

LivingWell

Fall 2024 • Volume 20 • Issue 4

A publication of

**Dance the Night Away:
Weekly Dance Promises
Music, Moves and Memories**
page 10



LINCOLN
Aging Partners

**Intergenerational Events to
Help Older Adults with Tech**
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**Early Detection Saves Lives:
Recognize Key Cancer
Warning Signs**
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**Stallings Bridges
Gap with
Compassion and
Expertise**

page 4

With her deep understanding of the challenges faced by older adults and her unwavering commitment to make a difference, Mary Ann Stallings is transforming the process of finding senior living, one individual at a time.



Saving Seniors Money

**New Medicare
Information for 2025**

**Supplements
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October	October	October
4, 9, 17, 22, 30	7, 11, 14, 20*, 25	16
November	November	November
11,19	15, 17*, 21 *Sundays	13

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Director's Corner

For years, the vision behind Victory Park was only that – a vision. Beginning in 2011, proposals and plans were submitted to the Department of Veterans Affairs (VA) for consideration. By 2015, Mary Ann Stallings knew something more had to be done to get the project moving at the Federal level. Mary Ann and Lt. Gen. Roger Lempke gained U.S. Sen. Deb Fischer's support to get the VA's attention. She and a team of project leaders went to Washington, D.C., to visit with top-level VA officials and promote the project.

The Victory Park development now is a reality. It was Mary Ann's

persistence, dedication and time that brought Victory Park to fruition. The project, valued at over \$100 million has already brought a new VA outpatient clinic, a new 70 unit-housing complex for homeless veterans, a new location for Aging Partners and the Lancaster County Veterans Service Office. Developer Burlington Capital continues plans for the site that include over 300 units of affordable or low-market housing, on-site commercial facilities and a beautiful campus.

There are many people who have contributed to the development of Victory Park. But there is one who

was the most instrumental in making that vision become a reality. Mary Ann Stallings is that person. Her contributions to the community through her careers and volunteerism will have lifelong impacts on our community. **lw**



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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BRIDGE
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Placement with Passion

Stallings Bridges Gap WITH Compassion and Expertise

Having devoted much of her career to making a difference in the lives of children, Mary Ann Stallings has turned her focus toward guiding older adults through the complexities of finding the right living community after moving from their home.

It all began when Stallings visited her grandfather in a nursing home as a young teen.

“I would visit him often, but I noticed others who never had any visitors,” she said. “So, I would sit and talk with them or play their favorite hymns on the piano. It was interesting for me as a teen to listen to their stories and get to know them.”

About 10 years later, Stallings relived the experience when her grandmother was placed in the same nursing home. Although the

facility tried to meet the needs of residents since it was a relatively new concept, there were few activities and exercise programs to help residents stay physically fit and mentally alert. Over the years, she held onto her desire to help.

For the entirety of their 50 years of marriage, Stallings and her husband, Bob, have cared for others — from older parents, both his and hers — and served as guardians for guardians for an aunt and uncle.

“We took care of them in their homes as long as we could,” she said. “We and our kids would help, take them grocery shopping, mow lawns, have them over for dinner. For almost all my life, I was taking care of seniors.”

Through each of these experiences, it eventually became time to find a community to meet

the unique needs of each person.

“The process of finding the right place was always confusing; and no matter how many times we did it, we found ourselves starting over,” she said.

It took considerable time, especially as they were raising a family of their own.

“It was frustrating,” she said. “We’d find the right place financially, but not physically, or vice versa, and we would have to start over.”

Stallings also faced the challenging task of relocating her mother twice. Initially, she moved her mother, who had spent 65 years on the family farm in western Nebraska, to an independent living community. A decade later, as her mother’s needs increased, Stallings repeated the process to find



Bridge to Better Living has been the frosting on the cake and so rewarding to see the smile on people’s faces, be the recipient of so many hugs and watch the weight of the world come off our clients’ shoulders.”

– Mary Ann Stallings

memory care assisted living. Her dedication extended beyond her family, leading her to become actively involved with the Alzheimer’s Association. In 2022, she received the Community Impact Award and was later appointed to the Alzheimer’s Disease and Other Dementia Advisory Council by Governor Pete Ricketts.

Adding to her repertoire, Stallings was asked by a friend who suddenly needed to move into a senior living community and needed assistance in the decision.

Beyond senior living, Stallings was guardian for her severely handicapped brother who lived his whole life in the Beatrice State Developmental Center and was the first of four residents to die in January 2009. Stallings wished she had known of available options before it was too late. She watched as families moved other residents to other communities and found themselves at a loss in finding the right community to meet their loved one’s needs.

“It can be hard to match personalities with a place that fits financially, physically and medically,” she said. “Sometimes we asked the wrong questions, not enough questions and we’d go home and think of something else. We did it, but it took time.”

Helping Find a Home

In 2010, Stallings started a company, Bridge to Better Living, out of a desire to make the process of choosing a senior living community easier. Stallings shared the idea with friends, who encouraged her to go for it.

“I wanted to help people; and thinking back on all our experiences, I thought there has to be a way to help people go through this. It’s emotional. It takes time. And if you do it correctly, there’s a lot of research,” she said.

Bridge to Better Living helps older adults find the independent living, assisted living, memory care assisted living or long-term care community that works for them and their lifestyle.

“We sit down with a client and their family, find out what they need socially, physically, medically and financially,” Stallings said. “Then, we’re able to narrow down the different communities which meet their needs. We set up appointments and go with them to make sure all their questions are asked about amenities and services. After they make their decision to move, we

follow up and make sure they’re happy and their quality of life is what they want and deserve.”

The service is offered at no cost for clients, with agreements and contracted communities from Lincoln to Grand Island, to Omaha and into Council Bluffs, Iowa.

Stallings’ prior career undertakings showcased her dedication and compassion, but they also helped her build experience which would help her be successful with her business now. She taught with Lincoln Public Schools (LPS) for seven years before leaving the workforce to raise her family. Twelve years later in 1989, Stallings became the first director of the Lincoln Children’s Museum, working to find and secure both funding and a building for the now staple in the community for the last 34 years.

“I was used to walking into places and asking for things when I worked at the Lincoln Children’s

Continued on page 6.




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Stallings Bridges Gap with Compassion and Expertise

Continued from page 5.

Museum,” she said. “I was used to being told ‘no.’ When I started Bridge to Better Living, I knew I needed to go ask different communities if they’d work and contract with me. I remember the first time I asked, I knew the least they could tell me was ‘no,’ but they told me ‘yes’ and Bridge to Better Living became a reality.”

She also served as director of the Lincoln and Lancaster Children’s Consortium, which has since been taken over by the Lincoln-Lancaster County Health Department, and she managed two successful political campaigns for city council and the 1988 LPS school bond issue.

Stallings returned to LPS for an additional 21 years before her

retirement on Jan. 15, 2010. The next day, she launched her business — Bridge to Better Living — at the Lincoln Women’s Expo.

Shortly after, Stallings served on the Seniors Foundation for eight years. She helped establish the Keystone Banquet before serving as vice president for two years, president for two years, and past president for two years. In 2023, she was the recipient of the Keystone Award. Stallings was instrumental in the development of the veteran’s property and getting Aging Partners on the Victory Park campus, dedicating a lot of time to phone calls and even several trips to Washington, D.C.

“There were 14 different governmental organizations we had to deal with for the project — from

local, county, state and federal,” she said. “It was rather complicated, but it was important that the project be completed for our community, seniors and veterans.”

When she visited the completed facility in 2023 for the ribbon cutting, she found herself pretty emotional to have such an impact on the community and see the committee’s hard work come to fruition.

“I’ve had some fun careers, and I’ve enjoyed all of it,” Stallings said. “But Bridge to Better Living has been the frosting on the cake and so rewarding to see the smile on people’s faces, be the recipient of so many hugs and watch the weight of the world come off our clients’ shoulders. ‘Placement with Passion’ is our motto, and we try to live up to it each and every day.” **LW**

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Study Shows Language Learning Improves Cognition in Older Adults

Recent findings from the University of Nebraska Kearney's (UNK) Language and Cognition Lab show that older adults ages 60 to 80 learning a new language over four months improved their global cognition, made structural and functional changes in the brain, enhanced performance in some specific cognitive domains such as working memory, planning, decision-making and inhibitory control, all of which typically decline due to aging or aging-related pathologies such as Alzheimer's disease and other dementias.

