

LivingWell

Spring 2023 • Volume 19 • Issue 2

A publication of



New Era: Aging Partners Move to Unify, Enrich Services

page 4

Aging Partners will make the move to Victory Park. Individuals who had a significant impact on the process that has been 13 years in the making include, from left, Randy Jones, Mark Richardson, Tammy Ward, Gina Cotton, Mary Ann Stallings, June Pederson, Brad Korell and George Achola. Not pictured: Kent Seacrest.

Medication Delivery and Personalization Offers Convenience

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Support Available for Older Adults Raising Children

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Director's Corner

We are pleased to share Aging Partners' new Victory Park location with you in this issue. It's hard to believe, but this project was first envisioned nearly 13 years ago. The project is a true example of how so many people can bring together great things. You might have thought that as the years passed, the hope would have diminished. Patience prevailed.

The Oxford Dictionary describes "vision" as "the ability to think about or plan the future with imagination or wisdom."

I feel so fortunate to be in the position I am to experience the results of such vision. When you think of the wonderful resources in our

community, think about how they became a reality. It all started with a vision.

I have been asked by many of our consumers whether we have plans to close neighborhood centers with the advent of our new Victory Park location. It is not in our plans! I believe there is value in providing services in our neighborhood centers. So long as they are being used by the community, we will do our best to continue them as part of our service delivery structure.

The Victory Park location is open to any and all older persons in the community. The Lancaster County Veterans Service Office will also be located on site.

In the words of famous anthropologist Margaret Mead, "Never doubt that a small group of thoughtful committed citizens can change the world." My special thanks to the Seniors Foundation and its committed board members, who over the years had the vision to change our world here at Victory Park. 



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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NEW ERA:

Aging Partners Move to Unify, Enrich Services

Aging Partners will make a monumental move to Victory Park this spring. The new space at 600 S. 70th St. will host all agency services in one location: dining, recreation, fitness, Medicaid Waiver, transportation, legal assistance, financial counseling, supportive home equipment, and home and community-based services.

This development was envisioned in 2010 by the then Aging Partners Director June Pederson and the Seniors Foundation to enhance the lives of aging adults and veterans in Lincoln and the surrounding area.

Victory Park is part of the Lincoln Veterans Administration Hospital Historic District, which is on the National Register of Historic Places in Nebraska. Campus development includes the move of the VA Clinic, and the renovation and preservation of several existing historic buildings and the development of affordable housing.

Incorporating senior services on the campus helps build the vision for the \$100 million redevelopment of the VA Hospital grounds. Owned by the Department of Veterans Affairs, Victory Park will be expanded through the VA's Enhanced-Use Lease (EUL) program. The program allows the VA to manage underutilized property through leasing arrangements with state or local governments, or private-sector organizations. The properties are leased to development entities, which assume all financial obligations and risks. The developer for the project is Burlington Capital.

In 2016, the Seniors Foundation VA Vision LLC was established to oversee the lease at Lincoln's Victory Park. At the end of 2017, the Victory Park Veterans Administration Supportive Housing (VASH) complex was completed. A new VA Outpatient Clinic opened March 2021. Later that year, Aging Partners signed the lease to move programming for older adults onto the property.

"The opportunity to move to Victory Park provides a benefit to both aging adults and veterans," Aging Partners Director Randall Jones said. "Here, we will be able to increase services to the community."

New Space for Aging Adults

The former VA Clinic space provides key amenities for Aging Partners to unify its services in one location.

Patrons will enter the new space on the building's east side and find ample parking — especially for those needing close, accessible parking. An on-site central kitchen will prepare meals to be served in the dining room and will continue to provide more than 50,000 meals annually through various



Here, we will be able to increase services to the community."

– Aging Partners Director Randall Jones

senior center locations in the area. StarTran will offer service to the door of Victory Park on its 48 and 54 routes.

"Our current downtown location is no longer practical for our services," Jones said. "The vibrant, expanding downtown area is no longer a magnet for older adults in Lincoln. Our consumers want closer, accessible parking. The green space at Victory Park provides a great atmosphere for outdoor activities such as walking and biking."

Jones added that veterans, too, will have increased access to the Lancaster County Veterans Service Center.

Previously, the Downtown Senior Center was located just a couple miles from the Washington Street and Belmont Senior Centers. Aging Partners will continue to provide transportation to its senior centers throughout Lincoln and Lancaster County.



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“Maintaining neighborhood access to our services is important to us,” Jones said. “We will continue to offer services throughout the community.”

Aging Partners’ Fitness Center, previously located at 9th and “J” streets, will also relocate to Victory Park. The “Schmieding Center for Active Living” has specialized fitness equipment which is easier to use and powered by air pressure. Classrooms will host classes and education events.

Aging Partners’ partnership with the University of Nebraska Medical Center School of Nursing will continue through the new foot and health assessment clinic.

“We will also continue to offer various activities at other locations throughout the community,” Jones said. “Our goal is to enhance and expand the services we provide to serve the growing aging population.”

The move to Victory Park has been made possible through efforts of many community members; past and present city and county leadership and others over the years. Countless Seniors Foundation board members who provided the vision include David Lux, Mark Richardson and Mary Ann Stallings, among many. Seniors Foundation executive directors who helped lead implementation include Gina Cotton, Diane Rolfsmeyer and Tammy Ward; Aging Partners executive directors who led the charge include June Pederson and Randall Jones; and support services provided by Jeff Krotz and Meldene Dorn. Development of the property was made possible by George Achola of Burlington Capital, John Sampson of Sampson Construction, Craig Geiss of BIC Construction, Brad Korell of Olsson and Scott Sullivan of Erickson/Sullivan Architects.

The Seniors Foundation has actively raised funds for the project to go along with donations from Immanuel Communities, Lincoln

Community Foundation, Presbyterian Foundation, Schmieding Foundation and the Sunderland Foundation.

The City/County government has invested renovation funds; and once the downtown property is sold, the proceeds will be used for Victory Park renovations.

Other Agencies at Victory Park

Other agencies have and will join Aging Partners on Victory Park’s 58 acres, including the Lincoln VA Clinic, which provides primary care and specialty health services, including mental health care, laboratory and pathology services.

Also located on the grounds are Victory Park Veterans Residence, a partnership between the Department of Housing and Urban Development (HUD) and the Department of Veterans Affairs Supportive Housing (VASH).

Eligible homeless and low-income veterans referred through various community agencies receive rent assistance from the Lincoln Housing Authority (LHA) and a multidisciplinary case management team from the VA, including clinical social workers, nurses, addictions therapists, housing and peer specialists.

“The HUD-VASH case management team provides clinical case management to help veterans achieve housing, health, mental health, and employment goals,” said HUD VASH Program Coordinator Matthew Cook.

Continued on page 6.

 **We are honored to provide safe and affordable housing for those who have served our country.”**

*– LHA Executive Director
Chris Lamberty*

Thank You to Our Donors

Aging Partners is very grateful for the generous support of the City of Lincoln, Lancaster County, Veterans Administration, and our donors who have made this project possible. Thank you!

- City of Lincoln, Nebraska
- Lancaster County, Nebraska
- Veterans Administration

\$100,000 to \$200,000

- In support of the Victory Park Aging Partners Development
 - Sunderland Foundation
- To support the creation of the Schmieding Center for Active Living
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- In support of our new Central Kitchen
 - Presbyterian Foundation
- Outside beautification
 - Lincoln Community Foundation, Kenneth J. Good Endowed Fund
- Fitness equipment
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- Outside patio for meditation area
 - Immanuel Vision Foundation
- Lounge fireplace; and Health Assessment and foot clinic
 - Seniors Foundation

\$5,000 - \$19,999

- Veterans’ recognition and lounge
 - Jim Cada

NEW ERA:

Aging Partners Move to Unify, Enrich Services

Continued from page 5.

Since December 2017, LHA has served veterans through the HUD/VASH voucher program, offering rental assistance to 162 veterans and their families, including the 70 units at Victory Park and the remaining 92 at various locations with private landlords.

“We are honored to provide safe and affordable housing for those who have served our country,” LHA Executive Director Chris Lamberty said.


Property owners interested in learning more about the program or housing VASH voucher participants can contact LHA at 402-434-5500.

To aid veterans and their families, the Lancaster County



Veterans Service Office will also move to Victory Park. The service center assists armed forces veterans, along with their spouses, widows, family members and dependent children about the federal, state and local benefits available. For more information call 402-441-7361 or visit www.lancaster.ne.gov/484/veterans-service-center.

Victory Park continues to be under future development by the developer, Burlington Capital, which anticipates adding more commercial use and affordable housing for aging adults and veterans.

Aging Partners is looking forward to providing expanded and enhanced services for aging adults in the area this spring. 



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There's Still Time to File a Homestead Tax Exemption

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


Every year, individuals must apply for a Homestead Tax Exemption to receive the benefit. Homestead Property Tax Exemption forms are mailed by the county assessor after Feb. 1, provided the individual applied for the exemption in the prior year. If individuals have never applied for the Homestead Tax Exemption, they need to visit or contact their county assessor office to request the forms. The forms may also be downloaded from the County Assessor or State Department of Revenue websites, or obtained at Aging Partners.

