

LivingWell

Winter 2022 • Volume 18 • Issue 1

A publication of



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Stability for those Facing Dementia**

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A Nebraska and broadcasting legend, Leta Powell Drake gave much to the community in her 83 years. Photo courtesy of Eric Gregory, Lincoln Journal Star



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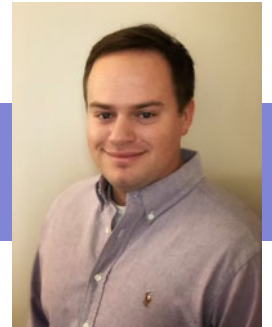
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Director's Corner

Remembering a Legend and the Promise of a New Year

Only my best of friends know I spend much of my pastime painting in watercolor. In my opinion, I'm not too good at it. But, like everything else, I'll improve with practice. I just completed a painting of the beautiful colors of a birchwood forest in the fall. It's bright with yellows and oranges on tall, strong white birch trees.


Lincoln recently lost a local legend, Leta Powell Drake. She was like the brightest of trees and had made a lasting impression on so many of us. We are thankful that Leta shared her talents with

us on our Live & Learn television program. Like the strong white birch trees, she stood strong and powerful.

With January upon us, the bright yellows and oranges have turned and been replaced by the white of snow and quiet stillness of the forest. We know this is a transitional time from fallen leaves to the newness and promise of an approaching spring; the forming of bright greens and a new year.

At Aging Partners, we are looking forward to this new year as we anticipate our future move

to the Victory Park campus in the former Veterans Affairs Hospital this fall. We'll spend more time introducing this to you in a future issue.

Please join me in celebrating a life well lived and a grand future in this new year. 



Randall S. Jones



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

Periodical postal rates paid at Lincoln, NE and additional mailing offices. Issues printed: 16,809.

POSTMASTER-Aging Partners address changes to:

Living Well Magazine
1005 "O" St.
Lincoln, NE 68508-3628
Email: livingwell@lincoln.ne.gov
Fax: 402-441-7160
Phone: 402-441-6146
(collect calls accepted)
Toll free: 800-247-0938 (Nebraska only)

Publisher, editor and advertising: David Norris, 402-441-6156
Mailing list and accounts: Deb Elrod, 402-441-6146

Production Coordinators: News Link, 402-475-6397

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

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

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Staying Involved

Bold. Determined. A force of nature. Dynamic. All these features describe Leta Powell Drake, who was a broadcaster, television producer, TV personality, screenwriter, theater veteran, pilot and adventurer.

In her 60 years of broadcasting, Leta hosted and produced more than 10,000 TV shows and worked tirelessly to be a champion for women in broadcasting and the Lincoln community before she died in September at age 83.

The Winding Path

Having grown up in Duluth, Minnesota, Leta began her TV and broadcasting career in 1956 when she entered and won the American Legion's "I Speak for Democracy" high school essay contest — three consecutive years. When she won the third, KDAL-TV (now KDLH-TV) recorded her voice and offered her a job. She began as the night receptionist — one of the available



Leta's talent as an actress was recognized by the awards she won for the many productions in which she participated.

Leta's Legacy

jobs for women — while attending the University of Minnesota and performing in theater. As the only woman working at night, Leta was often asked to perform in live commercials.

She earned her Bachelor of Arts in speech and English before moving to Nebraska in 1960. She later received her Master of Arts in theater arts from the University of Nebraska-Lincoln while working at KOLN-TV. The television industry was largely male-dominated at the time, so Leta answered phones and did live commercials. But she didn't let those assigned roles solely define her or dishearten her aspirations.

When Wayne West, who hosted "The Morning Show" and "Cartoon Corral" became ill, the station asked Leta to fill in temporarily. She wasn't paid much for her work — just \$10 per show.

"She filled in for years, being underpaid to write the show, coordinate guests, do interviews, produce and star in it five days a week," said her son, Aaron Drake.

Leta also wrote, produced and starred in "Cartoon Corral" as the beloved Kalamity Kate — securing her place in children's hearts across the state. She asked each child their name, where they were from and what they wanted to be when they grew up.

Eventually, Leta implored that she be paid properly for her work and be given a permanent title.

"She forced the issue, got her toe in the door into a man's world — and because of her talent, skill and ability to adapt to almost any environment and situation, she proved her ability



During her time as host of "The Morning Show," Leta interviewed TV and movie celebrities, humanitarians and two presidents, including Ronald Reagan.

and was eventually accepted into part of that broadcasting club," Aaron said. "She really had to be a trailblazer and create her own path."

Leta went on to host "The Morning Show" for 25 years, having interviewed more than 1,000 movie and TV celebrities, humanitarians and two presidents. She continued to host "Cartoon Corral" for 13 years until 1982 when the FCC ended the requirement that stations produce local children's programming. Even when the show ended, Leta continued to share her passion by chronicling her adventures as Kalamity Kate in her book, "The Calamities of Kalamity Kate."

Transitioning to station management, Leta became the KOLN/KGIN program director to write, produce, on-air host, purchase and schedule programming for 28 years. She then moved to Nebraska Public Television in 1989 as assistant network programming director. She worked there 13 years programming the nine-station PBS state network and cable system.

Leta's persistence is what carved her place in Nebraska broadcasting history.



Leta started her career in broadcasting by doing live commercials.

“Her attitude and determination was really reflective of everything in life,” her son said. “Everything she did, she gave her all and did the best she could. She did that for me as well, instilling a sense of trying to achieve excellence in anything we did.”

Leta went on to advocate for the community as the director of development and community relations for the Salvation Army. Since 2012, she continued her broadcasting career by hosting Aging Partners’ Live & Learn on LNKTV.

She was actively involved in Osher Lifelong Learning Institute (OLLI), Lincoln Community Playhouse and the University of Nebraska Foundation.

Leta was a member of the National Association of Television Program Executives (NATPE) and the Screen Actors Guild. She served on the boards of the University of Nebraska College of Fine and Performing Arts, UNL Alumni Association, OLLI at UNL, Lincoln General Hospital Auxiliary, Mayor’s Film Commission, Muscular Dystrophy Association, Lincoln Advertising Federation, Lincoln Community

Playhouse, Theatre Arts for Youth, YMCA, The Salvation Army, Ninety-Nines (Women pilots), Nebraskans for Public Television and Nebraska Public Radio.

She never slowed down — playing golf every week, bowling and playing horseshoes.

A Viral Up roar

In 2020, Leta went viral — gaining widespread popularity on social media — after she donated her old interviews with celebrities from the 1970s and ’80s to History Nebraska, which digitized and posted them to YouTube. Leta had traveled to interview celebrities at media junkets. Knowing how the celebrities often tired of the same questions, she did her homework by visiting the library to read and find unique bits of information she could ask about.

“She wanted to spark an interesting story or something no one else would think to ask,” Aaron said.

Leta found herself on social media being dubbed “the greatest interviewer of all time” for her

matter-of-fact and blunt type of interviewing.

Kent Wolgamott, Lincoln Journal Star media and entertainment reporter, has known Leta since he was a guest on “The Morning Show” in 1985.

“Leta was likely to ask you just about anything,” he said. “It would be somewhat related, but maybe not something I would have thought to ask. But it made for a good interview. It was always fun to see what Leta wanted to talk about. She was endlessly fun to talk with.”

Making Lincoln Home

When Leta moved to Lincoln from Minnesota, she never intended to stay. But not only did she stay, she found a way to leave her mark. In her life, Leta acted in more than 100 plays and two movies. She won the Best Actress award five times from the University of Nebraska Theatre, with the award being renamed the Leta Powell Drake Acting Award. She had the chance to go to Broadway and be a big star.

Continued on page 6.



Leta was well-loved by many Nebraskan children for her role as Kalamity Kate on Cartoon Corral.

Leta's Legacy

Continued from page 5.

"She was truly that talented and had developed her craft," Aaron said. "She could have gone on and did great work, but she had an even greater impact by staying in Lincoln. She showcased Nebraska talent and had an impact on broadcasting as a whole by staying here."

Lincoln became Leta's home, and she even was affectionately dubbed by Johnny Carson as "Leta of Lincoln."

Despite her hectic work schedule, Leta raised her son, Aaron, herself.

"She truly loved Nebraska and chose to raise me here," he said. "She was always showcasing Nebraska to the world through her work and proudly wearing Husker clothing."

While Leta may have been a local celebrity, Aaron didn't know any differently. He says he had a mostly

normal childhood, although it did include some unique opportunities to attend local events, movies and travel. Leta did her best to work hard in both her career and raising Aaron.

Although Aaron didn't follow in his mother's footsteps into a broadcasting career, he took life lessons from her along the way.

"I did gain her ability to judge your audience," he said. "Leta had a skill of pairing up her interview with whomever the audience was. She had a way of adapting and making each interview engaging for the audience and making the other person the celebrity in the moment — whether that was a 6-year-old on TV for the first time or a barbershop quartet or a movie star — she was the conduit between her audience and whomever she was interviewing."



In August 2021, Leta Powell Drake was honored by the University of Nebraska-Lincoln with its highest honorary degree, the Doctorate of Humane Letters. Photos courtesy of University of Nebraska-Lincoln.

Aaron uses these learned skills when he does public speaking as a medical consultant in medical research, evaluating his audience and adjusting his speech as needed.

An Enduring Effect

With a long list of awards and recognitions, Leta's extraordinary achievements secured her spot

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as a prolific contributor to Lincoln, Nebraska, and the broadcasting industry nationwide.

