

LivingWell

Fall 2021 • Volume 17 • Issue 4

A publication of



Hall Found His Focus in Theater, Comics

page 6

Veterans Memorial Garden Offers Honor, Reflection

page 14

Everyone is a Hero in Their Own Way

page 32

Dockhorn Leaves His Mark on Lincoln's *Cycling Community*

page 4

Rick Dockhorn's first ride down the street at age 5 has led him to a lifetime of cycling experiences and expertise.



Saving Seniors Money Seminars *at Fire Fighters Reception Hall*

Medicare's 2021 Annual Enrollment for 2022

- Medicare Supplements
- Medicare Drug Plans
- Medicare Advantage Plans

**Listen
Learn
Leave**

**Lincoln Fire Fighters Reception Hall:
241 Victory Lane**

Directions: From "O" Street – North on Salt Valley Blvd., then left on Victory Lane. Look for signs!

Mornings

9:00 Coffee & treats
9:30 Seminar starts.
11:00 Seminar ends.

October

5, 20, 29

November

5, 17, 30

Afternoons

1:00 Coffee & treats
1:30 Seminar starts.
3:00 Seminar ends.

October

7, 11, 17*, 21

November

3, 11, 14*, 19

*Sundays

Evenings

5:30 Coffee & treats
6:00 Seminar starts.
7:30 Seminar ends.

October

13, 25

November

9, 22

No names/numbers taken

Everyone is welcome, no RSVP, **bring a friend!** A sales representative will be present with information and applications. Handicap accessible. For accommodation of persons with special needs at sales meetings, call 402-432-4174 TTY/TDD 711 Telecommunication Relay Service.

*With my partner Rick Cuddeford 402-416-5304
and the boys – Jack, Connor and Teven!*

Jim Schueth • 402-432-4174 • JimSchueth@gmail.com
4921 Deer Creek Circle, Lincoln, NE, 68516 • NE Lic# 3187255



Director's Corner

Get on Your Bikes and Ride!

When I learned of our bicycling focus for this quarter's cover feature, I got "geared up." It seems like bikes have been an important part of my entire life. From riding to school to delivering newspapers as a kid, the bicycle was a big part of my childhood years and served as my main source of transportation. I think part of my enjoyment was the freedom and control it gave me. I wasn't dependent upon friends, family or siblings to get where I needed to go.

Once I turned 16 and started to drive, my bike began collecting dust and my preoccupation was with my car – it's difficult to take a date out for dinner on a bike. Eventually, the bike was too small and outdated and made its way to the bicycle graveyard.

I resumed my enjoyment of bicycling recently when I began having knee problems and could no longer run. It gives me my freedom back. It's become a staple in my exercise regimen and an occasional way to get to and from work. No long waits at stoplights or listening to the radio in the car.

The bicycle allows me to open my mind and think.


My love for cycling has returned and with Lincoln having over 134 miles of hard surface and crushed rock trails, I encourage others to discover the enjoyment and freedom of biking. 



Table of Contents

Staying Involved

- 4 Dockhorn Leaves His Mark on Lincoln's Cycling Community
- 6 Hall Found His Focus in Theater, Comics
- 10 NeighborLNK Provides Support, Friendship
- 12 Romance or Ruse? Romance Scams on the Rise for Older Adults
- 14 Veterans Memorial Garden Offers Honor, Reflection

- 16 Be a Santa to a Senior Provides Holiday Happiness

Planning Ahead

- 17 When Should I Apply for Medicare?
- 19 Heart and Vascular Screenings Help Long-Term Health

Being Well

- 22 Eat for Your Eyes: How Changing Your Diet Can Benefit Your Eyes
- 24 A Stroll Down Memory Lane

- 26 Eat to Your Health: Kitchen Tips and Tricks for the Beginner or Pro

Living at Home

- 28 Parting with Keepsakes and Clutter
- 30 Staying Self-Sufficient
- 32 Caregiver Corner: Everyone is a Hero in Their Own Way
- 34 Aging Partners Services
- 36 Aging Partners News and Events

Are you moving? Call 402-441-6146 to change your mailing address.

Living Well (ISSN 1556-9780, USPS 657-630) is published quarterly (January, April, July and October) by Aging Partners and created by News Link, 122 S. 29th St., Lincoln, NE 68510. Last issue: *Living Well* Summer 2021.

Periodical postal rates paid at Lincoln, NE and additional mailing offices.

Issues printed: 17,000.

POSTMASTER-Aging Partners address changes to:

Living Well Magazine
1005 "O" St.

Lincoln, NE 68508-3628

Email: livingwell@lincoln.ne.gov

Fax: 402-441-7160

Phone: 402-441-6146

(collect calls accepted)

Toll free: 800-247-0938 (Nebraska only)

Publisher, editor and advertising: David Norris, 402-441-6156

Mailing list and accounts: Deb Elrod, 402-441-6146

Production Coordinators: News Link, 402-475-6397

Living Well is a service of Aging Partners. A voluntary suggested annual subscription of \$12 or any amount is welcome. This magazine is for the 85,700 citizens, 60 years of age and over, who reside in the counties of Butler, Fillmore, Lancaster, Polk, Saline, Saunders, Seward and York in the state of Nebraska, United States of America. However, all readers of all ages are welcome!

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.

An audio edition of *Living Well* is available FREE from the Nebraska Library Commission's Talking Book and Braille Service, The Atrium, 1200 "N" St., Ste. 120, Lincoln, NE 68508

Use of a business or organization as a story source does not imply endorsement of their business or service.

Staying Involved

Dockhorn Leaves His Mark on Lincoln's *Cycling Community*

It was a push at age 5 that compelled Rick Dockhorn to explore the world on a bicycle — and he hasn't stopped.

"I have a vivid memory of the day my dad took the training wheels off my 20-inch bike and gave me a push," he said. "I thought 'I can go anywhere in the world I want to!'"

At age 68, Dockhorn continues to view the world from a bicycle seat and encourages others in the community to do the same. He has ridden countless miles commuting, exercising, running errands, touring and racing.

"I enjoy that I can go places under my own power," he said. "But it also allows me to observe the world around me because I'm not going so fast."

Aside from the health benefits, Dockhorn enjoys the therapy from a bike ride.

"There isn't a problem I couldn't solve with a bike ride," he said. "The solution may not have been what I wanted, but it became clear what I needed to do."

Dockhorn commutes 7 miles round trip to work four times weekly and accumulates about 50 miles a week.

"I can tell when I don't ride," he said. "My body and mind tell me I need to ride and sort things out. I get restless. It doesn't even have to be a long ride, just 5 to 30 minutes to get everything in order."

For Dockhorn, he also appreciates the social element by getting to know other people on group rides. He often rides a tandem bike with his wife or friends.

Well known in the cycling community, Dockhorn continues to

share his love of riding with others.

"Rick has been a go-to person for just about everything, for those wanting to get into cycling to serious seasoned veterans," said Shari Rosso, local cycling enthusiast. "He can visit with you at any level and help you in your cycling journey. He's there for advice and to be a cycling friend."

From Down the Block to Cross Country

After years of cycling, Dockhorn began participating in longer rides.

"I always enjoy seeing how it goes on the longer rides," he said. "It's the personal satisfaction of completing one."

In 1976, he participated in his longest bike tour — 4,250 miles in 80 days from Reedsport, Oregon, to Yorktown, Virginia — for the inauguration of the TransAmerica Trail.

After that, Dockhorn started his touring experience with a self-supported ride from Scottsbluff to Lincoln. Since 1988, he has ridden many Bicycle Ride Across Nebraska (BRAN), Tour de Nebraska and Nebraska United Methodist Bike Ride for Hunger (NUMB) rides. He's also enjoyed several credit card tours — taking only necessities and using his credit card to purchase needs along the way — starting in Wyoming, Colorado, Missouri, South Dakota, Oklahoma and finishing in Lincoln. He's done a few Great Plains Bicycle Club overnight trips and club-sponsored day rides.

Dockhorn has participated as part of a tandem riding team since 1988. He and his partners have ridden in several BRAN and Tour de

Nebraska rides, as well as Midwest and Southwest Tandem Rallies.

It was in 1996 when Dockhorn ventured into off-road riding by completing the San Juan Hut ride — a 215-mile mountain bike ride in the country from Telluride, Colorado, to Moab, Utah. He's also biked Wilderness Park, Branched Oak State Recreation Area and Indian Cave State Park before signing up for the Leadville 100 in Colorado — six times. He's competed in various weather conditions, and has even ridden in Australia for the 1997 Bicycle New South Wales Big Bike Ride to raise funds for the National Multiple Sclerosis Society.

His latest adventures include bikepacking trips — off-road riding with an overnight stay. He's also traversed gravel roads, having participated in many Dirty Kanza (now UNBOUND Gravel) races — finishing the 200-mile ride once, and rode in a few Gravel Worlds and Odin's Revenge events.

"I have made many friends while riding my bike," Dockhorn said. "With the exception of a few rides, I have always had riding companions to share the experience. In reality, I ride bikes for the stories — and I've got some good ones!"

Choosing the Right Bike

Although Dockhorn spends a lot of time on two wheels, he's also consulted and encouraged other riders about bikes and accessories at Cycle Works for the past 20 years.

He encourages everyone who wants to get into biking to start with a quality, good-fitting bike.

"If the bike fits right and works well, you'll have fewer things to worry about," Dockhorn said. "The quality of

the bike will determine the quality of your experience.”

Hybrid bikes — a mix of a road bike and mountain bike — are popular. But bike technology is continually changing.

“Whatever was state-of-the-art 10 years ago is entry-level now,” Dockhorn said.

Bikes are thinner, lighter and more advanced, including some with electronic shifting.

E-bikes, or electric bikes, are gaining in popularity. There are many types, styles and prices — depending on how much of the latest technology one wants. Pedal-assist e-bikes, which only provide power while pedaling, would be a good choice for older adults who are not sure about their stamina.

“An e-bike can put the fun back into cycling for those struggling to keep up otherwise,” Dockhorn said. “It multiplies your pedaling efforts significantly.”

Recumbent, or laid-back bikes, offer comfortable seats without any impact on the hands. They can be fun for those who find it difficult to

balance, but they can be difficult to get out and require constant pedaling.

Adult trikes — which look like oversized kids’ trikes — offer extra stability and sit at chair height for easy in and out.

“They’re a blast to ride,” Dockhorn said.

Indoor cycling at a fitness gym can provide a winter introduction for those interested. Classes can be for beginners or extreme athletes. Instructors are there to help, so just stay seated and pedal.

Safety First and First Steps

Having had his share of injuries, Dockhorn still hops on his bike daily with safety precautions.

Having the correctly sized bike and seat height adjustment are a good start, along with bike shorts to provide extra padding and to wick away moisture.

A proper-fitting helmet also is essential; it shouldn’t move side to side or back and forth.

“On two occasions helmets have saved my life,” Dockhorn said. “There have been a lot of advancements;

but at the end of the day, a standard helmet works as long as it fits right and is worn properly.”

Helmets should be replaced after an accident or every five years because material degrades over time, decreasing compression ability.

Great Plains Bicycling Club is a great resource for those at any level of ridership wanting to learn more or connect with a group.

For those beginning, the trails are a great way to explore the area.

“We have a great trail system,” Dockhorn said. “I’ve been to other cities where they have a more extensive trails system, but it’s not better in quality. The facilities we have in Lincoln — like the dedicated bike lane — are great. That’s a great introduction into riding on the street, since you’re separated but riding alongside moving vehicles.”

For many, street riding can be intimidating.

“You ride on the street like you would drive a car,” Dockhorn said. “Ride on the right side, be predictable, signal turns and lane changes, and obey traffic signals and signs.”

He also wears brightly colored clothing, including a fluorescent yellow vest, avoids rush hour and has flashing lights.

For 63 years, Dockhorn has turned his childhood hobby into a lifestyle. He served 20 years on the Mayor’s Pedestrian/Bicycle Advisory Committee and has helped other budding cyclists through his work at Cycle Works.

“I’ve had the luxury of watching a lot of Lincoln cyclists grow up,” he said.

Dockhorn’s biggest encouragement: “Get out and ride — even if it’s just down the street.” **LW**

Rick Dockhorn’s passion for cycling has been an asset to him in his work at Cycle Works as he helps others take on the hobby and mode of transportation.



Hall Found His Focus in Theater, Comics

From Captain America to Romeo, Batman to Dracula — Bob Hall has captured the imagination of many — from theater audiences to superhero and comic book lovers of all ages. These two worlds were where he found his career.

