

# LivingWell

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*For nearly a century, Lincoln's Symphony Orchestra has enriched the community with classical, instrumental music. Executive Director Barbara Zach Lee and Music Director Edward Polochick continue to lead and shape that enduring tradition.*



## Where Music Meets the Heart of the Community

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# Director's Corner

Within this issue is an article on a topic that is deeply personal to me: prostate cancer testing. Prostate cancer affects a significant number of men, and far too many still lose their lives to a disease that is often treatable — especially when detected early.

I'm fortunate that my physician was attentive and consistent in monitoring my PSA levels over time. When a gradual upward trend appeared, he didn't dismiss it. Instead, he recommended that I see a urologist. That referral made all the difference. The urologist confirmed the findings and walked me through several treatment and

management options, allowing me to make informed decisions about my care.

My experience is not unique. My father was diagnosed with prostate cancer early, received treatment and lived many healthy years afterward. Two other family members were also diagnosed, though with very different outcomes. A close friend of mine, like my father, was treated successfully and continues to do well today. These stories underscore an important truth: early detection saves lives.

Men are not always the best at seeking routine medical care, but prostate cancer is not something you

can afford

to ignore. The same is true for colon cancer screenings.

And let's be honest — wives, mothers, and sisters often play a crucial role in encouraging men to take responsibility for their health. Sometimes, that push can make all the difference. 



Randall S. Jones



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

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## Where Music Meets the *Heart of the Community*

Founded in 1927, Lincoln's Symphony Orchestra (LSO) was forged as the city was growing both culturally and physically. As landmarks like the Stuart Building, Burlington Depot, Cornhusker Hotel, Morrill Hall and the Nebraska Coliseum took shape, a community with a shared passion for the arts also emerged.

Originally known as the Lincoln Little Symphony Orchestra, the ensemble made had its debut concert March 1, 1927, at Saint Paul United Methodist Church. Today, LSO stands as Lincoln's fully professional orchestra, continuing its mission to inspire and welcome the community through live orchestral music.

Over the years, the orchestra has hosted an impressive roster of artists spanning genres and generations, including Tony Bennett, Ray Charles, Van Cliburn, Aaron Copland, Walter Cronkite, Ben Folds, Yehudi Menuhin, Itzhak Perlman, Leontyne Price, Paul Robeson, Isaac Stern and Pinchas Zukerman — reflecting both classical excellence and broad cultural influence.

Today, the orchestra comprises more than 70 professional musicians and staff. Each season, from September through May, the orchestra presents 11 concerts primarily at the Lied Center for Performing Arts, reaching more than 12,000 patrons. Seven of these are classical performances — six full-orchestra concerts and one chamber orchestra concert — featuring repertoire from Beethoven and Mozart to works performed with world-renowned guest soloists. This season marks the third year of composer-in-residence Elena Ruehr, whose original work will premiere with the LSO in May.

In addition to its classical series, LSO offers a range of special programming, including a pops concert with music from films such as “Harry Potter” or “Star Wars,” the annual Deck the Halls holiday concert, as well as two family concerts that blend live music with actors or puppets and interactive activities for children.

LSO will celebrate its 100th season in 2026-2027, guided by the leadership of Executive Director Barbara Zach Lee, Music Director Edward Polochick and Concertmaster Anton Miller. Together, they continue to advance the orchestra's artistic vision while honoring its century-long legacy.

“Part of our responsibility is to preserve the great repertoire of music written for orchestras but define the canon of repertoire for the next generation,” Zach Lee said.

Musicians are selected through a blind audition process. Once hired, they complete a two-year probationary period and typically remain with the orchestra until they choose to leave. They are represented by the American Federation of Musicians.

Coordinating the music — and the schedules that make it possible — is more complex than it appears. Each musician is guaranteed a minimum number of performances, requiring careful planning to ensure

each is scheduled appropriately by instrument while meeting contractual obligations.

“It’s incredibly complicated in a very beautiful way,” Zach Lee said. “Music is so magical, but there’s a lot of behind-the-scenes work that goes into making sure the right people are on the stage.”

For many musicians, LSO is part-time employment — a balancing act of other careers and commitments. Many are music teachers at local schools or universities or perform with other regional orchestras.

## Conducting More Than Music

A cornerstone of the orchestra, Maestro Edward Polochick was born and raised near Scranton, Pennsylvania, and moved to Baltimore in 1976 to study piano with Leon Fleisher at the Peabody Conservatory. An award-winning pianist, harpsichordist and conductor, Polochick gained international attention after winning the inaugural Leopold Stokowski Conducting Award in 1978, which led to conducting the Philadelphia Orchestra.

Polochick has conducted major orchestras worldwide, with guest appearances across the U.S. and abroad. He founded and led Concert Artists of Baltimore, a professional chorus and orchestra for 31 years. He also conducted the Baltimore Symphony Orchestra from 1979 to 1999, continuing as guest conductor annually for “Handel’s Messiah.” He continued to be a steady note in the music world, serving on the faculty of the Peabody Conservatory from 1979 to 2020.

Polochick was invited to audition to be LSO’s music director in 1998 through musical connections and was ultimately selected. Originally, the orchestra had planned to rotate guest conductors while searching for a replacement, but Polochick was chosen instead.



**It’s amazing to me that the orchestra is as fine, beautiful and accomplished as it is in a city the size of Lincoln.”**

– Edward Polochick

“I was honored and flattered,” he said. Though he was already booked through the following season, LSO continued with guest conductors until he began full time the following season.

Lincoln has become a second home to Polochick. Traveling can be challenging, but he says it’s worth it.

“It’s a very crazy but very beautiful life,” he said. “I consider myself one of the most fortunate people in the world to do what I love and make a living doing it.”

He isn’t alone — many LSO musicians also travel. Some secure positions while living in Lincoln and later relocate, commuting for rehearsals and performances.

“It’s amazing to me that the orchestra is as fine, beautiful and accomplished as it is in a city the size of Lincoln,” Polochick said. “So many times when I’m conducting, I think, ‘Wow — this sounds fabulous.’”

Honoring his contributions, Polochick was granted honorary citizen status and awarded the “Keys to the City” by Lincoln Mayor Coleen Seng in 2007; and in 2010, he received a commission from Nebraska Gov. David Heineman as an Admiral in the Great Navy of the State of Nebraska.

“Lincoln is a phenomenal community, and Nebraska is an amazing state,” he said. “Most people look at the Midwest as flyover country, but getting into the community and forming close relationships was a real eye-opener for me. I can’t imagine my life now without having been and continuing to be connected with Lincoln. I absolutely adore Lincoln and Nebraska.”

Polochick has no plans to retire anytime soon, demonstrating his longstanding dedication — he even once voluntarily conducted a concert the day after emergency laparoscopic surgery for appendicitis.

“I’m so proud of what we’ve accomplished,” he said. “It’s very much been a team effort.”

## Transforming Sound into Shared Experience

LSO has undergone significant transformation throughout the years, including rebranding, board restructuring and repositioning the orchestra within the community. Since 2005, Zach Lee has worked to make live classical music accessible to all, offering affordable and complimentary tickets through partnerships with education, human service organizations and veterans as part of the orchestra’s social impact programs. In 2011, LSO moved its performances to the Lied Center, a change that increased accessibility, lowered ticket prices and doubled audience size.

“We asked ourselves who still wasn’t able to attend?” she said. “We wanted to know what other segments of the population we could reach.”

Working closely with LSO committees, Zach Lee has helped embed the orchestra into the community while guiding artistic growth, audience expansion, financial stability and board governance. Under her leadership, the orchestra has increased the number and variety of concerts, implemented strategic planning and produced a successful annual gala. With

*Continued on page 6.*



*Music Director Edward Polochick conducts Lincoln's Symphony Orchestra.*

## Where Music Meets the *Heart of the Community*

*Continued from page 5.*

degrees in mathematics and piano performance from the University of Nebraska-Lincoln, Zach Lee brings a combination of financial acumen and musical insight.

“My math background supports the financial side, but my piano training helps me understand the importance of music and collaboration — recognizing that the group takes precedence over one individual, that you are part of something bigger than yourself,” she said. “Everyone contributes their very best and can come together to create something that couldn’t be done alone.”

Under the combined leadership of Zach Lee and Polochick, LSO’s programming has become more diverse and artistically ambitious.

The orchestra has commissioned more than 20 new works, appointed its first composer-in-residence, and released its first commercially available recording, all while maintaining a strong focus on community engagement, education and partnerships across Lincoln.

### **Expanding into the Community**

LSO has a long history of community collaboration. In 1999, it teamed with the Lincoln Community Playhouse, Lincoln Community Foundation and Lied Center to present “Romantic Rhapsody.” The following year, it partnered with Nebraska Game & Parks Commission and NET for “Nebraskaland,” combining symphonic music and video to celebrate Nebraska’s history,

diversity and natural beauty. In 2006, LSO performed a free concert for Lincoln’s Uncle Sam Jam at Oak Lake Park, concluding with a fireworks display; and in 2008, the orchestra joined classic rock band Kansas on the first leg of the band’s tour.

The orchestra continues to engage in the community through various programs. In partnership with the American Legion, LSO has provided live trumpeters for Taps at more than 350 veterans’ funerals since 2015.

Since 2018, the Harmony in Healing program has brought musicians to hospitals, memory care and rehabilitation centers, offering patients personal, live performances.

“It’s a lovely way for musicians to see the immediate impact music

can make on a person,” Zach Lee said. “It’s different to be on stage with 70 people performing compared to looking someone in the eye as they remember a piece from their childhood. It’s a unique and special way to connect through music.”

To reach younger audiences, LSO partners with Lincoln Public Schools for the Young People’s Concerts, designed for students from fourth to sixth grades. Teachers create lesson plans to prepare students to sing or play recorders alongside the orchestra, culminating in an interactive performance at the Lied Center.