The exemption is based on an adjusted household income, which is different than the IRS adjusted gross income. If you file income taxes, you would start with the adjusted gross income on your tax form, and then add back any untaxed Social Security benefits you received. Once you have that figure, you subtract health expenses, such as Medicare Part B premiums, Medicare supplemental payments, Part D premiums and copays, and long-term care insurance premiums, as well as eyeglass and dental expenses. If you do not file income taxes, add up your 1099 reported income for the previous year and start with that figure. When you have your household income from the previous year, subtract health expenses to arrive at an adjusted household income. This year, a single person with an adjusted household income of \$48,600 or less, or a couple with an adjusted household income of \$57,700 or less, should receive some property tax relief, depending on the value of their home.

Adjusted household income figures increase every year. It is important to stay informed on the newest household income figures and check every year to ensure you don't miss an opportunity for property tax relief. This is especially true if you or your spouse have experienced some higher-than-usual medical expenses this past year.



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

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



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Medication Delivery and Personalization Offers Convenience

With 85 percent of adults ages 60 and over consuming prescription medications, aging adults are prescribed medications more frequently than any other age group in the United States.

When appropriately prescribed, administered and monitored, medications are a cost-effective way to help older adults maintain their health, recover from illness and control symptoms of chronic diseases, ultimately allowing them to remain in their homes independently.

However, with the high rate of comorbidities and more medications prescribed, the less likely it is that patients adhere to a medication schedule. Medication delivery and blister packs can serve as a solution for medication management, helping older adults stay in better health.

Shannon Hammerschmidt, Nebraska LTC Pharmacy lead pharmacist, has seen the benefits of medication delivery and blister packs firsthand.

Medication Delivery

Medication delivery is a safe and convenient option for aging adults and others with limited mobility and transportation challenges.

Automatic refills and delivery can eliminate the need for most trips to the pharmacy and help people adhere to a set medication regimen. This may be especially helpful to those who are immunocompromised, in physical pain, recovering from surgery, having difficulty getting out, or have chronic conditions.

“We have a lot of patients who have had a joint replacement, or other surgery, and are currently

homebound,” Hammerschmidt said. “There’s no need for them to be out and about if we can get their medications to them. When you can’t get to us, we can find a way to get to you.”

Many local and online pharmacies offer delivery, although some may charge an extra fee or only deliver a specific number of items. Nebraska LTC Pharmacy provides medication and basic supplies delivery at no additional cost.

“We truly offer free delivery with no strings attached,” Hammerschmidt said. “There are no income or age restrictions, and we take all private insurance, Medicare Part D, Medicaid and even cash pay customers.”

Nebraska LTC Pharmacy drivers also take time to chat with recipients, which is an added benefit for those living alone.

“It’s another person to check on them at home and make sure they are well,” Hammerschmidt said.

Blister Packs

While medication delivery gets the medications to a person’s home, it doesn’t always help with organizing and managing what to take and when; and generic multicompartiment pillboxes can be frustrating to fill. Blister packs offer an alternative by providing a personalized prepackaged



Medication delivery and presorted blister packs can help older adults more easily take and keep track of their medications.

container, which can include vitamins, prescription and over-the-counter medications. Individuals push the medications through a tamper-evident foil and take them on the specific day and/or time of day.

“These packages decrease the chance of errors and drastically improve compliance,” Hammerschmidt said. “This can truly keep someone at home instead of going to assisted living.”

The blister packs can serve as a visual reminder to take the medications and clearly identify if a dose was missed, and they are convenient to transport.



We truly offer free delivery with no strings attached. There are no income or age restrictions, and we take all private insurance, Medicare Part D, Medicaid and even cash pay customers.”

– Shannon Hammerschmidt, lead pharmacist

"Many of our patients take the packs with them to the doctor since they list all their medications and dosages," she said.

Because Nebraska LTC Pharmacy makes the blister packs at its Lincoln location, it's quick to create weekly or monthly packs at no additional cost.

"Before we can create a blister pack, we transfer a patient's medications, review the current supply from a patient, and call the doctor to verify dosage and frequency of each medicine," Hammerschmidt said. "We take the time to do all these steps to ensure our patients are taking the right medications, at the right dosage, at the right time."


More Services

Some may hesitate to use medication delivery and not be certain that they'll get the same education as if they go into the pharmacy.

Hammerschmidt assures them, by saying, "You can receive the same information and consultation over the phone by a pharmacist." Nebraska LTC Pharmacy pharmacists thoroughly explain to individuals what they are taking, why and any additional information on how to properly take specific medications or use devices, such as blood glucose monitors or inhalers. The pharmacy also provides in-home medication review and disposal if needed, at no additional cost.

"A pharmacist goes to the patient's home and reviews the medications, provides information and always offers to take any old, unused or expired medications," Hammerschmidt said. "We don't want anything lying around that could cause potential issues and interactions with current medications if the patient is not supposed to be taking them."

Nebraska LTC pharmacy, 3901 Normal Blvd., Suite 203, can be reached by calling 402-328-0231. As a full-service pharmacy, it also provides basic incontinence supplies, some nutrition supplements, immunizations and injections, vitamins, monthly or weekly blister packs, and over-the-counter medications for free delivery to Lincoln and Omaha residents and free shipping via USPS to anywhere in Nebraska.

"Sometimes, life just gets busy and we simply may not have enough time in the day to get to the pharmacy. This is where home delivery comes in handy, and we are happy to offer it," Hammerschmidt said. "There are a lot of choices for pharmacies, so if you choose us, these extra services are our way of saying thank you." 

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NeighborLNK Connects Bicyclists Who Conquer the Trails Together

Getting to feel the wind on his face is something Warren doesn't normally achieve — but when he's on his bike, he revels in it, and his driver does, too.

The visually impaired 64-year-old was always seeking drivers for his side-by-side bicycle, and he'd often ask others at the grocery store or while on the bus. Last fall, he connected with Aging Partners' NeighborLNK program and was matched with Michele and her husband, Dale.

Taking jaunts on his side-by-side recumbent bicycle gives Warren a way to appreciate the freedom of riding — with a little help. He started riding more than 20 years ago as a way to further strengthen relationships with his children.

"I had heard on the radio that the best time to spend with your kids was driving in a car," he said. "But I couldn't drive, so I began thinking of alternatives."

That's when he found someone willing to give him an old side-by-side bike, and riding that did the trick. He peddled, and trained his kids to steer, even if they couldn't yet reach the pedals themselves. He now has a newer side-by-side recumbent bike, which is often recommended by doctors for patients needing hip and knee rehabilitation.

Warren also regularly exercises to stay healthy, as well as relieve stress and anxiety. He uses an indoor trampoline and riding bike, but enjoys getting outside on Lincoln's 130 miles of bike trails.

"The feeling I get when I ride is so great. It gives you a whole



The feeling I get when I ride is so great."

– Warren

different perspective on meeting your challenges when you're getting exercise," he said.

Having ridden in Lincoln since 2008, Warren can direct drivers on which trails to take. He was able to memorize each trail thanks to one of his drivers who rode with him for 10 years while in her 70s.

So no one ever feels obligated to ride each time he asks, Warren keeps a list of several people who are willing to drive his bicycle. He

encourages others with disabilities to help out because he notes how outdoor exercise can boost confidence and mental health.

And many have done so, he said. Having had several drivers who were wheelchair users, together they could conquer the trails — he peddled and they steered.

As for Warren and Dale, the pair was connected last fall and have ridden a few times together through the winter.




Connected through Aging Partners' NeighborLNK program, Warren and Dale ride on a side-by-side recumbent bicycle to hit Lincoln's trails. Dale serves as the driver, while Warren who is visually-impaired, peddles and helps direct where to go.

"I'm so grateful I can be part of this for Warren," Dale said. "Whatever I can do to help him live an even more full life, that's everything. But, really, he's just a friend I go riding with."

Michele and Dale have built a meaningful relationship with Warren, who they now help in other ways such as grocery shopping or troubleshooting electronics issues.

"We've really enjoyed getting to know him," Michele said. "He doesn't limit himself. I really like that he wants others to be involved, and he has a good heart."

If you are interested in biking with Warren or have questions about side-by-side bicycles, email bike4inspiration@gmail.com.

NeighborLNK connects qualified, authorized volunteers with homebound aging adults or persons with a disability who seek additional support with tasks such as picking up groceries, medications or library books. This program also helps to reduce isolation through friendly phone visits or video calls. For those residing in Lancaster County, call 402-441-6076 or 402-441-7575. 



He doesn't limit himself."

– Michele

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Walters Tillery Sees Herself Have Stroke on Camera

Ann Walters Tillery has been a volunteer advocate for the Alzheimer's Association since losing her mother to the disease in 2014. On May 18, 2021, Walters Tillery was requesting additional Alzheimer's research funding from a member of Congress via a Zoom video call from a conference room at her University of Nebraska Foundation office when she knew something was terribly wrong.

"Suddenly, mid-sentence my words began to slur. I saw on my screen the left side of my face droop, and then my left arm went heavy — I was watching myself stroke," she said. "It felt like a sudden and intense gripping wave that started in the upper right side of my cheek and passed over and down the left side of my face and arm."

Walters Tillery said seeing this unfold on the screen gave her no doubt what was happening. She knew it was a stroke through the American Heart Association's F.A.S.T. acronym: F – face drooping, A – arm weakness, S – speech difficulty, T – time to call 911. Just one symptom is enough to call 911.

The Zoom call quickly finished, and Walters Tillery grabbed her cellphone and stood up to get help but collapsed to the floor. Within five minutes of the symptoms' onset, Walters Tillery's entire left side was paralyzed. Thankfully, she had her phone in hand and was able to call 911. While waiting for paramedics, she was able to calm herself by using her 12 years of yoga practice to begin deep, yogic breathing.