Just a few of her recognitions include: inducted into the Nebraska Broadcasters Association Hall of Fame in 2010, and the Nebraska Press Women Marian Andersen Nebraska Women Journalists Hall of Fame in 2014. She was awarded Lincoln Community Playhouse's Elsie Award for Outstanding Performance six times, and placed twice in the top 10 of the All Women's Transcontinental Air Race Powder Puff Derby, piloting a single engine airplane across the U.S.

UNL bestowed its highest honorary degree, the Doctorate of Humane Letters, to Leta at its August 2021 undergraduate ceremony. This degree is awarded to those who have distinguished themselves through humanitarian and philanthropic contributions to society.

"If we could all have as rich and full life as Leta did, we'd look back and have no regrets," her son said. "She had so many things she accomplished in her lifetime, but the greatest was being able to live her life the way she did. It wasn't a single moment, trophy, award or plaque — they all had value — but it was being a woman with a career and still have a family despite work obligations. She was able to do what she wanted her own way and didn't feel the pressure to fit into a mold." ^{LW}

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COAHP Serves Older Adults through Community Networking

The Coalition of Older Adult Health Promotion (COAHP) is a network of members who share a common goal to address the needs, concerns and legislation pertaining to older adults in Lincoln.

COAHP's mission is to facilitate opportunities to promote communication and coordination among providers by sharing information and identifying services and needs that impact older adults in southeast Nebraska.

The organization's members include those working in senior living to skilled nursing and independent living communities, hospice and home health agencies, pharmacies, moving companies and really just about any business or organization that works with older adults in the community.

Becca Henry, HoriSun Hospice community relations coordinator, has been part of COAHP for five years and currently serves as president.

"I remember being new in the health care community, and I learned so much from joining COAHP," she said. "I learned about businesses, educational opportunities and other services available for older adults in the Lincoln area."

COAHP members meet once a month for an informational or networking event. Educational topics cover anything relevant to aging adults, such as Medicare, scams, legislation, or how other places in the world handle situations that older adults are facing.

The networking events allow members to get to know one another, share resources and expertise. This network of members positively impacts aging adults by expanding agencies' connections to others, providing referrals and helping the community.



The Coalition of Older Adult Health Promotion (COAHP) members gather at a luncheon to network and discuss issues affecting older adults in the area.

"Lincoln is a unique city, and we are all looking out for one another," Henry said. "Our aging community benefits from having professionals connected who care and treat everyone like family. In a community this big, it's pretty special we can all work together."

The Community's Benefit

Each year, COAHP provides two \$500 scholarships to students pursuing a career to work with aging adults and recognizes a professional and volunteer in the community through its Community Health Awards.

COAHP praises the efforts of everyone working in the aging industry.

"Thank you for everything you do in the community," Henry said. "For those on the front lines caring for one of our most vulnerable populations, your dedication, adaptability, perseverance and creativity are astounding. Older adults here are fortunate to be cared for by the loving hands and hearts of professionals in Lincoln."


COAHP has raised money to donate fans for seniors through Aging Partners. With a lessened demand for fans, COAHP has instead

donated funds to the Aging Partners Emergency funds — now the Joyce Kubicek Fund — to help older adults who need assistance paying for emergency services such as utilities, moving, rent, deposits and other situations.

As a way to give back to local aging adults, COAHP created the Make A Wish Come True program in 2016. Through the program, COAHP is able to grant "wishes" to older adults who may not otherwise have the opportunity to do activities such as concerts, special meals out, trips to visit family members and a night at the movies. Lincoln citizens are encouraged to submit nominations of older adults age 65 and over for this donation-supported program. Forms can be found at www.lincolngoahp.com.

Join COAHP

Any individual, business or organization that works with older adults can join COAHP. The annual cost is \$40 for businesses and \$20 for individuals.

For more information on COAHP, visit www.lincolngoahp.com, or the Facebook page "Coalition for Older Adult Health Promotion Lincoln NE." 

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A New Twist to a Favorite Game

By combining music with the beloved game of bingo, music bingo was formed. And it's hitting the right note as an entertainment option for many.

During a game, the host plays snippets of a song. If you have the song on your card, you mark it. Five in a row makes a bingo and earns the participant a prize.

Music bingo had become popular in other parts of the world, similar to the popularity of Trivia Night at breweries and bars. In 2017, a friend asked Lincoln resident Elliott Piper to create a music bingo game. Piper, a software developer at the time, created a game from the ground up and tested it at Backswing Brewing Co. in August 2017 — where he continues to host weekly games.

Soon after, Piper was adding another location to his weekly roster, and then another. Six months later and with minimal advertising, Piper found himself running music bingo games almost nightly. So in May 2018, he quit his day job and became The Music Bingo Guy.

As demand grew, Piper changed the company name to The Music Bingo People. He and his eight employees conduct music bingo games primarily in the Lincoln and Omaha areas. Piper himself does about 900 shows a year at assisted living centers, corporate events, bars, breweries, private parties, elementary schools and for other fundraisers.

"It's a great way to listen to different kinds of music," he said.

New Clientele

Once Piper began doing music bingo full time, he sought ways to



Elliott Piper, the creator of The Music Bingo People, enjoys the game as much as the players do.

get better by learning music in and out, he said. He started listening to and researching music to enhance the game.

"I found myself going farther and farther back in time with the songs, finding out who influenced who, where certain styles had come from and what the references

in songs from each decade were referring to," Piper said.

He started listening to music by Bing and Bob Crosby, Doris Day, Frank Sinatra and Judy Garland. Piper gathered an extensive collection of music from the 1940s to 1960s and was able to see the connections between styles, instruments and lyrics still in use today.

"I loved it," he said. "All of it."

So he went about trying to incorporate the older music into games at bars, parties and breweries, but he found most attendees didn't have the appreciation or recognition for it. He then turned to the communities which experienced that music firsthand.

Piper went door to door asking those at senior centers and retirement, assisted living and memory care facilities to try it. Now, he does about 200 games annually in these settings.

"I saw this as an additional way to share my love of the music with those who would appreciate it fully," he said. "I feel extremely grateful when I find folks reliving their earlier experiences through my song choices."

Music bingo is still being played in Bellevue, Nebraska, at the first older adult location that accepted his



Music bingo is a new way to play bingo by listening to music.

proposal to try it. Music bingo also can often be found being played at Aging Partners' Senior Centers and other retirement and assisted-living facilities throughout the Lincoln and Omaha areas.

Positive Experiences

To keep his games fresh, Piper is always listening to and adding music. He also watches his audience for recognition of certain songs and artists.


"I know all these songs front to back, but I enjoy hearing the stories people tell about them, why they enjoy them and what was going on in the world when the songs were popular," he said.

Piper strives to have every music bingo playlist connect listeners with positive memories and provide a nostalgic environment.



Belinda Mellick looks forward to her first music bingo game at the Northeast Senior Center.

“The best compliment I can get is people singing along,” he said. “The whole goal of the game is to remind people of songs they haven’t thought of in a while, but know really well.”

You, too, can play music bingo. A full schedule of public events can be found at www.themusicbingopeople.com. Look for Music Bingo at an Aging Partners Senior Center near you. 

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Mollie Stolz, Aging Partners health insurance and benefits counselor

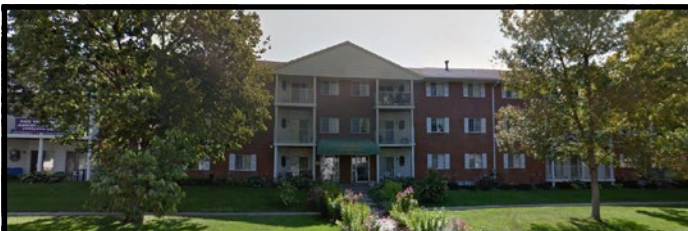
It can be difficult to navigate the extensive information for health insurance and other benefits available. For those age 60 and over, Aging Partners Health Insurance and Benefits Counseling can help answer questions about public benefits, transitioning to retirement and health insurance options, including:

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- Social Security
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- Prescription drug cost assistance
- Counselors can explain and review insurance concerns and products.

“I can call Social Security if someone needs help to enroll, help plan Medicare comparisons for supplements, Part D and Advantage Plans to find the best plan for them,” said Mollie Stolz, benefits counselor.

Stolz also can help enroll individuals in most parts of Medicare, and answer questions related to what people need to know about Medicare when they turn 65; Parts A, B, D, Advantage Plans and Supplements; yearly



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To reach Aging Partners Health Insurance and Benefits Counseling, call 402-441-7070 or 800-247-0938. Services are free, however, a contribution is suggested.

Before calling, Stolz suggests people know their questions they want to ask, income and have a written list of financial assets and prescriptions. For Social Security questions, it's helpful to know your Social Security benefits, which you can obtain from www.socialsecurity.gov. 



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Memory Care Offers Safety, Stability for Those Facing Dementia

Caring for a loved one with dementia can take a toll not only on the individual, but caregivers and loved ones, too.

According to the National Institute on Aging, dementia is the loss of cognitive functioning — thinking, remembering, and reasoning — to such an extent that it interferes with a person’s daily life and activities.

There are several types of dementia, including Alzheimer’s disease. Being progressive and having no cure, a person must depend completely upon others for basic activities of living when it is most severe.

People with dementia often can be cared for at home; but as the disease progresses, many caregivers find themselves having to consider putting their loved one in a memory care facility.

While the cost for memory care is more than what can be found for typical assisted living, the care is designed specifically for those who need it and staff is specifically trained for memory care.

Caregivers of those with dementia tend to carry on until it becomes just too much, said Michele Carlson, Legacy Arbors activities director and certified Alzheimer’s disease and dementia care trainer, certified dementia practitioner and dementia educator.