LSO musicians visit local schools and libraries, bringing music directly to the community. The orchestra partners with LPS’s Family Literacy program, serving immigrant and refugee families, visiting each class and providing free transportation and tickets to an LSO concert. Through Musical Bookworms, children who

check out a book about music from Lincoln City Libraries receive a special bookmark, giving their family free access to an LSO family concert.

The orchestra provides low-cost tickets for music teachers and young professionals, and discounted or free student tickets for high school and college students. For younger audiences, Mini Maestros offers a concert-specific coloring and activity booklet, allowing children to earn badges that can be redeemed for a free slice of pizza after attending six concerts.

“We are working to foster the next generation of audience members and perhaps musicians,” Zach Lee said.

The orchestra provides multiple opportunities for young musicians to perform alongside professionals. Each year, the Annual Youth Artist Competition selects one talented young musician to perform a

10-minute concerto with the orchestra during the April concert and receive a cash prize. In addition, the Lincoln Youth Symphony joins LSO for a side-by-side performance, giving high school students the chance to play alongside orchestra members.

“Our audience is incredibly diverse, from young people to those in later chapters of life, all finding fulfillment in being part of a community that listens to classical music,” Zach Lee said.

More information and tickets are available at [lincolnsymphony.com](http://lincolnsymphony.com); and for those needing assistance with transportation, they can call 402-476-2211.

“If you haven’t had the opportunity to attend one of our concerts, please be my guest,” Polochick said. “I think you’ll be amazed at how spectacular this orchestra is.” 

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# Seniors Foundation Provides Emergency Support in Times of Need

Older adults enrich our neighborhoods, families and workplaces, and they deserve the opportunity to age with dignity, grace and independence. That's why investing in the well-being of these individuals strengthens the entire community.

The Seniors Foundation exists to extend a helping hand in enhancing quality of life of older adults in our community through fundraising support for Aging Partners. These funds help address essential needs that cannot be covered through Aging Partners' regular budget.

Since its start in 1981, the Seniors Foundation dedicated its primary efforts in getting Aging Partners to Victory Park. Through the work of volunteer board members and years of

meetings, Aging Partners moved to its new home in 2023.

Along the way, the Seniors Foundation raised more than \$500,000 in grants to fund items outside of Aging Partners' budget, such as kitchen and exercise equipment, audiovisual equipment and outdoor seating for the Victory Park Senior Center. In 2020, the charitable foundation funded a new food delivery van to serve homebound seniors during the COVID-19 pandemic and provided support to launch NeighborLNK, a program that connects community members with homebound seniors to reduce isolation. Currently, the foundation is raising funds for a replacement minibus for Aging Partners' transportation program due to escalating maintenance



costs of the current vehicle.

While these contributions impact the aging community as a whole, the Seniors Foundation also has sought a way to directly support Aging Partners and the older adults it serves by providing financial assistance to individuals when no other options are available.

In 2025, the Board of Directors established an emergency fund to help older adults who are in immediate need of support through its program, 65 Society.

"The Seniors Foundation wants to be hands-on and make a difference



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in the lives of the aging in the community,” Executive Director Gina Cotton said. “This fund helps us respond quickly to requests from Aging Partners to apply support on behalf of a client in need.”

The 65 Society was created as a community-driven initiative dedicated to supporting seniors over the age of 65 in the local community. The mission is to ensure every senior receives the care, respect and assistance they deserve as valued members of society, while honoring the legacy of those who have contributed wisdom, experience and dedication to the community by providing them support needed to thrive in their golden years.

Unexpected crises can affect any aging adult, regardless of careful planning. The Seniors Foundation exists to provide compassionate, timely support when these critical moments arise. By responding to urgent needs after all other resources have been explored, the Foundation ensures help reaches older adults when it matters most. Working collaboratively with Aging Partners across the eight-county service area, the Seniors Foundation uses a careful and accountable process to offer assistance with applications submitted by Aging Partners staff to ensure appropriate use of funds.

“Once all resources have been fully explored, they reach out to us,” Cotton said

In its pilot year in 2025, the fund helped three aging individuals — two with small bills to help keep warm and safe, and helped give Katelyn her independence through a wheelchair lift.

“Every time I tried to save for one there would be another bill that needed to be paid,” Katelyn said. “I realized I could hope for one, but reality was another story. I realized I would do as I always did — which was watch people do what I wanted to do.”

Within a few days of submitting an application, the Seniors Foundation approved the purchase and installation of a wheelchair lift for her van, giving Katelyn the ability to live independently.

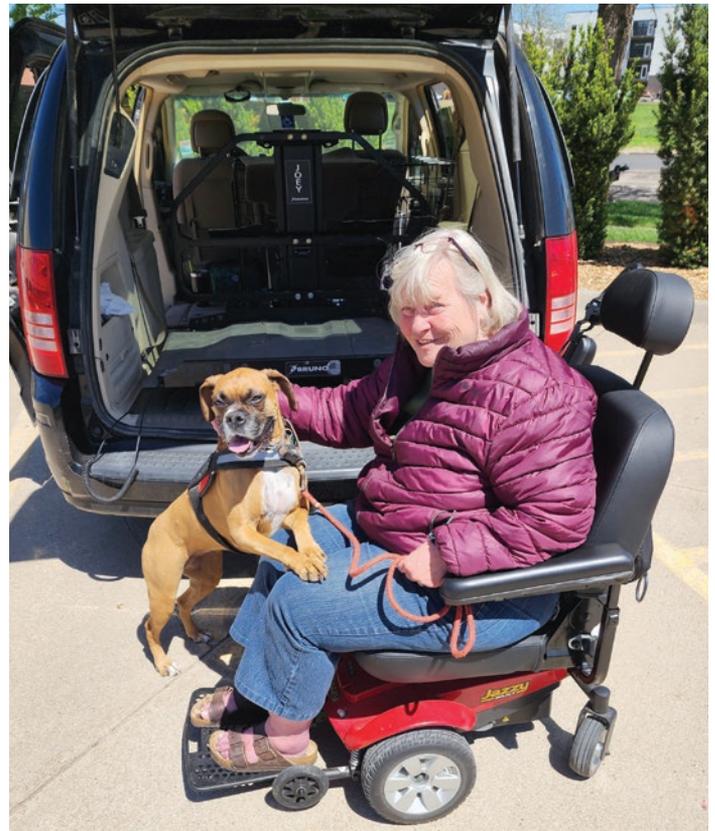
“Thank you for this miracle,” Katelyn said. “I’ve made it to church, to the stores, and to the park. My service dog and I have a list of things to do. Your miracle is making a difference in my life.”

The 65 Society is a 501(c)(3) organization, and gifts are tax deductible. For more information, visit [seniorsfoundation.org/65-society](http://seniorsfoundation.org/65-society) or email Gina Cotton at [gina@seniorsfoundation.org](mailto:gina@seniorsfoundation.org).

“This is something people can get behind and help make a real difference in the lives of those in our community,” Cotton said. 



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Katelyn and her dog are pictured with her new wheelchair lift for her van thanks to the Seniors Foundation's 65 Society fund.

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

# Prepared Today, Protected Tomorrow: Stay Ready for Severe Weather

Knowing what to do in the case of extreme weather can make a critical difference when seconds count. Emergency preparedness is essential for everyone, but it's especially important for individuals with additional considerations, such as older adults.

Extreme heat or cold, poor air quality and power outages can worsen chronic conditions in older adults such as heart disease, diabetes, respiratory illnesses and arthritis. Limited mobility may make it difficult to evacuate quickly, clear debris or access emergency services. Many older adults also rely on utilities and medical equipment; as such, power disruptions could interrupt oxygen machines, mobility devices, medication refrigeration and communications tools creating potentially immediate health risks.

Preparing in advance by assembling an emergency kit, creating a communication plan, maintaining backup medications, and identifying support contacts can help older adults stay safe, maintain independence and reduce stress during severe weather or emergency situations.

April, May and June typically mark the peak season for severe storms and tornadoes in Nebraska, although they can occur any time of the year. Severe thunderstorms can produce hail an inch or larger or wind gusts over 58 mph. Storms such as this are capable of producing tornadoes and dangerous lightning, as well as heavy rain that can cause flash flooding. When a severe thunderstorm watch is announced, thunderstorms and tornadoes are possible. When a severe thunderstorm warning is issued, severe thunderstorms are occurring or imminent. In either case, seek shelter indoors.

Tornadoes most often develop within severe thunderstorms, though they also can form independently. The weather conditions that typically produce tornadoes include warm, humid air near the surface, cooler air in the mid-levels of the atmosphere and strong upper-level jet stream winds. Tornadoes can travel at speeds of up to 60 mph, with wind speeds that may exceed 200 mph.

While tornadoes can occur any time of day, they most commonly occur in Nebraska between 4 p.m. and 8 p.m. According to the National Weather Service, a tornado watch means conditions are favorable for a tornado to develop, while a tornado warning means a tornado has been sighted or indicated by radar and immediate shelter should be taken.

Outdoor warning sirens are activated during tornado warnings issued by the National Weather Service, confirmed tornado sightings by trained spotters, or other life-threatening emergencies. If sirens sound, seek shelter immediately.

## Make a Plan

Gather household members or caregivers to discuss the types of emergencies that may occur — such as power outage, snowstorm, severe weather and tornadoes — and determine what supplies or actions are needed for each situation. Designate meet-up locations for emergencies such as a fire or other disaster: one location near the home for quick reunification and another outside the neighborhood in case returning home is not possible.

Identify the safest location in the home for protection from tornadoes or high winds. This should be an underground area, if available, or a small, interior, windowless room on the ground floor near the center of the home. Avoid taking shelter beneath heavy appliances or furniture on upper floors.

