

LivingWell

Winter 2018 • Volume 14 • Issue 1

A publication of



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Nature Center
Gateway to Nature**

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Now to Ask for
Fitness Help**

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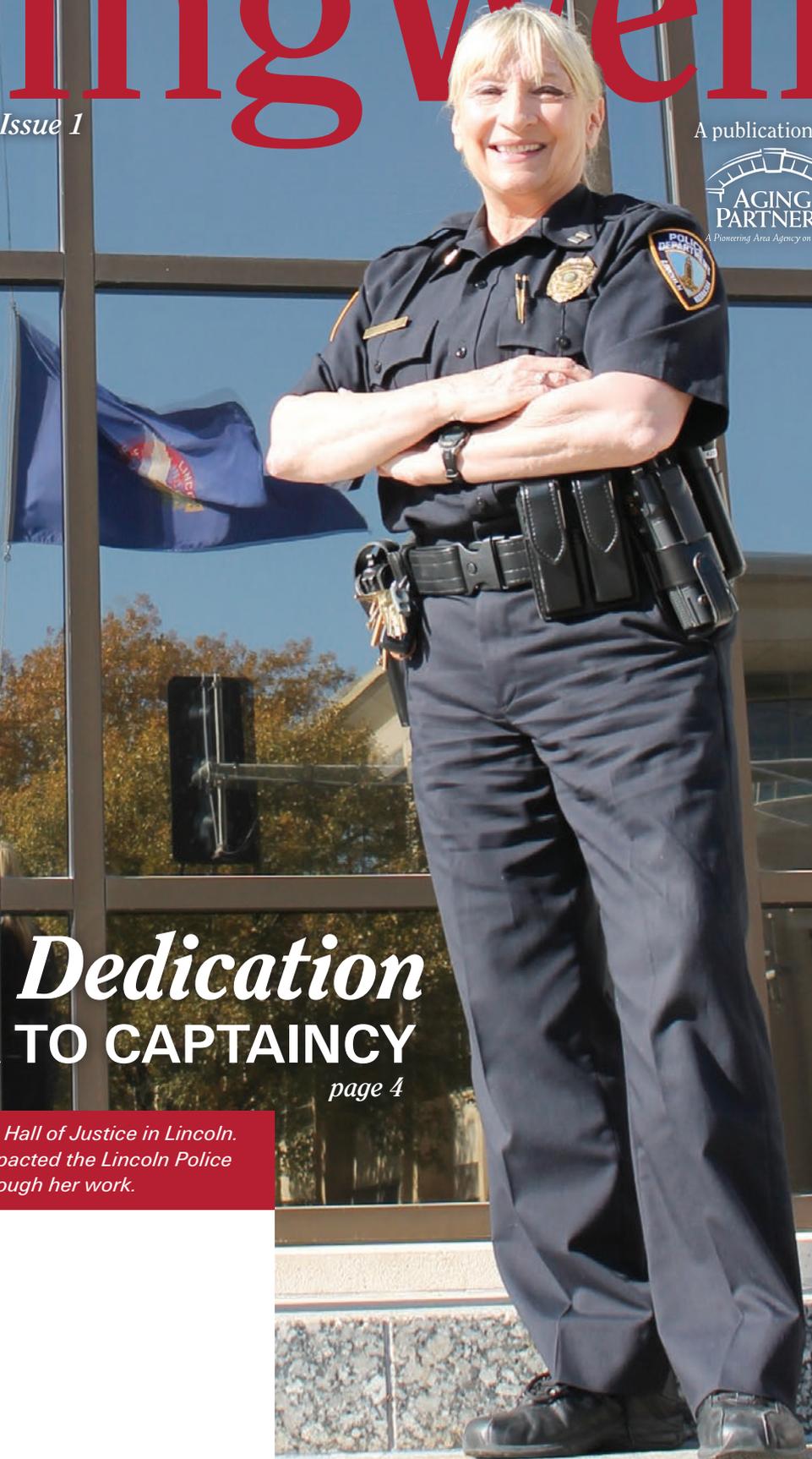
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GUIDE CITTA TO CAPTAINCY

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Capt. Joy Citta stands in front of the Hall of Justice in Lincoln. For 38 years, Citta has positively impacted the Lincoln Police Department and the community through her work.



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Director's Corner



With our cover feature article focused on my good friend Lincoln Police Department Captain Joy Citta, it would be a good time to declare my 2018 New Year's resolution to not be a victim.

Protecting ourselves from identity theft is crucial. I haven't been impacted yet, and I don't intend to change that. Here is how I'm going to do it.

File my IRS tax return early.

Experts suggest that with the recent hack into Equifax data, scammers are prepared to use personal information from that hack to file fake returns to the IRS. By filing early, I can prevent thieves from filing an additional return using my identification.

I'm going to stand firm. Caller I.D. on phones is a must. I don't answer calls from numbers I don't recognize. And remember, if the IRS wants to contact you, they'll do it by regular mail.

I'm not going to be greedy.

Be leery of "once in a lifetime" or "winner of the sweepstakes" scams. Let common sense be your guide. Don't be afraid to say NO!

Have NO fear. All scammers try to appeal to your fear. The faster they can cause you to be fearful of not acting, the faster they have you on their hook. Don't fall for it. I prefer to politely say, no thank you.

For further information on how you can keep from becoming

a victim, contact Aging Partners at 402-441-7070.

More good information can be found at The Nebraska Attorney General's Office by calling 402-471-2682, 800-727-6432 or their Senior Outreach Hotline at 888-287-0778.

Thank you, Joy Citta, for your public service to the citizens of Lincoln. We will do our part to help you get the bad guys. **LW**

Randall Jones

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

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Staying Involved

Courage, Dedication GUIDE CITTA TO CAPTAINCY

In 1972, Title VII of the civil rights Act was amended, outlawing gender discrimination from state and local governments and further expanding opportunities for women in law enforcement.

Like nearly all agencies, the Lincoln Police Department (LPD) did not hire women as uniformed patrol officers until the mid-1970s. While previously females were commissioned officers at LPD, they were not on patrol and held a separate title of policewomen, as well as different duties.

Today, one in five LPD officers is female, but forging the success of today includes a difficult past. Captain Joy Citta broke into law enforcement 42 years ago and has moved through the ranks from officer to captain, influencing both LPD and the Lincoln community.

Overcoming Barriers

Citta was working in fashion merchandising when her husband, Bob accepted a position with LPD in 1975. He soon encouraged her to follow suit.

“Law enforcement is a very customer-oriented profession,” she said. “That was what fashion retailing and sales were all about.”

Citta applied in 1975, but was told women were hired as policewomen, not patrol officers.

“They told me they wouldn’t hire me for the officer job,” she said.

She stood her ground, bringing with her a copy of the 1972 Civil Right Act amendment, but was told to leave.

Frustrated but not defeated, Citta turned to the Lancaster County Sheriff’s Department. She completed the tests and was told she was at the top of its hiring list, but she was not hired.

Persistent, Citta began her law enforcement career in 1975 with the University of Nebraska-Lincoln Police Department, which was looking to hire women officers due to an increase in female students. She was issued a badge, gun and a skirt.

The skirt proved itself impractical for chasing down suspects. After a short time, Citta and the other women officers requested and received pants.

Changing LPD

In late 1974, LPD hired a female police officer to be a School Resource Officer and then when George Hansen became chief in 1975, LPD began to hire women as patrol officers. Hansen also introduced team policing, changed the uniforms, badges and shoulder patches as well as the color of the department police cruisers.

With just a few women patrol officers in the department, an LPD personnel sergeant contacted Citta asking if she wanted to apply at LPD. She signed on in January 1979 and went straight into the field training program.

Although the challenges of getting hired were over, the work wasn’t always easy.

“My greatest challenge in this role has been being female,” Citta said. “It wasn’t about getting hired to do the work, but also for the public



In 1983, someone had the presence of mind to snap this remarkable photo in one of the Team offices. The second shift was reporting to duty, and on that squad was six women and one man. From left, Kim Cartwright, Jayme Reed, Joy Citta, Lauri Hanson, Ann Heermann, Sara Koziol and Dan Dwyer.

to get used to women being police officers. It was a whole new thing to see us (women) out there. As officers, we are all trained to handle calls and situations the same as the men.”

One of Citta’s favorite accomplishments was helping create Santa Cop in 1982 with Captain Kim Koluch as a way to help those in the community who needed a little assistance during the holidays. The program is still in existence today and was the first in the nation, although other agencies have adopted similar programs.

Moving Through the Ranks

Citta served five years as an LPD patrol officer before becoming LPD’s first female sergeant promoted by starting in uniform patrol in 1984. She was responsible for the day-to-day supervision of field officers, their calls for service and special events on the team area.

Four years later, Citta became LPD’s first-ever female lieutenant, supervising the Inspections and

Planning Unit. There she was responsible for the department's general orders and their national accreditation through the Commission on Accreditation for Law Enforcement Agencies.

While in Inspections, Citta wrote a federal grant to assist Lincoln's large refugee population and in 1981, when transferred to create a new unit called Community Services, established the LPD Vietnamese Liaison Program. She and her staff worked with other local organizations to establish trust between refugees and LPD. The grant allowed LPD to hire interpreters to translate for refugees, answer questions and translate documents.

"We realized driver's manuals and other informational documents were in English, which made it difficult for refugees to learn the laws," she said.

LPD staff created videos and translated documents to help refugees learn the laws and how to access services.

"Many of them didn't know they needed a permit to fish or had to show up in court if they got a ticket," Citta said.

While in Community Services, Citta along with her staff, piloted several programs, including D.A.R.E., crime prevention, citizen and youth academies, volunteer and college internships.

Building LPD's Future

Citta was promoted to captain of the Personnel and Training Unit in 1993 and was responsible for the department's promotional tests, recruitment for officers and civilians, revising the hiring process, minority recruitments, administering in-service training, and bringing back the recruit training academy to LPD. Previously, officers were trained at the Nebraska Law Enforcement Training Center in Grand Island.



"I had to make sure all the instructors were certified trainers, attended instructor development training and were ready to teach," she said.

In 1993, Citta worked with Don Clifton of Gallup Inc., and Clair Lindquist, IT manager at LPD, to create a Quality Service Audit (QSA). Today, interns and new recruits make the QSA survey phone calls to citizens after having direct contact with an officer. The information gathered in the survey is provided to the individual officers, to promote personal development.

"We have been able to change what we do and how we react in the community by using the QSA information," she said.

Back to the Field

Doing what she loves best, Citta returned to the field in 1996 as the Northwest/Center Team captain, holding the post for the next 10 years.

"My true love is working with people," she said. "My heart is doing things to help the community."

As commanding officer of six sergeants, 36 officers, five bike officers and nine public service officers, Citta worked closely with the community by holding monthly meetings and helping establish a new police station at 27th and Holdrege.

Citta organized a Community Policing conference for other law enforcement, which was sponsored by the U.S. Attorney's Office in Omaha.

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Courage, Dedication

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The conference covered topics such as school security, bike patrol, Santa Cop, Citizen's Academy, the Problem Resolution team and other topics.

"We wanted to provide information on community policing to those who attended," she said. "Everyone walked away with a CD of all our documents and projects so they could recreate it for themselves."