Paramedics arrived, and Walters Tillery reached Bryan Medical Center West Campus within 25 minutes of the first signs of stroke. Because a stroke starves brain tissue from



After suffering a stroke, Ann Walters Tillery pushed herself in therapy as she was determined to return to an active lifestyle. Just 15 months post-stroke, she was back achieving side arm planks.

oxygen, the chances of recovery are better the faster an individual receives treatment. Doctors cite that "time equals brain tissue."

"I'm so grateful for the quick response of Lincoln's paramedics and to be only minutes away from a nationally recognized Stroke Specialty Unit at Bryan West," she said. "That made a huge difference in my outcome."

A computerized tomography (CT) scan determined Walters Tillery had suffered a hemorrhagic stroke, a blood vessel had ruptured in her basal ganglia, part of the brain that controls movement, procedural learning and executive functions. One of the main causes of stroke is high blood pressure.

Once her blood pressure was under control, Walters Tillery considered what had contributed to her stroke. She had an annual wellness check just a few weeks prior; and while her blood pressure was elevated, both



she and her doctor contributed this to White Coat Syndrome, where blood pressure naturally spikes at the doctor's office. "But as it turns out, my blood pressure had been elevated for quite some time," she said. Walters Tillery's normal active lifestyle had been disrupted by the pandemic.

She compared her lifestyle with the AHA's Life's Essential 8, key measures to maintain cardiovascular health. They focus on: healthy diet, exercise, no tobacco, quality sleep, weight management, controlled cholesterol, managing blood pressure and blood sugar.

"When I reflect on my activity during the pandemic, four of those areas were out of balance for me," Walters Tillery said. "I knew my quality and length of sleep suffered, my diet included more processed foods than my typical Mediterranean-focused diet, my exercise routine was off and I never worried about my blood pressure – but I should have."

Setting Goals and Making Memories

Walters Tillery spent two days in the intensive care unit (ICU) with no function on her left side. She transitioned to inpatient acute stroke rehabilitation for the next 13 days, working with a team of physical, occupational and speech therapists to learn how to walk, stand, perform self-care, and work toward regaining strength and mobility in her left arm, hand and fingers; which she continued for six months after returning home.

"I threw myself into therapy, working up to five hours daily to regain mobility," she said. "Setting goals was so important for me to regain independence."

Walters Tillery's lead therapist asked what was on her calendar — she had planned to attend the Cattleman's Ball in her hometown of Columbus, Nebraska in two weeks. So, the two of them created an in-depth plan to get there,

which included practicing walking on uneven surfaces to mimic farmland.

"I set ambitious goals and when my therapists believed I could achieve them, so did I," she said.

Goals were broken into manageable steps, helping her develop the strength, coordination and skills she needed.

She learned the first three to six months post-stroke are the most critical time to regain mobility and create new brain pathways in hopes to return to prior level of function, although gains can still be made 18 months and beyond.

Dedication and therapy allowed Walters Tillery to return to her active lifestyle. Three months post-stroke, she had a preplanned girl's trip with lifelong friends to Estes Park, Colorado, to do some paddleboarding and hiking.

"Thanks to planning with my therapists, not only did I get there, I drove myself," she said.

Walters Tillery and her daughters



Ann Walters Tillery watched herself have a stroke while on a Zoom call in 2021.

F.A.S.T.

Face Drooping	Arm Weakness	Speech Difficulty	Time to Call 911
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also had always talked about a family vacation. With an even better understanding now of just how quickly life can change, they made it happen. Walters Tillery spent a week logging more than 100,000 steps while making memories at Disney World with her children and grandchildren, just four months post-stroke.

Continued on page 14.

ANGELS CARE HOME HEALTH

WHAT WE DO

Here is what we can do for you!

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Walters Tillery Sees Herself Have Stroke on Camera

Continued from page 13.

"I learned from my experience that tomorrow is not promised," she said. "If something is important to you, get it scheduled and make it happen."

Making Time Count

Wellness continues as a focus for Walters Tillery. With dedication, she was able to regain her strength and return to daily yoga practice and at 15 months post-stroke, perform side arm planks which require upper body strength.

In May, after two years of training, Walters Tillery will become a certified yoga teacher. However, it's not as much to teach, but to deepen her practice of meditation, breathing, strength and balance, she said.

"It's important to exercise and be in the best physical shape you can — your independence and quality of life

are at stake," Walters Tillery said. "I've been told my quick action to call 911 coupled with my active lifestyle prior to the stroke made the difference between life and death; and recovery verses disability."

Walters Tillery watches all aspects of her health and monitors her blood pressure regularly at home. According to the Centers for Disease Control and Prevention (CDC), nearly half of U.S. adults have high blood pressure, but only 1 in 4 have it under control. Walters Tillery encourages everyone to purchase their own blood pressure monitor for home use. Many models can be purchased at local pharmacies or online for less than \$75.

After initial interviews with local news in 2021, Walters Tillery's story went viral, reaching various national news sources and talk shows.



Maintaining an active lifestyle is important for Walters Tillery today.

She continues to advocate for stroke awareness and encourages anyone who lives or works alone to have a way to call 911 if suddenly in crisis.

"In our new norm of virtual environments and for those living alone, you need to be prepared in case of a medical emergency," she said. "Learn how to spot a stroke through F.A.S.T., and if you have any one of the symptoms call 911. The life you save may be your own." **LW**

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Support Available for Older Adults Raising Children

Across Nebraska, 15,000 children are raised by their grandparents or non-relative kin adult when parents aren't able to provide care due to a variety of reasons.

"A very natural thing is to have a grandparent, relative, friend or someone they trust provide care for their children outside of the foster care system," said Camas Holder, community prevention administrator at Department of Health and Human Services' Children and Family Services.

Kinship care reduces trauma and stress and improves the well-being of a child. These children tend to adjust better to their new environment, experience less school disruptions, and are less likely to experience behavioral challenges and psychiatric disorders.

While it can seem like a simple solution, caring for children is a



I don't know where I would have been without this program."

– Linda Clark

difficult task. While older adults may often be in position to raise grandchildren or kin, many are not prepared for the costs and challenges it requires.

That's where the Kinship Navigator Program comes in to address concerns and provide information, training and assistance to support kinship families and help prevent entering the child welfare system. This free, voluntary program connects kinship families to community resources for education information, behavioral health services, economic assistance, child care services, emotional support and support groups. It also can help with referral

for legal and financial support if the kinship family wishes to pursue guardianship.

"It takes a village to raise a child, and we want people to know where to ask for help and support," Holder said. "Raising children is hard, and we want to make sure caretakers have the support they need."

In Nebraska, the Kinship Navigator Program began in 2021 through two providers: Lutheran Family Services and Nebraska Children's Home Society.

Difficult Circumstances

Older adults raising children can face unforeseen challenges.

"We often hear from caregivers that they haven't raised kids or young kids in a while," Holder said. "There's a gap of getting into the routine of things like school, activities, technology, challenges and behaviors kids might be facing that they didn't face in their earlier years as parents."

It can also be difficult to integrate boundaries with conflicting roles of parent and grandparent. They may face financial hardships as they weren't prepared for the costs of having young children at home, and many of which may be retired and living on a limited income.

Linda Clark found herself raising a teen child and two grandchildren when her home in



Louisiana burned down. She relocated to Nebraska to be close to an older son and daughter for a fresh start.

"I didn't know where to go for help for myself and my grandbabies," Clark said. "Nebraska Children's Home Society stepped in and helped me with beds, food and whatever else we needed. Whenever I called and told them what I needed, they responded quickly and were right on it."

Clark received support for several months, before she returned to Louisiana to help with family.

"It was a great experience; everyone was so loving and caring — no one hesitated to help," she said. "That's what I loved about Nebraska. I don't know where I would have been without this program."

Because the Kinship Navigator Program is not part of the formalized child welfare system, when a family decides to reunite children with their parents, the program would end and provide referrals to other community support available.

To learn more about the Kinship Navigator Program, call Nebraska Children's Home Society at 888-315-7347 or Lutheran Family Services at 833-572-2053. Information can be found at: dhhs.ne.gov/Pages/Benefits-for-Kin-and-Relatives-Caring-for-Children-and-Youth.aspx. **Lw**



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

problemgambling.nebraska.gov

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The family caregiver provides emotional support and companionship, as well as, assistance with daily activities of living. The caregiver provides ongoing care for a loved one who is unable to care for themselves. Caregiving is rewarding but also challenging. Nebraska Lifespan Respite Network offers information, education, and most importantly support.

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

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Recognizing Service to Aging Adults at Keystone Award Luncheon May 24

Continuing its tradition of recognizing contributions made by community members to older adults, the Seniors Foundation will honor an individual who has provided a legacy that enhances the quality of life for aging adults in Lincoln with its Keystone Award.

The award will be presented at the Keystone Award Luncheon scheduled for 11:30 a.m. on Wednesday, May 24 at the Country Club of Lincoln, 3200 S. 24th St.

The master of ceremonies is Rod Fowler, Channel 8 news anchor. The keynote speaker for the 10th Keystone Award Luncheon is Dr. Julie Masters, Department of Gerontology professor at the University of Nebraska Omaha, where she holds

the distinguished Terry Haney Chair of Gerontology. Masters teaches courses in gerontology and death and dying, and works with students on independent research topics and honors theses on the UNL campus. In addition to teaching, she is involved in research related to end-of-life planning, COVID-19's effects on aging adults living in the community, senior living environments and volunteers serving others. She is active in the community, giving her time to various advisory committees and boards focusing on aging adults and is a frequent presenter on aging issues and end-of-life planning throughout Nebraska.