Ladan Ghazi Saidi, UNK Department of Communication Disorders associate professor, led the study in which participants spent 60 to 90 minutes a day, five days a week for four months learning a language of their choice through a specified language learning program.

"That's a huge amount of time to spend learning, and it's challenging," Ghazi Saidi said. "But we knew we needed that amount of time to see any

benefit. Language is learned through meaningful repetition."

Participants were evaluated on their cognitive abilities and underwent a brain scan before and after the study intervention. She describes the results as promising.

"We observed meaningful changes in the function, structure and networks in the brain," Ghazi Saidi said. "These results identify language learning as an engaging and low-cost intervention option to improve cognitive health in older adults."

Specifically, participants underwent the Montreal Cognitive Assessment (MoCA), a comprehensive cognitive functioning test with a 30-point scale.

"With this test, participants showed a 1.2-point score improvement after the intervention," Ghazi Saidi said. "That's huge in neurology. Not very many interventions have such a strong impact."

Results showed those who spent additional time on the language

“ We observed meaningful changes in the function, structure and networks in the brain. These results identify language learning as an engaging and low-cost intervention option to improve cognitive health in older adults.”

– Ladan Ghazi Saidi

learning program daily benefited more.

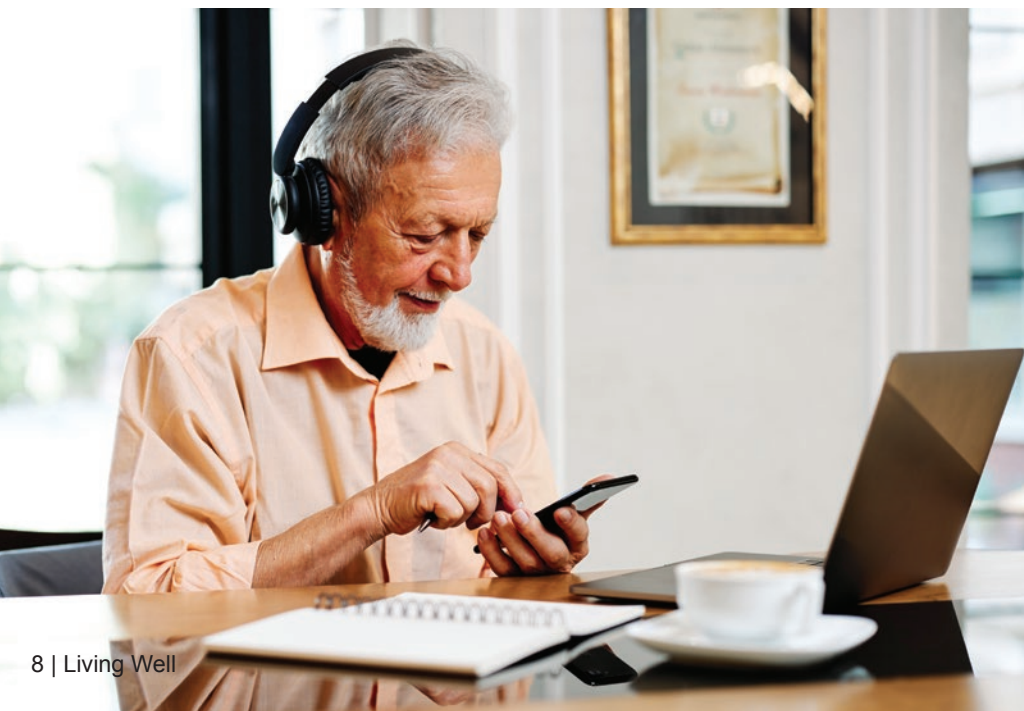
While no measurable change was indicated through neuroimaging tests when it comes to brain size or structure, results did show an increase in cortical thickness in the areas of the brain related to language comprehension and memory.

"This is huge given the short amount of intervention," Ghazi Saidi said.

Collaborators of the study include Dr. Cary Savage and Douglas Schultz of University of Nebraska's Center for Brain, Biology and Behavior; Dr. Al Fisher at the University of Nebraska Medical Center, and the many UNK and University of Nebraska-Lincoln undergraduate and graduate students. The group plans to conduct more studies.

"We have to prove this effect we see is really because of language learning," Ghazi Saidi said. "We will conduct more studies to compare how language learning compares to other proven interventions to increase cognitive abilities in aging such as exercise and reading."

Older adults age 60 to 80 willing to





participate in future studies and have access to the internet can email LCintervention@unk.edu.

Older adults can also email to participate in the Intergenerational Bonding program, where graduate students are paired with older adults for video chats to provide socialization and tailored information about interventions for social and cognitive stimulation. Offered at no cost, participants learn and socialize, while students gain experience.

Applying Research to Daily Living

Ghazi Saidi encourages everyone to consider their cognitive health, because much of it is based on lifestyle. “Cognitive health is less than 10 to 15 percent genetics,” she said. “That’s great news because it means 85 percent is lifestyle factors, so we have the control to choose what we want.”

Ghazi Saidi recommends older adults aim for happy and healthy lifestyle by getting seven to eight hours of overnight sleep; eat more nuts, grains, fruits and vegetables; and be active for 30 minutes a day for five days a week.

“Something as simple as walking slowly for a total of 30 minutes daily can help,” she said. “It doesn’t even have to be 30 continuous minutes — it can be 10 minutes at a time.”

Controlling comorbidities, especially diabetes, hypertension, cardiac issues, depression and hearing loss make an impact, as well.

“Take your medications, follow your doctor’s orders, and wear your hearing aids,” Ghazi Saidi said. “Literature shows individuals with hearing loss are more likely to develop dementia because not wearing hearing aids leads to isolation.”

Socialization is important in keeping the brain

stimulated, thus decreasing cognitive decline.

“The core of our intervention and other cognitive inventions is stimulation of the brain,” Ghazi Saidi said. “Socialization is an important factor. Get out and learn something new like a language, knitting or recipe. A lot of healthy living is intentional. If it’s a little bit that you do, it counts.” ^{1w}

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Dance the Night Away: Weekly Dance Promises Music, Moves and Memories

Dancing not only is a joyful activity, but it also is known to help boost physical and mental well-being.

This activity improves cardiovascular health, strength, flexibility and balance, while also providing opportunities to socialize.

“Our doctors said dancing is one of the best things we can do,” Joy Citta said. Dancing offers numerous benefits, including low-impact aerobic exercise, social interaction, cognitive stimulation and mood enhancement.

Along with their neighbors, Citta and her husband, Bob, began taking dance lessons from Don

and Polly Anderson at the Pla Mor Ballroom. To keep improving, the Andersons encouraged them to attend weekly Tuesday night dances at the Auld Pavilion, 1650 Memorial Drive.

While the exact origins of this event remain unclear, the Tuesday night dances kicked off about 25 years ago through a Lincoln Parks Foundation initiative. Open to all adults, this event features music from 7 p.m. to 9 p.m. and offers light refreshments for mingling, all for a nominal fee of \$5 per person. Music spans various genres, typically led by performers such as Jimmy Mack, Leo Lonnie, and Skylark.



Joy and Bob Citta dance together celebrating their anniversary.



Musician Jimmy Mack

Citta and her husband began attending about seven years ago, and she now helps run the dances — utilizing her background

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coordinating special events while serving as a Lincoln Police Department captain.

“They needed someone to keep it going,” she said. “I’m there anyway, and I figured I might as well.”

Citta coordinates musicians, handles payments, purchases necessary items and manages both setup and teardown for the event.

She also organizes an additional dance on the first Friday of every month, which is from 7 p.m. to 10 p.m. Admission is \$10 per person, which also includes a buffet dinner.

The dances are welcoming for all age groups, including those who prefer to sit and enjoy the music.

“We’ve had teenagers and high school dance clubs, all the way to a 99-year-old participate,” Citta said.

Friendships bloom, and she




Tuesday and Friday night dances at Auld Pavilion are a great way to get out and have some fun.

notes that anniversaries and birthdays are often celebrated.

“It’s a great group of people,” Citta said. “We learn something from everyone. There are people with cool steps or those who have information about other dances

and events. It’s just a good time, and the music is great.”

There’s no need to register; just come dance. 



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Understanding Open Enrollment

By Mollie Stolz, Aging Partners benefits counselor

Open enrollment is the time each year when Medicare participants can review their drug

coverage and make changes. During open enrollment, which begins Oct. 15 and ends Dec. 7, Medicare

prescription drug plans announce any new changes to their plans for the upcoming year. Due to these changes, participants are given the chance to make changes.