Memory care needs to be considered seriously when safety becomes an issue. Legacy Arbors is an assisted living Memory Care Community designed for individuals needing memory care support.

“Most people can tolerate the repetitiveness,” Carlson said. “They can manage a lot until the individual isn’t safe.”

Safety concerns include actions such as leaving a stove on, not taking medications or taking all the medications, wandering off and getting lost.

“Most who have a memory disease don’t realize it,”



The Arbors offers a loving, safe environment for those with dementia.



The Arbors staff member, Jen, and resident, Patty, enjoy talking.

Carlson said. “They want to do the things they’ve always done like cook, drive a car or tractor and other things.”

It is a difficult balance to help individuals understand the safety concerns without them becoming angry or reactive. Memory care facilities offer safety and an




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environment suited for those with a memory disease.

“Here, everyone is trained and understands,” Carlson said. “We know you don’t have to give the right answers. This role takes a lot of patience and understanding of what the disease is. We don’t get caught up in why, but how we can solve the underlying issue.”

Memory Care Provides Stability

Those with dementia thrive on routine, so Legacy Arbors has a consistent daily schedule. This helps residents know what to expect and where staff will be, but it’s not a rigid schedule. Activities are memory specific, and staff converse by asking about an individual’s favorite memories or about them growing up.

“We’re not going to improve their memory, but enjoyment is the goal and purpose,” Carlson said.

Staff members do their best to find ways for residents to be involved and content, working to meet each individual’s quality of life.

“With dementia, there are so many variables,” Carlson said. “We are attuned with changes in residents. In each situation, we try to not just react, we assess things and discuss if it’s a problem or just the dementia.”

“Our residents are no different than anyone else,” Carlson said. “They have desires and want to be involved. They love the same things as everyone else, someone just has to facilitate it happening.”

Legacy Arbors residents help with a fundraiser for the Walk to End Alzheimer’s in August, and delivered cookies to the nearby fire station while dressed in costumes.

“Legacy Arbors is memory care the Legacy way,” Carlson said. “We offer the same amenities, options, food, outings and entertainment our other communities offer. Everything is done with memory care and safety in mind.”

Determine What Works for You

If you or a loved one may need memory care, Carlson recommends to compare options and tour what is available before you need it. Evaluate amenities, programming and other features to choose the community right for your loved one. Memory care facilities may have a wait list and can notify people when there is a room available.

Carlson said now it will be less stressful to make decisions when the time comes by not waiting until something happens and taking proactive steps.


Legacy Arbors offers support groups, education to the public, home visits, phone calls and assistance for questions related to memory care. Knowledge is power, and Carlson wants everyone to be an advocate for their loved one.

“We want to be a community resource,” she said. “If you need information, we can help. We are advocates for those needing memory care.”

Memory Care Facilities in Lincoln and Lancaster County

- The Arbors Memory Care, 402-466-3777
- Bickford Assisted Living, 402-420-6058
- Country House Residence on Old Cheney, 402-421-1160
- Country House Residence on Pine Lake, 402-421-1300
- Country House Residence at 70th and “O,” 402-421-2200
- Fallbrook Assisted Living and Memory Care, 402-261-9050
- GracePointe Memory Care and Assisted Living Suites, 402-484-9888
- High Plains Alzheimer’s Special Care Center, 402-483-0250
- The Independence Houses Memory Care – Mandarin House, 402-488-2754
- The Independence Houses Memory Care – Coddington House, 402-420-0328
- The Independence Houses Memory Care – Northview House, 402-261-8973
- The Knolls Retirement Community, 402-264-7864
- The Landing at Williamsburg Village, 402-420-9355
- Pemberly Place, 402-413-9770
- The Waterford – College View Assisted Living, 402-434-2680
- The Waterford – Wilderness Hills Memory Care, 402-421-8105
- The Woodlands at Hillcrest Assisted Living and Memory Care, 402-261-0261
- Yankee Hill Village – Autumn View Memory Care, 402-489-0331
- Brookside Rehabilitation Center, 402-488-0977
- Lancaster Manor Rehabilitation Center, 402-441-7101
- Sumner Place Skilled Nursing and Rehabilitation, 402-475-6791

NOTE: Facilities that provide memory care in Butler, Fillmore, Polk, Saline, Saunders, Seward and York counties are available upon request by calling 402-441-7070.

For additional resources on dementia, visit the Alzheimer’s Association at alz.org, or their 24/7 help line at 800-272-3900. You can also call Aging Partners at 402-441-7070 or Legacy Arbors at 402-466-3777. 

When Memory Fades: All About Alzheimer's Disease

An estimated 35,000 Nebraskans age 65 and over are living with Alzheimer's disease, a type of dementia that affects memory, thinking and behavior which can impede daily functions. It accounts for 60 to 80 percent of all dementia cases.

Alzheimer's causes plaques and tangles in the brain, which damage and kill nerve cells, causing irreversible changes. Plaques are deposits of a protein fragment called beta-amyloid that builds up between the nerve cells, and tangles are twisted fibers of another protein called tau that build up inside cells.

Studies show that as we age, most people develop some plaques and tangles, but those with Alzheimer's develop more and in a predictable

pattern, beginning in areas important for memory. The most common early symptom of Alzheimer's is difficulty remembering newly learned information. As it advances through the brain, it leads to increasingly severe symptoms disrupting daily life.

Getting a Diagnosis

Early detection matters. Although the onset of Alzheimer's cannot be stopped or reversed, a prompt diagnosis allows individuals to live well with the disease as long as possible and plan for the future.

"The most common way to detect Alzheimer's and other forms of dementia is to watch for symptoms," said Diane Hendricks, Alzheimer's Association social worker. "Memory loss is not a normal part of aging."

Signs of dementia may first be more noticeable to family and friends. Anyone experiencing dementia-like symptoms should talk to their doctor, who can determine if there is another cause for the memory loss.

There is no single diagnostic test to determine if a person has Alzheimer's or another type of dementia. Doctors, often with the help of specialists, talk with family and friends, look at a patient's medical history, mental status tests, physical and neurological exams and diagnostic tests and brain imaging to determine if a patient has dementia, but may not identify the exact cause.

If you or someone you know is diagnosed with Alzheimer's or another type of dementia, the Alzheimer's



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Association can provide answers to questions and discuss available resources. The association offers a series of educational sessions for those with dementia and their care partner's in the early stage support group.

"We discuss Alzheimer's and other dementias, treatment options to manage symptoms, living a brain-healthy life, disease stigma, and what to prepare for in terms of financial and legal planning," Hendricks said. "We develop a 'next step' plan for those living with the disease and their caregivers."

Living With Alzheimer's

During the early stages of Alzheimer's, a person may be able to function independently and only feel as if they are having memory lapses. Other symptoms may include problems finding words, misplacing objects, and difficulty planning and organizing.

The middle stage of the disease lasts the longest and requires a greater level of care and assistance with things such as paying bills, cooking and driving. Many symptoms will become more noticeable, including forgetfulness of events or one's own personal history; feeling withdrawn or moody; unable to recall familiar information such as address or phone number; inability to dress properly for an occasion, event or season; changes in sleeping habits and an increased risk of wandering and becoming lost. Changes in behavior include suspiciousness, or delusions, compulsive and repetitive behavior such as hand-wringing.

"Many people forget about all the living that's done in the early stages," Hendricks said. "We want to help people living with dementia to be engaged to the end-of-life stage. It puts a different perspective on this disease."

In the final stage of the disease,

many need 24/7 care. Individuals may lose the ability to respond to their environment, have a conversation and control movement such as the ability to walk, sit and swallow. As cognitive skills decline, individuals may have difficulty communicating and display significant personality changes including paranoia, confusion, anger and depression.

Late-stage care can be emotionally, financially and physically demanding for the individual and family. To alleviate additional stress on the patient, family and caregivers, it is important to talk to the person about their needs and wants before the disease progresses.


Treatments


In June 2021, the U.S. Food and Drug Administration approved the drug Aduhelm (aducanumab) for patients with mild symptoms or early-stage Alzheimer's. It's the first

Continued on page 18.

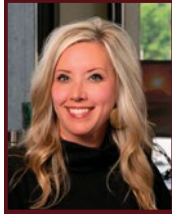
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When Memory Fades: All About Alzheimer's Disease


Continued from page 17.

FDA approved therapy to address the underlying biology of Alzheimer's disease, promising to slow the progress instead of managing the symptoms, helping individuals to actively participate in daily life, sustain independence and hold onto memories longer.

The use of the drug has since been slow. The cost of the medicine — \$50,000 annually — has been a concern. A big factor in patient affordability will be if or how Medicare decides to cover Aduhelm, which has not been decided yet. Side effects are also a factor as the drug could potentially cause swelling and bleeding in the brain.

Anyone interested in this treatment should talk with their health care provider. Nebraska Medicine's Memory Disorders Clinic is offering a clinical trial of this medicine for qualified patients. Call the help line at 402-559-4000 to learn more.

Get Support and More Information

For more information on the Alzheimer's Association, support groups and other services, visit www.alz.org, or call the 24/7 help line at 800-272-3900. 

10 Early Signs and Symptoms of Alzheimer's

- Memory loss that disrupts daily life.
- Challenges in planning or solving problems.
- Difficulty completing familiar tasks at home, at work or at leisure.
- Confusion with time or place.
- Trouble understanding visual images and spatial relationships.
- New problems with words in speaking or writing.
- Misplacing things and losing the ability to retrace steps.
- Decreased or poor judgment.
- Withdrawal from work or social activities.
- Changes in mood and personality.