The conference, called "Projects to Go," was attended by 185 individuals from several states.

Moving Forward

In 2006, Citta became the captain for Management Services, for then Chief of Police Tom Casady's administrative unit, overseeing departmental national accreditation, strategic planning, policy development, inspections and technology.

"Joy always has a positive, upbeat attitude," Casady said. "If I needed something done, if I needed someone to create a plan on the fly, Joy is on a short list of people with that skill set."

Citta is also an adjunct professor for UNL's Criminal Justice Department, Citta teaches about municipal police departments, police and society, and new police technology to the next law enforcement generation.

Looking Back

The challenges of the job haven't hindered Citta's perseverance — the rewards outweigh the hardships. "In this role, you don't always get follow-up or comments from the people we help, but we do make a difference in their lives," she said. "We have the opportunity to truly make a difference in people's lives every day. At the end of our career, we know that what we did mattered."

With a long list of volunteer work, committees and awards, Citta forced change, acceptance and ultimately impacted LPD and the community.

"She is a trailblazer blasting through the glass ceiling into the command ranks at LPD," Casady said. "She got herself into those high-profile positions and is a great role model for others." 



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Dorothy Ekblad,
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Sgt. Joy Citta in 1983

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LESSONS LEARNED: Snowstorm Forges Preparation for Future

Unusually warm temperatures in October 1997 helped trees keep their leaves — until an unexpected “thunder snow” on Saturday, Oct. 25. The record-breaking storm dropped 13 inches of wet, heavy snow on Lincoln and nearly 2 feet elsewhere.

Roads were left impassible; businesses, churches and schools were closed. City utilities were crippled.

“Trees and power lines were overwhelmed by the strain of the snow,” said Jerry Shorney, now-retired assistant director of Lincoln Parks and Recreation.

By midnight, Lincoln Parks and Rec employees had begun clearing trees from “O” Street before moving to other arterials. At about 4 a.m., then-Lincoln Police Chief Tom Casady left home and picked up other important personnel, and the Emergency Operations Center was activated.

“By daybreak, the extent of the damage was pretty evident,” said Casady, who now serves as Lincoln’s public safety director.

With telephone lines rendered inoperable and cellular technology not yet widespread, the only effective means of communication was LPD’s radio system.

While Parks and Rec staff cleared trees, LPD helped get key personnel, such as doctors, nurses, firefighters and Mayor Mike Johanns, to work. With few all-wheel-drive vehicles in their fleet at the time, LPD requested help from volunteers and the



The 1997 snowstorm covered roads, downed trees and utility lines to cause widespread damage. Photos courtesy of Ken Dewey.

National Guard. Officers were paired with guardsmen and equipped with an LPD radio, and then sent out to navigate the snow-ridden streets.

The Aftermath

The storm, considered a once-every-200-years event, left many Lincolniters stranded. More than half of Lincoln Electric System’s customers were without power — some for up to eight days.

Radio announcements updated citizens. Emergency shelters were set up at Nebraska Wesleyan University’s Fieldhouse and downtown Lincoln’s Pershing Auditorium.

“What an eye-opener that was,” Casady said. “We learned that a lot of people in Lincoln had complex needs and no friends, family or neighbors to help.”

Many at the shelter not only needed a place to stay and food to eat, but had mobility issues or relied on medications, medical equipment or oxygen.

“We learned that in an extensive power outage or an event that makes homes inhabitable, you’re going to have a big portion of the population with no alternative,” Casady said. “And many of those are disabled or dependent on medications or devices that require electricity.”

Over the next couple of days, LPD gathered walkers, oxygen tanks, medical equipment and medications for those at shelters.

Captain Joy Citta, working at the Pershing Center shelter, reached out to the National Guard for cots and to Lincoln General Hospital for food.

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Lessons Learned: Snowstorm Forges Preparation for Future

Continued from page 7

“We also found out that taking care of people means taking care of their pets, too,” Casady added.

A United Effort

As work progressed to clear streets of debris and snow, Lincoln residents banded together. Neighbors helped neighbors, regardless of background, beliefs and national origin.

Of Lincoln Parks and Rec’s 125 employees, more than 100 were involved in clearing streets and helping direct traffic at designated sites for dumping brush, which was later turned into mulch.

LPD and the National Guard continued to transport items and people as needed.

“I’ve been in public safety for 43 years, and the best times — the

times when you feel like you are doing what you were meant to do — are during a crisis,” Casady said. “You’ll never see people pulling together and putting aside all the other differences as you will during a crisis. When these things happen, it shows what you do is fulfilling.”

What Was Learned

Since the storm, many utilities have been buried underground. About 73 percent of LES customers have underground lines — including all new developments and when construction requires overhead line relocation.

Additionally, nearly all of LPD’s 200 vehicles are all-wheel-drive.

“We recognized that in this climate it would be wise to have

a greater number of all-wheel-drive vehicles to get around in the inevitable winter driving conditions we encounter,” Casady said.

About 25,000 trees on city property were lost. In the years following the storm, 5,000 trees were planted along streets and other public property. Twenty years later, the City is still looking for ways to replace them, including allowing Lincoln Water System customers to add \$2 to their water bill to plant and care for trees along city streets, trails, golf courses and parks through the Two for Trees program.

Possibly the most important development was how the City of Lincoln learned how to better prepare for emergencies.

Did you know...

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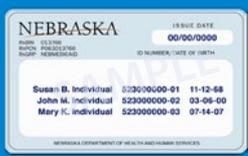


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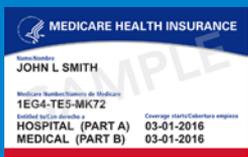
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“When we do exercises, we think about the need to accommodate people with complex medical problems, the elderly and disabled who lack nearby relatives,” Casady said. “We also know we need to accommodate pets.”

LPD was looking at a similar situation following heavy rainfall in May 2015, when a significant amount of people were at risk of displacement due to flooding.

“We thought we were headed into another situation where we needed to designate shelters,” Casady said. “All of our decisions and plans were set into motion informed by our experience from the 1997 storm.”

Voluntary evacuations were ordered, but waters receded and shelters were ultimately not needed. **lw**

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Pioneers Park Nature Center

Gateway to Nature

Nestled in western Lincoln, the Pioneers Park Nature Center boasts 668 acres of tallgrass prairie, woodlands, wetlands and a winding stream. Eight miles of mowed or mulched trails offer an experience unlike other area parks. Paths take visitors past exhibits of hawks, owls, bison, elk and white-tailed deer.

“We encourage everyone to come and enjoy the outdoors,” said Pioneers Park Nature Center Naturalist Jamie Kelley.

Each season brings changes to the plants and wildlife, and Nature Center staff host various events to help others observe them. Surveying those changes with an expert naturalist can help both

young and old experience the world more extensively.

The buildings, exhibits and trails south of the main road through the park are open Monday through Saturday from 8:30 a.m. to 5 p.m., and Sundays noon to 5 p.m., and only closed on Thanksgiving, Christmas and New Year’s Day. Until spring, the Chet Ager Building is only open on weekends. Nature Center trails on the north side of the road and to the east are open until the park closes at 11 p.m.

The Nature Center is a great place to get some exercise while enjoying nature, but please leave your pets and bicycles at home. While free to visit, donations are

accepted. For more information about the park, visit lincoln.ne.gov/city/parks/naturecenter.

A roundabout is under construction at the intersection of Coddington Avenue and West Van Dorn Street. One direction of traffic should be available at all times, but you can enter the park from Coddington in the event that you cannot access Van Dorn.

Upcoming events at Pioneers Park Nature Center:
Great Backyard Bird Count
Feb. 17, 9 to 11 a.m.; suggested donation: \$5

Experts will help attendees identify and count birds in the Chet Ager Bird Garden and then head out for a hike, weather permitting. You



can learn tips on how to identify and attract birds to your home during the winter, what types of seed to put out, and other tips.

Takes place at the Chet Ager Building across from the Prairie Building. Register by Feb. 14.

Moonrise Hike

March 2, 6:30 to 8 p.m.

Watch the moon rise over the Nature Center during this late-winter evening hike. The guide will take you through the trails for a special nighttime experience. The program is open to all, but may not be suitable for young children. All children must be accompanied by an adult. Register by Feb. 28.

Saturday with Our Naturalist

Join the Pioneers Park Nature Center Naturalist the third Saturday of March, April and May for a guided hike from 2 to 3 p.m. You'll see what's blooming and talk about the changing plants and wildlife while getting to know the trails. Please register the Wednesday before each hike. The fee is \$5 per person.

Sandhill Crane Day Trip

March 9, noon to 10:30 p.m.; cost: \$85 per person

One of the world's greatest migrations converges in central

Nebraska. Witness the spectacular Sandhill cranes as they forage and dance in the fields and fly above us on our way to the Iain Nicolson Audubon Center at Rowe Sanctuary in Gibbon, Nebraska. Stops include a visit to the Crane Trust Nature and Visitor Center and dinner at Burchell's White Hill Farmhouse.

Included in the cost is transportation, dinner and the cost of the blind (The \$25 blind reservation fee is nonrefundable if the trip is canceled or if a participant cancels and replacement cannot be found). Register by Feb. 9.

Mothers Day Bird Walk and Brunch

May 13, 8 to 10 a.m.; cost: \$16 per person

Celebrate mothers by joining us for an early-morning guided bird walk followed by a light brunch. Register by May 9.

Conversations and Coffee

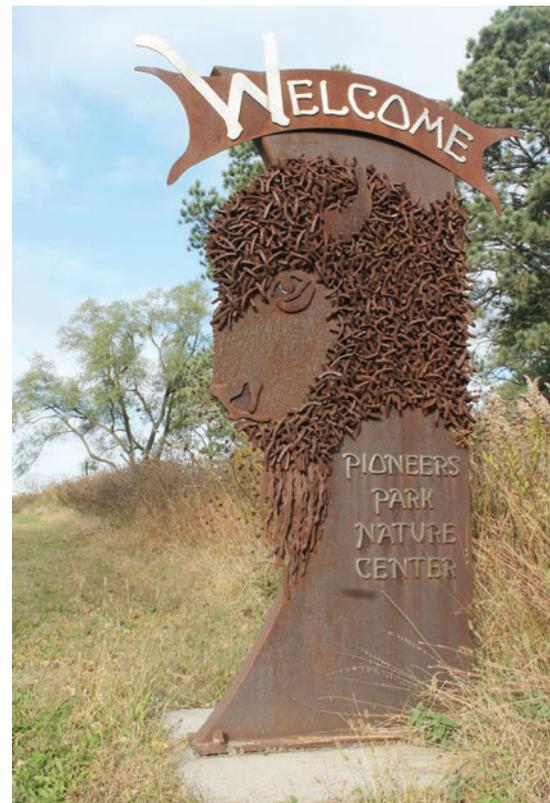
Date and time TBD.

Enjoy coffee, conversation and poetry at the Nature Center's Prairie Building. Registration not required.

To register for an event or for more information, please call the Nature Center at 402-441-7895. 



Chet Ager Building at the Pioneers Park Nature Center



Planning Ahead

Older Adults at Greater Risk for Fire Injuries: What You Need to Know

According to the National Fire Protection Association, adults 65 and over are twice as likely to be injured or killed in fires compared to the general population. By age 75, that risk increases to three times that of the general population, and to four times by age 85.