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# Prostate Cancer Screening: A Urologist's Personal Appeal for Early Detection

Prostate cancer is a silent threat for men, often developing without symptoms until it is advanced and difficult to treat. Screening with the PSA (prostate-specific antigen) blood test can detect cancer early, when it is most curable, yet the value of this test has been debated for decades.

In 2012, the U.S. Preventive Services Task Force (USPSTF) recommended against PSA testing for all men — a move that shocked the medical community and sparked controversy about balancing the risks of overdiagnosis and overtreatment against the benefits of early detection. For urologists such as Dr. AJ Pomajzl, the decision to screen is deeply personal and potentially lifesaving, highlighting the critical role PSA testing continues to play in protecting men's health. This is what Pomajzl had to say:

The concerns that motivated the recommendation were real. PSA screening had, at times, led to overdiagnosis — finding slow-growing cancers that might never cause harm — and overtreatment, exposing men to risks such as incontinence or erectile dysfunction for cancers that may never have threatened their lives. No physician is comfortable with that trade-off.

But there always was another side to the equation.

Prostate cancer is the most common cancer in men, the third leading cause of cancer death, and it is nearly always silent in its early, curable stages. You don't feel it coming. And when symptoms finally appear, the window for cure already may be closed.

Some form of screening always will be necessary. So, when screening declined, we didn't eliminate prostate

cancer — we delayed its diagnosis. And delayed prostate cancer often is deadly.

## What Happened When Screening Stopped

After the 2012 recommendation, studies showed PSA screening rates fell sharply — by nearly 46% between 2008 and 2020.

As fewer men were screened, early-stage prostate cancer diagnoses dropped. At the same time, advanced and aggressive disease increased.

A large observational study from a California health system showed that after the USPSTF recommendation, PSA screening declined by about 23%, prostate cancer diagnoses fell by more than 50%, and metastatic (stage IV) prostate cancers rose by roughly 37%. The authors summarized the impact starkly: for every 25 fewer early cancers detected, one additional man was diagnosed with incurable metastatic disease.

National data told the same story. Population-based analyses demonstrated a clear rise in distant metastatic prostate cancer diagnoses across the U.S. following reductions in PSA screening, including data from the Veterans Health Administration and state-level analyses showing similar patterns.

Mortality trends followed. After decades of steady decline, prostate cancer death rates flattened after 2012. Age-adjusted prostate cancer mortality, which had been falling from 1999 to 2012, essentially stalled from 2014 to 2019. Among men aged 60 to 69, mortality rates began to rise.

Even more concerning, men under 75 treated for localized prostate cancer in the post-2012 era experienced higher prostate cancer-specific mortality than

 Nebraska Urology



*Dr. AJ Pomajzl, Nebraska Urology urologist*

those treated earlier — strong evidence that cancers were being found later and behaving more aggressively.

## The Course Correction

Medicine adapted. In 2018, the USPSTF walked back its blanket opposition and shifted to a shared decision-making model for men aged 55 to 69. Professional societies never abandoned screening. The American Urological Association, the American Cancer Society and the National Comprehensive Cancer Network have consistently supported PSA screening using a risk-adapted approach that accounts for age, life expectancy and individual risk.

The pendulum has settled where it belongs — not at “screen everyone” or “screen no one,” but at screening intelligently.

One reality often missing from public discussions is how much prostate cancer management has changed. Twenty years ago, a diagnosis almost guaranteed treatment. Today, many low-risk cancers are managed with active surveillance — careful

monitoring with PSA tests, imaging, and periodic biopsies, intervening only if the cancer shows signs of progression. Use of active surveillance has more than doubled over the past decade, increasing from about 25% in 2014 to now almost 60% in 2021.

We also have better tools. Secondary blood and urine tests such as the 4Kscore and isoPSA help reduce unnecessary biopsies, and prostate MRI improves detection of clinically significant disease.

Simply put, we are far better at finding the cancers that matter and leaving the rest alone. We can catch the tiger without shooting every housecat.

### **Why Dr. Pomajzl Still Advocates for Screening**

I have sat across from men who skipped screening and arrived with bone pain, only to learn their cancer already had spread. I have also seen the opposite: cancers found early, treated

successfully and never spoken of again except as a footnote in a long life.

Since PSA testing became widespread in the early 1990s, prostate cancer mortality in the U.S. has fallen dramatically. Studies show that the death rate from prostate cancer dropped by nearly half during this period. Countries that did not adopt PSA screening did not see these gains.

The European Randomized Study of Screening for Prostate Cancer, with 23 years of follow-up, demonstrated that PSA screening prevents one prostate cancer death for every 456 men screened and one death for every 12 men diagnosed with prostate cancer.

These are not abstract projections. They are men whose cancers would otherwise be found too late.

### **A Simple Test, Used Well**

Like breast and colon cancer, prostate cancer demands a screening tool. A PSA blood test is simpler and

less invasive than mammography or colonoscopy.

When used correctly, PSA reassures about 75% of men that their risk is very low. For the remainder, an elevated or rising PSA does not mandate biopsy — it signals the need for smarter evaluation with tools already developed, such as MRI, isoPSA and the 4Kscore.

Used this way, PSA is not a blunt instrument. It's a triage test that focuses attention where it belongs.

The worst outcome is discovering prostate cancer only after symptoms appear. At that point, the opportunity for cure may already be gone.

### **A Personal Appeal**

Screening is a personal decision. It should reflect your health, risk factors and values. But choosing not to decide — doing nothing — is still a choice, and it carries risk. We have seen what happens when screening disappears. Early detection saves lives. **ww**

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# Homestead Tax Exemption Can Benefit the Aging

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

Every year, individuals must apply for a Homestead Tax Exemption to receive the benefit. Homestead Property Tax Exemption forms are mailed by the county assessor after

Jan. 1, provided the individual applied for the exemption in the prior year. Individuals who have never applied for the Homestead Tax Exemption need to visit or contact their county assessor office to request the forms, or they can pick up forms at Aging Partners, 600 S. 70th St. The forms may also be downloaded from the County Assessor or State Department of Revenue websites

The exemption is based on an adjusted household income, which is different than the IRS adjusted gross income. If you file income taxes, you would start with the adjusted gross income on your tax form, and then add back any untaxed Social Security benefits you received. Once you have that figure, subtract health expenses,

such as Medicare Part B premiums, Medicare supplemental payments, Part D premiums and copays, and long-term care insurance premiums, as well as eyeglass and dental expenses. If you do not file income taxes, add up your 1099 reported income for the previous year and start with that figure. When you have your household income from the previous year, subtract health expenses to arrive at an adjusted household income.

In 2026, a couple with an adjusted household income of \$64,500 or less; or a single person with adjusted household income of \$54,300 or less received some property tax relief, depending on the value of the home. Adjusted household income figures increase every year.

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There is plenty of time to file for the Homestead Tax Exemption for the 2025 tax year. The filing period is Feb. 2 through June 30. If you have questions about Homestead Tax Exemption or want assistance with the form, please call Aging Partners at 402-441-7070 or 1-800-247-0938. 



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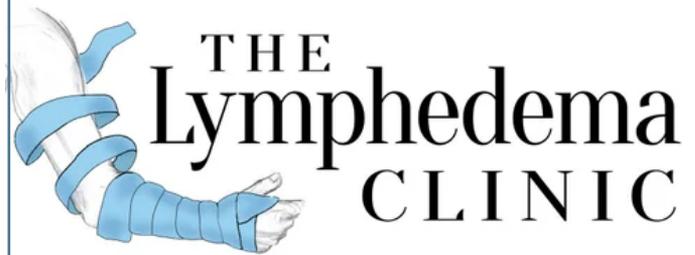
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# Keystone Award Luncheon to Honor Individual's Service to Aging Adults

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

"This award provides a great way to honor those who have helped the aging, the most vulnerable," said Gina Cotton, Seniors Foundation executive director.

The recipient of the 2026 Keystone Award was announced in March. Past recipients of the Keystone Award, originally called the Community Service Award, include Helen Boosalis, Gil Savery, Lela Shanks, Jerry Joyce, Joe Hampton, Harland Johnson, Scott Young, R. David Wilcox, Dayle Williamson, Dorothy Applebee, Coleen Seng, David Rusk, Kristen Stohs, Mary Ann Stallings, Lloyd Hinkley and Dennis Buckley.

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

The award will be presented at the Keystone Award Luncheon, scheduled for 11:30 a.m. Thursday, May 28, at the Country Club of Lincoln, 3200 S. 24th St.

The speaker for the 13th Keystone Award Luncheon is Glenn Van Ekeren, who served as president of Vetter Senior

Living in Omaha for several years before his recent retirement. His passion as a leader is to create a work environment where people feel good about themselves, their jobs, the people they work with, the people they serve and their organizations. As a speaker, he is known for his inspiring, enthusiastic and down-to-earth approach for maximizing people and organizational potential. Van Ekeren has traveled the country over the years, delivering more than 1,500 seminars and keynote addresses to 150,000 people. As the author of several books, Van Ekeren's latest publications include a three-volume series entitled: "Little Leadership Lessons...from an Old Guy" as well as "Leadership Matters... Make Where You Work a Place People Love To Be." Van Ekeren pens the popular inspirational blogs "Stuff To Think About" and "Little Leadership Lessons...from an Old Guy."

The Keystone Award Luncheon is an annual fundraiser hosted by the Seniors Foundation, a 501c(3) nonprofit in Lincoln that supports special projects for Aging Partners. Fundraising from the event helps support Aging Partners by covering unexpected expenses that fall outside regular budgets. Seniors Foundation funds recently helped a senior with the installation of accessibility equipment in a vehicle, providing greater independence and mobility. With that added accessibility, the individual now can take a beloved

service dog fishing, visit a favorite coffee shop to enjoy live music, or simply get out and participate in the community. It is often these simple freedoms that make a meaningful difference in someone's quality of life.

"It's important for the Seniors Foundation to have agility and ability to meet the needs of those in our community," Cotton said.