If you notice any of these signs of Alzheimer's in yourself or someone you know, don't ignore them. Schedule an appointment with a doctor.



Thinking about retirement?

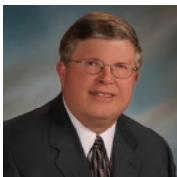
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How will I learn?

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What is the cost?

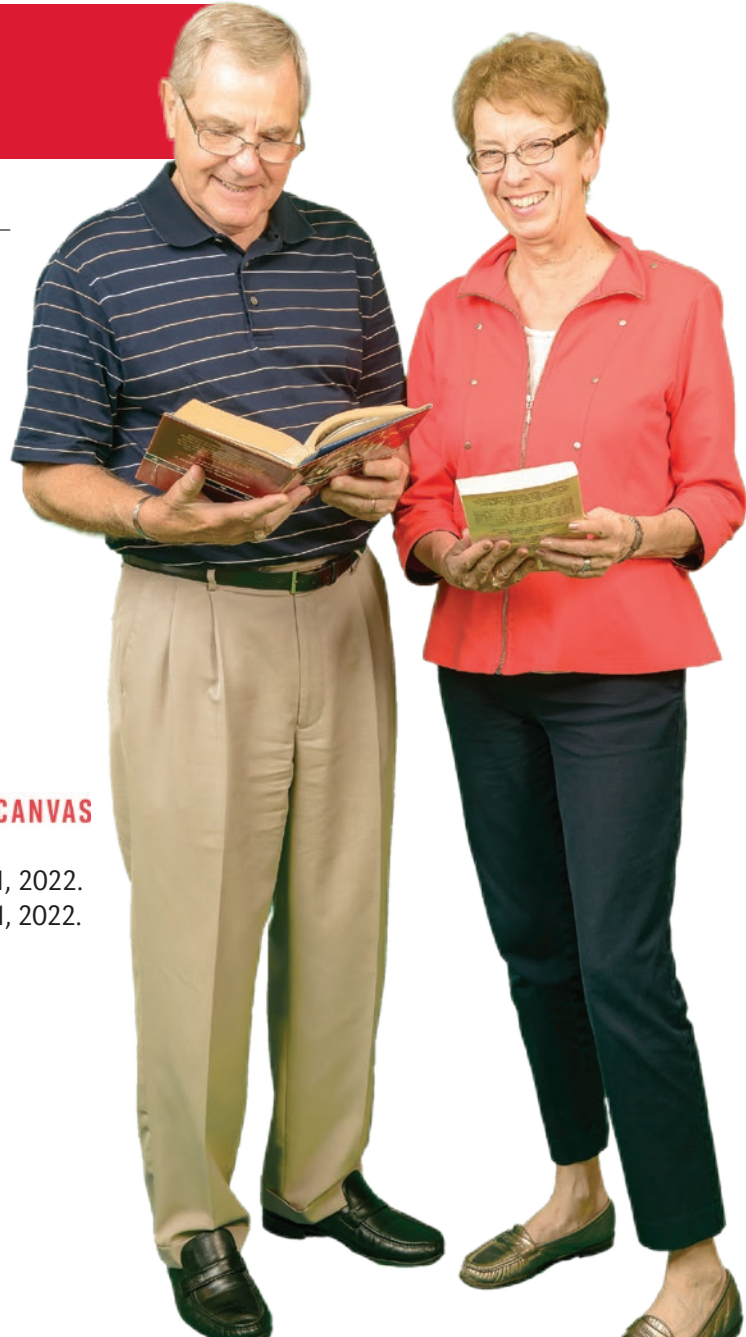
- An annual membership of \$75 is valid from August 1 to July 31, 2022.
- A mid-year membership of \$50 is valid from January 1 to July 31, 2022.
- A one-time class is \$10 and a six-week course is \$35.

How do I join?

- Online at olli.unl.edu
- By mail
- In person. Visit the OLLI office at 1650 N. 35th St., Rm 125, Human Sciences Bldg., UNL East Campus.

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Being Well

Jump into Water Fitness

Madonna ProActive's indoor lap pool

During the cold, winter months, you may not be thinking about getting in a swimming pool, but it may be the perfect time to join the always low-impact exercise of water fitness classes.

Julie Gipson, Madonna ProActive aquatic supervisor, has taught water fitness classes for 38 years.

"I enjoy seeing people working hard and seeing the changes," she said. "I like challenging people, seeing if they rise to the occasion and hearing their success stories."

Anyone can participate in water fitness classes, but it may be especially beneficial for those with arthritis or other joint problems, which includes individuals who've had or are preparing for joint replacement surgery.

"Many people come in before their surgery to strengthen the muscles around the affected joint, which can help contribute to a speedier recovery," Gipson said.

Water exercise has many benefits. Along with lowering blood pressure, it can help relieve stress, decrease anxiety, burn calories and strengthen muscles.

"Water provides resistance in both directions when you move, increasing muscle strength," Gipson said.

Using weights or other equipment also benefits muscle strengthening and adds variety.

Exercising in the water also helps build endurance, strengthens and lengthens limbs to increase flexibility, and alleviates pressure on the joints and improves balance.

Madonna ProActive holds water fitness classes in its three pools. Its indoor and outdoor pools are kept at 84 degrees F, and its circular aqua track, which is kept at 94 degrees F and has a 5 mph water current. Training in the water is suitable for all ages and genders; however, please consult your doctor if you have a health condition.

"The warmer water in the aqua track is great for arthritis and joint inflammation, but the cooler 84 degree water is better for those with multiple sclerosis; there's something for everybody and every body," Gipson said.

Where to Start

At Madonna ProActive, water classes of all varieties and levels are offered year round.

When starting a new exercise regimen, remember the effects of muscle soreness come on later. To train most effectively, start in chest deep water and work slowly in intensity and time to increase your endurance; consistency is key.

Gipson recommends participants are consistent. Train at least three to four times per week for six to eight weeks to see the benefits of your efforts.

"Be careful, start slow and work up," she said.

For those uncomfortable with wearing a swimsuit, you could wear shorts and a T-shirt. If you're afraid of water or can't swim, that's OK!

"To begin, I always suggest that you take a pool noodle and just try walking in the water with it," Gipson said. "If you're nervous, you can stay in the shallow water near a wall and start slowly."

Water classes offer a wide selection of equipment, including various sizes of pool noodles, kickboards, barbells, bands, balls and weights.

"An instructor will help each individual choose the right equipment to get more resistance in the water," Gipson said.

Again, check with your doctor before starting a new exercise program.

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With a variety of equipment, Madonna ProActive Aquatic Supervisor Julie Gipson knows water fitness can be fun for everyone.



Madonna ProActive Aquatic Supervisor Julie Gipson leads a water fitness class in the aqua track pool.

and fitness center, it has something for all members of the community, providing access to cardio, strength training, free weight equipment, group exercise classes, three swimming pools and more. Annual and month-to-month memberships are available, and each includes consultations to help you in your wellness journey.

ProActive also offers group and private lessons, physical and aquatic

therapy, and more. Group fitness classes are included with the cost of membership.

For more information or to ask for a guest pass or tour, visit proactive.madonna.org or call 402-420-0000.

If you have questions about water fitness classes or to determine which class to join, call Gipson at 402-413-4016. **lw**



Madonna ProActive's outdoor pool



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Determining Dizziness Cause Can Provide Confidence

Tommy Roe had a No. 1 song about it in the 1960s. And it's a term often used by many to describe lightheadedness, being off-balance or a spinning sensation. However, despite the prevalence of the term even used in the song title of "Dizzy," the feeling of dizziness is not normal.

While the symptoms can pop up at any time, particularly when changing positions such as getting in and out of bed, reaching down, or leaning back at the dentist or hair salon, dizziness is not part of the aging process, according to Laura Corbridge, one of Bryan Medical Center's Center for Dizziness and Balance physical therapists.

"No one should have to live with feeling dizzy," she said.

Most often, "dizziness" is due to an

issue in the vestibular system, which is responsible for providing the brain with information about motion, head position, spatial orientation; and is involved with motor functions that allow us to keep balanced, maintain posture and stabilize our head and body during movement.

The vestibular system supports our balance, allowing us to maintain a stable and upright position when sitting, standing, reaching, walking and leaning. If you have a balance problem, you may notice tripping, swaying, stumbling, vertigo and falling. You may begin to notice balance problems when you move or try to do more than one thing at a time, such as walking and turning your head. Balance problems occur when your vision, vestibular

system, body position awareness or muscular systems are not working cohesively.

There are many types of vestibular disorders, including: Benign Paroxysmal Positional Vertigo (BPPV), vestibular neuritis, vestibular labyrinthitis and migraine-associated vertigo. There are also medical diagnoses that have a vestibular component such as history of stroke, multiple sclerosis and traumatic brain injuries.

Symptoms that people associate with dizziness can often include a spinning sensation (vertigo), feeling lightheaded, sensitivity to busy backgrounds, or feelings of imbalance with quick head movements or during body movements such as sitting, standing or walking.



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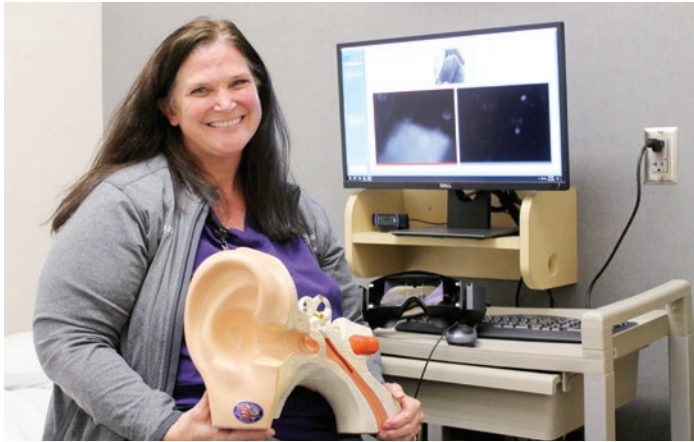
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Bryan Medical Center's Center for Dizziness and Balance Physical Therapist Laura Corbridge values helping patients determine and correct their feelings of dizziness.