Once a new plan is selected and enrollment is complete, the previous plan automatically ends Dec. 31, and the new plan takes effect Jan. 1. No further action is needed. Medicare Advantage plan participants can make changes to their plans at this time too, but they also get an additional enrollment period from Jan. 1 through March 31.

Why is Open Enrollment Important?

For most people, open enrollment is the only time to switch Medicare drug plans. If no change is made

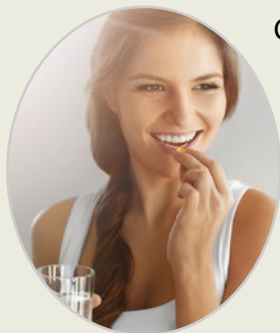


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during this time, the current drug plan will continue for another year. Because insurance companies can make changes to their plans just once each year, several changes occur during this time, including changes to drug tiers and pricing, deductibles, as well as updates to the coverage gap and premium prices.


Drug plans also can be eliminated at this time. Often when this happens, the insurance companies “cross-walk” participants into a new plan. This means participants are moved from their current drug plan into a new plan, typically offered by the same insurance company. If no change is made during open enrollment, the plan will begin on Jan. 1. Participants need to make sure the plan they are “cross-walked” into will work for their medications. If medications have changed for the individual, it becomes especially important to check on plan options to ensure the coverage is the lowest cost possible. Watch for mailings beginning in September from your current drug plan.

Even if Medicare coverage and a drug plan were just started because of a recent retirement, it is important to check that the drug plan is still the best one for the coming year.


The government uses open enrollment to make changes to Medicare, as well, including Medicare A and B premiums, deductibles and any additional changes to drug plans.

How to Compare Drug Plans During Open Enrollment


Drug plan comparisons can be completed by individuals at Medicare.gov. Otherwise, there are community resources. Aging Partners offers comparisons throughout open enrollment — call 402-441-7070 to reserve an appointment. Nebraska State Health Insurance Assistance Program (SHIP) can also assist; call 800-234-7119 for an appointment. Additionally, there are several enrollment clinics offered in the community.

For appointments at Aging Partners during open enrollment, it is important to have a list of current medications and dosages. Please bring your red, white and blue Medicare card. Make sure the Medicare card is the new one and not the old Medicare card with Social Security number listed. Lastly, you will need to know what drug plan you are currently on to get an accurate comparison of new plans. If you have a Medicare.gov account, bring the login information as most of the information needed is already listed in your account details. Aging Partners does not accept walk-ins for open enrollment. 

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Intergenerational Events to Help Older Adults with Tech

In partnership with various agencies, Aging Partners will host intergenerational digital literacy events in Lincoln to support older adults. At these events, University of Nebraska-Lincoln honor students will assist older adults to navigate technology.

“Students will work one on one with seniors to support their knowledge of digital equipment, including their own phones and tablets,” Aging Partners Director

Randall Jones said.

Local agencies will host the learning sessions, with the goal to serve minority or underserved communities with communication and access to both social media and web-based material. Interpreters will be provided.

“The multigenerational project’s overarching goal is to help older adults take advantage of the benefits with their own technology such as enhanced communication, social

engagement, mental stimulation and access to online resources such as health care, shopping and transportation,” Jones said. “We’re grateful to AARP for the funding and their partnership of this digital literacy project.”

A \$20,240 AARP Nebraska Community Challenge grant funded the project. The grant program was developed in 2017 in response to local leaders and residents recognizing the importance of quick wins to build momentum for more livable communities. The quick-action projects funded through the program are designed to demonstrate change and help build

“ Students will work one on one with seniors to support their knowledge of digital equipment, including their own phones and tablets.”

– *Randall Jones*

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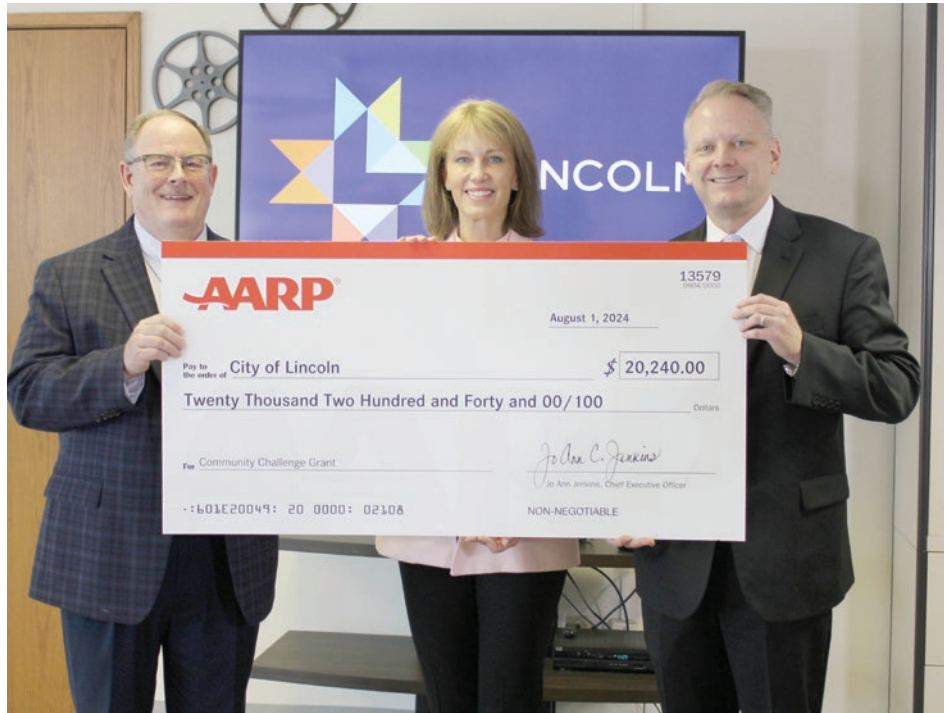
momentum to enhance livability for residents of all ages.

“As we learned during the pandemic, not only do people need access to high-speed internet, but they need the digital literacy skills to use it,” said Todd Stubbendieck AARP Nebraska director. “We believe this grant will help address digital disparities and is another big step in Lincoln’s journey to become an even more age-friendly community.”

Scheduled workshops include:

- October 10, 10 a.m. – Center for People, 3901 N. 27th St.
- October 16, 3:30 p.m. – Eiseley Branch Library, 1530 Superior St.
- October 30, 1 p.m. – El Centro de las Americas, 210 “O” St.
- November 13, 3:30 p.m. – Aging Partners, 600 S. 70th St.

For more information and to register, call 402-441-7158. 



Lincoln Mayor Leirion Gaylor Baird, Director of AARP Nebraska Todd Stubbendieck and Aging Partners Director Randall Jones announced Aug. 8 that the City was awarded a \$20,240 AARP Nebraska Community Challenge grant to fund a Digital Literacy Project.

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Dr. Julie Masters speaks to a crowd at the Aging Partners Quarterly Outreach Breakfast Aug. 14.

Who Will Be There? A Rise in Older Adults Impacted by Younger Generations

The U.S. Census Bureau reported in 2020 that there were 55.7 million people ages 65 and over. This number is projected to increase to 80.8 million by 2040 and 94.7 million by 2060. In 2024 alone, approximately 4.1 million people will reach age 65, averaging about 11,000 new seniors daily.

With life expectancy rising, a high population of baby boomers and a decline in birth rate, the proportion of older adults continues to rise and leaves a gap in the workforce — including those willing and able to care for the aging.

Dr. Julie Masters, Department of Gerontology professor at the University of Nebraska Omaha, calls for everyone to consider the long-term implications of these numbers.

“For the first time in history, older adults are outpacing the number of children with more people 65 and over than those under 5 years of age worldwide,” she said.

The impact of a large aging population may leave families scrambling when members need additional care, causing higher spending on health care and declining governmental budgets. With lower population rates, the number of people entering the workforce decreases, which could

ultimately create a labor shortage and hinder economic growth.

But this isn’t an issue just for today’s young. By 2037, Social Security monthly retirement benefits are expected to be reduced because of fewer active workers paying into the system. Those depending solely on Social Security could be challenged to make ends meet, according to Masters.

While the world has seen declining birth rates before, it has typically rebounded as the economy

“As a community, we thrive when we see the value of all ages, especially the young and the old, in making the world a better place.”