## Reservations for the 2026 Keystone Award Luncheon

Tickets cost \$85 per person or \$850 for a table of 10, and they may be ordered at [SeniorsFoundation.org](http://SeniorsFoundation.org) or by contacting Gina Cotton at [gina@seniorsfoundation.org](mailto:gina@seniorsfoundation.org) or 402-441-6179. Ticket purchase deadline is May 15.

## About the Seniors Foundation

The Seniors Foundation believes that regardless of age or income, people deserve to live their best lives. Since 1981, the Seniors Foundation has been raising funds to support Aging Partners' efforts to enrich the lives of aging adults in Lincoln. For more information, go to [seniorsfoundation.org](http://seniorsfoundation.org). 



*Glenn Van Ekeren will speak at the Seniors Foundation's 13th Keystone Award Luncheon in May.*

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# From Military Service to Civilian Care: Thompson Provides Lifetime of Service



Chuck Thompson continues to serve others even into his 80s, now in his role with Aging Partners as services coordinator.

As the seventh of nine children, Chuck Thompson grew up on farm outside of Creighton, Nebraska, in Knox County. Through farm life and attending a one-room schoolhouse, he learned the value of hard work and helping others from a young age, shaping a resilient attitude that stayed with him throughout life.

“I’m not that physically big, but I did the work I needed to,” he said. “Work doesn’t bother me. I remember my mom wading through the mud to feed the cattle. I saw her do what needed done, and that’s helped me through the years.”

That attitude continues to drive the 83-year-old today as he works as a services coordinator for Aging Partners’ Medicaid Waiver Department. Thompson assists with scanning, filing

and faxing, ensures client cases are assigned and distributed, and flags cases for annual review, along with other duties that help keep the department running smoothly.

But long before he joined Aging Partners, Thompson built a lifetime of service shaped by duty, hard work and care for others.

Thompson joined the U.S. Air Force in 1960, drawn by an interest in planes. Instead, he was trained as an X-ray technician and was never stationed at a base with aircraft. He served for three years at Burderop Park, England, home to the largest Air Force hospital in the country at the time. He returned to the United States in 1964, bringing with him Sandy Adams from Swindon, Wiltshire, England. They married in October 1964.



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The couple celebrated 58 years of marriage before her passing in 2022 and shared six children and 23 grandchildren.

“When you’re young, it’s an important part of your life to find someone,” he said. “One thing we had in common was we both came from poor families.”

After his Air Force service, Thompson worked in construction. As the Vietnam War escalated and the need for medical personnel grew, he joined the U.S. Army in 1965 after learning the Air Force no longer had a need for his role. He began his Army service as an X-ray technician at Fitzsimons Army Medical Center in Aurora, Colorado.

Thompson was later accepted into the Walter Reed Army Institute of Nursing, where he completed two years of study at the University of



Thompson when working in X-ray.

Nebraska-Lincoln before finishing his education at Walter Reed National Military Medical Center in Washington, D.C. He graduated in 1970 with a Bachelor of Science in Nursing from the University of Maryland.

After completing basic officer training, Thompson was stationed in Fort Riley, Kansas. He worked in the

pediatric and psychiatric ward for six months before applying for community health nursing, where he worked in preventive medicine — either providing well-baby checks with pediatricians or tracing contacts of individuals who tested positive for tuberculosis.

Before retiring from the Army in 1981, Thompson also was stationed in Fort Carson, Colorado; Würzburg, Germany; Fort Huachuca, Arizona; and Fort Riley, Kansas, a second time.



Chuck and Sandy Thompson on their wedding Oct. 17, 1964.

The Thompson’s children were born in various locations during his service: Mark at Fitzsimons Army Hospital, Aurora, Colorado; Lara at Walter Reed Army Medical Center, Washington, D.C.; Paul at Evans Army Hospital, Fort Carson, Colorado; Shaun at Raymond W. Bliss Army Hospital, Fort Huachuca, Arizona; Christopher at Manhattan, Kansas; and Meghan at Ehrling Bergquist Clinic, Offutt Air Force Base, Bellevue, Nebraska.

*Continued on page 20.*

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# From Military Service to Civilian Care

Continued from page 19.

## Continuing to Serve Beyond the Uniform

Thompson attended Kansas State University for a year, followed by two at the University of Kansas and earned a master's degree in social work. He then moved to Lincoln, drawn by its small-town feel, and worked for the State of Nebraska in child welfare and Child Protective Services until 2000.

"It was an emotionally taxing job," he said. "Writing court reports, testifying in court — sometimes cases would keep you up at night."

He later transitioned to a role with the State of Nebraska in Information Technology, repairing computers in the State Office Building and installing computer hardware in offices across the state, before retiring from state service in 2006.

The day following his retirement, Thompson spent 10 months with the Peace Corps in Labasa, Fiji, providing health prevention and IT support.

At the referral of a former colleague, Thompson began working at Aging Partners in 2012 — a role he finds deeply fulfilling by helping to enhance daily living, expanded personal choices and educating the community to ensure the independence and full life of older adults.

Thompson continues to work and laughs as he says, "They allow me to. I want to be productive, helpful. I'm fortunate I can get up, have some purpose in life and hopefully help other people. I have that chance now



Thompson is promoted in 1980 to Major in the U.S. Army at Fort Riley, Kan.

— it's a blessing."

He says every day brings new ways to learn and serve, keeping him engaged and motivated.

"I'm very appreciative of being at Aging Partners," Thompson said. "There are great people here with all kinds of experience and knowledge. Now, I just need to use the resources myself." 



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# Maintaining Independence Through Transportation Options for Aging Adults

**A**ging brings many changes, and one of the biggest hurdles can be maintaining independence — especially when driving becomes difficult or unsafe. For many older adults, driving represents freedom and self-reliance.

Maintaining independence doesn't have to end when driving becomes challenging. Access to transportation can play a vital role in active aging. When older adults get into the community, they are more likely to remain physically, socially and mentally engaged. Whether it's attending a local event, shopping for groceries or meeting a friend for coffee, moving freely helps to maintain routines and a sense of purpose. Staying active and socially connected has shown to support both physical and mental health.

Relying on friends and family for

rides often is helpful and done with love, but it also can create stress or feelings of burden for everyone. Fortunately, local transportation services can help individuals remain active and connected even if they are no longer comfortable driving. In Lincoln, there are a variety of safe, affordable, accessible and flexible services to meet the needs of aging adults; and with discounted fares for some services, it may be more cost-effective than owning and maintaining a personal vehicle. Individuals may need to use more than one service to best meet their needs, but the key is knowing what options exist and how to access them.

## StarTran

StarTran is the City of Lincoln's public transport. All buses are wheelchair

accessible, which is helpful to ensure those with mobility challenges can ride safely and independently.

There are countless ways to plan routes and purchase fares ahead of time. Rides can be planned through using StarTran's RideLNK app, Google maps or calling StarTran at 402-476-1234. StarTran also has a trip planner on its website at [lincoln.ne.gov/startran](http://lincoln.ne.gov/startran). Routes also can be planned by using all-route or route-specific paper maps, available at the StarTran main office, 710 "J" St., or at select grocery stores and community centers around town.

Fares can be purchased in cash on the bus, on the RideLNK app or passes can be purchased at locations throughout the community, including StarTran's office. StarTran offers single-ride fares,

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31-day passes and 20-ride passes to low-income individuals. Those age 62 and over qualify for reduced bus fares on StarTran's fixed-route service. Called the "Senior Saver" or "Go for Less Cash Fare," this reduced fare of 60 cents does require riders to show their Medicare card or state/photo ID.

VanLNK is StarTran's on-demand service, which allows individuals to book on-demand transportation within the city. Vehicles are lift or ramp accessible, smaller than a bus and provide door-to-door service.

As a shared ride service, trips are planned using software that optimizes the route for all current users on the schedule. If there are other customers who have trips planned in the same general area, riders may share the vehicle for part or all of their ride and make a few stops along the way.

Customers schedule local pickup and destination location within Lincoln City limits through the VanLNK smartphone app. A VanLNK vehicle will be dispatched for same-day service through the VanLNK smartphone app. Costs are \$8 per one-way ride and must be paid through the app. Service hours are Monday through Friday 7 a.m. to 2 p.m., 4 p.m. to 7 p.m., and Saturdays from 7 a.m. to 6:45 p.m. For more information, call StarTran at 402-476-1234 or visit [lincoln.ne.gov/vanlnk](http://lincoln.ne.gov/vanlnk).

For individuals who experience a disability and are unable to ride the regular fixed-route city bus, StarTran's Paratransit service may be available to help provide door-to-door transportation. Service is available to eligible individuals within Lincoln Monday through Friday, 5:15 a.m. to 9:30 p.m., and Saturdays from 6:30 a.m. to 6:55 p.m.

The individual requesting Paratransit services must complete an application, along with the applicant's physician. The cost is \$2.50 one-way, \$66 for a 20-ride pass, \$34 for a 31 Consecutive Day Pass (\$16 for eligible low-income patrons). More information is available at [lincoln.ne.gov/paratransit](http://lincoln.ne.gov/paratransit). Reservations can be made by calling 402-441-7109.

## Aging Partners

To help older adults access programs and services, Aging Partners offers transportation to its four Lincoln senior centers through Community Activities and Services (CAS) Transit. Vehicles are handicap accessible and suggested contribution is \$5 per round trip. To determine which Lincoln senior center Aging Partners can provide transportation to for you, please call 402-441-8816.



