



LINCOLN
Aging Partners



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

AGING PARTNERS

600 S. 70th St., Bldg. 2

Lincoln, NE 68510

402-441-7070 or 800-247-0938

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 bill paying; 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, painting 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. Sessions are led by a Licensed Independent Mental Health Practitioner. ▲ 402-441-7575
- **Health Education Programs** – A variety of topics assisting individuals to make healthy lifestyle choices.
- **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 David Norris at 402-441-6156 or email dnorris@lincoln.ne.gov.

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

LIVE & LEARN

A monthly TV show for and about older adults on LNKTv City (ALLO channel 2, Spectrum channel 1300, Kinetic channel 1005) and 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-air 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.

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

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, 402-441-7070
- Seward County, 402-441-7070
- 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
Mark DeMers, 402-764-2711
- Saline County Aging Services
Lori Moldenhauer, 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
1120 "F" St., Geneva
402-759-6729

Polk County

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

Saline County

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

Seward County

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

York County

- McCool Junction Senior 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

SENIOR CARE OPTIONS (SCO) AND MEDICAID WAIVER

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

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.