay healthy and fit.

New Fit and Strong Workshop Begins in April

Fit and Strong is an award-winning, evidence-based physical activity program designed for older adults with osteoarthritis or other mobility limitations. Aging Partners and Lincoln Parks and Recreation are excited about the opportunity to offer it for the first time in Lincoln beginning in April. Classes will meet from 1 to 2:30 p.m. every Monday and Wednesday from April 9 through June 13 at the F Street Recreation Center, 1225 “F” St.

Fit and Strong has been shown to especially benefit people who suffer from osteoarthritis. Most people who take the class say it helped them and they would recommend it to a friend. Participants report decreased arthritis pain and stiffness, increased physical activity and independence, and a feeling of more confidence and control. Some report a reduction in anxiety and depression.

Participants learn about the benefits of physical activity, how to manage arthritis, how to exercise safely, and how to develop and maintain a

healthier, more active pain-free lifestyle. The first hour of class is comprised of exercise, incorporating stretching and flexibility, walking, strength training and balance exercises. The last 30 minutes are spent with health education and group problem solving. Participants report the ongoing support helps them learn ways to deal with symptoms and other problems related to arthritis while incorporating lasting healthy behaviors into their lives.

Class leaders are trained and certified to lead Fit and Strong classes. Adults of all ages are welcome. There is no charge for the program; funding is provided in part by the National Parks and Recreation Association. For more information or to register, call 402-441-7575.

Exercising with Osteoarthritis

Arthritis is the nation’s No. 1 cause of disability. The most common type of arthritis is osteoarthritis, affecting an estimated 31 million Americans. The risk of arthritis increases with age. Almost half of adults over age 65 have some form of osteoarthritis.

Exercise is safe for almost everyone. In fact, National Institute of Health studies show that people with osteoarthritis benefit from regular exercise and physical activity.

Regular exercise can help people with osteoarthritis maintain healthy and strong



muscles, preserve joint mobility, maintain range of motion, improve sleep, reduce pain, improve attitude and maintain a healthy body weight.

Flexibility exercises help keep joints moving, relieve stiffness and give us more freedom of movement for everyday activities. Strengthening exercises help maintain or add to muscle strength. Strong muscles support and protect joints. Endurance exercises make the heart and arteries healthier, which can lessen swelling in some joints.

People with osteoarthritis may need to avoid some types of activity when joints are swollen or inflamed. If you have pain in a specific joint area, you may need to focus on another area for a day or two.

Move More Lincoln

Aging Partners is again proud to partner with Move More Lincoln, a communitywide campaign sponsored by the Community Health Endowment

and Lincoln Parks and Recreation. It is designed to encourage Lincoln residents of all ages to be more physically active. Aging Partners will hold a variety of fun and easy fitness classes at the Jayne Snyder Trail Center, 21st and "Q" streets, every Friday from June to September from noon to 12:45 p.m. Classes are free and open to the public. They are a great way for people to try classes that will be offered in the regular fall session. Our experienced instructors will offer different classes each week. Classes will include Dynamic Movement, Chair Rockin', Movement and Music, Line Dancing, Qigong, Tai Chi Moving for Better Balance and Simply Fit. Call 402-441-7575 for more information or a detailed schedule.



Aging Partners Health and Fitness employees received a plaque in thanks for their encouragement to older adults to stay fit and healthy.

Fitness Center Participants Recognize Staff

Health and Fitness employees were delightfully surprised Jan. 23 when fitness center participants honored them with a lovely plaque thanking them for their encouragement. Employees

expressed gratitude, not only for the wonderful recognition, but also for the privilege of working with such motivated, fun and appreciative people. The plaque will have a special place at our new location. 



2018 Signature Events

Mark your calendars for this year's events at Legacy Retirement Communities!

Patio Parties

Enjoy live music and sample great food served up by our very own fabulous five-star chefs. Feel free to bring a friend along with you!

Sunday, May 20th • 4 - 7pm
Legacy Terrace, 5700 Fremont

Sunday, June 3rd • 4 - 7pm
Legacy Estates, 7200 Van Dorn

Sunday, Sept 16th • 4 - 7pm
The Legacy, 5600 Pioneers



Capital City Culinary Classics

Wednesday, June 27th • 11am - 2pm
The Legacy, 5600 Pioneers

Legacy Estates Chef Showcase

Wednesday, August 1st • 11am - 2pm
Legacy Estates, 7200 Van Dorn

Terrace Town Carnival

Sunday, September 9th • 1 - 4 pm
Legacy Terrace, 5700 Fremont

Springtime Morsels

Asparagus, strawberries, fresh herbs, rhubarb, spinach and radishes are just a few of the goodies coming into peak season during spring. Let's look at some of the delicious and nutritious produce to watch for in the next few months. Remember, in-season produce will be at its cheapest and best quality in the super markets. Who doesn't love that?

Strawberries: Nature's Dessert

Spring is upon us and Mother Nature has begun giving us her yearly treasure of delicious goodness known as berries. Strawberries are one of the first crops of spring and are one of nature's treats that make the perfect dessert to any meal. In fact, strawberries are so popular that they have gained their own celebration – May is National Strawberry Month!

The heart-shaped outline of the strawberry is the first clue that this fruit is good for you.

These powerful little packages protect your heart by increasing HDL (good) cholesterol and lowering your blood pressure. They may also guard against cancer due to their high amounts of antioxidants. Strawberries are packed with vitamins and fiber, with relatively few calories (only 55 calories per cup). In particular, strawberries are a good source of potassium with just one serving — about eight strawberries — providing more vitamin C than an orange.

Did you know that the average medium-sized strawberry contains 200 tiny seeds? These seeds act as fiber in the body, with each serving as a mini scrub brush for the intestinal tract, keeping things clean and happy.

Strawberries pair nicely with both sweet and savory dishes. Enjoy sliced strawberries on top of low-fat yogurt at breakfast time. Or, maybe add strawberries into a spinach salad with grilled chicken. And who doesn't love fresh strawberry pie?

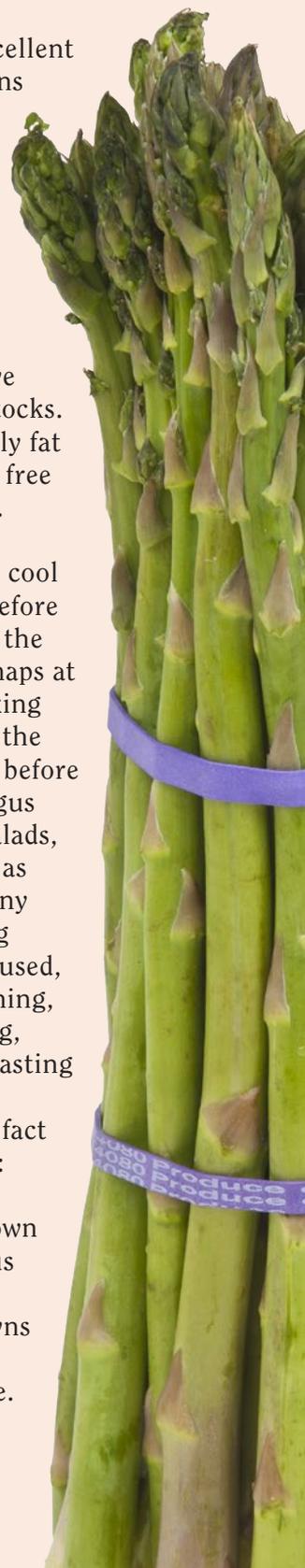
Asparagus

Asparagus is freshest in the first part of April. Its bright green color means it's loaded with many antioxidants, is high in

folate and an excellent source of vitamins A and C. Besides being tasty and packed full of important nutrients, asparagus is a low-calorie food with only about 20 calories in five medium-sized stalks. Also, it's naturally fat free, cholesterol free and sodium free.

Always wash asparagus under cool running water before preparing. Bend the stalks until it snaps at its natural breaking point to remove the "woody" bottom before cooking. Asparagus is delicious in salads, as a side dish or as an appetizer. Many different cooking methods can be used, including blanching, boiling, steaming, microwaving, roasting or grilling.

