

SPRING 2016
Volume 12 Issue 2

LivingWell

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Must have
Medicare
A&B

Q I -1

Can You
Qualify?

2015 Qualification Numbers

	Gross Monthly Income	Assets excludes home & car
1 Person Household	\$1,325	\$7,280
2 Person Household	\$1,793	\$10,930

QI-1 benefits include:

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- Low income assistance for the drug plan & prescriptions

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Hospital indemnity policy	-\$275	
New Income	= \$1,325	

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for QI-1*

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Director's Corner

Dear Readers:

I've had the privilege of leading Aging Partners for three months. I want to thank my predecessor, June Pederson, for her leadership and advocacy on behalf of local seniors over the years. We look forward to June's continued involvement with Aging Partners.

As I assume my new role, I too am entering into the age of AARP membership, and another new role as I begin to support my parents, who are now in their 80s. It's easy to see the importance and impact Aging Partners has, not only in direct services to those 60 and over, but as a support to those like me who care for,

or plan to care for, their aging family members.

In future publications, you will see a focus on how an explosion of change in new technology can be applied to help seniors stay in their homes longer. Will in-home health monitoring equipment allow doctors to monitor your critical health functions without leaving your home? Will the impact of self-driving cars extend the time seniors can drive independently? The answer is a resounding YES! We are looking at a great future where seniors can remain in their homes and live independently longer. And that is what Aging Partners is all about.



We hope to be your source of information during these changing times and events. I'm very interested in hearing from our readers about how we can continue to make "Living Well" a great tool for you. **LW**

With Kind Regards,

Randy S. Jones

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

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

Jones to Move Aging Partners Forward

After 34 years working locally and nationally for the American Red Cross, new Aging Partners Director Randy Jones is excited to lead the organization into the future.

Jones' experience includes leading large service organizations and building strong teams by providing support, presenting clear expectations and treating others with dignity, while leading a variety of programs and holding senior leadership positions.

"Randy will bring years of budget and management experience to Aging Partners," said Mayor Chris Beutler. "He also will bring an outside perspective on programs and operations. At the same time, his work with the Red Cross has included overseeing training and services that touch the lives of older Americans. He understands the issues they face and the kinds of programs they need."

Jones succeeded June Pederson, who retired in December after serving 13 years as director.



Live & Learn host Tom White interviews Randy Jones, Aging Partners' new director. To watch this episode of *Live & Learn*, visit lincoln.ne.gov (keyword: vod) or *Live & Learn*'s YouTube channel at: lincoln.ne.gov (keyword: live & learn).

Childhood and Career

Born and raised in northeast Lincoln, Jones graduated from Northeast High School and received his bachelor's degree in sociology from Nebraska Wesleyan University. Upon graduation, he planned to go into ministry but instead volunteered for the American Red Cross in the Labor Co-op program — similar to Home Handyman — managing snow removal and home repair programs.

"I loved the work, and it turned into a career," he said. "I expanded my volunteer efforts at Red Cross into the disaster program where we responded to house fires."

Jones then worked at Camp Lejeune in Jacksonville, North Carolina, delivering birth and death messages to Marines in the field. A year later, he returned to Lincoln to marry his high school sweetheart, Melina.

Through the next several years, he managed various programs and held leadership assignments with the American Red Cross throughout the country. He returned to Lincoln in

1997 and became regional chief executive officer, directing sales, fundraising and service throughout southeast Nebraska.

"At that time we had a 5-year-old son and wanted him to grow up near his grandparents in Lincoln," Jones said. "That was absolutely the best decision we ever made."

He served as regional CEO



Jones meets foster grandparent Dorothy Kempston at the Senior Corps Foster Grandparent monthly meeting.

until 2011, when he was named National American Red Cross executive director of health and safety for the Central United States division. There he focused on the Red Cross' health and safety product line, including nurse assistant training (NAT), NAT testing, CPR, first aid and Lifeline product sales.

"What we did was turn a deficit piece into a revenue generator to provide funds for the charitable work of the organization," Jones said.

He also evaluated programming, reduced product lines to manageable levels and created efficiencies throughout the organization using technology.

Every job Jones has held has positively impacted the aging population in some way. From services that help older adults living independently in their homes to nursing assistant training to supplementing nursing home staffing to meet resident needs, he understands issues older adults face.

"Older adults are a very, very significant part of our communities," he said.



Randy Jones, far right, stops to take a photo with the Senior Corps Foster Grandparents.

Challenges Ahead

Jones knows Aging Partners faces challenges ahead to provide services for the ever-growing aging population of the baby-boomer generation. Through the next four years, Aging Partners expects a 22 percent increase in the number of people 65 years and over in Lancaster County alone.

“We need to be prepared to meet that demand with the services we have and expand our programs in the future,” he said.

The expansion to the new complex planned for the Veterans Affairs Victory Park campus at 70th and “O” streets is an exciting way to provide broadened services and programs. For now, Jones is researching how to provide the same quality services to an increasing

demand, while still working with a stable funding base.

“We will find new creative ways to expand our services and meet those needs in a more efficient manner,” he said.

Jones also plans to develop a more diversified funding structure, providing more opportunity for the public to get involved and contribute to Aging Partners’ services.

New Technology

Having encountered a range of technology in previous assignments, he plans to expand the education and knowledge of older adults and their families in technology, which can help older adults live independently.

“More tools are being developed that will allow older adults to stay

in their homes longer,” Jones said. “My goal is to educate the public on what those tools are because independence is very valuable.”

Devices such as Lifeline, a fall-detection apparatus offered by Aging Partners, and other monitoring equipment are entering the market. Such monitoring devices exist to help older adults check their temperature, blood pressure, weight or remember to take their medications. These devices can report vital signs electronically to doctors or family members.

“This is a big value to the family and doctor,” Jones said. “They can tell how that senior is doing daily.”

Other technology includes fire prevention tools, which can power

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Continued from page 5

off an oven in case of fire or turn off burners when they overheat.

These are all new technologies that are entering the market and may have a place in Aging Partners' services.

Learning About the People Aging Partners Serves

Since his first day on the job, Jones has valued meeting the people Aging Partners serves. He can often be found at one of the senior centers having lunch or coffee with older adults.

"As an administrator, I want to make sure we are expanding service delivery and doing it well, ensuring our services are strong for the future," he said. "But what resonates deep in my heart is the impact we have on individuals."

Recently, he had lunch with a patron who would not have had a hot meal without the senior center's help. Jones has determined that success lies in being able to help older adults in every aspect of life.

"Aging Partners provides a highly positive impact on the community," he said. "It is important to me that we tell the community about what we offer."

Since joining the organization in January, Jones had a lot to learn about Aging Partners' variety of services.

"Aging Partners is well known in the community and provides good services," he said. "I am impressed as I learn more about how our services touch so many people. It is a great honor to lead the organization with such a dedicated staff."

Jones is humbled at the responsibility Aging Partners owns to take care of people's basic needs.

"Our mission is to keep people in their homes," he said.

Aging Partners provides a variety of information for older adults, including health and fitness programs and Home Handyman services. The organization also provides help on financial information such as insurance, legal matters, transportation, long-term care and education on housing alternatives.