For those outside the City of Lincoln, Lancaster County Public Rural Transit (LCPRT) provides a door-to-door transportation service provided to the general public, regardless of age, including older adults and those with disabilities. The service connects riders from Lincoln to rural destinations and those from rural communities to Lincoln

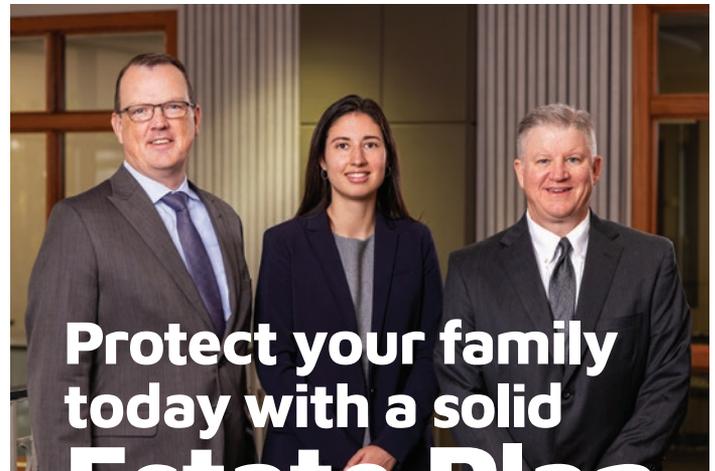
or another rural community. One stop of the trip must be outside Lincoln city limits to a city in Lancaster County or the surrounding communities of Adams, Ceresco, Cortland, Eagle and Greenwood. Riders also can visit one rural location to another.

LCPRT can be used for any type of trip — to visit a friend, go to medical appointments, get groceries or attend an event. The cost is just \$2 per boarding. For convenience, 10-punch rider cards are available to purchase for \$20. Anyone under 13 years of age must ride with a legal adult. Normal operating hours are 7:30 a.m. to 5:30 p.m.

Rides must be scheduled 24 hours in advance and can be scheduled up to 31 days in advance. Trips are scheduled in the order they are received and accepted until vehicle capacity or driver availability is reached. Currently, LCPRT runs one route daily. Monday and Wednesday pickup locations include areas north of "O" Street countywide, while Tuesday and Thursday pickup locations are south of "O" Street. Fridays alternate between north and south routes. Call 402-441-7031 for more information.

## Other Transportation Options

There are other available private transportation options in Lincoln as well as other options for people with specific disabilities and concerns. Call Aging Partners at 402-441-7070 for more information. <sup>lv</sup>



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## Aging Partners Health and Fitness

# Mindful Movement: Connecting Breath and Body Through Yoga

by Aging Partners Health and Fitness

As people age, they may begin to lose flexibility, physical stability and mobility. These changes can lead to challenges such as pain, difficulty moving and an increased risk of falls. Aging Partners Health and Fitness offers several classes designed to support mobility and overall well-being, including our popular Chair Yoga classes.

Yoga is a relaxing, low-impact form of exercise that can increase strength, flexibility, balance and functional capacity. It can be especially beneficial for older adults. Many individuals begin experiencing balance issues after age 50, and nearly one-third of adults over age 65 experience a fall each year. Yoga can be a valuable tool in addressing balance concerns while offering additional physical and mental health benefits.

### What Is Yoga?

Yoga originated in ancient India thousands of years ago, with references to yoga postures found at the archaeological site of Mohenjo-daro dating back to the

third millennium B.C. At its core, yoga is the practice of unifying the body, mind and spirit through self-awareness and mindful movement. Over time, it has evolved to combine breathing techniques, meditation and a variety of physical postures.

Chair Yoga, which Aging Partners offers, is particularly beneficial for seniors and individuals with disabilities. This slow-flow practice is designed to improve breathing, physical well-being and mental awareness through gentle movements performed in both seated and standing positions.

### Health Benefits of Yoga

Today, yoga is widely recognized by the medical community as a practical way to reduce pain and improve overall well-being. Some of the most common benefits include:

- **Better sleep.** According to a study by the Division of Sleep Medicine at Brigham and Women's Hospital, individuals who practice yoga tend to fall asleep faster and wake less during the night. Yoga calms the

nervous system, reduces stress hormones and promotes deep breathing and mindfulness, making it easier to both fall asleep and stay asleep.

- **Increased flexibility.** Yoga postures gently stretch muscles and joints, helping to improve flexibility and range of motion. This can be especially beneficial for individuals experiencing arthritis-related pain.
- **Improved mental health.** A 2011 article by the International Council on Active Aging found that stress and anxiety are leading contributors to pain. Yoga's focus on breath control and gentle movement can promote relaxation, improve mood and reduce stress.
- **Better balance.** As balance declines, fear of falling often increases, causing the body to tense during movement. Yoga teaches participants to move slowly, relax their muscles and build confidence over time — helping to reduce both the risk and fear of falling.

- **Aided digestion.** Yoga postures activate the parasympathetic nervous system, shifting the body into “rest and digest” mode. This can help reduce stress-related digestive issues.
- **Improved circulation.** Even gentle movement increases blood flow throughout the body. Yoga encourages blood vessels to open, improving circulation to muscles and joints and supporting overall cardiovascular health.

## Aging Partners Yoga Offerings

Aging Partners Health and Fitness has offered yoga classes for more than 20 years. We currently offer Chair Yoga at 9:30 a.m. on Mondays and Wednesdays at Eastridge Presbyterian Church, 1135 Eastridge Dr. The classes are led by certified yoga instructor Chery

Bieber. To sign up for either the Monday or the Wednesday class at Eastridge — or both! — please call 402-441-7575.

Chery also teaches Chair Yoga on occasion at our Belmont Senior Center, 1234 Judson St., in Lincoln. Please call 402-441-7990 for more details about Belmont class offerings.

Chery is a certified yoga instructor who earned her 200-hour training through Wild Root Yoga in 2023, and she took an additional 300 hours of training at Lincoln Yoga Center in 2025. She has been practicing yoga since 2015 and teaching it since 2023. Chery is a retired middle

school teacher who enjoys book clubs, traveling with her husband and playing with her dachshund. For participants over the age of 60, Aging Partners Health and Fitness requests a suggested contribution of \$4 per individual class. There is a \$5 per class fee for participants under the age of 60. 



*References:*  
**Sunny Health & Fitness:**  
[sunnyhealthfitness.com/blogs/fitness-programs](https://sunnyhealthfitness.com/blogs/fitness-programs)

*WesleyLife:* [wesleylife.org/blog](https://wesleylife.org/blog)

*Harvard Gazette:* [news.harvard.edu/gazette](https://news.harvard.edu/gazette)

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# Barnabas Providing a Helping Hand

**B**arnabas Community is a nonprofit organization that began in 2008 as the Barnabas Project. It was born from a shared desire among the Sheridan Lutheran Church, Spirit of Hope Lutheran Church and the People's City Mission to help reduce the financial strain on families in Lincoln's Belmont neighborhood while addressing cycles of petty crime and hopelessness.

The project opened a small store in the Belmont Shopping Center near 11th Street and Cornhusker Highway, which offered free clothing, limited household items and an area for refreshments. The community's response was immediate and significant, and within a few years, the location was outgrown due to the volume of guests served.

In 2018, the project evolved into an independent nonprofit organization, relocated to its current home at 931 Saunders Ave. and officially changed its name to Barnabas Community, reflecting its long-term commitment to remaining and growing within the Belmont neighborhood.

While Sheridan Lutheran Church continues to serve as the primary sponsor for finances, donations and volunteers, the organization also is supported by community partners, private donors and volunteers.

Barnabas Community is led by Executive Director Dwight Thiemann and serves as a trusted resource and welcoming presence for individuals and families in the Belmont neighborhood and beyond.

In 2025, the organization helped approximately 2,100 families and nearly 5,000 individuals through its free store, community center and meal programs. More than 27,500 meals were served.

"We serve whoever comes to us," Thiemann said.

While Barnabas doesn't require income verification for its programs,

guests need to sign up for a Clarity Card with a photo ID, which allows the system to track the number of items distributed each year. Guests may select up to 20 to 30 free items per week.

Shopping hours are Tuesdays from noon to 3 p.m.; Thursdays from 9 a.m. to noon and 6 to 8 p.m.; and Saturdays from 10 a.m. to 2 p.m. Individual shopping times are handed out 30 minutes before the store opens.

In 2025, Barnabas distributed approximately 160,000 items through its free store.

"We don't always know the reason why people come, but we get to know people to the extent that they allow us," Thiemann said.

Barnabas also serves about 600 meals each week, including Thursdays at 6 p.m. and Saturdays at 9 a.m. Sack lunches also are distributed on Saturdays. Clarity Cards are not required for meals, which are served on a first-come, first-served basis.

Barnabas also provides spiritual care through its connection to Sheridan Lutheran Church; pastors from area Evangelical Lutheran Church in America (ELCA) churches offer a worship service on Thursdays at 5:35 p.m. Bible study is offered on Tuesday mornings at 9:30 a.m. All spiritual offerings are open to anyone.

## Donations and Volunteering

Barnabas Community accepts monetary donations as well as in-kind donations, including clothing, small household items, hygiene products, books, blankets, sleeping bags, towels, bedding and dishes.

Donations are accepted at Barnabas,



*Dwight Thiemann, Barnabas Community executive director*



*Barnabas' free store provides clothing and small housewares for those in need.*

931 Saunders Ave., Tuesdays from 8:30 a.m. to 3 p.m.; Thursdays from 9 a.m. to noon and 6 to 8 p.m.; and Saturdays from 10 a.m. to 2 p.m. Donations are also accepted 24/7 at Sheridan Lutheran Church, 6955 Old Cheney Road, in the bins beside the garage off 70th Street. Barnabas does not offer donation pickups.

Volunteer opportunities also are available, including welcoming guests, facilitating store checkout, sorting and hanging clothing, and serving meals.

"Come and be involved," Thiemann said. "We can find you a place to help where you feel comfortable."

To apply as a volunteer, visit [barnabascommunity.org/be-our-partner/donate-time.html](https://barnabascommunity.org/be-our-partner/donate-time.html).