As an only child, Hall enjoyed reading comic books as a youth. Although at that time — the 1950s — comics were often outgrown by age 12. Hall retained an interest in drawing and was completing portraits by junior high. Then, in high school, he discovered his knack for reading Shakespeare out loud, which led to his involvement with theater.

“My folks sent me to church growing up, and every Sunday I learned to memorize and recite Bible verses in the King James version,” he said.

Looking back, this was Hall’s first introduction to Shakespearean language, which eventually launched him to speech competitions and theater productions — including two lead roles at the University of Nebraska Lincoln’s All-State Theatre Program for high school students.

“It was life changing,” he said. “I thought ‘This is what I ought to do.’”

Hall went on to study theater at UNL, earning his bachelor’s and master’s degrees.

In 1968, he became a director with the Nebraska Repertory Theatre, a semiprofessional theater with students and union actors, for four years. He then directed at an Omaha children’s theater and later, with enough money saved, moved to New York.

The Rise in Comics

What was once a young boy’s hobby had become popular among all ages. Hall was reintroduced to comic books as they rose in popularity in the 1970s, encouraging him to get into the industry with his drawing talent.

“I said, ‘I can’t do this. I am not good enough to do this — but I want to,’” Hall said.

Having done scenery design and creating posters during school, Hall hoped to combine his skills of graphic art, storytelling and theater training. He began creating a portfolio while serving as a theater director making just \$60 a week.

In 1974, Hall began illustrating horror stories and cover art for Charlton Comics, learning valuable lessons in creating comics — from illustrations, writing to lettering.

That same year, Hall attended a comic-creating course taught by John Buscema, an influential illustrator for Marvel



Bob Hall, a Lincoln-native, spent years working for the comic book and theater industries.

Comics. At the end of the class, Buscema recommended Hall to Marvel Editor-in-Chief Archie Goodwin — and Hall joined Marvel as penciller in 1975.

He illustrated works such as *The Champions*, *Super-Villain Team-Up*, *Avengers*, *Amazing Spider-Man* and *Squadron Supreme* and was co-creator of the *West Coast Avengers*.

Hall continued in theater and comics, which both complemented and conflicted with each other. In the late '70s, he co-authored and directed “*The Passion of Dracula*,” which ran off-Broadway and was due to receive a West End production in London. Then, new Marvel Comics’ Editor-in-Chief Jim Shooter offered him a job in 1977 as an editor.

“I signed on only for a six-month tenure, because the London production was pending,” Hall said. “But I learned more about comics drawing in those six months than any other time.”

He was able to work with some of the most talented





Shadowman, a comic book from the 1990s, is illustrated by Bob Hall. Used with permission from Valiant Comics.



An illustrated t-shirt design by Hall



A portrait painting Hall completed of a family member

people in the comics field, including Shooter, Gene Colan, John Buscema, Sal Buscema, Roger Stern, Jim Salicrup, Frank Giacoia, Bob Layton, John Byrne and Chris Claremont.

The industry was evolving and being able to construct a story from a scenario as opposed to a full script changed the comic book industry.

“With comics, you draw stuff you’ve never dreamed of drawing before,” Hall said. “At Marvel, writers gave illustrators scenarios and I would draw the pictures, page by page, but it wasn’t a script. You would draw and the writer would add the dialogue later.”

Hall eventually became a writer/illustrator himself.

“It’s not something everyone does, but I was pleased I could do it,” he said. “There’s something fun about interacting with yourself and your ideas. I can write a page in all dialogue; but then the next page, I’ll draw it first and think of the words as I go along.”

Hall continued to work with Marvel, returning to Lincoln in the late ‘80s to serve as the Nebraska Repertory Theatre’s artistic director under Chair Tice Miller. Together, they forged a relationship with the professional actors’ union, Actors’ Equity Association. In 1988, the Nebraska Repertory Theatre’s reputation was elevated with the signing of the first equity contract.

Hall served as artistic director for six years before returning to New York, where he created a theater company called New Rude Mechanicals.

In the 1990s, Shooter asked Hall to write for his new company, Valiant Comics. Offered four titles to write and illustrate, Hall chose “Shadowman,” a story about a young

man from New Orleans with supernatural abilities. Soon after Hall picked up the comic, it became one of the industry’s most popular, selling more than 100,000 copies a month. Hall continued to work on “Shadowman” for three years

Continued on page 8.

Lincoln Housing Authority

5700 R Street | 402-434-5500

FAX: 402-434-5502 | TDD: 1-800-545-1833 ext. 875

www.L-housing.com

Mahoney Manor
4241 N. 61st St.
(Age 50 and older)



Crossroads House
1000 "O" St.
(Age 55 and older)



Burke Plaza
6721 "L" St.
(Age 62 and older)



- Secure Entry Systems
- Handicap Accessible Units
- Elevators
- Group Transportation
- Coin-Operated Laundry
- Small Pet Allowed
- Community Room
- Organized Special Activities



EQUAL HOUSING OPPORTUNITY

All utilities paid, smoke-free facilities

* Must meet eligibility requirements

Hall Found His Focus in Theater, Comics

Continued from page 7.

until its end in 1995. He also wrote and illustrated “Armed & Dangerous,” based on Irish mafia in New York City, often writing storylines spurred from real-life crime stories.

“I was able to use bits and pieces of reality in my stories,” Hall said. “That’s what I like about comics. They are fantasy, but you can explore real life and work it into the storylines.”

The Fall, The Future

In the 1990s, the comic book industry took a turn. What used to be a hobby and kids’ market quickly elevated into a collectors’ market, which led to increasing prices and selling in specialized comic book stores. The kids’ market declined and numbers began to fall, pushing comic book companies, including Valiant, under.

Hall concluded his comic book career doing Batman graphic novels with DC Comics in the 2000s.

“I loved doing it and would still love to be doing it today, but the industry collapsed until the movies came along,” he said.

Comic book writing is different. In the past, artists were untrained but talented, but now schooling is essentially required.

Hall has done occasional comic work since, but co-launched Flatwater Shakespeare, which presented its first theater production in June 2001 at Wyuka Cemetery’s historic stable, now Swan Theatre. Following 16 years as artistic director, he retired in 2017.


Hall returned to UNL for his Master of Fine Arts in painting and continues to work on commissioned art through his website, bobhall.com.

He also partnered with University of Nebraska Press to co-author and illustrate educational comics on the measles, mosquitos and COVID-19 — which can be found at worldofviruses.unl.edu.

Hall remains in Lincoln but travels to comic-cons, where he draws commissioned art and sells posters.

“I don’t feel I’ve had traditional careers, but I had a series of interesting incidents and projects I was proud of,” he said.

While Hall doesn’t feel he personally made a contribution to the popular industry today — fans do.

“I don’t think I was a big part of the glory days of Marvel, but I meet people who do and that is astonishing and gratifying,” he said. “I took pride in the work when I was doing the job.” 

To Individual Medicaid Providers for Children’s, Elderly, and Adult Disability Waivers.

We know that some caregivers may need help adjusting to using Electronic Visit Verification (EVV). When you work with Caretech, you will have the resources and support you need to deal with these changes and requirements. Consider Caretech as an option. Our caring staff are always available to offer assistance.

Being part of the Caretech Team includes:

- All EVV and documenting requirements done by our support staff
- Pay semi-monthly
- Higher hourly rate in most situations
- Worker’s Comp and liability insurance provided
- Opportunities to work with clients from other programs (VA and private pay).

If you are a caregiver for someone you love and feel overwhelmed by the new requirements, contact us today!

(402) 697-5121 / (800) 991-7006

fred@caretechinc.com • james@caretechinc.com • renee@caretechinc.com



Caretech
We Bring the Care to You.

**We’re hiring
new and
experienced
caregivers
statewide!**

11904 Arbor St., Suite 201
Omaha, NE 68144
caretechinc.com



Osher Lifelong Learning Institute at UNL

Quality learning experiences for lifelong learners 50 years plus.

Join and Register for Fall Term 2 Courses and Events!

- An annual membership is \$75, valid from August 1, 2021 to July 31, 2022.
- Go to olli.unl.edu to register and see a catalog
- Registration for term 2 begins October 25, 2021.
- Offering courses in-person, live virtually on Zoom, recorded courses on Canvas.

2021 OLLI/Winter Lecture Series Fall Symposium: The Fragile Future of Democracy

Presented in-person and virtually live.

OPEN TO THE PUBLIC. MEMBERSHIP NOT REQUIRED.

Hear from university and national experts about the future of democracy.

Speakers:

- John Hibbing, professor, Political Science, UNL
- Patricia Davis, director, Bureau of Democracy, Human Rights and Labor (DRL), Global Programs, U. S. Department of State, New Alexandria, VA
- Zoltan Barany, professor, Government, University of Texas, Austin, TX

Event Day/Date: Sat, Oct 23

Cost in-person: \$20 includes lunch and symposium

Time: 9 a.m.-2:30 p.m.

Cost Zoom live stream: \$15

Registration Deadline: Fri, Oct 15

Register online at olli.unl.edu or call the OLLI office at 402-472-6265

We are OLLI.



www.facebook.com/olliatunl



olli@unl.edu • 402-472-6265 • olli.unl.edu

UNL does not discriminate based upon any protected status.

UNIVERSITY OF
Nebraska
Lincoln®

NeighborLNK Provides Support, Friendship

When the COVID-19 pandemic hit, many aging adults were hesitant or unable to get out into the community to pick up necessary items. That's why Aging Partners and Seniors Foundation launched the NeighborLNK program last year.

NeighborLNK connects volunteers with homebound aging adults or persons with a disability. Volunteers assist with errands such as picking up groceries, medications or library books, and help reduce isolation through phone or video call check-ins.

Currently, there are 70 active matched pairs, including Jill Groshans and Don West.

West, 84, lives alone in Hickman, Nebraska. He uses a walker and finds it difficult to navigate walking in a store for long periods of time.

That's where Groshans comes

in. She makes the drive weekly from her home in Roca, Nebraska, to Lincoln to pick up West's groceries and medications, along with a few classic western and war movies from the Lincoln City Libraries. She then delivers the items to West's home where she's occasionally helped him order items online as well.

"Now, I don't have to drive the 30 minutes to and from Lincoln to get groceries," West said. "I only have to drive if I have a doctor or dentist appointment. So, that's a big help."

Groshans, a retired teacher, felt the call to volunteer as her parents are getting older too, but they currently don't need extra assistance.

"It's nice to be able to assist him so he doesn't have to get out and make another trip," she said. "But for me, it's about the relationship."

West doesn't have any family nearby to call if he needs something; and although he visits the Hickman Senior Center every Wednesday, he needs just a little bit of help from time to time.

"He knows he can call if there's something urgent as I'm just 20 minutes away," Groshans said.

The pair has been matched since May 2020, and Groshans finds their friendship has evolved throughout the past year.

"Now he'll occasionally reach out and ask for help with something other than groceries — and that's a good thing," she said. "Recently, we walked through ways to recognize scam phone calls and ways to avoid them."

Groshans makes a point to spend time with West when she drops off



Helping seniors and persons with disabilities
live independently!

402-200-5555

www.sunlightseniorcare.com

Lincoln, NE - Omaha, NE - Council Bluffs, IA - Des Moines, IA

**SPECIAL
OFFER**

Mention *Living Well* Magazine and get
one free day of service after your first month.




Don West appreciates the assistance and friendship from his NeighborLNK match, Jill Groshans.

his groceries by bringing a chair to sit socially distanced or wear a mask while chatting in West's garage or driveway depending on the weather.

West retired from construction in 2002 and enjoys telling Groshans his construction stories and passing along his knowledge about Nebraska's native plants and animals. He even gifted Groshans some Sweet Rocket flower seeds from his property.