Personal Life

Jones and his wife, Melina, have a son, Austin, who also lives in Lincoln.

A self-proclaimed do-it-yourself-er, he enjoys working around the house. In his last job, he spent 70 percent of his time traveling. Now, he looks forward to time with his family, neighbors and community — including his parents and wife's parents — who live in Lincoln.



Jones meets Foster Grandparents Judy Lingard and Del Green at the monthly Senior Corps Foster Grandparents monthly meeting.



Jones and foster grandparent Alvaro Archundia-Nava discuss the Foster Grandparent Program.

Jones plans to get back into long-distance running. He has run three full marathons (26.2 miles) in Chicago, Des Moines and Minneapolis; and 13 half marathons.

Jones looks forward to making a difference in his new position at Aging Partners. "I'm excited to return my career focus on Lincoln and the surrounding counties," he said.

"The growth of our aging population provides a great opportunity. I believe the character of a community is defined by how it engages and cares for its aging citizens. I am honored to be a part of Aging Partners and its continued mission of service." 



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Members of a rural county Stepping On class at the Seward Civic Center display their certificates of completion after graduating from the program July 28.

Stepping On Training in Rural Counties

In April 2013, a three-year grant from the Community Health Endowment enabled Aging Partners Health and Fitness to implement Stepping On, a community-based workshop, in Lancaster County.

Offered once a week for seven weeks, Stepping On uses adult education and self-efficacy principles to empower older adults to carry out healthy behaviors that reduce the risk of falls.

“More than 640 older adults participated and benefitted from the program from May 2013 to December 2015,” said Peggy Apthorpe, Aging Partners Health and Fitness coordinator. More than 70 percent of participants were age 75 and over, 80 percent were female and 20 percent were male.

Lancaster County hospital admissions data related to emergency room and inpatient

admissions due to fall-related injuries in the 65-plus population, is showing a slight yet significant decrease.

Since June, residents of Aging Partners’ more rural counties have had the opportunity to participate in the program. A \$10,000 grant from the Nebraska Department of Health and Human Services Injury Prevention program enabled Aging Partners to work with Four Corners Health Department to offer Stepping On in Butler, Polk, Seward and York counties.

Successful workshops were conducted in Seward, David City and Stromsburg with 50 older adults participating and benefitting from the seven-week workshops. A workshop was conducted in Geneva in conjunction with Public Health Solutions.

“Aging Partners is thrilled to have the opportunity to partner

with state and local public health agencies in our efforts to reduce the risk of falls among our older residents,” Apthorpe said.

Local Stepping On Master Trainers Sharon Cheney and Pat Mehmken conducted a three-day facilitator course training at the Seward Civic Center in October 2015. Fourteen representatives from Aging Partners and Four Corners successfully completed the training. These new facilitators will be teaching throughout rural counties.

Plans to expand the program will include Saunders County in 2016.

For more information on Stepping On or to become a workshop facilitator, call Aging Partners Health and Fitness at 402-441-7575 or email papthorpe@lincoln.ne.gov. 

About Stepping On

Stepping On is a community-based fall prevention program aimed at educating participants and building confidence to reduce or eliminate falls.

More than one-third of adults 65 and over fall each year. Falls are the leading cause of injury, hospital admission for trauma, and death among older adults.

“If we can work together to prevent one fall, it means saving money and helping keep older adults independent and in their homes longer — one of Aging Partners’ primary goals,” said Peggy Apthorpe, Aging Partners Health and Fitness coordinator.

In a small group setting, older adults learn balance exercises and develop specific knowledge and skills to prevent falls. Workshops are highly interactive. Mutual support and success build participants’ confidence in their ability to manage their health behaviors to reduce the risk of falls and maintain active and fulfilling lives.

Community support for the program has been exceptional. Physical therapists, pharmacists, vision experts, community safety experts and host sites have generously donated their time and facilities.

Stepping On workshops are for adults 60 and over and caregivers interested in reducing their risk of falling. The program is designed for people

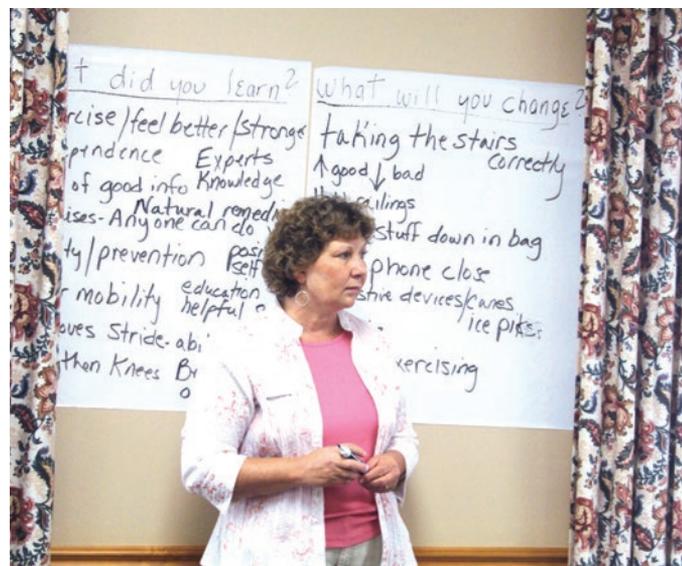
living independently in the community and able to walk without assistance most of the time. It is not recommended for people suffering from dementia.

Participants meet two hours a week for seven weeks. Topics include:

- Simple, fun strength and balance exercises.
- The role vision plays in balance.
- How medications can contribute to falls.
- Ways to stay safe when out and about in the community.
- What to look for in safe footwear.
- How to check your home for safety hazards.

The program teaches the most up-to-date information about fall prevention and provides older adults with a great learning environment with people their own age.

For more information about Stepping On, Building Confidence and Reducing Falls workshops or becoming a workshop facilitator, call Aging Partners Health and Fitness at 402-441-7575. 



Tracie Foreman, Aging Partners Health and Fitness and Stepping On trainer, leads a discussion during a Stepping On program in Seward in July.

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A Testimonial to the Stepping On Seward Civic Center Staff

One day, while in the local grocery store, I talked to Vivian Schlukebier about how I was falling so much lately. She sent me a brochure about a Stepping On workshop she had participated in that could help me, too.

I still fell again July 12, but I had some tools from your workshop to help deal with it. First, I felt myself to see if anything hurt, then remembered my class note to bring up the good leg first to crawl to my chair and pull myself up. Then I wondered why I fell. There was nothing in my way. The only reason I can think of is my footwear — I was wearing my new pair of sandals and maybe one or both didn't turn when I did. I have now put them away along with two older pairs. Then I said to myself, "Keep a wide stance for balance," as I walked barefoot to bed. Now when I go out to walk over uneven ground to turn the hose on for the birds, I walk with my feet apart so one dip in the ground won't topple me.

I also try the exercises, though I laugh at the pages in my Stepping On booklet that say "Too easy?" and "Still too easy?" But I do them, even though I will never be able to cross my arms and rise to a standing position, nor walk with my heels to my toes.

You all had an influence on me. I have been saying I am old, but I never made up my mind to deal with it. Now I have looked my house over to see what I

could do to make it safer. I took off slipcovers because they slip, and removed the pleated mattress bed skirt. Now you can see the mattress, but at least I won't slip on the cover as I get into bed.