"This award provides a great way to honor those who have helped

the aging, the most vulnerable," said Gina Cotton, Seniors Foundation executive director.

The recipient of the 2023 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, Scott Young, R. David Wilcox, Dayle Williamson, Dorothy Applebee, Coleen Seng, David Rusk and Kristen Stohs.

"We hope to recognize our award recipient and show our support for older adults in the community along with Aging Partners' wonderful work," Cotton said.

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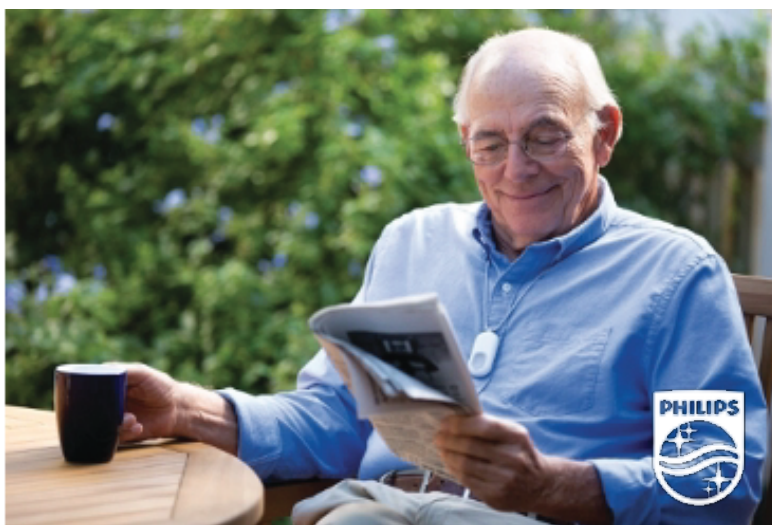
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Fundraising from the event helps support Aging Partners by addressing unexpected costs.

“Seniors Foundation funds help cover the costs of things that come up and just aren’t in the budget,” Cotton said. For example, Seniors Foundation helped with the cost of NeighborLNK, a program that developed during COVID-19. The program connects volunteers with homebound aging adults or persons with a disability to assist with errands such as picking up groceries, medications or library books, and helps reduce isolation through phone or video call check-ins.

“It is important for the Seniors Foundation to have agility and the ability to meet the needs of those in our community,” Cotton said.


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



Reservations for the 2023 Keystone Award Luncheon

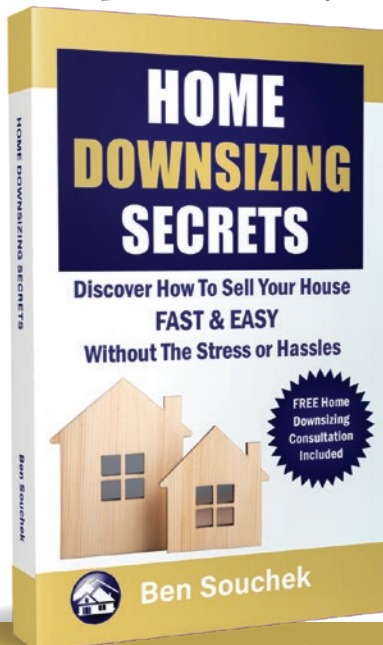
Tickets cost \$75 per person or \$750 for a table of 10, and they may be ordered at www.SeniorsFoundation.org or by contacting Gina Cotton at gina@seniorsfoundation.org or 402-304-2140. Ticket purchase deadline is May 16.

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’ efforts to enrich the lives of aging adults in Lincoln. For more information, go to www.SeniorsFoundation.org. 

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Medical Care for Native Americans

Receiving personalized care can make a difference in a person's experience.

Nebraska Urban Indian Medical Center (NUIMC) and Ponca Health Services-Lincoln (PHS-L) offer a variety of health services in two areas of town with the same goal to provide care for Natives of all tribes.

Care is Critical for NUIMC

Located at 2231 Fairfield St., Nebraska Urban Indian Medical Center's mission is to elevate the health status of urban Native Americans and other underserved populations.

The NUIMC offers primary care, school physicals, prescription assistance, case management, community outreach referrals, STD/HIV testing, immunizations, limited laboratory services, dental referrals and mental health services. It also provides chronic care management for diseases such as diabetes, high blood pressure, high cholesterol, depression, anxiety and other conditions. The clinic can also help with dental and eye exam costs; and offers an exercise gym for patient use during business hours at no cost.



Nebraska Urban Indian Medical Center offers a gym at no cost for patient-use during regular business hours.



Nebraska Urban Indian Medical Center, 2231 Fairfield St., offers medical care for Native Americans of all tribes and other underserved populations.

Building relationships with patients is important to NUIMC staff.

"We work as a team to provide the best care for Native patients in the community," said Dr. Tina Kearney, medical director. "We enjoy walking them through their health care journey."

Although some services and programs are offered to eligible Native patients only, most primary care services are available to other underserved populations. Staff on-site speak several languages, including Arabic, Kurdish, Spanish and Vietnamese.

NUIMC offers discounted fees to those who qualify and accepts most insurance including Medicaid, Medicare, Children's Health Insurance Program (CHIP) and private insurance. As a Native, patients can receive services at no extra cost.

NUIMC's diabetic self-management program is nationally accredited through the Diabetes Education Accreditation Program. The program has been successful in educating and assisting patients to help them manage their numbers, as well as their medication costs and obtaining glucose testing supplies.

"We have many patients who now have controlled diabetes because they can afford medicine and have continuous glucose monitors," said Kari Erickson, diabetic educator.

Erickson makes herself available for patients to help troubleshoot their numbers, at no additional cost.

"I have diabetes, too, so I relate to the patients I work with," she said. "I know how difficult it can be to manage this disease as a patient and how to troubleshoot many of the issues they face on a daily basis."

NUIMC also provides transportation for Natives who have medical- and dental-related appointments and no other means of transportation.

"We are a small but mighty clinic," Kearney said. "We want to serve our patients and help make a difference in their lives."

For more information about NUIMC, call 402-434-7177 or visit www.nuihc.com.

NUIMC is part of Omaha-based Nebraska Urban Indian Health Coalition (NUIHC), which has served the Native community since 1986. The NUIHC Omaha Clinic offers health care, transportation, community support, transitional living, and treatment services such as the Intertribal Treatment Center for substance abuse.

Ponca Health Services-Lincoln Offers Wealth of Services

Ponca Tribe of Nebraska's Ponca Health Services-Lincoln, 1600 Windhoek Drive, offers holistic, integrated care through medical, dental, pharmacy and behavioral health services.

The clinic opened its doors in 2021, providing services to all Native Americans enrolled in a federally recognized tribe. The clinic accepts all private insurance, Medicaid, Medicare and cash pay patients. Natives receive care at no cost.

The medical clinic performs annual exams, health screenings, work physicals, immunizations, family planning services, pharmaceutical assistance, physical and occupational therapy, outpatient medical care for minor illnesses and injuries, chronic disease management, lab services, diabetes clinics, nutrition counseling, podiatry, specialist referrals and more. Some spiritual and ceremonial practices are also available.

"We want to help patients medically and spiritually through our culture," said Suzanne Mealer, patient experience coordinator.

Additionally, the clinic offers certified diabetes education, a comprehensive diabetes prevention program, self-care management, education information, case management and direct care services,

as well as glucose testing supplies, orthopedic shoes, diabetes education classes, nutrition consultations, nurse foot care clinic, cooking and exercise classes, buffalo meat incentives and other activities.

Dental services include exams, x-rays, periodontal care, oral health education, fluoride treatments, sealants, restorations, crowns, veneers, bridges, dentures, partials, implant restorations, extractions, root canals, sports/night guards, emergency care and professional whitening.

Patients who use the PHS-L or other Ponca Tribe of Nebraska (PTN) facilities in Omaha and Norfolk, can also use the on-site pharmacy. While the pharmacy does not dispense controlled substances, it does have most medications and can provide medication counseling, automated refills, mail delivery and Coumadin management clinics.

The clinic supports the behavioral health of its patients with an emphasis on Native American culture to provide assessments, substance abuse evaluations, resiliency and coping skills education, anger management counseling, individual and group counseling and referrals for residential treatment.

Transportation is available through Ponca Express and free for Natives in Lincoln using the service for health care, recreation, education, public services, gatherings and




Ponca Health Services-Lincoln, 1600 Windhoek Drive, provides integrated care for Native Americans of all tribes, through medical, dental, pharmacy and behavioral health services.

employment from 8 a.m. to 4:30 p.m. Call 855-766-2239.

For Natives of all tribes age 55 and over, PHS-L also hosts a weekly elders group Mondays at noon for a meal, crafts, clinics and a talking circle for support.

PTN also provides various programs, including Family Service case managers to assist individuals facing crisis with information and referrals regarding food, shelter, housing, clothing and furniture, community programs, support groups, emergency assistance and transportation. This program can also help with enrollment assistance, elder care services, funeral assistance and application assistance for PTN and other resources.

Open to all Natives age 55 and over living in the Nebraska Ponca Service Area, the Elder Victim Advocacy program provides crisis/emergency services and ongoing support with needs related to a crime and other identified needs. This includes court accompaniment, case management, legal and court advocacy, protection order forms, document notarization and therapy.

For more information about PHS-L, visit www.poncatribene.org/ponca-health-lincoln or call 531-248-3030. 