According to Lincoln Fire and Rescue (LFR) Chief Micheal Despain, most fires involving older adults in Lincoln are due to inattention during cooking and overloaded electrical outlets.

While cooking, stay in the kitchen if frying or using the stovetop, and set a timer if you are using the oven. Keep flammable items, such as towels, potholders and clothing, away from the stovetop, and turn pan handles toward the back of the stove.

Inspect electrical wires of items such as electric blankets, space heaters and decorations before use. If they are frayed or worn, throw them away. Avoid use of extension cords, especially for long-term use. If you must use an extension cord, such as for lighting holiday decorations, make sure to use only the type with a surge protector incorporated.

If you do not live in an apartment building, consider sleeping in a room on the ground floor in order to make emergency escape easier. Ensure there are no tripping hazards, and that doors and windows are easy to access, unlock and open from the inside.

Smoke alarms should be located in each bedroom, outside the sleeping area, such as a common hallway, and on every level of the home, including the basement and attic. Replace smoke alarms every 10 years from the printed date of manufacture; if no date is found, replace it. Test your smoke alarm batteries once a month and replace the batteries once a year unless you have a model that uses 10-year lithium batteries that do not require annual replacement.

It is also important to have a working carbon monoxide detector on each level of your home, ideally near the main living areas.

You should also keep a list of medications in case of fire, and give it to a family member, so you can more quickly get refilled in an emergency. Any medications exposed to smoke, extreme heat or fire are compromised and should not be used.

Having a fire extinguisher on hand can be helpful, but older adults and young children are more susceptible to smoke inhalation so exiting the home quickly is the top priority.

“For older adults, we recommend you leave the home immediately and call 911,” Despain said. “In the time it takes to find the extinguisher and get it working, many older adults could become incapacitated.”

Despain also recommends everyone get medically checked

by first responders, especially older adults, when there has been exposure to smoke.

“Victims could have cardiac issues, breathing problems, poisoning or other dangerous symptoms arise just minutes after inhaling toxic gases,” he said. “For some, smoke inhalation can result in pneumonia or other medical problems many days later, so early medical screening is critical.”

Have two ways out of your home and a plan of where to meet family members.

“When we show up, our main priority is to make sure everyone is out,” Despain said. “If we aren’t



sure upon arrival, we have to assume the worst and get ready to go into the fire, not to fight it but to search for victims. The sooner we know everyone is out, the faster we can transition into fighting the fire directly. Our primary mission is to save lives, even if it means putting ours at risk. Having an escape plan helps save your life and the lives of our firefighters.”

The majority of fatal fires occur when people are sleeping. Smoke can have the effect of putting you into a deeper sleep rather than awaken you, so it’s important to have a mechanical warning device in the room where you sleep. Aside from traditional smoke alarms, devices are available for those who are deaf or hard of hearing, which use flashing lights or vibration to alert in a fire emergency.



For those deaf or hard of hearing, a smoke alarm that lights up and vibrates can be helpful to alert residents in case of fire.

If you are interested in a hard of hearing device, contact your local fire station or LFR for more information at 402-441-8350. If you need assistance in

changing or testing your smoke or carbon monoxide alarms, call Aging Partners’ Home Handyman program at 402-441-7030. 



MUSIC'S LIFE-CHANGING BENEFITS

For this entertaining session, Tracie L. Foreman, Bobbi Brooks, and Laura Cramer, will present on music’s transformative powers and amazing health benefits. Free fun for anyone!

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Social Security: Knowing the Facts, Protecting Yourself

The sole purpose of the nine-digit Social Security Number was to track the accurate earning history of U.S. workers over their lifetime to determine Social Security benefits later in life. Since then, the number has become a way to identify a person.

Since November 1936, the Social Security Administration (SSA) has issued 453.7 million different numbers and have about 420 million numbers available for future assignments.

Since June 2011, Social Security numbers began being assigned randomly. Traditionally, the first three digits of the number were determined by geographical region in which the person lived. Numbers were assigned in the Northeast and moved westward. The removal of the geographical location protects the identity of the Social Security number and extends the longevity of the nine-digit number.

Protect Your Number

Your Social Security number is your link to retirement or disability benefits, but it also makes you a target for identity theft.

Identity thieves can use your number and good credit to apply for more credit in your name. Then, they use that credit and do not pay the bills, damaging your credit. Someone illegally using your Social Security number and assuming your identity can cause a lot of problems.

The SSA keeps records confidential and does not disclose numbers to anyone, except when law

requires, or when your information connects you with other government health or social service programs. The SSA maintains a robust cybersecurity system to protect its records, but the most important factor in keeping your information safe is you.

To protect your identity, keep your Social Security card in a safe place with other important documents. Do not carry it with you unless you need to show it to an employer or service provider.

Your Social Security number is confidential, so you should be careful to not share it unnecessarily. Giving your number is voluntary even if you are asked for the number directly. If asked, find out:

- Why your number is needed.
- How your number will be used.
- What happens if you refuse to provide it.
- What law requires you to give your number.

Based on the answers to those questions, decide if providing your number is the best course of action.

For more information on protecting your Social Security number, visit www.ssa.gov.

If You Think You're a Victim of Identity Theft

If you suspect someone is using your number for work purposes, call the SSA to report the problem, review your earnings and verify records are correct.

If you suspect someone is misusing your number to create credit or other problems for you, report the identity theft to the Federal Trade Commission at www.identitytheft.gov or 877-IDTHEFT. The SSA recommends you also monitor credit reports and contact the Internal Revenue Service's Identity Protection Specialized Unit at



800-908-4490 or www.irs.gov/uac/Identity-Protection if fraudulent tax refunds or reporting are involved. You can quickly file a complaint with the Internet Crime Complaint Center at www.ic3.gov.

You may suspect identity theft if you receive notice from the IRS, or learn from a tax professional that:

- More than one tax return was filed.
- You have a balance due, refund offset or have had collection actions taken against you.
- Records indicate you received more wages than you actually earned.
- Your state or federal benefits were reduced or canceled because the agency received information reporting an income change.

You can help protect your identity by opening your personal My Social Security account at www.ssa.gov/myaccount. By creating your account today, you remove the risk of someone else trying to create one in your name.

Online, you can view your annual earnings statement, get benefit estimates, or request a replacement Social Security card if you meet certain qualifications. Visit www.ssa.gov/onlineservices to learn all you can do online. 



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

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The Time is Now to Ask for Fitness Help

Steve and Janis Bernt know how difficult it can be to find the motivation essential to living a better, healthier life.

Steve has struggled for years with COPD, which requires that he keep an oxygen tank close by at all times. He and Janis work daily to keep his high blood pressure and diabetes under control. At night, he uses a CPAP machine to help him sleep better.

In 2015, Janis and Steve decided to start looking for a fitness center that fit their needs. A friend told them about the Aging Partners Health and Fitness Center. It was important to them that the facility was clean, affordable and friendly, had the right equipment, and was staffed with trainers to help them

get started. With their first visit, they discovered the Aging Partners fitness center, its staff and participants fit them perfectly! Janis loved that “everyone was so friendly and helpful, and everything we needed was right here!”

Fast-forward to 2017. Steve’s doctor has told him he needs to lose weight in order to improve his health and reduce his medication needs.

“I’ve always had a problem with willpower,” Steve said. “I loved my snacks.”

Throughout the years, Janis had tried to cook healthy meals, but neither she nor Steve paid much attention to serving sizes or carbohydrates. They agreed that the first step was to ask for help. The Aging Partners fitness staff began to help them fine-tune their exercise program. They gave Steve breathing exercises to improve his oxygen saturation levels and helped them to understand which types of exercise would help in the weight-loss process. Meeting with the registered dietitian on staff helped the couple better understand how food choices and serving sizes play an essential role in their overall health.

Getting this knowledge somehow “clicked” for them. Janis began experimenting with nutritious, protein-rich meals. Together, they became familiar with which carbohydrates were important and which ones packed on the calories. They found fruits and vegetables they both liked and changed the way they planned meals. Today, Janis reports they eat two smaller meals for breakfast and lunch, saving the dinner meal for their larger portions.

“Steve will have a protein shake for breakfast and sometimes lunch,” she said. “At dinner, we try to eat a good combination of protein and complex carbohydrates consisting of veggies and fruits.”

When asked if she eats differently than Steve, Janis replied, “We are in this together. I eat what Steve eats.”

He admitted that it was hard in the beginning, especially when they cut potatoes and pasta completely out of their diets. They found some healthier snacks such as frozen fruit with whipped topping. Now they have started to introduce some of those once “forbidden foods” back into their meal plans in small



Janis and Steve Bernt reached out to the Aging Partners Health and Fitness Center to help them achieve a healthier life.

amounts. In a little more than six months of dedicated healthy eating and working out four days a week, Steve has dropped 49 pounds, decreased his blood pressure and diabetes medications, and is sleeping better. Janis has also lost about 13 pounds.

Each start the workout with 10 to 20 minutes on one of the cardio machines to get muscles warmed up. Then they move to the strength machines of their choice. Janis loves the NuStep® and Universal strength machine, while Steve prefers the upper body workouts on the Bowflex® and Body-Solid® arm and chest machine. They are living proof that taking charge of your life truly is “an inside job.”

When asked what advice they would give to those struggling with taking charge of their health, their answers were to the point:

- Ask for help. The information is out there.
- Stop waiting for “the right time.” Now is the right time!
- The stronger your commitment, the better your chances for success.

“It’s all right here — desire, willpower and motivation,” Steve said with complete conviction. “I did this for myself, my wife and my children. I want to be around for a long time.” 



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Your Mouth Can Say A Lot About Your Health

Our mouth can say a lot about us — we use it to communicate and nourish our bodies. What we put into our bodies is important, but how we take care of our oral health is vital to healthy living.

Research has shown a possible connection between gum disease and other systemic conditions. Maintaining good oral hygiene is a weapon against heart disease, stroke and diabetes. Recent research showed a possible link between a specific oral bacteria and pancreatic cancer.

As you grow older, you may, or may not, notice changes in your oral health — your mouth changes and nerves may become restricted, making them less sensitive to cavities and other tooth problems. It is important to visit your dental provider because people may not realize their teeth are decayed, abscessed or

damaged. It is recommended to visit your provider twice annually unless recommended otherwise.

“Older adults often think if they have dentures that they don’t need to maintain regular dental visits,” said Gwendy Meginnis, RDH, MA, Lincoln-Lancaster County Health Department Dental Health and Nutrition Services Division manager. “But the dental provider needs to assess the fit of your denture, examining the oral tissues under the denture for sore spots and oral cancer. Your dental provider will also clean your denture for you.

Prevention is Key

It is recommended to brush twice a day and floss once a day. If you have physical limitations, talk to your dental provider about home care aids such as using an electric toothbrush or flossing aids.

As you grow older, some people can expect their gums to recede, exposing the roots of their teeth and more susceptible to tooth decay. Your dental provider will monitor the health of your teeth and gums, providing you instructions on how to care for your teeth and gums.

“There’s a misconception that as you grow older, you will lose your teeth,” Meginnis said. “Gum disease and



Lincoln-Lancaster County Health Department Dental Clinic Hygienist Jan Fischer prepares a patient for a oral health exam.