I also got rid of two throw rugs I tripped on by the sink and door. Dirt now comes in off of my grandson and son-in-law's boots. If they're here for a short visit, they don't have time to unlace them in the garage, but that is better than my falling over those rugs. I also pushed the footstool to the living room wall so the center of the room is clear. At night I leave a little lamp on in the kitchen so I can see my way to the bathroom. And in the garage, I picked up a coil that has been lying there forever.

My family helps whenever they visit by changing bulbs and putting things back up in the top cupboards or closet. That's better than getting the stepladder out.

On the day the Lifeline presenter came for one of your sessions, I was still not ready. Yet, as my family says, do I want to break something in a fall and exacerbate it by lying there to the point I have to go to a home? If the choice is choosing between the Lifeline hanging around your neck or a long, helpless stay in a nursing home, I think the Lifeline it is.

My family has been telling me to get a cane. I saw one on your table and thought about it, but just like the Lifeline, I said to myself I'll get one sometime. But my son-in-law said the time is now and took me to Lincoln to a



medical supply store to pick one out. I chose one that has a base — steady but not too wide to trip over — so it will stand up.

You have all helped me in many ways. Your presentations have embedded helpful advice in my head. Your welcoming friendliness and encouragement made the lessons enjoyable rather than so challenging we would become discouraged. I regret missing two of the sessions, but am glad I was able to come to the others. I am definitely better off having taken your class. I am more aware of what I have to deal with and how I can deal with it because of your thorough approach to finding ways to keep elders upright in their final stage of life. ^{LW}

— Gwen Storer Krises

ALS — What It Is, How It Affects People

Amyotrophic lateral sclerosis (ALS), also known as Lou Gehrig's Disease, is a progressive neurodegenerative disease that affects nerve cells in the brain and spinal cord.

The anatomic name stems from Greek origins. "A" means without, "Myo" refers to muscle and "Trophic" means nourishment — "without muscle nourishment."

Our body's organs, tissues and cells need nutrients to function properly. ALS prevents the appropriate motor neuron cell channels from receiving nutrients.

By inhibiting voluntary muscle movement, the disease blocks electrical signals from the brain, leading to scarring or hardening (sclerosis) of motor nerve cells.

With voluntary muscle action continually affected, one loses the ability to speak, eat, move and breathe. The progressive degeneration of motor neurons eventually leads to one's end.

"ALS typically begins as a progressive, painless, asymmetric weakness of an arm or leg," said Dr. Gary Pattee of Neurology Associates, P.C. "Speech and swallowing are

affected first 25 percent of the time."

Working with ALS patients for more than 25 years, Dr. Pattee also noted that there are two types of ALS, sporadic and familial — the former being most common in the U.S.

"ALS typically affects one or two out of 100,000 people per year with a male predominance under the age of 55," said Dr. Pattee. "The usual age of onset is 55 to 60."

Discovered by French Neurologist Jean-Martin Charcot in 1869, familial ALS, when the disease is inherited through one's family, only accounts for 5 to 10 percent of all cases in the U.S.

Dr. Pattee cited, "In those families, there is a 50 percent chance each offspring will inherit the gene mutation and develop ALS."

There are ways to determine if gene mutation is in your family, such as genetic testing and genome sequencing. However, the medical bill for those procedures may cost as much as \$1,000 to \$2,000 per gene.

Although technology is paving the way for lower costs in genetic testing, most of these procedures

are not always covered by medical insurance.

"Genetic testing is proven most useful with an individual who has been diagnosed with ALS," Dr. Pattee said. "It's a personal choice to get genetic testing to help the next generation in the family — potentially developing ALS — cope with the disease."

Diagnosing ALS is difficult. Other diseases, such as multiple sclerosis or Parkinson's, mimic ALS symptoms. It becomes a process of elimination to diagnose someone with ALS.

"Patients go through a comprehensive diagnostic work-up including X-rays, MRI scans and a thorough neurological examination," he said. "If one notices any symptoms related to neurological impairments, medical treatment should be sought immediately."

Dr. Gary Pattee is involved in multiple clinical research trials and serves as chairman for a major ALS research consortium. He also is the co-medical director for the Muscular Dystrophy Association's Nebraska clinic in Omaha. 

A Message From the ALS Association

Thanks to resources made possible by the ALS Ice Bucket Challenge, the ALS Association has launched a groundbreaking initiative to create a patient-focused drug development guidance designed to accelerate the development of therapies to slow or stop amyotrophic lateral sclerosis. The guidance, which will be submitted to

the Food and Drug Administration this spring, will serve as a roadmap to help the pharmaceutical industry navigate the development process and provide the FDA with an ALS community-centered view of how it should approach therapies. The goals are to make the drug development process, including clinical trials,

more efficient, predictable, faster and effective at assessing drug efficacy. This will speed access, reduce costs, help ensure resources are most effectively used, and incentivize industry to enter the ALS market and develop new treatments. The guidance initiative also includes a parallel effort to

Message continued on page 13

This publication was supported in part by Grant No. 1-470491233-D8 under a subgrant from the Administration on Aging and the Nebraska Department of Health and Human Services.

Chasing Answers: What Does BMAA Have to Do with ALS?

The once mysterious Lou Gehrig's disease, also known as amyotrophic lateral sclerosis (ALS), has gained more prominence, thanks to the ALS Association and the Ice Bucket Challenge.

However, ALS retains its mysterious nature regarding the disease's origins. Dr. Michael Greger, M.D., a New York Times best-selling author and physician, seeks answers on its genesis.

"ALS strikes healthy, middle-aged people seemingly at random," he said. "Of the major neurodegenerative diseases, it has the least hope for treatment and survival."

Greger claims that the answers to the disease's origins may be in our food. His research led him to the University of Miami's Miller School of Medicine and Dr. Walter G. Bradley's hypothesis on BMAA (beta-Methylamino-L-alanine), a neurotoxin, being the link to ALS and other neurodegenerative diseases.

"Fifty years ago, scientists found that the rate of ALS among the indigenous people on the island of Guam was 100 times more than the rest of the world," Greger said. "One in three adults from Guam died from the disease."

It was suspected that BMAA came from the seeds of the island's cycad trees, which was a dietary staple among the population. Further research indicated livestock showed neurological disease after eating the seeds.

Still, this research was not enough to provide definite answers. Here is the discrepancy: the amount of BMAA in the seeds consumed by islanders was so small that a person would have to eat 1,000 kilograms or 2,200 pounds per day to get a toxic dose.

"The trail went cold until Neurologist Oliver Sacks and his colleagues had an idea in 2002," Greger said. "Natives also fed on other foods such as fruit bats stewed in coconut milk."

NYU School of Medicine Dr. Oliver Sacks' research showed that fruit bats consuming cycad seeds revealed massive amounts of BMAA in their systems. This discovery led scientists to steer toward the idea of biomagnifications in the food chain. This is the concentration of toxins in an organism as a result of it ingesting other plants or animals in which the toxins are more widely disbursed.