Ponca Health Services-Lincoln

Aging Partners Health and Fitness

Listen to Your Heart

By Tracie Foreman

I wonder how many people have looked back on their lives and said, “If only I knew then what I know now, I would have changed some things.”

If I had known that at the age of 57, my mom would suffer three major heart attacks and lose her life to heart disease, I may have listened more and tried to understand the strange symptoms she had been experiencing. Heart disease was more common in men 30 years ago and usually had very specific symptoms such as chest and arm pain. Mom was having significant stomach and jaw pain, leg weakness and nausea. She had been given a lot of stomach medications by the doctor to treat her misdiagnosed disorder.

At 20 years old, I wasn't ready to listen when the doctors told me my newly diagnosed Type I diabetes could eventually lead to blindness, heart disease, kidney failure or death if not kept in control. I was strong, active and felt invincible. Though the disease was a big part of my life, it wasn't always my first consideration when it came to self-care.

Had I understood heart disease carried a high level of hereditary markers, I may have recognized the signs in my brother over 18

years ago when he, at age 50, began experiencing frequent chest pain, arm pain and shortness of breath. His symptoms eventually led to a quadruple bypass surgery.

After 45 years with diabetes, my life had moved at such a fast pace with children, family, life changes and losses, there were so many things I overlooked or ignored. Even though I remained physically active, I had added cholesterol and thyroid meds to my medication regimen. Insulin demands increased as I got older, and my body worked much harder to fight high and low blood glucose levels, which put tremendous strain on my heart. Blood pressure meds also became necessary.

In 2020 around COVID-19 time, I was experiencing frequent jaw and arm pain which resulted in three stints placed in my heart vessels. The doctor added heart rhythm meds and daily aspirin. The following year, still suffering from the same pains, I went in for a heart catheter; and shortly after that, a wire procedure.


In October 2022, a week shy of my 66th birthday and one month from my planned retirement, I suffered a full-blown heart attack, hospitalization and two more heart attacks in the hospital. A triple



bypass surgery would be performed on my birthday.

We have no control over hereditary factors. Life events that led up to my heart attacks and surgery can't be changed, but now I know to recognize the signs and listen to my heart.

I want to encourage others to know them, too. Don't ignore jaw, arm, chest or stomach pain. Get regular cholesterol, thyroid and blood pressure checks, keep your weight in normal range, eat healthy, exercise three to five times per week; and if you smoke, quit!

My family, friends and co-workers helped me celebrate the best birthday present of all last year ... a new lease on life! My wish for you all is that you stay safe and abundantly healthy! 



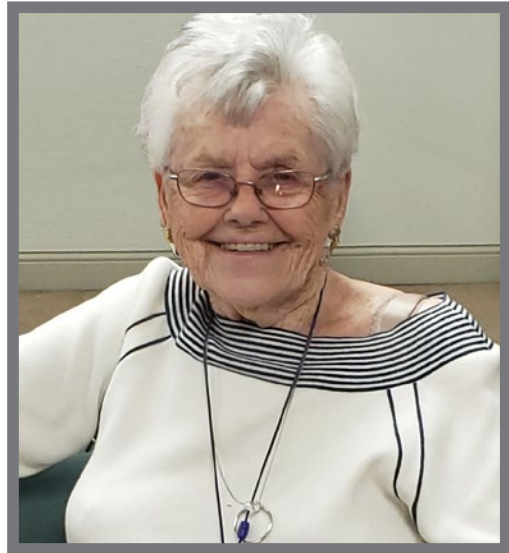


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Mood-Boosting Nutrition

By Devin Mueller, Aging Partners Nutrition

Long winter months can have a major impact on both our physical and mental health, impacting our well-being and mood! Life is tough enough — no need to be handling all those challenges while feeling down. Everything is usually easier when we are feeling good and in high spirits.

Proper nutrition can help put us in a better mood. Fueling our body more efficiently can help curb cravings, keep us fuller longer and close the gap on any nutrients we may be lacking. Dietary changes can bring about significant changes, not only in our brain structure, but also our chemistry and physiology, which can lead to changes in behavior. Let's look to see exactly how and why certain foods may help keep bad moods at bay.

Use Food to Boost Your Mood

Fish is an excellent source of protein that is great for building muscle and maintaining strength. Fish is known for its heart and brain health benefits, but those aren't the only perks. Research shows the omega 3 fatty acids found in fish can be a mood stabilizer and may be linked to better mental health. Omega 3 fatty acids can also be found in flaxseed,

canola oil, cauliflower, red kidney beans and broccoli.

Balance your breakfast. Make sure the first meal of the day is loaded with fiber, lean protein, healthy fats and whole grains. Research shows that regularly consuming a well-rounded breakfast may help improve mood, memory and energy while also providing a sense of calmness.

Get to know selenium and consume those foods. This mineral is important to brain health and function. Studies have reported that having a lower-than-normal level of selenium intake can be correlated with having poor moods. Foods packed with selenium include Brazil nuts, oysters, clams, albacore tuna, sardines, pork tenderloin, crab and whole-wheat or regular pastas.

Slow Your Weight Loss. If you are overweight and decide to lose weight, researchers advise to slowly lose weight. This can help elevate mood. Also, fad dieting isn't the answer. Do not deprive yourself of calories and carbohydrates, as it may not give your body the nutrients it needs and may cause irritability.

Boost those serotonin levels. This is a vital chemical that is typically known as the “feel good” chemical that sends

“happy” messages to your brain. In theory, the more serotonin in your body, the better your mood.

Tryptophan is an amino acid found in protein-rich foods, which can influence the amount of serotonin in our bodies. Carbohydrates are also important, especially those with fiber and other nutrients such as whole grains, beans, fruits and vegetables. Folic acid is vital in helping to keep our serotonin levels stable. Too little folate can cause serotonin levels to crash and our mood to decrease. Consuming folate-rich foods can help maintain and even elevate serotonin levels. Foods high in folic acid include spinach, lentils, romaine lettuce, pinto beans, black beans, navy beans, kidney beans, broccoli and orange juice.

Excessive alcohol intake can have a negative impact on our health and well-being, especially mood. There is strong research to suggest that serotonin dysfunction and negative moods can be directly related to overconsumption of alcohol.

Everyone feels blue from time to time, but don't let it take ahold of you! When you're feeling down, you may crave calorie-rich foods. These are foods with high sugar content like ice cream or cookies. These types of foods usually give you a sugar rush and likely won't help you in the long term; in fact, they could adversely affect your health down the road.

Aim to incorporate a variety of lean proteins, whole grains, colorful fruits and vegetables, and low-fat dairy into your diet. These foods will provide various nutrients to your body and may help improve mood and overall mental health. ^{LW}

Sources: www.webmd.com,
www.culinarynutrition.com,
www.healthline.com



Orange, Banana, Kiwi Smoothie

Ingredients for two large glasses:

2 kiwis

1 banana

3-4 oranges, or about 1 ½ cup of fresh orange juice

Instructions:

1. Peel and chop kiwi and banana.
2. Squeeze the oranges to collect the juice.
3. Put the fruit and orange juice in a blender jar and pulse for 1 minute.

Enjoy your mood and energy-boosting smoothie!

www.eatwell101.com/winter-smoothie-recipe-with-orange-banana-and-kiwi



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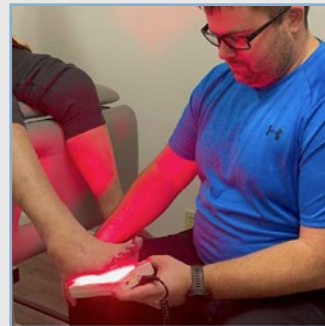
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The Lymphedema Clinic

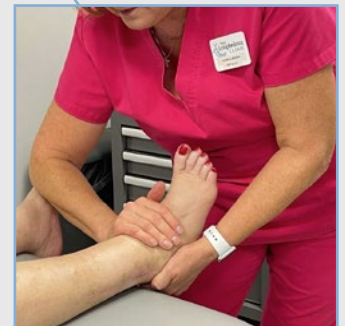
Opened in May 2020, The Lymphedema Clinic aims to serve our community and help those affected with lymphedema to live their lives to the fullest. Our vision is to become a premier lymphedema treatment provider for the Lincoln, Nebraska area.

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Caregiver Corner

Saltdogs Support Caregivers

Feeling the warm sun, hearing the crack of the bat, enjoying peanuts and Cracker Jack are cherished childhood memories for many. Hundreds of area caregivers have enjoyed a leisurely evening of respite while rooting for the hometown team — the Lincoln Saltdogs at Haymarket Park.

Respite care provides temporary relief for primary caregivers, enabling a much-needed break from the demands of caregiving for an aging, disabled or sick family member. Respite can help ease the burden of family caregiving and relieve stress, restore energy and promote balance in life.

For years, the Lincoln Saltdogs, an Independent Professional baseball team, has continually shown support to our community's caregivers by generously donating tickets for Aging Partners to distribute for the purpose of respite.

"An evening at the ballpark – along with the sights, sounds, smells, and relatively relaxed atmosphere that



Photo Courtesy of the Lincoln Saltdogs

goes with it – can provide a welcome, relaxing change of pace from the day-to-day rigors of caregiving," Lincoln Saltdogs President Charlie Meyer said. "Enjoying the Grand Old American Game of baseball at a beautiful ballpark like Haymarket Park can be the ideal reprieve."



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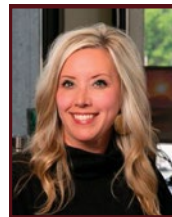


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Photo Courtesy of the Lincoln Saltdogs

Tickets are distributed through Aging Partners' office.