For more information about Barnabas, visit [barnabascommunity.org](https://barnabascommunity.org), email [hello@barnabascommunity.org](mailto:hello@barnabascommunity.org) or call 402-742-0035. 

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# Caregiver Corner

## NeighborLNK Couples Small Acts, Lasting Connections

For homebound older adults and individuals with disabilities, having someone to help with simple errands or just offer friendly conversation can make the world of difference. That's why Aging Partners created NeighborLNK in 2020, a program that has since fostered countless meaningful connections.

NeighborLNK links qualified, authorized volunteers with Lincoln-area residents age 60 and over and persons with disabilities who need a little extra support. Services range from grocery and medication pickup to library runs and phone or video visits — all designed

to help participants remain independent while reducing isolation.

While the goal is practical support, many matches grow into genuine friendships. In one case, a volunteer was paired with a man who lives alone outside Lincoln and struggles to walk through stores for extended periods. The volunteer regularly picks up groceries, medications and library movies, easing both the physical strain and the stress of daily errands.

Other matches are just as impactful. One volunteer pilots a tandem bicycle so a visually impaired man can enjoy time outdoors. Another

simply adds a person's groceries to their own shopping list. Some volunteers also assist with ordering items online, helping participants navigate digital tools that can otherwise feel overwhelming.

"It's a good reminder that there is a segment of our community that doesn't always have the means to get what they want," said one volunteer. "It's easy to be consumed with your own life and work, but it's important to be reminded that there are people in need as well. I'm reminded of what life can be like for many people who don't have others to help."



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Annie Pike - RE/MAX Concepts



For recipients, NeighborLTK offers more than convenience. It provides reassurance — someone dependable and willing to step in when there may be no one else. In the process, it strengthens community ties and ensures neighbors are seen, supported and connected.

Residents age 60 and over and persons with disabilities may apply to participate in the program. Volunteers must be at least 19 years old and complete an application, waiver, background check and brief online training. There is no upper age limit to volunteer, and a vehicle is not required to help.

“We have some participants just looking to visit with someone,” said Suzanne Hatfield, NeighborLTK coordinator.

Younger volunteers also can make a difference by providing technical assistance, such as helping participants order items online or navigate digital tools. All that’s needed is someone willing to step in and help.

NeighborLTK is currently seeking new participants and additional volunteers. Presently, there are several trained and background-checked volunteers waiting to be matched — some hoping to make friendly phone calls, others ready to help with errands.

“We always have volunteers looking to assist in whatever way they can to address the many individual needs of our participants,” Hatfield said.

Applications can be found at [lincoln.ne.gov/City/Departments/Aging-Partners/Being-Well/NeighborLTK](http://lincoln.ne.gov/City/Departments/Aging-Partners/Being-Well/NeighborLTK). For questions or to request an application by phone, call Hatfield at 402-441-7575. Aging Partners staff will review applications and assistance requests to make matches based on location and services requested. Once a match is made, both parties are notified.

A simple phone call, grocery run or a neighbor willing to help can make life a little easier. NeighborLTK makes those connections possible. 

# Nebraska Family Caregiver Support

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Respite allows a provider to step in and give unpaid caregivers a break from their responsibilities.

**1-866-RESPITE**

**1-866-737-7483**

**[respite.ne.gov](http://respite.ne.gov)**

DD-OTH-40 5/2025

# Nutrition as We Age

By Jill Engel, Aging Partners Nutrition

Healthy eating habits play an important role at every stage of life, though nutritional needs can shift as we age. Enjoying a variety of foods from each food group can help provide the body with the specific nutrients it needs. Paired with regular physical activity, healthy eating can lower the risk of chronic disease, support maintaining a healthy weight and contribute to overall mental and social well-being.

Aging also brings unique nutritional considerations, often due to physical and physiological changes. Some changes may occur in how the body breaks down and absorbs nutrients. Other changes may occur in the ability to taste, smell or chew food. Recognizing these changes can

influence eating habits and help us be more aware of the types of foods we are including in our diets.

## Changes in Nutritional Needs

Protein is an important nutrient, as it helps to maintain muscle mass. The recommendations for women over 60 years of age are to consume between 5 to 6 ounces for women and 5.5 to 6.5 ounces for men daily. Aim to incorporate a variety of lean proteins such as poultry and fish while also getting a variety of non-meat protein sources such as beans, nuts and lentils. Beans and nuts also are good sources of fiber and help to promote digestive health.

Focus on foods that are

good sources of calcium, Vitamin D, potassium, Vitamin B12 and dietary fiber. Changes in how the body breaks down, absorbs and processes these nutrients can change with age, and it's important to ensure older adults are eating a variety of fruits, vegetables, whole grains and low-fat dairy

products to get the needed nutrients.

Hydration is increasingly important with age, as the sense of thirst may decrease and the risk of dehydration rises. While the commonly referenced "8-by-8" guideline — eight 8-ounce glasses of fluid per day — can serve as a helpful starting point, individual needs



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



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vary. A practical way to gauge adequate intake is to drink enough fluids to use the restroom every two to four hours. Other liquids and foods can contribute toward total water intake, but water is the golden ticket. Maintaining adequate hydration can help to promote digestive health, regulate body temperature and maintain a healthy metabolism.

Changes in taste or smell also can impact our food choices. Try various seasonings and cooking methods. Consider incorporating softer foods, such as canned or frozen fruits and vegetables, which may be easier to chew compared to fresh fruits and vegetables.

## Food Safety

Practicing food safety is one of the easiest and most important ways to prevent the onset of food-borne illnesses. Older adults are at a higher risk of developing food-borne illnesses due to physical changes in the body, effects of certain medications or compromised immune systems.

- Clean hands, utensils and surfaces often.
- Separate raw meat, poultry, fish and eggs in the refrigerator as well as on cutting boards. Make sure to wash cutting boards/knives when going from raw meat to other foods, such as produce.
- Cook foods to the proper temperature. This reduces the risk of food-borne illness.
- Refrigerate foods immediately. Bacteria grows best in the Temperature Danger Zone, which is between 40 degrees and 140 degrees.
- Use a food thermometer to ensure that foods are cooked to a proper internal temperature.

## Make Meals Fun!

Make meals social by dining with friends, family or neighbors. Set the table, light some candles or turn on some of your favorite music to help set the mood. Get creative with different spices and seasonings as well as different cooking methods. Enjoy a variety of foods from each food group and aim to include a variety of colorful entrees and side dishes. <sup>12</sup>

Sources: [foodsafety.gov](http://foodsafety.gov), [heart.org](http://heart.org), [nutrition.gov](http://nutrition.gov)



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Travis and Tonya Johnson  
5221 S. 48th St., Suite 8 Lincoln, NE 68516

# Staying Self-Sufficient

By Mitch Sump, Aging Partners Supervisor, Facilities/Programming and Transportation

It must be spring, at least on the calendar if not necessarily the weather, as I am rereading “The Old Man and The Sea” by Ernest Hemingway. If you have not read this novel, it is essentially a long short story and I highly recommend it. I read it every year before fishing season for inspiration. “A River Runs Through It” by Norman Maclean is another fine option for piscivorous pursuit inspirations.

## Handy Home Services

Spring brings home projects, and that means Handy Home Services is kicking into high gear! Handy Home Services is a volunteer group that does small projects around the house to help our Lincoln clients stay in their homes. We can handle the yard work and small home repairs that are often too minor for licensed contractors to take on. This service is available in Lincoln only; and due to funding restrictions, we cannot work on rental properties.

To use the program, you must:

- Be 60 years of age or older.

- Own the house where the work is being done.
- Occupy the house.

What do we mean by “small” projects? Since we aren’t a licensed shop and don’t employ journeymen or master technicians, we focus on tasks that don’t require city permits or specialized licensing. Our services include, but are not limited to:

- Tightening loose hinges.
- Replacing faucet aerators.
- Hanging smoke detectors.
- Changing toilet tank flappers.
- Nailing loose steps.
- Installing new lightbulbs.

We are excited to expand our program to offer lawn mowing and — hopefully — snow removal to even more neighbors this year. If you have questions about how we can help you, please reach out to Laurie at 402-441-7030.

Here are a couple of things to consider as a homeowner during spring and coming into the summer months.

## Lawn Treatments

Most hardware stores or professional services offer four- or five-step programs (applied early spring, late spring, mid-summer and early fall). These act as both fertilizer and weed prevention. A fifth step usually adds grub control.

While I used to DIY lawn care for years, I’ve found that professional services are surprisingly cost-competitive when you factor in the price of high-quality chemicals.

**CAUTION:** If you do it yourself, follow the label exactly. More is not better! Over-applying can burn your grass, giving weeds a perfect opening to take over.

## Mower Maintenance

Having been raised by German farmers, equipment maintenance was instilled in me at a young age. Whether you do it in the fall before storage or in the early spring, taking care of your tools is essential.

For about an hour of your time (or \$20–\$30 at a local shop), you can change the spark plug, air filter and oil. Most importantly: sharpen your blades. I keep several on hand and swap for a fresh one every month. A sharp blade provides a crisp, clean cut; ragged cuts turn brown faster and leave your grass vulnerable to insects and fungus.

Enjoy spring, and keep staying self-sufficient! 

## UNICO’s Medicare and Retirement Services



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Karla Wilson

Scan the QR code or visit [go.unicogroup.com/medicare](https://go.unicogroup.com/medicare) to connect with Karla

We do not offer every plan available in your area. Currently we represent eight organizations which offer 24 products in your area. Please contact Medicare.gov, 1-800-MEDICARE, or your local State Health Insurance Program (SHIP) to get information on all your options.