"Scientists detected high levels of BMAA in the brains of six out of six native victims of the disease on autopsy," Dr. Greger said. "However, no trace of BMAA was found in the brains of healthy people who died."

These victims' diets included fruit bats and other animals that foraged on cycad seeds.

Researchers also included natives with Alzheimer's disease, Parkinson's disease and dementia into the experiment. The comparison revealed traces of BMAA in other neurodegenerative diseases.

Thus, strong evidence suggests a possible link between BMAA and ALS with natives of Guam, but what about the rest of the world? It turns out that BMAA is not produced by cycad trees after all.

"A blue-green algae that grows in the roots of the cycad trees produces BMAA, which gets into the seeds, that gets in the bats that gets into the people," Greger said.

The major discovery led to the conclusion that neurotoxins are produced from blue-green algae found throughout the world. Yet, the question remains — is BMAA linked to progressive neurodegenerative diseases, including ALS, worldwide?

A team of scientists from the University of Miami put that question to the test and published their research in February 2012. They discovered that Floridians who died from sporadic diseases like Alzheimer's and ALS contained large amounts of BMAA in their brain.

However, in the brains of those who died from genetic

Chasing Answers continued on page 13



Dr. Michael Greger

Among the 5 to 10 Percent: A Familial ALS Story

If mom could get up today, the first thing she would do is go outside to walk the dog and work on her garden,” said caregiver Angela Aust.

Lou Gehrig’s disease, or amyotrophic lateral sclerosis (ALS), strikes nearly 5,600 people in the U.S. each year. Aust’s mother, LeAnn Michel, was diagnosed with familial ALS (FALS) in February 2012.

“What’s sad about it, to me and a lot of other people I know and met through contact with ALS, is that there is no cure,” Aust said.

French Neurologist Jean-Martin Charcot discovered ALS in 1869, but it wasn’t until 1939 that professional baseball player Lou Gehrig brought international attention to the disease.

Most who have ALS acquire sporadic ALS — a case in which the disease is not inherited. Michel is among the 5 to 10 percent of people across the U.S. who have FALS.

“My grandfather on mom’s side died in the early 1960s from ALS,” Aust said. “My aunt also passed away from the disease in the early 1990s.”

She and her family donned the role of caregivers as Michel’s condition progressively worsened. It began when she was developing weakness in her left arm, prompting doctor visits. She was still working at the time, as ALS is difficult to diagnose. Family and doctors thought it was merely arthritis or carpal tunnel causing weakness in her arm.



Ron and LeAnn Michel on their wedding day.

“She went to the chiropractor, they treated it, but her symptoms didn’t get any better,” Aust said. “We were referred to Neurologist Dr. Gary Pattee of Neurology Associates. He was the one who diagnosed her with ALS.”

Michel soon developed a “left drop foot,” in which her left foot gradually lost mobility, and she would often fall and trip. She had to use a walking cane to help with support.

Aust noticed that more severe symptoms started to develop.

“She had trouble swallowing and started to choke on food,” she said. “Not being able to eat as much, she lost a considerable amount of weight.”

Pattee suggested that Michel receive a feeding tube to help her get nutrients. The tube also helps her take medication.

As time went on, she began to lose her capacity to communicate. Last summer, her ability to talk was gone.

“We used a Boogie Board tablet to communicate with mom as it was getting harder for her,” Aust said. “You write on it and push a button to



Ron and LeAnn Michel



From left, LeAnn Michel, Gladys Mills (LeAnn’s mother), Shirley Osmer, and Ilene McCauley.

clear the words.”

Now, Aust and her family use other methods such as alphabet cards to spell out items for her.

She notes that the greatest challenge for an ALS caregiver is overcoming the loss of communication. Additionally, it is especially hard for those with familial ALS because they have seen past relatives live with the disease.

“The mind remains fully intact with ALS,” Aust said. “Patients know what’s transpiring, but they can’t do anything about it.”

However, not all is lost, as Michel retains a fraction of her motor skills in her right hand. She points to items that she needs.

Before her diagnosis, she worked in insurance. An Edgar, Nebraska

The 5 to 10 Percent continued on page 13

Chasing Answers

Continued from page 11

neuro-diseases such as Huntington's disease, there were no traces of BMAA.

"Forty-nine of 50 samples from 12 Alzheimer's and 13 ALS patients contained significant amounts of the neurotoxin," Greger said. "You can even pick up BMAA in the hair of live ALS patients, compared to control groups."

With increasing evidence pointing to the correlation of BMAA

The 5 to 10 Percent

Continued from page 12

native, she and her family moved to Lincoln in 2002 when her husband, Ron, received a job with the post office. They have been married 45 years.

"Dad is the primary caregiver for mom," Aust said. "He does the house duties and has been with her through it all."

She noted her father's unconditional devotion to keeping the family together. Every Sunday, even between the family's busy schedules, Aust and her sister gather for lunch with their mother.

"We make food every Sunday for mom and dad," she said. "Trying to make it as normal as possible, we talk about our weeks, the weather and what's happening in our lives."

Aust and her family are not alone in their fight. She cites ALS in the Heartland's support.

"They have been amazing in assistance with home care equipment and providing great help," Aust said.

"Social Worker Sabrina Schalley always communicates with our family

and ALS, scientists are not pushing the research agenda toward risk prevention, but toward BMAA's function in biological systems.

"The most important question we need to focus on is how do we reduce our risks," Greger said. "Until more is known about the possible link of BMAA to ALS, it may be prudent to limit exposure in the human diet." 



From left, Angela Aust, Ron Michel, LeAnn Michel (sitting), and Alicia Michel.

to make sure things are OK."

ALS has only one inevitable conclusion, but Aust and her family are soldiering on. They remain steadfast in their devotion to one another and to spread awareness about the disease in support of others who have the disease.

"We've participated in walks to help spread awareness," she said.

ALS in the Heartland will host a May 1 walk in Omaha. 

Message

Continued from page 10

update ALS clinical trial guidelines developed more than 15 years ago.

The development of the draft guidance is a communitywide effort that involves more than 100 individuals representing all segments of the ALS community — nearly 30 people with ALS, their families and caregivers; 45 of the world's leading ALS researchers and clinicians; more than 10 ALS organizations; and representatives from the National Institutes of Health, Centers for Disease Control and Prevention and pharmaceutical and biotech industries.

These organizations and individuals are focusing on seven specific areas of ALS drug development to provide a communitywide view on topics that include diagnosis, natural history, clinical trials and outcome measures, biomarkers, benefit-risk, frontotemporal dementia and public policy. These topic areas will form the content of the guidance.

Currently only one drug is approved to treat ALS. However, that drug only moderately extends survival, and only in some patients. A clearer, well-defined regulatory process is critical to bringing new therapies to people with ALS as fast as possible. The draft guidance not only will bring more predictability and clarity to drug development, but also ensure that the patient perspective is considered at every stage of the development and approval process. This is essential in order to speed access to new treatments. People living with ALS simply don't have time to wait. 

Celebrate Older Americans Month

May is a month of beginnings with the bright colors of fresh flowers. May also recognizes the contributions of older adults to our nation with Older Americans Month.

