

LivingWell



Spring 2022 • Volume 18 • Issue 2

A publication of



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For years, Mike Fultz played football before he coached and taught at Lincoln High School, encouraging students to work hard and set goals, something he does daily in retirement.

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Director's Corner

Hope Springs Eternal

“Hope springs eternal” is a quote that was first attributed to Alexander Pope from “An Essay on Man” in 1734. As we welcome the spring season here in the nation’s heartland, and on the heels of a nasty pandemic, I’m reminded that it is human nature to always attempt to find fresh cause for optimism (and hope!).

I like to think that people can always hope for the best in the face of adversity. And while I acknowledge there is pain and hardship in the world, I continue to believe that our best days are ahead of us.

Warmer temperatures and sunny skies are two tangible

things we can point to that have therapeutic benefits for our physical, psychological and emotional health. I can already feel the change as I get out and see the smiles on faces and the warmth of spring on my shoulders. I’m experiencing the laughter of family back together again and the friendly neighborhood visits that we once enjoyed. We have a lot of time to make up.

The past two years has reminded me that we should never take anything for granted, especially each other and the time we spend together. Now that we can resume more normal living, let’s not forget that important lesson.

Hope and optimism are two powerful mindsets and attitudes that will serve us well if we allow them to. Our glasses are half full. It is my hope that you spend your spring with friends and family doing things that can help fill yours to the brim. 



Randall S. Jones

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

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Staying Involved

Mike Fultz describes his life mantra as set goals, work hard and stay focused.

Growing up in the Malone area of Lincoln, he nurtured his dedication to hard work and achieving goals when he was in middle school and delivered 150 Omaha World-Herald newspapers daily to downtown locations.

Fultz maintained his diligence in high school as he completed his studies while also lettering in football, basketball and track. And while he achieved great success in each of those sports, including earning a gold medal at the state track and field shot put competition, football became his passion. He played defensive tackle, running back and linebacker in high school and earned all-class, all-state honors in 1972 and the opportunity to play in the 1973 Shrine Bowl. The 1973 Lincoln High School graduate also received honors as the Lincoln Journal Star Athlete of the Year. He went on to play football for the Nebraska Cornhuskers and was drafted and played in the NFL. He also has been inducted into the Lincoln High School Athletic Hall of Fame, the Nebraska High School Sports Hall of Fame and the Nebraska Football Hall of Fame.

For Fultz, all these accomplishments weren't just about being on the winning team, but rather playing his hardest. In fact, his senior year at Lincoln High School, the football team only won one game. Nonetheless,

Dedication and Drive *Help Fultz Achieve Success*

putting forth his best effort was recognized. He was recruited by Tom Osborne and went on to play defensive tackle for the Nebraska Cornhuskers. As a sophomore starter, he was named United Press International's Big Eight Conference Sophomore Defensive Player-of-the-Year. He earned three letters for the Huskers as well as All-Big Eight honors in 1975 and 1976. In 1976, he also earned All-American status, was named to the Walter Camp All-America team and played in the Senior Bowl.

Football was fun, he said, but he noted his biggest challenge to that point in his life was completing his college coursework.

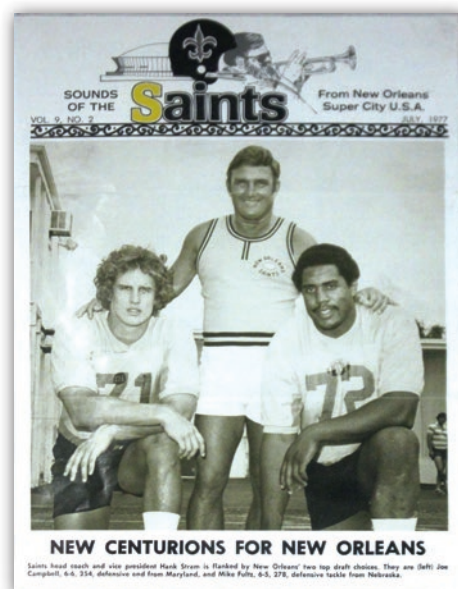
"College wasn't easy for me," Fultz said. "I struggled, but I knew I had to go to class every day and do the work."

He committed himself to that goal and earned his degree in 1977.

Tackling Goals

It was always Fultz's dream to make it to the NFL, and he accomplished it when the New Orleans Saints drafted him in the second round of the 1977 NFL Draft. He played for the Saints until 1981, before playing for the Baltimore Colts (which became the Indianapolis Colts following the 1983 season) and the Miami Dolphins.

Following six seasons in the NFL, Fultz decided he wanted to give even more back to the community he grew up in and began teaching industrial technology at Lincoln High School



in 1983. He served as assistant track coach for many years, along with being an assistant football coach for 23 years before taking over as head coach for five years. He retired from teaching in 2011.

Setting goals always was an important factor in Fultz's success, he said. Therefore, he did his best to teach his students to set and reach goals — especially when it came to getting an education.

"It doesn't matter if they're working with their hands or their mind; get an education from a university or community college, because it's important to have a skill of some kind," he said.

Wanting each of his students to be successful, Fultz encouraged them to be ambitious.

"That was why I taught," he said. "Not everyone's going to experience the same success, but everyone can have an idea or a dream they want to chase."

While Fultz played under influential coaches such as Tom Osborne, Monte Kiffin, Aldie Johnson, Andy Loehr and Bill Story, he also had many high school teachers who pushed him. Alma Howdeshell, his guidance counselor even pushed him into college prep courses.

“I wasn’t happy about it,” he said. “I had to work harder in those classes, and I struggled. But it was the best thing for me. She pushed me in the direction I needed to go, and it was important.”

Having his college degree is one of the most significant things Fultz has accomplished.

“I got athletic awards in high school and college,” he said. “But leaving with that diploma has helped me so much, especially after I got out of football.”

While many others who Fultz played with in the NFL didn’t have a degree, he reflects on the importance of it for him.

“I knew football wouldn’t last forever — it can end in a split second if you get hurt and can’t play anymore,” he said.



Setting Goals into Retirement

In retirement, Fultz continues to set goals for each day. Every weekday, he leaves his home to exercise, which includes water exercises, cycling and lifting weights — and sometimes socializing — before running errands and returning home to do yard work, garden or other tasks.

“I played a lot of football, and

my body took a beating,” he said.

“I’m getting older, and you just have to deal with it and keep going. Some days I’m in pain, but I get up and get going.”

Fultz encourages everyone to get out and socialize, walk outside, get lunch with friends, or do something to keep a person going.

“Don’t sit around,” he said. “Everyone has aches and pains. Set small goals and get up and do something everyday.”

For Fultz, he acknowledges his goals are quite different today than when he was younger, but he still has ideas and dreams of what he wants to do.

“Do what you like to do and what is important to you,” he said. “You’re not done yet, so keep working at it.” **LW**

**“Do what you like to do
and what is important
to you. You’re not done yet, so
keep working at it.”**

– Mike Fultz



Aging With a Purpose: Determining What You Can Do to Help Future Generations



**Aging is an
extraordinary**

**process where you become
the person you always should
have been."**

— David Bowie

As people age, they have a distinct opportunity to make a positive difference and share their voice to show aging can have benefits, according to Julie Masters, UNO Gerontology professor and Terry Haney Chair of Gerontology.

"Aging is one of those journeys that has multiple rewards if we're willing to invest in them and embrace what it can offer," she said. "There's more to aging than just being. We are called to do something greater, even in this time of pandemic uncertainty."

Aging can be a beautiful time in life. With less obligations to a career or raising a family, it can be a time to put effort toward making the world a better place, Masters said.

Live Intentionally

History has shown how older adults serve an important role in being a source of encouragement to others.

Having already faced hardships, older adults can provide wisdom and a unique perspective on the world and life challenges to younger generations. Even if they don't feel like they have wisdom to share, just providing encouragement, support and hope to others can truly impact someone's day.

"Sometimes wisdom is having the strength to bite your tongue and provide a listening ear," Masters said.

"It's important to figure out how we can demonstrate our willingness to listen, but also know when it's clear we need to speak up."

She said everyone has something they can do and should work to better relationships around them by seeking opportunities and ways to help others.

The idea of aging intentionally should happen within the community.

Demonstrate the value of aging by giving time and finding ways to impart knowledge to others. It might involve teaching your children or grandchildren how to sew, do woodworking or bake a family recipe. You can tell family stories and show photos. It might be taking the time to learn about your grandchildren and their interests or being a grandparent figure to a neighbor. Share part of yourself by getting to know others.

"Take time to learn and ask questions; ask them about their life and tell them about yours," Masters said. "Ask what they like to eat, what they are reading, read a book together or ask for technology help. It's as simple as just being present."

Aging provides a unique opportunity to view the world in a different way.