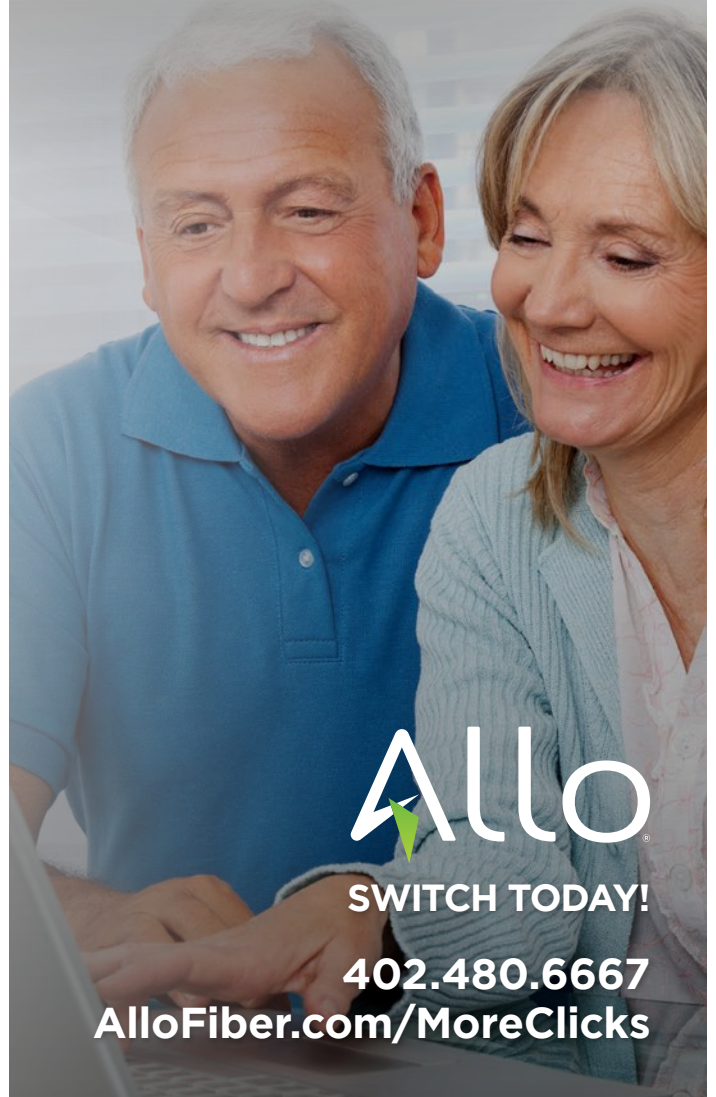
"I enjoy hearing about his perspectives on life and various other things he shares based on his 84 years of living," she said.

Residents age 60 and over and persons with disabilities can fill out the application for NeighborLNK at aging.lincoln.ne.gov and email the completed packet to NeighborLNK@lincoln.ne.gov. You also may call 402-441-7575 to request an application packet. Applicants should note any special requirements on the forms. Volunteers must complete an application, sign a waiver and pass a background check. Volunteers must be at least 19 years old and complete a brief online training.

Aging Partners staff will review all volunteer applications and assistance requests to pair people based on location and services requested. Once a match is made, both parties will be notified by phone, text and/or email. 

Providing more confident clicks.

Providing better experiences with fast and secure internet, crystal-clear TV, and dependable phone.



Allo
SWITCH TODAY!
402.480.6667
AlloFiber.com/MoreClicks

Romance or Ruse?

Romance Scams on the Rise for Older Adults

The Federal Trade Commission (FTC) recently reported an increase in romance scams around the nation. While these types of scams aren't new, they are on the rise in older adults due to loneliness and isolation.

Romance scams are imposter scams that often entail a carefully crafted online persona looking for love. The relationship can go on for quite a while before signs start appearing, but they always end up with requests for money.

The FTC reported that individuals age 60 and over lost \$84 million in 2019 to romance scams, followed by \$62 million in government imposter scams and \$52 million in prize, sweepstakes and lottery scams.

"Older adults are targeted by scammers because they're better off financially, may own their home and have good credit," said Phil Carlson, Consumer Protection Division Chief of the Nebraska Attorney General's Office.

Recognizing a Romance Scam

Romance scams can take place through social media, dating websites, text messaging or other electronic forms of communication.

The two main red flags for this type of scam are asking for money and repeatedly promising to meet in person, but never do.

"They say they want to meet, but they keep canceling, postponing or making excuses," Carlson said. "That's when they start asking for money."

Another warning sign is being asked to send inappropriate photos or financial information, which can later be used to extort the victim.

"If they don't want you to tell your friends or family about them, that's a sign you should be telling your family and friends," Carlson said. "They are attempting to isolate you."

Other red flags include sending photos that look like a model rather than ordinary photos and quickly wanting to leave the dating website and communicate through email or other forms of electronic messaging.

If you think you're being scammed, you should stop communication immediately and report it to law enforcement and the Nebraska Attorney General's office



Are you 60 years of age or older?

We can help you with:

- Elder abuse and financial exploitation
- Simple wills
- Advanced directives/Living wills
- Evictions/At risk of losing housing
- Unemployment and other benefits
- Debt collection and garnishments
- Power of Attorney
- Medicare/Medicaid
- Consumer protection
- Homestead Exemption
- And other legal concerns

During times of crisis, Legal Aid is your legal safety net. Our staff can answer your COVID-19 legal questions.

ElderAccessLine®

Toll-free: 1-800-527-7249
In Omaha: 402-827-5656

COVID-19 Hotline

Toll-free: 1-844-268-5627

Serving Nebraska's seniors in all 93 counties.

www.LegalAidOfNebraska.org



Great Place To Work. Certified

Best Workplaces for Aging Services

NAC Customer Approved

NAC Employee Approved

LINCOLN'S CHOICE 2020

HEROES caring FOR OUR COMMUNITY

Sumner PLACE
Skilled Nursing & Rehabilitation

SOUTHLAKE VILLAGE
REHABILITATION & CARE CENTER

1750 South 20th Street | Lincoln (402) 475-6791 | sumnerplacecare.com

9401 Andermatt Drive | Lincoln (402) 327-6300 | southlakevillagerehab.com

#loveinannursinghome #keepingourseniorsafe

at protectthegoodlife.nebraska.gov or 800-727-6432. Be sure to include as much information as possible, including any written documentation such as emails, transactions or receipts. Carlson suggests telling a family member or friend too.

“Telling someone close to you is an important step, because they can provide an internal accountability to keep from falling into another scam,” he said.

Tips for Online Use

Everyone of every age should be careful about internet use.

“Be on the lookout; scammers are everywhere,” Carlson said. “If it seems too good to be true, it probably is. Any time someone is asking for money, be wary, especially if they’re asking for it through uncommon forms of payment such as gift cards or wire transfer. Never give your bank account or other

personal information to those who don’t need it.”

If you wish to seek romance online, use a well-known dating website that has security features to potentially ward off scammers such as a detailed questionnaire, profile photo policy, sex offender checks and prices that are reasonable but not inexpensive.

Don’t reveal too much personal information in a dating profile or to someone you meet online. Take things slowly and ask the potential partner lots of questions and look for inconsistencies. Be wary of flirtatious or over-complimentary comments — scammers often lavish extra attention to their victim.


Do not provide intimate photos that could later be used against you. For photos you receive, you can use Google’s reverse image search to see if the photo is stolen and has been used elsewhere online. To do this, go



to www.google.com, click the camera icon and upload the image.

Do not send gift cards, cash or wire transfer money.

More Scam and Fraud Resources

For more information on other types of scams and fraud for older adults, visit protectthegoodlife.nebraska.gov/protecting-nebraskas-seniors. You also can find more information about identity theft, stopping unwanted calls and more resources at protectthegoodlife.nebraska.gov/resources. 

We’re making home deliveries safer by direct-shipping from our automated distributors.

Our streamlined order fulfillment processes reduce human contact with your supplies, ensuring that you don’t have to worry when they arrive at your door. Stay safe, stay healthy, and thank you for social distancing.



(402) 434-5080
triumphhomehealth.com



INCONTINENCE • CATHETERS • OSTOMY • ENTERAL NUTRITION • COMPRESSION • WOUND SUPPLIES



Veterans Memorial Garden Offers Honor, Reflection

As a place of dignified beauty, Veterans Memorial Garden within Antelope Park reminds those who visit of the sacrifices veterans have made for freedom. Located at 3200 Veterans Memorial Drive, the garden is open from 5 a.m. to 11 p.m. daily, at no cost.

More than 37 memorials, monuments and tribute benches are featured in the garden to honor Gold Star families, Pearl Harbor survivors, Purple Heart recipients, disabled American veterans, missing in action prisoners of war, American ex-prisoners of war, women who served in the military, military medical personnel and those who served in various armed branches and wars.

Garden's History

In June 1989, more than 80,000 people gathered in Antelope Park to view the traveling Vietnam Veteran Memorial Wall. The area where it was located became sacred ground; and in the 1990s, the Persian Gulf War brought about a new wave of pride and patriotism. Communities nationwide began finding ways to recognize and honor veterans and service members of all eras and branches.

In 1991, Mayor Bill Harris appointed citizens to the Veterans Memorial Garden Advisory Council to help with the development, design, programming and preservation of Lincoln's Veterans Memorial Garden area and memorials. Lincoln's mayor appoints 11 members, seven of which must be veterans, to serve on the council.

Through the advisory council, an endowment account has been established to maintain the garden.

In 1951, the Lincoln Boy Scouts donated Lincoln's Little Sister of Liberty, one of 200 replicas of the

Statue of Liberty gifted to communities in 39 states to commemorate the Boy Scouts of America's 40th anniversary. The statue originally was dedicated at the corner of 27th and "A" streets, but after two moves, it now stands in Veterans Memorial Garden.

Bricks of Honor

Bricks of Honor allow family and friends to pay tribute to loved ones and cement the legacy of these brave heroes. A Brick of Honor is available for all veterans, living or deceased, who received an honorable or general discharge. Bricks for Veterans organizations and Auxiliary organizations are accepted.

The cost for a brick is \$150. All proceeds go to improvements and maintenance of Veterans Memorial Garden.

For more information and to order a Brick of Honor, visit lincolnparks.org (keyword: bricks of honor), or call 402-441-8258.

Garden Events

An annual ceremony is conducted the second Saturday in June each year at 10 a.m. to dedicate all new Bricks of Honor in the garden and to celebrate the existence of Lincoln's unique Veterans Memorial Garden. Brick order forms turned in by March 1 will be dedicated at that year's event.

Other events are held annually in Veterans Memorial Garden, including those for Memorial Day and Patriot Day, along with Veterans Day and Pearl Harbor Remembrance Day in the nearby Auld Pavilion. On these days, an additional 64 flags fly in commemoration and decorate the garden. The flags




Photo courtesy of Mark Orr

also fly on Armed Forces day, Flag Day and Independence Day.

For more information about the garden and its events, visit parks.lincoln.ne.gov (keyword:

Veterans Garden). Donations to Veterans Memorial Garden Endowment Fund can be made with a check payable to Lincoln Parks Foundation sent to

3131 "O" St., Suite 301, Lincoln, NE 68510. If you are interested in other donation options, please call 402-441-8258. 



"Care That Promotes Maximum Independence and Dignity"



3110 South 48th Street, Lincoln NE 68506-3353

orchardpark.us

402-488-8191 Fax: **402-483-2931**

Quiet Comfortable Peaceful Friendly

AARP
Nebraska

In Your Community

Bring Community Home

Every day brings an opportunity to connect, learn and grow. From cooking demos to exercise classes, book clubs and informative workshops, AARP has so many virtual options at your fingertips.

Click to connect at aarp.org/nearyou

 /AARPNE  @AARPNE

Be a Santa to a Senior Provides Holiday Happiness

Home Instead has spread holiday cheer to lonely and financially challenged older adults through its Be a Santa to a Senior program since 2003. Each year, Home Instead delivers about 2,000 gifts in the Lincoln area alone, and its 1,300 franchises distribute more than 2 million gifts globally.

“We do this because we care about our communities,” said Andy Gorman, Lincoln Home Instead owner. “We want everyone to have a gift during the holiday season, and this is one of our favorite things to do each year.”

Home Instead partners with local nonprofit and community organizations to identify older adults who may not otherwise receive gifts during the holiday season, typically those who are lower income and/or don’t have family nearby.

Beginning early October, Christmas trees with paper ornaments listing desired gifts are displayed at various business and retail store locations in Lincoln. Anyone can go, pick an ornament and purchase a gift.


“We say you should expect to spend about \$20 to \$30,” Gorman said. “Most of the requests are blankets, socks or other small items.”

Gifts should be delivered unwrapped with the paper ornament attached to the designated box at a tree location by early December.

Next, Home Instead collects the gifts, schedules and hosts wrapping parties with volunteers, and delivers the gifts to the designated older adult.

“Recipients are excited and appreciative,” he said. “We get thank-you cards all year long.”