One last fun fact about asparagus: Oceana County, Michigan, is known as the "Asparagus Capital of the World" and crowns an Asparagus Queen each June.





Fresh Herbs

Spring and summer are the seasons for fresh herbs and the best way to flavor your meals. Great taste and improving health are two reasons to use fresh herbs. They boost flavor without adding sodium, and many herbs contain antioxidants. Fresh herbs are abundant in warm-weather months, so now is the perfect time to incorporate these favorites into your recipes.

Try “spring cleaning” your diet by cutting back on salt and incorporating herbs into your meals to improve heart health. Sodium is the main component of table salt. When the body has excess sodium in the bloodstream, it pulls water into your vessels, which results in your blood pressure going up. Over time, high

Strawberry Chicken Salad

Ingredients:

- ½ cup bottled poppy seed dressing
- ¼ cup red onion, sliced very thin
- 3 tablespoons fresh basil, chopped
- 2 skinless, boneless chicken breasts, cooked and sliced
- 2 cups fresh strawberries, sliced
- 1 cup pecans, chopped
- ¼ cup reduced-fat feta cheese, crumbled
- 4 cups fresh baby spinach

Directions

1. Combine dressing, red onion, basil, chicken and strawberries in bowl.
2. Pour chicken mixture over spinach and toss gently to coat.
3. Sprinkle pecans and feta cheese over top as garnish.

blood pressure may injure blood vessel walls. This can be the perfect trap for plaque, which in turn can result in heart disease!

According to the American Heart Association, one-third of American adults have high blood pressure. Why not help combat high blood pressure by easing up on the salt and incorporating

more herbs for flavor instead? Basil, mint, dill, cilantro, oregano, thyme and rosemary are a good place to start. See where fresh and dried herbs can lead you on your meal planning adventure. I’m sure it’ll taste great and your heart will thank you. 

Farmers Markets Coupons Coming Soon

This spring, Aging Partners will again participate in the Nebraska Department of Agriculture Seniors Farmers Market Nutrition Program. Qualifying participants will

receive \$48 in farmers market coupons to buy from certified vendors throughout the summer.

To be eligible:

- You must be 60 years of age or over as of May 2018.
- Gross annual income less than 185 percent of the poverty line.
- Applications must be submitted within county of residence.
- Only one set of coupons per household.

Please contact your local senior center by the last week of April to learn when coupon application clinics will be held. There are a limited number of farmers market coupons available, and not all who apply will receive them. Coupons are distributed randomly among all applicants. 

Planning Ahead

Preventing Senior Fraud: What to Look For and Common Scams

Technology can be beneficial, allowing us to communicate with friends and family from a distance, but it also gives scammers easy access to you and your personal information.

Scammers now have sophisticated software that can change caller ID, tricking you into thinking they are someone else and may already know personal information.

Everyone, regardless of age, sex, nationality, education level or financial status, is a target for scams. According to the Nebraska Attorney General's Office (NAGO), although older adults are only 19 percent of the state population, they are 37 percent of reported scam complaints. Worse, the incurred rate of fraud is reputed to be 20 times greater than what is reported.

Because there are so many types of scams, the best way to protect yourself is through education. Many scams center around prizes, lotteries, health care, banks and lenders, internet services and debt collection, but the most common in Nebraska are imposter scams.

Imposter Scams

There are several types of imposter scams, and many have the same concept: A scammer claims to be a friend, family member, company or government agency, trying to convince

victims to send money or disclose personal information.

"There are many imposter scams, so it is easy to be confused," said Ryan Sothan, Consumer Protection Division, Nebraska State Attorney General's Office. "It's important to remember that if you did not originate the contact, do not give out any information."

Remember: Government agencies only communicate by U.S. Mail. They do not make phone calls, send text messages or communicate through social media.

Signs of an Imposter Scam

1. You are presented with an offer too good to be true, or too compelling to ignore.
2. There is a sense of urgency — something needs to be done **RIGHT** now.
3. Some form of payment transfer — typically through a wire, prepaid debit card or credit card — is required immediately to claim a prize or avoid negative consequences, such as being arrested.

"The payment method growing in popularity over the past few years has been by prepaid debit card," Sothan said. "Scammers will send the victim to a specific store to pick up a money card (or two) and contact them by phone to get the authorization code. Once they have it, the



Ryan Sothan, Consumer Protection Division, Nebraska State Attorney General's Office.

money is instantly transferred and that money is gone for good."

4. The caller probes for identifying information.

"Scammers are experts at cultivating relationships and so many seniors are willing to engage," Sothan said.

If someone is asking questions about your personal life, such as where you grew up, family details including maiden name, or childhood pets, they are typically gathering information on common password protects (high school mascot, favorite pet's name, street you grew up

on). Scammers can combine that information, find your address via public record, and use it with your social security number and date of birth to steal your identity.

“All that information can allow scammers to start filing online for new lines of credit typically within as little as 24 to 72 hours,” Sothan said.

Protect Yourself and Report Scams

Reporting scams helps detect patterns of fraud and abuse and helps organizations better educate the public.

“We don’t want anyone to be embarrassed,” Sothan said. “We want to make sure people are identifying that they’ve been victimized so we can rally resources to help them recover financially, emotionally and through whatever other means

necessary to restore themselves.” A complaint can be filed with NAGO at protectthegoodlife.nebraska.gov, or call 800-727-6432 to request a hardcopy by mail.

“We can help individuals over the phone by answering questions,” Sothan said. “But if a complaint needs to be further examined, filling out a form allows us to be an advocate. If you are in doubt about whether it was a scam, reach out.”

There are many resources for reporting and helping older adults detect, deter and defend against fraud and scams. These organizations include local law enforcement, Aging Partners, Legal Aid of Nebraska’s Elder Access Line, and even Adult Protective Services.

Never accept the help of someone who calls you to help

recover losses for a small fee — that is usually the scam artist coming back for more.

Don’t be afraid to hang up the phone or shut the door on unwanted solicitations. It’s good practice to review your financial statements regularly. You can order a credit report annually from each of the major credit bureaus through www.annualcreditreport.com or by calling 877-322-8228.

To ward off identity theft, protect your personal information by shredding receipts, credit and debit cards, credit card statements, magazine mailing labels, credit applications, insurance forms, bank checks, and anything that might include account numbers, customer numbers and membership numbers, such as physicians’ statements.

Continued on page 22.



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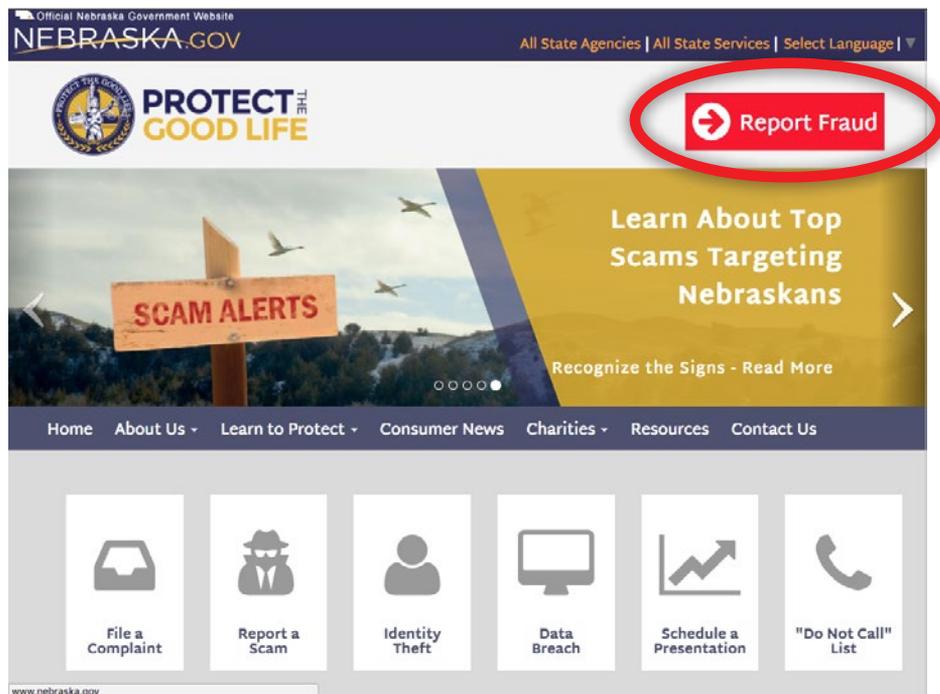


Preventing Senior Fraud

Continued from page 21.