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tooth decay are preventable, but it requires good habits and having your teeth cleaned and checked regularly by your dental provider.”

Other health conditions and their medications have an impact on your dental health. More than 400 medications have side effects that contribute to dry mouth, which puts people at risk for increased tooth decay, as can radiation or chemotherapy. If someone doesn't have adequate salivary flow, which is naturally cleansing and includes minerals that help strengthen tooth enamel, they can be at greater risk for tooth decay,” Meginnis said. Take a list of medications, including over-the-counter medications and supplements, with you to your visit for your dental provider to review.

“Many older adults have co-occurring health conditions such as diabetes, cardiovascular disease or may be undergoing cancer treatment,” Meginnis said. “Often, people don't understand the importance of good oral health in managing these conditions. It's important you have good oral health because it can impact your treatment and maintenance of these chronic health issues.”

For example, someone with diabetes who has poor oral health can have greater difficulty managing blood sugar levels because of inflammation and infection caused by gum disease. Likewise, being a diabetic places one at a greater risk of getting gum disease.

“It can become a vicious cycle,” Meginnis said.

Eating a balanced diet and limiting the amount of sugar intake also can benefit your oral health. Drinks such as juices have a lot of sugar and while diet soda lacks sugar, it is acidic and can quickly wear away enamel. Combating dry mouth with hard candy also can contribute to tooth decay.

Help with Dental Costs

Many older adults don't realize that Medicare coverage does not include dental services.

“As our older adult population grows, we are seeing people who had dental insurance through their employers retire and realize they now have to pay out of pocket for dental services,” Meginnis said. “Sometimes people are forced to choose between dental care and food, housing or medications.”

That's where the Lincoln-Lancaster County Health Department (LLCHD) clinic can help. Available for

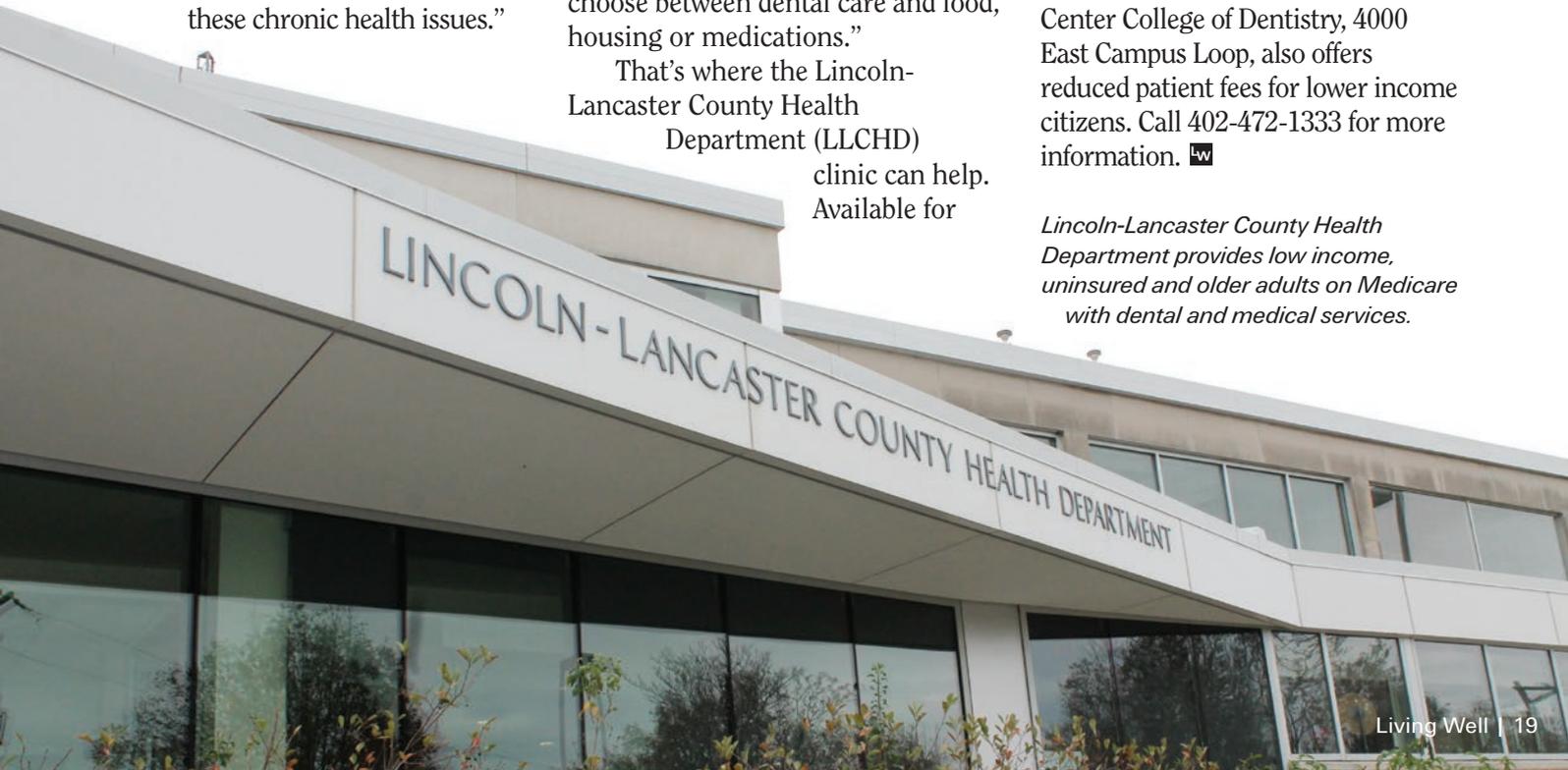
Lancaster County residents, the LLCHD clinic, 3140 “N” St., assists low-income, uninsured people and adults on Medicaid. Based on income, patients pay for care at reduced fees.

At the clinic, the dental staff provide routine preventive and basic restorative treatment, limited emergency care and simple extractions. The clinic does not provide dentures or permanent crowns on-site, but have community partnerships through grant opportunities that can provide for dentures and crowns at reduced fees. The LLCHD clinic also provides on-site interpretation.

To contact the LLCHD Dental Clinic, call 402-441-8015. You must live in Lancaster County to be eligible for services. For more information, visit www.lincolne.gov (search keyword “dental”).

For those outside Lancaster County, the People's Health Center, 1021 N. 27th St., is a federally-qualified dental clinic and health center that operates on a sliding fee scale. Call 402-476-1455 for more information. The University of Nebraska Medical Center College of Dentistry, 4000 East Campus Loop, also offers reduced patient fees for lower income citizens. Call 402-472-1333 for more information. 

Lincoln-Lancaster County Health Department provides low income, uninsured and older adults on Medicare with dental and medical services.



LINCOLN-LANCASTER COUNTY HEALTH DEPARTMENT

Limiting 'Screen Time' Makes for Happier, Healthier Older Adults, Kids

“Screen time” — it’s a popular buzz phrase these days. You might hear your children talk about limiting the amount of time your grandkids spend watching TV, being on the computer or playing video games. The goal is to keep the grandkids healthy by ensuring they get enough physical activity and limiting the barrage of junk food marketing on TV that influences them.

In general, too much sedentary behavior affects everyone’s health, but for older adults, it can not only negatively impact their physical health and hinder mobility, but their social/emotional health as well.

Sitting is the New Smoking

According to research, television viewing increases



after age 55. In fact, many older Americans spend 60 to 70 percent of their 10 to 11 non-sleeping hours a day either seated or reclining, much of it watching TV. A recent study done by George Washington University School of Public Health on the viewing habits of older adults, found that watching more than five hours of TV daily and getting three or fewer hours of physical activity a week more than tripled the study participants’ risk of disability.

“Sitting is the new smoking of unhealthy habits,” said Bob Rauner, family physician and president of Partnership for a Healthy Lincoln, a nonprofit community health organization that collaborates with Aging Partners. “All the health gains our society has experienced from cutting smoking rates have been offset by the obesity epidemic and the lack of exercise.”

When you sit for long periods of time watching television or at a desk, you aren’t using your muscles. For older adults, this can cause loss of muscle tone, strength and coordination making you more likely to fall.

“When you get up more frequently from sitting, you are working on something as simple as your leg strength and balance, which helps with mobility,” Rauner said. “An easy place to start is to get up and walk around the house during commercials.”

Move More, Sit Less

The World Health Organization recommends older adults do at least 150 minutes of moderate-intensity

aerobic exercise, or 75 minutes of vigorous-intensity exercise, throughout the week. Aerobic activity should be in bouts of 10 minutes.

Older adults with poor mobility should do physical activity to benefit balance and prevent falls at least three days per week, and muscle-strengthening activities should be done two or more days a week. You should be as physically active as your body will allow.

But getting some exercise doesn’t have to be complicated.

“Simply going for a walk is the most effective way to benefit your health,” Rauner said.

He recommends a walk around your neighborhood or building twice a day. You can even be a positive influence on your grandchildren by getting active with them — playing Wii bowling, dancing or going to the park. If the weather is too cold or you need a non-slippery, safe environment, he suggests walking at an indoor shopping mall, in a public building, the YMCA, or a senior or community center.

TV and the Social/Emotional Health of Seniors

Two other downsides for seniors of watching too much television are social isolation and how older adults are portrayed on television. A study by the University of Southern California found that



older adults are underrepresented and stereotypically portrayed on TV (ageism), possibly impacting their sense of self-esteem, confidence and optimism, as well as their health. According to the study, seniors who experienced ageism once a week or more reported having more physically and mentally unhealthy days per month than those who rarely or never reported experiencing ageism.

Connect with Aging Partners

Getting out and about for any reason can be a great opportunity to get moving and socialize with others. Chat with people at the grocery store, coffee shop, or meet with others from your church. Play cards or board games or find groups with similar interests such as gardening, sewing, bowling or bingo.

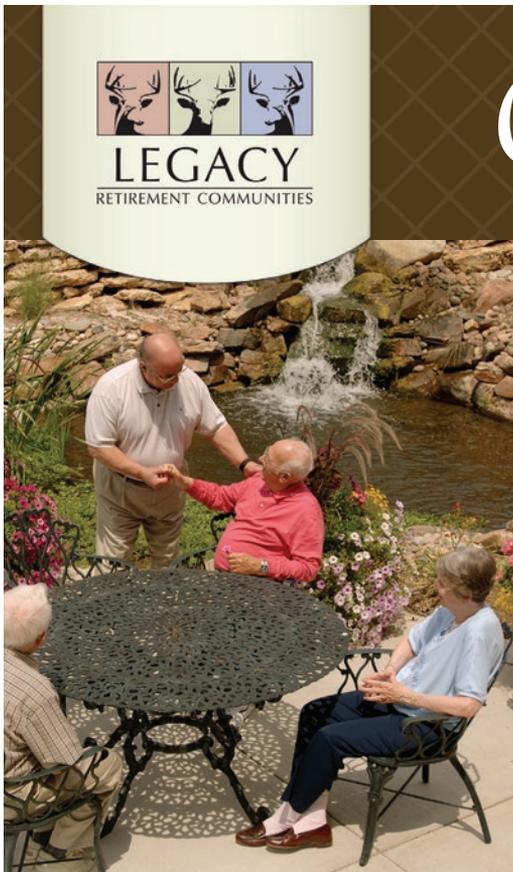
Aging Partners can help to connect you with programs



and opportunities to socialize or exercise. In Lincoln, you can also find Aging Partners-led workout programs specific for older adults on LNKTV Health on ALLO channel 3; Spectrum channel 1301 and Kinetic channel 1010, or anytime on the Live & Learn YouTube Channel. For TV

programming, check with your provider for viewing times.