More than 50 years ago in 1965, Congress passed the Older Americans Act to address the lack of community social services for adults age 60 and over. The legislation authorized the federal government to make grants available to states for community planning and social services, research and development projects, and personnel training. It also established the U.S. Administration on Aging to oversee the newly created grant programs and serve as the primary federal agency on issues concerning older adults.

Since President John F. Kennedy, every president has issued a formal proclamation in or before May to ask the country to celebrate Older Americans Month and pay tribute to older adults in their communities. Aging Partners will hold activities and events throughout the monthlong celebration, and we invite you to celebrate with us.

The 2016 theme for Older Americans Month is “Blaze a Trail.”

Aging Partners Presents Older Americans Month Activities:

May 6 — Older Americans Month Art Show 2016 “The Blues” featuring blues artist C.A. Waller

Visit the Milestone Gallery at the Aging Partners Downtown Senior Center, 1005 “O” St., to

view art created by Blues artist C.A. Waller. See page 42 for more details.

May 12 — Dinner & A Show

You’ll enjoy a wonderful evening of dining and musical entertainment at Cotner Center Condominium when you sign up for “Lost in the 50s Tonight,” featuring Johnny Ray Gomez. See page 42 for details.

May 18 — Lincoln History Lunch

A lot of things have changed when it comes to going to the movies. Take a look back to some of Lincoln’s movie palaces during “Let’s Go To The Movies!” with Ed Zimmer. See page 41 for details.

May 18 — “Be a FAN of Seniors”

The Coalition of Older Adult Health Promotion is sponsoring the fifth-annual “Be a FAN of Seniors” donation drive. In addition to collecting fans to help keep seniors cool during the hot summer months, COAHP will collect personal care products for seniors. Donations will be given to Aging Partners for distribution to older adults in Lincoln and the surrounding areas.

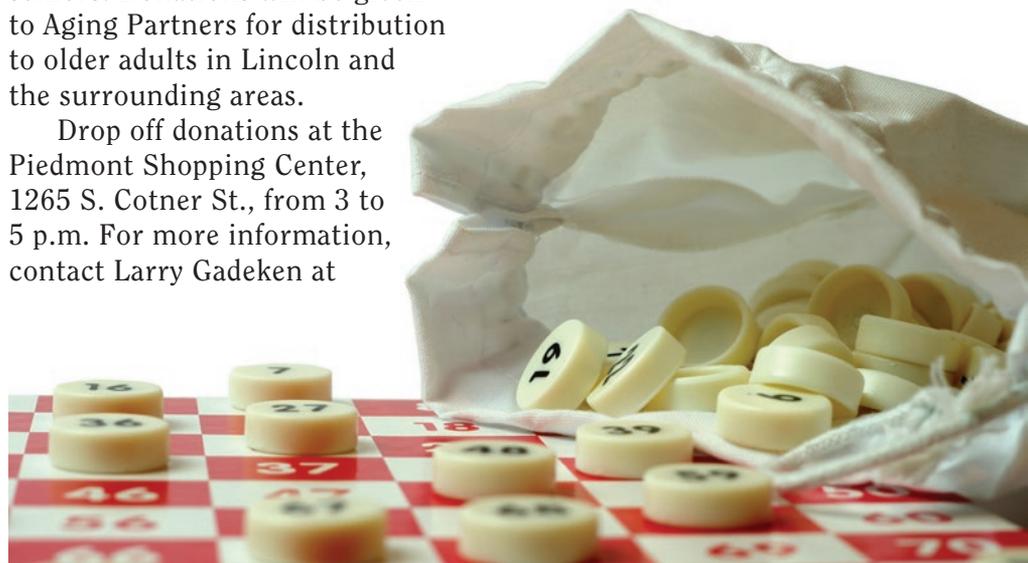
Drop off donations at the Piedmont Shopping Center, 1265 S. Cotner St., from 3 to 5 p.m. For more information, contact Larry Gaden at



guardian-angels.us. For more information about Lincoln COAHP, visit www.lincolncoahp.com.

May 21 — BINGO

Join us for BINGO at the Aging Partners Northeast Senior Center at 10 a.m., followed by a hot lunch at 11:30 a.m. For more details or reservations, see page 41.



May 25 — Day Trip Tour

Join us for a trip aboard “The River City Star” for a Missouri River Cruise and a tour of Omaha’s Old Market. Tour the Fairmont Building, featuring the Fairmont Antique Store, Hollywood Candy Shop and Movie Theatre. Seating is limited, so sign up early. See page 42 for more details.



May 26 — All-Center Picnic

Celebrate spring with a picnic held at the Auld Pavilion, 1650 Memorial Drive, in Antelope Park. At 10 a.m., musical guest Crabgrass will perform their bluegrass/classic country music. Attendees can enjoy the beautiful weather by taking a walk through the park to visit the Veterans memorials.

Suggested contribution for the picnic is \$4, and the cost is \$4 for transportation, if needed. See page 42 for more details.

May 26 — Dinner & A Melodrama

Beginning with dinner at the Northeast Senior Center and continuing to Eugene T. Mahoney State Park, you can cheer on the royal hero at the family-friendly melodrama “Night of the Knave Knight.” See page 43 for details.

May 31 — Older Americans Month Dance

Put on your dancing shoes to celebrate Older Americans Month with a free dance at the Auld Pavilion, 1650 Memorial Drive, in Antelope Park from 7 to 9 p.m. Musical guest Skylark will play a variety of new and old favorite tunes.

Coming in May — “Thrive!”

The Lincoln Journal Star is proud to present “Thrive!” The event focuses on ways to stay active and adventurous before and during retirement with information about health, housing, education, nutrition, wellness, advocacy and more. This event features expo booths for those 55 and over and their families to learn firsthand about products and services available to us as we age. For more details, contact Jamanda Wolfe with the Lincoln Journal Star at 402-473-7161 or jwolfe@journalstar.com. 



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Aging Partners Welcomes David Norris

David Norris is ready for another challenge — and a new address, as subtle as that particular change might be.

In February, the former public information specialist for the City of Lincoln's Citizen Information Center moved about four blocks from his previous office to focus his attention on the city's aging population.

"I'll still be pointing in the same direction each morning on my way to work," said Norris, Aging Partners' new public relations and marketing specialist, who lives close to downtown and, more often than not, makes a short walk to his office.

The new role represents a meaningful cause to someone who grew up on a farm in southeast Nebraska and was raised to hold older adults in high regard.

"We were taught to always show proper respect to the people who came before us," Norris said. "The focus on that needs to be there. That's why the opportunity to serve and work with the aging population appeals to me.

"It's a growth industry and one that needs our attention."

Aging Partners Director Randy Jones believes Norris' 16 years of experience in city government will pay dividends, as will the fact that he is a known quantity.

"We know what we are getting with his work ethic," Jones said. "His insights and connections with the local media are strong, and his experience working for the mayor's office is a bonus."

The inner workings — and art of getting things done — of

government can take years for some to figure out. Norris gets it. He knows the ins and outs of city hall, which he said will assist with the learning curve of his new role.

"There are many different facets and elements that make up city government," he said. "Knowing how city government works will be an asset."

Norris' most noteworthy tasks were in coordinating City-sponsored and supported events that positively impacted the masses. He did so with an emphasis on efficiency and expediency.