Some ways to put your aging experience into action can include volunteering. Although some opportunities may be limited due to COVID-19, it could be as simple as picking up the phone and checking on family or friends, making connections with neighbors, or contacting your place of worship to see if there are ways to volunteer or provide a listening ear to someone struggling. You can be a source of support to a friend, child or grandchild, the

neighbor, or the grocery store cashier.

"It's about giving people a little encouragement, to put one foot in front of the other," Masters said. "St. Thérèse of Lisieux said, 'A word or smile is often enough to put fresh life in a despondent soul.'"

It's not about grand gestures, but the small things — a smile, telling others how beautiful they look, and giving everyone a little more patience and understanding. The people who need the most encouragement may be right in front of us.

"Continuing to give provides us with a sense of meaning and purpose, as well as hope," Masters said.

Finding Your Meaning

Each person can live with a spirit of intentionality.

"There is a reason why we are still alive," Masters said. "We have a sense of meaning and purpose and are called to do something."

In his memoir "Man's Search for Meaning," Viktor Frankl said, "The meaning of your life is to help others find the meaning of theirs."

Masters encourages everyone to see aging as an opportunity in front of them so everyone can benefit.

"Everyone has their own specific vocation or mission in life to carry out a concrete assignment that demands fulfillment," Frankl said. "Therein, the person cannot be replaced nor can his or her life be repeated. Thus, everyone's task is as unique as is his specific opportunity to implement it."

How you live your life — especially in retirement without the demands of careers and raising a family — is up to you. Use time wisely to impact others, changing the

trajectory of future generations while finding meaning in your new identity.

“To be an older person is a sacred identity,” Masters said. “This is the first time in history we have had this many older people, and they’re teaching younger people how to age. It’s important to find a way to make a positive impact.”

The Role of Others

Family, friends, professionals and those who interact with older adults can help start the conversation to finding purpose during aging.

The theme for the second World Day for Grandparents and Older Adults, which is scheduled for July 24, is a focus on how older adults can and do continue to contribute – even in advanced age.

“Our job is to help nurture this contribution,” Masters said. “For professionals working in the field, from agency staff to gerontologists,




the role takes on a slightly different approach as we are called not just to do for people as they age, but to also encourage them in their journey.”

There is an obligation for everyone to be fully invested in encouraging the intentionality of aging.

So, what does this mean? It’s

about offering programming that challenges people to age in new ways and draw on the years of life. Take a class, find a new hobby or find a way to become actively involved in the lives of others.

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Since 1984, Precision Skateboards has been a staple in the Lincoln community.

Burcher Shares Skateboarding Passion with Past, Present Youth

Phil Burcher first stepped on a skateboard at the age of 14 in the summer of '74. Little did he know, it was a moment that would change so much for him and others in the skateboarding community for years.

Today, as a recognizable presence in the Lincoln skateboarding community, Burcher continues to ride and provide equipment for the sport through Precision Skateboards.

The first skateboards ever were small planks of wood with roller skate trucks and wheels made of metal, clay, or wood. They were created in the early 1950s by California and Hawaii surfers. Skateboarding then rose in popularity from 1959 to 1965, especially on the coasts. By 1966, however, sales declined as the industry crashed after a variety of sources claimed skateboarding was dangerous.

When Frank Nasworthy invented polyurethane wheels in 1972, it paved the way for skateboarding's comeback.

"The new wheels gave the board grip and made it not a 'scary death machine,'" Burcher said.

From that moment, the industry quickly grew. Businesses began making skateboard-specific wheels and trucks — T-shaped metal pieces that attach the wheels to the board. The reinvented trucks provided the board more stability and the flexibility to make turns.

Burcher's History

Having a father in the Navy, Burcher grew up in various states. He was introduced to the skateboard while in Hawaii.

"And I've been on that roller coaster of riding since the first hill," Burcher said.

Soon after his initial introduction to the skateboard, Burcher made his first board in his woodworking class. It was an 18-inch sanded piece of flat wood, which he later purchased trucks and wheels for. Burcher and his three brothers then started experimenting to make their own boards from various types of wood.

"I got so into it that I made a press to shape the wood," he said. "The industry went from solid wood to plywood and angled the back of the board for better foot control. I was doing all that, and I started putting fiberglass in boards to make them stiffer and was trying different glues."

Burcher continued his love for skateboarding as he moved to Virginia and then to Fort Collins, Colorado, to attend college. Although the sport wasn't wildly popular (yet), he immersed himself in the skateboarding community.

Lincoln Skateboard Scene

After graduating from college in 1983, Burcher returned to Virginia for work before moving to Omaha with his parents. He lived there for a year and was selling car stereos until he found himself without a job.

"I was driving down to Lincoln to skateboard with my friends, so I decided to move here," he said.

At that time, Nebraska was bursting onto the national skateboarding scene. Skateboarding magazine, Thrasher, was looking for the country's best skate ramps in unexpected places. Lincoln teenager Rich Flowerday hosted Thrasher's founder, Fausto Vitello, and pro skateboarders on his ramp in his parents' backyard on Eastridge Drive. The September 1983 event, The Midwest Melee, was the first professional skateboard contest outside of California.

The following year, two skateshops opened in Lincoln — Rich's Skateshop out of Flowerday's basement and Precision Skateboard Sales out of Scott Bouwens' parents' van conversion shop. By 1986, a string of break-ins at the shop led Bouwens to want out of the business at the same time Flowerday was looking to return to school to complete his degree. Burcher approached Bouwens and Flowerday though to join forces and open a skateshop in downtown Lincoln under the Precision name.

"I had a business degree, and I wanted to use it to do something I loved," Burcher said.

Soon after he joined Precision, Burcher hosted his first skateboard contest in 1987.

"It was awesome fun and out of hand with huge crowds," he said. "Our obstacles were a couch, a 1957 Chevy bumper, as well as other ramps and quarter pipes we had built."

After seeing how popular the skateboard contest was compared to their bike rodeo, the Lincoln Sunrise Optimist Club approached Burcher to help provide insurance for the contests. For years, Burcher hosted contests despite the challenge of transporting, storing and repairing ramps. Eventually, Burcher decided to stop hosting contests due to the overwhelming time it took to coordinate and put on.

"I never made any money from the contests," he said. "I always donated the money to the Optimist Club or other places. It was my way of giving back to the community; and I knew by putting on these events, I was helping kids directly."

Today, Burcher is the sole owner of Precision. He describes it as a hub for youth and one of the few elite skateshops in the Midwest to sell skateboards and accessories such as clothing, shoes, helmets, knee

pads and wrist guards, while providing buyers specialty knowledge.

He's proud to have played a role in building and fostering the Lincoln skateboarding community.

"Skateboarding is awesome," Burcher said. "I'm around youth who are always hyped up. This is the most passionate sport I can think of."

Preserving a Purpose

For years, Burcher has championed skateboarding. Even now, he's working to raise funds to build a new skatepark through the Lincoln Skatepark Association (formerly Lincoln Rollerpark Association). He began raising money in 1999 and recently reached \$18,000.

The city currently has three skateparks: Peter Pan Park, Tierra/Briarhurst Park, and The Bay, a private nonprofit indoor skatepark. The new skatepark's purpose is to provide a gathering place for youth or the youth at heart of all skill levels as they encourage each other.

"Many of the parks now are missing a lot of elements," Burcher said. "We really want to create a premier concrete skatepark, a gem in the area that people travel to use and something suited to the size of Lincoln. I want something awesome that we can be

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Burcher Shares Skateboarding Passion with Past, Present Youth


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proud of and say ‘We did this for the kids of Lincoln.’ I want to give kids a place to skate and be seen, be with friends and meet others.”

Although youth have primarily constituted the skateboard community, Burcher has seen more diversity due to COVID-19 and skateboarding’s Olympic debut at the 2020 Tokyo Games.

“We always have customers coming from all walks of life,” he said. “We get a great mix of kids and adults.”

Burcher finds it fulfilling to see the kids who have grown up and now bring in their own kids. While many older adults don’t find themselves balancing on a board, Burcher says he can’t help but to continue riding and promoting the sport.

“For guys like me, skateboarding is a way of life, not a hobby,” he said. 



Phil Burcher does a handplant at Donut Hill, a skate facility in Bellevue, Neb. in February. Photo by Logan Young.

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OLLI provides a wide range of classes and activities to help older adults continue their learning journey.

Pandemic Forced Change, OLLI Elevated Offerings

Dedicated to the continuous learning of older adults, Osher Lifelong Learning Institute (OLLI) at the University of Nebraska-Lincoln was faced with difficulties when the pandemic began. Because its target group was more affected by COVID-19, OLLI staff sought to provide a safe and interactive way for members to stay connected.

OLLI, an adult learning membership program for those age 50 and over, is one of 125 such programs across the United States, offering more than 200 courses annually, along with social and cultural events, interest and travel groups.