Remember — the fewer hours you or your grandkids spend in front of a screen and the more you move, the better you'll all be. Walk around — you'll be happier and healthier for it. **LW**



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Go Further with Food

March is National Nutrition Month, a nutrition education and information campaign sponsored by the Academy of Nutrition and Dietetics. The campaign focuses on the importance of making informed food choices and developing sound eating and physical activity habits.

Each year, the Academy picks a fun, new theme to encourage well-balanced eating. The theme for 2018 is “Go Further with Food.” It encourages us to get the most benefits out of healthy eating, but also to reduce food loss and waste. Managing food resources at home can help save time and money while ensuring you receive the most nutrients for your health.

Incorporate Healthy Foods Throughout the Day

Including a variety of healthy foods in your diet is important to ensure your body receives the nutrients it needs to be healthy. Following the MyPlate diagram is a great way to practice balanced eating and proper portion control.

It is recommended to make half of your plate fruits and vegetables. Choosing a variety of fruits and vegetables, especially those that are dark green, red and orange, provide a variety of antioxidants and phytochemicals to your body. Aim to incorporate more whole grains such as brown rice, oatmeal and whole wheat bread. Whole grains are a good source of dietary fiber, which can help with digestion and balancing blood sugar levels. Choose leaner cuts of meat and consume more plant-based proteins such as beans, peas, nuts and seeds. Protein serves as building blocks for bones and muscles. Incorporate low-fat or fat-free dairy into each meal as well. Dairy provides calcium and vitamin D, which are important nutrients for bone health.

Each food group provides various nutrients to the body and is important for overall functioning. Aim to incorporate a rainbow worth of colors to get in all those healthy vitamins, minerals and antioxidants.

Reducing Food Waste: What Can You Do?

Some people may not realize how much food they throw away – everything from uneaten leftovers to spoiled produce. It is estimated that more than 90 billion pounds of edible food goes uneaten each year, costing most people about \$370 annually. Once food is in landfills, it breaks down to produce methane, a

potent greenhouse gas. With the world population growing and the mounting pressures on agricultural resources, it is important to take measures to reduce the amount of wasted food. This saves time and money, and helps feed people who need it most.

Planning meals ahead of time can save time and money. Check to see what foods you already have on hand and incorporate meals using these ingredients:

- Keep staple foods in the house such as beans, brown rice, pasta and other canned goods.
- Only buy what can be eaten or frozen within a few days. Many foods can be frozen, such as meats, breads, cheese, milk and butter.
- Get creative with leftovers by incorporating them into other meals throughout the week. Take leftover meat and vegetables and create a tasty soup or casserole. Use stale bread to make homemade croutons. Blend overripe fruit into a smoothie. Consider dedicating a night specifically for cleaning out the fridge and using all the leftover food.

Practice good food safety by keeping food clean, separated and cooked to a proper temperature. When grocery shopping, keep meat separated from other food products and always shop the cold section last. Check expiration dates to ensure you are selecting food at its best quality. Wash your hands before and after handling raw food, and always wash produce



before cutting or eating. Keep meat and produce separated in the refrigerator and use separate cutting boards to help reduce cross-contamination. Never rely on color as an indicator of “doneness” and always use a food thermometer to determine if food is thoroughly cooked. Good food safety practices help protect food quality for safe eating.

Donating food to local food banks and pantries can reduce the amount of waste in landfills, but it also helps provide food for people in need. Donated food can often include nonperishable and unspoiled items. Consider looking through your cupboards for anything you would be willing to donate. Call your local food bank or pantry to see how you can help.

Incorporating a variety of healthy foods and taking simple measures to reduce food waste helps ensure that we are getting the most benefits possible from healthy eating. These practices can also save time, money and resources. 

Easy Vegetable Taco Soup

Ingredients:

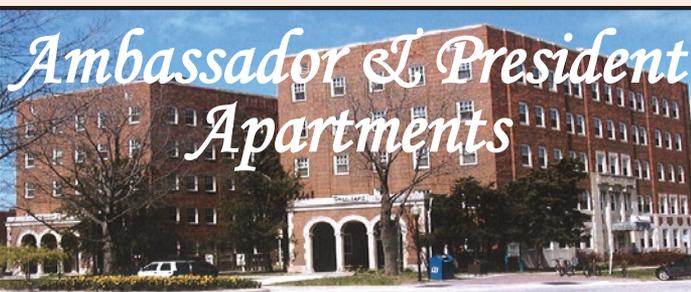
- 1 medium onion, chopped
- 1 package frozen mixed vegetables
- 2 cups low-sodium chicken broth
- 1 envelope low-sodium taco seasoning
- 1 can (15 ounces) diced tomatoes, undrained
- 1 can (15 ounces) kidney beans, undrained
- 1 garlic clove, minced
- *Leftover meat such as ground beef, turkey or chicken could also be added.



Directions:

1. In a large saucepan, cook onion and meat (optional) over medium heat until onion is translucent.
2. Add tomatoes, vegetables, beans, broth, seasoning and garlic. Bring to a boil.
3. Reduce heat and simmer uncovered for 10 minutes. Serve.

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When Saving Becomes Hoarding: Addressing Loved Ones with Hoarding Disorder

We all know someone who holds on to too much stuff — their home is cluttered and messy. It might be a parent, spouse, friend or even yourself.

Hoarding is acquiring or failing to discard a lot of possessions that appear useless or of limited value. These items must accumulate to the point that they make life difficult or uncomfortable.

“Most people tend to save or accumulate items,” said Jennifer Baker, a licensed independent clinical social worker and five-year member of the Omaha Hoarding Task Force. “But a person with hoarding disorder thinks each item has a lot of value or meaning.”

There must be significant distress or impairment to be classified as hoarding disorder, a mental health diagnosis.

A hoarder’s living space is cluttered and cannot be used as intended — you cannot sleep in a bedroom or eat in the kitchen, for example. People often associate object hoarding with filth or squalor, and in some extreme situations, that might be the case. But many with the disorder are able to differentiate between items and trash.

Demographics

An estimated 3 to 5 percent of people have hoarding disorder, both in industrialized and unindustrialized nations. Evidence shows hoarding disorder develops around age 10-12.

“We don’t see kids accumulate items, because they don’t have access to funds and their parents usually tell them to clean their

room,” Baker said. “It takes a long time to acquire the amount of items to come to the attention of others and cause concern.”

The average age for diagnosis or treatment for hoarding disorder is about 50.

“That’s about 35 years of untreated mental health issues,” Baker said. “It’s not surprising that people don’t seek help, and when they do, it’s very hard to change that way of thinking.”

Those with hoarding disorder tend to be single or divorced, due to their attachment to belongings overshadowing relationships. Compulsive hoarding reaches all socioeconomic classes, race and genders worldwide. There is, however, a genetic component.

“The genes that influence compulsive hoarding have been discovered to reside on chromosome 14,” Baker said. “Hoarding is not just due to behavior or trauma, but it does run in families.”

It’s common for those diagnosed with hoarding disorder to realize a father, aunt, or grandparent had the same problem.

Hoarding disorder resides in the part of the brain dependent on decision-making. Those affected have problems with categorization and association. It is all a difference in perception.

“Someone without the disorder might walk in and say ‘There’s too much stuff in here,’” Baker said, “while someone affected might say ‘I don’t have enough space for my stuff.’”

Hoarding disorder has a high concurring rate with other mental

health issues — 70 percent of hoarders have major depression; 25 to 30 percent have anxiety; 17 percent have obsessive compulsive disorder; and 12 percent are linked to trauma or a sense of loss.

Symptoms of Hoarding Disorder

At an early age, those with hoarding disorder may exhibit patterns of difficulty in making decisions, perfectionism and procrastination in relation to their belongings. They also have a difficult time with complex thinking and prospective memory.

Complex thinking is any process or task that requires more than three steps to accomplish. For example, getting a leaky faucet fixed requires a person to find someone who can repair it, make the phone call, coordinate schedules, let them into their home and pay them.

Prospective memory is remembering to perform a planned action at some future point in time.

“If someone with hoarding disorder is told they have three weeks to clean something up, their brain doesn’t recognize it,” Baker said. “They might as well be told they have a year to clean it up.”

So, how does hoarding manifest? Through saving and acquisition.

Everyone saves for the same reasons: sentimental — the object reminds us of something or someone; it’s instrumental — of use; or intrinsic — beautiful or pleasing. Hoarders tend to save, for the same reasons but it has escalated. Some believe if they lose the object, they will lose the memory, too.

We acquire objects through a variety of ways, but to hoarders, every item can hold value — although they aren't grouped by importance.

Intervention and Treatment

Intervening in hoarding can be expensive and overwhelming.

“We tend to want to do cleanups, because to someone without hoarding disorder, the problem is the stuff,” Baker said. “But we should only do that in extreme situations with imminent danger because it often causes mental health breakdowns, or even psychotic breaks or suicide. The stuff is a symptom of the problem, not the actual problem.”

A hoarder often “churns” when trying to clean, because they struggle with decision-making. They pick up an item and don't know what to do with it.



Treatment can include seeing a mental health therapist that specializes in the use of cognitive behavioral therapy with exposure and response prevention.

“We expose the person to decision-making about objects that cause anxiety and help them

work through the anxiety. We also challenge distorted thoughts about objects and help them learn to organize what they have,” Baker said. “Eventually, the person experiences less anxiety and is better able to cope with their hoarding tendencies.”

Continued on page 26



Dr. Andrew Glenn

Andrew R. Glenn, DDS, MD

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When Saving Becomes Hoarding

Continued from page 25

That treatment, however, can be expensive, time consuming and is not ideal for most people.

Other options include harm reduction, a step-by-step reorganization of clutter to reduce risk; for example, clearing items from entrances and heat sources. This doesn't necessarily address the disorder, but it makes the home safer and more comfortable.

"A family member or friend can be trained to become a home coach," Baker said. "You learn how to work around the clutter to keep your loved one safer."

Think You Have A Lot Of Clutter?

People can collect clutter for various reasons. Maybe they are too busy, depressed, have been ill or are dealing with other life circumstances. If you are concerned for someone, express it — but don't assume they will become a compulsive hoarder.

We all have attics and spare rooms with items we don't use regularly, but we can function in our homes without the clutter causing distress. It's natural to hold onto more than we need.

If you are looking to declutter your home, follow these tips:

Start with a small area, such as a section of a room or a box. Sort the items into three piles, you can even label boxes "toss," "give," and "keep" or "do." Ask yourself:

- Have I used this in the last year?
- How many do I already have, and is that enough?
- Do I have enough time to actually use, review or read it?
- Is it of good quality, accurate and/or reliable?