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### AGING PARTNERS

600 S. 70th St., Bldg. 2

Lincoln, NE 68510

402-441-7070 or 800-247-0938

[lincoln.ne.gov/Aging](http://lincoln.ne.gov/Aging)

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

**Key for Services:** ▲ = Lancaster only

### MISSION

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

### BENEFITS COUNSELING AND LEGAL ASSISTANCE

402-441-7070 or 800-247-0938

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

### NEIGHBORLNK

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

▲ 402-441-6076 or 402-441-7575

### HANDY HOME SERVICES AND TRANSPORTATION

- **Durable Medical Equipment** – Providing items that address short- and long-term needs. We have various lightly used and/or new in-the-box items in stock including crutches, walkers, canes, wheelchairs, bath chairs and toilet risers. 402-441-7032
- **Handy Home Services** – Minor home repairs and maintenance including mowing, leaky faucets and broken light fixtures. ▲ 402-441-7030
- **Ride within Lincoln to the Centers** – Schedule a ride to your Aging Partners Center (handicap accessible). ▲ 402-441-7158
- **Lancaster County Public Rural Transit** – Scheduled transportation to and from Lincoln to rural Lancaster County areas. (handicap accessible). ▲ 402-441-7031

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

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

### HEALTH, FITNESS AND NUTRITION

- **The Schmieding Foundation Center for Active Living Fitness Center** – Cardio and strength training equipment. A certified personal trainer is available by appointment. ▲ 402-441-7575
- **Exercise** – Tai Chi, chair yoga, Qigong and dance classes are available at several locations. Daily fitness programs on LNKTV City (ALLO channel 2, Spectrum channel 1300 and Kinetic channel 5) and LNKTV Health (ALLO channel 3, Spectrum channel 1301 and Kinetic channel 10). ▲
- **Senior Health Promotion Center** – University of Nebraska Medical Center and Aging Partners provide comprehensive foot care along with blood pressure, cholesterol, glucose and bone density screenings by appointment. ▲ 402-441-7506

### 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.

### 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 Jenny Hammond at 402-441-6156 or email [jhammond@lincoln.ne.gov](mailto:jhammond@lincoln.ne.gov).

To receive Living Well by email instead of in the mail, call 402-441-6146 or email [delrod@lincoln.ne.gov](mailto:delrod@lincoln.ne.gov).

## LIVE & LEARN

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

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

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

## SENIOR CENTERS, EVENTS AND ACTIVITIES

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

### Lincoln/Lancaster County Centers

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

## LONG-TERM CARE OPTIONS/ CARE MANAGEMENT

402-441-7070 or 800-247-0938

- **Aging and Disability Resource Center (ADRC)** – The Aging and Disability Resource Center goal is to assist Nebraskans in accessing services and support to help meet their long-term care needs.

- **Home and Community-based Waiver Services** – State funded in-home services for those who are Medicaid-eligible and choose to live at home or use community-based services.
- **Assisted Living and Nursing Facilities Resource Listings**

## SENIOR CARE OPTIONS AND MEDICAID WAIVER

402-441-7070 or 800-247-0938

- **Nursing Facility Level of Care** – Long-term care and assessment for Medicaid-eligible persons seeking nursing home care.

## MULTI-COUNTY CARE MANAGEMENT SERVICES

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

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

### Jean Holt, Coordinator

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

- Butler County  
Becky Romshek, 402-367-4537
- Fillmore County  
Rhonda Stokebrand, 402-759-4922
- Polk County  
Becky Romshek, 402-747-5731
- Saline County  
Kelly Grimes, 402-441-7070
- Saunders County  
Shannon Mitchell, 402-416-9376
- Seward County  
Shannon Mitchell, 402-416-9376
- York County  
Becky Romshek, 402-367-4537

## MULTI-COUNTY PROGRAMS

### Coordinator Jill Engel

- Butler County Senior Services  
Diana McDonald, 402-367-6131
- Fillmore County Senior Services  
Brenda Motis, 402-759-4922
- Polk County Senior Services  
Sarah Theis, 402-764-2711
- Saline County Aging Services  
Lori Gude, 402-821-3330
- Seward County Aging Services  
Alison Rook, 402-646-7110
- York County Aging Services  
Lori Byers, 402-362-7626

## MULTI-COUNTY SENIOR CENTERS

### Butler County

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

### Fillmore County

- Exeter Senior Center  
217 S. Exeter Ave., Exeter  
402-266-2133
- Fairmont Senior Center  
519 6th Ave., Fairmont  
402-268-2831
- Geneva Senior Center  
996 “G” St., Geneva  
402-759-6729

### Polk County

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

### Saline County

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

### Seward County

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

### York County

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

## SENIORS FOUNDATION

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

# Aging Partners News and Events

Call 402-441-7575 for Health and Fitness classes or 402-441-7158 for event information.  
[lincoln.ne.gov/Aging](http://lincoln.ne.gov/Aging)

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When you receive *Living Well* magazine by email, you have direct access to many services. Click 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*. Visit the Aging Partners website to find current and past issues. Contact Deb Elrod at 402-441-6146 or [delrod@lincoln.ne.gov](mailto:delrod@lincoln.ne.gov) to sign up.



## Health and Fitness

### Schmieding Center for Active Living Fitness Center

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

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

For all Health and Fitness classes, there is a \$4 per class suggested contribution for age 60 and over. A \$5 per class fee for those under age 60 is required. For all workshops, there is a \$8 per week suggested contribution for age 60 and over and a required \$10 per week fee for those under age 60. Preregistration is required for all classes by calling 402-441-7575. Please register early. Classes that do not have sufficient enrollment will be canceled.

### Evidence-Based Tai Chi Classes

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

### Tai Chi for Arthritis and Fall Prevention Level I

Eastridge Presbyterian Church  
1135 Eastridge Drive  
Tuesdays and Thursdays, 1 to 2 p.m.  
June 2 through Aug. 6

This class is beneficial to people with or without arthritis and can help prevent falls. Participants will practice one or two movements per lesson, progressively leading to completing the core movements. Suggested contribution is \$4 per class or \$80 per session (20 classes).

### Tai Chi for Arthritis and Fall Prevention Level II

American Lutheran Church  
4200 Vine St.  
Mondays and Wednesdays, 10 to 11 a.m.  
March 30 through June 1 (no class May 25)  
June 15 through Aug. 12

This class is only available to those who have completed at least one full session of the Tai Chi for Arthritis and Fall Prevention Level I. Suggested contribution is \$4 per class or \$72 per session (18 classes).

### StrongBodies Strength Training Program

Victory Park Senior Center, Classroom 105  
600 S. 70th St.  
Tuesdays and Thursdays  
Beginners: 8:15 to 9:30 a.m.  
Intermediate: 9:45 to 11:30 a.m.  
Intermediate: 11:45 a.m. to 1:30 p.m.  
Now through May 21 (no class May 12)  
June 9 through Aug. 27  
*Please note: Suggested contribution is \$4 per class or \$96 per session (24 classes).*

Strength training for older adults has been widely studied and is shown to increase muscle mass and strength, improve bone density, and reduce the risk of osteoporosis, diabetes, heart disease, arthritis, depression, and obesity. It also boosts confidence, sleep, and overall vitality.

StrongBodies is an evidence-based fall prevention program that uses dumbbells, adjustable ankle weights, and body weight exercises. Classes meet twice weekly for 12 weeks, class size is limited.

### Chair Yoga

Eastridge Presbyterian Church  
1135 Eastridge Drive

Chair yoga is one of the gentlest forms of yoga available through creative use of a chair. Poses are done seated, or the chair is used for support during standing and balance poses. Chair yoga is suitable for all ages, fitness levels and physical conditions. Beginners are welcome.

- Mondays, 9:30 to 10:30 a.m.  
April 27 through July 6 (no class May 25)  
July 20 through Oct. 12
- Wednesdays, 9:30 to 10:30 a.m.  
April 29 through July 1  
July 22 through Oct. 7

### Dance for Life

Classes focus on balance, strength and cardio health through a unique combination of dance steps done to popular oldies music. Participants warm up from the chair, move to standing, transition to dance then cool down with standing and seated movements.

- American Lutheran Church  
4200 Vine St.  
Mondays, 1:30 to 2:30 p.m.  
Now through May 18  
June 1 through Aug. 17
- Auld Pavilion  
1650 Memorial Drive  
Wednesdays, 10 to 11 a.m.  
Now through May 13  
Sept. 16 through Dec. 9

### Qigong Refresh and Recharge

Slow, gentle movements which help to relieve aching muscles and stiff joints, improve balance, flexibility and increase energy. Movements begin from a chair, move to standing forms, closing with seated stretches, and stimulating breath exercises.

- American Lutheran Church  
4200 Vine St.  
Tuesdays, 9:30 to 10:30 a.m.  
Now through May 19 (no class May 12)  
June 2 through Aug. 18
- Auld Pavilion  
1650 Memorial Drive  
Thursdays, 1:30 to 2:30 p.m.  
Now through May 7 (no class April 9)  
Sept. 17 through Dec. 10

### Evidence-Based Stepping On – Building Confidence and Reducing Falls

Victory Park Senior Center  
600 S. 70th St., Classroom 105  
Thursdays, 2:30 to 4:30 p.m.  
Now through April 23

This 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.

Suggested contribution of \$8 per class for age 60 and over and a required \$10 fee per class for those under the age of 60.

### Living Well with Chronic Conditions Workshop

Victory Park Senior Center, Classroom 105  
600 S. 70th St.

Tuesdays, 2:30 to 4:30 p.m.

April 14 through May 26 (no class May 12)

This interactive workshop is facilitated by trained leaders and helps individuals with chronic conditions take steps to manage their health and live happier, healthier lives. Topics include action planning, communication, healthy eating, physical activity and medication management. Class size is limited! Suggested contributions of \$8 per class for age 60 and over and a required \$10 fee per class for those under the age of 60.

### Introductory BikeLNK Bike Share Class

21st and “Q” streets

Monday, May 18, 1 to 3 p.m.

Monday, June 15, 10:30 a.m. to 12:30 p.m.