Seeking Treatment

Ignoring feelings of imbalance can have serious side effects on your health and ability to perform activities in the home and community.

“If we don’t feel confident walking or doing activities, we tend to avoid these activities and may become more sedentary because of the fear of falling,” Corbridge said. “This can lead to further weakness and limit a person’s ability to do daily activities safely, which limits mobility.”

This can ultimately increase the risk of falls and

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decrease a person’s strength. Even if dizziness symptoms are intermittent, they can cause other concerns.

“We want to help people before something happens, like a fall, which can lead to broken bones or head injuries,” Corbridge said. “Just like a heart-healthy diet can help prevent heart disease or strokes, falls can be prevented with certain exercises and activities.”

It is important to discuss with your primary care physician the cause of any dizziness you are experiencing. If there is no suspected cause, such as medication, you may consider visiting the Bryan Medical Center’s Center for Dizziness and Balance.

The center offers staff with specialized training in Vestibular Competency, which work to determine the cause of dizziness and provide physical therapy treatments. Physical therapists that specialize in fall prevention and vestibular services are at the Bryan West Campus and LifePointe Campus.

The initial evaluation begins with a detailed history and assessment to determine the appropriate tests and sources of the symptoms. Specialized goggles that record eye movement are used.

“We look at how your eyes move and if the dizziness changes during positional changes,” Corbridge said.


Staff members will assess inner ear reflexes when you move your head quickly, and if you have symptoms while lying down or rolling. These assessments allow them to design specific exercises or treatments to work for each patient’s particular symptoms.

The tests are not invasive and the treatment is typically physical therapy movements.

If your dizziness symptoms are new, or have occurred for years, staff want to determine the cause and empower you to treat it.

“One of my goals is to give people confidence so they can get back to doing what they want and enjoy life,” Corbridge said. “With BPPV, you can’t prevent any recurrence but we can teach you how to treat this if it would come back.”

Other activities such as awareness of certain head movements and triggers for dizziness are important to succeed in activities which involve head movements, such as shopping at a grocery store or walking in crowded areas. Other balance and strengthening activities will help individuals learn about fall prevention and increase confidence to perform daily activities.

For information and questions on the Bryan Center for Dizziness and Balance, call 402-481-9445. To schedule an appointment, call 402-481-5121. Bryan LifePointe offers free balance screenings; call 402-481-6300 for more information. Bryan Health also offers a fall prevention class twice a year; please call 402-481-6874 for more information and to sign up. 

The Importance of Strength Training for Older Adults

By Karen O'Hara, Aging Partners Health and Fitness

Every year in the United States, around 36 million older adults will suffer from falls and more than 32,000 will die as a result. Strength training is one of the most important actions older adults can take to protect themselves from falls. It can help seniors improve their balance, build muscle mass and increase bone density – all of which play important roles in maintaining independence.

Strength training has proven to improve symptoms for a wide range of medical conditions including arthritis, diabetes, back pain, heart disease, osteoporosis, depression, obesity and Parkinson's disease. While people of all ages can benefit from strength training, older adults will find it especially advantageous.

“Use it or Lose it”

Muscle loss is a normal part of growing older. The average person loses from 3 to 5 percent of their muscle mass every decade after age 30. This muscle loss is called sarcopenia and can eventually lead to weakness and a lack of mobility, both of which will increase your risk of falling. Weaker bones are also much more likely to fracture. Strength training increases both muscle mass and bone mass, making both falls and fractures far less likely to occur.

Getting Started

Always check with your doctor before beginning a new exercise program. People with injuries and/or chronic conditions may have limitations on the types of exercises they can perform.


Before a strength training session, warm up for a few minutes by taking a brisk walk or doing other light aerobic exercise. This reduces the risk of injury by increasing blood flow to the muscles.

Proper form and technique are critical in preventing injuries while strength training. When you get started, consider working with a personal trainer to help design a strength training program that works for you. Aging Partners has personal trainers available by appointment (see below). Many gyms offer strength training classes as well. YouTube has many videos with strength training exercises specifically geared for older adults. Whatever program you choose, you will want to start with low weights and gradually build up to higher weights as you gain strength.

Strength training will often lead to muscle soreness in the days following a session. Rest is crucial for building

muscles. Please allow at least one or two full days of rest between strength training sessions. If any exercise causes pain, stop doing the exercise immediately.

Aging Partners has a variety of strength training equipment at our fitness center, as well as personal trainers who develop a personalized strength training program. Personal trainers are available by appointment only on Tuesdays and Thursdays. The Aging Partners Fitness Center, 555 S. 9th St., is open from 8 a.m. to 4 p.m. Monday through Friday. There is a suggested contribution of \$10 per month for individuals age 60 and over and caregivers of any age, while individuals under age 60 have a required contribution of \$15 per month.

Aging Partners will offer evidence-based strength training group classes in the upcoming months. Stay tuned for details. 

Sources: <https://www.cdc.gov/injury/features/older-adult-falls/index.html>

<https://www.health.harvard.edu/staying-healthy/preserve-your-muscle-mass>

<https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/strength-training/art-20046670>

<https://www.spine-health.com/blog/weight-training-effectively-relieves-back-pain>

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Myths and Facts about Strength Training

Myth: I am too old for strength training.

Fact: Strength training is especially beneficial for older adults. It can help seniors build muscle mass and increase bone density, both of which are important for reducing falls and maintaining independence.

Myth: Lifting weights will make women bulky.

Fact: While most people will gain some lean muscle mass when they first start strength training, it is very difficult for most women to develop the extreme amounts of muscle seen on bodybuilders. Women have only around a tenth of the testosterone that men do, and this limits the amount of muscle women can gain.

Myth: Strength training is not safe.

Fact: While no activity is completely risk-free, strength training is quite safe if proper precautions are followed. A personal trainer can help design a safe and effective strength training program, or you can take a class at your local gym to learn proper form. Start with low, manageable weights, learn the proper form, and build slowly from there.

Myth: I can't lift weights due to my chronic health conditions.

Fact: Strength training has been shown to improve many chronic conditions such as arthritis, diabetes and heart disease. For individuals with back pain, it can improve core strength and lead to less pain over time. Talk to your medical provider about whether strength training can help with your condition.

Myth: My muscles are too weak for strength training.

Fact: Strength training is especially beneficial for individuals with weak muscles. It can improve balance and mobility, which can lead to increased independence and a better quality of life.



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Eat to Your Health

Breaking Up with Salt

By Jill Engel, Aging Partners Nutrition

Most Americans consume too much salt, which can increase the risk of high blood pressure and heart disease. The American Heart Association recommends no more than 2,300 mg of sodium per day and an ideal limit of no more than 1,500 mg per day for most adults. With the average sodium intake of 3,400 mg per day, we are at an increased risk of developing heart disease. But there are several changes we can make to break up with salt!

Sea Salt vs. Table Salt: What's the Difference?

Sea salt has gained popularity the past several years as an alternative to table salt. There may be a misconception that sea salt is healthier for you because it has less sodium, but there is very little difference between sea salt and table salt's sodium content. Each salt contains approximately 40 percent sodium by weight. The main difference between sea salt and table salt is how it is processed. Sea salt is a natural salt that comes directly through the evaporation of seawater and undergoes very little processing. Table salt is mined from salt deposits and processed to give it a fine texture.

Healthy Tips to Reduce Sodium Intake

Most of us are eating more sodium than we need, even without salting our foods. According to the American Heart Association, more than 75 percent of the sodium we eat comes from packaged and restaurant foods. Fortunately, there are changes we can make to help reduce the amount of sodium in our diet.

Choose whole foods such as fruits, vegetables, whole grains and low-fat dairy. These tend to be low in calories, fat and sodium. They also contain higher amounts of potassium. Potassium can help offset some of the effects of sodium and may help lower blood



pressure. Food high in potassium include bananas, sweet potatoes, avocados, spinach, tomatoes, peas and oranges.

Read the Nutrition Facts Label and compare different products. A product that contains 20 percent or more of the Daily Value (DV) for sodium is a high-sodium product. A product that contains 5 percent or less of the DV is a low-sodium product. Make sure to also pay attention to the serving size as this affects the total sodium content. For example, one can of soup may be two servings and the total sodium content will need to be adjusted accordingly.

Choose reduced-sodium options. More companies are now introducing "low sodium" and "no salt added" products, such as canned soups and vegetables. For example, regular chicken broth contains about 860 mg sodium per cup. The unsalted version contains 45 mg per cup. Draining and rinsing

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canned products can also help to reduce the sodium content by up to 40 percent.

Get creative with seasonings! Salt is an acquired taste over time. We become accustomed to the salty taste and begin to crave it more often. Fresh or dried herbs provide great flavor without all the extra sodium. Some popular herbs include basil, dill, cilantro, rosemary, thyme and marjoram. Mrs. Dash also makes “salt-free seasonings” in shaker bottles, but also in envelopes such as taco and roast seasonings. Choose condiments carefully, as these are often loaded with hidden amounts of sodium. Look for reduced- or low-sodium versions instead. For instance, 2 tablespoons of steak sauce contains approximately 560 mg sodium.

