

LivingWell



Spring 2019 • Volume 15 • Issue 2

A publication of



Flying Octogenarian: Ramsay Still at the Controls at 82

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Older Adults Could Benefit from Autonomous Vehicles

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New Guidelines for Colonoscopy Cancer Screening

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Fickenscher Experiences

Both Sides of Health Care

page 4

Keith and Gail Fickenscher have seen both sides of the health care industry and now spend their time advocating for others.

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Director's Corner

Aging and Disability Resource Center is Hidden Gem




The Aging and Disability Resource Center (ADRC) is a collaborative effort of the Area Agencies on Aging and their partners: Munroe-Meyer Institute, Nebraska Vocational Rehabilitation, Disability Rights Nebraska, League of Human Dignity, Easter Seals Nebraska, Brain Injury Alliance of Nebraska and ARC-Nebraska.

Nebraska formalized its ADRC program in 2016. The initiative supports efforts to coordinate and integrate existing access functions to create a new interface between

consumers and the long-term care system. Through this effort, older adults and individuals with disabilities can quickly access the long-term services and supports that best meet their needs.

There are three services offered through the ADRC: Information and Assistance, Options Counseling and Benefits Assistance. These programs provide information and assistance to individuals needing either public or private resources, professionals seeking assistance on behalf of their clients and individuals planning for

their future long-term care needs. ADRC programs also serve as the entry point to publicly administered long-term supports, including those funded under Medicaid and the Older Americans Act.

Contact the Nebraska ADRC by calling toll free at 844-843-6364 or Aging Partners at 402-441-7070. 

Randall S. Jones

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

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Staying Involved

Fickenscher Experiences *Both Sides of Health Care*

As someone dedicated to his work, Keith Fickenscher found it difficult to slow down. When he suffered a stroke though, his focus had to turn to rehabilitation to overcome the odds.

“A stroke stops you cold and turns your life upside down,” he said. “Every plan you had is suddenly dismantled. It can strip you of everything except your life, if you’re lucky.”

Keith had worked for local farmers co-ops before becoming the director of Veterans Affairs for Nebraska under former Govs. Ben Nelson and Mike Johanns. As a U.S. Army veteran himself, Keith oversaw veterans’ programs and nursing homes in Grand Island and Omaha.

“During that time, I determined I enjoyed working with elder care and especially veterans,” he said.

Keith later became president of Tabitha Health Care Services and oversaw the building of the LifeQuest Center during his nine years there. In 2010, he became administrator of Lancaster Manor, now Lancaster Rehabilitation Center, overseeing the building of the rehabilitation facility and the beginning of a major remodel. He also served as chairman of the Veterans Memorial Garden Committee for 10 years, president of the Nebraska Health Care Association and chair of the Southwood Lutheran Development Fund Board.

The Stroke

In June 2012, a trip to the doctor revealed Keith had a pulmonary embolism in his left lung and an unidentified mass in his right. He checked into the hospital and started blood thinners to dissolve the pulmonary embolism — which it did — but the mass in his right lung began bleeding profusely.

Doctors stopped the bleeding and performed surgery to remove the mass, about the size of a fist, determined to be accumulated pneumonia, not a malignancy.

“That night, I had a stroke,” he said.

The stroke left Keith unable to use the left side of

his body, so he headed to Madonna Rehabilitation for acute inpatient rehabilitation. Having previously been left-handed, he had to learn how to eat and write with his right hand. Therapy also helped him restore his speech, use the bathroom and shower independently, and transfer himself from a bed to wheelchair.

“A lot of the things you think you’ll never do for yourself again,” he said. “But occupational therapists know exactly how to teach you to do them.”

During therapy, Keith utilized the service of Joe Fairbanks, massage therapist, who told him about Bowenwork — a gentle type of massage therapy. Fairbanks is just one of a few licensed Bowenwork providers. Fairbanks had helped a previous patient regain her feeling after a stroke.

“After the eighth session, I woke up during the night and my arm was aching,” Keith said. “Turns out, everything was waking up, and within a few days I had all my feeling back in my left side.”



After a stroke in 2012, Keith Fickenscher focused on rehabilitation to overcome the odds.

A week before his scheduled discharge at Madonna, he woke up with painful pressure in the right side of his chest. After a trip to the hospital, doctors discovered the suture in Keith's lung had opened and released a liter and a half of blood into his chest cavity. It was drained, repaired, and he was sent back to Madonna for more rehab.

"Keith was determined to be back to work 90 days after his stroke," Keith's wife, Gail, said.

But just 30 days after returning to work, he was sitting at his desk when he suffered a stroke-related seizure. While the seizure didn't cause more damage, doctors adjusted his medication. Keith suffered six more. Keith's wife, a registered nurse for 46 years, had to call the ambulance whenever they exceeded the specific time limit. Finally, Keith's medications worked and the seizures stopped. But due to the stress of the job, he stepped down as administrator and remained at Lancaster Rehabilitation Center for a year and a half as director of operations until his retirement.

Keith recalls often being depressed after the stroke. He had to overcome his emotions and re-establish his identity and self-worth.

"As a stroke survivor, you have to hope and believe in yourself and your ability to gain back a lot of what you lost," he said. "Rehab is so important, and you need to have a good attitude toward it and your recovery process. You have to be purposeful in what you can do and do well."

To this day, Keith continues to go in for independent therapy at Madonna's main campus and Madonna ProActive several times each week.

Courage and Advocacy

Due to their experience in health care, the Fickenschers developed a presentation called "Other Side of

the Door" to talk about strokes and entities that can help stroke survivors and their families. Keith discusses what it's like to be a patient after working in the health care industry, and Gail talks about her experience as a spouse caregiver compared to being a nurse.

They encourage families to participate in support groups and reach out for resources early after a stroke. The Veterans Association provided Keith with a power wheelchair, a pressure-relieving mattress, bed and medications. Nebraska Vocational Rehabilitation purchased a lift for Keith to get into his house and modifications for their van so he could drive himself to work.

Gail's nursing experience helps her care for Keith, but she also sees it as a chance to advocate for him and others. They often visit stroke survivors and their families at Madonna Rehabilitation Hospital.

"I go in hopes to talk to families as a caregiver," Gail said. "We want people to get connected to the right services and know what is available and they may be able to apply for before they make any home modifications or obtain equipment."

They encourage everyone to do research when it comes to medical studies.

"We want people to be extremely cautious," Gail said. "If a study wants your money, it's not a study and is not approved. We understand the desperation, but you need to do your research and be patient."

They also advocate for accessibility.

"One thing that continues to surprise me while in a wheelchair, is the difficulty in getting through doorways," Keith said.

Especially challenging for those in wheelchairs is maneuvering in public restrooms, where the doors are not automatic.

"You have to get the door open and try to sneak in it before it slams shut," he said.

They face a lot of accessibility challenges from parking lots to sidewalks without wheelchair ramps, to people parking over the lines of handicapped-accessible parking spots.

"It's frustrating when you can't get out of your van because your wheelchair ramp can't be lowered if a car is parked over the lined areas," Keith said.

They also face challenges when staying in hotels. Many say they are accessible, but they truly don't understand what that means.

"Some places don't even put grab bars in the studs," Gail said. "We've had them come right off the wall when used."

Advocacy on the Next Level

While visiting Keith's seizure neurologist, the Fickenschers learned of a stem cell study through Stanford University. They researched and began filling out the application.

"There were so many guidelines and tests we had to do as part of the assessment that the process took two years," Gail said. "A month after he got accepted, Keith had surgery at the University of Kansas Medical Center in October 2017."

Of the 6,000 applicants nationwide, just 156 were selected. A third of the participants received 2.5 million stem cells, while another third received 5 million stem cells, and the remaining third, the control group, received nothing.

Keith's surgeon identified where the stroke area was, a 1-inch hole was drilled, and 2.5 million healthy adult-donated stem cells were placed around the stroke area of his brain. A few days after returning home, Keith suffered three progressive seizures.

Continued on page 6.

Fickenscher Experiences Both Sides of Health Care

Continued from page 5.

"We were getting ready to eat and he told me he was going to have a seizure," Gail said. "He never knew when he was going to have them before the surgery."

Minutes prior to the seizure, Keith could feel his left side beginning to tingle. He returned to the hospital for three days until medication was able to keep the seizures under control, then returned to Madonna for rehabilitation.

"All the seizures were devastating to my recovery," Keith said. "Just when I thought I had made significant progress in therapy, I'd have one and have to go to the hospital or get my meds adjusted and by that time, I had regressed and had to work back up to where I was."

Following the surgery, Keith increased his therapy and then four months later took his first independent steps in more than five years. Although his balance is still affected, he can walk short distances and go up and down stairs with assistance.

"I didn't do the surgery for what it could do for me, but I did it for what it could do for medical science and future stroke survivors," he said.

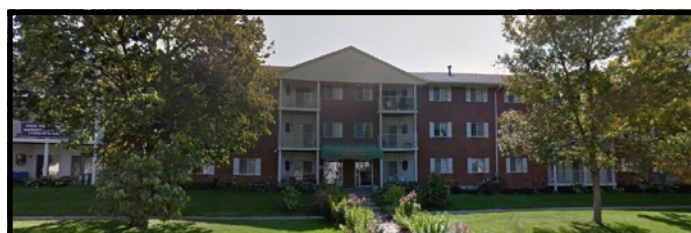
Life Now

Although Keith experienced the seizures the week following the surgery, he has been seizure-free more than a year. Keith and Gail have been able to settle into their new normal.

"Life is more about overcoming the things that keep me from doing what I want to do," he said.

They enjoy time with their two sons, daughters-in-law and four grandchildren. Keith even has developed games around his wheelchair to play with his grandchildren.

Gail continues to work part time doing long-term care consulting. Keith challenges himself to stand during hymns at church and the national anthem at sporting events. He also volunteers his time on the Seniors Foundation Board and the Nebraska State Stroke Association, which presented him the inaugural Stephanie Wever Courage Award in 2017. Over the coming year, Keith aspires to become a Parish Ministry Associate in the Lutheran church so he can help conduct Sunday services for small, rural-area congregations. **lw**



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Concerts are a great way to get out and enjoy Lincoln's parks.



Families can enjoy Party in the Parks together.

Party in the Parks for All Ages

In 2012, Lincoln Parks and Recreation, in partnership with the Lincoln Arts Council, was awarded a National endowment of the Arts Our Town grant. The project goal was to develop public art spaces that would engage ongoing art events and activities featuring the cultural diversity and heritage of the Lincoln community.