"Escaping to the ballpark for an evening enjoying our 'national pastime' on a summer evening can help caregivers rest and relax," Aging Partners Executive Director Randall S. Jones said. "Caregivers deserve this time to care for themselves, as it's easy to prioritize a loved one's needs while ignoring their own."

Owned by NEBCO, Inc., and with the vision of Jim Abel, the Saltdogs have been part of Lincoln's

summertime entertainment activities since 2001. Haymarket Park, which can host up to 8,500 fans per baseball game, is the home of the Lincoln Saltdogs as well as the University of Nebraska-Lincoln baseball team.

Haymarket Park was recently named "Field of the Year" for the 21st time, having won the award every year since the Saltdogs' inception; except for 2020 when the team did not play due to COVID-19.

"Our ballpark and playing surface compares favorably with any professional field in baseball," Meyer said.


Winning eight of its final nine regular season games during the 2022 season, the Saltdogs qualified for the postseason, a goal Meyer and the organization will strive for again in 2023.

"Once you qualify for postseason, anything can happen,"

Meyer said. "We've got a lot of talented players returning this year, and our goals are set high. It'll be an exciting season of baseball that our fans are sure to enjoy."

The 2023 American Association of Professional Baseball season begins with the team on the road for the first week of May 12. The home slate starts May 19 with a series against Gary SouthShore RailCats.

Tickets are available at saltdogs.com or 402-474-BALL (2255). Group ticket options are also available.

"We can't thank Jim Abel, Charlie Meyer and Lincoln Saltdogs enough for understanding the need for a reprieve from caregiving and providing a great local mechanism – baseball at Haymarket Park – to help make it possible," Jones said. "It's just another in a long line of examples that reflect the continuing commitment to Lincoln by the Abel family." 

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Love is Blind — Modern Romance Scams

By Jeremy Hoshor

In the late 16th century play *The Merchant of Venice* by William Shakespeare, the character Jessica utters the line “*But love is blind, and lovers cannot see the pretty follies that themselves commit.*” The human psyche has changed little, if at all, since the days of Shakespeare. The pursuit of love or even the perception of it can be just as blind as love itself, leading to altered and potentially compromised decision-making.

According to the FBI, between Jan. 1, 2021, and July 31, 2021, more than 1,800 individuals reportedly found out the hard way, to the tune of \$133,400,000 in losses due to a tactic now commonly defined as romance scams. A romance (or sweetheart) scam is when a bad actor makes use of technology to create fake profiles on dating sites or social media to engage in a pseudo-relationship with the victim, with the goal of scamming them out of money. Although perpetrators do not seek out their victims solely on the basis of age, the aging population can be especially vulnerable.

One may ask, how does one fall for a romance scam? In short, many times it comes down to a person's emotional feelings trumping logical thinking (love is blind). The scammer will generally present themselves as a younger, attractive

individual, showering the victim with compliments regarding their appearance, personality and other attributes. This develops quickly into a relationship which involves frequent conversations. In a relatively short period of time, a trust bond develops, which then leads to the scammer quickly moving on to their ultimate goal — requesting money. They may ask for small or large amounts. The method chosen for acquiring the money is one that makes it difficult for the victim to get their money back, such as wiring money, gift cards, money transfer app or cryptocurrency.

Because of the relative exponential speed at which a victim can become swept away by their perpetrator, it can be difficult to know that manipulation is taking place until it is seemingly too late. It is important to have some rules to avoid becoming an unknowing victim.

A good first rule is to never send money or personal information to anyone you have never met in person. Most romance scammers will do everything to avoid being seen. Asking them to engage in a video chat is a good way to determine if they are who they say they are. Perpetrators will make various excuses as to why they cannot video chat or



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www.L-housing.com

Mahoney Manor

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(Age 55 and older)



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(Age 62 and older)



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meet in person; this is a red flag.


You should perform an internet search and reverse image search on any potential dating partners. A reverse image search can be done by visiting www.images.google.com and clicking the camera icon in the search bar. There, you upload the images sent to you; and after looking at the information, you can determine if this is really the person you have spoken with or if they have taken photos from someone else.

At the end of the day, if something seems fishy, be skeptical, and if you are uncomfortable, do not feel pressured to continue the relationship; you can end it at any time.

If you feel you may have fallen victim to a sweetheart scam, do not spend time or energy sulking or feeling gullible. Although it may be natural to feel this way, it is not productive. Scammers are very clever, many times using sophisticated schemes. They have

tricked many people. The thing to do is to get to work. Start by resetting all passwords for your tech accounts. Then, file a report with the Internet Crime Complaint Center (IC3) and report the fraud to the FTC and the Consumers Affairs Response Team in the State Attorney General's Office at 402-471-2682 or toll-free at 800-272-6432. Notify your financial institutions and let them know you may have been scammed. Block the scammer from all forms of communication, whether that be

messaging apps, social media, dating apps, text messaging or phone.

The pursuit of love and happiness may lead to a temporary blindness of awareness and reason. Unfortunately, scammers are very aware and alert and ready to pounce on any vulnerabilities. Educating yourself on how to spot their tactics and knowing strategies on how to avoid being victimized can help assure you are not that next of the growing number of victims of romance scams. 

More on page 30.



RE/MAX CONCEPTS

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402-441-4120

Pioneer Office – Main Branch
4141 Pioneer Woods Dr., Suite 114
Lincoln, NE 68506

Senior Estate Specialist

Southwest Office
8135 South 15th, Suite A
Lincoln, NE 68512

Love is Blind—Modern Romance Scams

Article on page 28-29.

Signs of a Romance Scammer

- Love bombing: lavishing with excessive flattery, affection, and praise.
- Refusing to use video chat or share “real life” pictures.
- Providing excuses for not being able to meet in person.
- Scammer claims personal hardship or interest in investing in the victim.
- Requesting money using unrecoverable methods: wire, gift cards, crypto, etc.



Action to Take if Suspected to be a Victim

- Do not sulk or feel gullible.
- Reset passwords of all tech accounts.
- File complaint with IC3: www.ic3.gov.
- Report the fraud to the FTC at www.reportfraud.ftc.gov.
- Report the fraud to the Consumers Affairs Response Team in the State Attorney General’s Office at 402-471-2682 or toll-free at 800-272-6432.
- Notify any financial institutions.
- Block the scammer from all forms of communication.



Strategies to Avoid Being Victimized

- Never send money to someone you haven’t met in person.
- Request real life pictures and engage in video chat.
- Research the potential dating partner with an internet search.
- Include a reverse image search.



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Staying Self-Sufficient

By Mitch Sump, Aging Partners program coordinator

“It’s spring fever. That is what the name of it is. And when you’ve got it, you want – oh, you don’t quite know what it is you do want, but it just fairly makes your heart ache, you want it so!” – Mark Twain

Being fortunate enough to have been a Midwestern farm kid who would have stayed outside 24/7 had my mother allowed it, this Mark Twain quote has always had a soft spot for me. As I have mentioned before, I love all four seasons for various reasons, but spring can be magical! Wildflowers fighting their way through dirty drifted snow; baby animals playing around old wooden barns in warm yellow sunlight; warm(ish) mud squishing between bare toes so recently confined to snow boots – each and every one a simple pleasure of spring!

Spring is an active time of year for our programs, so keep reading to see what all we do and how we can help you stay independent and enjoying Nebraska’s spring!

Handy Home Services

Spring kicks off our busy season with many clients requesting our techs’ help with yard cleanup, moving of outdoor furniture and miscellaneous outdoor chores. In addition, we continue to do minor home repairs (“minor” being defined as less than four hours to complete and not requiring licenses or permits). To enlist the help of these wonderful folks, you need to sign up for the program specifically. You must be 60 years of age or older, own the home where the work is being done and occupy the home. Please reach out to 402-441-7030 for more information about using this



program or getting involved as a technician.

Aging Partners has another program that might be able to assist you in areas that Handy Home Services can’t. Do you occasionally need something delivered or picked up? Would you or a loved one benefit from having a volunteer call you to see how things are going? Would you like to have someone visit you or someone you know every so often to just talk? These resources may be available to you. NeighborLNK was spawned during the pandemic, matching volunteers with clients who need the aforementioned resources. Please call 402-441-6076 to see if NeighborLNK is a good fit for you as either a participant or volunteer (see the article on page 10 for more program information).

Rural Transportation

Maybe you got a touch of spring fever yourself and are looking for a way to get out of the house. Consider using Lancaster County Public Rural Transit to go on an adventure into

Lincoln from your home outside the city limits. Or do the exact opposite and visit a friend in a community in Lancaster County from your home in Lincoln. Cost to ride the bus/van is \$2 per boarding, so round trip from your home to another location is only \$4. Give us a call at 402-441-7031 to inquire about schedules and to plan your next trip.

Senior Center Transportation


Do you want to get out of the house? Do you want to meet new people? Do you want to play games, watch movies, listen to music or learn new skills? Do you want to eat a meal you don’t have to prepare and wash the dishes yourself? If you answered yes to any or all of these questions, then you need to call 402-480-4329 to ask about the senior center in your neighborhood.

By the way, we are always looking for fun-minded, energetic, safe drivers to join our bus/van crews. Call us at 402-441-7893 if you want to be a part of making clients smile!

Lifeline Emergency Response System

Does the thought of getting out of your home bring a song to your heart, but there's still a little hesitancy holding you back? If this describes you, maybe owning a little sense of security is in your future! Lifeline Emergency Response System offers several different products to match your lifestyle, comfort level, and yes, your budget! Don't let the hesitancy you might feel hold you back from the adventures you are wanting to experience. Pick up that phone and call 402-441-8816 to get the security you deserve.