Brined, barbecued, cured and smoked foods tend to be high in sodium. Aim to choose items that are steamed, roasted, baked or grilled. Some restaurants even have heart-healthy menu items listed.

Developing good health habits and incorporating a balanced diet with a variety of healthy foods can help reduce sodium intake and improve our health. Changes do not need to occur all at once. Small steps can lead to big accomplishments! 

Source: www.heart.org

Baked Salmon

4 servings

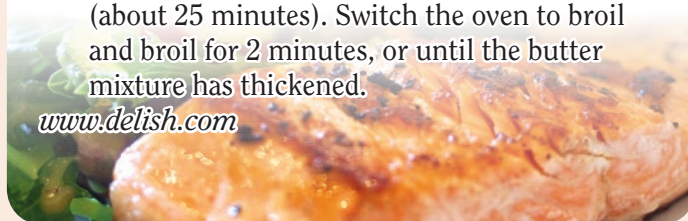
Ingredients:

- 1 large salmon fillet (about 3 lbs.)
- 2 lemons, thinly sliced
- 2 Tbsp. honey
- 6 Tbsp. butter, melted
- 3 cloves garlic, minced
- 1 tsp. thyme
- 1 tsp. dried oregano
- salt and pepper, to taste

Directions:

1. Preheat oven to 350 degrees. Line a large baking sheet with foil and grease with cooking spray. Lay the lemon slices in an even layer.
2. Season both sides of the salmon with salt and pepper and place on top of lemon slices.
3. In a small bowl, whisk together the butter, honey, garlic, thyme and oregano. Pour over salmon then fold up foil around the salmon. Bake until the salmon is cooked through (about 25 minutes). Switch the oven to broil and broil for 2 minutes, or until the butter mixture has thickened.

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Living At Home

Libraries Offer Services to Help Keep You Connected

Libraries are great places in the community that promote knowledge by reading, and offer movies, internet access and more.

“We found during COVID and last year’s hard winter, that reading is very important to a lot of people,” Library Director Pat Leach said. “We do our best to think of services to keep people in books.”

The Lincoln City Libraries offers a vast amount of services and resources for every age group to help individuals and families get into reading.

The LibraryLNK app is an easy way to search the library catalog, manage your account, renew or place holds on materials, and more. The app is available in the Apple App Store and Google Play at no cost.

Placing a hold on a book is a great way to have books ready and waiting for you to check out without having to search the shelves. If the book you want is at another library, it will be transferred to your preferred branch at no cost.

“We know it helps if individuals can get their books efficiently at the nearest branch,” Leach said.

Library staff will pull the books and notify you when they’re available for checkout.

Not Sure What to Read?

If you aren’t sure what you’d like to read, the library can help. Library staff can help put together a collection of books based on a particular subject, genre, or author and other information you provide as part of the “Bound to Please” Book Bundles. Email library@lincoln.ne.gov for more information or fill out a request form at lincolnlibraries.org/bookguide/bound-to-please-book-bundles.

Book Discussion Groups

Various library locations host book discussion groups. Topics cover general reading, mystery, crime or Nebraska heritage.

Discussion groups are a great way to get reading ideas, find friends with similar interests and learn more.

To find out more about each group and what they offer, visit lincolnlibraries.org/bookguide/book-groups.

Technology Time

Do you need help with a tablet, computer, smartphone or e-reader? Want to set up video chatting or get e-books and audiobooks from your library, but you aren’t sure where to start? From the basics of scanning books, to sending an email, to using the library services, library staff at Eiseley or Gere branches are available to help you one-on-one with your technology questions.

Sessions can be made by appointment by calling the Gere Branch at 402-441-8560 or Eiseley Branch at 402-441-4250. You can bring your own device or use one of the library’s computers.

“Libraries are a great place to get help with technology,” Leach said.

During tech time, you are allowed to ask all types of questions like how to attach a photo to an email or how to pull up social media on your smartphone.

This is a great way to introduce yourself to the world of online resources.

“We are always happy to show people how to download e-books and audiobooks for free through our website and make sure they know

how to download it to their devices,” Leach said.

For many aging adults, reading regular print books is hard due to the small print and can be difficult to hold.

“Often a device is lighter weight than a book, and you can adjust the size of the print and lighting, which has allowed some people to read again who were having difficulty before,” Leach said.

Home Outreach by Mail

Can’t make it to the library to pick out books or DVDs? Lincoln City Libraries has a Home Outreach by Mail service. The service is available to those who live within Lancaster County and are temporarily or permanently unable to leave their home due to a disability or recent surgery.

“If someone finds themselves unable to leave their home due to rehabbing from a surgery or accident, we are glad to have them check out this service to help them keep reading,” Leach said.

Library staff work with individuals to find materials of interest, which are then mailed to them. The materials are mailed free of charge to their home, retirement center or rehabilitation facility. Books will arrive in a blue canvas bag, and return postage also is provided.

This service is free to anyone who qualifies. To sign up or inquire, call 402-441-8537 or email lclhome@lincoln.ne.gov. For more information about the program, visit lincolnlibraries.org/home-outreach-by-mail.

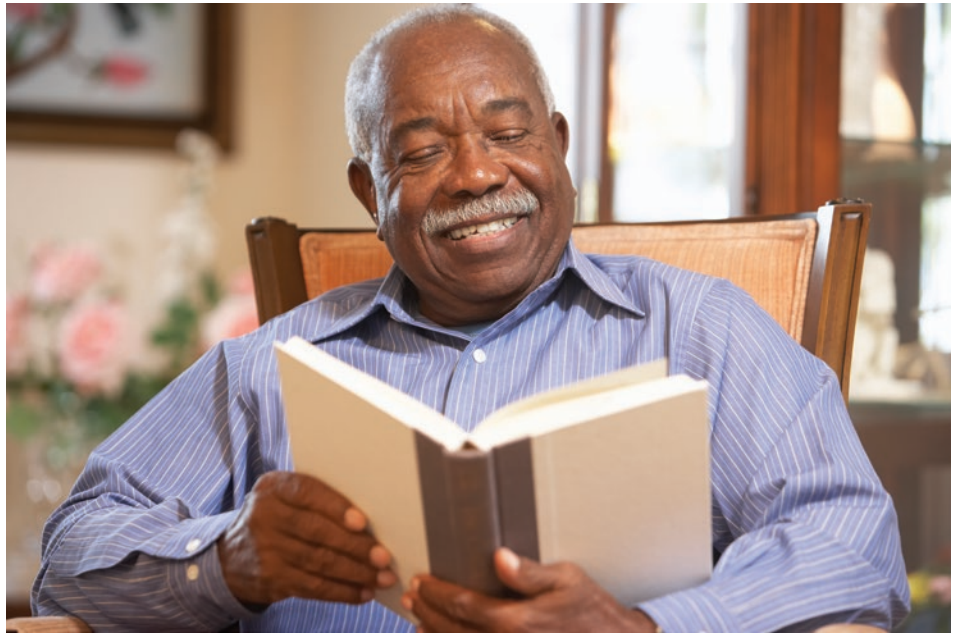
The Lincoln City Libraries' Central Library Project

You may have heard of the Central Library Project, a new 90,000-square-foot, three-level public library at the Pershing Auditorium site. The Central Library would replace Bennett Martin Library, which opened in 1962, and is unsuitable for expansion and renovation. The new library would enhance the library system as a whole.

"The Central Library will serve the core of the city," Leach said. "There is a large population that lives within a 2-mile radius of the downtown library and a large amount of people work downtown."


The library's downtown service area includes the largest population of the five largest library service areas, and the lowest per capita income of those areas.

The proposed design is a public-private partnership that also includes



affordable housing, a fitness facility and retail space. The Central Library would include support services for the library system, such as administration, materials processing and information technology. For patrons, it would have community gathering spaces, study

rooms, and strong children's and technology areas.

To fund the Central Library, it's likely the City would need to pass a bond issue during a 2022 election. The bond also will include renovation cost for other branch improvements. 



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Staying Self-Sufficient

By Mitch Sump, Aging Partners program coordinator

Happy New Year! The program team hopes you are all staying safe and warm and that your holidays have been great.

Have you ever wondered why January is the first month of a new year? January is named for the Roman god Janus. Janus is the god of doors and gates and is noted for having two faces, one facing forward and one facing backward. So, it makes sense that the month named for him would be the start of the year. You can look back at what was accomplished in the past year and look forward to the goals you want to complete in the coming year.

The year 2022 is going to be a year of changes with some of our

programs. Change can be scary, but our team wants you to know that we will be with you during these changes, and we believe they will only make our services better.

Lifeline Emergency Response System

Some of you are probably already aware of a change with this program. If you are using a 7000 series unit or a 7200 GoSafe unit, they currently operate using a 3G network connector. The wireless industry is shifting from a 3G network to a 5G network, so those units will not operate properly relatively soon. The Lifeline team has been replacing these units with new ones that operate on the 5G network.

There is no cost to our clients for this change, and your current

personal help buttons will still work once we sync them up to the new units. A change of course, but not a scary one. If you have not been contacted about changing your old unit, please call Mike at 402-441-8816 or myself at 402-441-8815 to schedule a time to do so. If you have been waiting for the new year to sign up for the Lifeline program, please also contact one of us to discuss. In addition to the new 7000 and GoSafe units, we still offer the 6900 series that works with most landline systems.

Handyman

Since I began working at Aging Partners, I have wanted to revamp this program and am finally getting my chance! Our biggest drawback has always been a lack of good quality handymen

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and handywomen. I am not saying we didn't have good ones before, because as you well know, we did and do! What we haven't had is enough of those good folks to help us serve our clients. I am hopeful the upcoming changes will rectify that.