The Lincoln Partners for Public Art Development and the Mayor's Art Advisory Group developed the City of Lincoln Public Art Plan. This plan was adopted by the Lincoln City Council. An objective of this Master Plan is to ensure the artistic offerings in Lincoln reflect and engage the community's ethnic, gender and age diversity.

Party in the Parks answered the need to engage the community with the newly opened Union Plaza. Each event featured kid's activities, art activities, a theatre or spoken-word group and musical acts. The core idea behind Party in the Parks was to approach local art and entertainment groups to supply the entertainment, and promote their events. Party in the Parks would provide a compelling activity for young families to become engaged with the park space and with the art organizations.


Party in the Parks was broadened in 2014 to include family arts events in several parks throughout Lincoln. The monthly family art events at Union Plaza continued under the name Party on the Plaza at Union Plaza. With the broadening of Party in the Parks, there were more than 200 performances throughout summer 2014.


Party in the Parks 2019 will kick off with Pioneers Park Nature Center's Wild Adventures March 30 from noon to 4 p.m. Wild Adventures provides families a friendly environment to learn about nature up close while enjoying games, crafts, special presentations, live animals and educational booths. The second event of Party in the Parks 2019 will be Party on the Plaza at Union Plaza Saturday, May 18, from 4 p.m. to 7 p.m. Families are invited to come build, create and play as we celebrate "Kids to Park Day."

Performances coming this summer include the Stransky Park summer concert series, Municipal band

summer concerts at Antelope Park, Shakespeare in the Park, Art on the Plaza with Roots Music Shop and music concerts in Tower Square in cooperation with the Downtown Lincoln Association. Other events include Earth Day Celebration, Art in the Garden, Pollinator on the Plaza and Uncle Sam Jam.

New to Party in the Parks this summer will be The Union Plaza Concert Series presented by Hub Café. The concert series will be Thursday's Aug. 15 through Sept. 19 from 5 to 8 p.m. Movies in the Park also is being added. Movies will be shown at the Antelope Park Band Shell June 14, July 12 and Aug. 9 beginning at dusk.


For more information, please visit parks.lincoln.ne.gov. 



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Thrive! Resources for Older Adults

Lincoln Journal Star's Thrive! is a free event designed to help those age 55 and over, their families and caregivers learn more about services, products, programs and other topics for people entering the next phase of life.

This year's event is scheduled May 15 from 9 a.m. to 3 p.m. at the Lancaster Event Center, 4100 N. 84th St.

More than 35 booths will be set up to help attendees learn about products and services available as they age. Educational sessions with experts highlight topics such as estate planning, living on a fixed income, health care and when to downsize.

Thrive! was developed originally as a partnership with Aging Partners in 2015. This year, organizers are looking forward to adding more live entertainment and interactive opportunities for people to learn about the resources available to seniors in the area.

Tickets are free and will be available in April. For more information about the event or how to become involved, contact Deanna Walz at dwalz@journalstar.com. Look for more information through the Lincoln Journal Star. 

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Keystone Award Luncheon May 16 Honors Service to Seniors



*By Linda Stephen, Seniors
Foundation Board Member*

The coveted Keystone Award will be presented during the annual fundraising luncheon scheduled for 11:30 a.m. to 1 p.m. on Thursday, May 16, at the Country Club of Lincoln, 3200 S. 24th St. The Keystone Award recognizes an individual who has provided a lasting legacy to enhance the quality of life for older adults in Lincoln.

The guest speaker will be Dale Johnson, KFOR news director and “Lincoln Live” host. The master of ceremonies is Mark Feit, the Lincoln director of Community Health Charities. The winner of the 2019 Keystone Award will be announced in mid-April.

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

The Keystone Award Luncheon is an annual fundraiser hosted by the Seniors Foundation, a 501(c)(3) nonprofit in Lincoln that supports special projects for Aging Partners.

Reservations for 2019 Keystone Awards Luncheon

Tickets cost \$65 per person or \$600 per table of 10, and they may be ordered at www.SeniorsFoundation.org or by calling 402-441-6179 or by mail at 600 S. 70th St., Lincoln, NE 68510. Ticket purchase deadline is May 8. Call 402-441-6179



The Seniors Foundation will present the 2019 Keystone Award May 16 at the Keystone Award Luncheon. The award honors those who have provided a lasting legacy toward enhancing the quality of life for older adults in Lincoln and Lancaster County. Pictured are four of the past Keystone Award recipients: Dayle Williamson (2015), Coleen Seng (2018), Dorothy Applebee (2017) and R. David Wilcox (2014).

or email seniorsfoundation@seniorsfoundation.org with questions.

New Projects for Seniors


“The Seniors Foundation believes every person has the right to be treated with dignity and respect as they age,” said Dee Aguilar, Seniors Foundation president. “We are proud to be able to help Aging Partners with special projects. Our current goal is to buy a new van to replace the older truck, which was used to deliver 53,895 meals a year to 11 senior centers in and around Lincoln. The former truck was too expensive to operate and had more than 183,000 miles on it.”

Since 2017, Aging Partners has borrowed vans or utilized personal vehicles to ensure meals are delivered. The Seniors Foundation has secured part of the funding with a \$7,000 grant from the Viking Foundation and gifts

in the amount of \$3,000 toward retrofitting a new van with all of the equipment and resources necessary to serve as a meal-delivery van.

“We thank the sponsors and attendees of the upcoming Keystone Award Luncheon for helping the Seniors Foundation provide Aging Partners with better transportation to serve the meals,” Aguilar said.

About the Seniors Foundation

The Seniors Foundation believes that regardless of age or income, people deserve to live their best lives. Since 1981, the Seniors Foundation has been raising funds to support Aging Partners to enrich the lives of seniors in Lincoln. For more information, go to www.SeniorsFoundation.org. 



At age 82, Bill Ramsay still flies his Piper Cherokee.

Flying Octogenarian: Ramsay Still at the Controls at 82

While growing up near Seward during World War II, Bill Ramsay was fascinated with airplanes.

His uncle was involved in aviation — working for an airline, a company that managed communications for commercial airlines globally and also serving in the Army Air Corps.

After high school, Bill married his high school sweetheart, Patricia, and they moved to Lincoln to attend University of Nebraska - Lincoln. While studying electrical engineering, Bill joined the Air Force ROTC, hoping to become a pilot through the program. But by the time he graduated in 1961, the program had more pilots than needed.

So he charted a new course and began working as a staff engineer at Nebraska Public Television (NPT). In 1963, he was named director of



engineering and was tasked with implementing the plan to extend the NPT broadcast of nine TV and FM radio stations throughout the state.

“In the winter, I spent my time planning and hiring contractors,” Bill said. “In the spring and summer, construction required me to travel to locations around Nebraska.”

As a result, his interest in flying was piqued again. To help with his business endeavours, Bill learned how to fly planes in 1964 and, a year

later, bought his first, and current, four-seat airplane — a navy and white Piper Cherokee. It cost \$14,135, which was relatively expensive at the time. Today, it would be valued around \$200,000 to replace.

The state provided funds to build two broadcast stations each year, and the plane was useful as he traveled to and from construction sites. Ramsay worked at NPT until 1970. After three years away, he returned to do



Bill Ramsay with an antenna in Alliance, Neb.



engineering management for radio and television. He remained with NPT until retiring in 1995.

While flying began as a business venture, it became a staple in Bill and his wife's lives. He has flown to nearly every state, having logged about 700,000 miles and 5,000 hours in the air.

"I can be anywhere in the country in 12 hours," he said. "Flying, to me, is less stressful than driving a car. Once you are up and leveled, the autopilot basically flies the plane. Of course I'm talking to air traffic control, but the only time it's very active is in significant weather or taking off and landing."

Bill describes his wife as a "white-knuckle passenger."

"Once she gets in the plane, she prefers not to think about it much," he said. "Flying our small plane is about three times faster than driving. It's more fun, but it's not always more practical due to cost."

In order to fly, Bill files an instrument flight plan with the Federal Aviation Administration within 24 hours of taking off. In the air, he talks to FAA controllers along the route.

While most airports don't have landing fees, the price of airplane gas is expensive because it is leaded — sometimes near \$7 per gallon.

Bill plans to fly his original plane as long as he can. While planes don't wear out, they do need frequent upgrades and maintenance including engine overhauls. He has had the engine rebuilt twice.

And while a pilot's license is earned for life, pilots can't use it without a medical certificate.

"The medical requirements are stringent," said Bill, who is now 82. "That's a big concern for older pilots, and I hope to fly as long as I'm healthy."

He flies about every few weeks and must fly with an instructor every six months to maintain "instrument proficiency." During these flights, Bill performs stalls, turns and handles other circumstances he might

encounter due to weather and landing conditions.

"Most of it is instrument procedures and things related to landing at the airport if visibility was poor due to low clouds or fog," he said.

After turning 80, Bill joined the United Flying Octogenarians, a national group of people who have flown as pilot in command on and after their 80th birthday. The group's Nebraska membership has 11 members ages 80-87.

While flying remains a big part of his life, Bill also enjoys skiing, photography, music and has traveled to all the continents, except Australia. **lw**



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Planning Ahead

Older Adults Could Benefit from Autonomous Vehicles

Technology often is associated with those who are young, but one type of technology may be more suited for older adults — autonomous vehicles.

People of all ages enjoy their independence, and much of that comes with the ability to drive. But over time, due to aging, health conditions or other issues, older adults may have to turn over the car keys. However, new technology in autonomous shuttles, which could allow them freedom and independence, might be coming to Lincoln.

City planners have partnered with the Mayor's office, Lincoln Transportation and Utilities Department and autonomous vehicle experts from HDR to develop a plan to provide Lincoln with a “driverless” shuttle. That included applying to the Bloomberg Philanthropies 2018 Mayors Challenge, which named Lincoln as one of 35 “champion cities” to receive \$100,000 to refine their ideas and develop a public prototype. It resulted in the testing of an autonomous shuttle at the Nebraska

Innovation Campus last summer. More than 1,500 riders participated and provided feedback. This was made possible thanks to partners: HDR, Allo, Nelnet, The University of Nebraska - Lincoln, Nebraska Innovation Campus, Nebraska Innovation Studio, The Mill and the Downtown Lincoln Association.

How Does an Autonomous Shuttle Work?