– Dr. Julie Masters

revived. But this has not been the case since the Great Recession of 2008, despite the need to support the aging baby boomer population. By 2060, 23 percent of the U.S. population will be age 65 or over.

“When you have fewer births, there are implications,” Masters said. “We have fewer workers, fewer taxpayers and fewer future caregivers.”

As family structures change and families have less children, the burden of caregiving will fall more heavily on a small number of family members and professional caregivers.

Beyond declining numbers of paid workers, researchers are aware of the challenge in finding and supporting family caregivers. Currently, U.S. families serve as the primary source of support to older adults and contribute \$600 billion in unpaid care annually.

“The fiscal impact along with the need to help will continue as the number of older people increases, especially those with cognitive issues,” Masters said. “But as families become smaller, who will provide care? Do these individuals have the

skillset, motivation or ability to serve as caregiver?”


Globally, some countries are adjusting retirement ages to keep individuals working longer, mitigating some of the impact of a shrinking workforce, while also implementing policies to encourage higher birth rates such as providing financial incentives for families, improving child care services and creating family-friendly work environments.

Nebraska’s caregiver support ratio suggests about 2.9 caregivers for every adult age 80 and over. A drop from previous years, Masters notes the physical, cognitive and financial ability of adult children to embrace caregiving is less known than before.

“There are those who can give, and others cannot, creating an expanding void,” she said. “It’s time we consider how to prepare the young.”

With increasing demand for professionals who can address the needs of older adults, those with a career in the aging field will have diverse opportunities. A degree in gerontology — which focuses on the

study of aging and issues affecting older adults — can lead to various rewarding and impactful career paths, such as a variety of careers in senior care, senior centers, health care, independent or assisted living communities. A career in aging can be impactful and rewarding, offering a chance to contribute to a vital and growing field while engaging in meaningful work that benefits individuals and the community.

“For our part, what are we doing to offer a different take on the value of families to address future workforce and caregiving needs,” Masters asked. “Family-friendly work policies, support for parents who want to stay in the home, and those who seek ways to balance a family and career are a few ideas. Helping workers find ways to care for an aging parent is another. Whether we are raising children to be contributing members of society, or to provide care when our mind fails, the aging population is better because of the young. As a community, we thrive when we see the value of all ages, especially the young and the old, in making the world a better place.” 



Rooting for Fall: Planting Trees Now Sets Stage for Spring

Planting a tree is a simple act with profound benefits, which include improving air quality, protecting soil from erosion, increasing property value and providing shade and a habitat for wildlife.

Growing healthy trees to provide beauty, shade and wind protection means getting them off to a good start.

“Although spring is a fine time to plant a tree, planting in the fall has a few added benefits,” said Lance Wolken, Lincoln Parks and Recreation Northwest district park supervisor.

Fall — early September through mid-November — is often considered the ideal time to plant trees due to cooler temperatures and potential rain, which create optimal conditions for newly planted trees.

“Planting a tree in the fall months gives the tree time to establish and develop a better root structure before new canopy growth

begins in early spring,” Wolken said.

A strong root system will lead to healthy trees better equipped to withstand the challenges of hot summers and periods of drought.

During the winter, trees go into dormancy and will direct energy into root growth, crucial for long-term health and stability.

How to Properly Plant a Tree

The first step in planting a tree is determining the species and location. Do research on each tree type, then find a location with proper sunlight, soil content and drainage. The next step is calling 811 to verify the desired location is clear of any underground utilities.

Remove the tree from the container and inspect the root ball. Check for girdling roots, which are wrapped around the ball. Use a knife to cut them away and loosen the root ball.

“You’ll want to encourage all new growth in all directions from



Lincoln Parks and Recreation's new volunteer tool trailer, funded by the Lincoln Parks Foundation, is used for all volunteer planting events and holds all tools needed for tree planting.

the tree,” Wolken said. “If girdling roots are left as is, the tree will surely be set up for failure as these roots will continue to grow around the base of the tree where the topmost lateral roots are found.”

Girdling roots, which grow in a circular pattern around the trunk, affect the long-term health of the

Lance Wolken, Lincoln Parks and Recreation Northwest district park supervisor, demonstrates proper tree planting techniques at a volunteer planting event.



tree and its structural integrity by constricting trunk growth.

Next, scrape away any soil to locate the trunk flare — the area at the base of the tree where the topmost lateral roots are found. The trunk flare will also help determine depth of the planting hole.

When digging the hole, it should be two to three times larger than the root ball and wide, resembling a bowl rather than a cylinder.

Using the trunk flare as a guide for depth, the flare should remain just above ground level after planting is completed. Planting on the higher side is better than too deep.

Place the tree in the hole, perpendicular from the ground. Hold it in place and fill the soil in by breaking larger chunks to eliminate air pockets. Once the hole is filled, ensure the trunk flare is visible and gently tamp the dirt.



Continued on page 20. Wolken talks to a group of volunteers.

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Rooting for Fall: Planting Trees Now Sets Stage for Spring

Continued from page 19.

Wolken suggests adding 2 to 3 inches of mulch over the area, three to five times larger than the root ball.

“A good rule of thumb is to use the canopy of the tree as a guide, the outer edges of the mulch ring should be directly underneath the widest part of the tree’s branch canopy,” he said.

Mulch will help hold in moisture, combat weeds and prevent lawn mower blight. Avoid the ‘mulch volcano,’ by not piling

it against the base of the tree.

After planting, water the tree deeply, even if it’s cold.


Trees don’t necessarily need to be staked after planting unless they are in an extremely windy location. If necessary, be sure the staking equipment is loose on the tree so it can move in the wind. Remove the equipment after one year.

“A slow soaking is better than fast flooding,” Wolken said.

Over the winter, inspect the tree periodically. Although it may require less watering, check the soil

for moisture. If the top 2 inches are dry, water it. Once warmer weather arrives, inspect the tree frequently and keep it sufficiently watered throughout the first warm season.

Volunteer Opportunities

Don’t have space but want to plant a tree? Lincoln Parks and Recreation employees and volunteers plant trees to replace those lost due to damage, disease and pests. In spring 2024, volunteers planted nearly 300 trees across 10 park locations. At the events, volunteers learn correct planting techniques. Tools are provided. To learn more, visit www.lincoln.ne.gov/City/Departments/Parks-and-Recreation/Volunteer#section-3 or email parksvolunteers@lincoln.ne.gov. 

“ Planting a tree in the fall months gives the tree time to establish and develop a better root structure before new canopy growth begins in early spring.”

– Lance Wolken





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Early Detection Saves Lives: Recognize Key Cancer Warning Signs



Dr. Irfan Vaziri, Cancer Partners of Nebraska medical oncologist

Recognizing the warning signs of cancer can be consequential for timely intervention, which leads to improved outcomes. By being vigilant and aware of the subtle indicators, individuals can seek medical advice sooner, potentially catching the disease in its most manageable stages.

The most commonly diagnosed types of cancers in the U.S. include breast, prostate, lung and colon cancer. Symptoms can vary widely depending on the type and stage of cancer, but common symptoms include persistent unexplained pain, unusual lumps or swelling and sudden weight loss, but the signs can be very nonspecific and

require medical attention if they are persistent.

“Whenever individuals have new symptoms that last more than a few days, they should seek medical attention,” said Dr. Irfan Vaziri, Cancer Partners of Nebraska medical oncologist.

Breast cancer generally is picked up on a mammogram, but patients may present with lumps. Performing self-breast exams at home helps in detecting any changes.

Colon cancer patients typically see altered bowel movements or bleeding, as common symptoms.

“Most of these tumors should be picked up on colon cancer screening in earlier stages,” Vaziri said.



Altered urinary symptoms may indicate prostate cancer in men, including frequency, urgency and slow stream. However, most prostate cancers are detected on abnormal prostate-specific antigen (PSA) testing.

New onset cough, altered cough, chest pain or shortness of breath could be signs of lung cancer. Lung cancer screening with CT chest is now becoming routine for high-risk individuals.

Individuals with concerning symptoms should contact their primary care physician who can perform further testing. Screening tools for early diagnosis often involve a combination of medical history, physical examinations, imaging tests and possibly biopsies.

The incidence of cancer typically rises with age, according to Vaziri.

Incorporating regular screenings



Whenever individuals have new symptoms that last more than a few days, they should seek medical attention.”

– Irfan Vaziri


into your health care routine serves as a proactive approach to maintaining your long-term health and quality of life. It’s a good idea to discuss with your primary care physician which screenings are appropriate based on age, family history and individual risk factors.