Last year, Be a Santa to a Senior looked a little different due to COVID-19. Instead of the community partnering to purchase gifts, Home Instead safely donated directly to local senior communities and organizations. These donations, totaling \$23,640, allowed the organizations and facilities to follow their own safety protocols to purchase and distribute gifts.

To find out more about the program or to find a tree location, visit www.beasantatoasenior.com. To volunteer to help wrap gifts, call Home Instead at 402-423-8119, or visit the Giving Back section under the About tab on their website, homeinstead.com/101. 



“We do this because we care about our communities.”

*– Andy Gorman,
Lincoln Home
Instead owner*



Gifts ready for distribution as part of Home Instead’s Be a Santa to a Senior program.



Still here for seniors

At Windcrest Assisted Living our team members are compassionate, reliable, resilient individuals who love working with seniors. See what our Community has to offer:

- Spacious studios, 1 and 2 bedroom apartments
- 24-hour compassionate staff
- Three restaurant meals per day
- Transportation
- Free cable & internet
- Pet friendly
- On-site physical therapy

Call Windcrest Assisted Living today 402-486-0011.

THE
Windcrest
on Van Dorn
COMMUNITY

7208 Van Dorn St, Lincoln, NE 68506
tel 402-486-0011 | fax 402-413-1118 | windcrestonvandorn.com

 A CAPITAL SENIOR LIVING COMMUNITY

DISCOVER *the difference*

Planning Ahead

When Should I Apply for Medicare?

Medicare is the country's federal health insurance program for those age 65 and over, and those younger than 65 with certain disabilities, permanent kidney failure or Lou Gehrig's disease.

Medicare has several parts, which can make it difficult to understand.

Part A, hospital insurance, covers inpatient hospital stays, skilled nursing facility care, hospice care and some home health care. Part B, medical insurance, covers certain doctors' services, outpatient care, medical supplies and preventive services.

Parts A and B, also known as Original Medicare, are run by the federal government. Parts C, D and Medicare Supplement Insurance, also known as Medigap, are operated by private insurance companies and must be applied for and purchased separately.

Part C, Medicare Advantage Plans, is a private health insurance alternative. It has requirements of what it must cover and usually has extra services that Medicare does not, including dental and vision care and sometimes drug coverage. Part D helps cover the cost of prescription drugs including many vaccines.

Most people age 65 and over are eligible to receive Part A for free if they have worked and paid Medicare taxes long enough. Individuals can enroll in Part B by paying a monthly premium. A person also can enroll in Part A but decline Part B.

Before approaching age 65, it's best for individuals to make a decision about what insurance they want and need. Knowing when to apply for Medicare is important and should be based on your individual circumstances.

Eligibility and Enrollment

If you already receive Social Security retirement or disability benefits before you turn 65, Social Security will automatically enroll you in Medicare parts A and B.

Otherwise, the Initial Enrollment Period (IEP) for Medicare is limited. If you want to start receiving Medicare at age 65, your initial enrollment begins three months before your 65th birthday, includes the month you turn 65, and ends three months after that birthday. For example, if your birthday is in June, you may enroll from March 1 to Sept. 30. If you enroll during this period, coverage begins the month you reach 65 or shortly after if you enroll in the last four months of your IEP.

If you miss your IEP, you can enroll the following year during the General Enrollment Period (GEP) from Jan. 1 to March 31. If you enroll during GEP, coverage will begin the following July 1. You also may have to pay a late enrollment penalty of 10 percent higher premiums for each 12-month period you didn't sign up when first eligible. The penalty generally applies only to Part B, since Part A is usually free for most people. Part D also has a late



enrollment penalty of one percent for every month the individual was not covered.

What If I'm Still Working?

You may qualify for a Special Enrollment Period (SEP) if you are 65 or older and you or your spouse are still working and are covered under a group health plan based on that current employment.

If you have health insurance coverage under a group health plan through an employer with 20 employees or more, you can delay your Medicare enrollment, specifically Part B, without penalty. This allows you to avoid the Part B premium while you're covered under your employer's plan. In this case, you will get an eight-month

Continued on page 18.

When Should I Apply for Medicare?

Continued from page 17.

Special Enrollment Period (SEP) to sign up for Medicare, if and when you leave your job or your employer stops offering coverage. This SEP begins the month after you separate from your employer or when the group health insurance ends, whichever happens first. To avoid premium surcharges for late enrollment, sign up during those eight months. This eight-month SEP also is for those delaying Part B enrollment because they are covered by a spouse's employer-sponsored plan.

If your employer has less than 20 employees, you need to enroll in parts A and B to serve as your primary insurance. If you don't enroll, your employer-sponsored

health plan may pay less — or nothing — for your care.

It may be beneficial to enroll in Medicare Part A on time, even if you have employer-sponsored health insurance. It likely won't cost you anything and Medicare can serve as secondary insurance to potentially pick up any costs your primary insurance/group health plan doesn't cover.


Note: Medicare enrollees are not allowed to contribute to an Health Savings Account (HSA) even if coverage is continued under an employer's HSA-qualified high-deductible health plan.

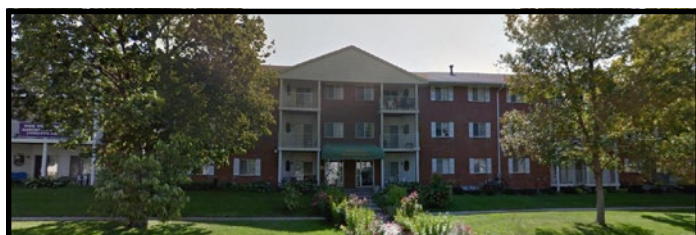
You may want to compare the costs and coverage of Medicare with your group health plan, taking into account the cost of premiums,

coinsurance, deductible, co-pays and prescription drug coverage. You may find out that signing up for Medicare makes the most sense financially, even if you're entitled to special enrollment later.

How to Apply for Medicare

You can apply for Medicare by visiting your local Social Security office, calling 1-800-772-1213 (TTY 800-325-0778) or going online at www.ssa.gov/benefits/medicare. With no forms to sign, your application will be processed and you will be contacted if more information is needed.

For more information on Medicare, visit www.medicare.gov or call 1-800-633-4227 (TTY 877-486-2048). 



The Victorian Retirement Center

Helping make your golden years shine!

- One and two bedroom furnished and unfurnished apartments
- Three meals a day and weekly housekeeping
- Social activities and shopping trips
- 24-hour staffing to deal with emergencies and health monitoring
- Medication reminders
- Beauty and barber shops
- Medicaid Waiver approved for personal care
- Over 40 years of experience!

We offer a variety of living options for any income!

The Victorian Retirement Center
2501 "Q" St., Lincoln, 402-474-4955



COMPLETE INSURANCE

AUTO • HOME • BUSINESS • LIFE • HEALTH



Agent
Jaime Behrends
402.476.0790



Agent
Tara Steiger
402.742.3170



Agent
Heather Bender
402.937.3949

402.858.0988 • 700 R Street, Suite 311 • Lincoln, NE 68501

info@completeinsurancellc.com   www.completeinsurancellc.com

Heart and Vascular Screenings Help Long-Term Health

As some conditions don't always exhibit noticeable symptoms, the Bryan Health Early Detection Center offers four simple, affordable screenings to measure if you're at risk for heart disease, stroke or other vascular issues.

No physician referral is needed, but appointments must be scheduled. These screenings do not go through insurance, but they cost about \$10 to \$40 individually.

"Screenings are an affordable way to help patients detect and manage vascular and heart disease," said Judy Arnold, RN, Bryan Health Early Detection Center Coordinator.

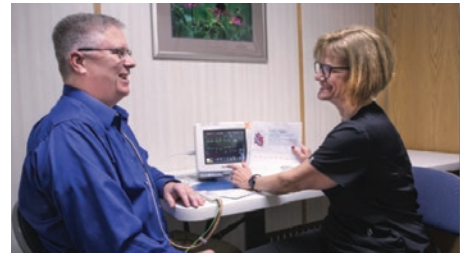
Once screenings are complete, a qualified medical professional reads the results and makes the determination if it's normal or abnormal.

"We send a letter with the results to the patients and encourage them to share this letter with their primary care physician or provider," Arnold said. "If the results are abnormal, more tests may be needed."

Screenings are available for those age 55 and over with a personal or family history of smoking, high blood pressure, high cholesterol or diabetes; and a family history of heart disease, stroke, abdominal aortic aneurysm, kidney failure or sudden cardiac death and for all those over the age of 65. This information will be reviewed during scheduling.

Atrial Fibrillation Screening

Atrial fibrillation, or AFib, is a common heart arrhythmia. It can cause clots to form in the upper left chamber



The Bryan Health Early Detection Center can help older adults with low-cost screenings for heart and vascular conditions.

of the heart, which could travel into the brain causing a stroke.

Symptoms include heart palpitations (fluttering in chest), rapid heartbeat, irregular pulse, dizziness, weakness, chest pain, significant fatigue and shortness of breath.

The painless screening involves a rhythm strip with electrodes placed on the chest to look at the conduction of electricity through the heart muscle and measure the heart's rhythm. Anyone is eligible for atrial fibrillation screening.

Continued on page 20.

The Truth About Knee Pain

Podcast with
Brad Webb, DO, Lincoln Orthopaedic Center



Activity and age can take a toll on your knees. If you're experiencing knee pain, find out what might be causing it and options to relieve your pain.

Listen now:

bryanhealth.org/podcasts

Bryan
HEALTH
PODCAST



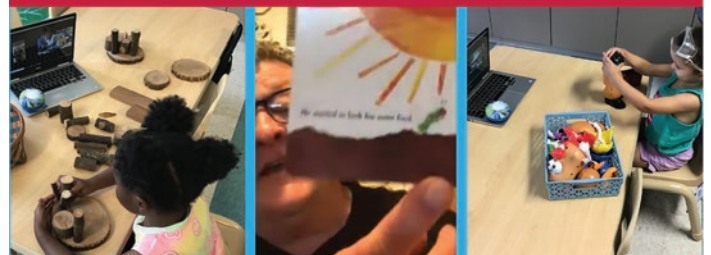
Looking for a rewarding experience
like no other?

Become a Foster Grandparent!

Contact Sam Bates at (402) 875-9320 or
sbates@communityactionatwork.org

 **AmeriCorps**
Seniors

 **community**
Action
PARTNERSHIP
LANCASTER AND SAUNDERS COUNTIES



Heart and Vascular Screenings Help Long-Term Health

Continued from page 19.

Abdominal Aortic Aneurysm Ultrasound Screening

The abdominal aorta is the largest vessel in a person's body, spanning from the upper abdomen to just above the pelvis. It supplies blood to the abdomen, kidneys and lower body. An abdominal aortic aneurysm (AAA) is an enlarged area or weakening of that vessel, which can be life-threatening.

An AAA typically grows slowly without any identifying symptoms. AAA symptoms include an onset of pain in the back, belly or side or a pulsating feeling near the belly button. If these symptoms occur, seek medical attention immediately.

"If someone in your immediate family develops an AAA, you are 12 times more likely to develop it yourself," Arnold said.

The AAA screening includes an ultrasound to measure the size of the abdominal aorta and any aneurysms. Small aneurysms may only need to be monitored.

Carotid Artery Ultrasound Screening

The carotid arteries are two large blood vessels that supply oxygen to the brain. If the arteries harden or become blocked with plaque, it will decrease blood flow.

Carotid artery disease has few to no symptoms, and causes one-third of all strokes. Screening includes an ultrasound of the left and right carotid artery to identify if a patient is at risk for stroke.

Peripheral Arterial Disease Screening

Peripheral arterial disease (PAD) is a chronic condition where plaque


builds up in the arteries of the legs, restricting blood flow.

Symptoms include pain or burning sensation in the feet or legs. PAD screenings are simple and include taking blood pressure on the arms and ankles.

More Information

The Bryan Health Early Detection Center does screenings the second Thursday of each month on the Bryan East Campus. To register, call 402-481-5121.

For questions about the center's various screenings or to learn more about its mobile unit that frequently travels to rural-area hospitals to perform heart and cardiovascular screenings, please call 402-481-8018.

Information about these screenings and others is also available online at www.bryanhealth.com/services/heart-vascular/screenings. 

Thinking about retirement?

Trust us to help you navigate the maze of Medicare questions such as:

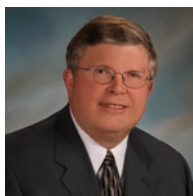
- ▶ Should I enroll in Medicare Parts A & B now or remain on my current group health plan?
 - Should I use a Medicare Supplement and separate Prescription Drug card or a Medicare Advantage Combination plan?
- ▶ Is the prescription drug benefit portion of that plan "creditable" by federal definition or will I face a future penalty?