The electric-operated shuttle uses cutting-edge multisensor technology to understand and visualize its environment. A computer takes data from cameras, satellite, and sensors to analyze the information and makes decisions to act upon. For example, if someone stepped in front of the shuttle, it would stop. The shuttle knows how fast it is going, its location, has sense of direction, and uses LiDAR sensors — which map out the vehicle's surroundings, detecting obstacles.

The manufacturer of the shuttle tested in Lincoln was NAVYA, a leader in the shared autonomous vehicle market that develops, manufactures and

commercializes autonomous, driverless and electric vehicles.

The shuttle system would not replace the public transit system, but it could possibly help residents get closer to their final destinations.

Test Ride

For two weeks last summer, the City provided test rides on a NAVYA shuttle for the public at the Nebraska Innovation Campus. Riders took surveys before and after the shuttle ride to help researchers know about the riders' understanding and feelings toward autonomous technology and what types of features they'd like to see and potential routes they were integrated in.

“We were looking for a wide audience to understand it if it would fit Lincoln's needs,” said Holley Salmi, Lincoln Transportation and Utilities Communications. “We wanted to know if this was a viable transportation solution and one the public would embrace.”



The large turnout of individuals 55 and over was unexpected.

"They provided a lot of positive comments on the technology and opened our eyes to the benefits for those who may not be able to walk so far, or drive themselves," Salmi said.

During the test, City officials also were examining whether Lincoln had the infrastructure to support autonomous technology, including legislation and regulatory policies.

"We wanted to learn what it would be like to deliver an autonomous shuttle program in Lincoln, what potential routes riders preferred, and how accessible it is to residents," Salmi said. "As a result, state Sen. Anna Wishart introduced legislation to provide the regulatory 'OK' for autonomous vehicles to be tested on Nebraska streets."

After the shuttle test was complete, the City provided a public



online survey where people could take a "virtual ride" and provide feedback.

"We found out people were quick to embrace the technology and had little apprehension about the safety," Salmi said. "With this survey, we were able to look more into the types of features and services people would be interested in with an autonomous shuttle program."

Continued on page 14.



Is It Time For a Change?

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

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

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

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People prepare to take a test drive in an autonomous shuttle last July at the Nebraska Innovation Campus.



Older Adults Could Benefit from Autonomous Vehicles

Continued from page 13.

What's Next?

Although Lincoln did not win the final award, there are a number of potential grant opportunities.

"We have a good test showing that the technology would be embraced, and it helped us learn a lot of things on the technical side," Salmi said. "We will continue to pursue funding."

The Lincoln City Council has passed some funding for a pilot program allowing four to six shuttles to operate throughout a few months, taking the project to the next

testing stage. Salmi said a pilot program could be seen within the next couple of years. The test would involve the autonomous vehicles being in the street with mixed traffic.

"We are interested in knowing how older adults would use the shuttle, what's important to them, routes they are looking for," she said. "We want them to stay engaged and provide feedback to ensure the system is going to meet resident needs from the beginning."

Stay tuned for more information on Lincoln's autonomous shuttle project at shuttle.lincoln.ne.gov. **LW**

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There may not always be much time to act when disaster strikes, so it's important to prepare for an emergency. Knowing what to do before, during and after an emergency is part of that process and may make all the difference when seconds count.

In Nebraska, April, May and June are the peak season for tornadoes, although they can occur at any time of the year.

Tornadoes, which come from thunderstorm cloud systems, include violently rotating columns of air that descend into the familiar funnel shape. Weather conditions typically generate tornadoes in warm and humid earth surface air, cold air at the middle atmospheric levels and strong upper level jet stream winds. Tornadoes can travel up to 60 miles per hour and wind speeds can

approach 400 miles per hour. While they can occur at any time of the day, tornadoes in Nebraska typically occur between 4 and 8 p.m.

Prepare

First, designate a place in your home where you may be best protected from a tornado. Choose a spot underground, or a small interior windowless room, near an inside wall of your home on the ground floor — such as a bathroom or closet. Do not position yourself directly underneath heavy appliances on the floor above.

Consider what to do if the electricity goes out and your only way of getting to your shelter is a lift chair. It may be best to choose a different location. For those with mobility issues, you could consider the purchase of a lightweight chair used to carry a person down a stairway, also



known as “EMS chairs.” Know the designated shelter where you work or visit often.

Let neighbors and family know where you plan to take shelter and arrange for someone to check on you after an emergency. You can choose an out-of-town person to call when circumstances may make it easier to call long distance than locally from a disaster area. If you live in a rural area, contact your local fire department or ambulance service to express your needs.

Know what to do in a power

Continued on page 16.

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Prepare Now for Emergencies

Continued from page 15.

outage and how to connect or start a backup power supply or essential medical equipment. Teach those who may need to assist you in an emergency how to operate necessary equipment. It might be helpful to include operating instructions on the device in case the individual in need is unconscious.

For insurance purposes, taking inventory of household furnishings and other possessions and supplementing that with photos or video and keeping them in a safe deposit box or other safe place could prove beneficial.

Emergency Kit

Once you've made an emergency plan, you should also make a 72-hour emergency preparedness kit with enough supplies for everyone in your household, including pets. Consider making a kit for home and a to-go kit to

take to a shelter or other location if you need to evacuate. You could put your supplies into a rolling hamper with handle, large backpack or small suitcase for easy transport.

Here are some suggestions to consider including in your emergency kit:

- Enough nonperishable food and water for three days, per person.
- Manual can opener for food.
- Battery- or crank-operated radio for weather updates. Include spare batteries.
- Battery- or crank-operated flashlight. Include spare batteries.
- First aid kit.
- Medical alert bracelet or list of all current medications, dosage and frequency.
- Seven-day supply of medications and medical items.

- Copies of important documents such as your insurance policy.
- Cellphone and charger.
- Contact information for friends and family.
- Blanket or warm clothes.
- Whistle or air horn to alert emergency personnel to location.
- Pet supplies, food and water.
- Extra set of keys.
- Extra battery for a motorized wheelchair or scooter.
- Hearing aids and extra batteries.
- Eyeglasses and/or contacts and solution.
- Dust mask and work gloves.

Review your kit annually to ensure foods and medicines are not expired. For a full list of supplies for your emergency supply kit, visit www.ready.gov/build-a-kit.

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Watch and Listen

When severe thunderstorms develop, it is important to keep tuned to local television or radio for tornado reports.

If a tornado watch is issued, conditions are favorable for a tornado to develop. The sky should be watched, and you should be prepared to take shelter. If a tornado warning is issued, a tornado has been sighted or indicated on radar. Warnings give the location of the tornado and the area immediately affected by the warning. Some communities sound tornado sirens. Take shelter immediately and never leave a sturdy building to try to escape a tornado.

Typical tornado conditions:

- A rotating, funnel-shaped cloud with obvious rotating motion extending from a thunderstorm toward the ground.
- An approaching cloud of debris, especially at ground level, or debris

dropping from the sky.

- A loud roar that sounds similar to a freight train or jet engine.
- A strange quiet occurring within or shortly after a thunderstorm. The wind may die down, and the air may become still.
- A change in sky color, usually greenish-yellow.

Act


If a tornado warning is issued or the sirens go off, take shelter immediately. If possible, get under solid furniture and cover yourself with the mattress. Cover your neck and head with your arms. Remember that if you have accessibility challenges, you may not be able to quickly and safely get to your basement in an emergency.

If you live in a mobile or manufactured home, plan to evacuate and take shelter in a substantial structure. If there is no shelter nearby, lie flat in the nearest ditch or culvert and cover your head.

If you are driving and spot a tornado, get out of your car and go to a nearby building. If you are in open country, drive at a right angle away from the tornado's path, if you can safely do so. Do not try to outrun the storm. If you cannot avoid the tornado, get out of your car, lie flat in the nearest depression such as a ditch, culvert or ravine and protect your head. Do not take cover under a bridge or overpass.

After the tornado passes, keep tuned to local radio or television to get the all-clear before leaving your place of shelter. Sometimes more than one tornado will develop.

Take extreme caution when exiting and re-entering buildings, as they may be unstable. Be alert to tripping and fire hazards such as broken electrical wires or damaged equipment such as gas or oil leaks.

For more information on emergency preparedness, visit www.ready.gov. 



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New Guidelines for Colonoscopy Cancer Screening

Concentrating on recommended health details can hopefully enable us to maximize our life expectancy. And while good nutrition, exercise, and other healthy lifestyle changes cannot be discounted, it's also imperative that we undergo periodic assessments for early detection of potentially more serious medical issues.

By your mid-40s, you should visit your primary care physician annually and, for those with an average risk for colorectal cancer and no current symptoms, arrangements should be made for a screening colonoscopy, to exclude the possibility of an early tumor arising in the colon or rectum.

According to the American Cancer Society, there are an estimated 101,000 new cases of colon cancer and 44,000 new cases of rectal cancer in the U.S. annually, which makes colorectal cancer the third leading cause of cancer-related diagnosis in men and women. More than 50,000 deaths occur yearly from colorectal cancer in the U.S.

Because of a new awareness of the rising rate of colorectal polyps and cancer in the 45 to 50 age group, the American Cancer Society (ACS) has lowered its recommended age for the first screening colonoscopy from age 50 to 45. These recommendations are based on data that demonstrates while screenings have reduced the prevalence of colorectal malignancy in older adults, this unanticipated rising incidence in the 45-50 age group is now demanding closer

surveillance. Because of their documented risk for colon cancer, African-Americans have already had their age for their first screening colonoscopy reduced to 45 years. Cancer of the large bowel is unusual under the age of 40, unless there is a positive family history or an underlying genetic disorder.

Dr. David Dyke, a retired Lincoln gastroenterologist, encourages everyone to follow the guidelines.

"We are hoping that lowering the starting age by five years will ultimately result in saved lives," he said. "When we recommend screening at a certain age — we mean then. We don't mean in a year, or the next year. No procrastination!"

If the initial colonoscopy is normal (and most are), it is recommended that colorectal cancer screening be carried-out every 10 years, or until new symptoms arise, until the age of 75 is reached. Unfortunately, many fail to continue this ongoing surveillance program as advised, especially if the first examination was normal.

Individuals between the ages of 76 to 85 should make the decision on further screening only after a discussion with their medical provider. In general, it is not carried out, unless life expectancy is over 10 years. It is not recommended for those over 85, unless there is a strong family history, or the individual has had previous polyps or colon cancer.