Within weeks after COVID-19 caused shutdowns, OLLI was able to pivot into online programming to keep members connected, engaged

and healthy. Through online programs Canvas and Zoom, members were able to participate from their homes.

“We did what we could to not miss a beat,” said Bob Michl, OLLI director. “We were successful in staying as relevant as we could. Our members count on the social interaction of our courses — this is their way of staying involved.”

While providing online courses was important at the start of the pandemic, OLLI now offers both in-person and online courses, along with a multifaceted courses in which members can participate either in person or online. Some in-person courses have size limits so participants can socially distance.

Michl believes online courses aren’t going anywhere soon though



as many members expressed the value of being able to Zoom and participate from home, whether that be due to health, weather or other circumstances. OLLI also has reverse multiformat, where the instructor is on Zoom and participants can join from a classroom or home.

OLLI staff appreciates UNL's support and the College of Education and Human Sciences to provide the space and technology to offer this service to members.

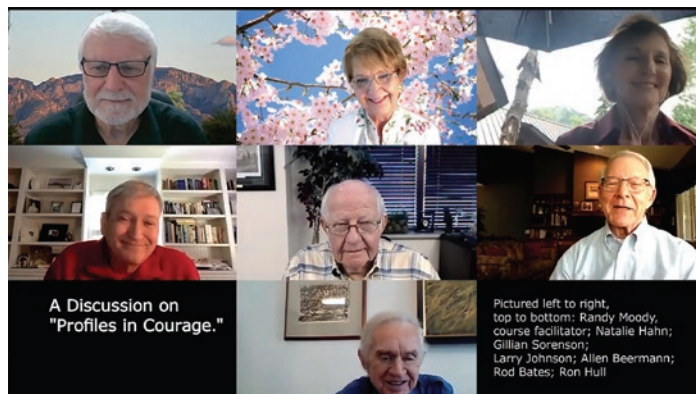
"Our motto is 'Curiosity never retires,'" Michl said. "Our members are hungry to learn and grow intellectually, so they can stay mentally involved and — just as important — be active in a social aspect."

Hosting courses online opens the door for others outside of Lincoln to learn, grow and connect. In addition to Lincoln, OLLI has members in 38 Nebraska communities and in 14 other states.

"We are pretty proud that we are nationwide," Michl said. "We offer a robust course list and are reaping the benefits of word of mouth and marketing."

OLLI in Lincoln is one of the largest programs in the U.S., and is the only program in the state. Always looking to bring in new members, OLLI piloted a program this year with local senior living centers in Lincoln and Omaha to offer residents the opportunity to experience OLLI courses.

Continued on page 14.



Pictured left to right, top to bottom: Randy Moody, course facilitator; Natalie Hahn; Gillian Sorenson; Larry Johnson; Allen Beermann; Rod Bates; Ron Hull



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Pandemic Forced Change, OLLI Elevated Offerings



Continued from page 13.

Staff is also looking for ways to connect to older adults in other parts of the state.

Developers are working with OLLI in Lincoln on the Unity Commons, 2100 Vine St., a 17-acre mixed-use development with commercial space, retail stores, and senior and international housing. The goal to have intergenerational housing and boost academics with the presence of OLLI's offices and instructional facilities.

Join OLLI


OLLI offers five, six-week terms with a variety of courses for those age 50 and over.

As a member, you can join an unlimited amount of OLLI courses, events, tours, workshops and more.

Membership is \$75 annually from Aug. 1 to July 31; and \$50 for a mid-year membership from Jan. 1 to July 31.

One-time and multisession courses are offered, and costs per course range from \$10 to \$35.

OLLI staff is available to help answer questions, sign up for membership and register for classes. They can be reached at olli@unl.edu, 402-472-6265. More information can be found at olli.unl.edu.

A new course registration software was launched in January, making it even easier than before to choose course offerings. OLLI offers something for everyone: from learning about birding, behind the scenes of the Lincoln Children's Zoo, the history of Nebraska wind energy, kayaking, pickleball and walking tours. 



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Capitol Provides Insight into Nebraska History

As one of the most recognizable landmarks in the state with its low, wide base and 400-foot domed tower, the Nebraska Capitol is more than just an ordinary structure.

In its statehood, Nebraska has had three Capitol buildings on the same four-block site. The first two, constructed in 1867 and 1888, only lasted 20 and 30 years, respectively. In 1920, New York architect Bertram Grosvenor Goodhue won a nationwide competition to design a new building, which stands today.

“Nebraska’s was the first state Capitol in the country that radically departed from copying the federal Capitol,” said Bob Ripley, Capitol administrator. “Even now, just 13 state Capitols are different than the Capitol prototype of four equal sides with a dome.”

The current building was constructed in four phases over 10 years, costing just under \$10 million when it was completed in 1932.

The building’s exterior features carvings into the Indiana limestone highlighting significant historical events

that helped influence the 3,000-year evolution of Western democracy.

A 19-foot-tall bronze Sower, which models the traditional method of hand-sowing grain for planting and showcases agriculture’s importance to the development of civilization, stands atop the dome.

Ripley notes how the theme continues inside the Capitol with carvings and mosaics depicting the natural and human history of Nebraska. Marble-columned chambers with vaulted polychrome tile ceilings, marble mosaic floors and murals show the social history of Nebraska’s Native American and Pioneer cultures.

“Goodhue loved a building of his to tell a story and what it says about the owner of that building,” Ripley said. “He created a custom building designed to represent Nebraska history and culture — our history is carved into the interior of the building.”

As an architect, Ripley has visited many buildings around the world, but he’s never seen another quite like Nebraska’s Capitol.

“I’ve never come away from another state Capitol envious of their building over ours,” he said. “They are nice; but when it comes to the one



that will dazzle by beauty of design, material and workmanship — this building stands up to them all. It’s a world class building custom designed for Nebraska.”

So that the Capitol could be viewed from miles away, Goodhue called for the development of axial streets to lead outward into the city with medians and malls and the construction of future state office buildings to emphasize the tower as a focal point in the cityscape. To accomplish that, the Capitol Environs Commission oversees the architectural landscape and urban design impacting the district near the Capitol and in vistas of the skyline.

This became the founding concept of Centennial Mall to the University of Nebraska-Lincoln and the Nebraska History Museum; Lincoln Mall to local government at the Hall of Justice and the City/County Building; “J” Street east to the city’s first high school; and Goodhue Boulevard with the Governor’s Residence to the south.

Recent Renovations

The Capitol may appear to always be under renovation — and it is.

“There is never a time we aren’t doing something in the building,” Ripley said.

Continued on page 16.

The Nebraska Capitol is a recognizable landmark, with many interesting details and history.



Capitol Provides Insight into Nebraska History

Continued from page 15.

As Capitol administrator, Ripley serves as the only non-voting member of the nine-member Capitol Commission, which oversees and authorizes any projects done at the Capitol. Ripley manages the projects and brings recommendations to the Commission for approval.

Prior to becoming administrator in 2004, Ripley worked for 21 years as manager of Capitol restoration. He appreciates the building's grandeur, having admired it as a child.

With the Capitol nearing its centennial, restoration and preservation are paramount, while maintaining mindfulness about adjacent areas in the building.

"We don't want the repair damaging other areas," Ripley said. "We repair a great deal and take a lot of caution."

Much of the work is done in-house by the 30 employees of the Office of the Capitol Commission.

"We are very fortunate to have enormously talented people working here," Ripley said. "It would cost more to pay a specialist to come in and do the work we do."

One of the largest projects has been replacing the HVAC system, which was previously installed in the 1960s. The new system utilizes a geothermal well field, in which 225 wells pump fluid through pipes into the ground, providing cooling and heating up to the 55-degree underground temperature before coming back into the building.

"In the summer, it cools the building; and in the winter, we supplement the 55-degree temperature with steam heat to make up the

difference," Ripley said.

The first phase of five began in 2018, and the entire project should last about nine years. Recently, however, COVID-related supply chain issues have caused delays along with working around the functions of state government while keeping the building operational.

This HVAC project will simultaneously replace the system while making improvements to the building, finding added projects along the way. During the first phase, a second floor courtroom had its four ornamental cast iron wall grills restored after they were removed during the 1960s.

"We wanted to return the building to its original state," Ripley said.

Other larger projects occur as needed, such as stabilizing the 22,200

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4-inch gold tiles in September 2021, along with repairing the gold thunderbird tiles around the gold tower dome as well as gutters and other plumbing.

Reproductions of original interior furnishings, finishes, rugs and tapestries are ongoing. Recently, two sets of doors were reproduced — the hand-tooled polychrome and gold leather West Chamber doors; and the 9-foot Library doors clad with pigskin and bronze studs. The original leather door faces are preserved in the archive at the Capitol once the reproduction is complete.