While the word “cancer” can bring up a variety of uncomfortable feelings, it’s important to note the rate of new cancer cases being diagnosed is not growing as quickly as the overall number of people living with cancer, according to Vaziri.

“That tells us, in general, patients are doing better,” he said. “Cancer has now changed into a chronic disease

rather than a short-lasting illness followed by death.

Cancer treatment typically encompasses a multidisciplinary approach depending on the type, location, stage and other factors. In general, cancer is treated with surgery, radiation therapy and chemotherapy, which may include immunotherapy, targeted therapies and stem cell transplants. Some other new treatments include bi-specific T cell and CAR T cell therapies.

While no two cases are the same, staying informed and engaged in your health can be a positive, significant investment in your future and well-being, Vaziri said. 

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Life after Surviving Beyond our Children

While children are expected to outlive their parents as part of the natural order of life, this however is not always the case.

“Death happens every day, and it is important that we process our feelings and allow ourselves to grieve,” said Dave Miers, Ph.D., LIPC, Bryan Behavioral Health Services. “Anytime someone close to us dies, we experience a complex array of emotions. And one way or another, we will go through the stages of grief. They will present themselves in any order; like death, this is not a preordained process.”

The five stages of grief as described by Dr. Elizabeth Kübler-Ross in her book “On Death and Dying” include:

Denial: This is the period of grief in which we refuse to accept or acknowledge a loved one’s death or insist the loss is not accurate. It is a defense mechanism that helps protect us from the shock of an upsetting situation. A period of denial can be normal and sometimes helpful during the grieving process.

Anger: Once we understand the information is real and accept the reality of the situation, we often experience anger. Anger can be directed toward family, God, oneself, doctors, etc., and it might include blaming a family member for not caring more for a loved one, blaming a medical provider for not preventing the death and being short-tempered. It is important to know that anger during grief is normal even though it may be hurtful to loved ones.

Bargaining: During the grieving process, we experience waves of emotions and feelings. Some of these include being overwhelmed and hopeless. To help cope, it is



common to “bargain,” and make “what if” or “if only” statements. This might make us feel better, but these thoughts or statements are irrational. Examples might be, “What if I’d have been there sooner? Things would have been different.” “If only we lived in a bigger city with more providers, we might have saved them.”

Depression: The initial stages of grief sometimes protect us, but eventually many people do have feelings of depression. This is normal. Symptoms include persistent sadness; feelings of helplessness, worthlessness, irritability, frustration, restlessness or guilt; loss of interest in activities once enjoyed; changes in appetite, sleep patterns, weight and energy; decreased concentration; and physical aches and pains, such as headaches, cramps or digestive problems.

Though feelings of depression are a normal part of grief, they can affect our daily functioning. Sometimes this is called acute grief.

“If these feelings persist and prevent individuals from daily

functions for more than a year, it can be a diagnosed medical condition known as prolonged grief disorder,” Miers said. “It is important to seek professional support to help manage this.”

Acceptance: This is a period in the grieving process where we ultimately come to terms with the reality of the loss. It is when we can celebrate our loved one, enjoy memories and have plans for moving forward in life.

Loss of a Child or Grandchild

When a child or grandchild dies before us, it’s normal to have trouble understanding how we outlived our loved one and upset the natural order of what we’ve come to expect. It’s common to move through the five stages of grief, but also to experience guilt, loss and feelings of isolation.

“We might feel guilty because we have outlived our child,” Miers said. “This is called situational guilt; often we use ‘what if’ phrases similar to the bargaining stage of grief. ‘What if my child lived closer, and we spent more time together.’”

There is also universal guilt, when a parent might wonder if they had something to do with the suffering, such as a genetic sickness. Many times, these feelings lead to isolation from other family and friends.

“Communication and support are vital during any death and the grief process,” Miers said. “Consider connecting with grief resources such as support groups to help you process your thoughts and feelings.”

Understand Your Grief and Take Care of Yourself

Regardless of the nature of



Communication and support are vital during any death and the grief process. Consider connecting with grief resources such as support groups to help you process your thoughts and feelings.”

– Dr. Dave Miers

loss, understanding grief is crucial. Grief can become dangerous, so it’s important to know the signs of depression and isolation.


No one experiences grief the same way, but Miers suggests these steps to help:

1. Develop a daily routine: Eat a healthy diet, get regular exercise and find a good sleep routine. These are things you can control.
2. Celebrate your loved one: Collect photos and create a memorial.
3. Work on finding joy: Find what brings you joy and happiness during this challenging time.

Ask for Help

If you or someone you know is struggling with a loved one’s death and are having suicidal thoughts, call the 988 helpline or go to the mental health emergency department at Bryan Medical Center West Campus for an evaluation of whether hospitalization is needed.

Finding a grief support group offered through a local church or Mourning Hope Grief Center can help. Talk therapy can be helpful as well, and the Bryan Counseling Center has providers at 402-481-5991.

Bryan Health offers a free, confidential online screening at www.bryanhealth.com/services/counseling-mental-health/mental-health-online-screenings for depression and other mental health issues. 

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Nutritional Benefits of Pears

By Devin Mueller, Aging Partners Nutrition

Sweet but mild with a fiber-packed skin best describes this fruit that only has 100 calories! Pears are filled with powerful antioxidants, plant compounds and are fat and cholesterol free.

Pears are mild tasting but fiber- and nutrient-dense fruit. They are one of the world's oldest cultivated fruits. Pears are bell-shaped in structure and can come in many types and varieties worldwide. They are grown mostly in the states of Washington and Oregon, with over 900 growers/producers in these two states alone.

Since Washington and Oregon are the main producers of pears, they benefit from them greatly. Oregon's official state fruit and No. 1 tree fruit

crop is the pear. They rank second in U.S. production and second in fresh production. The state of Washington has the largest fresh pear production in the United States. These two states produce about 442,000 tons of pears per year, exporting about 35 percent of their total annual production to over 50 different countries.

Pears come in about 100 diverse types and varieties, though some reports say that there is upward of 3,000 different kinds once you include all the color variations. The most common and popular types of pears are grouped into three kinds: Bartlett, Bosc, and D'Anjou.


Bartlett comes in two colors, usually yellow and red. When ripe, this pear is overly sweet with a

texture that is soft and juicy, for both colors. Bosc comes in one color, usually dark yellow to almost brown. When ripe, this pear is on the spectrum of being crisper and is sweet, but not overly sweet. D'Anjou comes in two colors, usually green and red. When ripe, both colors of this pear are overly sweet, in addition to being soft and juicy.


These nutritionally packed fruits have some amazing health benefits which could help support both overall health and longevity. Some potential benefits of consuming pears along with a well-balanced diet include reducing your risk of cancers, heart disease, diabetes and aiding in weight loss.

While pears have many health



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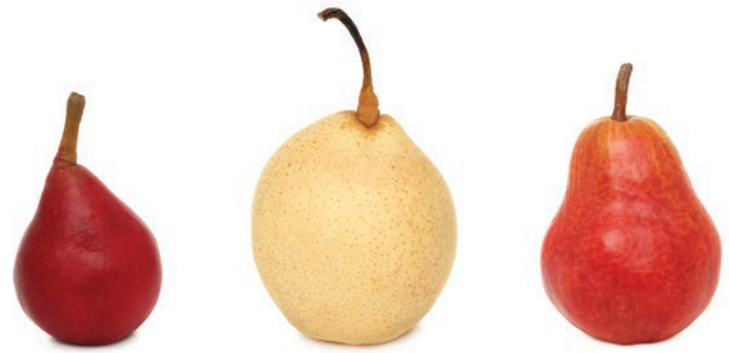
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benefits, they are not packed with excess calories. A regular medium-sized pear averages about 100 calories. Even though pears may have health benefits most people have heard of and can measure, they also have health benefits that are not as easily well-known or measured. Pears are packed with antioxidants such as copper, vitamins C and K. All these compounds help to get rid of oxidants which can damage the cells and the DNA within the human body.

Some great ways to enjoy pears include:

- Swap out with the usual morning fruit and/or add to a favorite afternoon snack.



- Mix in with other fruits to make a fruit salad.
- Pear slices with plain yogurt or diced on top.
- Swap out usual fruits in a fruit cobbler.
- Sub out normal applesauce and make a pear-sauce.
- Try adding a thinly sliced pear to a peanut butter and jelly sandwich.
- If you like homemade pizza, add crushed or diced pears as a topping.
- Try pears baked.
- Add pears to a fruit kabob. 