"Prior to the recent age recommendation, some individuals

between 45 and 50 realized new symptoms as a result of cancer that had spread," Dyke said. "At that point, surgery is not as optimistic. With a colonoscopy, one can prevent colon cancer by removing abnormal, precancerous polyps or detecting a localized cancer early, before it spreads to the lymph nodes, liver, lungs or bones."

When Dyke began practicing, many of the polyps found during colonoscopies were located in the left side of the colon, which made detection easier and polyp removal safer.

"We are now encountering more polyps in the right side of the colon, which makes them harder to locate and technically more difficult to remove," he said. There has also been a definite increase of cancer at the beginning of the colon, the cecum.

What is a Colonoscopy?

During a colonoscopy, the physician uses a flexible fiber optic instrument to examine the lining of the colon, which is about 5-feet long, and about 3 inches in diameter. This optical instrument allows the removal and recovery of polyps or biopsy of abnormal tissue through the scope, under direct vision. This tissue is then submitted for a pathological examination. Not all polyps are cancerous, however, but the removal of all encountered polyps can reduce the eventual risk of developing colorectal cancer.

Unfortunately, for the examiner, this thin-walled, "floppy" colon is not a stiff, straight tube, but rather it has multiple sharp angles,

twists and turns — which means preparation is vital. A poorly prepared colon greatly impairs the quality of the procedure, and may require that it be terminated and rescheduled.

Many individuals defer a screening colonoscopy due to stories about preparation or a fear of procedure risks, but think of it as a 24-hour period of time required to protect your health for the future.

Patients are typically sedated during the procedure, but remain partially conscious, to assist with repositioning during the examination, and to inform the nurses if they are uncomfortable. This is a protective measure, because that might mean the bowel is being stretched or the bowel has twisted the endoscope, which must be straightened to prevent bowel injury and exam completion.

“The screening rate for colorectal cancer in the U.S. is now over 60 percent, but that is still below national targets,” Dyke said. “We have observed a great improvement in the colonoscopic technology, over the last few decades, which has vastly improved quality, made exams safer for patients and shortened exam time.”

Colorectal Cancer Screenings

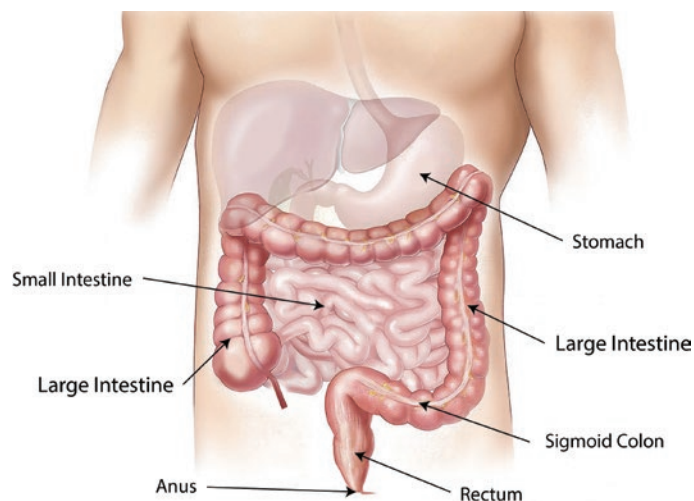
It is important to undergo regular colorectal screenings. Individuals with an average risk of colorectal cancer can be screened using various recommended methods:

- Stool-based tests:
 - Fecal Immunochemical Test (FIT), annually, detects colonic blood loss effectively.
 - Stool DNA test, every three years
- Radiologic and endoscopic examinations:
 - CT colonography, every five years
 - Flexible sigmoidoscopy (FSIG), every five years, combined with the FIT test
 - Colonoscopy, every 10 years


Following a positive result from a non-endoscopic screening test, a follow-up colonoscopy **MUST** be performed.

The risk for colorectal cancer increases with polyp size, number of polyps and the microscopic appearance (histology) of the polyp. Once pathology is documented, 10-year screenings are no longer appropriate, and the frequency of examinations increases.

For those with a higher-than-average risk of colorectal cancer, it may be recommended to begin screening prior to age 45, do them more frequently and have specific tests. Those with increased risk include those with a strong family history of colorectal cancer or certain types of polyps, personal history of colorectal cancer or certain types of polyps, history of inflammatory



bowel disease, personal history of radiation to the abdominal or pelvic area to treat a prior cancer and known family history of hereditary colorectal cancer syndrome, such as familial adenomatous polyposis (FAP) or Lynch syndrome (also known as hereditary non-polyposis colorectal cancer or HNPCC).

Individuals are encouraged to talk with their primary care physician about what screenings may be best for them. Any type of screening is preferable to none at all. 



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'Happy Feet' Can Keep Us Dancing Well Into Our Later Years

By Tracie Foreman, Community Health Educator, Aging Partners Health and Fitness

Our feet deserve a standing ovation for all the work they do in a lifetime. Throughout their journey, they will carry the average person more than 100,000 miles and absorb tons of force while enduring intense friction and shearing. In addition, they will be scraped, stubbed, squished, jammed, pinched and abused throughout the many years of wearing ill-fitting shoes and socks.

It's no wonder humans have so many problems with their feet.

Foot studies have shown prevention to be the first pathway

to good foot care; however, many of us may be at a point where foot problems already exist.

According to the Institute for Preventive Foot Health, there are daily steps we can take to ensure our feet are getting the best care. Many of these steps make perfect sense. But to those of us raised in the practice of wearing good, cotton or natural fiber socks, the message can be a little disconcerting:

- Wash feet daily, dry thoroughly between toes.
- Trim nails straight across, file edges to curve. Do not cut or dig at corners.
- Wear clean, engineered, padded sock products consisting of acrylic blends. Stay away from

natural fibers such as cotton, wool or silk. Natural blends hold moisture against the foot resulting in fungus growth, shearing and odor. Acrylic blends wick moisture away from feet. The extra padding built into the foot bed of these engineered socks help to replace lost padding on the bottoms of the feet.

- Wear socks and shoes that fit; not too tight or loose. Stay away from open-toed, open-backed shoes or those with heels and toe boxes narrower than your actual foot. Heels and flip-flops are an absolute no-no. Have your feet measured to 'true size' at a shoe store.
- Switch shoes and socks from day to day.

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- Use over-the-counter antifungal treatments or foot powders to decrease moisture or fungus.
- See a foot doctor if problems persist.

Ann Heydt, Clinic Coordinator for the Aging Partners/UNMC College of Nursing foot clinic, encourages adults age 60 and over to take advantage of the comprehensive foot clinics offered at two community locations (Wednesdays at the Vermeer Education Center and Thursdays at the Downtown Senior Center. Both clinics are open from 9:30 a.m. to 1:30 p.m.). Registered Nurse Practitioner Rita Antonson oversees the clinic and instructs UNMC College of Nursing students as they offer a variety of services to adults age 60 and over.

“Participants receive comprehensive foot care at our clinics,” Heydt said. “This includes a warm water foot soak, nail trimming with special nail care equipment and

a wonderful foot massage by nursing staff following the trimming.”

Nurses also will complete an extensive foot assessment on each participant and recommend follow-up care and services as needed. Other services offered at the clinics include ear wax removal; bone density, blood glucose, cholesterol and blood pressure screenings; medication checks and referrals, if needed.

Comments from clinic participants include:

- “This is one of the best services Aging Partners provides.”
- “It is safer for me to have the nurses trim my nails than to try to do it myself.”
- “A fabulous service at an affordable price by experienced professionals.”
- “I love the fact that this is an intergenerational service — students working with older adults on preventive foot care.”

• “My feet feel so good afterward!” Exercise, healthy eating and proper hydration all play vital roles in caring for our bodies. But even those who took extraordinary care of themselves throughout their lives can experience problems with their feet. Many factors such as hereditary conditions, muscular or skeletal issues, improper postural, spinal and/or pelvic alignment, unnatural gait, a compromised joint structure or repeated impact can put extra stress and pressure on the joints and pads of the feet.

It is important to note that foot pain is not a normal part of the aging process. Those experiencing discomfort should consult with their physician or a qualified foot specialist.

For more information about comprehensive foot services and/or fitness options offered through Aging Partners, call 402-441-7575. **lv**



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Low-Income Seniors Urged to Apply for Farmers Market Coupons

Qualifying residents age 60 and over in Lancaster County are encouraged to apply for coupons that can be exchanged for eligible foods at farmers markets, roadside stands and community-supported agriculture programs. The coupons, available through the Senior Farmers Market Nutrition Program (SFMNP), are good for fruits, vegetables, honey and fresh-cut herbs. The coupons will be distributed through a random drawing based on the number of coupons available for Lancaster County.

Aging Partners has scheduled a series of application workshops for eligible seniors in May. All interested parties must apply at one of these workshops to be eligible for the random drawing:

- Thursday, May 2, from 9 a.m. to noon at the Lake Street Senior Center, 2400 S. 11th St. (located in the St. James United Methodist Church), Lincoln.
- Monday, May 6, from 9 a.m. to 1 p.m. at the Downtown Senior Center, 1005 "O" St., Lincoln.
- Tuesday, May 7, from 10 a.m. to 1 p.m. at the Northeast Senior Center, 6310 Platte Ave., Lincoln.
- Wednesday, May 15, from 9 a.m. to noon at the Asian Senior Center, 144 N. 44th St. (located in the Asian Cultural Center), Lincoln.
- Friday, May 17, from 10 a.m. to noon at the Waverly Senior Center, 14410 Folkestone St. (located in the First United Methodist Church), Waverly.
- Tuesday, May 21, from 10 a.m. to noon at the Belmont Senior Center, 1234 Judson St. (located in the Belmont Recreation Center), Lincoln.
- Wednesday, May 22, from 10 a.m. to noon at the Hickman Senior Center, 115 Locust St. (located in the Hickman Community Center), Hickman.
- Friday, May 24, from 10 a.m. to noon at the JoAnn Maxey Senior Center, 2032 "U" St. (located in the Malone Community Center), Lincoln.

Gross income cannot exceed \$23,106.50 for a single-person household or \$31,283.50 for a two-person household. The maximum benefit per household, per season is \$48. Residents may send someone to register on their behalf, providing that the proxy brings a statement of permission as well as income and age documentation for the participant.