Broken, outdated and stained items can be thrown away. Things you no longer need but are in good condition can be donated to your local thrift store. Use the "one in and one out" rule: remove an item every time you bring something new home. If you cannot let go of something sentimental, take a photo to help. Put papers that need to be filed or items you want to keep in the "do" box. Paper clutter can be hard to contain, so designate a place for important documents, such as a file box. Organize the items you wish to keep in labeled totes or boxes. You can also use the Only Handle It Once (OHIO) by getting the item to its permanent location the first (or second time) you pick it up.

If you repeat this process every couple of months, you can learn to keep your home clutter free.

As a family member or friend, the most important thing you can do is preserve the relationship.

"If you can't talk to them about it, don't," Baker said. "Express your love and concern for their wellbeing, and spend time at their home as much as you can. Frequent contact helps reduce the impact of hoarding. Use respectful language, praise small improvements and be involved in their life regularly."

More Information

For more information, visit hoarding.iocdf.org, seek online support groups such as Clutterers Anonymous, or contact Jennifer Baker at 402-398-5550 or Jennifer.baker@alegent.org.

Suggested reading for family and friends of those with hoarding disorder is "Digging Out: Helping Your Loved One Manage Clutter, Hoarding, and Compulsive Acquiring" by Michael A. Tompkins. If a loved one is open to it, "Buried in Treasures: Help for Compulsive Acquiring, Saving, and Hoarding" by David Tolin, Randy O. Frost and Gail Steketee walks through the self-help version of therapy. 



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Quiet Comfortable Peaceful Friendly

Aging Partners Offers New Evidence-Based Diabetes Self-Management Workshop

By Peg Apthorpe, Aging Partners Health and Fitness

Aging Partners now offers the Diabetes Self-Management Workshop, originally developed at Stanford University's Patient Education Research Center. During the six-week workshop, people with diabetes, their family members and friends learn skills needed in the day-to-day management of the disease. Classes are conducted once a week for two hours.

The workshop is evidence-based and facilitated by two trained and certified individuals. It is based on the assumption that people with diabetes have similar concerns and problems and can learn from one another. People with diabetes must deal not only with their disease, but also with the impact it has on their lives and emotions.

Topics include:

- Techniques to deal with the symptoms of chronic disease, fatigue, pain, depression and stress.
- Appropriate exercise for maintaining and improving strength and endurance.
- Healthy eating.
- Appropriate use of medication.
- Making action plans.
- Working effectively with health care providers.
- Problem-solving.

Participants make weekly action plans, share experiences and help one another solve problems they encounter in creating and carrying out their self-management program. Classes are highly interactive; mutual support and success build participants' confidence in their ability to manage their health and maintain active and fulfilling lives.

The program does not conflict with existing programs or treatment. In fact, the classes enhance those provided through accredited programs, often in hospital settings. Treatment is not altered. For medical questions, participants are referred to their physicians or other health professionals.

Participant feedback from the first few workshops has been positive:

- "My doctor doesn't always have time to answer all my questions about my recent diagnosis. This workshop has helped me understand the many ways diabetes can impact my life while giving me the tools to manage my condition."
- "After my wife died, I didn't know what or when I was supposed to eat. She did all the cooking and took care of

my diet. The workshop has helped me understand what I should be doing to keep my A1C numbers at the right place. I now read labels and pay attention to what I'm eating. My doctor is happy!"

- "I enjoy talking with others who also have diabetes. I feel much more confident about my ability to manage my condition after participating in this workshop."

Each participant receives a copy of the companion book, "Living a Healthy Life with Chronic Conditions," and a relaxation CD.

Two workshops are planned for winter 2018:

- Center for People in Need, 3901 N. 27th St., Mondays from 2 to 4 p.m., Jan. 22 through March 5 (no class Feb. 19 – Presidents Day). This workshop will be hosted by Susan Keese and Jill Engel, Aging Partners Nutrition.
- Gere Library, 2400 S. 56th St., Wednesdays from 1 to 3 p.m., Feb. 28 through April 4.

There is no charge for the workshop, but suggested contributions of \$4 per class are appreciated. Call 402-441-7575 for more information or to register. ^{LW}

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Living At Home

Nebraska Extension Resources Reach Every County

With 83 offices serving all 93 counties, Nebraska Extension helps to enhance resident lives through research-based education.

Born out of a need to help the millions of people farming, Extension was created in 1914 and is needed now more than when originally created. The organization provides non-biased research-based information in the areas of Beef Systems; Learning Child; Community Environment; Community Vitality; Cropping and Water Systems; Food, Nutrition and Health; and 4-H Youth Development.

Nebraska residents can contact their Extension office with questions. Extension staff also provides training, presentations and workshops to the public.

“Through our education outreach, Extension really is an extension cord from the University to the public,” said Karen Wobig, Lancaster Nebraska Extension Educator unit leader. “We provide information and research the public cannot otherwise get directly from researchers.”

Reliant upon funding from federal, state and local partnerships, Extension is a free resource for residents.

“We have a presence in every Nebraska county,” Wobig said. “If we don’t have information on something, we can direct a person to the right place.”

Extension’s areas of expertise cover various topics to better the lives of Nebraskans.

Beef Systems

Nebraska is known as the Beef State nationally, and Extension can provide beef producers information and resources to help them provide economical, safe, quality products while protecting and preserving Nebraska’s vast natural resources.

The Learning Child

The holistic development of young children is vital, and Extension helps enhance the lives of children from birth to age 8 by assisting the people who care for them. Information covers health, co-parenting, learning, play and more. For more information visit child.unl.edu.

Community Environment

Extension is committed to helping Nebraskans know more about creating resource and energy-efficient rural and urban landscapes, protecting and managing water resources, properly managing insect and wildlife pests and more.

Staff fields questions on horticulture — gardening, fruit trees, plant and plant disease identification and acreage owner education. From April through October annually, the Master Gardener volunteers provide education about horticultural practices.

Entomology staff can identify and provide information on insects. The most commonly asked about include bed bugs, cockroaches and head lice.

Residents can take a sample to any Extension office to use their diagnostic service to identify a plant disease, insect or wildlife scat. Staff does not



Extension Educator and Urban Entomologist Jody Green uses a telescope to identify an insect. All Nebraska Extension offices offer free diagnostic services, identifying problem plants and pests, and providing control recommendations.

diagnose insects based on bug bites; please see a doctor.

Community Vitality

Built on rural and urban communities, Nebraska Extension’s Community Vitality program focuses on entrepreneurship, recruiting new residents, building businesses, and engaging youth and young adults. The newly-created disaster preparedness team provides relevant information, such as food and water safety, to citizens impacted by a disaster.

Cropping and Water Systems

Extension staff can provide information on water and wastewater management, drinking water and hazard mitigation. This can include problems with private drinking well water or a septic system. Cropping systems can provide education and recommendations to farmers and agriculture consumers relating to crops, insects and diseases.

Food, Nutrition and Health

Relevant to everyone, Extension can provide information regarding nutrition, physical activity and food safety. Contact your local Extension

office for more information or visit food.unl.edu.

For those with limited income, the Nutrition Education Program can help families on a limited budget make better food choices through nutrition, menu planning, stretching food dollars and food safety information. Participants do have to meet federal income guidelines.



Extension Educator and Horticulturist Sarah Browning on Nebraska Extension's popular TV program, Backyard Farmer.



A volunteer helps a student at "Wired for Wind" 4-H workshop. Volunteers are needed and appreciated in Extension programs such as the 4-H youth program and Master Gardeners.

4-H Development

In each of Nebraska's counties, youth ages 5 to 18 are learning to reach their full potential through working and learning in partnership with caring adults in 4-H clubs. 4-H stands for head, heart, hands and health. Kids learn by doing; completing projects in areas such as health, science, agriculture and citizenship.

In many counties, 4-H also provides school enrichment programs such as Embryology and afterschool programs. Nebraska also has two 4-H summer camp locations in Halsey and Gretna.

Volunteer

Many of Nebraska Extension's programs rely heavily on volunteers

for things such as county fairs and 4-H clubs and other youth activities.

"We rely on volunteers to help us succeed in getting information out there and developing leaders through 4-H," Wobig said. "We invite anyone who might be interested in volunteering to contact us or your local Extension office."

Volunteer opportunities vary from county to county. Contact your local Extension office to find out how you can get involved.

More Information

Nebraska Extension in Lancaster County publishes a small monthly (except December) newsletter, the Nepline. This can

be read online or received by mail to Lancaster County residents for free. If you live outside Lancaster County, it can be sent to you for a \$5 annual fee. Please call 402-441-7180 or visit Lancaster.unl.edu/Nepline to subscribe.

For horticultural resources, Backyard Farmer airs Thursdays on NET1 at 7 p.m. from April through September. Extension staff is often featured on KFOR 101.3's Problems and Solutions radio show Monday through Friday from 9 to 10 a.m.

Ultimately, Nebraska Extension is here to help. You can find more information and resources at extension.unl.edu or by contacting your local extension office. 

Nebraska Extension Offices by County

Butler County
451 N. 5th Street
David City, NE 68632
402-367-7410

Fillmore County
1340 "G" Street
Geneva, NE 68361
402-759-3712

Lancaster County
444 Cherrycreek Road,
Suite A, Lincoln, NE 68528
402-441-7180
lancaster@unl.edu

Polk County
400 Hawkeye Street
Osceola, NE 68651
402-747-2321

Saline County
306 West Third Street
Wilber, NE 68465
402-821-2151

Saunders County
1071 County Road G,
Room B
Ithaca, NE 68033
402-624-8030

Seward County
322 S 14th Street
Seward, NE 68434
402-643-2981

York County
2345 Nebraska Avenue,
York, NE 68467
402-362-5508

**This list represents Aging Partners' service area, for more information on additional locations, visit epd.unl.edu.*

Staying Self-Sufficient

By Mitch Sump, Aging Partners program coordinator

What exactly does the program division of Aging Partners do? I bet I hear this question at least once a week in some form or another. The short answer is “everything that no one else wants to do.” I wrote that with a smile on my face, but it’s probably closer to the truth than it is facetious! It’s a hard question to answer because the program division covers several areas. In the following article, I hope I can answer that question and educate readers a bit on what we do.

If you think of the program division like a family, then the grandparents would be the men and women of our Handyman group. They are dependable, experienced and knowledgeable,

just like grandparents are supposed to be. The fact that it is one of our oldest programs lends itself to the analogy as well. Our Handyman group completes a variety of chores for clients who still own and live in their own homes, and need occasional assistance. The work can be as simple as tightening some loose screws on a door, changing a light bulb or mowing a lawn. We’ll also tackle more difficult tasks such as replacing the float valve in a toilet, changing a light fixture in a room to a ceiling fan/light combo, or doing minor carpentry work. We are fortunate to have several men and women with a vast array of knowledge and experience, so most chores we are asked to do can at least be looked at to see if it falls into our program.

Before calling, keep in mind that we can’t do projects that require a permit to be pulled or any type of major remodel. I always enjoy the calls about “a loose board or two” and then find out the “loose board or two” is a load bearing support beam and floor joist! Other Handyman programs are our Safe Homes for Seniors and Home Helpers. Safe Homes for Seniors works with the Health Department to remove unsafe chemicals that may no longer be used and present possible health issues. Home Helpers are relatively new, but so far it has been a nice addition. They can assist homeowners with light cleaning such as dusting and vacuuming. To make use of these programs, call Diana or Terri at 402-441-7030.