MEDICARE PRODUCT ADVISORS



Karla Wilson
Vice President
Individual Health
Medicare Product Advisor
402.434.7242
kwilson@unicogroup.com



Bob Grundman
Senior Benefit Strategies
402.489.9171
grundman@inetnebr.com

For more information, visit
unicogroup.com/medicare



"I made the right choice for my parents AND for me!"

Nancy, Daughter of residents in Lincoln

Nancy's parents recently moved into CountryHouse, and right away she appreciated the homelike atmosphere and welcoming community. If she has any questions or her parents need accommodations, Nancy knows she can count on the expert staff.

"I feel comfortable and at ease knowing that the staff is caring for my folks with fun, helpfulness, compassion, understanding and expertise."

Discover care exclusively designed for those with Alzheimer's or other types of dementia.

Schedule a tour of one of our CountryHouse communities in Lincoln!



CountryHouse.net or 402-853-7809

25th & Old Cheney | 84th & Pine Lake | 70th & O



Eat for Your Eyes: How Changing Your Diet Can Benefit Your Eyes

Did you know that “watching what you eat” may literally help you watch what you eat? Research shows that adding foods rich in lutein, zeaxanthin, zinc, omega-3 fatty acids and vitamins C and E to your diet can improve your vision and overall eye health, along with reducing your risk for certain serious eye diseases such as age-related macular degeneration, cataracts and dry eye.

“It’s never too late to change your diet and focus on good nutrition,” said Dr. Andrew Bateman, Clear Vision Eye Care optometrist and Nebraska Optometric Association past president. “The key with most health issues is prevention; if you can make the changes to your diet and prevent further changes in your vision, you’re doing all you can.”

What Should You Eat?

The eye’s retina is made of several layers, but the pigmented layer is the one that filters and protects the eye.

“It’s important to protect this layer throughout your life to try and prevent macular degeneration,” said Bateman, noting your family history also can increase your risk factors for developing eye disease as you age.

Eating foods rich in lutein and zeaxanthin — two carotenoid pigments that are found naturally in the retina — helps reduce the risk of chronic eye disease.

Lutein, a beta carotene related to vitamin A, can help prevent night blindness and dry eye. It’s found in blueberries, broccoli, corn, egg yolks, grapes, kale, kiwis, orange bell peppers, orange juice, spinach, squash and zucchini.



What about the age-old recommendation of eating carrots?

“Carrots can help with better vision in low-light levels by increasing your ability to have better contrast,” Bateman said.

Zeaxanthin helps protect your eyes from harmful effects of oxidation and light-induced damage. It can be found in dark green vegetables, orange and yellow fruits, and egg yolks.

Zinc is vital in bringing vitamin A from the liver to the retina to produce the melanin. Zinc deficiency can be linked to impaired vision, such as poor night vision and cloudy cataracts. For dietary sources of zinc, eat dairy, eggs, nuts, seeds, red meat, oysters and other shellfish and legumes, such as beans and lentils.

Evidence has shown that vitamin C lowers the risk of developing cataracts and can slow the progression of age-related macular degeneration and visual acuity loss. It can be found in broccoli, grapefruits, green and red bell peppers, kiwis, oranges, strawberries and tomatoes.

Vitamin E is what protects cells in the eyes from unstable molecules called free radicals, which break down healthy tissue. Good food sources for vitamin E include avocados, sweet potatoes, wheat germ, vegetable oils and nuts, such as almonds and sunflower seeds.

Omega-3 fatty acids are important for visual development and retinal function, reducing inflammation and enhancing tear production to support the eye’s oily outer layer. When the eyes don’t produce enough tears to keep lubricated and comfortable, it’s called dry eye. Artificial tears and medication are helpful, but adding omega-3 fatty acids found in certain nuts and oils, along with fish such as salmon, trout and tuna, to your diet also may provide relief.

“Tear quality has as much to do with the quality of your vision as a good eyeglass prescription does,” Bateman said.

Aside from diet, eye hydration can help with the prevention of dry eye. While reading or looking at a screen, you should look up every 20 minutes and take 10 big blinks.

“When we’re doing near-vision tasks, we reduce our blink rate from 22 blinks per minute down to six blinks per minute,” Bateman said. “This can dry out the eyes.”

In addition to giving your eyes an occasional break, over-the-counter eyelid cleansers can help with itching and dryness along the lids.


What's Next?

If you're wondering where to start, consider the food you eat. Making small changes in your diet is a great way to enhance your overall health.

Supplements can be a place to start, but these elements are most beneficial when consumed from fruits, vegetables and other foods directly.

If you're not able to prepare and cook certain foods, think about the fruits and vegetables you don't have to cook to eat. Meal planning and a consistent eating schedule can help you stay on track. Even when eating out, just try to make healthy choices.

If you have a chronic disease or other medical issue, please talk with your doctor and a registered dietician about your health and nutrition prior to starting a new diet or supplement. Visit eatrightnebraska.org to find a registered dietician.

Remember: changing your diet will not cure your eye disease or give back vision you've already lost, but good nutrition is vital for your entire body and plays a role in maintaining healthy eyes. 



Hepburn Square

2501 "Q" St., Lincoln

- A 55+ independent living community
- Elevator and controlled access entry
- Cat friendly with additional deposit and rent
- All electric
- Common area laundry free to tenants
- Community and craft room in the building
- Off-street parking

402-476-0086



**Don't stress out over
picking Medicare plans
when you turn 65 or during
open enrollment season!**



It's Easy Peasy!

Make it easy on yourself! Here are some choices:

- Give me a call. We can meet at your favorite coffee house and I'll buy you a coffee and a roll, or
- Give me a call and I can meet at your home, or
- Come see me at Walmart,
3400 N. 85th St., in Lincoln
(I did change Walmarts this year so be sure to come to this one!)

Monday, Tuesday or Wednesday during AEP
9 a.m. to 4:30 p.m.

I offer all the plans available in Nebraska and Iowa for Medicare Advantage and many great choices for Medicare Supplements and PDP Plan's.

We can go over them and get you enrolled in the best plan of your choice.

Contact me today!
402-304-4844



Licensed Sales Agent
LLOYD HINN
2201 Wilderness Ridge Drive

TTY/TTD: 711 Telephone Relay Service

A Stroll Down Memory Lane

By Tracie Foreman, Aging Partners Health and Fitness

Memories are the foundations of our lives. Those shared experiences make us laugh or cry, and sometimes become better, stronger individuals. Some memories cause us to celebrate the fact that we've weathered much throughout our lives and have come out on the other side. Replaying those good ole days now and then can be educational and uplifting.

In 1910, when the American flag still had just 45 stars, the typical life expectancy was 48.4 years for men and 51.8 years for women. And the average U.S. industrial worker, including farmers, earned around \$574 a year, according to "The Value of a

Dollar: Prices and Incomes in the United States."

Entering into the Roaring '20s, women won the right to vote; flappers pushed the envelope with women's fashion; and audiences embraced the first movies with sound. Annual salaries for industrial workers in 1920 rose to \$1,407 per year, and men's life expectancy increased to 53.6 years, with women expected to live a year longer in general. At the onset of the decade, Babe Ruth's baseball career was in full swing, and Roy and Walt Disney founded Disney Brothers Cartoon Studio in 1923, which was later renamed Walt Disney Studio.

Car sales exploded when women got behind the wheel. Ford and Chevy locked horns in pricing wars, while Cadillac, Chrysler and Packard

struggled to make their mark.

The Stock Market

Crash of 1929 devastated America and led the world into the Great Depression, which lasted around 10 years. The cost of milk was 15 cents per quart and was most often delivered to the home in glass bottles with cardboard stoppers. Bread was 9 cents a loaf on average, and round steak was 44 cents a pound.

Money was tight in the 1930s, so at-home activities such as board games became popular. Monopoly found a permanent spot in the hearts of Americans during this era, along with listening to radio



Suffering From COPD?

The Angels Care Home Health **Take a Breath Respiratory Program** is designed to empower people with COPD to improve quality of life, activities of daily living, reduce exacerbations and hospitalizations.

Angels Care Nurses and Therapists help patients to:

- Recognize early symptoms
- Avoid potential triggers
- Better manage medications
- Learn proper use of inhalers, nebulizers and oxygen
- Manage breathing/conserves energy
- Develop healthy lifestyle changes and eating habits

100% Medicare coverage



By the Numbers - COPD in NE

5.2%	of adults have been diagnosed with COPD (prevalence) ¹
79,400	adults have been diagnosed with COPD ¹
49.5	people out of every 100,000 die per year ²
\$216	billion is the annual cost for treatment ³

Sources: ¹Behavior Risk Factor Surveillance System ²CDC ³Medical Expenditures Panel Survey

Call us Today
to learn more about our
Take a Breath
Respiratory Program!

Angels
Care Home Health
An AngMar Managed Company

Serving:
Lincoln 402-328-0048
Columbus 402-564-5729
angelscarehealth.com

programs, reading and stamp collecting. Auto touring and camping found their popularity in the late 1920s and early 1930s as families looked for inexpensive fun.

Some historians described the 1940s as a decade of wars, but also noted the time frame gave rise to several medical and technological advancements. The world's first programmable general-purpose electronic digital computer came into its own in the 1940s as did Jeep, Slinky, the microwave oven and Tupperware. Walt Disney delighted moviegoers with Pinocchio, Fantasia, Dumbo and Bambi early in that decade as well.

The 1950s saw the rise of Rock 'n' Roll music, drive-in restaurants staffed by carhops and the now-iconic 1957 Chevy, along with fashions such as ducktail and flat top haircuts, bobby socks and saddle shoes.

We'd been "double-dog dared," chewed Black Jack Chewing Gum and played Red Rover. We also drank our Coca-Cola from a glass bottle dispensed by a coin-operated vending machine. Local diners had tableside jukeboxes that played three songs for a quarter — and eating out was still considered a great privilege.

We "kicked the can" with friends and flew high on tire swings. Everyone collected S&H Green Stamps and redeemed them for exciting merchandise. Clotheslines everywhere were crowded with family laundry, which moms would later sprinkle, starch and iron. Gas station attendants pumped your fuel, checked your

car's oil and tires, and washed the windshield. Most grocery stores had employees who sacked and carried customers' groceries to their cars.

Each decade brought changes that were challenging, exciting and, at times, scary to our world. Reminiscing with friends and family can give us new perspectives on life, open doors for change, and allow us to connect with and gain a better understanding of others. **LW**



A better way of living!



Assisted Living at 56th & Pioneers

Chef-Prepared Meals | 24/7 Assistance

Inclusive Pricing

Call for Free Resource Tool Kit



The Lexington
You're home.



402.486.4400 | TheLexington.com | Lincoln



You or someone you know may have a problem with gambling. Help is just a phone call away!

Local Helpline: 402.476.2300

National/Nebraska Helpline— 1-800-522-4700

Nebraska Helpline—Call 1-833-238-6837

CONFIDENTIAL. 24 HOURS A DAY, 7 DAYS A WEEK.



**Local Provider -
CHOICES Treatment Center**

127 S. 37th Street, Suite B
Lincoln, NE 68510
402-476-2300

www.ChoicesTreatmentCenter.com
www.problemgambling.nebraska.gov



Eat to Your Health

Kitchen Tips and Tricks for the Beginner or Pro

By Jill Engel, Aging Partners Nutrition

Whether we consider ourselves a pro or a beginner in the kitchen, discovering new tips and tricks can help save us time and effort and avoid frustration!

Ripening fresh fruit: Transform a hard peach to ready-to-eat by placing it in a paper bag. The concentrated ethylene gas helps the fruit ripen faster. Don't seal the bag too tightly or use a plastic bag, as too much moisture may contribute to mold growth. Storing fruit next to or near apples also can help speed up the ripening process because apples contain a higher amount of ethylene gas.

Roasting vegetables: Place a cookie sheet in the oven to preheat. This will help to evenly distribute the heat on the vegetables without having to flip them.

Prevent pots from boiling over: Place a wooden spoon across the top of the pot to help prevent over-boiling. Wood is not a good material for conducting heat, and the hot water stays away from the handle.

Repel bugs: Place a bay leaf in a container of flour, pasta or rice to help repel bugs.

Making soup less salty: Add a wedge of raw potato or apple to help absorb excess salt. Simmer for 10 minutes and then remove the wedge.