Common Imposter Scams

- **IRS scam:** A call claiming past due taxes or money owed, and if you do not pay now, you'll be arrested. The caller may even give you a badge number and know the last four digits of your Social Security number. They instruct you to put money on a prepaid debit card or wire it to them. Do not give the caller any information; hang up and contact the IRS directly at 800-829-1040 or irs.gov.
- **Grandparent scam:** A phone call or email from someone claiming to be a grandchild with a broken down car, arrested in another country or similar experience, and needs money to get home and does not want their parents to know. You should hang up and contact the grandchild directly.
- **Tech support scam:** A caller claims to be a computer technician associated with a well-known company, or you get a pop-up window on your computer screen that warns you of computer problems. The scammer will say they have detected a virus or malware and will ask you to give remote access to your computer to help fix it, but often they will ask you to pay for unnecessary, or often harmful, services.
- **Government grant (free money) scam:** You are notified of a free grant to pay for home repairs, unpaid bills or other things. It may be from a "government" agency or organization with



You can file a complaint and report a scam at the Nebraska Attorney General's website, protectthegoodlife.nebraska.gov. Just click on the "Report Fraud" button on the home page.

an official sounding name, but the caller asks you for your checking account information to deposit the grant funds into your account or to cover a one-time processing fee.

- **Online dating scam:** Older adults continue to adapt to technology — including online dating. As an individual shares information about themselves, consider the possibility that the other person may be learning things to steal your identity or get money from you. "Often these scammers catch people off guard by cultivating the relationship, and just prior to the face-to-face meeting, the scammer says something came up," Sothan said. "And often that hurdle has a price tag."
- **Medicare card replacement scam:** As the Social Security Number Removal Initiative began April 1, 58 million Medicare cards

with nine-digit Social Security numbers will be replaced with new Medicare cards featuring a new 11-character alphanumeric Medicare Beneficiary Identifier (MBI). This process will take 12 months to complete.

As a result, NAGO wants seniors to be on the alert for scammers calling in an attempt to deceive Medicare recipients into believing it is the Center for Medicare Services, Social Security Administration or other "official" sounding organization calling to alert them their new Medicare card is ready to be mailed.

According to Sothan, the scammers might say something similar to "Since the new MBI number is personally identifying, it will be of great interest to scammers who may be lurking in attempts to intercept or steal your mail. So that we can alert

you to its mailing and make sure we deliver the new Medicare card to the proper individual(s), we are mailing only to confirmed addresses and Social Security numbers. Would you please confirm your address and Social Security number with me?"

Again, the federal government, including the Social Security Administration, will NOT make phone calls. The process of issuing new cards will be done by mail without any confirmation needed nor payment required.

More Information

For more information on scams, visit protectthegoodlife.nebraska.gov. NAGO has a dedicated consumer hotline exclusively for seniors at 888-287-0778. 

Important Phone Numbers and Websites

Nebraska Attorney General's Office

www.ago.nebraska.gov

402-471-2682

Nebraska Attorney General's Senior Hotline

888-287-0778

Nebraska Attorney General's Consumer Division

800-727-6432

Adult Protective Services

dhhs.ne.gov, 800-652-1999

Better Business Bureau

800-649-6814

Better Business Bureau's Charity Registry

www.give.org

Contractor Registration

Certificates

www.dol.nebraska.gov

402-471-2239

Federal Communications Commission

888-225-5322

Federal Trade Commission

www.ftc.gov, 877-382-4357

Federal Trade Commission - Opt Out

www.optoutprescreen.com

888-567-8688

Free Credit Report

www.annualcreditreport.com,

877-322-8228

Legal Aid of Nebraska's Elder Access Line

800-527-7249

National Do Not Call Registry

www.donotcall.gov

888-382-1222



Is It Time For a Change?

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

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

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

My program includes:

- Confidential meeting to discuss your options and ideas
- Complete market analysis of your current home to determine value
- "Moving On" handbook - A professional guide to Housing-Related resources
- Vendor referral handbook for local service companies
- Outstanding marketing program if you decide to make that change



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If your home is currently listed with another broker, this should not be construed as an attempt to solicit that listing.



Medicare and Medicaid – Know the Difference

Nationwide, there were nearly 58 million Medicare enrollees and 74 million Medicaid enrollees in 2017. Although just two letters different, Medicaid and Medicare are two very different healthcare programs created in 1965 in response to the inability of low-income and older Americans to buy private health insurance.

Medicare is funded and administered by the federal government through the Department of Health and Human Services, Centers for Medicare and Medicaid Services; whereas Medicaid is jointly funded with both state and federal dollars, administered by each state with federal oversight.

What is Medicare?

Medicare is a national health insurance program for adults 65 and over, disabled individuals who have been receiving Social Security Disability for 24 months, and those under age 65 with certain health conditions such as end-stage renal disease or amyotrophic lateral sclerosis (ALS/Lou Gehrig’s disease). Medicare eligibility is not based on one’s income, but is partially paid for by taxes taken automatically from a person’s earnings during their working years.

If a person is already receiving Social Security retirement benefits when he or she reaches

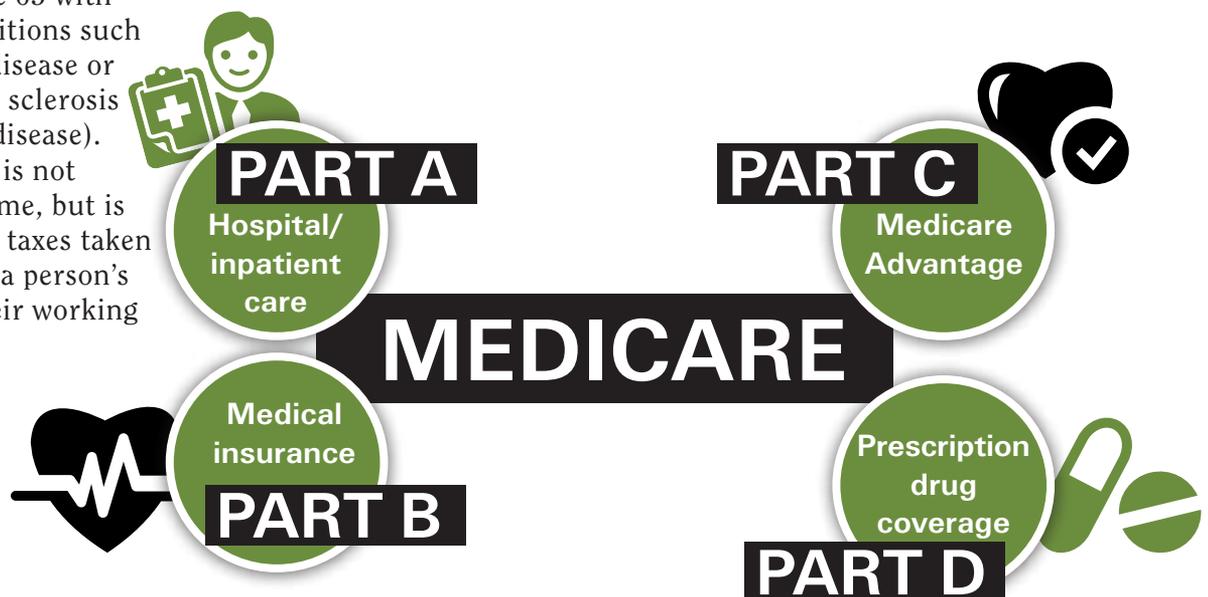
age 65 or is in the 25th month of receiving disability checks, he or she will be automatically enrolled in Medicare.

There are four parts to Medicare:

- Part A (Hospital/inpatient care) covers the cost of hospital care, skilled nursing facility and nursing home care (as long as custodial care isn’t the only care you need), hospice and home health services. Most individuals still pay a deductible, coinsurance or copayment, but most get premium-free Part A because they or their spouse worked and paid Medicare taxes for at least 10 years.
- Part B (Medical insurance) covers doctor costs, medical tests and procedures, durable medical equipment and supplies. There is a monthly premium, deductible, copay and coinsurance for Part B coverage.