Our team will be split into two groups, one that specifically does minor repairs and one that does yardwork. We believe this will allow us to be more specific with our team and reduce how many hours some of them have been working. Most of our team are retired individuals; and even though most of them can't say no when asked to help, we all know they didn't retire so they could mow 20 lawns in 100-degree July temperatures. It is our thought that by splitting duties we will be able to hire more handymen and handywomen since the jobs will be


more specific. If you're reading this and would like to find out more about becoming a handyman or handywoman, please call Diana at 402-441-7030 or me at 402-441-8815. And remember, these are paid positions!

Transportation

We will be having some changes this year for both the Community Activities and Services (CAS) division and Rural Transit program but are currently waiting for approval and schedules to align with our proposal. We are still providing transportation from clients' homes to the senior centers in their areas. Riding to and from your home is a safe and fun way to get to a senior center so you can enjoy the programs, meals and fellowship. If you have never ridden on the CAS buses or vans, please reach out to the senior

center in your area for the details. If you are not sure which senior center you should be contacting, feel free to call me at 402-441-8815 so I can provide that information to you.

The Rural Transit program will continue to run as it has, but we are encouraging people who have never used it to consider doing so. The transit program allows riders to visit friends and family in smaller communities, in the county from Lincoln, and vice versa for a boarding fee of \$2. Riders also use our program for doctor's appointments, haircuts, grocery shopping and movies, among other things. The only requisite is that one of the boardings must occur outside of the city limits because of our funding sources.

I hope you are enjoying your holidays and, as always, stay safe! 

Prepared and confident

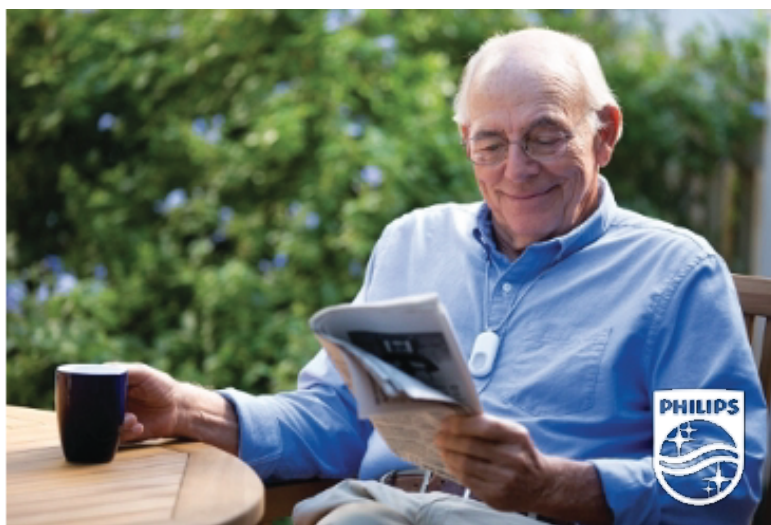
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Caregiver Corner

Changes in the Aging Partners Care Management Team

Identifying the needs of older adults, Aging Partners care managers coordinate services and connect clients to community resources to find solutions for each individual, seeking to remain safely in their homes for as long as possible.

New team members have joined the Aging Partners Care Management Team, managed by Jean Holt, who replaced Joyce Kubicek when she retired.

Allison Blake joined Aging Partners in May 2020 as the Saunders County care manager, utilizing her six years of experience. She finds her new role rewarding because it allows her to work with the older population.

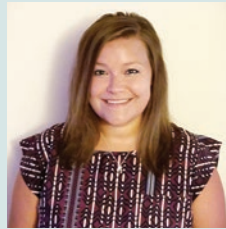
Blake is working to learn more about the available resources and agencies in Saunders County for her clients while caring to the best of her ability.

“I would like my clients to know I truly care for them and will try to assist them to meet their needs in every scenario and situation they find themselves in,” she said.

Corinne Bowles’ dream of working with the aging population came true when she joined Aging Partners in December 2020, serving Lancaster County residents.

“I was very close with my grandparents and always wished I could have done more at the end of their lives,” Bowles said. “Being a support to seniors, as well as their family members, is very important to me.”

Bowles looks forward to building her skills as a care manager and becoming more fluent in Spanish to better serve the community.



*Allison Blake,
Saunders County
care manager*



*Corinne Bowles,
Lancaster County
care manager*



*Kelly Grimes, Saline
and Seward County
care manager*



*Jordan Wittenburg,
Lancaster County
care manager*

“I genuinely care about all my clients and value their desire for independence and self-sufficiency,” she said.

In March 2021, Kelly Grimes joined Aging Partners. Her experience in social services for long-term care and as an assisted living facility administrator will help facilitate relationships between younger and older adults.

“Intergenerational relationships are, and have always been, natural to me and others in this field of work. However, it can be intimidating and uncomfortable for some,” she said. “It is truly special to develop meaningful relationships with the most mature citizens in our community. It would be great to see the different generations connect on a routine basis!”

Grimes’ passion for working with older adults began in middle school as a summer volunteer helping an assisted living beautician with escorting residents to and from their apartments and painting their nails. She continued volunteering throughout high school and college and led to an undergraduate internship with the Life Enrichment department of an assisted living facility.

Her desire to learn more led her to obtain her master’s degree in

gerontology through the University of Nebraska at Omaha.

“There is so much to learn from the older adults in our lives, and I’ve enjoyed serving them in varying capacities,” she said.

Grimes looks forward to serving Saline County and some Seward County residents.

“Navigating the challenges of life can, at times, be quite effortful,” she said. “They’ve demonstrated throughout their lives the importance of grit, hard work and determination when difficulties arise. I am hopeful that in my work I will demonstrate those same characteristics they have shown to further improve the quality of their lives.”

Wittenburg had always enjoyed working with older adults before joining Aging Partners in April 2021. She brings five years of social work and care management experience to her clients in Lincoln and Lancaster County.

Jordan Wittenburg enjoys advocating for clients’ well-being.

“I became a social worker because I believe in empowering others to make decisions and allowing them the right to self-determination,” she said. “I want older adults to know I care deeply about them.”

Aging Partners' First Service section also has new people in new roles. Valerie Franssen was promoted to First Service/ADRC program supervisor in September. Laurie Consbruck joined the First Service team in July as an ADRC counselor and Christina Oltman began work as intake counselor in October. [lw](#)

Straus Retires After 35 Years

After more than 35 years working with older adults, Aging Partners Social Worker Barb Straus retired in November.

Before joining Aging Partners in 1986, she worked with seniors through a variety of roles. She has spent her time with the agency



Barb Straus, center, and her mother, Kathleen and grandson, Luke

supervising the Congregate Housing Services Program counselors, benefits counselors and consulted with the Asian Senior Center. As a social worker, she helped aging adults and their caregivers find services and resources.

"I got to know each person as an individual," she said. "Everyone has their own life story and unique circumstances; there is no 'one size fits all.'"

Straus spent her career advocating for older adults, working with systems to obtain resources and encouraging them to take advantage of eligible services and benefits. She educated others about their rights, making sure all parties involved have correct information and helped solve issues. To keep agency employees knowledgeable, she arranged monthly staff trainings beginning in 1988.

"Barb has served as a strong foundation at Aging Partners and for her many consumers," Aging Partners Executive Director Randall Jones said. "Her compassion for people is infectious. She reminds us daily why we are here — to help older adults live independently in their homes. We will miss her strong advocacy for seniors in our community, and we look forward to seeing her smiling face again."

Straus treasures her colleagues, and above all, the opportunity to do meaningful work. She encourages young people to consider a career in the aging field.

"The most rewarding part of my job is having the opportunity to get to know and to help so many people," she said. "The need for people to work with elders has never been greater."

In retirement, she will spend more time with family and friends, as well as gardening, volunteering, taking walks and birdwatching.

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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.
- **Home Handyman Service** - Minor home repairs and maintenance including mowing, leaky faucets, painting, broken light fixtures, and heavy housework services. ▲ 402-441-7030
- **Subsidized and Independent Housing Resource Listings**

LONG-TERM CARE OPTIONS/ CARE MANAGEMENT

402-441-7070 or 800-247-0938

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

Planning Ahead

HEALTH INSURANCE AND BENEFITS COUNSELING

402-441-7070 or 800-247-0938

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

SENIORS FOUNDATION

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

Staying Involved

SENIOR CENTERS

Social events and activities, health and educational programs. 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

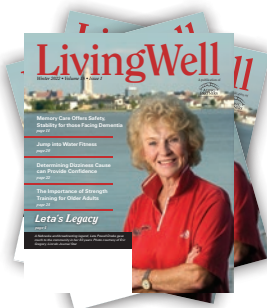
- 402-441-7070 or 800-247-0938

Aging Partners News and Events

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

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Health and Fitness

Aging Partners Fitness Center

555 S. 9th St.
Monday through Friday
8 a.m. to 4 p.m.

All are welcome at the fitness center. Cardio equipment, strength training equipment, free weights, balance and other exercise aids are available. There is a \$10 monthly suggested contribution for age 60 and over and family caregivers of any age. A \$15 fee is required for under age 60. A certified personal trainer is available Tuesdays and Thursdays by appointment only at no extra charge.

For most Health and Fitness classes, there is a \$4 per class suggested contribution

for age 60 and over and family caregivers of any age. A \$5 per class fee for those under age 60 is required. Punch cards are available. Preregistration is required for all classes by calling 402-441-7575. Please register early. 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. In order to receive the access code to enter a Zoom class, you will need to register.