Sources: www.medicalnewstoday.com, usapears.org, www.healthline.com

Healthy Baked Pears

Ingredients

ripe pears
1/2 teaspoon pure maple syrup, per half pear
1/4 teaspoon cinnamon, per half pear

Directions:

Preheat oven to 350F.

Using as many pears as you like, slice the pears in half and gently scoop out the seeds using a small cookie scoop or spoon.

Place the pears cut side up on a baking pan or in an ovenproof dish and drizzle each halve pear with 1/2 teaspoon maple syrup and sprinkle with 1/4 teaspoon sprinkle cinnamon.

Bake until soft and tender, about 25-30 minutes.

Serve warm with your choice of toppings.

Recipe courtesy of www.runningonrealfood.com



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Staying Self-Sufficient

By Mitch Sump, Aging Partners program coordinator

My mom recently passed away. She was 96 years old and had a good life. My family and I were as ready for it as we could be, but I confess I always expected her to pass away in the winter. My brother summed it up best in the announcement by saying, “She was not a farmer’s wife; she was a farmer!” And no farmer leaves before the harvest is complete! She celebrated fall and all that it entailed. Picking corn and soybeans, homemade soup for supper, baking pumpkin pies for my birthday (it was always my request for a birthday “cake”), making Rumtopf for upcoming holidays with family, and oh, how she loved the fall foliage as the leaves turned and fell! It was time for mom to go – wanting anything else would be selfish on my part – but I can’t help but think about her as I write this “Mitch To-Do List” of fall items for your house and yard.

For Your Yard and Garden

Disconnect garden hoses, drain them and store inside. Disconnecting hoses helps keep your pipes from bursting and splitting your hoses. Storing them away from frigid winter temperatures help garden hoses stay pliable for the upcoming year.

Cover perennial flower/herb beds with straw. Covering perennials gives them a bit more protection from extreme cold; and depending on what you use, straw isn’t the only option. You potentially gain some compost.

Cut back bushes and ornamental grasses around your house. It removes hiding spaces

for rodents near your nice warm house!

Spread manure and turn the garden over. Turning the garden over allows moisture from snow and rain to penetrate the soil. You also get the benefit of reducing compaction of the soil. Spreading manure in the fall versus the spring gives it more time to decompose and break down into the soil. Too much of a good thing is quite easy depending on what type you use!

Treat the grass. Use a hand or push spreader/seeder to apply a late fall fertilizer to give your lawn a last “meal” to carry it through the winter.

Put the yard furniture away. I freely admit I never understood why metal furniture that sat out in the rain during the spring, summer, and fall couldn’t sit out in the snow but that was not a mountain I was prepared to die on! If you have plastic yard furniture, I do recommend storing to help prevent cracking.

For Your House

Install storm windows. If you have them, you understand!

Clean gutters and downspouts. Cleaning them before snow and ice helps prevent ice dams on roof edges and potential backing up of water under shingles.

Take out the window air conditioner. Leaving them in over the winter, even if covered, is a huge gap for warm air to get out and cold air to come in.

Caulk any cracks around the foundation. Cracks are open doors for insects and small rodents looking for a nice warm place to spend the winter.

Dig out the shovel and buy ice melt. It’s best to do it before the first snow or ice storm when everybody is trying to do it. We didn’t have a snow blower growing up; but if you own one, take it in for a quick tuneup to make sure everything is working right. I personally prefer sand to ice melt on my sidewalks and driveway because it doesn’t etch concrete like



some chemicals can. You also don't need to worry about killing grass and plants when the snow melts if you use sand.


Check your furnace. Schedule a licensed professional to come out and give the furnace a quick tuneup. Even if they only end up cleaning the dust and cobwebs out, you'll have confidence in the system before the weather turns nasty.

Regarding a furnace checkup, the local Steam Fitters & Plumbers Union 464 will be offering the "Heat's On!" program again on Nov. 9. If you would like a free furnace inspection, call 402-441-7030 to get your name on the list. In the past, there has been a limited number of slots available, so calling early is recommended. The inspection is free but any repairs or parts they suggest will not be. You are not required to use the company that does the inspection for any repairs they recommend.



A quick thought to end this article. If you are not familiar with Habitat for Humanity, they do more than build houses. A little over a year ago, they started a program that works with current homeowners to build ADA ramps,

repair and replace roofs, and replace hot water heaters. You can call them at 402-477-9184 or online at lincolnhabitat.org.

Please find and take the time to get out and enjoy the fall foliage! 

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One Rep Max Living: When the Demands of Daily Life Leave You Drained

By Lisa Lavene, Aging Partners Health and Fitness

Perhaps you have experienced this scenario or witnessed someone else in this situation. After visiting a friend and enjoying time together, you try to stand up but struggle and find yourself still firmly planted in the chair.

Will the day come when you truly can't rise from a seated position on your own or injure yourself while attempting to do so? What impact will that have on your living situation or your ability to get around the community? Will it rob you of your independence?

This scenario becomes all too common for older adults and is a prime example of 1 Rep Max (1RM) Living — when the physical demands of life are close to or exceed a person's capacity to perform them. This is a precarious situation and calls for urgent action.

The term 1RM Living is derived from strength training and coined by Dr. Dustin Jones, physical therapist, geriatric certified specialist, and co-founder of StrongerLife Fitness, a gym for those ages 55 and over in Lexington, Kentucky. In strength training, 1RM is



the maximum amount of weight one can lift for a single repetition of a given exercise with optimal technique — leg press or chest press for instance. In other words, 1RM is a measure of maximum physical capacity.

Percentages of 1RM, typically 65 to 95 percent depending on your goals, can then be used to determine how much weight you should lift for optimal strength training. The process of determining your 1RM can be lengthy and fatiguing, require extra recovery time, and call for increased safety measures, especially when done with free weights. Therefore, it is done only occasionally. Experienced lifters might only do it once or twice a year. Personally, I have found 1RM testing to be motivating and rewarding, but certainly not something I would choose to do frequently, or without capable and knowledgeable spotters to assist with the lifts, if needed.

Experiencing a life of 1RM Living, day in and day out, close to or exceeding your maximum capacity, can be exhausting, dangerous, and a serious threat to independence and the ability to age in place. I have witnessed this with family and in my 20-plus years as a physical therapist working with older adults in hospitals, nursing facilities, home health care and outpatient clinics. Even now, as a certified personal trainer at the Aging Partners' Schmieding Foundation Center for Active Living Fitness Center, I see the opening scenario of this article play out on a regular basis when people struggle to rise from a

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Help is finally on the way for Nebraska's unpaid family caregivers and the parents, spouses, and other loved ones they care for with a non-refundable tax credit for out-of-pocket costs incurred by the family caregiver for a limited set of services.

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For answers to the most frequently asked questions and more, visit aarp.org/NE.

f x v


chair in our facility. Other examples of IRM Living include picking up and carrying items such as a laundry basket, pet food, potting soil or grandkids; retrieving items from the bottom of a cabinet or the overhead shelf of a closet; navigating stairs; walking on uneven surfaces at the park; walking longer distances such as from the parking garage into Memorial Stadium; and getting down to the ground and back up for gardening or playing with the grandkids.

If you recognize IRM Living creeping into your own life, you are faced with three options: 1) stop doing the activities you need and want to do; 2) risk injury doing them; or 3) increase your physical capacity so you can safely and easily perform these activities.

High-intensity strength training is the key to increasing physical capacity. Unfortunately, the weight used in rehabilitation and fitness programs for older adults is often too light and falls short of what's necessary to increase strength and build muscle and bone. This is due in large part to the long-held stereotype that it is too dangerous and older adults are too fragile. It's easy to think of the risk of lifting and moving relatively heavy weights. But I urge you to consider the risk of not doing that. What risk do you take by being physically weak?

Fortunately, IRM Living is not an inevitable part of the aging process. High physical reserve allows us to

manage the tasks of life with greater ease and reduced risk of injury. We become more resilient to the demands and stressors of life. With knowledge, determination, and consistency, increasing your physical capacity is possible at any age. Properly dosed strength training is the key. If you safely and consistently lift and move heavier weights, the demands of day-to-day tasks become significantly easier. If you don't know how to begin, that's OK.

Schedule an appointment with a personal trainer at Aging Partners' Schmieding Foundation Center for Active Living Fitness Center to learn more and get started on the journey. Call 402-441-7575. 