Coupons will be distributed to the selected recipients in early June, and they are valid through



October. Participants must re-apply every year, and coupons are never guaranteed. Selected applicants will be given information on how to pick up their coupons. The SFMNP is administered by the Department of Agriculture in Nebraska. Local Area Agencies on Aging are responsible for distributing the coupons.

Call 402-441-3480 with questions. More information about Aging Partners is available at aging.lincoln.ne.gov. ^{LV}



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Study on Metabolic Flexibility Beneficial for Older Adults

A study through the University of Nebraska-Lincoln Department of Nutrition and Health Sciences is designed to learn more about skeletal muscle form and function, as well as the factors that affect muscle strength and mass in adults age 65 and over.



Dr. Joel Cramer uses an ultrasound to examine an older adult's muscle mass and muscle quality.

Dr. Joel Cramer, professor, and a team of five students are doing the research, which is funded by Abbott Nutrition, to better understand muscle loss and function in older adults. Two groups of older adults age 65 and over are measured for muscle mass, strength and function. The group also has studied children and how muscle mass grows.

"We hope that by understanding how muscle grows rapidly in the early years and drops off in later years, we can better understand muscle in general," Cramer said. "For older adults, they want to learn not necessarily how to maintain muscle mass, but practical function to perform activities of daily living."

It's hypothesized that the aging process reduces our muscle's "metabolic flexibility," which is how fast the body uses the food we eat and turns it into energy for the muscles to use in activities. Researchers also are looking at sarcopenia, the age-related loss of muscle mass and strength. This can cause issues in balance, gait and overall ability to perform daily living tasks.

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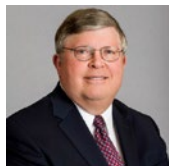
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For many years, the recommended treatment for sarcopenia was eating high-quality protein. But even then, individuals still showed signs of sarcopenia.

“We still see muscle weakness, falls and frailty,” Cramer said. “That’s what we want to know — how do we maintain muscle function even if we retain muscle mass?”

While researchers are looking into what other factors could benefit muscle strength and mass as people age, the study also examines metabolic flexibility.

Metabolic Flexibility

Metabolic flexibility is the ability to respond or adapt to conditional changes in metabolic demand. In other words, researchers are looking to see how the body moves nutrients to make energy.

When we eat, our bodies take the fats, carbohydrates, and proteins, break them down and send them to the muscle through the blood. If they are not needed, they are stored.

“Metabolic flexibility is a person’s ability to eat food and immediately use that energy,” Cramer said. “For someone who is completely healthy, their transition from fasted to fed to using that energy is pretty quick — they are metabolically flexible.”

But for those who are diabetic, just under diabetic or have other conditions, it may take longer for the body to utilize the nutrients.

For the study, subjects are monitored after eating a meal high in simple sugars, which provides the quickest possible increase in blood sugar. How the body responds determines how metabolically flexible they are — researchers review that through blood samplings and the patient’s collected expired breath. About three hours later, subjects are provided lunch and transitioned to exercise through walking on a treadmill or resistance training.

“We continue to measure the air they breathe the whole time to see how they transition from rested, fasted, fed and exercise states,” Cramer said. “The longer it takes for their bodies to utilize the energy they consumed, the less metabolically flexible they are.”

Metabolic flexibility is important to understand in older adults to better determine how to keep muscle strength and function through diet, exercise and other factors that can assist in combating sarcopenia. Proper blood flow to distribute nutrients to your muscles also is important.

“Just walking around increases the blood flow to the working muscle,” Cramer said. “If an individual has good metabolic flexibility, the nutrients are distributed to their muscles via blood. If an individual doesn’t have adequate blood flow, their muscles cannot get the nutrients— especially in their legs and arms, which are farthest from the heart.”

Things such as disablement or cardiovascular disease impact the body’s ability to transport nutrients to the muscles, thus leaving the muscles without the needed nutrients to retain strength and mass.

“The point is that for older adults, it isn’t all about resistance exercise, protein intake, or other things, but that there are other factors to consider,” he said.

While the study is still ongoing, researchers have determined some minor changes in both exercise and food intake for older adults could reduce the impact of sarcopenia.

“Resistance training and weightlifting are effective in increasing muscle strength, mass and quality,” Cramer said. “Protein is helpful, too, but it doesn’t account for all of it — it is the combination of exercise and nutrition.”

Evidence suggests older adults eat most of their protein, a vital nutrient to maintain muscle mass, in the



Dr. Joel Cramer, a professor at University of Nebraska-Lincoln Department of Nutrition and Health Sciences, is leading a team of student researchers in combating the loss of muscle mass and function in older adults.

evenings. Cramer suggests older adults increase their protein intake earlier in the day, averaging about 25 grams of protein at the three meals throughout the day. Foods with protein include eggs, chicken breast, dairy, almonds and more.

Physical activity also is important — it doesn’t matter how healthy you eat; if you’re not staying active, your body can’t pump the nutrients to your muscles.

“Walking after lunch is the ideal time to use that energy you consumed,” he said. “It’s effective if you do it long enough so your body can adapt to it.”

About 150 minutes of exercise each week, including walking, is suggested for older adults.

“Walking is a powerful physical activity that keeps the blood flow to your working muscles,” Cramer said.

It is important that older adults try to exercise, at their ability, to help reduce sarcopenia, increase blood flow and potentially improve their metabolic flexibility. **LW**

Depression is Not a Normal Part of Aging

By Dr. Dave Miers, LIPC, Bryan Mental Health Services

Depression affects one in five people at some point during their life. However, it is not something that happens because you get older. People of all ages experience depression. It is real and treatable.

It's important to understand the symptoms of depression and know how to seek help so you or those you love can enjoy life to the fullest no matter your age.

Older Adults are at Increased Risk for Depression

The risk for depression increases in people who have chronic health conditions such as diabetes, heart disease or high blood pressure. About 80 percent of older adults have at least one chronic health condition, and 50 percent have two or more. This puts older adults at a higher risk for developing depression.

It is extremely important for people to seek treatment and follow treatment recommendations for both their chronic health condition(s) and depression. Untreated depression can make it difficult to follow the treatment plan for your chronic health condition, and can make conditions worse. Even without a chronic health condition, untreated depression can become severe, life-threatening and could lead to other chronic health conditions.

Signs of Depression

Depression is different than having “the blues” or the emotions we feel when grieving a loss. It is a true medical condition that is treatable.

Symptoms of depression include:

- Feelings of hopelessness and/or pessimism
- Feelings of guilt, worthlessness and/or helplessness

- Irritability, restlessness
- Loss of interest in activities or hobbies you used to enjoy
- Fatigue and decreased energy
- Difficulty concentrating, remembering details and making decisions
- Insomnia, early-morning wakefulness or excessive sleeping
- Overeating or appetite loss
- Thoughts of suicide, or suicide attempts
- Avoiding family and friends, spending more time alone
- Persistent aches or pains, headaches, cramps or digestive problems that do not get better with treatment

When any of these symptoms disrupt daily life for two weeks or more, it's time to seek help.

Screening for Depression

If you or someone you care about experiences any of the above symptoms, seek help. Bryan Health offers a free, confidential depression screening at: bryanhealth.org/mental-health.

This screening will let you know if you are at risk and provide information on next steps. You can print the results and take them to your next doctor appointment or meet with a mental health provider. While the screening is not a formal assessment or diagnosis, it will provide information about whether you could be suffering from depression and should seek professional help.

If you do not have access to a computer and suspect depression, call your doctor or a mental health provider. The Bryan Counseling Center has mental health professionals trained to diagnose and treat depression. Our staff also includes health psychologists who are specially trained to help people who have both depression and a chronic health condition(s).

You Can Feel Better

Too many times depression goes undiagnosed and untreated in older adults. People don't seek help because they believe it is “normal” to feel the way they do. However, with appropriate treatment, you can feel better.

Treatment Options

In most cases, outpatient care is all people need to treat depression and improve their lives. Outpatient care includes:

- **Counseling (also known as therapy, talk therapy or psychotherapy)** – This is when a person meets one-on-one with a trained professional such as a counselor, psychologist, psychiatrist, social worker or nurse practitioner. Usually you provide individual and family history at the first appointment then continue appointments weekly or as needed. Research shows this form of treatment provides great results for older adults. If you are interested in visiting with a mental health professional, call Bryan Counseling Center at 402-481-5991.
- **Medication (also called psychopharmacology)** – Research also shows people with depression benefit from medication. In fact, research shows the quickest and most effective way to treat depression is a combination of therapy and medication. Psychiatrists, doctors, advanced practice registered nurses and physician assistants can prescribe medications to treat depression.
- **Support Groups** – Bryan offers the Wellness Recovery Action Plan (WRAP) group. This peer-led volunteer support group helps you create a plan specific to your needs. This plan empowers you to

achieve your goals. Through this group, you will learn new skills and build support to use them in your recovery journey. The group meets Thursdays from 4 to 5 p.m. in the Bryan Counseling Center 3rd floor Group Room in the Professional Office Building at 2221 S. 17th St. You do not need to register. To learn more, please call 402-432-0158.


Sometimes outpatient care is not adequate and higher levels of care are needed:

- **Crisis Assistance** – If you ever feel in danger or feel someone else is in danger due to depression, call 911 or the National Suicide Helpline at 1-800-273-8255. Bryan West Campus, 2300 S. 16th St., has a 24/7 Mental Health Emergency Department to determine if hospitalization is needed.
- **Senior Mental Health Unit** – Bryan Medical Center provides an inpatient senior mental health unit for people age 55 and over who need crisis stabilization. This is the most appropriate option for those who need the support and safety an inpatient environment provides. This level of care provides individual, group and family therapy; recreational, occupational and physical therapy; and medication management.
- **Partial Hospitalization** – This option provides therapy and treatment for people who need the support of a mental health professional more than once a week but do not need around-the-clock inpatient hospitalization. Treatment occurs at Bryan Counseling Center during the day, and you return home in the evening.

Enjoy Life as You Grow Older and Prevent Depression

Exercise, maintaining a healthy diet, being involved in activities you enjoy and staying connected with family and friends are ways to promote good mental health – and to improve depression along with other treatment.

Depression can happen to anyone at any age. It is not a normal part of aging or something that should be “expected” or “tolerated.” Depression is a medical condition that can be treated. Everyone deserves the ability to grow old gracefully and joyfully.

To learn more about Bryan Mental Health Services, please visit bryanhealth.org/mental-health or call 402-481-5991. 