Evidence-Based Tai Chi: Moving for Better Balance Classes

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

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

Tai Chi – Moving for Better Balance (Level I)

In-person
Eastridge Presbyterian Church
1135 Eastridge Dr.
Tuesdays and Fridays
Two classes each day - 11 a.m. and 1 p.m.
Feb. 1 through April 22

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

Tai Chi – Moving for Better Balance (Level II)

In-person
First United Methodist Church
2723 N. 50th St.
Thursdays, 10:30 to 11:30 a.m.
Feb. 3 through April 7

This class is for people who have completed one or more sessions of Tai Chi: Moving for Better Balance Level I. Classes are designed for people who want to

continue with the traditional eight forms with less instruction and some variations. Suggested contribution is \$2 per class or \$20 per session.

Chair Yoga

In-person
Eastridge Presbyterian Church
1135 Eastridge Dr.
Wednesdays, 9 to 10 a.m.
Feb. 9 through April 27

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.
Jan. 12 through April 6
(no class March 23)
- ***ZOOM***
Mondays, 2 to 3 p.m.
Jan. 10 through April 11
(no class Jan. 17 and Feb. 21)

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.
Jan. 13 through March 31

- **In-person**
Irving Recreation Center
2010 Van Dorn St.
Wednesdays, 1 to 2 p.m.
Jan. 12 through March 30
- **ZOOM**
Mondays, 10 to 11 a.m.
Jan. 10 through April 11
(no class Jan. 17 and Feb. 21)

Living Well with Diabetes

In-person

Christ United Methodist Church
4530 “A” St.
Mondays, 1:30 to 3:30 p.m.
March 7 through April 11

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

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

Caregiver Support Group

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

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

Eligible caregivers are:

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

- Over the age of 55 and raising a grandchild
Registrations are not needed, walk-ins welcomed.

Energize Your Body, Mind and Spirit

Friday, March 11

9 a.m. to noon (check-in at 8:45 a.m.)
Jack J. Huck Continuing Education Center
301 S. 68th St. Place, Room 303
Cost: \$19

Preregistration required. Call 402-437-2700 to register or register online at <http://bit.ly/RegisterCE> (online registration keyword: Energize). No walk-ins the day of the event. Registration deadline is March 1. Space is limited, so register early.

Join us in person or via Zoom for an informative and relaxing morning as we explore the interconnections between body, mind and spirit. This mini retreat is designed for anyone who is looking for a day to relax or those who are caring for others.

Sessions include:

9 a.m. – Supplements, the Good, the Bad and the Ugly presented by Ally Dering-Anderson, Pharm.D., RP – UNMC College of Pharmacy. Ally will give an overview of the known benefits and risks associated with commonly used nutritional supplements, including the recently popular CBD products. Time will be allowed for questions and answers.

10 a.m. – Meditation 101 presented by Sheila Palmquist, Registered Yoga Teacher Trainer, Certified Yoga Therapist, Founder/Director Lincoln Yoga Center and School, Developer of Take 5 Program. Sheila will present an overview of the diverse types of meditation. She will talk about what current research tells us about the many ways regular meditation can benefit us physically, mentally, and emotionally.

10:45 a.m. – Qigong Demonstration presented by Tracie Foreman, Aging Partners Community Health Educator. Qigong is an ancient and simple form of movement that helps to quiet the mind while strengthening and relaxing the body.

11 a.m. – Finding Meaning and Purpose in the Second Half of Life presented by Julie L. Masters, PhD – Professor and Terry Haney Chair of Gerontology, University of Nebraska Omaha. David Bowie once said that aging is when you become the person you were meant to be. Finding ways to become this person is about getting a sense of meaning and purpose in later life. This

program will assist people in finding their purpose in the second half of life.

Co-sponsored by Southeast Community College, Aging Partners, and OLLI.

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

History of Trick Roping and Wild West Shows

Nebraska Humanities Program
Downtown Center, 1005 “O” St.
Thursday, Feb. 3
10:30 a.m.

\$4 suggested meal contribution age 60 and over.

\$8 meal fee for under age 60.

Call 402-441-7154 to reserve a meal.

Joan Wells uses the vanishing folk art of trick roping to bring the color and history of the Old West alive.

Free Income Tax Assistance

Monday, Feb. 7, through Wednesday, April 13
10 a.m. to 3 p.m.

Aging Partners, 1005 “O” St.

AARP Tax-Aide Volunteers are back to help you with your 2021 income taxes. Appointments are on Mondays and Wednesdays and start at 10 a.m. with the last appointment scheduled for 2 p.m. Why not stay for lunch? Make your lunch reservation (served from 11:30 a.m. to 12:15 p.m.) when you make your tax appointment. Bring your photo I.D., a copy of last year’s return, proof of health insurance, Social Security card, wage and earnings statements (W2s),

Continued on page 38.

Aging Partners News and Events

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Continued from page 37.

Retirement Income statements (Form 1099R or SSA 1099), Interest and Dividends statements (Form 1099), Homestead Exemption forms, and any other information about your income and expenses. For an appointment, call 402-441-7158. Appointments go fast, so call early, but not before Wednesday, Jan. 19. Masks required.

Jimmy Mack's '50s Valentine's Day Show

Downtown Center

1005 "O" St.

Monday, Feb. 14

10 a.m.

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

Call 402-441-7154 to reserve a meal.

In honor of Valentine's Day and our February birthdays, let's relive the romance of the '50s! Veteran performer Jimmy Mack will play our favorite tunes to swoon and sway to. Bring out your poodle skirts, your cat eye glasses, saddle shoes, and your white sport coats with your pink carnations. You won't want to miss this party!

The Bill Chrastil Show

Downtown Center

1005 "O" St.

Thursday, March 10

10 a.m.

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

Call 402-441-7154 to reserve a meal.

Award-winning Branson, Missouri, Artist Bill Chrastil will perform for our

March birthday party. He performs his variety/Elvis tribute show all over the country. Join us for cake and exciting entertainment; you won't want to miss it!

An Evening with the Cranes

Audubon Rowe Sanctuary

Gibbon, Nebraska

Tuesday, March 22

Each spring, something magical happens in the heart of the Great Plains. More than 80 percent of the world's population of Sandhill cranes converge on Nebraska's Platte River valley. Along with them, millions of ducks and geese migrate to the neighboring rainwater basins. Join us as we take a motorcoach bus to Gibbon for spectacular nature scenes on the river's edge. Crane viewing is at its best at the Audubon Rowe Sanctuary blinds.

We will meet at Shoemaker's Travel Center, 151 SW 48th St. and leave Lincoln promptly at 3 p.m. to arrive at the sanctuary by 5:30 p.m. for perfect sunset viewing. We will return to Lincoln by 10 p.m. Cost per person is \$85, based on entrance fee, guided tour, round-trip motorcoach and a sack dinner. Transportation fee to the bus site is \$5 round trip. Call 402-441-7158 to make your reservation by noon Monday, Feb. 21. Space is limited to a maximum of 40. Please dress appropriately for the weather and a walk.

Dinner and a Show

Auld Pavilion at Antelope Park

1650 Memorial Dr.

Dinner: 5:30 p.m.

Show 6 p.m.

\$13 Dinner and Show fee

\$5 round-trip van transportation

- Rick Clarence
Tuesday, April 12

Classic top '40s music from the Golden Age of AM radio with a little of this, and little of that and a lot of fun. Menu: Salisbury steak, mashed potatoes with gravy, veggie, roll, cheesecake, coffee and tea. Reservation and payment deadline, Thursday, April 7.

- Lightning Bugs
Thursday, May 12

The Lightning Bugs are a popular trio specializing in "moonbeam swing." Smooth vocal harmonies in the Mil's Brothers tradition are the hallmark of a Lightning Bugs show. The Lightning Bugs' repertoire features jazz, and pop standards from the '30s and '40s when the big bands were

playing, and the dance floors were crowded. Menu: Ham, potatoes au gratin, veggie, roll, brownie, coffee and tea. Reservation and payment deadline, Monday, May 9.

- Janet Jeffries
Tuesday, June 14

Janet regularly entertains audiences with a variety of music including classic country, country, gospel, frontier period songs, tunes from the Big Band era and the '20s, Czech and more! Menu: Two-piece fried chicken, mashed potatoes with gravy, veggie, roll, lemon meringue pie, coffee and tea. Reservation and payment deadline, Thursday, June 9.

- Helen Waring-Johnson's Musical Hats
Tuesday, July 12

Helen performs songs from The Great American Songbook: George and Ira Gershwin, Cole Porter, Harold Arlen, Rodgers and Hart, and much more.

Menu: Meatloaf, mashed potatoes with gravy, veggie, roll, brownie, coffee and tea. Reservation and payment deadline, Thursday, July 7.

- Three Cords and a Cloud of Dust
Thursday, Aug. 11

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. Reservation and payment deadline, Monday, Aug. 8.

- Bill Chrastil
Thursday, Sept. 8

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

Nebraska History Lunch Series

Gere Library

2400 S. 56th St.

\$6 fee for sack lunch

12:15 p.m. 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 Hanson
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)

Wednesday, June 22
Bob will guide a lucky few on a tour of the State Capitol, focusing on some of its major renovation projects, followed by lunch in the Capitol cafeteria.

- 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.

Severe Weather Closings/Cancellations

In the event of severe winter weather or dangerous conditions, Aging Partners senior centers and fitness center will close. As a rule, if Lincoln Public Schools (LPS) are closed, the senior centers and fitness center will close and all classes or special events will be cancelled. Please listen to KFOR 103.3 FM or 1240 AM, or KLIN 1400 AM for the most accurate and up-to-date senior center/LPS closing information. 

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

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