- Part C (Medicare Advantage) is an alternative to traditional Medicare coverage and often includes Parts A, B and D and is administered by contracted private insurance companies. Part C coverage must include everything Part A and B cover, however, traditional Medicare will still cover the cost for hospice care, some new Medicare benefits and some costs for clinical research studies. Part C often includes additional benefits not covered by traditional Medicare, such as routine vision and dental care.
- Part D (Prescription drug coverage) is administered by Medicare-approved contracted private insurance companies and covers certain prescription drugs not typically covered under Part A or B. In most cases, Part D does require a monthly premium.

Each year, Medicare Open Enrollment from Oct. 15-Dec. 7



provides the opportunity to change the way you receive your traditional or Part C Medicare and change your Part D plan.

The Social Security Administration also manages a program called “Extra Help” to assist people with low income and low resources pay for premiums, deductibles, co-pays and coinsurance costs for Part D plans. You can learn more about Extra Help and apply for it at www.socialsecurity.gov/medicare/prescriptionhelp.

What is Medicaid?

Each state runs their own Medicaid program under federal guidance, and Nebraska Medicaid provides medical assistance to eligible low-income adults, children, pregnant women, older adults and people with disabilities through fee-for-service, contracted private managed care plans or a combination of the two.

In Nebraska, nearly all Medicaid recipients are enrolled into Heritage Health, a healthcare delivery system that combines Nebraska’s pharmacy programs, physical, and behavioral health into a comprehensive and coordinated system. Some exclusions from Heritage Health, such as dental services, school-based services, non-emergency transportation and long-term care services, continue to be delivered under fee-for-service.

However, Nebraska Medicaid may provide coverage benefits beyond the federally mandated requirements such chiropractic care; dental care; certain durable medical equipment, orthotics, prosthetics and medical supplies; prescription drugs; hearing aids; physical, occupational, speech pathology and audiology therapy; optometry; podiatry services; psychiatric services for adults 21 and over; and mental health and substance abuse services for individuals up to age 20.

You can learn more about the services covered by each of the managed care plans at www.neheritagehealth.com and Medicaid at dhhs.ne.gov/medicaid/Pages/med_medserv.aspx

Are You Eligible For Both?

Some individuals can be eligible for both Medicare and Medicaid and can use both to provide good health coverage. Typically those who qualify for both programs are low-income and over age 65; low-income and disabled; or have end-stage renal disease or amyotrophic lateral



sclerosis (ALS/Lou Gehrig’s disease). The Centers for Medicare and Medicaid Services Medicare-Medicaid Coordination Office works to coordinate benefits between the two programs, eliminating regulatory conflicts and improving the quality of health care for dual-eligible individuals.

If you have questions about Medicare, Medicaid or the application process, contact Aging Partners at 402-441-7070. You can also contact the Medicare help line at 800-633-4227. **lw**



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Safer Driving: Refresh Your Driving Skills

When today's 70-year-olds were 16, the U.S. interstate highway system was still in the early stages of construction; seat belts had only been included in Ford and Chevrolet models for a few years.

The rules of the road, technology and demographics are ever changing and can cause older drivers uncertainty behind the wheel.

AARP helps older adults gain confidence through its four education programs: AARP Smart Driver Course, CarFit, We Need to Talk, and the Driving Resource Center.

"Many things have changed since seniors started driving — the roads, highways, laws, rules, regulations and technology," AARP Smart Driver State Coordinator Norm Huber said. "Anyone interested in being a better driver can learn something."

It is estimated that by 2020 there will be more than 55 million Americans over the age of 65. Everyone can benefit from a refresher course to help understand current driving laws and new technology inside and outside vehicles.

AARP Smart Driver

More than 15 million people have completed the four-hour AARP Smart Driver Course. Available in the classroom and online, drivers refresh their road rules knowledge and learn research-based safety strategies to help maintain their driving confidence and reduce the likelihood of a crash. Participants also learn how to adapt to

changes — in themselves, vehicles and driving environment — to keep driving safely.

"We provide information on how aging affects vision, hearing, and how our brains are not as active as they were when we were young," Huber said. "All are important to maintaining a safe driving record."

Other topics include how medications, alcohol and other health-related issues affect driving ability and how to adjust driving to allow for these changes; the newest safety and advanced features in vehicles; learning to determine when it may not be best to drive; and areas participants might need a refresher, such as roundabouts, pavement markings and other safety issues.

In a 2010 evaluation, 97 percent of participants reported changing at least one key driving behavior due to what they learned in the course and 83 percent said they would likely take the course again.

The AARP Driver Safety classes are open to drivers of any age and ability, but are created for drivers age 50 and over. Even kids as young as 14 have benefitted from the class. AARP membership is NOT required to take the course and there are no tests to pass. To locate a classroom course, visit www.aarp.org/findacourse or call 1-888-227-7669. To take the course online, visit www.aarpdriversafety.org. For more information, visit www.aarp.org/drive or call 1-888-227-7669.

The classroom course cost is



Driver Safety

\$15 for AARP members and \$20 for non-members. The online course cost is \$19.95 for AARP members and \$24.95 for non-members. The course is available in English and Spanish.

Auto insurance companies in most states provide multi-year discounts to course participants. Please contact your insurance agent for information.

Driving Resource Center

The Driving Resource Center is an interactive, online resource center featuring AARP Driver Safety and state-specific driving information, articles, tools and more. Information covers a variety of topics, including how to drive safely with your pet, complex intersections designed for safety and a driving assessment.

The Driving Resource Center can be accessed at www.aarp.org/drc.

CarFit

Older drivers are more susceptible to injury in a crash and experience a 60-95 percent higher fatality rate per mile driven in a crash due to fragility. CarFit is a free, in-person educational program that helps older drivers make vehicle adjustments to ensure the best "fit" for maximum safety and comfort. CarFit was created by the American Society on Aging

and developed in collaboration with the American Automobile Association, AARP and the American Occupational Therapy Association.

Although older drivers are more likely to wear their seat belt and avoid speeding, they are more likely to be killed or seriously injured when a crash does occur due to increased fragility. CarFit can assist in adjusting a driver's vehicle to reduce the risk of injury during a crash. The 20-minute check covers 12 key areas including side and rearview mirror adjustment, foot positioning to the gas and brake pedals, and distance between the driver and steering wheel.

To find a CarFit event near you, visit www.car-fit.org.

We Need to Talk

We Need to Talk is a free online seminar to help families have difficult conversations with loved ones about when to stop driving.

The program highlights the meaning and importance of driving,



practical ways to observe driving skills, how to research and discuss driving alternatives, and how to have an important conversation while encouraging independence.

This free, 90-minute program is available in Spanish and English at www.aarp.org/WeNeedToTalk. Anyone can take the seminar, though it might be helpful to caregivers and children.

Volunteer Opportunities

AARP relies on volunteers as AARP Smart Driver Course

instructors and CarFit technicians. Training is easy and resources are completely provided.

"It is a lot of fun; you get to meet people and ask them about their driving experiences," Huber said. "It's interesting what you find out about different things that have happened."

Volunteers do not have to be AARP members. If you are interested in volunteering, call Huber at 402-210-3472 or visit www.aarp.org/DriverSafetyVolunteer. 



Upcoming AARP Driver Safety Classes

April 4	9 a.m.	York General Willow Brook, York	402-362-1444
April 11	9 a.m.	Butler County Senior Services, David City	402-367-6131
April 12	9 a.m.	Geneva Senior Center, Geneva	402-759-4921
April 14	1 p.m.	AARP Information Center, Omaha	402-398-9568
April 19	9:30 a.m.	Stromsburg Senior Center, Stromsburg	402-764-2252
May 8	9 a.m.	Brentwood Estates, Lincoln	402-489-1112
May 12	Noon	AARP Information Center, Omaha	402-398-9568
June 7	12:30 p.m.	Immanuel The Village - Agewell, Lincoln	402-420-9355
June 9	1 p.m.	AARP Information Center, Omaha	402-398-9568
July 18	9 a.m.	Bryan Health East, Lincoln	402-481-3355
Aug. 11	1 p.m.	AARP Information Center, Omaha	402-398-9568
Oct. 4	9 a.m.	Bryan Health East Campus, Lincoln	402-481-3355

**This is not a complete list of classes, and more classes may be added. To locate a classroom course, visit www.aarp.org/findacourse or call 1-888-227-7669. To take the course online, visit www.aarpDriverSafety.org.*

Living At Home

Staying Self-Sufficient

By Mitch Sump, Aging Partners program coordinator

The Program Division of Aging Partners falls into three distinct categories: Home Handyman, Lifeline Emergency Response System (ERS) and Transit. All three of these categories and the benefits they provide are designed to keep our clients in their homes as long as possible.