*Dr. Dave Miers,
LIPC, Bryan
Mental Health
Services*



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Eat to Your Health

Ready for That Springtime Shine and Some Vitamin D?

By Devin Mueller, Aging Partners Nutrition

Vitamin D is an important fat-soluble vitamin that is necessary for our body on a daily basis. The top priority for vitamin D is to build and develop strong healthy bones. This is especially important in younger developing children, as well as the elderly. Younger children need strong healthy bones for proper development while the elderly need to be protected from bones becoming weak and fragile. It also plays a vital role in helping to make sure the muscles, heart, lungs and brain function properly. Vitamin D also carries a defense mechanism against infection, which is important for younger children and the elderly.

Springtime brings sunshine, which is the leading source of how our bodies obtain the adequate amounts of vitamin D. Since the spring weather is nicer and offers more sun, your body will obtain the sunshine through direct outside contact such as relaxing outside, doing yardwork, going for a walk or participating in a sport. Experts say that 10 to 15 minutes is all that is needed for adequate exposure without needing sunscreen. Although, sunscreen is important to protect your skin, it can hinder the absorption of vitamin D, up to 90 percent.



What Food Sources Contain Vitamin D?

When the cold winter months are upon us, the time we spend outside dwindles, and we find ourselves staying inside or limiting our outside activities. Even when it is sunny and nice out, our time outside varies for all of us. This is why it is important to have a diet that supplies enough vitamin D.

Some foods containing this wonderful vitamin are fatty fish such as salmon, tuna and sardines; poultry products such as eggs and in such supplements as cod liver oil. Some foods also can be enriched (enhanced amounts of vitamin D) or fortified (vitamin D is artificially added in for a nutritional benefit). Some fortified and enriched foods that contain vitamin D are milk, yogurt, orange juice, some cereals, snack bars, soy milk and oatmeal. If wanting to select an enriched or fortified food source, please be sure to check the nutritional facts label as it will state if vitamin D is added into the product in higher amounts (enriched) or added in for your benefit (fortified).


When It Comes to How Much Vitamin D, What Do We Really Need?

When it comes to the recommend dietary/daily intake (RDI); there is no “one shoe fits all” amount for everyone. All of us are at different life stages and thus all of our bodies require different amounts; however, experts have been

able to somewhat categorize the amounts. Just as on the spectrum of who is most vulnerable during bone development, that same principle holds true here. Professionals suggest children and developing teenagers aim for 600 international units (IU) or about 15 micrograms (mcg) per day; adults up to age 70 also are told to consume 600 IU or 15 mcg daily; pregnant individuals should consume 600 IU or 15 mcg daily; and the elderly above age 70 are encouraged to consume 800 IU daily or equivalent to 20 mcg. To know exactly how much some food contains, be sure to verify any questions via the nutritional food label, try a variety of meat sources in your diet, get some daily sun and always be sure to consult your primary care doctor for any questions.

What is Vitamin D Deficiency and What Issues Are Related to Inadequate Intake?

Vitamin D deficiency is exactly what you think it is — not consuming enough vitamin D on a daily basis. Some factors that could affect your intake or potentially cause a deficiency would be: living in a cold climate that does not get enough sun, northern states or northern parts of the world. Populations at risk are states and locations with sustained long winter months, individuals age 70 and over, infants and those who have bone diseases.

Some signs and symptoms of vitamin D deficiency include, but are not limited to, potential bone pain, general muscle weakness and frequent infections. Some research suggests another sign could be general depression or long withstanding bad mood. If you are unsure if you might have these signs or symptoms, please reach out to a medical professional such as your primary care doctor as soon as possible. They might be able to do a blood test to determine if a vitamin D supplementation regime could be beneficial for you. 

www.everydayhealth.com/vitamin-d/
www.webmd.com/diet/guide/vitamin-d-deficiency#1

www.vitaminadecouncil.org/about-vitamin-d/what-is-vitamin-d/#

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Super Easy Egg Bake Casserole

Vitamin D-Rich Food Recipe

- 1 cup shredded cheddar cheese
- 6 eggs, whisked
- 6 slices meat of choice (bacon, ham, etc.)
- 2 slices bread of choice, cubed
- 1/3 of a red bell pepper, diced
- 2 green onions, chopped
- 3 tablespoons milk
- ½ teaspoon minced garlic, or to taste (optional)
- Salt and ground black pepper to taste



Instructions:

- Preheat oven to 350 degrees. Grease a 9-by-13-inch baking dish.
- Stir cheddar cheese, eggs, bacon, bread, red bell pepper, green onion, milk, garlic, salt, and black pepper together in a bowl until well-combined; pour into prepared baking dish.
- Bake in the preheated oven until eggs are set (20 to 25 minutes).

www.allrecipes.com/recipe/241925/super-easy-egg-casserole/

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- homestead exemptions
- Medicare/Medicaid
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- being a tenant
- POAs

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

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



Living At Home

Lincoln Housing Authority: Housing for the Older Citizens in Lincoln

Created in 1946 by the City of Lincoln, the Lincoln Housing Authority's (LHA) mission is to provide affordable housing to citizens in need. LHA accomplishes this by bringing federal funding into the community to provide housing services to about 4,500 households on an ongoing basis.

Affordable housing is a huge need in Lincoln. LHA helps address the need through the Housing Choice Voucher program which assists with rental payments for about 3,000 households monthly. About half of the households are families with children and the other half are households with persons who are disabled or elderly. With the

program, which is often called Section 8, the tenant rents from a private landlord and pays a portion of the rent based on household income, and LHA makes up the difference using federal funds. More than 800 landlords participate in the voucher program.

LHA also has just over 1,500 rental units owned by LHA. Many of those are public housing that provides assistance with rent through the U.S. Department of Housing and Urban Development. Like the voucher program, the tenant pays rent based on their household income.


In order to qualify for the voucher program, an applicant's maximum

annual income must be:

- Family of 1, less than \$27,450
- Family of 2, less than \$31,400
- Family of 3, less than \$35,500
- Family of 4, less than \$39,200
- Family of 5, less than \$42,350 and so on.


Similarly, the public housing units owned by the housing authority also have income limits. Qualification does not guarantee immediate housing as all programs have waiting lists.

"Lincoln is pretty fortunate," said Chris Lamberty, LHA executive director. "We have lower housing costs than most communities across the country. That being said, it is still




Lincoln Housing Authority

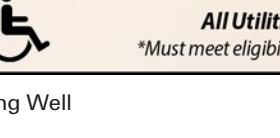
Smoke-Free Facilities
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TDD 800-545-1833 ext 875 • www.L-housing.com



Burke Plaza
6721 "L" St.
(Age 62 and older)




Crossroads House
1000 "O" St.
(Age 55 and older)




Mahoney Manor
4241 N. 61st St.
(Age 50 and older)

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¹ Annual base rate increases vary by state, rate and year. From a report prepared for UnitedHealthcare Insurance Company by CRC International, "Substantiation of Advertising Claims Concerning AARP Medicare Supplement Insurance Plans," April 2017. www.uhcmembersstats.com or call 1-800-523-5800 to request a copy of the full report.

² From a report prepared for UnitedHealthcare Insurance Company by Mark Farnish Associates "December 2016 Medigap Enrollment & Market Share," May 2017. www.uhcmembersstats.com or call 1-800-523-5800 to request a copy of the full report.

³ From a report prepared for UnitedHealthcare Insurance Company by GfK Custom Research NA "Medicare Supplement Plan Satisfaction Posted Questionnaire," March 2017. www.uhcmembersstats.com or call 1-800-523-5800 to request a copy of the full report.

ASS005NE

getting harder to find an affordable place to live in Lincoln.”

New construction is expensive and is usually built with features and amenities for higher income households — beyond the reach of many Lincolmites. It is a challenge for housing developers to build new homes and apartments and still make it affordable for lower to moderate income individuals.

“What we are seeing, according to the most recent census, is about 40 percent of renters in Lincoln are cost-burdened, meaning they are paying more than one-third of their income toward housing costs,” Lamberty said. “That’s a challenge for us, and we see that through our waiting list.”

LHA serves about 4,500 households monthly, but has more than 5,000 households on its waiting list.

“Lincoln faces some real challenges as far as developing new affordable housing to citizens and improving the overall quality of rental stock available,” Lamberty said.

Assisting Older Adults

LHA knows older adults face a tough situation when it comes to affordable housing on a fixed income.

“Seniors want to age in place,” said Martha Hakenkamp, LHA tenant-based housing manager. “They want a place where they can live that will accommodate them during their aging journey — places that are accessible, close to transportation and affordable.”

LHA owns and operates three seniors-only apartment buildings throughout Lincoln: Burke Plaza, Crossroads House and Mahoney Manor. Rent is based on income at each location. Two locations have an on-site maintenance and repair worker, and LHA provides 24-hour emergency maintenance at all three locations.

- Burke Plaza, 6721 “L” St., is located next to St. Elizabeth’s

Hospital. Burke Plaza has 91 apartments for seniors over age 62 and persons with disabilities. For leasing information, contact Courtney at 402-434-5552. To schedule a tour, contact Gina at 402-434-2618.

- Crossroads House Apartments, 1000 “O” St., is located in downtown Lincoln. Crossroads House has 58 apartments dedicated for seniors age 55 and over. For leasing information, contact Courtney at 402-434-5552. To schedule a tour, contact Sarah at 402-436-3466.
- Mahoney Manor Apartments, 4241 N. 61st St., is located in historic Havelock neighborhood in northeast Lincoln. Mahoney Manor has 120 apartments for seniors age 50 and over. For leasing information, contact Courtney at 402-434-5552. To schedule a tour, contact Linda at 402-434- 5570.

Knowing that transportation can be a challenge for older adults, LHA has two vans shared between the three senior properties. The vans, driven by volunteers, can be used for shopping, recreational activities and other events.

Seniors living at Burke Plaza, Crossroads House and Mahoney Manor have access to various social and personal-support services through the Resident Services Program and Congregate Housing Services Program in partnership with Aging Partners.


Each facility’s resident services specialist provides general support to residents and offers a wide range of activities and programs. Activities include health and wellness activities,

recreation, potluck and holiday meals, van trips for shopping and recreation, games, movie nights and other special events. They also provide day-to-day support and assistance to individuals, and plan and educate tenants on the building’s emergency and urgent-response systems.