Skim the fat: Spoon off excess fat from stews and sauces by cooling them in the refrigerator and then skimming off the grease. If you're short on time, add a few ice cubes and remove them as soon as you see the grease sticking to them.

Scoop eggshell: Scoop up pieces

of a broken eggshell in food by gently scooping up with half of an eggshell. The shell acts as a magnet to draw up other shell pieces without wasting too much egg.

Removing eggshells: Add baking soda to water when boiling eggs for easy shell removal. This will help the egg whites separate from the shell and make it easier to peel.

Save fresh herbs for later use: Place herbs on a baking sheet and freeze. Once frozen, seal in a Ziploc bag (make sure to push all the air out) and label. You also can chop or blend herbs and freeze them in an ice cube tray with olive oil. This is a great addition to the flavor of your meals!

Fresh eggs: If you're unsure of how fresh an egg is, see how it floats in a cup of water! Fresh eggs sink; bad ones float.

Prevent brown sugar from hardening: Even in an airtight container, brown sugar can turn hard. Toss a few marshmallows in an airtight container with the brown sugar to help it stay soft and scoop better. Keeping brown sugar in the freezer also can help prevent hardening. If the brown sugar is already hard, try putting a wet paper towel in with it and microwave it for 20 seconds. The water will add moisture back into the brown sugar and help it soften.

Extend produce freshness: Line the bottom of your refrigerator's crisper drawer with paper towels. They will absorb the excess moisture that causes the produce to go bad.

There are several kitchen gadgets that can help make the prepping and cooking process easy, painless and even fun!

Apple corer/slicer: We've all heard the saying "an apple a day keeps the doctor away," but this may be difficult if we don't have the right tools. An apple slicer is a great way to get in our daily apple in a safe, easy way. Simply place the slicer on top of the apple and press down. Enjoy your apple raw or top with cinnamon and microwave!


Vegetable spiralizer: Spiralized vegetables are a fun, creative way to get in more fruit and vegetables. Use on zucchini, carrots, potatoes, cucumbers, apples and more! Spiralizers usually contain three blades: a round one for spaghetti, a small flat blade for ribbons and a large wide blade for spiral strands. Spiralized vegetables are great to use as an alternative to pasta or as an addition to a soup or stir-fry!

Vegetable chopper: Chopping vegetables can be a daunting, time-consuming task. A vegetable chopper is an ideal way to get diced vegetables without all the blood, sweat and tears (onions, anyone?). Vegetable choppers usually come with several blades, giving a range of cutting and dicing options. This is a great option for dicing vegetables such as peppers, onions and tomatoes, but also other foods such as cheese and eggs.

Food thermometer: Seeing is not believing! A food thermometer is the only reliable way to ensure the safety and "doneness" of meat, poultry and egg products. There are different



types of food thermometers available with the most common being digital instant-read, dial instant-read and oven thermometers. Place the food thermometer in the thickest part of the meat or casserole, making sure not to touch the bottom or side of the pan.

If you have questions regarding your nutritional needs or would like more information on your specific needs, please call 402-441-3480 to speak with an Aging Partners Nutrition staff person today! 

Caprese Zucchini Salad

Ingredients

4 large zucchini	1 cup mozzarella balls
2 tbsp. olive oil	2 tbsp. balsamic vinegar
2 cup cherry tomatoes, halved	1/4 cup fresh basil
	Salt and pepper, to taste

Directions

1. Using a spiralizer, create zoodles out of zucchini.
2. Add zoodles to a large bowl, toss with olive oil and season with salt and pepper. Let marinate 15 minutes.
3. Add tomatoes, mozzarella and basil to zoodles and toss until combined.
4. Drizzle with balsamic vinegar before serving.

Source: www.delish.com



TABITHA

Caring about what makes Mom, Mom.



DORCHESTER, NE—1962

Even though I'm miles away, **Mom**, we're still connected, and I know you're in great hands. While your memories fade, thanks to you, mine are rich and full.

GracePointe by Tabitha is the perfect fit for us, their resources are a blessing.

TABITHA.ORG | 402.486.8520 | Your Answer for Assisted Living & Memory Care

Living At Home

Jeannine Bryant, owner of Changing Spaces SRS, has helped older adults through the process of downsizing or rightsizing their homes for more than a decade. She's even penned two books on the subject.

In her first book, "Ready to Rightsize?," Bryant provides a step-by-step guide for downsizing one's own residence or a loved one's home. Her second book entitled "Keep the Memories, Not the Stuff" is written for everyone who struggles with keepsake and memory clutter.

What Is Memory and Keepsake Clutter?

In her latest book, Bryant says memory and keepsake clutter can look different for every person.

"It could be your kid's baby clothes, books or toys; your yearbooks and photos; or a collection or item you inherited from a loved one but doesn't mean much to you," she said.

While one may have a tendency to feel guilt when considering letting go of a loved one's items,

Bryant insists that things don't hold memories — people do.

"Stuff, memories and love aren't the same thing," she said. "If you get rid of your mother's collection, it doesn't mean you didn't love her or don't miss her. It just means you don't like her collection in your living room."

And keeping that collection in a box in your basement doesn't do much good either.

"A keepsake is meant to be positive and out on display so you can remember those happy memories," Bryant said. "It's hard to love it when it's in a box."

Where to Start

So where do you begin? How do you decide what to keep and what to let go? Bryant recommends setting limits and staying within them. She also advises to consider where you live and how much you can keep in your home while maintaining a functional living space.

"Sometimes people want to start in the basement, but you'll have more motivation if you clean up your living room where you spend the most time," Bryant said. "That will help you feel the benefits and give you the motivation to keep going."

But she doesn't recommend that you try to get it all done in a day either.

"I set a timer for 20 minutes and just get started," Bryant said. "Sometimes that's the hardest part."

Bryant recommends to keep it simple, and ask yourself if you're going to keep, sell, donate or throw away each item — and follow through on that decision.

Parting with Keepsakes and Clutter



Parting with Memory Items

So what do you do with items from loved ones?

Bryant advises making sure you have the right mindset before getting started. If you have an item with significant value to you but can't keep, you can take a picture of it.

"I often tell clients before we start packing to take pictures inside their home," she said. "It helps them remember what their home looked like, even after they leave."

Bryant encourages you to think of the activities or items that best represent the person or time in your life. She says you don't have to keep everything; sometimes just one or two significant items are enough. Bryant notes that it's OK to keep your mother's two or three favorite collectables or a few of your favorite books and let the rest go to a new collector's home.

"Keep the best; let go of the rest," Bryant said. "If it's not a YES, it's a no."

Following Through

Once you've determined what you no longer need, offer it to loved ones, or sell or donate it. Letting



go allows you to release items to someone who could really use it or would love to have it.

Listing an object online can require time and effort, and sometimes the emotional value of an item is greater than the actual financial amount.

For those wanting to host a garage sale, Bryant recommends to set a date, have the garage sale and immediately haul any unsold items to a charity such as the Goodwill, Salvation Army or the People’s City Mission.

“Make sure your donations are truly usable and a blessing, not a burden,” she said.

Why Don’t My Kids Want My Stuff?

While your children may want to keep some items, they might not be ones that you want them to keep. And that’s OK, says Bryant,

who notes, “Focus on what your real legacy is — the memories, experiences and lessons you pass on — and not on the material objects.”

For example, some grown children may not want to take items from family as they have their own lives and interests.

“Our culture is different now,” Bryant said. “In the past, material objects were harder to come by, but now things are cheap and readily available.”

More Information

Bryant provides more helpful tips in her books, which are short and easy to read, allowing the reader to get started right away. They are available at Changing Spaces SRS, Amazon and Francie & Finch Bookshop. For more information on Changing Spaces SRS, visit changingspacesrs.com. 



Jeannine Bryant, owner of Changing Spaces SRS, has authored two books to help others downsize and sort through personal belongings.



We
organize,



research
the items



& run
the estate sale



Right here in Lincoln!
(402) 483-0555
ChangingSpacesSRS.com



Here for
You

Independent Living | Assisted Living | Memory Care

Whether we’re a place to call home or a place to engage in a purpose-driven career, consider this an open invitation to connect with us.



LEGACY
RETIREMENT COMMUNITIES

402.436.3000
legacyretirement.com





*Voted Best of
Lincoln since
1995!*

Staying Self-Sufficient

By Mitch Sump, Aging Partners program coordinator

The air is crisp. The leaves are turning. And pheasants and footballs are flying in the air, so it must be fall!

Our Durable Medical Equipment, Handyman, Lifeline and Transit programs are shifting gears as we drift from fall into winter, but there are still many things to be done prior to that first snowflake!

Durable Medical Equipment had a busy summer with several days approaching or

crossing the heat index's danger line. As I write this in mid-September, we have given out more than 350 fans to Lincoln-area seniors. We still have a few if you didn't get one but would like one. We normally have a decent selection of walkers, toilet risers, canes and other medical equipment available for your use. There is no fee for these items, but financial contributions and equipment donations are always appreciated. We don't accept CPAP machines or lift chairs due to health concerns and lack of storage space. Call 402-441-3025 with questions or requests.

Transportation is available to the various Aging Partners senior centers for a suggested contribution of \$2 per boarding. If you ride and wish to contribute, there are envelopes available at each senior center so

you can give anonymously. Our transportation can currently only be used for rides between your home and the senior center in your geographic area, as well as for our special events. Schedule a ride through your area senior center.

We hope to resume our once-a-week grocery routes from the senior centers as soon as we get some of our regular drivers off of the injured reserve list. My supervisor and I also have discussed some alternate routes, including medical appointments, and special routes to schools for youth-senior intergenerational activities.

If you live outside of Lincoln's city limits or wish to visit friends and/or family outside of Lincoln but within Lancaster County, please consider using Lancaster County Public Rural Transit.

Annual Enrollment for 2022 is here!

Now's the time to review your Medicare Advantage or prescription drug plan.

Call now to schedule an appointment!

- Medicare Education
- No Cost Consultation/ Review existing coverage
- Experienced and Certified Agents
- Assisting with Medicare, Medicaid spend down and Marketplace health coverage



Stephanie Swerczek
402-670-0357

stephanie.swerczek@gmail.com
simplifiedfinancialsolutionsllc.com



Haven Manor - Hickman

Affordable "Country Living" Retirement Facility

730 Larkspur Dr
Hickman, NE

Facility Amenities

Located just south of Lincoln, Nebraska; this Licensed / Medicaid Certified Assisted Living Facility provides activities, medication administration, events, entertainment, meals, housekeeping, transportation, laundry, and care to enhance your retirement.

Move-in and Save \$500 with this Ad

Call for a tour or Visit us on Facebook or our Website
(402) 792-3088 www.havenmanor.com

We are a demand-based transit service that operates Monday through Friday 8 a.m. to 5 p.m. Riders are encouraged to schedule appointments and trips for late morning and then are returned home later in the afternoon. Cost to ride is \$2 per boarding, and as noted, one stop must occur outside of Lincoln's city limits. To schedule a ride, please call 402-441-7031.

One of the unfortunate lessons, which was reinforced during the pandemic, was that isolation isn't good for anyone. It is especially true for seniors. For many years, we have suggested the Lifeline Emergency Response System (ERS) as a way to help yourself or your loved ones get assistance due to medical events and mishaps. What we discovered during the pandemic is that the Lifeline program also can be used to help participants maintain mental health as well as physical. A number

of people joined our program as a way to keep in contact with friends and family for emotional support.

The past year has been one of our busiest ever, and a number of clients and their families have indicated that they joined our program due to pandemic-related isolation and social distancing recommendations. We're always glad when we can help someone and were happy we could be there for these clients in their time of need. If you have an interest in getting a Lifeline or just have further questions about our personal ERS, please call 402-441-8816.

I've been teasing a change in Handyman since this past spring, and once it occurs, we know it's going to be an improvement that will enable us to help even more folks, so stay tuned.

We're currently finishing up fall yard cleanups and strongly

recommend that you have your gutters cleaned one more time prior to winter. One gutter cleaning can potentially save you a world of headaches during the winter and spring. Call 402-441-7030 to get that scheduled.

We're also taking names for the Heats On! program where the Steamfitters & Plumbers Local Union 434 conducts free furnace checks for seniors. Any required maintenance does have a cost, but seniors aren't obligated to use the company that does their inspection. Call the number noted above to get on the list. Once again, we will have a limited amount of snow removal available for the season, so please call early to see if spots are available for you.