Tours

To get a closer look at the Capitol for yourself, free guided Capitol tours are offered at the North Entrance of the second floor Monday through Friday from 9 a.m. to 5 p.m. except at noon; Saturdays from 10 a.m. to 5 p.m., except noon; and Sunday from 1 to 4 p.m. The Capitol is closed Thanksgiving Day and the Friday after, Christmas Day and New Year's Day. Observation decks on the 14th floor are open, weather permitting.

Special or expanded tours, focused on the art, carvings, mosaic floors, stone and other specific interests must be coordinated in advance by calling 402-471-0448.

To learn more about the Capitol, visit:
capitol.nebraska.gov. 



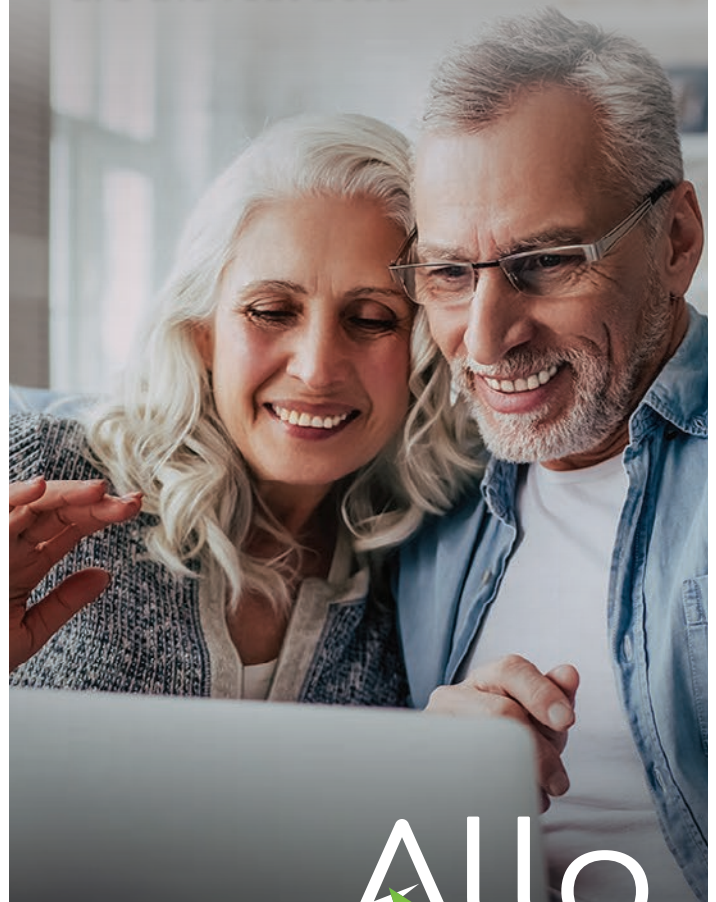
The 9-foot Library doors were renovated. The exterior with walnut and the interior with pigskin and bronze studs. Staff also created new handles to better protect the leather.



The West Chamber doors, made of hand-tooled polychrome and gold leather, were recently reproduced.

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Recognizing Service to Aging Adults at Keystone Award Luncheon May 25

For the first time in two years due to COVID-19, Seniors Foundation will honor an individual who has provided a lasting legacy to enhance the quality of life for older adults in Lincoln with its Keystone Award.

The award will be presented at the Keystone Award Luncheon scheduled for 11:30 a.m. on Wednesday, May 25, at the Country Club of Lincoln, 3200 S. 24th St.

The guest speaker for the event will be Marilyn Moore, retired Lincoln Public Schools associate superintendent and Bryan College of Health Sciences past president. Moore has more than 40 years of experience in education as teacher and administrator and has been actively involved in the community. The

master of ceremonies is Rod Fowler, Channel 8 news anchor.

"We are excited to have this event again," said Gina Cotton, Seniors Foundation executive director. "This is a great way to honor those who have helped the aging, the most vulnerable."

The winner of the 2022 Keystone Award will be announced in mid-April. Past recipients of the Keystone Award, originally called the Community Service Award, include Helen Boosalis, Gil Savery, Lela Shanks, Jerry Joyce, Joe Hampton, Harland Johnson, R. David Wilcox, Dayle Williamson, Dorothy Applebee and Coleen Seng.

"We hope to recognize our award recipient and show our support for seniors in the community along with



Helping seniors lead better lives

Aging Partners' wonderful work," Cotton said.

Fundraising from the event helps support Aging Partners through unexpected costs.

"Seniors Foundation funds help cover the costs of things that come up and just aren't in the budget," Cotton said.

For example, Seniors Foundation helps with the cost of NeighborLNK, a program that connects volunteers



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with home bound aging adults or persons with a disability to assist with errands such as picking up groceries, medications or library books, and helps reduce isolation through phone or video call check-ins.

"The Seniors Foundation has the agility to have the funds and the ability to meet the needs of those in our community," Cotton said.

The Keystone Award Luncheon is an annual fundraiser hosted by the Seniors Foundation, a 501(c)(3) nonprofit in Lincoln that supports special projects for Aging Partners.

Reservations for the 2022 Keystone Awards Luncheon

Tickets cost \$75 per person or \$750 per table of 10, and they may be ordered at www.SeniorsFoundation.org or by contacting Gina Cotton at gina@seniorsfoundation.org or 402-304-2140. Ticket purchase deadline is May 17.

About the Seniors Foundation

The Seniors Foundation believes that regardless of age or income, people deserve to live their best lives. Since 1981, the Seniors Foundation has been raising funds to support Aging Partners to enrich the lives of aging adults in Lincoln.

For more information, go to www.SeniorsFoundation.org. 



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Planning Ahead

When we pick up our car keys at age 16, we don't plan to put them down anytime soon. Driving becomes part of our daily life, and in a way, part of our independence and identity. But aging poses some changes that affect those abilities.

Operating a vehicle should be done with safety in mind. It's important to evaluate when it might be time to cut back on driving or set down the keys entirely.

"It's not just about your safety, but also those around you," said Lisa Andersen, Madonna occupational therapist and certified driver rehab specialist. "You don't want to hit anyone else and cause them harm."

Age-related changes, such as declining eyesight, especially the

Determining When to Discontinue Driving

peripheral vision, cataracts and light sensitivity, can affect us and make driving difficult. Disease progression, especially in individuals with multiple chronic conditions, also presents challenges, along with medication side effects and interactions that can leave us feeling dizzy or light-headed.

Hearing loss also can impair our environmental awareness, slowing down our ability to respond to an emergency vehicle or hear warning signs for mechanical issues needing attention.

Mobility issues also can impede the ability to check blind spots, hold onto and turn the steering wheel, and quickly move our foot from the gas to brake pedal.

Some personal warning signs include:

- Bumping into curbs.
- Getting scrapes or dents on the vehicle.
- Having difficulty parking, misjudging and having to readjust.
- Having more difficulty with lighting, headlights or glare.
- More distracted or trouble paying attention and noticing things around you.
- Missing signs or turns.
- Difficulty with lane position.
- Getting lost or turned around, forgetting where to turn.
- More difficulty reading signs.
- Having difficulty turning to check your blind spot.



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- Trouble getting in and out of the vehicle.
- Riding the brake.
- Decreased confidence in driving.

Making Modifications

As an aging adult, an important part of staying on the road is evaluating your vision regularly, seeing your doctor consistently and managing any illness you have, which includes taking medications as prescribed.

“And stay active,” Andersen said. “A big part of driving is being flexible both physically and in your thinking skills.”

For those who start having difficulties, many find they begin to limit where and when they drive — the first to go is usually their comfort with nighttime driving.

You also can avoid driving during rush hour, reduce your speed, allow more space around vehicles and give yourself more time to get

where you’re going.

Physical modifications, such as specialty mirrors for checking blind spots, knobs for better control of the steering wheel and other devices to use the pedals, also can be helpful.

“These modifications can be made if you’re doing well with everything else but just need some minor adjustments,” Andersen said. “Some equipment is harder to adjust to, but we can always try it.”

If you’re considering limiting your driving, start by talking with your primary care physician to ensure there isn’t a medical issue, medication or other factor like mobility that’s causing problems. Your physician can help you determine if a medication change is needed or if physical therapy would be beneficial.

With a physician referral, Andersen conducts driving assessments through Madonna



Rehabilitation Hospitals for aging adults and those with disabilities. As part of a comprehensive vision exam, Andersen reviews an individual’s peripheral and acuity vision, and depth perception. Cognitive testing helps evaluate orientation, problem-solving and judgement skills. A driving simulator measures the physical aspects of driving such as how fast your foot can move from the gas to brake pedals, before heading out for a drive in daily traffic.

“A lot of seniors come to us after

Continued on page 22.

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Determining when to Discontinue Driving

Continued from page 21.

a hospitalization and just aren't sure if they can still drive, or occasionally a family member has brought up a concern," she said. "Sometimes, the individual just needs a seal of approval to help their confidence."

For questions about Madonna's driving evaluations, please contact Andersen at 402-413-3657.