He was the point person in the mayor's office for many community events, including the Lincoln Marathon, which has grown exponentially in recent years. The half- and full-marathon will be run for the 39th consecutive year May 1. The event, which began in 1978 with a relative handful of runners, attracted more than 12,500 athletes last year.

In addition, Norris coordinated Lincoln's Uncle Sam Jam Independence Day Celebration, a family event with games and activities throughout a day that culminated with a spectacular Zambelli Fireworks display.

"With 30,000 people on hand, there are a lot of logistics," he said. "There's a lot of coordination needed to make that a great event."

Those skills will be put to use immediately, Jones said.

"The events he'll plan are not as spectacular as the ones he is used to dealing with like the Fourth of July, but we'll use those skills," Jones said. "He's a great fit for us."

Norris can emulate a number of past Aging Partners staff members,



David Norris, Aging Partners public relations and marketing specialist

who put in place some well-established, successful practices.

Among them is "Live & Learn" on 5 CITY-TV, which points Lincoln's elderly community toward the programs and services available to them.

Norris said "Live & Learn" is a program that was dear to the late Bill Luxford, the operations manager at 5 CITY-TV who died last October.

"Bill created 'Live & Learn' about 16 years ago," he said. "He always told me it was one of his favorite TV shows to produce. It was a part of him because he understood it was a great way to get our message out.

"He left an indelible mark on this place."

Norris plans to draw on all he learned from Luxford through the years.

"There have been many good people here before me," he said. "My job is to continue and enhance what they started." 

5 CITY-TV Updates Enhance Viewer Experience

Viewers of Aging Partner's "Live & Learn" television series, a 5 CITY-TV monthly broadcast, will enjoy the benefits of improved quality upgrades completed in February.

A major feature of the enhancements is the transition from standard definition to high-definition equipment, including cameras and the production switcher.

The new graphic capabilities improve live streaming and on-demand quality. It also sets the stage for HD broadcasting via television.

"Viewers watching us over the Internet will see a considerable increase in picture quality," said Jamie Wenz, 5 CITY-TV operations manager. "It also prepares us for when cable systems switch us to an HD channel. We're ready for that and will be able to deliver a much higher-quality picture to homes once that happens."

Another important addition is a change from a simple graphic server to one that can deliver multiple images in layers simultaneously. Wenz said the new graphics server, which can display up to 100 layers, is similar to the kind major sports networks use.

Wenz looks forward to analyzing each show the station produces and discerning ways the new technology can improve the viewer experience. He said the station plans to enhance existing features before examining ways to include new elements, such as graphics.

"People watching the 'Live & Learn' series will notice a crisper, cleaner background on virtual sets we use," Wenz said. "There will be a more realistic look to the virtual sets."



Video Production Specialist Beau Wolfe, left, and Operations Manager Jamie Wenz use the station's new upgrades to enhance the quality of the "Live & Learn" series.

"Live & Learn" is an hour-long monthly production featuring volunteer hosts who explore topics of interest to older adults including health, hobbies, community activities, local services and retirement planning. LW



Upgrades to 5 CITY-TV include high definition equipment.

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April 30th Is National Raisin Day

Did you know April 30 is National Raisin Day? This fun food holiday dates back as far as April 30, 1909, and started in Fresno, California. So what's to love about raisins anyway? Raisins are a good source of antioxidants and phytochemicals. Antioxidants help prevent cell damage in the body from oxidative reactions, which may lower certain cancer risks and improve the body's aging process. The phytochemicals found in raisins help protect the body against diseases, including cancers and heart disease. Raisins also contain iron, fiber and vitamin B6.

Raisins are packed with all these wonderful nutrients, but remember they are higher in calories and sugar than their fresh counterparts, grapes. One quarter cup serving of raisins is around 110 calories and 21 grams of sugar. To prevent adding excessive calories to your diet, swap your less healthy, sugary snacks (such as

candies or baked goods) for these wholesome, tasty morsels. Just one quarter cup of raisins counts as one serving of fruit.

Golden Vs. Dark Raisins

Both golden and dark raisins are made predominantly from green grapes. The only difference between golden and dark raisins is the drying process. Dark raisins are dried naturally by the sun which causes oxidation and caramelization of the natural sugars of the grape. These two reactions give the grape skin its dark exterior color. Golden raisins are grapes dried in large dehydrators and in the presence of sulfur dioxide gas, which prevents oxidation and caramelization, allowing the raisins to dry to their distinctive light golden color.

Golden raisins have a more mild sweetness and pairs nicely with savory dishes cooked with rice,



added to stuffing, or soaked in water and sprinkled over meat roasts before cooking. Dark raisins are sweeter with a caramel undertone and are delicious added to any sweet treat or baked goods such as breads, muffins or cookies. Both types are delicious snacks on their own.

Next time you're preparing a meal, consider adding raisins to your oatmeal. Sprinkle them on salads; make a homemade trail mix with raisins, nuts and granola; use them as a garnish on meat dishes; or bake them into your favorite goodies. 

Farmers' Markets Are Back in Season

It's that time of year again when farmers' markets and roadside stands begin to pop up. Each Spring, Aging Partners participates in the Nebraska Department of Agriculture Seniors Farmers' Market Nutrition Program. Qualifying participants will receive \$48 dollars in farmers' market coupons to spend at certified vendors throughout the summer. To be eligible:

- 60 years of age or over as of May 2016.

- Gross annual income less than 185 percentile of the poverty line.
- Applications must be submitted within county of residence.
- Only one set of coupons per household.

Please contact your local senior center by the first week of May to find out when application clinics for coupons will be held. There are a limited number of coupons available, and not all who apply will receive the farmers' market coupons. Coupons are distributed randomly from all applicants.

Fun Facts

April is National Garden Month. Try incorporating fresh garden fruits and vegetables into your diet to better meet the Dietary Guideline recommendations.

May is National Salad Month. The 2015 Dietary Guidelines recommend 2 1/2 cups of vegetables every day.

June is National Dairy Month. The 2015 Dietary Guidelines recommend consuming three servings of fat-free or low-fat dairy products or fortified soy beverages. 

New 2015-2020 Dietary Guideline Changes

Every five years the departments of Agriculture and Health and Human Services releases recommendations for better nutrition and health in the Dietary Guidelines for Americans. The newest, eighth edition was released in December 2015 and focuses on shifts to make healthier substitutions to your diet instead of adding more food items to it. Rather than eating more of a particular food group, try replacing a less-healthy food or drink option with a better, healthier and more nutrient-dense alternative.

Many of the Dietary Guideline recommendations have stayed the same since the 2010 issue. Guidelines still stress Americans should include:

- Smaller portion sizes.
- A variety of vegetables from all of the subgroups — dark green, red and orange, and legumes.
- Whole fruit rather than processed.
- A switch to fat-free or low-fat dairy products.
- Whole grains making up at least half of all grains consumed.
- A variety of protein foods, including seafood, lean meats, poultry, eggs, legumes, nuts, seeds and soy products. Limit amounts of red meats and processed meat products such as hot dogs.