I am hearing polite coughs behind me from my word-counting editor. Time to wrap it up! Here's to the hope that everyone has a great fall season. **LW**



*It's our **new name**. But it's always been who we are.*

From our beginning as Southeast Nebraska Cancer Center, we've been a source of knowledge, support, hope and leading-edge cancer treatment.

We're committed to making these things available to every person in our care. And now our name reflects that—**Cancer Partners of Nebraska**.



The Power of Together

402-420-7000 • CancerPartners.com

Caregiver Corner

Everyone is a Hero in Their Own Way

“Growing old is not for cowards.” – Ralph Waldo Emerson

“Old age ain’t for the faint of heart.” – Anthony Hopkins

With the world focused on health care heroes during the past year, Aging Partners is recognizing older adults and caregivers as everyday heroes. Aging can be a testing time in life, but many are facing it with courage and boldness.

“The essence of courage is not the feeling of being certain you can overcome the situation you are faced with, but choosing to keep trying,” said Velvet Hoskins, Aging Partners care manager.

Care management clients face

many challenges, including health, mental, financial and housing problems — some caring for a spouse or grandchildren — and keep moving forward. Hoskins has spent 20 years working with aging adults and hearing their stories, hoping she would have that type of courage and determination in her own aging journey.

“Ed” is an example of someone in his 70s with mental health issues and low income. While he doesn’t have enough to make ends meet and can’t work due to poor health and a bad back, Ed walks nine blocks to the neighborhood community garden each year to grow produce. He even learned how to can various



items to supplement his and his neighbor’s food storage to make ends meet. Even when the community garden wasn’t available during the pandemic, Ed cultivated his own little garden to can vegetables for himself.

“He’s gone through a lot of life-changing things, and now he’s diagnosed with dementia,” Hoskins

Prepared and confident

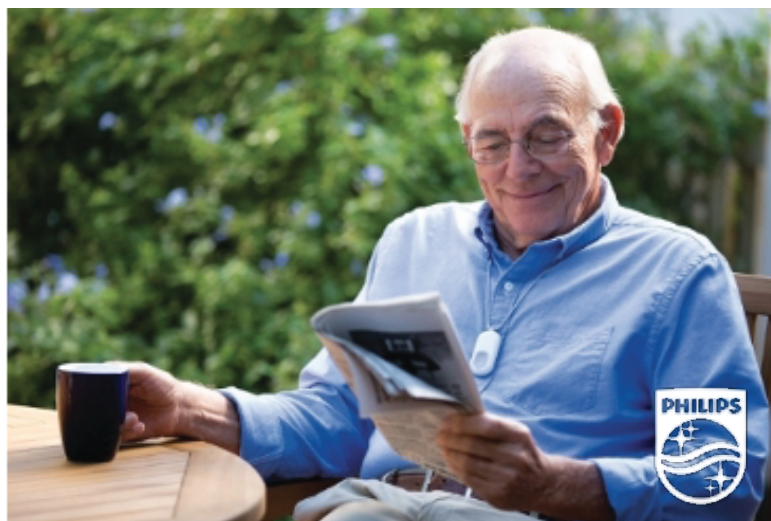
Over 7 million people have counted on Philips Lifeline to feel safe at home and on the go.

There’s a Lifeline solution for you.

Lifeline offers a range of choices to help you maintain your independence. Whether you need the go-anywhere protection of **GoSafe**, the automatic fall detection of **AutoAlert**, or the peace of mind offered by **HomeSafe**, we have you covered.



Call today! Aging Partners Lifeline
402-441-8816



Coverage outside the home provided where AT&T wireless network coverage is available. AutoAlert does not detect 100% of falls. If able, users should always push their button when they need help.

said. “He just keeps going, and I find that courageous!”

Persistence is a word to describe “Sandy,” a woman in her 60s who cares for her developmentally-delayed nephew and her father with dementia, all the while going to breast cancer treatments.

Many Care Management clients are caring for a spouse who is ill or has dementia. One man cared for his wife with dementia for as long as he could. After she went into a nursing facility, he continued to visit her daily, despite her not knowing who he was.

Hoskins has helped people who have maintained a positive attitude after moving into subsidized housing while grieving a spouse. “Mark,” a learning-disabled man in his 60s had lived all his life with his mother. When faced with living alone after she passed, he didn’t know how to do laundry or cook. Hoskins continued working with him so he could learn how to live independently.

“He has coped marvelously,” she said. “He’s really gone through the ringer and come out on the other side.”

Hoskins has helped many not lose their independence but gain confidence as they move into assisted living homes. “Mabel,” a woman in her 80s, had survived hurricanes, floods, the death of two children, a difficult marriage and other significant life events on top of her persistent health problems.

“She was very independent; and even at 82, she would walk about eight blocks to get her groceries in her walker,” Hoskins said. “Care Managers help clients make peace with life-changing decisions.”


Hoskins finds it comforting to those she helps to acknowledge the difficulty of their situation.

“It’s very difficult for them to admit they’re in a tough spot and embarrassed if it deals with finances,” she said. “It’s human nature to say ‘I can do that,’ even if you can’t or can only do it once a week.”

Care managers assess the clients’ situation and offer help to support the decisions the older adults make for their circumstances.

“Sometimes we don’t have any good solutions,” she said. “I often tell people, ‘I can’t fix this, but I can promise you won’t go through it alone.’”

Care managers are willing to help and provide an ear if someone needs to vent.

“They often are dealing with bad situations, and a lot of things all at once,” Hoskins said. “The programs to help are complicated and convoluted. Many of the applications for programs are online, and they don’t have or know how to use a computer. They’re overwhelmed, and that’s why care managers take it one step at a time and walk them through the process together.” 

** Names have been changed for confidentiality.*

Nebraska **Family Caregiver Support**

LIFESPAN RESPITE NETWORK

*Taking care of yourself is
one of the best ways to
help your loved one.*

Respite allows the family caregiver time away to:

- Go to the grocery store.
- Visit the doctor.
- Have lunch with a friend.
- Take a nap.
- Do anything else needed to help reduce stress.

A family caregiver is a person who provides ongoing care for an individual unable to care for themselves. Caregiving is rewarding, but also demanding and stressful. To supply “help for the helpers,” the Nebraska Lifespan Respite Network offers information, education and support.

Your Southeast Nebraska Respite Coordinator can assist you with finding a provider in your area:

(402) 274-3993
info@sedhd.org

For more respite information, including funding sources or becoming an independent respite provider, just call or click:

866-RESPITE (737-7483)
nrrs.ne.gov/respite

NEBRASKA
Good Life. Great Mission.
DEPT. OF HEALTH AND HUMAN SERVICES



A Pioneering Area Agency on Aging



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

AGING PARTNERS

1005 "O" St., Lincoln, NE 68508-3628,

402-441-7070 or 800-247-0938

aging.lincoln.ne.gov

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

Being Well

NUTRITION

402-441-3480

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

HEALTH AND FITNESS

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

- **Health Screenings** - A variety of screenings include blood pressure, cholesterol, glucose and bone density.
- **Exercise** - Pilates, yoga, stretch and tone classes are available at several locations. Daily fitness programs on LNKTV City (ALLO Channel 2, Spectrum Channel 1300 and Kinetic Channel 5) and LNKTV Health (ALLO Channel 3, Spectrum Channel 1301 and Kinetic Channel 10). ▲
- **Alzheimer's Disease** - Information and referral. 402-441-7070 or 800-247-0938

Living at Home

INDEPENDENT LIVING SUPPORT SERVICES

402-441-7070 or 800-247-0938

- **Care Management Services** - Providing professional assistance in assessing needs, planning and coordinating home care.
- **Lifeline Emergency Response System** - 24-hour emergency access at the press of a button.
- **Supportive Services Program** - Eligible older persons can receive assistance with the cost of in-home services.
- **Durable Medical Equipment** - Providing items that address short- and long-term needs. Lightly used and/or new in-the-box items in stock including crutches, walkers, canes, wheelchairs, bath chairs and toilet risers.
- **Home Handyman Service** - Minor home repairs and maintenance including mowing, leaky faucets, painting, broken light fixtures, and heavy housework services. ▲ 402-441-7030
- **Subsidized and Independent Housing Resource Listings**

LONG-TERM CARE OPTIONS/ CARE MANAGEMENT

402-441-7070 or 800-247-0938

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

Planning Ahead

HEALTH INSURANCE AND BENEFITS COUNSELING

402-441-7070 or 800-247-0938

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

SENIORS FOUNDATION

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

Staying Involved

SENIOR CENTERS

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

▲ 402-441-7158

LINCOLN/LANCASTER COUNTY SENIOR CENTERS

- Asian Center: 402-477-3446
144 N. 44th St., Suite A, Lincoln
- Belmont Center: 402-441-7990
Belmont Recreation Center
1234 Judson St., Lincoln
- Bennet Center: 402-416-7693
American Legion Hall
970 Monroe St., Bennet
- Firth Center: 402-416-7693
Community Center
311 Nemaha Blvd., Firth
- Hickman Center: 402-416-7693
Hickman Community Center
115 Locust St., Hickman
- Lake Street Center: 402-441-7157
St. James United Methodist Church
2400 S. 11th St., Lincoln
- Downtown Center: 402-441-7154
1005 "O" St., Lincoln
- Northeast Center: 402-441-7151
6310 Platte Ave., Lincoln

Other Services

INFORMATION AND REFERRAL

402-441-7070 or 800-247-0938

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

TRANSPORTATION

- **Ride within Lincoln to the Centers**
▲ 402-441-7158
- **Lancaster County Public Rural Transit**
Scheduled transportation to and from Lincoln and rural Lancaster County areas. Handicap accessible.
▲ 402-441-7031
- **Other Options in the Community**
Listings available at 402-441-7070.

LIVING WELL MAGAZINE

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

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

LIVE & LEARN

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

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

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

CARE MANAGEMENT

All Counties: 800-247-0938

Care Management Coordinator

Jean Holt

- Butler County
Becky Romshek, 402-367-4537
- Fillmore County
Rhonda Stokebrand, 402-759-4922
- Polk County
Amy Theis, 402-747-5731
- Saline County: 402-441-7070
- Saunders County
Allison Blake, 402-416-9376
- Seward County
Becky Romshek, 402-367-4537
Amy Theis, 402-747-5731
- York County, Jerri Merklinger
402-362-7626

MULTI-COUNTY PROGRAMS

Coordinator Jill Engel

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

MULTI-COUNTY SENIOR CENTERS

Butler County

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

Fillmore County

- Exeter Senior Center
217 S. Exeter Ave., Exeter
402-266-2133
- Fairmont Senior Center
519 6th Ave., Fairmont
402-268-2831
- Geneva Senior Center
1120 "F" St., Geneva
402-759-4921

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 or 402-520-0873

Seward County

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

York County

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

SENIOR CARE OPTIONS (SCO) AND MEDICAID WAIVER

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

Aging Partners News and Events

Call 402-441-7575 for Health and Fitness class and 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. Call Deb Elrod at 402-441-6146 or email her at delrod@lincoln.ne.gov to sign up.



Health and Fitness

Health and Fitness

Aging Partners Fitness Center
555 S. 9th 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 age 60 and over and family caregivers of any age. A \$15 fee is required for under age 60. A certified personal trainer is available Tuesdays and Thursdays by appointment only at no extra charge.

For most Health and Fitness classes, there is a \$4 per class suggested contribution for age 60 and over and family caregivers of any age. A \$5 per class fee for those under age 60 is required. Punch cards are available. Preregistration is required for all classes by calling 402-441-7575. Please register early as classes not having sufficient enrollment may be canceled.

We will have a small selection of classes available on Zoom in addition to our in-person classes. Please call 402-441-7575 to register for the Zoom classes. You will be sent information about how to access Zoom and the specific classes you are interested in. Prior to the classes, you will need to download the Zoom app on your device. In order to receive the access code to enter a Zoom class, you will need to register.

All in-person classes (with the exception of workshops) may be changed to online Zoom only due to the COVID-19 pandemic. Check status when you call 402-441-7575 to register.

Evidence-Based Tai Chi: Moving for Better Balance Classes

Evidence-based programs are supported by the Nebraska Department of Health and Human Services Injury Prevention Program and the state of Nebraska Unit on Aging.

NOTE: Because all Tai Chi: Moving for Better Balance classes are progressive, no registrations will be accepted after the fourth class of each session.