There are other types of driver training available. AAA offers the RoadWise Driver course for aging adults. The course provides techniques to help you understand the latest technology and adjust to age-related physical changes. For a small fee, the 8-hour course can be completed online at your own pace. Visit aaadriver.online/register/roadwise for more information or to register.

How to Broach the Conversation

While it may be difficult, having a conversation with a loved one about their driving is crucial. Ideally this discussion is done by someone who has a good relationship with the aging adult and who can broach the topic tactfully.

Andersen also suggests starting the process early by riding with and observing the driver.

"If you observe something they did while driving, ask them if they saw that, or if they had trouble parking, ask them to tell you about it," she said. "Don't be confrontational, just have a conversation."


You can spur the topic by talking about another parent or loved one who had to stop driving,

or discuss your concerns with their doctor.

Explore transportation options in the area and provide a plan when it comes time to set down the keys.

"If they know you or another family member can take them to their weekly appointments or other places they need to go, they might feel better about stepping back."

Some individuals don't want to feel like a burden, so look into public transportation or other services available. This may not be an option for everyone, as they can become costly and aren't always mobility-friendly.

No matter what the decision, your foremost concern should be providing understanding and support before, during and after driving changes are made. 

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Understanding Brain Injuries

Brain injuries are often considered the “invisible injury” since no physical effects can be seen, and many are able to cope with the deficits. But just because they aren’t seen, doesn’t mean they should be taken less seriously.

According to the Brain Injury Alliance of Nebraska (BIA-NE), a traumatic brain injury (TBI) is a bump, blow or jolt to the head, or penetrating head injury that disrupts the normal function of the brain. Many may be surprised to know the most frequent brain injuries are concussions, whether the individual loses consciousness or not.

Concussions can occur from a fall or blow to the body that causes the head and brain to move quickly back and forth. Falls are the most common cause of concussions.

Some health care professionals may describe a concussion as a mild brain injury because even though concussions are not usually life-threatening, their effects can be serious and lead to future disabilities. While effects are usually temporary, they include headaches, as well as problems with concentration, memory, balance and coordination.

Other causes of brain injury can include stroke, aneurysm, infections, brain bleed/hematoma, toxins, tumors, blast injuries from military, any bump/assault to or shaking of the brain, anoxia/lack of oxygen to the brain from near drowning, cardiac arrest, etc.

Most people tend to ignore any problems resulting from what is considered a “bump” or “ding” on the head. However, these injuries

should all be considered as “mild brain injuries.” More than one head hit or trauma may collectively result in a mild to severe brain injury.

Not all traumas to the head are serious. But alterations in mood, behaviors and thinking are symptoms of a brain injury. Other symptoms include physical, emotional, cognitive, sensory, or behavioral problems. These effects can be subtle and not appear for hours, days, or even months after the injury. The symptoms may fluctuate, which can cause individuals to avoid seeking medical attention.

A common and overlooked symptom of brain injuries is vision issues, which can impact cognitive, perceptual, vestibular, muscular, vertigo and other components of day-to-day functioning. Symptoms may include changes in acuity, depth perception, blurry vision, sensitivity to light, difficulty reading, deficits in peripheral vision, midline shift, double vision, etc. A vision assessment needs to be done by a vision professional specializing in brain injury. If left untreated, the individual can be left with an incomplete treatment outcome.

The symptom length varies, and some individuals may only experience minor symptoms for a short period of time. A mild brain injury can occur with either short-term or long-term problems. Most professionals agree the longer the loss of consciousness and post-traumatic amnesia or short-term memory loss after the incident, the higher the probability in increased severity of the brain injury.

What Should You Do?

Although brain injuries are prevalent and troublesome injuries, they often go unidentified. For older adults, brain injuries can be more difficult to diagnose due to pre-existing conditions, medication side effects, aging issues and other factors.

If you observe physical, emotional, cognitive and behavioral problems in yourself or a loved one, determine if there has been a recent injury. For older adults, the most frequent brain injuries are caused by falls or vehicle accidents.

“We all need to take an active role in identifying changes and alterations as well as becoming more educated in brain injury awareness and prevention,” said Gina Simanek, BIA-NE. “It is up to you to get your questions answered and seek help.”

Individuals with symptoms should visit their primary care physician and explain the situation. If a brain injury is diagnosed, the individual should seek treatment.

Many rehabilitation hospitals and centers have mild brain injury treatment programs. If there is no rehabilitation hospital in your area, seek outpatient treatment team specialists such as a neurologist, physiatrist, speech language pathologist, physical therapist, occupational therapist or vision specialist who specializes in brain injury.

Once specialists are involved, they will help guide the patient toward an individually tailored treatment plan based upon the symptoms.

Brain injury symptoms typically get better with time; however, healing in older adults takes more time and with some brain injuries — such as stroke, bleeding in the brain and cardiac arrest/anoxia — healing may not occur and/or the individual may experience a decline in function. Some individuals continue to carry residual symptoms, but they can learn how to cope better and know where to look for appropriate medical help or support when needed.

BIA-NE helps individuals and their loved ones facing brain injury through brain injury prevention, education, advocacy and support. Resource facilitators throughout the state can assist individuals and their families to identify and access information, services and support to make informed choices. To learn more about BIA-NE and for more resources on brain injuries, visit www.biane.org.



Helping a Loved One

A brain injury is difficult on everyone involved and even though the future is unknown, things are not how they will be forever. Our brains are able to gain some or all

of its function via neuroplasticity; however, the individual will never be the same as before.

If a loved one you know has a brain injury, know that memory

Continued on page 26.



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Understanding Brain Injuries

Continued from page 25.

issues along with anxiety and depression contribute to increased emotional outbursts. Be prepared to repeat and speak in simple, short sentences, be patient, break down tasks and allow your loved one more time to do things. Educate yourself about brain injury by seeking out professionals and brain injury and/or caregiver support groups.

“Keep a positive attitude, learn compensation strategies, keep physically and cognitively active and do not lose hope,” Simanek said. “Having loving support is the key toward having the choice of a successful recovery.” ^{LW}

Symptoms of mild brain injury or concussion may include:

- Irritability
- Memory problems
- Fatigue
- Anxiety/Restlessness
- Balance problems
- Coordination issues
- Mood swings
- Headaches
- Sensitivity to light
- Depression
- Vision Problems
- Sensitivity to noise
- Sleep disturbances
- Impaired awareness
- Dizziness
- Nausea
- Reading problems
- Concentration difficulty
- Speech problems
- Behavioral changes
- Word finding difficulty
- Easily distracted
- Vomiting
- Easily frustrated
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- Personality change
- Attention difficulty
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Keeping Up with the Norrises

By Karen O'Hara, Aging Partners Health and Fitness

Living Well profiled Dick and Norma Norris in the Winter 2011 issue. We are excited to provide an update on the couple, who remain active with the help of the fitness center.

The Norrises have exercised at the Fitness Center since June of 2007. Dick joined the center upon a doctor's recommendation, as he suffered from joint-related pain, sleep apnea and emphysema. Not to be outdone, Norma also decided to come.

"He can't have all the fun," she said.

After their first visit, staff members helped build programs for them based on their exercise needs and limitations.

"The staff is extremely helpful and knowledgeable," Norma said.

They especially appreciate personal trainer Tracie Foreman's one-on-one guidance. During their one-hour visit, Dick and Norma perform circuit training and work out on cardiovascular machines. Norma favors the standing elliptical machine, which is weight-bearing without putting much pressure on the joints. The Norrises noted that their longstanding exercise routines have been beneficial to their quality of life.

"I can really tell the difference if I don't get to work out as much," Dick said. "Even taking a vacation, you lose strength."

Happily married for 63 years, the couple enjoy spending time with their five daughters, 11 grandchildren and three

great-grandchildren, especially during the holidays. They credit their quality of life to regular exercise.

"The more you exercise, the more you feel like doing physical things," Norma said. "You just feel good after you have been at the fitness center."

When she's not tending to her yard and operating an electric mower, Norma still finds time to volunteer at her church. Dick, who retired 25 years ago as the Nebraska State Employees Credit Union president, has physical activities that keep him busy.

"I'm almost 86 and still harvest pears every fall, and we both hand dig our garden," he said.

The Norrises also benefited from taking Stepping On, which is an evidence-based falls prevention class offered by Aging Partners Health and Fitness. Both praised Stepping On teacher Ann Heydt for her thoughtful, thorough instruction.


While exercising at the fitness center enables them to stay active, they also enjoy its social aspect.

"You get to meet a lot of nice people," Norma said. "Plus, visiting with others makes your workouts go faster."

Dick added that while the pandemic has limited their social time, they still find their visits to the fitness center as a good way to catch up with their friends. They sum up their experience at the Aging Partners Fitness Center as "fantastic." Both added they consider themselves fortunate to have a local Area Agency on Aging with a fitness center available.