The Congregate Housing Services Program brings the services of two full-time social workers into each building. These social workers help individuals who need additional supportive services such as case management, personal care, housekeeping assistance, and transportation. In addition, the program serves hot meals six days a week in the dining rooms at Burke Plaza and Mahoney Manor. There also is an option for an evening meal to be picked up at noon when the hot meal is served. Crossroads House does not have the hot meal program, but residents can participate by going across the street to the downtown senior center. Many residents also choose home delivered meals through the Meals on Wheels program.

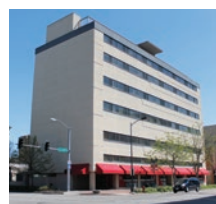
Thanks to a federal grant, some residents also may receive reduced cost cab vouchers, housekeeping services, personal care and more at a moderate cost. Individuals must meet program eligibility guidelines to receive these special services.

More Information

For more information on LHA’s services, housing properties, eligibility and more, call 402-434-5500 or visit the LHA office at 5700 “R” St. Visit LHA’s website at www.L-housing.com and click on “Our Properties” for photos and other information. 



Burke Plaza



Crossroads House
Apartments



Mahoney Manor
Apartments

Caregiver Corner

Respite Important for Caregivers

A study conducted in 2015 by the National Alliance for Caregiving and AARP revealed that approximately 34 million Americans provided unpaid care to an adult age 50 or over in the prior 12 months. While caregiving for family members is valuable, caregivers need to realize they may be at risk to develop long-term health issues if they do not take time for respite.

Respite is temporary relief for those caring for family members or others with special needs. Caregivers need a temporary break from providing ongoing care to persons of any age with special needs, such as physical disabilities, chronic illness, cognitive impairments or physical, mental or emotional conditions that require supervision.

The Southeast Nebraska Lifespan Respite Network, one of six regions of the Nebraska Lifespan Respite Network, serves 17 counties in southeast Nebraska, including: Butler, Cass, Fillmore, Gage, Jefferson, Johnson, Lancaster, Nemaha, Otoe, Pawnee, Polk, Richardson, Seward, Saunders, Saline, Thayer and York.

Caregivers can access a respite provider database at nrrs.ne.gov/respite and click on “Find a Provider.”

“It’s important that caregivers have a trusted respite provider,” said Mary Shada, coordinator. “We do a background and reference check before a provider is placed into our statewide database. Caregivers want to know that when they are gone, the person they care for isn’t just sitting there, but is being engaged.”

Shada emphasizes the value of respite services for caregivers to take care of their own health.

“Caregivers have to take care of themselves to take care of someone else,” she said. “Otherwise, they could end up in the hospital with no one to care for either person. It is essential that caregivers stay socially engaged or depression could set in. They need to keep doing things they used to do before they became a regular caregiver — the things that make them happy such as exercise, taking a short walk or reading a book. They should do those on a regular basis.”

Caregivers should begin respite before they reach that point of desperately needing it, Shada said.

“That needs to be in place early and regularly during the caregiving process,” she said.

Respite Support for Caregivers with No One Else

The Nebraska Lifespan Respite Network’s main objective is to locate and reach out to caregivers to receive subsidy to pay for respite services.

“In general, those we work with don’t have respite from any other program,” Shada said.

If a caregiver qualifies based off financial and income guidelines, they receive \$125 a month to pay for respite services to take care of themselves.

Nebraska Lifespan Respite Network also can provide those utilizing the subsidy, respite funding for exceptional circumstances or crisis funding.

“For caregivers already receiving subsidy respite and who believe they are in need of something more or if something is going on — perhaps extra stress, medical issues — then we have extra funding for those types of circumstances.”

Education and Events

Nebraska Lifespan Respite Network seeks to educate caregivers, providers and employers about caregiving concerns and the challenges faced.

For caregivers of all ages, the “Days of Caring” event provides information from caregiving professionals, a legal representative and pharmacist, vendors and other professionals who can help.

“We want to see caregivers of all ages there who need respite, so we can help answer caregiving concerns no matter what stage of the caregiving journey they are on,” Shada said.


The free event is May 2 from 9 a.m. to 2 p.m. in Mead, Nebraska, at the Mead Fire Hall, 220 4th St. Lunch is provided. Contact Shada at 402-300-8448 or mary.shada@unmc.edu to register.

Nebraska Lifespan Respite Network also provides information and education to employers who may not be aware of the caregiving experience.

“Sometimes employers are unaware of what caregivers go through and why a lot of times they have to call in due to sickness, medical appointments or other things,” Shada said.

Shada also encourages employers to provide respite materials to caregivers who may be working for them, encouraging them to use respite services.

“Getting respite and help can reduce stress, so when the caregiver comes to work they feel better and have more ‘fuel’ to do their work,” Shada said.

For Nebraskans looking for respite, more information can be found at 866-737-7483 or nrrs.ne.gov/respite. 

Staying Self-Sufficient

*By Mitch Sump, Aging Partners
program coordinator*

Happy spring! Please allow me to comment on the weather again — it is a beautiful sunny day with gusting north winds and wind chill temps below zero. Hopefully as you read this, spring has sprung.

I am going to deviate from the norm for a bit, but I hope you continue to read this and not skip ahead. My team and I always are happy to help when we are able, but now we are the ones needing your assistance. We are moving into our programs' busiest six months and find ourselves in desperate need of more drivers and handymen/handywomen.

To be a driver for our Community Activities and Services (CAS)/Rural Transit programs, the person must be able to assist riders in and out of the bus, be capable of lifting 25 pounds and have a clean driving record. No special licenses (i.e., chauffeur or CDL) are required, and we will train you. A driver typically works two to three days a week between 7:30 a.m. and 2:30 p.m., although times vary depending on the route. Starting wage is \$9 per hour with yearly reviews to determine raises. An added bonus is that we normally have snacks at the dispatch office! If interested in learning more, contact me at 402-441-8815.

To work as a handyman or handywoman, the person must be able to provide services for yardwork, minor repairs (that they are comfortable doing), and/or light housework. Handymen/handywomen choose what jobs they want to do, and schedule the jobs


themselves. They provide their own tools and transportation. Starting wage is \$12.50 per hour with opportunities to earn higher hourly pay for specialized tasks such as snow removal and Safe Homes for Seniors jobs. If you think you've got the talents and tools for this kind of work, give me a call at 402-441-8815.

OK, enough with the begging. As we approach the warmer months of the year and escape the dregs of winter, folks are looking to get out and about. Unfortunately, not everyone is as comfortable as others when it comes to venturing out. Perhaps they have taken a fall recently or are cautious due to a medical condition. Our Lifeline program allows those folks to still get out without the aforementioned concerns. The Lifeline device that the user chooses allows clients with those concerns to maintain the active lifestyle they always have enjoyed. We have a number of options to fit the needs of everyone. Whether that includes enjoying the yard around your home or traveling across the country, we have a system that will work for you. Some exciting news is that we are expanding our Lifeline service area. In the past, we have been active in Lancaster County only, but we are starting to provide Lifeline services in Saunders and Seward counties as well. If you would like more information, call Suzanne at 402-441-8816.

If you want to get out on a daily basis to enjoy a nice meal and some camaraderie, please consider CAS Transit. Our drivers pick up riders at their homes Monday through Friday and transport them to Senior Centers in their neighborhoods. There is no cost for this service. Anonymous donations are accepted, and many of our current riders will tell you

that the rides have the feel of a small community. As an example, one of our regular riders recently went to visit family for a week and everyone who got on the bus that day asked the driver where the person was. To schedule a ride, contact our team at 402-441-7030 to determine which center is in your area.

If you are looking to visit family and friends in the smaller Lancaster County communities or ride into Lincoln from those communities, please give our Rural Transit program a try. The program is a public transportation service, and anyone who is age 13 or over can ride for a small fee of \$2 per boarding. Children under age 13 can ride if accompanied by an adult. Please note, however, that we do not provide car seats. To schedule a ride, please call our reservation line at 402-441-7031.

Last, but certainly not least, allow me to remind you of our Handyman program. Spring is our busiest time of year for yardwork and minor outdoor repairs. We are not a licensed shop, so we can't do any repairs that require a city permit. However, that still leaves a large amount of work we can do. Small painting jobs, simple carpentry, minor electrical/plumbing jobs and yardwork are definitely our most requested jobs; but don't allow that to limit your thoughts on requesting help. A sub-program that has been featured in past issues of *Living Well* is our Safe Homes for Seniors. This joint program with the Lincoln-Lancaster County Health Department removes old, sometimes dangerous chemicals from homes and properly disposes of them. If you think you could use this service or any of the other Handyman services, please call 402-441-7030. 





A Pioneering Area Agency on Aging



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Key for Services: ▲ = Lancaster only

MISSION

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

Being Well

NUTRITION

402-441-7159

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

HEALTH AND FITNESS

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

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

Living at Home

INDEPENDENT LIVING SUPPORT SERVICES

402-441-7070 or 800-247-0938

- **Care Management Services** - Providing professional assistance in assessing needs, planning and coordinating home care.
- **Lifeline Emergency Response System** - 24-hour emergency access at the press of a button.
- **Supportive Services Program** - Eligible older persons can receive assistance with the cost of in-home services.
- **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 assists seniors and persons of all ages with disabilities to obtain information, services and supports.
- **Home and Community-based Waiver Services** - State funded in-home services for those who are Medicaid-eligible who choose to live at home or use community-based services.
- **Senior Care Options** - Long-term care and assessment for Medicaid-eligible persons seeking nursing home care.
- **Assisted Living and Nursing Facilities Resource Listings**

Planning Ahead

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
New location as of Oct. 3
Hickman Community Center
115 Locust 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
Mary Dailey, 402-441-6141
- Saunders County
Mary Dailey, 800-247-0938
- Seward County: 800-247-0938
- York County, Jerri Merklinger
402-362-7626

MULTI-COUNTY PROGRAMS

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

MULTI-COUNTY SENIOR CENTERS

Butler County

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

Fillmore County

- Exeter Senior Center
217 S. Exeter Ave., Exeter
402-266-2133
- Fairmont Senior Center
519 Fairmont Ave., Fairmont
402-268-2831
- Geneva Senior Center
1120 "F" St., Geneva
402-759-4921

Polk County

- Osceola Senior Center
340 N. State St., Osceola
402-747-8227
- Polk Senior Center
230 N. Main St., Polk
402-765-2311
- Shelby Senior Center
230 N. Walnut St., Shelby
402-527-5158
- Stromsburg Senior Center
118 E. 3rd St., Stromsburg
402-764-8227

Saline County

- DeWitt Senior Center
202 E. Fillmore Ave., DeWitt
402-683-4326 or 402-520-0873

Seward County

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

York County

- McCool Junction Senior 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

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

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

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

New for Family Caregivers

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

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

Chair Tai Chi

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

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

Movement with Mitzi (New)

Auld Pavilion
1650 Memorial Drive
Wednesdays, 1:30 to 2:15 p.m.
April 3 through May 29

Mitzi Aden, certified personal trainer and fitness instructor, will lead this fun series of classes designed to bring a mix of creative movements to different types of exercises.