Check out page 30 in this publication for a separate article on Lifeline and emergency response systems in general.

Home Handyman

Home Handyman is our oldest program. I occasionally refer to it as the “granddaddy” of our programs. Without a doubt, it is popular. The basic idea of Home Handyman is that we send qualified men and women out to your home on a job-by-job basis to do minor repairs and yardwork.

Here is what we look for in determining if a job is suitable for Home Handyman:

- Does it require a city permit to be pulled? If so, we can't help since we are not licensed to do jobs of that extent.
- Can the job be completed in four hours or less? Remember, we do minor repairs; nothing that would be considered major.
- Does the person requesting the work own and occupy the home where the work is being done? We can't do work on rentals or on property not occupied by the owner.

Those are the three basic

questions we start all inquiries with, but we certainly encourage you to call with questions of your own. As a general rule, our top five jobs are mowing lawns, cleaning gutters (first story only), fixing dripping faucets/ constantly filling toilets, tightening loose-fitting hardware and installing grab bars.

Aside from minor repairs and yardwork, we also have the Home Helpers and Safe Homes for Seniors facets of our Handyman service.

Home Helpers is relatively new. It provides assistance with light housework. We are still testing it and working out the bugs, but we have a few team members who've been helping seniors with light housework. The work includes vacuuming, dusting and cleaning bathroom fixtures. Please don't confuse the term Home Helper with “caregiver.” One client assumed our Home Helper would be there to assist with showers and getting dressed. Needless to say, things quickly got a bit confusing!

Safe Homes for Seniors has been featured in Living Well magazine a couple of times, and it really is a great solution to what could be a serious problem. I am sure that many of your garages and basements look like mine in that you have a large surplus of yard chemicals, automotive items, household cleaners and painting supplies left over from previous projects or seasons. The problem we face is that we know we should get rid of them, but how? Enter Safe Homes for Seniors — a joint effort of Aging Partners and the Lincoln-Lancaster County Health Department. The first step is to have a specially trained

handyman assess the materials you no longer need. They will then sort them according to type and remove them from your home to dispose of them properly.

Transit Program

Our Transit program is divided into two groups. First is the Community Activities and Services (CAS) group that provides transportation for seniors to Lincoln's various senior centers. Call 402-441-7030 to inquire about which senior center you may ride the bus to — you are welcome to attend any senior center in town, but unfortunately can only get rides to and from your home to the center in your geographic area. I get a number of calls about this. It is unfortunate, but logistics and costs make doing that difficult and cost-prohibitive.

The second group is our Rural Transit program. Rural Transit is different in two ways. The first is that, unlike the CAS Transit group, it is public transportation. You can ride regardless of age, although we do ask that riders under age 13 ride with an adult. The second is that this transit program goes all over the county. However, one stop on your trip must be outside the city limits of Lincoln. You can't use it to grocery shop in Lincoln from your home in Lincoln, but you can visit friends in Waverly, Hickman, etc., or they can use it to come visit you!

Call me with any questions you may have about our programs and how we can help you remain self-sufficient in your home. Our team looks forward to helping you in the coming months. 

Homestead Tax Exemption Can Benefit Seniors

Nebraska is a great place to live, thanks in part to programs such as Homestead Tax Exemption, which helps many older adults afford to stay in their homes. This program offers property tax relief for individuals and couples who own a home and are 65 years of age or over, as well as younger individuals with certain disabilities. This is a county-based program that may offer from 10 percent to 100 percent property tax relief, depending on the value of your home.

Every year, individuals must apply for a Homestead Exemption to receive the benefit. The Homestead Property Tax Exemption forms are mailed by the county assessor after the first of the year, provided the individual applied for the exemption in the prior year. If individuals have never applied for the Homestead Exemption, they need to visit or contact their county assessor office to request the forms. The forms may also be downloaded from the County Assessor or State Department of Revenue websites.

The exemption is based on an adjusted household income, which is different than the IRS adjusted gross income. If you file income taxes, you would start with the adjusted gross income on your tax form, and then add back any untaxed Social Security benefits you received. Once you have that figure, you subtract health expenses, such as Medicare Part B premiums, Medicare supplemental payments, Part D premiums and co-pays, and long-term care insurance premiums, as well as eyeglass and dental expenses. If you do not file income taxes, you need to figure out your total income for the previous year and start with that figure. When you have your household income from the previous year, you subtract health expenses to arrive at an adjusted household income. Last year, a couple with an adjusted household income of \$48,201 or less received some property tax relief, depending on the value of their home.

Adjusted household income figures increase every year. It is important that you stay informed on the newest household income figures and check every year to make sure you don't miss an



opportunity for property tax relief. This is especially true if you or your spouse have experienced some higher-than-usual medical expenses this past year.

You have plenty of time to file for your Homestead Tax Exemption. The filing period is Feb. 2 through June 30.

If you have questions about Homestead Tax Exemption, please call Aging Partners at 402-441-7070 or 1-800-247-0938 for more information. 



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Quiet Comfortable Peaceful Friendly

Living Confidently with Lifeline

Maintaining your independence can be difficult as aging often comes with chronic health conditions. But you, and those around you, can have peace of mind by subscribing to Aging Partners' Lifeline service.

"Many think they are not old enough for it, or not feeble enough, but that's not the case," said Suzanne Frasier, Lifeline Specialist. "It's about being proactive rather than reactive when something happens."

By subscribing to the Personal Emergency Response System (PERS), you can live in confidence knowing help is just a button push away.

What Is Lifeline?

In 1983, a collaboration between what is now Aging Partners and St. Elizabeth Hospital created SentryCare, a PERS ran by volunteers and initially funded through St. Elizabeth's ladies auxiliary.

As the program grew, it partnered with Philips Lifeline, which provides subscribers contact with a 24/7 United States-based response center.

There are three levels of service through Lifeline: Basic, Wireless and GoSafe.

- Lifeline Basic provides coverage in and around your home, and requires you have landline phone service. Cost is \$35 per month. AutoAlert, which detects falls and automatically calls for help if the subscriber does not respond, can be added for a monthly fee.
- Lifeline Wireless provides coverage in and around your home, and uses cell tower coverage. Cost is \$45 per month. AutoAlert can be added for a monthly fee.
- Lifeline GoSafe may be a choice for many who enjoy traveling or are out and about often by themselves. GoSafe service covers the

continental United States and offers a fall detection button. Cost: \$55 per month and a one-time purchase of the button at \$149.

Lifeline does not require a contract. Each of Lifeline's pendants are waterproof and can easily be hidden under clothing. Multiple buttons can be installed on some systems.

How Does It Work?

When a subscriber pushes the

button or the GoSafe device detects a fall, the first notification will come through the Philips' 24/7 Response Center asking the subscriber if he or she needs assistance. If the subscriber answers "yes," the Lifeline representative will stay on the line while the a non-emergency contact is called.

Lifeline allows for three non-emergency contacts. If the first or second do not answer, the Response Center will call the third. If none of

Is it time for a medical alert service?

Use this self-assessment as a guide to determine if a medical alert service is right for you.

A medical alert service can help independent older adults and individuals with chronic medical conditions feel more confident to continue living independently in the one place they feel most comfortable – their own home.

To find out if it's the right time to consider a medical alert service for yourself or someone you care for, answer the following 9 simple questions. For each question, check the box to the right if your answer is "Yes."