HEALTHCARE YOU CAN FEEL GOOD ABOUT



Lloyd Hinn
402-304-4844
2201 Wilderness Ridge Drive
Lincoln, NE 68512

Understanding Your Medicare Choices

- Review the new 2025 plan options available for all Nebraska companies.
- Get the information you need to make an informed choice.
- Learn about benefits and features that are important to you!
- Medicare Supplements, Drug Plans and Medicare Advantage Plans, and **Marketplace coverage for under 65.**

Call Now to schedule a private appointment!!

I will be at Walmart Monday, Tuesday and Wednesday
9 a.m. to 4 p.m.

8700 Andermatt Drive (89th and Hwy 2)
October 15 to December 7

Tualta Helps Local Caregiver Find Confidence

In the U.S., there are about 53 million unpaid family caregivers, a number expected to increase as the baby boomers generation ages. For the past two years, Deborah Byrne has been caring for her 78-year-old mother.

“I’m trying to keep her at home as long as I possibly can,” she said.

Caring for a loved one with dementia can be challenging, so Byrne jumped at the chance when she was recommended through Aging Partners to join Tualta, a flexible caregiver engagement website that helps caregivers and families build skills, increase confidence and decrease feelings of loneliness. The easy-to-navigate online service provides caregiver support through video, audio, eLearning and print content 24/7, in English and Spanish. Topics include brain health, intellectual and developmental disabilities, personal care, grandparents supporting grandchildren, dementia, diabetes, safety and injury prevention, music therapy, caregiver wellness, stroke recovery, grief and loss, as well as activities and recreation.

“It’s been helpful to get tips,

input and assistance from not only the videos but articles, too,” Byrne said.

After using the platform for a few months, she has noticed a difference in how she can better handle the daily caregiving tasks.

“There were some things I was doing that I wasn’t aware were not best practice,” she said. “I feel a difference in how I’m approaching my mom now. Tualta has broadened my view of the situation and helped me to embrace things in a better way.”

Byrne says she’s thankful to Aging Partners and Tualta for helping her obtain information she needed.

Tualta Care Coach Darci Henry understands what it’s like to be a caregiver. She worked with older adults for 18 years before being tasked as caregiver during the COVID-19 pandemic to her grandfather for the final few years of his life.

“I’ve worked with caregiver families for 18 years professionally and thought I knew a lot; but when I was thrust into caregiving personally, I realized it was just the tip of the iceberg,” Henry said.



Deborah Byrne, left, has found Tualta to be a helpful resource as she cares for Lynda, her aging mother with dementia.

Henry knows the challenges caregivers face that many never see. As a care coach, she is available upon request to provide one-on-one service for those who need a listening ear and may need help navigating the portal or local resources. Care coaches also can share tips about managing care at home.

“Every caregiving journey is unique; every family is facing different challenges,” Henry said. “If you’ve worked with one family, you’ve worked with one family. The next will be very different. Tualta meets caregivers where they are in their journey. Whether they are new at caregiving, or they have been doing it for a while, we have something for everyone.”

“Tualta meets caregivers where they are in their journey. Whether they are new at caregiving, or they have been doing it for a while, we have something for everyone.”

– Darci Henry


Trualta also offers caregiver support groups facilitated by care professionals. Some groups focus on specific conditions, such as dementia or recovering from stroke, while others focus on topics such as caring for a spouse or parent, and others address things heavy on the heart of the caregiver, such as acceptance, grief and gratitude.

“I don’t think anyone is prepared for the types of things you deal with as caregiver,” Byrne said. “It’s nice to have that support and know there are other people going through this, too.”

The groups provide a way to connect to others in similar care situations. For caregivers reluctant to open up in a support group, educational webinars offer a trusted and accessible resource to answer tough questions for everyday needs.

Sign Up For Free

Anyone caring for a loved one in the Aging Partners service area can join Trualta for free at agingpartners.trualta.com. Trualta can be accessed on public computers such as at a library or senior center. Call Aging Partners at 402-441-7070 for assistance.

“I encourage those in a caretaking situation to give it a try,” Byrne said. 

Nebraska Family Caregiver Support

LIFESPAN RESPITE NETWORK



You or someone you know may have a problem with gambling?

Help is just a phone call away!



127 S. 37th St., Suite B,
Lincoln, NE 68510

3116 18th St., Suite 55,
Columbus, NE 68601

402-476-2300

ChoicesTreatmentCenter.net

Confidential.

24 Hours a day, 7 days a week.

Local Helpline: 402-476-2300

Nebraska Helpline:

1-833-238-6837

National Helpline:

1-800-GAMBLER



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

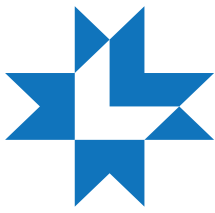
problemgambling.nebraska.gov

**We Care for
Those Who Care
for Others**

1-866-RESPITE

1-866-737-7483

respite.ne.gov



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-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.

- **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

- 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
Kaylee Huenink, 402-416-9376
- Seward County
Kaylee Huenink, 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
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.

Aging Partners News and Events

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

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

When you receive *Living Well* magazine by email, you have direct access to many services. Click your mouse on any website listed and you are linked directly to a service or advertiser's website. There are wonderful stories in every issue of *Living Well*. By visiting the Aging Partners website, you will find current and past issues. Contact Deb Elrod at 402-441-6146 or 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 at the fitness center. Cardio equipment, strength training equipment, free weights, balance, and other exercise aids are available. There is a \$10 monthly suggested contribution for ages 60 and over. A \$15 fee is required for individuals under age 60. A certified personal trainer is available by appointment only at no extra charge.

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

Dec. 10 through March 6
(no class Dec. 24 and 26)

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

Tai Chi for Arthritis Level II and Fall Prevention

American Lutheran Church
4200 Vine St.
Mondays and Wednesdays
10 to 11 a.m.
Sept. 9 through Dec. 2
(no class Nov. 11)

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 \$2 per class or \$48 per session.

Chair Yoga

Eastridge Presbyterian Church
1135 Eastridge Drive

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

- Wednesdays, 9:30 to 10:30 a.m.
Oct. 16 through Dec. 18
- Fridays, 9:30 to 10:30 a.m.
Oct. 18 through Dec. 27 (no class Nov. 29).

Dance for Life

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

- American Lutheran Church
4200 Vine St.
Mondays, 1:30 to 2:30 p.m.
Sept. 9 through Dec. 23 (no class Nov. 11)
- Auld Pavilion
1650 Memorial Drive
Wednesdays, 10 to 11 a.m.
Sept. 18 through Dec. 4

Qigong Refresh and Recharge

This ancient, meditative practice focuses on slow, gentle movements which help to relieve aching muscles and stiff joints, improve balance,

flexibility and increase energy. Movements begin from a chair, move to standing forms, closing with seated stretches, and stimulating breath exercises. This class is appropriate for individuals at all levels of ability.

- American Lutheran Church
4200 Vine St.
Tuesdays, 9:30 to 10:30 a.m. (note new time)
Sept. 10 through Nov. 26
- Auld Pavilion
1650 Memorial Drive
Thursdays, 1:30 to 2:30 p.m.
Sept. 12 through Dec. 5 (no class Nov. 28)

Evidence-Based StrongBodies Strength Training Program

Victory Park 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.

Oct. 22 through Jan. 21 (no class on Nov. 5 and 28, Dec. 24 and 26)

The benefits of strength training for older individuals have been studied extensively and include:

- Increased muscle mass and strength
- Improved bone density and reduced risk for osteoporosis and related fractures
- Reduced risk for diabetes, heart disease, arthritis, depression, and obesity
- Improved self-confidence, sleep, and vitality

The exercises in StrongBodies work all the major muscle groups, utilizing a combination of dumbbells, adjustable ankle weights and body weight. StrongBodies is an evidence-based class and meets twice per week for 12-week sessions. Class size is limited.

Foot Clinics/

Senior Health Promotion Services

Aging Partners Foot Clinics and

UNMC Senior Health Promotion Services are by appointment only. They are held at our new location at Victory Park Center (600 S. 70th St.). Sanitation guidelines are followed.

Services are available to those aged 60 and over. The following services are available on most clinic dates throughout the year: comprehensive foot care, blood pressure, blood glucose, cholesterol screenings, osteoporosis screenings, ear care, and health education. A \$20 suggested contribution will help these services continue.

Please call 402-441-7506 or 402-441-7575 for more information or to make an appointment for clinic services.