Continuing with the family theme, our Center Transportation and Rural Transit programs are like the parents. I am sure most readers

can relate to the idea of “mom’s taxi service” or “chauffeur dad.” I fall into this group myself and was both terrified and excited when my daughter, Anna, started driving last year. Our Center Transportation picks up clients at their homes in the Lincoln area and drives them to their senior center in the morning for programs and lunch. After lunch, the drivers return clients to their homes. They also do scheduled grocery shopping for groups from the centers. You can sign up for Center Transportation at your senior center. There are no direct fees, but contribution boxes are available at each center.

Our Rural Transit program operates throughout the county, plus a few small towns across the border! Rural Transit is sometimes confusing to folks, so let’s cover a few misconceptions:

- **It can be used to travel around Lincoln.**

This is both true and false! I

hope you have seen our buses around town, but we are not allowed to operate just within the city limits. You can ride the Rural Transit vehicles, provided one of your stops is outside the city limits. What most commonly happens is we pick folks up in the smaller communities outside of Lincoln and then transport them into town. You can also do that in reverse and ride from Lincoln out to the smaller communities. We just can’t pick you up in Lincoln and drive you to appointments in Lincoln.

- **You have to be a senior to ride.**

False — our Rural Transit program is public transportation and anyone over the age of 12 can ride. We also will transport



younger children but ask that they be with a parent or guardian.

• **It is very expensive.**

False — the cost to ride is \$2 per boarding. If you get on the bus in Lincoln to visit a friend for the day in Hickman before being picked up to go home, your total cost is \$4. To schedule a ride, please call 402-441-7031 for schedules and availability. I also have to extend a compliment to our drivers. Our drivers are extremely dedicated and wonderful people. They make me look good, and let me tell you folks, that is a 24/7 job! The drivers are courteous, safe, and genuinely enjoy their clients and jobs. These folks are the best. It isn't said often enough, but thanks for all you do.

Who hasn't looked at a kid working a cellphone or tablet and thought, "How do they pick this

stuff up so fast?" Sticking with our family connection theme, our smart, tech-savvy kid is the Lifeline area. The Lifeline program is dedicated to keeping people safe in their homes by the use of PERS technology. PERS stands for "Personal Emergency Response System" and is available for use in the home and while you're out. If you or a loved one is concerned about getting help when you need it, or are worried you may not be able to reach a phone in an emergency situation, then Lifeline is for you. Our home-based system has a base unit that acts as a transmitter. The user has a button they can wear as a watch or around the neck. In the event the user needs assistance, he or she simply pushes the button and speaks to the monitoring company through the base unit. If unable to talk with the monitoring company,

they will then call your hand-picked contacts or 911 to make sure you are safe and getting any assistance you might need. The home-based system can be used with a landline phone or a cell. The mobile system operates in a similar manner with your button serving as the transmitter. You can go anywhere in the country and be in contact through your button should a need arise. For more detailed information and to set up a demonstration, call 402-441-8816 and ask for Suzanne.

That's all the space I have for this issue, and I didn't have room to talk about our Durable Medical Equipment area. You can learn more about it and get more information on our programs by calling 402-441-8815. I hope this gives you a good understanding of what the program division does. We're here to serve you! **LW**

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Caregiver Corner

Aging Partners a Resource for Caregivers and Older Adult Services

Being or becoming a caregiver — evaluating an older adult's needs, desires and limitations — can be overwhelming. Aging Partners is a resource for caregivers and older adults.

When calling Aging Partners at 402-441-7070, you will be connected with a counselor to discuss options, services and eligibility.

As an intake and first service specialist, Valerie Franssen called herself the “starting point” for obtaining information, providing resources, and determining alternatives for caregivers and older adults over the age of 60.

“I take phone calls, walk-ins and schedule appointments with caregivers and older adults to connect them with resources in the community and provide information about state or federal programs that they may not be aware of,” she said.

Before calling, caregivers and older adults should consider their needs and any questions. To better recommend programs and eligibility, options counselors may ask for the older adult's name, finances including monthly income, assets and insurance provider.

Referrals can be made for programs, but programs are voluntary and Aging Partners requires expressed permission from the older adult to coordinate.

“I encourage caregivers to make sure the older adult has a voice — they want not only to feel validated, but loved,” Franssen said.



Aging Partners intake and first service specialist Valerie Franssen is available to answer questions for older adults and their caregivers.

“It is understandable that older adults would want to live in their home for as long as possible, but at some point, the goals of safety and longevity collide with the goals of autonomy and remaining independent.”

The goal is to reduce frustration, conflict and stress for the caregiver and find ways toward a better quality of life. Caregivers should talk to the older adult about what they want, your role as caregiver and what information they want shared with you. If there are several family members giving care, consider designating one to work with agencies to avoid confusion.

Aging Partners' options counselors can answer a variety of questions, including transportation, social programs, hearing aids, housing, and help with Medicare or Medicaid applications. Other common questions include:

Q: I can no longer drive, what do I do?

A: There are a number of transportation options in Lincoln/Lancaster County and some in more rural areas. These include Intelleride (Medicaid eligible individuals) and Handi-Van (door-to-door transport through Star Tran). Aging Partners can assist with the application process.

Q: I can no longer manage in my home. What are my options?

A: Aging Partners can help determine what services are needed in the home. If in-home services can be put in place, the information specialist would provide a list of community home health agencies that will provide both medical and non-medical services. If an older adult cannot afford to pay privately and is not Medicaid eligible, Aging Partners' Supportive Services Program may be able to provide in-home support at a sliding fee based on their income.

Q: I need to set up a power of attorney or have my will created, but I cannot afford a private attorney. Can you help me?

A: Aging Partners has an attorney who comes to Lincoln once each week and offers free consultations to adults over 60. If an older adult needs a will or a power of attorney drawn up and meets income guidelines, the attorney will do so free of charge. If an individual or couple has a monthly income over the guideline, we will provide resources for private elder and family law attorneys in the community.

Q: I've seen a significant decline in my loved one's memory or cognition. What do I do?

A: Please refer the older adult back to their primary care physician. If it is determined that a specialist is needed, Aging Partners can provide information for neuropsychology and behavioral health resources.

Q: I need to make changes in my home to make it more adaptable. Who do I call?

A: Several disability-related organizations, state programs and nonprofits can assist in funding home modifications, assistive technology or services needed by an older adult who experiences a disability. Please contact Aging Partners for more information. 

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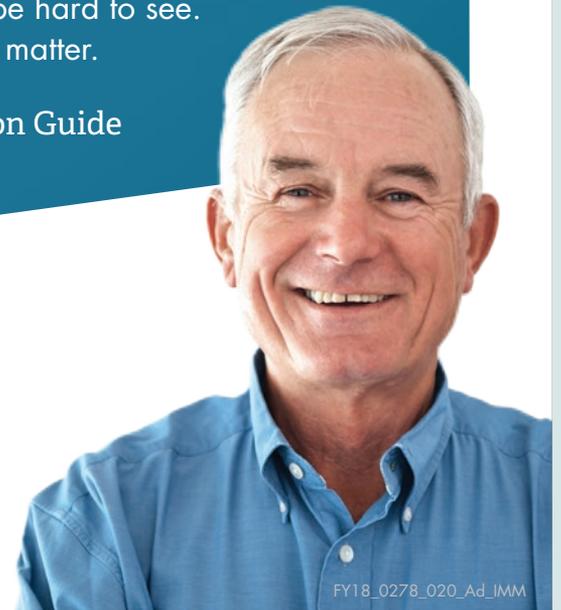
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MISSION

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

Being Well

NUTRITION

402-441-7159

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

HEALTH AND FITNESS

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

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

Living at Home

INDEPENDENT LIVING SUPPORT SERVICES

402-441-7070 or 800-247-0938

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

LONG-TERM CARE OPTIONS/ CARE MANAGEMENT

402-441-7070 or 800-247-0938

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

Planning Ahead

FINANCIAL

402-441-7070 or 800-247-0938

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

SENIORS FOUNDATION

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

Staying Involved

SENIOR CENTERS

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

▲ 402-441-7158

LINCOLN/LANCASTER COUNTY SENIOR CENTERS

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

Other Services

INFORMATION AND REFERRAL

402-441-7070 or 800-247-0938

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

TRANSPORTATION

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

• Other options in the community

Listings available at 402-441-7070.

LIVING WELL MAGAZINE

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

LIVE & LEARN

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

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

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

CARE MANAGEMENT

All Counties: 800-247-0938

Care Management Coordinator

Joyce Kubicek

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

MULTI-COUNTY PROGRAMS

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

MULTI-COUNTY SENIOR CENTERS

Butler County

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

Fillmore County

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

Polk County

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

Saline County

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

Seward County

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

York County

- McCool Junction Senior Diners
c/o Village Hall
323 E. "M" St., McCool Junction
402-724-2525
- York Leisure Home
215 N. Lincoln Ave., York
402-362-2900
- York Area Senior Center
725 Nebraska Ave., York
402-362-2496

SENIOR CARE OPTIONS (SCO) AND MEDICAID WAIVER

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

Aging Partners News and Events

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

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



Health and Wellness

Aging Partners Health and Fitness Center

Monday through Friday
8 a.m. to 4 p.m.
233 S. 10th St., Suite 101

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

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

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

Chair Tai Chi

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

- Aging Partners Health and Fitness Center
233 S. 10th St., Suite 101
Tuesdays, 9:45 to 10:30 a.m.

Senior Fitness Check – Free

The Senior Fitness Check is safe and enjoyable. It is designed for people over the age of 60. Participants receive valuable information about their strengths and areas in need of improvement. They are given simple exercises they can do on their own at home or at a fitness center or class.

- Downtown Senior Center
1005 “O” St., lower level
Tuesday, Jan. 23, 9:30 to 11:30 a.m.
- Aging Partners Fitness Center
233 S. 10th St., Suite 101
Thursday, Feb. 1, 9:30 to 11:30 a.m.

Stepping On – Building Confidence and Reducing Falls

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

- Madonna ProActive
7111 Stephanie Lane
Mondays, 9:30 to 11:30 a.m.
Feb. 5 through March 19
- Lincoln-Lancaster County Health Department Training Center
3140 “N” St.
Thursdays, 1:30 to 3:30 p.m.
March 1 through April 12

Refresh and Recharge (New)

Do you have aching muscles, stiff joints, poor balance, or are you slow to start in the morning? Refresh and Recharge is a body conditioning class that will strengthen muscles, ease joint pain, improve balance and increase energy through a variety of simple movements. These movements will include stretching, breathing, energy work, Qigong and deep muscle exercises. Participants will begin seated, move to standing exercises and finish with seated cool-down movements. This class is appropriate for individuals at all levels of ability.