Dick Norris enjoys working out at Aging Partners Fitness Center.

Aging Partners Fitness Center is located at 555 S. 9th St. It is open from 8 a.m. to 4 p.m. weekdays. There is a \$10 suggested monthly contribution for people age 60 and over and for caregivers of any age. People under age 60 have a \$15 monthly fee. Call 402-441-7575 for more information. 



I can really tell the difference if I don't get to work out as much."

– Dick Norris



Eat to Your Health

Get Greeked!

By Devin Mueller, Aging Partners Nutrition

Every time you do your grocery shopping, you will be amazed at the wide variety and selection of yogurt-based products available. There are countless brands, flavors and types of yogurts. It can become easy to be overwhelmed with the choices in our shopping markets today. Let us try and sift through the world of Greek yogurt!

Greek Yogurt vs Traditional – What’s the Difference?

The basic process of making yogurt is to heat milk and combine it with bacteria. Once the heated milk and bacteria are mixed, the mixture is left to sit for several hours at a warm temperature. Over time, the bacteria in the mixture will convert the sugar from the milk to lactic acid, which then thickens the milk and develops the flavor. Greek yogurt is known to be thicker in consistency as well as more tart/sour compared to traditional yogurt.

Health Benefits

Yogurt is packed rich in protein and calcium. It also contains potassium, which is an important mineral responsible for nerve function and muscle function, such as muscle contraction. One cup of dairy-based, low-fat yogurt provides 30 to 45 percent of the daily value for calcium. Greek yogurt is an excellent source of protein, averaging nearly 20 grams of protein per serving. Yogurt also contains probiotics, which are live, active cultures. Probiotics help to balance the “good” bacteria in the gut and promote digestive health.

Sugar occurs naturally in yogurt due to the presence of lactose in milk. Flavored and fruited yogurt often contain added sugars. You’ll want to avoid these types of yogurts. Instead, choose plain yogurt and then add in your own fruit or flavorings. This is an excellent way to cut down on the sugar content of your yogurt, and you get to dial in the exact way you want your yogurt. For flavorings, try using flavor extracts, sweeteners or even fresh jam or jelly. Compare the Nutrition Facts labels and aim to choose yogurts that contain less than 15 grams of sugar per serving. Also, look for yogurt labels that specifically state the product contains “live and active cultures” to obtain the health benefits of the probiotics.

Yogurt Alternatives

Even though Greek yogurt is packed with tons of nutrition and has good health benefits, it is not for everyone. Dairy-based yogurt products might not agree with everyone, and there are several yogurt alternatives available. Some of the main yogurt alternative options include lactose-free yogurt, soy yogurt, almond yogurt, coconut yogurt, drinkable yogurt and kefir. You might like to try a cashew yogurt, which is known as cashewgurt and is a newer yogurt alternative on the market.

The bacteria cultures in yogurt help break down the lactose and may be easier to digest for those who are lactose-intolerant. Greek yogurt overall has less lactose than traditional yogurt, so lactose-sensitive individuals may be able to tolerate it better than traditional yogurt.



GRANDMAS AND GRANDPAS NEEDED

**55 and older? Want to make a difference?
Become a classroom grandparent!**

Volunteers serve in Community Action Head Start classrooms to provide extra support as a caring grandparent figure. Volunteers receive an hourly stipend, meals while on duty, transportation reimbursement, and training.

To get started, contact Sam Bates at (402) 875-9320 or sbates@communityactionatwork.org



Including Yogurt in Your Diet


Aim to incorporate at least three servings of dairy each day (one cup of yogurt contains one serving of dairy):

- Layer it. Make yogurt parfaits with yogurt, whole-grain cereal and fruit.
- Drink it. Make a smoothie by blending equal parts of fruit and juice with 2 parts yogurt. Make your own drinkable yogurt by mixing a 6-ounce container with 1/4 cup low-fat milk.
- Dip it. Perfect for your favorite fruits such as apple slices, orange sections or fruit kabobs.
- Freeze it. Coat fresh fruit such as blueberries or strawberries in yogurt and freeze.
- Swap it. Plain Greek yogurt is a great substitute for sour cream. Switch out for mayonnaise in



salads and even your favorite sandwiches!

- Jell-O it. Try sprinkling your favorite sugar-free flavored dry Jell-O mix to your yogurt. There are so many flavors to choose from!
- Pudding it. Try adding sugar-free flavored pudding mix and let it sit in the fridge to make your own healthy yogurt pudding!

- Ice Cream it. Try adding chocolate protein powder to your Greek yogurt, allow it to sit in the freezer for 10 to 15 minutes, then enjoy a cool, healthy treat! 

Sources: www.eatright.org



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www.ChoicesTreatmentCenter.com

www.problemgambling.nebraska.gov

Living At Home

Caregivers Find Support Through Caregiver Meetings

Between 2015 and 2020, nearly 10 million more Americans became unpaid caregivers, according to the National Alliance for Caregiving and AARP.

As the baby boomer generation moves into the “golden years,” many are finding themselves among the nation’s 53 million caregivers for loved ones.

Daily tasks, preparing meals, running errands and performing chores are where it starts, before becoming more demanding for time, resources and finances.

“Sometimes, the caregiving relationship gradually evolves from incidental errands to daily, complex tasks,” said Sandy Lutz,

a licensed independent mental health practitioner. “It’s no surprise caregiving is a quiet avalanche.”

Caregivers often face difficult challenges to maintain a positive environment and their health while caring for their loved ones. It can be an overwhelming task at times, she said, and it’s a path others may not fully understand.

That’s why Aging Partners’ Caregiver Support Group helps provide hope, information and a safe environment for caregivers to share concerns with others who have the same experiences.

Meetings are open to individuals of any age who provide informal or unpaid care for an adult age

60 and over; those caring for an adult with Alzheimer’s disease, a brain injury or brain disorder; and individuals age 55 and over raising a grandchild.

“Anytime you are a caregiver, you are faced with various challenges,” Lutz said. “These caregivers have similar experiences and frustrations as their needs often take a back seat to those in their care. It can be hard to establish balance, and handling the different emotions involved with being a caregiver.”

As Lutz leads the meetings, she provides professional guidance and helps caregivers develop long-term relationships with other caregivers.

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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.




“I want to help caregivers recognize their strength, identify resources, connect with others and navigate challenges,” she said.

While each session is different, they are all respectful, confidential and focus on available resources.

“The groups are fun,” Lutz said. “You never know what each attendee might bring to the group. Many times, they’re bringing resources in they may not even be aware of. We want to help those people recognize how they’re resources to one another, themselves and the facilitator.”

The Caregiver Support Group Meetings occur the second Tuesday of each month from 5 to 6 p.m. at St. Mark’s United Methodist Church, 8550 Pioneers Blvd. Come into the building on the north side at Entrance 6, where there are no stairs. Participants may also enter on the south side at Entrance 9, and then go down a short flight of stairs. It is recommended that caregivers come alone, so others are comfortable to freely share their thoughts and reactions.

For more information about this caregiver support group or Aging Partners, call 402-441-7070. Aging Partners offers a spectrum of services to support caregivers and their important work. This includes stress management, respite care, fitness and nutrition counseling, education and more. 



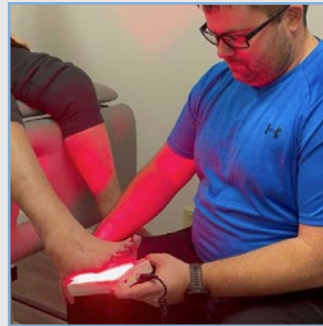
The groups are fun. You never know what each attendee might bring to the group. Many times, they’re bringing resources in they may not even be aware of. We want to help those people recognize how they’re resources to one another, themselves and the facilitator.”

– Sandy Lutz

The Lymphedema Clinic

Opened in May 2020, The Lymphedema Clinic aims to serve our community and help those affected with lymphedema to live their lives to the fullest. Our vision is to become a premier lymphedema treatment provider for the Lincoln, Nebraska area.

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Staying Self-Sufficient

By Mitch Sump, Aging Partners
program coordinator

Hello! Idun, the Norse goddess of spring, is smiling down on Nebraska with green grass, blooming flowers and little critters running around! If none of this is true, then I want to know which one of you annoyed Idun (just kidding).

As noted, spring is a time of change and rebirth, and that is certainly applicable to our programs. We have seen major changes in Lifeline and Handyman (more on that later) and with the future move to Victory Park on the horizon, changes will be happening with our Transportation and Durable Medical Equipment programs, too. I mentioned in the

last issue that changes can be scary, but we want you to know that we understand and will be with you along the way.