Questions	Yes	6 – 9 Yes Answers		
1. Are you alone for several hours during the day and/or night?	<input type="checkbox"/>	This high score indicates there is a serious risk for a fall or other medical incident, suggesting that a medical alert service may be strongly advised.		
2. In the past year, have you fallen or been afraid of falling in your home?	<input type="checkbox"/>			
3. Have you been hospitalized or been to the emergency room in the past year?	<input type="checkbox"/>			
4. Do you have at least one of these chronic ailments (heart disease, stroke, COPD, osteoporosis, diabetes, arthritis)?	<input type="checkbox"/>	3 – 5 Yes Answers This score indicates there is a risk for a fall or other incident, suggesting that a medical alert service would be helpful and should be considered.		
5. Do you use a cane, walker, wheelchair, stair climber or other assistive device to help with balance or walking?	<input type="checkbox"/>			
6. Are you required to take several daily medications?	<input type="checkbox"/>	1 – 2 Yes Answers Share the results of this self-assessment with your healthcare provider and together develop a plan that addresses the following three important questions: 1. How can I minimize my falls risk? 2. What is the safest way for me to get up from a fall? 3. What is the best thing for me to do if I can't get up and call for help myself after a fall?		
7. Do you require assistance with at least one of the following activities (bathing, toileting, dressing, meal preparation, etc.)?	<input type="checkbox"/>			
8. Would a medical alert service provide peace of mind for your loved ones?	<input type="checkbox"/>			
9. Is it important for you to continue living independently?	<input type="checkbox"/>			
See chart at right to review the assessment for your score. <table border="1" style="float: right;"> <tr> <td>Total checks</td> <td><input type="checkbox"/></td> </tr> </table>		Total checks	<input type="checkbox"/>	
Total checks	<input type="checkbox"/>			
This self-assessment is not a diagnostic test or medical advice.				

Call the number below to learn how the Lifeline Service can help, and if you would benefit from Lifeline's new medical alert service option – Lifeline with AutoAlert[®] – a service that can call for help if a fall is detected, even if you are unable to push your Help Button.



* AutoAlert option is locally available at participating Lifeline programs. AutoAlert does not detect 100% of falls. If able, you should always press your button when you need help.



the non-emergency contacts answer, 911 may be dispatched if an individual needs assistance, or the subscriber does not respond.

Learn More

Everyone’s lifestyles are different, and Aging Partners can help you decide which PERS is right for you. Call Aging Partners Lifeline at 402-441-8816 from 8 a.m. to 4:30 p.m., Monday through Friday. Frasier will help walk you through which system works best for you and answer any questions. More information can be found at lincoln.ne.gov/city/Mayor/aging/pdf/Lifeline.pdf.

Aging Partners’ Lifeline program is only available to Lancaster County residents at this time. Residents of other counties can research their own PERS or contact Philips Lifeline to inquire about service by visiting www.lifeline.philips.com or calling 1-855-332-7799.

If you plan to inquire about service with other companies, it’s best to consider the following:

- Do not sign up with a contract. You do not know how long you will want the service, and it can be costly to terminate.
- Ask where the response center is located and if they answer calls 24/7.
- Is there an automatic 911 call or does the subscriber have the option of calling non-emergency contacts? How many non-emergency contacts can you have?
- Are the buttons waterproof? Waterproof means it is sealed, whereas water-resistant means it can resist water infiltration to some degree.
- If you have to purchase an item, ask about the warranty.
- If the company is not local, ask about installation help, maintenance and repair. If you

have to mail equipment back for repair, ask who will pay for postage. **lv**



Lifeline Basic requires a landline and includes a pendant to push for help. The cost is minimal.



Lifeline Wireless does not require a landline and includes a pendant, right. The GoSafe Mobile Personal Help Button, left, can be purchased and works anywhere.



Dr. Andrew Glenn

Andrew R. Glenn, DDS, MD

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Schedule a consultation today by calling Dr. Andrew Glenn’s Lincoln office at 402-421-3401.

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Caregiver Corner

What Caregivers Need To Know About Medicaid And Spousal Impoverishment Protections

For many older couples, a nursing home or assisted-living stay can rapidly deplete a lifetime of savings. That leaves the spouse still living in the community with little to no income and resources.

In 1989, Congress enacted the Spousal Impoverishment Protection Law to protect a set amount of a couple's combined resources for the spouse living independently.

"If you are an older couple and one of you needs assisted living or nursing home placement, but are running out of savings, the Spousal Impoverishment Program may be a way to preserve some family assets

and get the care you need," said Joyce Kubicek, Aging Partners care management coordinator.

How Does It Work?

This specialized assistance program allows resources (assets) to be reserved for the spouse remaining in the home (community spouse), while their spouse (recipient) is residing in an alternate living arrangement such as a nursing home, assisted living facility, or meets the level of care for in-home nursing services. Resources reserved for a community spouse are far greater than traditional Medicaid resource limits for a married couple.

The program also allows a community spouse to retain their own income, and in some cases, keeping part, or all, of the spouse's (recipient) income.

To qualify for potential Medicaid through the Spousal Impoverishment Program, an Assessment of Resources form must be requested by the couple or their financial representative. The assessment can be completed if either spouse has completed a consecutive 30-day out-of-home facility stay, or the spouse is currently in a facility and anticipates a 30-day stay, or has been determined to meet nursing home-level of care in their own home.

Medicaid will require proof of

Are you 60 years of age or older?



Do you have a problem with...
debt collections, Medicare/Medicaid, being a tenant, homestead exemptions, reverse mortgages, POAs... and other legal concerns?

Legal Aid of Nebraska is here to help.

Legal Aid provides free legal advice and assistance to Nebraska residents 60 years of age and older through our Elder AccessLine.

Experienced attorneys and paralegals stand ready to ask about your problem, and help you find an answer.

Reach our Elder AccessLine toll-free at **1-800-527-7249**

Monday - Friday: 9a.m. - Noon CST

Monday - Thursday: 1p.m. - 3p.m. CST

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resources, such as copies of bank or financial statements as of the month/year the qualifying out of home stay began. If the spouse has just entered a facility, anticipating a 30-day stay, all resource values must be verified as of the month of entry. If the spouse meets in-home nursing home-level of care, resources must be verified as of the month level of care was determined. The Assessment of Resources is completed only once, and determines the amount of resources the Community Spouse reserves. The calculation of amount reserved by the Community Spouse is half of the couple's combined resources values for the specified month/year. The minimum amount that can be reserved (according to guidelines in 2018) is \$24,720, up to the maximum amount reserved of \$123,600. Medicaid will add \$4,000, the Medicaid resource limit for recipients, to the calculated amount reserved for the

community spouse, so the couple knows the total resources they can have to qualify. The assessment form becomes a permanent record on file.

After the assessment form is completed, if the couple has no spend-down of resources, a Medicaid application should be submitted to begin spousal eligibility determination. If a spend-down of resources is needed, the couple should apply when the spend-down is nearly to the figure on the assessment form. The spend-down can be done by purchasing and/or paying for any needs either spouse may have. Examples of expenditures include all medical bills owed and current, irrevocable burial trusts for each, credit card indebtedness, mortgage, liens, household items, household repairs, personal items and car repair/purchase. The couple cannot dispose of any resource by giving them away, as this results in a penalty.



Genene Minnick reviews Spousal Impoverishment paperwork with a client.

More Information

If you believe you qualify for the Spousal Impoverishment Program, Aging Partners can help through its financial counseling, legal services and other resources with expertise in Medicaid and Spousal Impoverishment Protection.

“We can also help you figure out if you have a complicated situation that may require more help from other community options,” Kubicek said.

Contact Aging Partners at 402-441-7070 to get the help you need. 

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As a not-for-profit, we're driven by a higher purpose to do things right. We're dedicated to providing ways for seniors to live to their fullest for all the right reasons.