- Auld Recreation Center
1650 Memorial Drive
Tuesdays, 9:30 to 10:30 a.m.
Jan. 16 through April 3
(12-week session)
Thursdays, 9:30 to 10:30 a.m.
Jan. 18 through April 5
(12-week session)

Dynamic Movement

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

- St. Mark's United Methodist Church Gymnasium
8550 Pioneers Blvd.
Thursdays, 3:30 to 4:30 p.m.
Jan. 18 through April 5
(12-week session)
- Cotner Center Condominium
1540 N. Cotner Blvd.
(use Cotner Blvd. entrance)
Mondays, 2 to 3 p.m.
Jan. 22 through April 16
(no class Feb. 19)
(12-week session)

Contemporary Yoga

This renewing practice emphasizes body postures, breathing and relaxation to bring about a sound and healthy body. Movements consist of various positions and poses that have strengthening and restorative benefits.

- Cotner Center Condominium
1540 N. Cotner Blvd.
(use Cotner Blvd. entrance)
Mondays, 9 to 10 a.m.
Jan. 22 through April 16
(no class Feb. 19)
(12-week session)

Contemporary Yoga II (New)

This dynamic class is based on vinyasa flows designed to increase heat and oxygen in the body. Practice will be floor-based, rather than using a chair, although chairs will be a prop from time to time. Prior yoga experience is recommended.

- Cotner Center Condominium
1540 N. Cotner Blvd.
(use Cotner Blvd. entrance)
Mondays, 10:30 to 11:30 a.m.
Jan. 22 through April 16
(no class Feb. 19)
(12-week session)

Chair Yoga

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

- East Lincoln Christian Church
7001 Edenton Road



Fridays, 11 a.m. to noon
Jan. 19 through April 6
(12-week session)

Tai Chi – Continuing 24 Form

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

- Cotner Center Condominium
1540 Cotner Blvd.
Mondays, 1 to 1:30 p.m.
(Please note new time)
Jan. 22 through April 16
(no class Feb. 19)
(12-week session)

Tai Chi – Moving for Better Balance

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

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

- F Street Recreation Center
1225 “F” St.
Tuesdays and Thursdays, 10:30 to 11:30 a.m.
Jan. 16 through April 5
- Gateway Vista, 225 N. 56th St.
Tuesdays and Thursdays, 1:30 to 2:30 p.m.
Tuesdays and Thursdays, 3 to 4 p.m.
Jan. 16 through April 5

Diabetes Self-Management Workshop (New)

- Center for People in Need
3901 N. 27th St.
Mondays, 2 to 4 p.m.
Jan. 22 through March 5
(no class Feb. 19)
- Gere Library
2400 S. 56th St.
Wednesdays, 1 to 3 p.m.
Feb. 28 through April 4

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

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

- Feel better and take charge.
This workshop is offered at no cost but suggested contributions of \$4 per class are appreciated!

Active Living Every Day

A free workshop offered by Aging Partners and Lincoln Parks and Recreation

Learn how enjoyable physical activity can be, even if you have never been active before. Discover how easy it is to create an activity plan that fits your individual preferences and lifestyle. Even house cleaning and shopping can count toward weekly goals. Active Living Every Day addresses the root causes of inactivity and helps you overcome those challenges. Attendees report they are exercising more, eating healthier and burning calories. Blood pressure, blood sugar levels and sleep have improved. They learn from and support one another in their efforts to improve and maintain good health. Life’s a hit when you’re feeling fit!

- Belmont Recreation Center
1234 Judson St.
Mondays, 10:30 to 11:30
Jan. 22 through April 16
(no class Feb. 19)

**Vermeer Education Center
Senior Health Promotion Center**

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

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

- Wednesdays, 9:30 a.m. to 1:30 p.m.
Jan. 17 (foot care only)
Jan. 24 and 31
Feb. 7, 14, 21 and 28
March 7, 14, 28
April 4, 11, 18 and 25

Downtown Senior Health Promotion Center

1005 “O” St., lower level

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

- Thursdays, 9:30 a.m. to 1:30 p.m.
Jan. 18 (foot care only)
Jan. 25
Feb. 1, 8, 15 and 22
March 1, 8, 15 and 29
April 5, 12, 19 and 26

Stepping On - Building Confidence and Reducing Falls

Leader/Facilitator Training
March 6, 7 and 8
9 a.m. to 4 p.m.

Downtown Senior Center
1005 “O” St., Lincoln

Training will be conducted by Stepping On Master Trainers Sharon Cheney, RN, MA, and Pat Mehmken, RN, MS.

What is Stepping On?

Stepping On is a community-based fall prevention program aimed at educating participants and building confidence to reduce or eliminate falls. It is considered a highest-tier evidence-based program endorsed by the Centers for Disease Control, Administration on Aging and the National Council on Aging.

Why should I consider becoming a facilitator?

You will have the satisfaction of discovering the contents of the program and learning the key elements of fall prevention. You will practice group leadership and facilitation skills that you can use in other areas of your life. Most importantly, you will watch older adults with a fear or history of falls gain important knowledge and skills to reduce falls and gain confidence.

If you are a current or retired educator, nurse, health, human services or physical activity professional, or an interested volunteer, please contact Peggy Apthorpe, Aging Partners Health and Fitness coordinator, at 402-441-7796 or paphorpe@lincoln.ne.gov for more information.

Feeling Fit Fridays at the Downtown Senior Center (New)

Free and open to the public!

Downtown Senior Center
1005 “O” St., lower level
Fridays, Feb. 2 to Feb. 23
10:30 to 11:15 a.m.

- Friday, Feb. 2 – Refresh and Recharge
Do you have aching muscles, stiff joints, poor balance, or are you slow to start in the morning? Refresh and Recharge is a body conditioning class that will strengthen muscles, ease joint pain, improve balance and increase energy through a variety of simple movements. These movements will include stretching, breathing, energy work, Qigong and deep muscle exercises. Participants will begin seated, move to standing exercises and finish with seated cool-down movements. This class is appropriate for individuals at all levels of ability.
- Friday, Feb. 9 – Chair Tai Chi
This program is based on the modified Tai Chi – Moving for Better Balance 8 Form program. Participants are taught simple movements they can practice sitting or standing near a chair.

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Aging Partners News and Events

Continued from page 37

- Friday, Feb. 16 – Chair Yoga

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

- Friday, Feb. 23 – Chair Dance

Get fit while you sit. Chair exercises are ideal for people with arthritis or limited mobility because of knee or hip issues. This fun and upbeat class focuses on a unique combination of exercises and dance steps that isolate muscle groups and enhance flexibility.

The first hour of parking is free at any of the downtown city garages. Lunches are available by calling two days in advance.

Only Leaves Should Fall

This is a modified version of the Stepping On – Building Confidence and Reducing Falls workshop. Topics covered include fall prevention exercise, home and outdoor safety, medication safety and vision.

- Malone Community Center

Joanne Maxey Senior Center
2032 “U” St.
Wednesdays, 1 to 3 p.m.
March 7, 14, 21 and 28

Chair Rockin’ (New)

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

- Auld Recreation Center
1650 Memorial Drive
Tuesdays, 11 a.m. to noon
Jan. 16 through Feb. 20
(six-week session)
Thursdays, 11 a.m. to noon
Jan. 18 through Feb. 22
(six-week session)

Senior Center Events

Free Income Tax Assistance

Monday through Thursday
Feb. 1 through April 12
10 a.m. to 3 p.m.
Downtown Senior Center
1005 “O” Street

AARP Tax-Aide Volunteers are back to help you with your 2017 income taxes. Appointments start at 10 a.m. and the last appointment is scheduled for 2 p.m. Call early, but not before Monday, Jan. 22. Appointments go fast. Why not stay for lunch? Make your lunch reservation (served from 11:30 a.m. to 12:15 p.m.) when you make your tax appointment. Bring your photo I.D., a copy of last year’s return, proof of health insurance, Social Security card, wage and earnings statements (W2s), Retirement Income statements (Form 1099R or SSA 1099), Interest and Dividends statements (Form 1099), Homestead Exemption forms, and any other information about your income and expenses. For an appointment, call 402-441-7158.

Black History Month Event “Wild Women of the Harlem Renaissance”

Featuring Annette Murrell (Dr Diva)
Cotner Center Condominium
1540 N. Cotner Blvd.
Thursday, Feb. 8
Dinner: 5:30 p.m.
\$10 suggested meal contribution for age 60 and over. \$10 fee for under age 60.
Show only: 6:30 p.m. \$5 (All ages.)
\$4 in-town round trip transportation contribution.

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African-American Songbirds Bessie Smith, Ma Rainey, Adelaide Hall and Ethel Waters were just a few of the stars who made up the constellation of feisty, spirited, and multi-talented jazz and blues singers who dominated the Harlem music scene during the 1920s, a time that came to be known as the Harlem Renaissance. Join us as celebrated jazz vocalist, radio personality, actress and educator Annette Murrell (aka Dr Diva) will give us a musical tour through this vibrant and important era in America's history. Spread the word and help celebrate Black History Month! Call 402-441-7158 for reservations by Tuesday, Feb. 6.

**Women's History Month Event
"American Songbirds of the 20th Century"**

Featuring the Kramer Sisters
Cotner Center Condominium
1540 N. Cotner Blvd.
Thursday, March 8
Dinner and Show: 5:30 p.m.
\$10 suggested meal contribution for age 60 and over.
\$10 fee for under age 60.
Show only: 6:30 p.m. \$5 (All ages.)
\$4 in-town round trip transportation contribution.

Join Janet Jeffries and Dawn Mundt, better known to their fans as the Kramer Sisters, as they take us on a musical journey in celebration of the music of some of America's most influential female vocalists of the 20th century. While paying tribute to the musical legacies of singers like Patsy Montana, the Andrews Sisters, Patsy Cline, Doris Day, Linda Ronstadt, Anne Murray and others, the duo will provide us with a little musical history in addition to the tunes we grew up with. Don't miss this great program and the opportunity to celebrate Women's History Month! Call 402-441-7158 for reservations by Tuesday, March 6.

**All-Center Annual Fundraiser
Paddy's Wacky Dinner and a Show**

Auld Pavilion, 1650 Memorial Drive
Friday, March 16, 5 to 7 p.m.
Meal: \$12
\$4 in-town round trip transportation cost.
The Lincoln-Lancaster senior centers are thrilled to be able to offer a traditional St. Patrick's Day meal of corned beef and cabbage, plus a festive show with authentic Irish music! Paddywhack will perform traditional folk music from Ireland and the British Isles. The band offers a stunning variety of musical styles, songs and dance tunes, and accompany their

songs with variety of different instruments. Laugh, dance and sing with music inspired by the ancient Celts, Scottish kilts, English coal miners, and Irish leprechauns. Profits go to support the work of Aging Partners senior centers. Wear your green, because in our hearts, everybody's just a little Irish! Thanks to our gold sponsor, Visiting Angels; our silver sponsors, Ambassador Health-Lincoln, Caring for People Lincoln, Carriage Glen, Gramercy Hill Retirement Community, HoriSun Hospice, the Landing at Williamsburg, and Sumner Place Skilled Nursing and Rehabilitation; and our transportation sponsor, Two Men and a Truck. Call 402-441-7158 for reservations by Friday, March 9.

Severe Weather Closings

In the event of severe winter weather or dangerous conditions, Aging Partners senior centers may be closed. As a rule, if Lincoln Public Schools are closed, the senior centers also will close. Please listen to KFOR 103.3 FM or 1240 AM for the most accurate and up-to-date senior center closing information. 

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

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

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