Lifeline

Many of you know that Lifeline personal emergency response systems had a major change in technology recently with the nationwide shift from the older 3G networks. Mike was very busy swapping units to ensure our clients' safety. Over 100 7000C and 7150MHB units were exchanged for the new 7200C and On-The-Go systems. They operate and look the same for the most part, but they do have one cool new feature — if you ever push your button by mistake due to a pet or someone hugging you, the user can now cancel the call by themselves! If you have an interest in

getting a Lifeline or upgrading the one you already have, please reach out to Mike at 402-441-8816 to discuss your options.

Handy Home Services

I can hear the question marks forming in your brain as you read this, but our Handyman program has been updated and will now be known as Handy Home Services! The work we do will remain the same for the most part, and we are hoping the changes will allow us to hire more team members who can, in turn, help more clients.

The suggested contribution statements you get will also look different with our new computer software that will help with the change in programming. Lots of changes, but all are made with

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Waverly - First United Methodist Church

Saturday, April 30 9 a.m. - 1 p.m.
Lincoln - Star City Shores



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the intention to help more clients stay safe and independent in their own homes! One thing that hasn't changed is our team. You can still call Diana at 402-441-7030 or Linda at 402-441-7032 to inquire about help with staying independent in your home.

Another thing that hasn't changed is we are always looking for good people to be a part of our team. If you or someone you know is looking to help others and make a few bucks, give me a call at 402-441-8815 for details.

Most people's thoughts regarding Handy Home Services this time of year focus on yardwork. Just a reminder that all Handy Home Services work orders are scheduled on an occurrence basis. Aside from snow removal, we don't do any seasonal services as every season is different from the last. Here are a few things to consider as we move into spring and further along into summer.

Herbicide and fertilizer applications: After the danger of the last freeze, your first step to a happy lawn is getting ahead of weeds. Use a good quality lawn care system. Now is not the time to try and save pennies (you will just be disappointed). You might want to consider a professional service. I did my own

Continued on page 34.

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Staying Self-Sufficient

Continued from page 33.

lawn care for years and the cost of having someone else do it, not counting my time, is less than \$50 more for the whole season. That's five different applications from early spring to pre-winter. It's definitely something to consider.

Mower maintenance: If you haven't already, tune up or ask



someone to tune your mower. A new plug, fresh filter, clean oil and sharp blade make the work easier and the results better. Best case scenario is to change the blade every few times you use it. A sharp blade helps keep your lawn healthy and looking good.


Mower height: A pet peeve of mine is that some folks think mowing their lawn short saves them from having to do it so often. While that is true, it also puts a lot of stress on your lawn and can lead to insect infestation, invasive weeds/wild grasses, and dead patches from heat. It's not great on your mower either.

Gutters: Make sure your gutters and downspouts are working the way they should. Cleaning them is much easier than



dealing with wet basements and crawl spaces.

As usual, I have tried to put too much into my article and my editor is looking over my shoulder with a raised eyebrow!

Please stay healthy; and when you can, get out and enjoy springtime in Nebraska. It really is one of our nicest seasons — just don't annoy Idun! 

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Caregiver Corner

Caring for an Aging Parent as an Only Child

Caring for an aging parent already is a stressful endeavor, but it can be an even greater responsibility for an only child. Without additional support from siblings, the only child bears the responsibility of managing an aging parent's care.

While it might seem easy at first to take on the caregiving tasks, it can quickly become a burden. According to a study by the National Alliance for Caregiving and AARP, an only child or the caregivers with no choice say that caregiving has impacted their own wellness, more often reporting high emotional stress, high physical strain and loneliness.

Don't Do it Alone

It can be difficult to manage your own daily life while adding on the care of a parent's health, home management and other tasks without becoming overwhelmed. As a result, many caregivers find themselves working less, turning down promotions or leaving their careers entirely to care for a parent, worrying less about their long-term happiness and health. It is important to ask for help to avoid burnout and learn about available resources.

"What we see most of all is that only-children caregivers struggle to find a balance between their personal life, social life, and caring for their parents," said Karla Frese, Home Care Partners of Nebraska managing partner. "They have a responsibility to care for a parent; and when things are not going well or there is a health change, they feel guilty. They often are very hesitant to ask

for help or support even though they are experiencing loneliness and are drained by caregiving."

Having extra support can help caregivers focus some energy on themselves and re-energize through exercise, work or social activities.

Local caregiver resources are available, such as caregiver support groups, respite care, meal delivery, transportation services and home care agencies. These services can help relieve caregivers of the daily burden, and have an added benefit of someone else to check on the parent and alert the caregiver of any issues.

Choosing the Right Help

Having assistance for daily tasks can be hugely beneficial to caregivers, especially if hiring a health agency that offers care management.

A care manager helps to organize appointments, provide consultation, assessments, planning and evaluation with the right

professionals as needed.

"After we start supporting a family with an only-child caregiver, they find so much relief in having a care manager," Frese said.

Care managers can provide caregivers an advocate who understands and works with the variety of health care professionals older adults see.

"Sometimes all of the required medical information and coordination can be a bit stressful and overwhelming, which is why choosing a home care provider that offers care management is so important," Frese said.

When a child begins making decisions for a parent, it can disrupt the family dynamic. A care team can help prepare for changes and help support the caregiver for what is coming, learn ways to adapt and continue to love the parent through health changes.

It can be difficult coming to




terms with paying someone else for assistance, but having paid caregiver assistance is valuable in both the lives of the caregiver and aging parent.

“When paid caregivers arrive to work ready to make a difference, they provide additional creativity, insight and patience,” Frese said. “We set goals to increase walking, improve balance or increase standing tolerance by incorporating functional activity with something special that resonates with the individual.”

Often, home care services are most often covered with private funds, retirement income, or in some cases, long-term care insurance. It’s important to seek out financial advice to understand your options. Once you’ve determined how the services will be covered, it can alleviate stress by knowing your loved ones’ needs are met.

Find Time to Just be the Child

As an only child, it’s important to give your parents love and comfort. Take a step back from caregiving tasks occasionally to spend time with mom or dad to reminisce and just be a son or daughter. It is OK to find a care team that can help you with the activities of daily living, so you can visit with your parent to enjoy meaningful and quality time. 



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- Visit the doctor.
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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
respite@sedhd.org

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

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

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MISSION

Aging Partners plans, coordinates and advocates for older people in an eight-county area. Our mission is to enhance daily living, expand personal choices and educate the community 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.
- **Handy Home Services** - 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. We offer noon meals, selected evening meals with entertainment and special holiday meals. 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

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Aging Partners News and Events

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aging.lincoln.ne.gov

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Health and Fitness

Aging Partners Health and 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. Classes that do not have sufficient enrollment will be cancelled.

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. To receive the access code to enter a Zoom class, you will need to register.

Evidence-Based Tai Chi 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 classes are progressive, no registrations will be accepted after the fourth class of each session.

NEW CLASS:

Tai Chi for Arthritis and Fall Prevention

In-person

Eastridge Presbyterian Church
1135 Eastridge Drive
Tuesdays and Fridays
Two classes each day – 11 a.m. and 1 p.m.
June 7 through Aug. 26

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

Tai Chi – Moving for Better Balance (Level II)

In-person

First United Methodist Church
2723 N 50th St.
Thursdays, 10:30 to 11:30 a.m.
June 9 through Aug. 25

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 \$4 per class or \$48 per session.

Chair Yoga

In-person

Eastridge Presbyterian Church
1135 Eastridge Drive
Wednesdays, 9 to 10 a.m.
May 4 through July 27
(no class May 25)

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.
April 13 through May 18

- ***ZOOM***

Mondays, 2 to 3 p.m.

April 18 through July 25
(no class May 30 and June 20)

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.
April 7 through June 23
- **In-person**
Irving Recreation Center
2010 Van Dorn St.
Wednesdays, 1 to 2 p.m.
April 6 through May 11
- **ZOOM**
Mondays, 10 to 11 a.m.
April 18 through July 25
(no class May 30 and June 20)

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 are 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.

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 health education. Ear care will only be available at the Downtown Senior Center location. \$20 suggested contribution will help these services continue.

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

Senior Center Events

Day Trip Tours

Transportation to and from pick-up site for all trips is \$5 within Lincoln. For reservations, call 402-441-7158.

- **Mystery Tour**
Thursday, April 14
Departs: 9 a.m.; Walmart,
3400 N. 85th St.
Returns: About 3 p.m.

Join us as we travel on this fun, hidden and unique Mystery Tour trip experience. Even though we won't tell you where you're going, we hope you'll have a great time! The cost of the trip includes bus, activities and lunch. Reservations and payment due by Tuesday, April 5. Cost: \$65

- **Quilt Town, U.S.A.;**
Hamilton, Missouri
Thursday, May 19
Departs: 8 a.m.; Walmart,
8700 Andermatt Drive
Returns: About 7 p.m.

Missouri Star Quilt Company was founded by Jenny Doan and family in Hamilton, Missouri, in November 2008. Hamilton has since become a destination for quilters from all over the world, opening a multitude of new crafting-related shops, restaurants and retreat

center to house tourists. Quilt Town, U.S.A. has been called the "Disneyland of Quilting."