As always, I am running short of space but wanted to talk about the new equipment that will be featured at our new Health and Fitness Center at Victory Park. This is a system of brand-new, state-of-the-art, air-driven strength and resistance machines designed for use by seniors. In addition, the fitness area has machines for cardio exercise, several classes offered at various community locations, and staff on-site who can help you with your personal health goals. Remember, swimsuit season is just around the corner!

Until next time, stay safe, stay happy and stay self-sufficient! 



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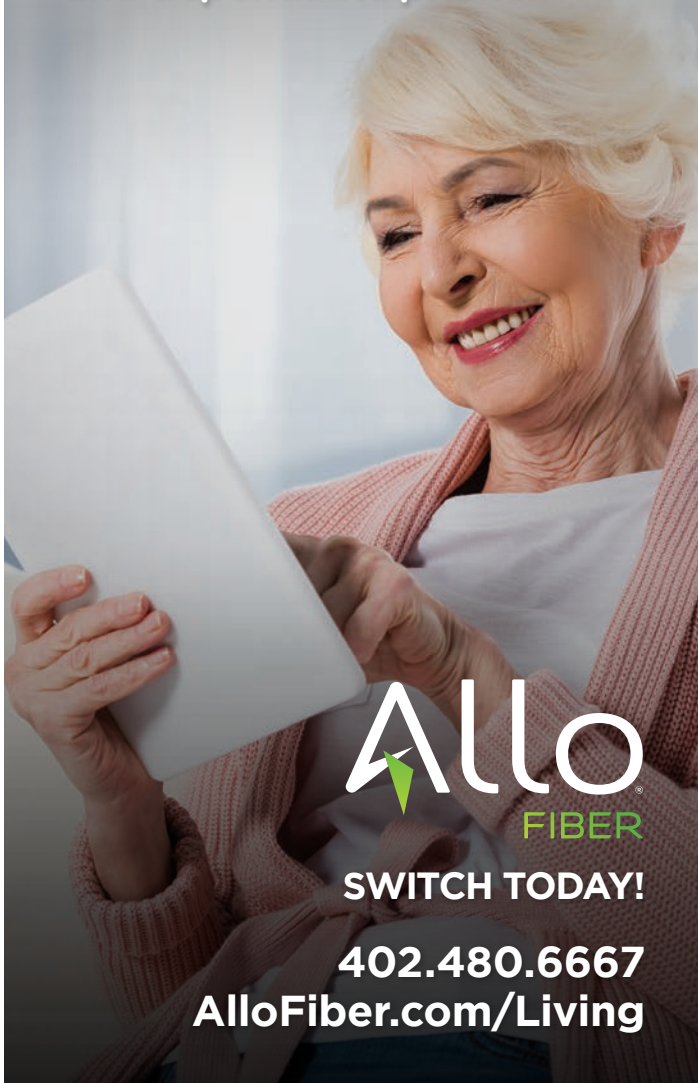
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Key for Services: ▲ = Lancaster only

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 to ensure the independence and full life of the people we serve.

Being Well

NUTRITION

402-441-3480

- **Meals** - Noon meals, selected evening meals with entertainment and special holiday meals are available at some centers.

HEALTH AND FITNESS

- **Fitness Center** - Cardio and strength training equipment. Certified personal trainer is available by appointment. ▲ 402-441-7575
- **Senior Health Promotion Center** - University of Nebraska-Medical Center and Aging Partners provide comprehensive foot care along with blood pressure, cholesterol, glucose and bone density screenings by appointment. ▲ 402-441-7506 or 402-441-7575
- **Caregiver Support Services** - Caregivers take care of family members and friends. But who takes care of the caregiver? Support groups provide hope, information and a safe environment to share concerns. Sessions are led by a Licensed Independent Mental Health Practitioner. ▲ 402-441-7575

- **Health Education Programs** - A variety of topics assisting individuals to make healthy lifestyle choices.
- **Exercise** - Tai Chi, chair yoga, Qigong and dance classes are available at several locations. Daily fitness programs on LNKTv City (ALLO Channel 2, Spectrum Channel 1300 and Kinetic Channel 5) and LNKTv Health (ALLO Channel 3, Spectrum Channel 1301 and Kinetic Channel 10). ▲
- **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.
- **Durable Medical Equipment** - Providing items that address short- and long-term needs. We have various lightly used and/or new in-the-box items in stock including crutches, walkers, canes, wheelchairs, bath chairs and toilet risers. 402-441-7032
- **Lifeline Emergency Response System** - 24-hour emergency access at the press of a button. ▲ 402-441-8816
- **Handy Home Services** - Minor home repairs and maintenance including mowing, leaky faucets, painting, broken light fixtures, and heavy housework services. ▲ 402-441-7030
- **NeighborLNK** - Connects qualified, authorized volunteers with homebound seniors (age 60 and over) and persons with disabilities who seek additional support such as grocery pickup and delivery, errands such as food and medication delivery, and friendly phone visits. ▲ 402-441-6076 or 402-441-7575

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

Planning Ahead

HEALTH INSURANCE AND BENEFITS COUNSELING

402-441-7070 or 800-247-0938

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

SENIORS FOUNDATION

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

Staying Involved

SENIOR CENTERS

Social events and activities, health and educational programs. We offer noon meals, selected evening meals with entertainment and special holiday meals. Transportation to the centers is available for a suggested contribution. Four centers in Lincoln and three in Lancaster County. ▲ 402-441-7158

LINCOLN/LANCASTER COUNTY SENIOR CENTERS

- Belmont Center: 402-441-7990
Belmont Recreation Center
1234 Judson St., Lincoln
- Bennet Center: 402-416-7693
American Legion Hall
970 Monroe St., Bennet
- Firth Center: 402-416-7693
Community Center
311 Nemaha Blvd., Firth
- Hickman Center: 402-416-7693
Hickman Community Center
115 Locust St., Hickman
- Washington Street Senior Center
402-441-7157
Grace Lutheran Church
2225 Washington St., Lincoln
- Downtown Center: 402-441-7154
1005 "O" St., Lincoln
- Northeast Center: 402-441-7151
6310 Platte Ave., Lincoln

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 LNKTU.lincoln.ne.gov, or Live & Learn's YouTube channel at <http://lincoln.ne.gov/LiveAndLearn>.

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

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

CARE MANAGEMENT

All Counties: 800-247-0938

Care Management Coordinator

Jean Holt

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

MULTI-COUNTY PROGRAMS

Coordinator Jill Engel

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

MULTI-COUNTY SENIOR CENTERS

Butler County

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

Fillmore County

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

Polk County

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

Saline County

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

Seward County

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

York County

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

SENIOR CARE OPTIONS (SCO) AND MEDICAID WAIVER

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

Aging Partners News and Events

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

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



Health and Fitness

Aging Partners Fitness Center

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

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

For most Health and Fitness classes, there is a \$4 per class suggested contribution for those age 60 and over. A \$5 per class fee for those under age 60 is

required. Preregistration is required for all classes by calling 402-441-7575. Please register early. Classes that do not have sufficient enrollment will be cancelled.

Evidence-Based Tai Chi Classes

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

Tai Chi for Arthritis and Fall Prevention

Eastridge Presbyterian Church
1135 Eastridge Drive
Tuesdays and Thursdays
Two class options - 11 a.m. to Noon or 1 to 2 p.m.

May 16 through Aug. 8 (no class July 4)

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

Chair Yoga

Eastridge Presbyterian Church
1135 Eastridge Drive
Wednesdays, 9 to 10 a.m.
April 5 through May 24 (8 weeks)

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

fitness levels and physical conditions. Beginners are welcome.

Dance for Life

Auld Pavilion
1650 Memorial Drive
Wednesdays, 10:30 to 11:30 a.m.
March 8 through April 19 (no class March 22) (6 weeks)
May 3 through May 24 (4 weeks)

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

Qigong Refresh and Recharge

St. Mark's United Methodist Church
8550 Pioneers Blvd.
Thursdays, 2:30 to 3:30 p.m.
March 9 through April 20 (7 weeks)
May 4 through June 15 (7 weeks)

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

Caregiver Support Group

St. Mark's United Methodist Church
8550 Pioneers Blvd., Room 137 (Enter through door 9 on South side of St. Mark's, turn left and go downstairs)
2nd Tuesday of every month
5 to 6 p.m.

Caregivers take care of family members and friends. But who takes

Call in advance to check on the status of events, health clinics and the fitness center in April and May:

402-441-7158 (events)

402-441-7575 (fitness center and health clinics)

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

Eligible caregivers are:

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

Foot Clinics/Senior Health Promotion Services

Aging Partners Foot Clinics and UNMC Senior Health Promotion Services are by appointment only. They are currently held at St. Mark's United Methodist Church's Vermeer Education Center and the Downtown Senior Center, though in the future, we will be moving to our new location at Victory Park (600 S. 70th St.). Social distancing and sanitation guidelines are followed. Please call 402-441-7506 for more information or to make an appointment for clinic services.

Services are available to those age 60 and over. The following services will be available: comprehensive foot care, blood pressure, blood glucose, cholesterol screenings, osteoporosis screenings and health education. Ear care will only be available at certain clinics; please call for current availability. \$20 suggested contribution will help these services continue.

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

Aging Partners Events

2023 Dinner and Show

(co-sponsored by Butherus, Maser & Love and catered by ChefauChef)
Auld Pavilion at Antelope Park
1650 Memorial Drive

5:30 to 7 p.m.