Aging Partners Health and Fitness will be partnering with the City’s BikeLNK bike share program to host introductory classes this spring and summer. Bikes and helmets will be provided at no charge. Feel free to bring your own helmet.

Topics include an overview of the BikeLNK program, how to check out bikes, an introduction to classic and electric pedal-assist (e-bike) options, and basic safety tips. Participants may take a short trail ride following the demonstration.

Spots are limited, call 402-441-7575 to register. All riders must arrive on time to avoid missing important information.

### Foot Clinics

Aging Partners Foot Clinics are by appointment only and are held at several locations. Services are available to those aged 60 and over. See locations below along with the numbers to call. Sanitation guidelines are followed.

- Victory Park – UNMC Senior Health Promotion Services/Foot Clinics are held at Victory Park Senior Center, 600 S. 70th St. The following services are available on most clinic dates only at Victory Park throughout the year: comprehensive foot care, blood pressure, blood glucose, cholesterol screenings, osteoporosis screenings, ear care and health education. There is a \$25 suggested contribution. Call 402-441-7506 or 402-441-7575 for more information or to make an appointment for clinic services only at Victory Park.
- Northeast Senior Center (second Monday of each month), 6310 Platte Ave. Call Center Manager, Ciji Mays, at 402-441-7151 to schedule an appointment.

For rural Lancaster County foot clinics, call 402-416-7693 to schedule an appointment. These clinics are held every other month.

- Bennet Senior Center, American Legion Hall, 970 Monroe St.
- Firth Senior Center, Firth Community Center, 311 Nemaha St.
- Hickman Senior Center, Hickman Community Center, 115 Locust St.
- Malcolm Resource Center, Malcolm Village Hall, 137 E. 2nd St.

## Aging Partners Events

Call 402-441-7158 for information and reservations.

### Senior Center Meals

Call the individual centers at least two days in advance to reserve a meal. See page 35 for a complete list of centers.

\$5 suggested contribution age 60 and over;

\$10 fee under age 60.

\$5 suggested transportation contribution for age 60 and over.

### Aging Partners Day Trips

Transportation for all trips is provided by Arrow Bus Lines with departure from Victory Park. Each trip must have at least 40 participants to occur. For more details and reservations, call 402-441-7158.

- Scatter Joy Acres/Manley Theatre  
Thursday, May 7  
Bus departs: 2 p.m.  
Cost: \$85  
Reservations/payments due April 3.  
Scatter Joy Acres is a 15-acre animal education center and petting zoo. Enjoy a self-guided tour over a scattered rock path winding through different animal pens. Then we will enjoy dinner and the play, “Making God Laugh” at the Manley Theater. We will return to Lincoln by 10:30 p.m.
- SAC Museum and Baker’s Candies  
Thursday, June 25  
Bus departs: 9:45 a.m.  
Cost: \$75  
Reservation/payments due by May 15.  
Our trip begins at the Strategic Air Command and Aerospace (SAC) Museum in Ashland, featuring an impressive collection of restored military aircraft and space artifacts. Lunch will be provided on arrival with a choice of oven roasted turkey breast and cheddar hoagie, veggie wrap or a grilled chicken salad. All options include bottled water, cookie and chips. We will then enjoy a guided tour. On our way back to Lincoln, we will stop at Baker’s Candies in Greenwood for sweet treats, returning to Aging Partners by 5 p.m.
- Home of Great Beginnings  
Thursday, July 23  
Bus departs: 8 a.m.  
Cost: \$85  
Reservations/payments accepted June 26 through July 10.  
We will tour the Nodaway Valley Historical Museum followed by a visit to Clarinda Carnegie Art Museum. Lunch at the Glenn Miller

Birthplace Home and Museum is a choice of two sandwiches, chips, cookie and drink. Then we will tour the Glenn Miller home and return to Lincoln by 4 p.m.

### 2026 Dinner and Show Season

Auld Pavilion, 1650 Memorial Drive

5:30 to 7 p.m. (Doors open at 5 p.m.)

\$20 per person dinner fee

Call 402-441-7158 for reservations.

- Lloyd McCarter (Classic country)  
Thursday, April 9  
Reservations and payments due by April 3.
- The Dustin West Band (Jimmy Buffet tribute)  
Thursday, May 14  
Reservations and payments open April 13.
- The 402 Band (Classic Top 40 Hits)  
Thursday, June 11  
Reservations and payments open May 18.
- Kevin Koopmann (Polka)  
Thursday, July 9  
Reservations and payments open June 15.  
Entertainment sponsored by Butherus, Maser & Love Funeral Home.

### 2026 Nebraska History Lunch Series

Gere Library, 2400 S. 56th St.

\$5 Fee for Sack Lunch

12:15 to 1:30 p.m. (Doors open at noon.)

This season, we will explore Nebraska Before Statehood with a lineup of distinguished Nebraska scholars.

Reservations and lunch payments due by noon the Monday before the event. Reservations are required even if not ordering lunch, as seating is limited. Call 402-441-7158 for reservations.

- Monday, April 6 – “Below Nebraska: Archeology and Our Ancestors,” retired State Archeologist Rob Bozell
- Monday, May 4 – “The Impact of European American Settlers on the Indigenous Peoples of Nebraska,” Kevin Abourezk and Gabriel Bruguier (contributors to Roots of Justice: A History of Race and Racism in Nebraska)
- Monday, June 8 – “The Life of Francis Boucher, Fur Trader,” Paul Hedren (author, *Sitting Bull’s War*)
- Monday, July 6 – “Slavery in Nebraska,” Gail Shaffer Blankenau (author, *Uncovering the Grayson Sisters’ Escape from Nebraska Territory*)

### Belmont Senior Center: 402-441-7990

1234 Judson St., Room 002

- Chair Yoga with certified instructor Chery Bieber  
1st and 3rd Tuesday of each month, 10:45 a.m.  
30-minute yoga session using a chair for balance and stability. Perfect for beginners!
- Music BINGO with Elliott Piper  
Monday, April 20

Continued on page 38.

# Aging Partners News and Events

Continued from page 37.

- Friday, June 26, at 10 a.m.
- Birthday celebration with music by Tom Ficke  
Friday, May 15, at 10 a.m.
- Tie Dye Workshop  
Monday, May 18, at 10 a.m.  
Cost is \$5. Call center to sign up.

## Bennet Senior Center: 402-416-7693

American Legion Hall, 970 Monroe St.

- Movie and Popcorn Day  
Tuesday, April 14, at 10:30 a.m.
- Health and Wellness with Jon Alford, Peak Performance  
Thursday, April 23, at 10 a.m.
- Video tour of underground homes and the pros and cons of subterranean dwelling.  
Thursday, May 14, at 12:15 p.m.
- BINGO  
Thursday, June 18, at 12:15 p.m.  
Sponsored by AmanaCare

## Firth Senior Center: 402-416-7693

Firth Community Center, 311 Nemaha St.

- End-of-life planning Q & A with Jody Richards, Roper & Sons Funeral Home  
Monday, April 6, at 12:15 p.m.
- Foot Care Clinic  
Monday, May 18, 9 a.m. to noon  
Call Monte at 402-416-7693  
(\$25 suggested donation).
- Musical performance by Denise Howe  
Monday, June 1, at 10:30 a.m.

## Hickman Senior Center: 402-416-7693

Hickman Community Center, 115 Locust St.

- Community Connections  
Wednesday, April 1, at 10:30 a.m.  
Non-medical home services presentation by Alicia Brown, AmanaCare.
- Cracking the Code on Eggs presentation by Aging Partners Nutrition  
Wednesday, May 20, at 12:15 p.m.

- Blood Pressure Screenings  
Wednesday, June 3, at 10 a.m.  
Provided by Michelle, Traditions Home Health. Stick around for lunch and live music.

## Northeast Senior Center: 402-441-7151

6310 Platte Ave.

- BINGO  
Wednesdays, at 10 a.m.
- Pitch Party  
Tuesdays and Fridays, at 10 a.m.
- Lincoln Fresh Food Truck distribution  
First Tuesdays, 10:30 to 11:30 a.m.  
Monthly through November
- Art with Anna  
Second Thursday of each month, at 10 a.m.
- Live Entertainment, at 10 a.m.  
April 10 – Denise Howe  
April 24 – Rick Clearance  
May 8 – Tim Jarvosky  
May 15 – Johnny Ray Gomez  
June 5 – Music BINGO

## Victory Park Senior Center: 402-441-7154

600 S. 70th St.

- April birthday party with music by Denise Howe  
Thursday, April 16, at 10 a.m.
- Digital Literacy Workshop: Get free tech help from UNL students  
Wednesday, April 29, 3:30 to 4:30 p.m.
- May birthday party with music by The Playhouse Greasers  
Thursday, May 14, at 10 a.m.
- Scams, Anti-Fraud Education, presentation by Ryan Sothan  
Tuesday, June 9, at 10 a.m.
- June birthday party with music by Ryley James  
Thursday, June 11, at 10 a.m.

## Washington Street Senior Center:

402-441-7157

2225 Washington St.

- Blood Pressure Screenings with Bryan nursing students  
April 2, 8, 16, 22, and 29, at 10 a.m.
- Scams, Anti-Fraud Education, presentation by Ryan Sothan  
Wednesday, April 8, at 10 a.m.
- Health Fair presentation with SCC nursing students  
Friday, April 24, at 10 a.m.
- Willow Creek Band  
Wednesday, April 29, at 10 a.m.
- Nature crafts with Echo Collective  
Wednesday, May 20, at 10 a.m.
- America's 250th Birthday Trivia  
Wednesday, June 10, at 10:30 a.m.

## Support Groups

### Aging Partners Caregiver Support Group

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

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

- An individual of any age providing care for an older adult, age 60 and over.
- Providing care for a person with Alzheimer's disease, brain injury or a related brain disorder
- Over the age of 55 and raising a grandchild  
No reservations needed; walk-ins welcomed. 

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