Specific clarification and consideration went into added sodium, saturated fat and added sugars for the 2015 Guidelines:

- Eat less sodium, often times found in processed and canned foods. Consume less than 2,300 milligrams per day.
- Eat less added sugars, consuming less than 10 percent of calories per day from added sugars.
- Eat less saturated fat, consuming less than 10 percent of calories per

day from saturated fat such as meat fat, butter, stick margarines and shortening.

The Dietary Guidelines for sodium, saturated fat and added sugar reductions are not intended to be reduced by themselves but as a part of a healthy dietary pattern that encourages a balanced overall diet. Rather than focusing purely on reduction of the specific nutrient, focus on making shifts in food choices and eating patterns that will better you as a whole while still being enjoyable and tasty. Sources of saturated fat should be replaced with unsaturated fat, particularly polyunsaturated fats. Unsaturated fats are those found in olive and canola oil. A simple trick to know if it is an unsaturated fat is that it will be a liquid at room temperature. Similarly, added sugars should be reduced in the diet and not replaced with

low-calorie sweeteners, but rather with healthy options, such as water in place of sugar-sweetened beverages. For reducing sodium, learn to flavor unsalted foods with spices and herbs. Also read nutrition facts labels carefully before purchasing processed and canned food items to see what the sodium, sugar and fat content of the item is.

These recommended food shifts are accessible to all. Whether it is big or small changes, a healthier eating pattern will help achieve and maintain a healthy body weight, support nutrient adequacy and reduce the risk of chronic diseases. Today almost half of all American adults have one or more preventable, chronic disease, many of which are related to poor eating patterns and lack of physical activity. Incorporating healthier food and beverage choices can help turn those around. **Lw**



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Have Your Voice Heard: Get Legal Documents in Order Now

You have worked hard to earn what you have — your home, car and bank account. So shouldn't you have a say in how it will be distributed in the event of your death?

To ensure your estate is handled according to your wishes, you must draft a will. Without one, the state will decide how to distribute your estate.

A will is a gift to those you leave behind. It is a gift because it makes the management and distribution of your estate clear, avoiding arguments, delays and litigation.

“Some people think they don't have anything, but everyone has something, or they have creditors to be dealt with,” said Mary Wilson, elder law attorney, Buford Law Office. “Having a will keeps expenses down for the surviving family and provides an organized plan for distribution of your estate to follow your wishes.”

Having a will is especially important to avoid extra expenses or if your spouse or adult child is disabled.

“In a will, you get to nominate who is responsible for that person after your death,” Wilson said.

How to Set Up a Will

It does not take long to create a will. After meeting with an attorney to discuss your situation, he or she will draft a will for your review. Once reviewed and changes are made, you will meet with the attorney again to execute and sign the document.

When meeting with the attorney, bring an overview of

your estate so he or she can make suggestions on what is best to handle various items. Have in mind who you want to handle your estate for you — a family member, friend or professional trust company. Let the attorney know if you have children with special needs.

It is helpful to bring a list of assets, describing how they are titled, a rough value and if they have transfer-on-death provisions. Such provisions, often found on bank accounts, designate beneficiaries to receive your assets at the time of your death without going through probate. These provisions are distributed as listed, regardless if they conflict with a will.

Other Documents to Consider

Having a will is important, but so is having a durable power of attorney and health care power of attorney.

“A will takes care of what happens after someone dies, but a durable power of attorney and health care power of attorney provide assistance and decision-making while a person is still alive but not able or wanting to make decisions,” said John Frey, elder law attorney, Frey & Hand.

A durable power of attorney is written authorization to represent or act on another's behalf in legal or financial decisions. A health care power of attorney is a document in which someone is designated as your representative in the event you are unable to make or communicate decisions about all aspects of your health care.



In today's society, it is not necessarily important to choose someone who lives locally, but choose who you trust and remember it may be easier if they are close by. If you don't have a power of attorney, the courts will take care of those for you and often assign a guardian or conservator.

For a will or power of attorney, it is best to have a backup successor if your first choice cannot do it.

“You can't create any of these documents if you don't have the mental capacity,” Frey said.

Updating Documents

Even if you have a will or other legal documents, it is good to review them every couple of years to update your assets or review who you have chosen to be in charge.

More Information

For more information or referrals, contact Aging Partners at 402-441-7070 and ask for an intake counselor. [lw](#)

Dinner & A Show Provides Lively Entertainment for Older Adults

Where can you find great food and entertainment at an exceptional value? At Dinner & A Show, offered monthly by Aging Partners from April through September.

This special entertainment series, co-sponsored with Butherus, Maser & Love Funeral Home in cooperation with the Cotner Center Condominium and Aging Partners, offers a meal and quality entertainment for those who love live entertainment.

What Is It?

At each Dinner & A Show, participants enjoy a delicious Hy-Vee catered meal and an evening of lively entertainment.

“For the last seven years, Butherus, Maser & Love has made a regular sponsoring donation to help with the cost of getting quality entertainment that will appeal to a variety of tastes,” said Bob Esquivel, Aging Partners Senior Centers coordinator. “We’ve got something for everybody.”

The catered meal is served at 5:30 p.m., and the entertainment runs from 6:30 to 7:30 p.m. The cost for the entire event is \$10, and show-only admission is \$5. Transportation is \$4 for round trip. Space can be limited. Call 402-441-7158 to reserve your ticket.

The History

Back in 2002, Dinner & A Show was developed to satisfy a demand among older adults for a reasonably priced way to enjoy a night on the town.

The early events were scheduled at various senior centers, but the demand became too great and available space was too small. Aging Partners began the search for an off-site location with a stage and space that could accommodate a large audience.

They found the home for Dinner & A Show at Cotner Center Condominium, 1540 N. Cotner Blvd., the old Bethany Elementary School that had been converted into condominiums for older adults. Its combination gym/auditorium can seat more than 200 attendees and includes a full stage.

“We were thrilled that Cotner Center Condominium agreed to partner with us,” Esquivel said. “The facilities are bright, cheery and exactly the home Dinner & A Show needed.”

If you have never attended Dinner & A Show, let 2016 be the year you start.

2016 Schedule

April 14: “Strait From The Heart,” a tribute to the music of George Strait, featuring Ken Miller.

May 12: “Lost in the 50s Tonight,” featuring Omaha’s Johnny Ray Gomez.

June 9: “Ukulele Baby!,” featuring The L.U.G. Nuts (Lincoln Ukulele Group).

July 14: “Songs for Late Bloomers,” featuring Nashville (via Lincoln) folk singer Laurie McClain.

Aug. 11: “Light Up The Night,” jazz and pop from the ‘30s and ‘40s featuring the Lightning Bugs Trio.

Sept. 8: “Satchmo,” a Louie Armstrong tribute, featuring Tim Javorsky.

Events take place at Cotner Center Condominium, 1540 N. Cotner Blvd. 