We will travel to Missouri, enjoy a brown bag lunch at Wallace State Park and then spend the rest of the day touring and shopping in Quilt Town, U.S.A.

Hamilton is also the hometown of James Cash Penney, who founded JCPenney. In his honor, Hamilton built the J.C. Penney Memorial Library and Museum and preserved his boyhood home. While in Hamilton you will have the chance to visit these locations as well as Penney's Quilt Shop.

Reservations and payment due by Monday, May 9. Cost: \$75

- **Lincoln Children's Zoo**
Thursday, June 9
Arrive at Zoo: 10:30 a.m.
Departs: 2:30 p.m.
Transportation within Lincoln to the Zoo is \$5.

Lincoln Children's Zoo is home to over 40 endangered animals, including the Sumatran tiger and Matschie's tree-kangaroo. You can feed a giraffe and see the world's smallest monkey (pygmy marmoset), cheetahs, fossas, ring-tailed lemurs, red pandas, meerkats and more.

Join us for a midday adventure. Lunch will be at your convenience and expense. Cost includes one ticket for a train ride.

Reservations and payment due by Wednesday, June 1. Cost: \$13

- **River City Star**
Omaha Riverboat Cruise
Thursday, July 14
Departs 9:30 a.m.; Walmart,
3400 N. 85th St.
Returns: About 2:30 p.m.

Join us for an afternoon Missouri River lunch cruise on a '40s era paddlewheel style riverboat that features a fully enclosed lower deck with viewing windows and a canopy covered upper deck.

We board at 11 a.m. and return to the dock at 1 p.m. to return home.

Reservations and payment due by Tuesday, July 5. Cost: \$60

Continued on page 42.

Aging Partners News and Events

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

Continued from page 41.

Dinner and Show

(co-sponsored by Butherus, Maser & Love)

Auld Pavilion at Antelope Park

1650 Memorial Drive

Dinner: 5:30 p.m.

Show: 6 p.m.

\$13 dinner and show fee

(No "show only")

\$5 round-trip van transportation within Lincoln

- Rick Clarence
Tuesday, April 12
Reservation and payment deadline: Thursday, April 7.
Classic top '40s music from the golden age of AM radio. Menu: Salisbury steak, mashed potatoes with gravy, veggie, roll, cheesecake, coffee and tea.
- Lightning Bugs
Thursday, May 12
Reservation and payment deadline: Monday, May 9.
The Lightning Bugs are a popular trio specializing in "moonbeam swing." Smooth vocal harmonies in the Mills Brothers tradition are the hallmark of a Lightning Bugs show. The Bugs' repertoire features jazz and pop standards from the '30s and '40s when the big bands were playing and dance floors were crowded. Menu: Ham, potatoes au gratin, veggie, roll, brownie, coffee and tea.

- Janet Jeffries
Tuesday, June 14
Reservation and payment deadline: Thursday, June 9.
Janet regularly entertains audiences with a variety of music including, country, gospel, Czech, frontier period songs, tunes from the Big Band era and the '20s. Menu: Two-piece fried chicken, mashed potatoes with gravy, veggie, roll, lemon meringue pie, coffee and tea.
- Helen Waring-Johnson's Musical Hats
Tuesday, July 12
Reservation and payment deadline: Thursday, July 7.
Helen performs songs from The Great American Songbook: George and Ira Gershwin, Cole Porter, Harold Arlen, Rodgers and Hart and more! Menu: Meatloaf, mashed potatoes with gravy, veggie, roll, brownie, coffee and tea.

- Three Cords and a Cloud of Dust
Thursday, Aug. 11
Reservation and payment deadline: Monday, Aug. 8.
Saddle up and enjoy an evening of smooth country, bluegrass and folk, all done with a toe-tapping taste of country swing. Menu: Lasagna, salad, bread stick, pumpkin bar, coffee and tea.

- Bill Chrastil
Thursday, Sept. 8
Reservation and payment deadline: Tuesday, Sept. 6.
Bill's high-energy shows are a salute to music legends: Elvis Presley, Conway Twitty, Johnny Cash, Willie Nelson, Neil Diamond and more! Menu: Chicken fried steak, mashed potatoes with gravy, veggie, roll, apple crisp, coffee and tea.

Nebraska History Lunch Series

(in collaboration with Gere Library)

Gere Library

2400 S. 56th St.

\$6 fee for sack lunch

12:15 to 1:30 p.m.

Join us for a brown-bag lunch and a fascinating historical program by some of Lincoln's favorite historians. Lunch is served at 12:15 p.m. and the program begins at 12:30 p.m. Reservations and payments due by noon the Monday before the event. Reservations are required even

if you are not having lunch. Call 402-441-7158 to make your reservations today!

This season, the series will spotlight Nebraska government. First, we'll explore the history of the Capitol buildings — yes, there was more than one! Then we'll take a tour of the current building. Next, we'll look at what goes on inside the building that houses the legislature. After that, we'll examine one specific issue, the death penalty, that highlights how our government works on controversial issues. Finally, if government is of the people, who are the people who live in Nebraska? To answer that, we'll focus on the history of the census in Nebraska, and our state's changing demographics.

- Nebraska's Early Capitol Buildings — Jim McKee
Wednesday, April 20
It's said the third time is a charm. In the case of the Nebraska State Capitol, the fifth time was the charm since the first four were flops. Jim will discuss the first four Nebraska State Capitols and why they failed spectacularly.
- Nebraska's Capitol Environs — Ed Zimmer
Wednesday, May 18
The Nebraska State Capitol has been a centerpiece of Lincoln's urban design since the community's founding in 1867. Ed will describe how the Capitol's environs have been protected and enhanced since that time.
- History of the Present Capitol — Matt Hansen
Wednesday, June 15
This presentation will explore the history, design and construction of our present Nebraska State Capitol.
- Capitol Tour — Bob Ripley (Special event. Maximum 20 participants — must attend the June 15th presentation.)
Wednesday, June 22
Bob will guide a lucky few on a tour of the State Capitol, focusing on some of its major renovation projects.
- History of the Nebraska Legislature — Kate Heltzel
Wednesday, July 20
Kate's presentation will provide an overview of the forces at work in the

creation of the Nebraska Unicameral. It also will explore the evolution of the nation's only one-house legislature.

- History of Nebraska's Death Penalty — Bill Kelly

Wednesday, Aug. 17

The 2012 documentary "Until He Is Dead: A History of Nebraska's Death Penalty," was praised for its balanced treatment of this controversial topic. In his presentation, Bill will discuss how he made that documentary and the history of how this controversial law was passed.

- History of the Nebraska Census — Mary Sauers
- Wednesday, Sept. 21

From pioneer times to the present, Nebraska's demographics have changed significantly. Mary will explain those changes according to the 2020 Census.

Listening Sessions

Nebraskans over the age of 50 are invited to share their opinions to help shape the future of services and care for aging populations at a series of listening sessions across the state. Feedback garnered at these

events will be used to help researchers gauge the awareness of and satisfaction with federal services delivered by area agencies on aging. The data will be part of a report helping the State understand the current and future needs of older Nebraskans. Results will be factored into Nebraska's next five-year plan that will be sent to the federal government later this calendar year.

Listening sessions to be held in the Aging Partners service area:

- Monday, May 23 at 6:30 p.m. in Lincoln — Northeast Senior Center, 6310 Platte Ave.
 - Thursday, May 26 at 6:30 p.m. in David City — 592 "D" Street
- Questions about the listening

sessions can be mailed to Christopher Kelly, Ph.D., chair of gerontology at UNO — cmkelly@unomaha.edu


Caregiver Event

Nebraska Caregiver Coalition 2022 Educational Series for the Family Caregiver

Join the Nebraska Caregiver Coalition for a series of virtual

workshops designed to provide training, education, support and resources for family caregivers. There is no cost to attend but registration is required by visiting <https://www.answers4families.org/>. These virtual workshops begin at noon:

- Thursday, May 12 — "Dealing with the Losses and Coping with the Fears of Dementia," presented by Gayleen Bradley and Mindy Crouch
 - Thursday, Aug. 25 — "Caregiving Tools for Caregiving for Individuals with Developmental Disabilities and Mental Health," presented by Lisa Neitzke, PhD, BCBA
- The Nebraska Caregiver Coalition

focuses on the needs and interests of caregivers of all backgrounds. Its goal is to develop and implement a statewide caregiver awareness program for State Senators, plan and implement statewide grassroots engagement, and identify resources and partnerships to develop and coordinate Nebraska Caregiver Coalition activities. 

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This magazine is for the 87,530 age 60 and over adults, their families and caregivers residing in Butler, Fillmore, Lancaster, Polk, Saline, Saunders, Seward and York counties in Nebraska.

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

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

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