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

AGING PARTNERS

1005 "O" St., Lincoln, NE 68508-3628, 402-441-7070 or 800-247-0938

aging.lincoln.ne.gov

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

Key for Services: ▲ = Lancaster only

MISSION

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

Being Well

NUTRITION

402-441-7159

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

HEALTH AND FITNESS

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

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

Living at Home

INDEPENDENT LIVING SUPPORT SERVICES

402-441-7070 or 800-247-0938

- **Care Management Services** - Providing professional assistance in assessing needs, planning and coordinating home care.
- **Lifeline Emergency Response System** - 24-hour emergency access at the press of a button.
- **Supportive Services Program** - Eligible older persons can receive assistance with the cost of in-home services.
- **Harvest Project** - Specialized community support services are provided to individuals who are age 55 and over, live in Lancaster County and have severe mental health diagnosis. ▲ 402-441-7070
- **Home Handyman Service** - Minor home repairs and maintenance including mowing, leaky faucets, painting, broken light fixtures, and heavy housework services. ▲ 402-441-7030
- **Subsidized and Independent Housing Resource Listings**

LONG-TERM CARE OPTIONS/ CARE MANAGEMENT

402-441-7070 or 800-247-0938

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

Planning Ahead

FINANCIAL

402-441-7070 or 800-247-0938

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

SENIORS FOUNDATION

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

Staying Involved

SENIOR CENTERS

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

▲ 402-441-7158

LINCOLN/LANCASTER COUNTY SENIOR CENTERS

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

Other Services

INFORMATION AND REFERRAL

402-441-7070 or 800-247-0938

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

TRANSPORTATION

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

• Other options in the community

Listings available at 402-441-7070.

LIVING WELL MAGAZINE

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

LIVE & LEARN

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

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

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

CARE MANAGEMENT

All Counties: 800-247-0938

Care Management Coordinator

Joyce Kubicek

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

MULTI-COUNTY PROGRAMS

- Butler County Senior Services
Diana McDonald, 402-367-6131
- Fillmore County Senior Services
Brenda Motis, 402-759-4922
- Polk County Senior Services
Jan Noyd, 402-764-2252
- Saline County Aging Services
Amy Hansen, 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 Diners
c/o Village Hall
323 E. "M" St., McCool Junction
402-724-2525
- York Leisure Home
215 N. Lincoln Ave., York
402-362-2900
- York Area Senior Center
725 Nebraska Ave., York
402-362-2496

SENIOR CARE OPTIONS (SCO) AND MEDICAID WAIVER

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

Aging Partners News and Events

Start Electronically Receiving Your Copy of *Living Well Magazine Today!*

When you receive *Living Well* magazine by email, you have direct access to many services. Click your mouse on any website listed and you are linked directly to a service or advertiser's website. There are wonderful stories in every issue of *Living Well*. By visiting the Aging Partners website, you will find current and past issues. Call Deb Elrod at 402-441-6146 or email her at delrod@lincoln.ne.gov to sign up.



Health and Fitness

Aging Partners Fitness Center

Monday through Friday
8 a.m. to 4 p.m.
555 S. 9th Street (New location)

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

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

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

Chair Tai Chi

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

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

Fit and Strong Classes

These classes are helpful to anyone wanting to become more active and especially beneficial to people with osteoarthritis.

Participants learn about the benefits of physical activity, how to manage arthritis, how to exercise safely and how to develop and maintain a healthier, more active lifestyle without pain. The first hour of class is comprised of exercise incorporating stretching and flexibility, walking, strength training and balance exercises. The last thirty minutes are spent with health education and group problem solving. Workshop participants report the ongoing support helps them learn ways to deal with symptoms and other problems related to arthritis while incorporating lasting healthy behaviors into their lives.

- F Street Recreation Center
1225 “F” St.
Mondays and Wednesdays
1 to 2:30 p.m.
April 9 through June 18
(no class May 28)

Free Health Fair at the Lincoln Indian Center

1100 Military Road
Wednesday, April 11 from 9:30 a.m. to 12:30 p.m.
Complimentary lunch will be served at 11:30 a.m.
Health screenings:

- Finger stick cholesterol
- Blood glucose
- Sahara Ultrasound bone density
- Grip strength
- Balance checks

Health education programs or booths:

- Tips on diabetes prevention and or management
- Healthy eating
- Simple and inexpensive home exercise ideas
- Information on health promotion services available in the Lincoln area

Funding provided by Gamma Pi At-Large Chapter of Sigma Theta Tau International, dedicated to excellence in nursing education and care. Sponsored by Aging Partners, University of Nebraska Medical Center College of Nursing and Lincoln Indian Center.

Dynamic Movement Classes

Each class focuses on stretching, breathing and a unique combination of dance steps and synchronized movements that will isolate muscle groups, enhance flexibility, increase heart rate and improve strength.

- St. Mark's United Methodist Church Gymnasium
8550 Pioneers Blvd.
Thursdays from 3:30 to 4:30 p.m.
April 12 through May 24
(seven-week session)

- Auld Pavilion
1650 Memorial Drive
Tuesdays from 9:30 to 10:30 a.m.
April 17 through May 22
(six-week session)
- Cotner Center Condominium
1540 N. Cotner Blvd.
(use Cotner Blvd. entrance)
Mondays from 2 to 3 p.m.
April 30 through June 11
(no class May 28)
(six-week session)

Chair Dance (New)

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

- Auld Pavilion
1650 Memorial Drive
Tuesdays, 11 a.m. to noon
April 17 through May 22
(six-week session)
Thursdays, 11 a.m. to noon
April 19 through May 24
(six-week session)

Tai Chi – Moving for Better Balance

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

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

- Gateway Vista
225 N. 56th St.
Tuesdays and Thursdays
1:30 to 2:30 p.m.
April 17 through July 5

Refresh and Recharge (New)

Do you have aching muscles, stiff joints, poor balance or are you slow to start in the morning? Refresh and Recharge is a body conditioning class that will strengthen muscles, ease joint pain, improve balance and increase energy through a variety of simple movements. These movements will include stretching, breathing, energy work, Qigong



and deep muscle exercises. Participants will begin seated, move to standing exercises and finish with seated cool down movements. This class is appropriate for individuals at all levels of ability.

- Auld Pavilion
Thursdays from 9:30 to 10:30 a.m.
April 19 through May 24
(six-week session)

Chair Yoga

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

- East Lincoln Christian Church
7001 Edenton Road
Fridays from 11 a.m. to noon
April 20 through July 6
(twelve-week session)

Diabetes Self-Management Workshop (New)

The Diabetes Self-Management Workshop is a six-week course for adults with diabetes, their family members and friends. Learn about diabetes including:

- What to eat and when to exercise
- Monitoring your blood sugar
- Foot care
- Communicating with family and your health care provider
- Low and high blood sugar
- Tips for dealing with stress
- How to set small and achievable goals
- Overview of relaxation techniques
- How to increase your self-confidence
- Feel better and take charge

This workshop is offered at no cost, but suggested contributions of \$4 per class are appreciated!

- Public Health Solutions
995 E. Hwy 22, Suite 1, Crete, NE
Fridays from 10 a.m. to noon
April 20 through May 25
- Aging Partners Fitness Center
555 S. 9th St. (New location)
Wednesdays from 9:30 to 11:30 a.m.
June 6 through July 18 (no class on July 4)

Contemporary Yoga

This renewing practice emphasizes body postures, breathing and relaxation to bring about a sound and healthy body. Movements

consist of a variety of positions and poses that have strengthening and restorative benefits.