Doors open at 5 p.m.

\$12 dinner fee

\$5 round-trip van transportation within Lincoln

- **Lloyd McCarter**

Thursday, April 13

Reservation and payment deadline:

Thursday, April 6

Lloyd's combination of great showmanship, musical prowess and traditional country style always leaves the crowd eager for more. Lloyd McCarter and the Honkey Tonk Revival is the real deal! Menu: Spinach artichoke chicken breast with hashbrown casserole and garlic green beans

- **Bobby Gadoury**

Thursday, May 11

Reservation and payment deadline:

Thursday, May 4

Bobby is an excellent pianist and silky crooner. You hear the fusion of classical disciplines and cool jazz throughout his performance as he finesses the American songbook with class and sophistication. Menu: Braised beef tips in a demi-glace sauce, mashed potatoes, and steamed peas and carrots

- **Mojo Filter**

Thursday, June 8

Reservation and payment deadline:

Thursday, June 1

Enjoy oldies rock from the '50s, '60s and '70s from one of Lincoln's most popular and enduring bands. Come dance the night away! Menu: Smoked crusted pork loin, cheesy rice, and roasted California blend vegetables

- **Mike Semrad and the Riverhawks**

Thursday, July 13

Reservation and payment deadline:

Thursday, July 6

Specializing in music of the '50s, '60s and '70s, Mike Semrad and the Riverhawks are both influenced by bluegrass as well as propelled by R&B soul. This delivers a unique flair on both cover tunes (Sam Cooke,

Wilson Pickett, Everly Brothers, Willie Nelson, and more) and originals written in the same genre. Menu: Beef lasagna, garlic bread, and roasted veggies

- **3 Chords and a Cloud of Dust**

Thursday, Aug. 10

Reservation and payment deadline:

Thursday, Aug. 3

Saddle up and enjoy an evening of smooth country, bluegrass and folk all done with a toe-tapping taste of country swing. They're a folksy, down-home, laid-back, front-porch-pickin' good-time band. Menu: Sliced honey roasted ham, scallop potatoes, and green bean casserole

- **Lightning Bugs**

Thursday, Sept. 14

Reservation and payment deadline:

Thursday, Sept. 7

The Lightning Bugs are a popular trio specializing in "moonbeam swing." Smooth vocal harmonies in the Mills Brothers tradition are the hallmark of a Lightning Bugs show. The Lightning Bugs' repertoire features jazz and pop standards from the '30s and '40s when the big bands were playing, and dance floors were crowded. Menu: Chicken Alfredo pasta bake, garlic bread, and roasted broccoli

2023 Nebraska Historical Lunch Series

(in collaboration with Gere Library)

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 12:15 p.m. and the program begins at 12:30 p.m. Reservations and payments due by noon the Monday before the event. Reservations are required even if you are not having lunch. Call 402-441-7158 to make your lunch reservation.

This season, the series will spotlight the institutions that make Lincoln the

Continued on page 38.

Aging Partners News and Events

Continued from page 37.

Star City. Learn about the history of Lincoln's City government, our public school system, City library system, our oldest hospital, the police department, and the changes in our demographics over time.

- **Wednesday, April 19 – A Look at the Village of Lancaster, presented by Jim McKee**

Learn how Lincoln became the capital city, why it was named Lincoln over Lancaster, why Yankee Hill isn't the capital and the first days of Lincoln as a new city and Nebraska's state capital.

- **Wednesday, May 17 – Built for Learning: A history of Lincoln Public Schools, presented by Ed Zimmer**

From the original Lincoln High School of 1871 to the newest high schools opening in 2022 (Northwest) and in 2023 (Standing Bear), Lincoln Public Schools have a rich history of growing with the community. Ed Zimmer traces history through images and stories spanning 150 years.

- **Wednesday, June 21 – What's in a Name? A Short History of Lincoln City Libraries and Its Namesakes, presented by Kimberly Shelley.**

Do you know who Charles H. Gere was? Bess Dodson Walt? Victor E. Anderson? Learn about the individuals for whom Lincoln City Libraries were named, as well as how Lincoln City Libraries has evolved and grown during the past 150 years.

- **Wednesday, July 19 – Lincoln's First Hospital: A Journey Through Time, presented by Donna Hammack and Michael Bingeman**

Michael and Donna's presentation will span the establishment of St. Elizabeth in 1889 at the Buckstaff Residence to the present-day St. Elizabeth, a regional

medical center located on south 70th Street. They will explain the origin of the name and the multitude of changes that have occurred over time.

- **Wednesday, Aug. 16 – History of Lincoln Police Department presented by Joy Citta and Jason Hellmuth**

Joy and Jason will give a history of the Lincoln Police Department from the 1870s, when there were only three police officers, to the present when primary police services in Lincoln are delivered by over 200 officers.

- **Wednesday, Sept. 20 – Lincoln's Changing Demographics, presented by Mary Sauers**

From pioneer times to the present, Lincoln's demographics have changed significantly, particularly with influxes of immigrants throughout our history. Mary will explain those changes according to Lincoln's census information.

Aging Partners 2023 Trips

Join us for a trip featuring entertaining places and activities. Transportation (within Lincoln) from your home to pickup site is \$5. For details and reservations, call 402-441-7158.

- **Dwight D. Eisenhower Presidential Library, Museum and Boyhood Home; Abilene, Kansas**

Thursday, May 18

Departs: 8 a.m.; Shoemaker's Travel Center, 151 SW 48th St.

Returns: about 9:30 p.m.

Cost: \$85 (must have 30 participants)

After we complete our visit, we will stop by the Russell Stover Chocolate Factory and drive by the world's largest belt buckle. To top it off, we'll stop at Hardee's for supper (at your expense) and then head back to Lincoln. Reservations must be made by Tuesday, May 2.

- **Spirit of Brownville Lunch Cruise and Tour of Local Museums**

Thursday, June 15

Departs: 10 a.m.; Southeast Walmart, 8700 Andermatt Drive

Returns: about 5:30 p.m.

Cost: \$70 (must have 40 participants)

Join us on an all-day adventure to Brownville to enjoy an unforgettable Spirit of Brownville lunch cruise and museum tour. The Spirit gives visitors an opportunity for an authentic river country encounter and a chance to enjoy the natural beauty of the Missouri River.

After our cruise, we'll tour three museums. The Carson House is the home of the founder of Brownville. It has a wonderful carriage house with many of its original furnishings. The Sage Memorial Museum consists of Native American History in Nebraska and surrounding states. The Wheel Museum was recently renovated and reopened to the public, featuring a steam engine, Nebraska river exhibit, the Nebraska Farmer pressroom, an early printing exhibit, 1846 cannon and carriages. Reservations must be made by Tuesday, May 30.

- **Dinner at Victory Park and Lofte Community Theater – "9 to 5: The Musical"**

Thursday, July 20

Dinner: 5 p.m., board bus 5:45 p.m. following dinner

Departs: 6 p.m.; Victory Park Center, 600 S. 70th St.

Cost: \$50 (must have 40 participants)

Join us for a night out. We'll have dinner at our new Victory Park Center and then board a big bus to travel to the Lofte Community Theater to see "9 to 5: The Musical."

Pushed to the boiling point, three female coworkers concoct a plan to take the power away from the sexist, egotistical, lying,

hypocritical bigot they call their boss. Based on the 1980 hit movie, "9 to 5: The Musical" is a hilarious, outrageous, and thought-provoking story of friendship and revenge in the Rolodex era. Come see these women take control of their office and discover there is nothing they can't do, even in a man's world.

We would love to have you join us on this evening adventure. Get your reservations in quickly. This trip will fill up fast. Reservations must be made by Monday, July 3.

- **Nebraska State Fair, Nothing More Nebraskan – Older Nebraskans Day** Monday, Aug. 28

Departs: 9 a.m.; Shoemaker's Travel Center, 151 SW 48th St.

Returns: about 5:30 p.m.

Cost: \$50 (must have 40 participants)

Get on the bus and come with us to the Nebraska State Fair. I know many of you miss it being in Lincoln and may have not made the trip out west yet to see the new setup,

but now is your chance. We would love for you to let us drive you, drop you off at the gate and get you back home safely.

On this day, there will be a Wellness Festival which features businesses throughout Nebraska including health services, nursing homes and other older Nebraskan-based services. There is also 25 cent BINGO all day long and older Nebraskans focused entertainment and activities. Scooter and wheelchair rentals are available for a fee on a first-come, first-served basis.

Reservations for scooters or wheelchairs are made online at www.htmia.com or call Hometown Mobility at (712) 938-2029 from 9 a.m. to 5 p.m., Monday through Friday. Trip reservations must be made by Thursday, Aug. 10.

- **Lincoln Children's Zoo**

Thursday, Sept. 21

Arrive at Zoo: 10 a.m.

Departs: 2 p.m.

Cost: \$17 (no minimum)

Giraffes, crocodiles, eagles, bearded dragons, bobcats, and bats are just a few of the animals you will encounter on our day trip to the Lincoln Children's Zoo. For \$17, we'll pick you up from home, get you to the zoo to enjoy over 400 animals, ride the train, feed the giraffes, and get you back home for supper. Reservations must be made by Tuesday, Sept. 5.

Bill Chrastil Performs

Northeast Senior Center


6310 Platte Ave.

Friday, May 12

\$4 suggested meal contribution age 60 and over

\$8 meal fee for under age 60

Call: 402-441-7151 to reserve a meal.

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

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

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

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