Aging Partners Events

Call 402-441-7158 for information and reservations.

Call the individual centers to reserve a meal two days in advance.

\$5 suggested contribution age 60 and over; \$10 fee under age 60.

\$4 transportation suggested contribution for age 60 and over.

Belmont Center

1234 Judson St.

402-441-7990

- Chair Yoga
1st and 3rd Thursday of each month
10:45 a.m.

Certified yoga instructor Cheri Bieber leads this gentle 30-minute yoga session using a chair for balance and stability. Perfect for beginners!

- Monster Bash!
Thursday, Oct. 31 at 10 a.m.
Join us for a monster party on Halloween! Dress as your favorite monster or character and join us for spooky treats and activities. Preschoolers from the Belmont Community Center will stop by for trick-or-treating and games.
- Music BINGO with Elliott Piper
Friday, Nov. 15 at 10 a.m.

Get ready for a toe-tapping good time with Music BINGO's Elliott

Piper. Reminisce over classic standards and forgotten favorites from the golden age of rock 'n roll!

- Holiday Music with Harpist Heidi Beran
Monday, Dec. 9 at 10 a.m.

Get into the holiday spirit with a wonderful concert performed by harpist Heidi Beran, an Aging Partners holiday tradition. Heidi is a freelance harpist and private music educator in the Lincoln area.

Northeast Center

6310 Platte Ave.

402-441-7151

- Brain Health
Tuesday, Oct. 1 at 10:30 a.m.

Tabitha Health Care will be giving an engaging presentation that talks about basic brain functions that affect memory and activities you can do to keep your brain in top health.

- Death, Grief and Healing
Tuesday, Oct. 15 at 10:30 a.m.

Tabitha Health Care will give a program about the end-of-life signs and the processes for healing through grief.

- Advance Directive Planning
Thursday, Oct. 24 at 10:30 a.m.

Mary Wilson, from Aging Partners, will teach you how to determine and share your end-of-life wishes with loved ones in the informative presentation.

- Medicare – Part D Advantage Plan
Tuesday, Oct. 29 at 10 a.m.

Colleen Ozanne, Nebraska SHIP and SMP, will be here to help ensure that you are getting the most out of your plan. We are taking 30-minute appointments. Call Ciji Mays, at 402-441-7151. Space and time are limited. Bring along your Medicare card and a list of medications to your appointment.

Continued on page 38.

Aging Partners News and Events

Continued from page 37.

- Ronni Willis – “Lincoln Hauntings”
Thursday, Oct. 31 at 10 a.m.
Come and hear this native of Lincoln, Nebraska and experienced paranormal investigator. Ronni has traveled to many locations throughout the U.S. and even Mexico to delve into the world of the paranormal. This has given her many years of hands-on experience. Ronni provides tours of haunted locations in our very own Lincoln, Nebraska. She will be visiting our Center, on Halloween, and give us a presentation on the most haunted locations in the city. Please feel free to wear a Halloween costume, enjoy some sweet treats and let’s get spooky!

- Election Day
Tuesday, Nov. 5
8 a.m. to 8 p.m.
Northeast Center is a voting poll location. Voting will take place in the east room.
- Music BINGO with Elliott Piper
Friday, Nov. 8 at 10 a.m.
Get ready for a toe-tapping good time with Music BINGO’s Elliott Piper.
- Art with Anna
Thursday, Nov. 14 at 10 a.m.
Join Anna Alcalde as she leads participants through some easy beginner painting techniques. (Class size limited to the first 10 individuals to sign up that day.)
- Vintage Toys
Thursday, Dec. 5 at 10:30 a.m.
Aging Partners’ own Mitch Sump has a passion for vintage toys. Take a step back into Christmas mornings, of the past, with this nostalgic presentation.
- Victorian Christmas
Tuesday, Dec. 10 at 10 a.m.
Learn about the Christmas traditions that started during the Victorian era that we still do today. See

a wonderful display of Victorian winter fashions and learn about everything Christmas from the feather tree to the history of sleigh bells.

Victory Park Center

600 S. 70th St.
402-441-7154

- Music by Tom Ficke
Thursday, Oct. 17 at 10 a.m.
We’ll celebrate our October birthdays while listening to one of Lincoln’s favorite singer/guitar players, Tom Ficke! He will perform a variety of classic covers and folk-rock music.

- 2nd Annual Halloween Costume Contest
Thursday, Oct. 31 at 10 a.m.

Close out the spooky season in style and show off your scariest, funniest or most creative costumes at the Victory Park Costume Contest! A panel of judges will score you in different categories, and prizes will be awarded for the best costumes! If you’re dressed as yourself, just come to enjoy the show!

- Veterans Day Ceremony
Friday, Nov. 8 at 10 a.m.
It is vitally important to recognize and thank the veterans who have given so much of themselves in service to their country! Contact Ben Middendorf by Nov. 1 if you would like your photo and a description of your service included in our ceremony presentation.

- Humanities Nebraska Program: Sharpie: Nebraska’s Queen of the Air
Tuesday, Nov. 12 at 10 a.m.
Pilot, historian and author Diane Bartels will present on her research and book about Evelyn Sharp, a pioneering teenage aviatrix who became a war hero. Sharp taught men to fly and was one of the first women to ferry U.S. Army Air Force fighters during World War II, freeing men for combat.

- November Birthday Party with

music by Bill Chrastil
Thursday, Nov. 21 at 10 a.m.
We’ll celebrate our November birthdays while listening to a performance by Nebraska favorite Bill Chrastil! A recipient of multiple Branson Show Awards and Music Hall of Fame inductions. Bill always packs the house with his renditions of classic songs and his famous Elvis moves!

- December Birthday Party with music by Heidi Beran
Thursday, Dec. 19 at 10 a.m.
We’ll celebrate our December birthdays while listening to a holiday performance by harpist Heidi Beran! Heidi is an accomplished performer and educator who has played with multiple Nebraska symphony groups and taught students for over 20 years! Her holiday instrumentals will be sure to cure any Grinches or Scrooges in the crowd!

Washington Street Center

225 Washington St.
404-441-7157

- Echo Collective and Grateful Growers classes
Oct. 3 and 17, Nov. 7 and 21
It’s amazing how they can use elements of nature to make so many beautiful forms of art for us to be involved with. We are the ones who are truly Grateful.
- Halloween Party
Thursday, Oct. 31 at 10 a.m.
During October, we will make small Halloween bags for The Kids Are Great program, plus several other children’s programs that could benefit from a Halloween treat. We will celebrate our efforts at our Halloween party.
- Open Enrollment Assistance for Insurance through the SHIP office.
Wednesday, Nov. 13 at 8:30 a.m.
Call Kelle to schedule an appointment.

Support Groups

Aging Partners Caregiver Support Group

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

Caregivers take care of family members and friends. But who takes care of the caregiver? Support groups provide hope, information, and a safe environment to share concerns.

Eligible caregivers are:

- An individual of any age providing care for an older adult, age 60 and over
- Providing care for a person with Alzheimer's disease, brain injury or a related brain disorder
- Over the age of 55 and raising a grandchild

Registrations are not needed, walk-ins welcomed.

Lincoln Parkinson's Disease Support Group

Sheridan Lutheran Church
6955 Old Cheney Road, Lincoln
4th Sunday of the month at 2 p.m.

Where understanding, encouragement, and camaraderie await for families, caregivers, and loved ones. Each month, we will share key information, tips, ideas, and best practices for Parkinson's patients and are partners.

Attendees will receive resources from the Parkinson's Foundation; "Living better with Parkinson's."

- Free event
- Family and friends' welcome

For more information, visit LPDSG.org or call 402-780-1211.

Lincoln Alzheimer's Caregiver Support Group

Charles H. Gere Branch Library
2400 S. 56th St., Meeting Room #2
Lincoln, NE 68506


2nd Thursday of the month
6:30 to 7:30 p.m.

Build a support system with people who understand.

Alzheimer's Association Nebraska Chapter Support Groups are conducted by trained facilitators, are a safe place for people living with dementia and their care partners to:

- Develop a support system.
- Exchange practical information on challenges and possible solutions.
- Talk through issues and ways of coping.
- Share feelings, needs and concerns.
- Learn about community resources.

For questions, contact Karla Frese at 402-780-1211.

Visit www.alz.org/nebraska to learn more about caregiver programs and resources. To further extend your network of support, visit ALZConnected®, our online community, at alzconnected.org. 

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