- Cotner Center Condominium
1540 N. Cotner Blvd.
(use Cotner Blvd. entrance)
Mondays from 9 to 10 a.m.
April 30 through June 11
(no class May 28)
(six-week session)

Tai Chi – Continuing 24 Form

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

- Cotner Center Condominium
1540 Cotner Blvd.
Mondays from 1 to 1:30 p.m.
April 30 through June 11
(no class May 28)
(six-week session)

Feeling Fit Fridays

(Free and open to the public)

Jayne Snyder Trail Center
21st and “Q” Streets
Fridays from noon to 12:45 p.m.
June 1 through Sept. 28

Join us for a sample of the classes offered by Aging Partners Health and Fitness. Our instructors will 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
June 1 and July 20
- Movement and Music
Instructor: Ruth Davidson Hahn
June 8, July 13, Aug. 10 and Sept. 7
- Chair Dance
Instructor: Mitzi Aden
June 15, July 27, Aug. 17 and Sept. 28
- Qigong
Instructor: Tracie Foreman
June 22 and Sept. 14
- Tai Chi – Moving for Better Balance
Instructor: LaVonne Elfring
June 29, Aug. 31 and Sept. 21
- Line Dance
Instructor: Tracie Foreman
July 6 and Aug. 24
- Simply Fit
Instructor: Tracie Foreman
Aug. 3

Vermeer Education Center Senior Health Promotion Center

4000 S. 84th St.
(located north of St. Mark’s)

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

- Wednesdays from 9:30 a.m. to 1:30 p.m.
April 4, 11 (foot care only), 18 and 25
May 16 and 30 (foot care only)
June 13 and 27 (foot care only)

Downtown Senior Health Promotion Center

1005 “O” St., lower level

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

- Thursdays from 9:30 a.m. to 1:30 p.m.
April 5, 12, 19 and 26
May 17 and 31 (foot care only)
June 14 and 28 (foot care only)

Senior Center Events

Resource Fairs

Don’t miss your chance to learn all about Aging Partners and the variety of services we offer older adults in our area. Upcoming Resource Fairs are set for these locations. For more information, call 402-441-7158.

- Wednesday, April 4 from 8:30 a.m. to 11:30 a.m.
Russ’s IGA, 1550 S. Coddington Ave.
- Tuesday, April 17 from 11 a.m. to 1 p.m.
Anderson Library, 3635 Touzalin Ave.
- Tuesday, April 24 from 3 to 6 p.m.
Center for People in Need, 3901 N. 27th St. (during food distribution)
- Wednesday, May 2 from 8:30 to 11:30 a.m.
Russ’s IGA, 1550 S. Coddington Ave.
- Thursday, May 3 from 12:30 to 2:30 p.m.
Gere Library, 2400 S. 56th St.
- Friday, May 4 from 7 to 9 p.m.
Downtown Senior Center (during the Older American Month Art Show First Friday, Opening Reception)
- Friday, May 18 from 2:30 to 3:30 p.m.
Center for People in Need, 3901 N. 27th St. (during food distribution)

Continued on page 38.

Aging Partners News and Events

Continued from page 37.

Dinner and A Show 2018 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: \$10

Show only ticket: \$5

Preregistration required.

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

Reservations, payments and cancellations are due by noon the Tuesday before each show. No refunds after the registration deadline. Call for more information. Send payment to Aging Partners, Dinner and A Show, 1005 "O" St., Lincoln, NE 68508. Co-sponsored by Butherus Maser & Love, in cooperation with Cotner Center Condominium.

- The Kramer Sisters: A tribute to the Songbirds of the 20th Century
Thursday, April 12
- The Time Burners: The Vintage Sound of the Time Burners!
Thursday, May 10

- Hillbilly Hal Cottrell: A Tribute to the Grand Ol' Opry
Thursday, June 14
- Bill Chrastil: A Salute to the Greats!
Thursday, July 12
- Paul Siebert: "Poems, Prayers and Promises: A John Denver Tribute"
Thursday, August 9
- Johnny Ray Gomez and Son: It's a Family Affair!
Thursday, September 13

Lincoln Historical Lunch Series

Gere Library, 2400 S. 56th St.

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

\$8 fee for under age 60.

April 18, May 16, August 15 and September 19. Program begins at noon.

Speakers TBA. Call 402-441-7158 for information.

For so many of us who have called Lincoln home for the past 50 years or more, the changes in our little town seem to come fast and furious. Thankfully, our speakers have spent years collecting photos, articles and personal accounts that ensure our ability

to look back at the years of our lives with warmth and wonder. Join us for a box lunch and a fascinating historical program by some of Lincoln's favorite historians.

Colorful Magic by Bruce

Thursday, April 19 from 10:15 to 11:15 a.m.

Downtown Senior Center, 1005 "O" St.

\$4 suggested contribution for age 60 and over.

Bruce Jacoby has been doing magic shows for many years for a variety of audiences, including young kids, families, adults, and mature adults. No matter the audience, the magic show is amazing, full of fun and lots of volunteers! Help us celebrate our April birthdays by attending this party and enjoying a piece of birthday cake. To reserve a meal, call 402-441-7154.

Prepared and confident

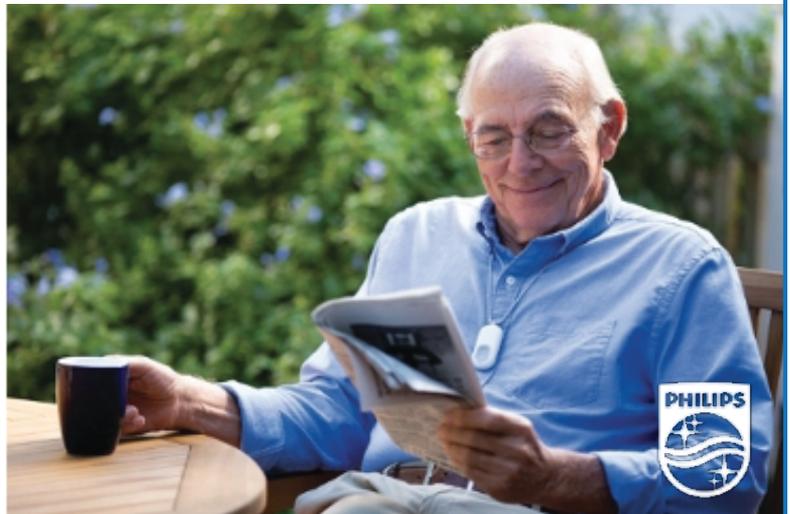
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**“The Secret Lives of Cranes: Exposed!”
by Dr. Paul Johnsgard**

Thursday, April 26 from 10 to 11 a.m.
Downtown Senior Center, 1005 “O” St.
\$4 suggested contribution for age 60 and over.

World famous ornithologist Dr. Paul Johnsgard will present his program “The Secret Lives of Sandhill Cranes.” Dr. Johnsgard will discuss his research from Alaska to Wyoming and Texas as well as the Platte River Valley of Nebraska including their nesting, migration and wintering behavior, and the world famous spring populations in Nebraska. To reserve a meal, call 402-441-7154.

**Older Americans
Month Events**

Young at Art: Older Americans Month Art Show 2018

Public reception, Friday, May 4 from 7 to 9 p.m.
Downtown Senior Center, 1005 “O” St.
Call 402-441-7158 for registration information and submission deadlines.

In celebrating the artistic accomplishments of artists age 60 years

and over, we’ve asked older artists in our community to create two-dimensional works of art representing the people, places, connections, dreams and pursuits that keep them feeling engaged, fulfilled and active. All work has been created after the artist’s 60th birthday. Contact us if you’re an artist, and this sounds intriguing and challenging. Even if you aren’t an artist, but enjoy beautiful artwork, don’t miss our “First Friday” Public reception. All ages are welcome.

A Backstage Tour of the Lied Center

Thursday, May 24 from 10:30 to 11:30 a.m.
Downtown Senior Center, 1005 “O” St.
\$4 suggested contribution for age 60 and over.

Michael Kappen, Marketing and Sales Coordinator of the Lied Center for Performing Arts will present “A Backstage Tour of the Lied Center.” This talk will cover the many facets of the Lied Center for Performing Arts which has been educating, inspiring and entertaining the people of Nebraska through the performing arts since 1990. Learn about how the Lied Center

came to be, artistic programming highlights over the past 27 years, special programs like Arts Across Nebraska and the Lied Center’s new works commissioning program, as well as life transforming educational opportunities that have taken place on the UNL campus over the years. Finally, get an insider’s looks at some of the best shows coming to the Lied Center this season. To reserve a meal, call 402-441-7154.

Bob Ross Oil Painting Class

Saturday, June 16 from 9:30 a.m. to 3:30 p.m.
Lake Street Center, 2400 S. 11th St.

“Tranquil Dawn” – A morning glow glimmers onto a peaceful snow-covered field. Complete and take home this finished oil painting. Paint along with a certified Donald R. Belik instructor. No experience required. All materials and supplies are provided. Registration required. Payment due by Friday, June 8. Mail payment to: Aging Partners, Art Class, 1005 “O” St., Lincoln, NE 68508. To register, call 402-441-7158. Cost: \$50 

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

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

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