- April 3 and 24, May 15 - Bands and Balls: This is a fun class where we use balls and bands to improve flexibility and strength and tone muscles.
- April 10, May 2 and 22 - Movement with Mitzi: This class includes low-impact movements done while seated and standing near a chair. Upbeat oldies and modern music make this an empowering and fun workout.
- April 17, May 8 and 29 - Band, Stretch, Breath: Exercises in this class are based on concepts from Aging Backwards. They are geared toward lengthening and strengthening muscles. Some movements can be done on the floor for those who choose to. If you would like to do some floor work, please bring a mat.

Qigong Refresh and Recharge (New)

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

- Cotner Center Condominium
1540 N. Cotner Blvd.
(use Cotner Blvd. entrance)
Mondays, 10 to 11 a.m.
May 6 through July 29 (no class May 27)

Dynamic Movement

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

- Cotner Center Condominium
1540 N. Cotner Blvd.
(use Cotner Blvd. entrance)
Mondays, 2 to 3 p.m.
May 6 through July 29 (no class May 27)
- St. Mark's United Methodist Church
8550 Pioneers Blvd.
(church gymnasium)
Thursdays, 3:30 to 4:30 p.m.
May 9 through July 25 (no class July 4)

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. Beginners welcome.

- East Lincoln Christian Church
7001 Edenton Road
Fridays, 11 a.m. to noon
April 26 through July 12
- Eastridge Presbyterian Church
1135 Eastridge Drive
Wednesdays, 1:30 to 2:30 p.m.
May 1 through July 17

24 Form Tai Chi (New)

Tai Chi practice focuses on low-impact, mildly aerobic movements that include stretching, balance and meditative forms suitable for most levels of ability. Instructor Chet Kincaid loosely bases her 30-year practice on Helen Tao's version of Chen Man-Chiung's Tai Chi 24 forms.

- F Street Recreation Center
1225 “F” St.



Tuesdays, 6 to 7 p.m.
April 2 through May 21

Tai Chi – Continuing 24 Form

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

- Cotner Center Condominium
1540 Cotner Blvd.
Mondays, 1 to 1:30 p.m.
May 6 through July 29 (no class May 27)

Diabetes Self-Management Workshop

Hillcrest Firethorn Health Services
8601 Firethorn Lane
Tuesdays, 1 to 3 p.m.
April 16 through May 21

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!

Stepping On – Building Confidence and Reducing Falls

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

- The Knolls Senior Living Community
5801 Norman Road (The Carson Room)
Tuesdays, 1 to 3 p.m.
June 4 through July 16

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, 9:30 a.m. to 1:30 p.m.
April 3, 10, 17 and 24
May 15 and 29 (foot care only)
June 12 and 26 (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, 9:30 a.m. to 1:30 p.m.
April 4, 11, 18 and 25
May 16 and 30 (foot care only)
June 13 and 27 (foot care only)

Move More Lincoln – Feeling Fit Fridays

(free and open to the public)
Jayne Snyder Trail Center
21st and “Q” streets
Fridays, noon to 12:45 p.m.
June 7 through Sept. 27

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

- Dynamic Movement
Instructor: Tracie Foreman
June 7 and Aug. 2
- Balls and Bands Stretch and Strength
Instructor: Mitzi Aden
June 14 and Aug. 9
- Movement and Music
Instructor: Ruth Davidson Hahn
June 21, July 19, Aug. 16 and Sept. 20

- Contemporary Movement
Instructor: Terri Swanson
June 28 and Aug. 23
- Tai Chi – Moving for Better Balance
Instructor: Ann Heydt
July 5
- Qigong
Instructor: Tracie Foreman
July 12
- Movement with Mitzi
Instructor: Mitzi Aden
July 26 and Sept. 13
- Line Dance
Instructor: Tracie Foreman
Aug. 30 and Sept. 27
- Sit and Be Fit
Instructor: Tracie Foreman
Sept. 6

Senior Center Events

Colorful Magic by Bruce

Monday, April 1 from 10:15 to 11 a.m.
Downtown 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! Let's all get “fooled” by Bruce's tricks in honor of April Fools' Day. To reserve a meal, call 402-441-7154.

Robert Patton in Concert

Thursday, April 18 at 10:30 a.m.
Downtown Center, 1005 “O” St.
\$4 suggested contribution for age 60 and over.

Robert Patton will again grace the Downtown Center with his wonderful baritone voice. Robert served in the U.S. Air Force Singing Sergeants, Washington, D.C. During his 20 years in the military, Patton also soloed with the National Symphony and the Boston and Cincinnati Pops orchestras, and performed with the Washington Civic, Baltimore, Wolf Trap, Northern Virginia and Annapolis opera companies. He has performed as soloist with the Central Iowa Symphony, Iowa State University Orchestra,

Continued on page 38.

Aging Partners News and Events

Continued from page 37.

Karl King Band, Iowa Veterans Band, Des Moines Municipal Band and Lincoln Municipal Band. You won't want to miss this special event! Call 402-441-7154 to reserve a meal.

Omaha's Henry Doorly Zoo and Aquarium

Wednesday, April 24 from 9 a.m. to 3 p.m.

Unleash your sense of wonder among 160 acres of plants, animals and unique habitats from around the world in our own back yard of Omaha. We will leave from Walmart (3400 N. 85th St., park at the west end) around 9 a.m. The zoo is at your own pace. Pick your destination or favorite zoo exhibit. Lunch is on your own. Returning to Lincoln at 2 p.m. \$5 round-trip transportation to Walmart. \$40 bus and zoo cost.

Reservation deadline is Friday, April 19 or until full. Call 402-441-7158.

Dinner and a Show Series

Cotner Center Condominium

1540 N. Cotner Blvd.

Dinner: 5:30 p.m. Show: 6:30 p.m.

Van transportation: \$4 round trip

Dinner and Show fee: \$10

Show-only ticket: \$5

No refunds!

Call 402-441-7158 for reservations.

Registered guests get seating priority over walk-ins.

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

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

- "Hillbilly" Hal Cottrell
Thursday, April 11
- Ed Love Quartet
Thursday, May 9
- Coro di Flauti
Thursday, June 13
- Lloyd McCarter
Thursday, July 11

- Chris Sayre
Thursday, Aug. 8
- Johnny Ray Gomez
Thursday, Sept. 12

Nebraska Historical Lunch Series

Gere Library, 2400 S. 56th St.

11:30 a.m. to 1 p.m.

\$4 fee for sack lunch

Join us for a brown-bag lunch and a fascinating historical program by some of Lincoln's favorite historians. Lunch is served at 11:30 a.m., and the program begins at noon. Reservations and payments are due the Monday before the event. Call 402-441-7158 to make your lunch reservation.

- Wednesday, April 17 – "A Dream Called Public Television," presented by Ron Hull
- Wednesday, May 15 – "Nebraska Capitols," presented by Jim McKee
- Wednesday, June 19 – "Evelyn Sharp," presented by Diane Bartels
- Wednesday, July 17 – "Lost Restaurants of Lincoln," presented by Jeff Korblick

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402-441-8816



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



- Wednesday, Aug. 21 – “Historic Movie Theaters,” presented by Ed Zimmer and Jim McKee
- Wednesday, Sept. 18 – “John Johnson,” presented by Ed Zimmer



Older Americans Month Events

All-Center Picnic, music by Country Roads
Tuesday, May 21 from 11 a.m. to 1 p.m.

Auld Pavilion, 1650 Memorial Drive
Good Timin’ Music for Good Timin’ Folks!

Catered meal of fried chicken and all the fixings.

\$5 suggested contribution for the meal and show. \$4 suggested contribution for transportation.

Reservation and payment deadline
Thursday, May 16 at noon.

Live Well. Go Fish.

Thursday, May 16 from 9 to 11 a.m.

Thursday, May 23 from 2 to 4 p.m.

Join us for a two-hour fishing trip on Lake Wanahoo near Wahoo. Hurry! Only 10 spots! \$7 round-trip transportation fee to Lake Wanahoo.

Reservation deadline is Thursday, May 9, or until full. \$25 fee.

Hillcrest and Aging Partners Education Series

Home Care 101 presented by Lauren Wright, Administrator, Hillcrest Home Care

Hillcrest Firethorn, 8601 Firethorn Lane
Thursday, June 6, from 9 to 11 a.m.

Join us at Hillcrest Firethorn with breakfast and a tour following the presentation. There is no charge for the program, but you must call 402-441-7158 for reservations by noon, Tuesday, June 4. \$4 suggested transportation contribution.

The Lern and Mike First Day of Summer Show

Downtown Center, 1005 “O” St.

Friday, June 21, from 10:30 to 11:15 a.m.
\$4 suggested contribution for age 60 and over.

What do you get when you put two crazy musicians together? – The “Lern and Mike Show!” Both of these seasoned performers will herald in the first day of summer with their fun and kooky honky-tonk music.

Call 402-441-7154 to reserve a meal. **lw**

LivingWell

Investing in today's and tomorrow's older adults.

Suggested Contribution Levels:

\$12 ___ \$25 ___ \$50 ___ Other ___

You will receive:

- Four print issues of *Living Well*, including online editions.
- At your request, a note of acknowledgment will be sent to those receiving your gift in their honor or memory.

Please mail to: Living Well, 1005 “O” St.
Lincoln, NE 68508-3628

“When you provide a check as payment, you authorize us either to use the information from your check to make a one-time electronic fund transfer from your account or to process the payment as a check transaction. When we use information from your check to make an electronic fund transfer, funds may be withdrawn from your account as soon as the same day you make your payment, and you will not receive your check back from your financial institution.”

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

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

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

Sorry, we don't accept credit cards.

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

Name: _____
(Mr., Mrs., Miss., Ms.) Please print

Street: _____

City: _____ State: _____ ZIP: _____

Phone: _____ Spouse's name: _____

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

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

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