Tai Chi: Moving for Better Balance (Level I)

In-person

Eastridge Presbyterian Church
1135 Eastridge Dr.
Tuesdays and Thursdays,
11 a.m. to noon
Oct. 19 through Jan. 13
(no class Nov. 11 & 25)

This class is for people new to Tai Chi or those wanting to continue working on the basic Tai Chi: Moving for Better Balance eight forms. It is a fall prevention program that uses the principles and movements of Tai Chi to help older adults improve their balance and increase their confidence in doing everyday activities. Suggested contribution is \$2 per class or \$48 per session.

Tai Chi: Moving for Better Balance (Level II)

In-person

Eastridge Presbyterian Church
1135 Eastridge Dr.
Tuesdays, 1 to 2 p.m.
Fridays, 11 a.m. to noon
Oct. 19 through Jan. 18
(no class Nov. 26 and Dec. 24, 31)

This class is for people who have completed one or more sessions of Tai Chi: Moving for Better Balance Level I. Classes are designed for people who want to continue with the traditional eight forms with less instruction and some variations. Suggested contribution is \$2 per class or \$48 per session.

Chair Yoga

In-person

Eastridge Presbyterian Church 1135 Eastridge Dr.
Wednesdays, 9 to 10 a.m.
Oct. 13 through Dec. 1

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

Dance for Life

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.

• In-person

Auld Pavilion
1650 Memorial Dr.
Wednesdays, 10:30 to 11:30 a.m.
Sept. 15 through Dec. 1

• ZOOM

Mondays, 2 to 3 p.m.
Sept. 13 through Nov. 29

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.

- **In-person**

St. Mark's United Methodist Church
8550 Pioneers Blvd.

Thursdays, 2:30 to 3:30 p.m.

Sept. 16 through Dec. 16

- **ZOOM**

Mondays, 10 to 11 a.m.

Sept. 13 through Nov. 29

Movement & Strength with Fun in Between

ZOOM

Tuesdays, 2:30 to 3:15 p.m.

Sept. 14 through Nov. 30

A fun, fit-filled 45-minute class consisting of a warm-up, followed by two low-impact aerobics songs and two strength sets repeated until cool down.

Stepping On Building Confidence Reducing Falls

In-person

Eastmont Towers

6305 "O" St.

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

Oct. 5 through Nov. 16

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

Living Well with Diabetes

In-person

Hickman Community Center
115 Locust St.

Tuesdays, 9 to 11 a.m.

Oct. 12 through Nov. 16

This six-week, two-hour

evidence-based program provides important information about diabetes in an easy-to-follow format. Facilitators will lead participants through a variety of essential topics including:

- Understanding the different types of diabetes
- Introduction to healthy eating and meal planning
- Exercise – how much, what type and when
- Understanding how food works with diabetes
- Problem-solving/creating action plans
- Medication usage
- Talking to the doctor
- Preventing low/high blood sugars
- Self-monitoring – how, when, where and why
- Dealing with depression
- Relaxation techniques
- Proper foot care
- Strategies for sick days

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. The Aging Partners Caregiver Support Group is led by a Licensed Independent Mental Health Practitioner. *Eligible caregivers are:*

- An individual of any age providing care for an older adult, age 60 and over

- Providing care for a person with Alzheimer's disease, brain injury or a related brain disorder
- Over the age of 55 and raising a grandchild

Registrations not needed; walk-ins welcomed.

Foot Clinics/Senior Health Promotion Services

Aging Partners Foot Clinics and UNMC Senior Health Promotion Services are by appointment only and will be held at St. Mark's United Methodist Church's Vermeer Education Center and the Downtown Senior Center. Social distancing and sanitation guidelines are followed. Please call 402-441-7506 to make an appointment for clinic services. Please Note: Foot clinics are subject to cancellation or changes at any time due to the current COVID-19 pandemic.

Services are available to those age 60 and over. The following services will be available: comprehensive foot care, blood pressure, blood glucose, cholesterol screenings, osteoporosis screenings and

Continued on page 38.



-OFFERING-
Independent Living, Assisted Living & Memory Care

**CALL TO SCHEDULE A
TOUR TODAY!**

833.676.6419

KnollsSeniorLiving.com

Aging Partners News and Events

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

Continued from page 37.

health education. Ear care will only be available at the Downtown Senior Center location. \$15 suggested contribution will help these services continue. Please Note: Services available are subject to change due to the current COVID-19 pandemic.

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

Senior Center Events

Carnivores from the Past

Downtown Center
1005 "O" St.

Tuesday, Oct. 19
10 a.m.

\$4 suggested meal contribution age 60 and over.

Call 402-441-7154 to reserve a meal.

Top predators capture our attention whether we watch for the thrill of the chase or sympathize for the prey. Big fish weren't safe from 30-foot-long marine reptiles in the Cretaceous seas. Large saber-toothed carnivores lurked in the tall grass ready to pounce. University of Nebraska State Museum paleontologist Shane Tucker will highlight these and other predators from Nebraska's geologic past.

Downtown Fright Fest with The Music Bingo Guy

Downtown Center
1005 "O" St.
Friday, Oct. 29

10 a.m.

\$4 suggested meal contribution age 60 and over.

Call 402-441-7154 to reserve a meal.

Join us for our annual Downtown Center Fright Fest! We will have treats provided by Brentwood Estates, scary decorations and The Music Bingo Guy! Come dressed as your favorite spook or character and win the costume contest! A spooky Halloween lunch will be served from 11:30 a.m. to 12:15 p.m. Bingo starts at 10 a.m.

Veteran's Salute Dinner and Dance

Auld Pavilion at Antelope Park
1650 Memorial Dr.

Friday, Nov. 5

Dinner: 5:30 p.m.

Show: 6 p.m.

Cost: \$10 per person

\$5 transportation (in Lincoln only)

Join us for a dinner and dance to honor those who have served us so well during the course of our history as a nation.

As a special thank you, we are celebrating with an evening of great food and classic rock and roll by Mojo Filter.

Dinner from HyVee: Chicken fried steak, mashed potatoes with gravy, veggie, roll, apple crisp.

Reservations and payment due by noon Monday, Nov. 1

A Christmas Carol

Omaha Community Playhouse
6915 Cass St, Omaha

Wednesday, Dec. 8

7 p.m.

Tickets: \$55

A Christmas Carol is a timeless tale of remembering the joy of family, friends and the spirit of Christmas. A story that is a tradition in homes celebrating the holiday, A Christmas Carol has become a tradition at the Playhouse as well. This will be the 38th year for OCP to bring Scrooge, Tiny Tim and all the characters to life for your family to celebrate the Christmas season!

We will transport to Omaha using Arrow Stage Lines from Walmart at 3400 N. 85th St. Park at the west end. Bus leaves Walmart at 5:30 p.m. Bus returns immediately following the performance. Transportation from home to Walmart is available for an additional \$5 round trip.

We must have 30 people to make this trip. Reservation and payment due by noon Friday, Nov. 5. Call 402-441-7158.

Holiday Dinner and Dance

(for Senior Center members only)

Auld Pavilion at Antelope Park
1650 Memorial Dr.

Wednesday, Dec. 15

Dinner: 5:30 p.m.

Show: 6 p.m.

Doors open at 5 p.m.

Cost: \$10 dinner/show, \$5 transportation

'Tis the season to be merry! Join us for a delicious dinner and dance featuring the toe-tapping, dance-until-you-drop sounds of Joe McCarthy and Mike McCracken.

Dinner from HyVee: Ham, potatoes au gratin, veggie, roll, brownie.

Give-a-ways throughout the evening. Make your reservations by noon Monday, Dec. 6 by calling 402-441-7158.

Harpist Heidi Beran performs a Christmas Concert

Downtown Center

1005 "O" St.

Thursday, Dec. 23

10 to 11 a.m.

\$4 suggested meal contribution age 60 and over.

Call 402-441-7154 by Dec. 21 to reserve a meal.

Enjoy a wonderful Christmas Concert performed by the talented Heidi Beran. Heidi is a freelance harpist and private music educator in the Lincoln, Nebraska area.

Special Holiday Celebration Meals

\$6 suggested meal contribution for age 60 and over.

\$9 meal fee for under age 60.

\$4 transportation contribution within center boundaries, for age 60 and over.

If you have never eaten a delicious meal at one of our Aging Partners Centers, the holidays are the best time to give us a try. Why not make us a special part of your holiday plans?

Many of our centers will feature holiday entertainment on those days. Make your reservations two days in advance at your nearest center or call 402-441-7158 for information about our center locations.

Thanksgiving meal will be served at the following Senior Centers:

- Monday, Nov. 22
Belmont Senior Center
1234 Judson St., Lincoln
Downtown Senior Center
1005 "O" St., Lincoln
Firth Senior Center
311 Nemaha St., Firth
Lake Street Senior Center
2400 S. 11th St., Lincoln
Northeast Senior Center
6310 Platte Ave., Lincoln
- Tuesday, Nov. 23
Bennet Senior Center
American Legion Hall
970 Monroe St., Bennet
- Wednesday, Nov. 24
Asian Senior Center
Asian Community and Cultural Center
144 N. 44th St., Lincoln
Hickman Senior Center
300 E. 3rd St., Hickman

Our dietary staff will be preparing a traditional Thanksgiving meal of sliced turkey with gravy, mashed potatoes, corn casserole, cranberry sauce, roll with butter and pumpkin pie.

Winter holiday meal will be served at the following Senior Centers:

- Monday, Dec. 20
Belmont Senior Center
Downtown Senior Center
Firth Senior Center
Lake Street Senior Center
Northeast Senior Center
- Tuesday, Dec. 21
Bennet Senior Center
American Legion Hall
- Wednesday, Dec. 22
Asian Senior Center
Asian Community and Cultural Center
Hickman Senior Center
- Thursday, Dec. 23
Bennet Senior Center
American Legion Hall

To celebrate the holiday season, we will be serving sliced roast beef, Brussels sprout, macaroni and cheese, dinner roll with butter, fruited Jell-O® and pecan pie. Please join us for a delicious meal.

Medicare Part D Open Enrollment (Prescription Drug Coverage)

Appointments required in most counties (Butler County is first-come, first-served). Call number listed to inquire, schedule an appointment, compare options and determine the best plan for you!

- Butler County Aging Partners
(Oct. 25 and Nov. 17)
402-367-4537
- Polk County Aging Partners
(Nov. 4, 9 and 16)
402-747-5731
- Saunders County Aging Partners
402-416-9376
- Saline County Aging Partners
402-826-2463
- Fillmore County Senior Services
402-759-4922
- Seward County Aging Services
402-761-3593
- York County Aging Services
402-362-7626

In Lincoln and Lancaster County, call 402-441-7070 to schedule your appointment (open enrollment is from Oct. 15 through Dec. 7). **lw**

LivingWell

Investing in today's and tomorrow's older adults.

Suggested Contribution Levels:

\$12 ___ \$25 ___ \$50 ___ Other ___

You will receive:

- Four print issues of *Living Well*, including online editions.
- At your request, a note of acknowledgment will be sent to those receiving your gift in their honor or memory.

Please mail to: *Living Well*, 1005 "O" St.
Lincoln, NE 68508-3628

"When you provide a check as payment, you authorize us either to use the information from your check to make a one-time electronic fund transfer from your account or to process the payment as a check transaction. When we use information from your check to make an electronic fund transfer, funds may be withdrawn from your account as soon as the same day you make your payment, and you will not receive your check back from your financial institution."

This magazine is for the 57,200 age 60 and over adults, their families and caregivers residing in Butler, Fillmore, Lancaster, Polk, Saline, Saunders, Seward and York counties in Nebraska.

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

___ Check or money order payable to *Living Well* enclosed.

Sorry, we don't accept credit cards.

Questions about subscribing? Contact Deb Elrod at delrod@lincoln.ne.gov or 402-441-6146.

Name: _____
(Mr., Mrs., Miss, Ms.) Please print

Street: _____

City: _____ State: _____ ZIP: _____

Phone: _____ Spouse's name: _____

Date of birth: ___/___/___ Spouse's DOB: ___/___/___

Email address required to receive *Living Well* online:



 Meal Prep

 Housekeeping

 Elder Care

 Hospice Care

 Personal Care

 Errands & Appointments

 Medication Reminders

 Care for all ages

...And More!



Call Today!

402-261-2067

Compassionate Care at Home For All Ages

**Proudly Serving Southeast
Nebraska**

Interested in caregiving?... We're hiring!

Visit our website to apply today!

www.synergyhomecare.com/lincoln