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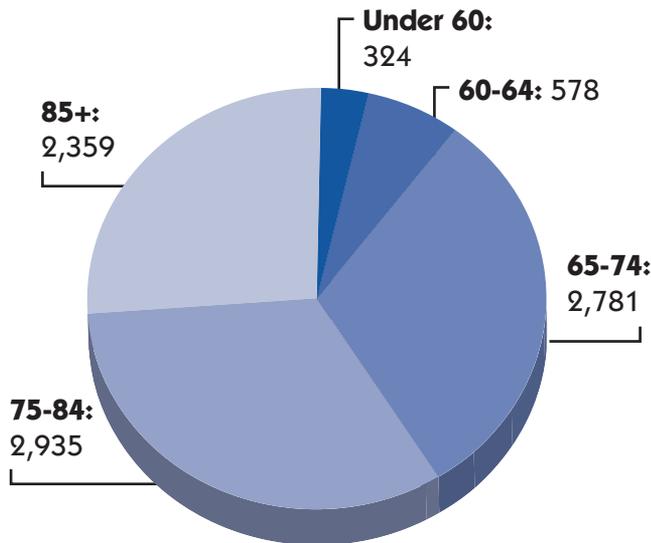
Aging Partners and the People We Serve!

At Aging Partners, we are all about providing the best service possible to our cherished clients. Our agency serves people age 60 and over in an eight-county area in Southeast Nebraska (Butler, Fillmore, Lancaster, Polk, Saline, Saunders, Seward and York).

In accordance with policies established under the Older Americans Act, Aging Partners strives to enhance daily living, expand personal choices and educate the community in an effort to ensure the independence and full life of the people we proudly serve.

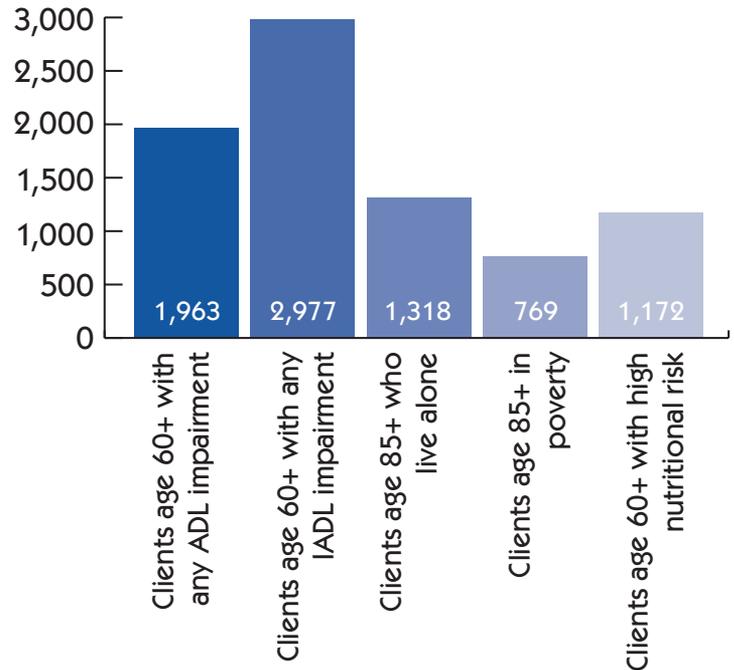
People Served by Age

Oct. 2014-Sept. 2015



High Risk People Served

Oct. 2014-Sept. 2015

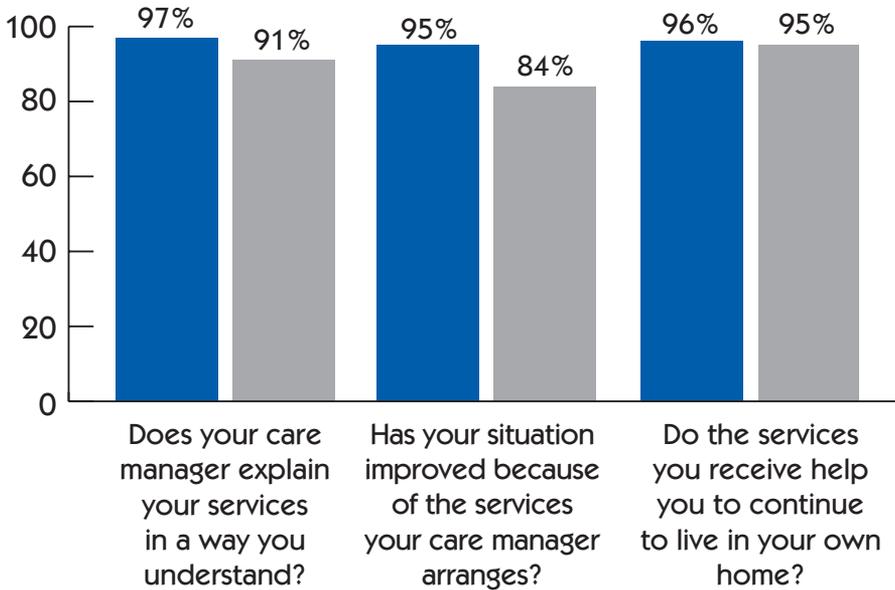


Local Satisfaction Compared to Administration for Community Living National Data

Care Management Customer Satisfaction Survey

Oct. 1, 2014-Sept. 30, 2015

■ Aging Partners
■ Nationally



How would you rate the care management services you have received?

	Aging Partners	Nationally
Excellent	80%	42%
Very Good	11%	36%
Good	5%	14%
Fair/Poor	4%	8%

Older Adults Love Aging Partners! Here's Why:

“**My care manager has been a life saver! She has exhibited incredible patience and perseverance. Her attitude is always respectful and she is a fine listener.**”

“**I have been treated with the utmost respect. I have so appreciated the help they have given me. It has put my mind at ease.**”

“**My care manager is always there for me. She explains to me so I understand. She doesn't leave until I understand. That's what I love about her. She includes me.**”

“**I find my care manager to be a true advocate for our senior citizens in need. I am thankful that she has been there representing and fighting for us.**”

“**My care manager has been the sunshine in my life. If there is a need she tries her best to get it done and she usually does. She is a beautiful person.**”

“**Thank you so much for all your services. It really helps me make it through each day.**”

Annual Fundraiser a Success

Patrons enjoyed a delicious traditional St. Patrick's Day meal of corned beef and cabbage March 12 during Paddy's Wacky Dinner & Show at Auld Pavilion. The annual fundraiser supports the Downtown Senior Center programs.

The show featured traditional folk music from Ireland and the British Isles with musical guest, Paddywhack.

Musicians Chris Sayre, Terry Keefe and David Marsh accompanied their beautiful three-part vocal harmonies with more than 20 instruments, offering a variety of musical styles, songs and dance tunes. Their repertoire includes a cappella sea shanties, rousing fiddle tunes, barroom singalongs, provocative ballads, rebel songs, jigs and reels.

Laughter and smiles could be heard and seen among guests.

"What a great evening," said Denise Howe, Downtown Senior Center manager. "Paddywhack

sounded fantastic as usual, the food was delicious and everybody was smiling."

Aging Partners appreciates the fundraiser's sponsors.

"I really want to thank all our sponsors again for their generosity," Howe said. "The funds we raised tonight will help the Downtown Senior Center continue to offer the great programs we are known for."

Aging Partners also thanks Homestead Rehabilitation Center for the shamrock cookies they provided and Angels Care Home Health for the door prize. LW

Sponsors

Gold:

- Right at Home In-Home Care and Assistance

Silver:

- Ambassador Health
- Caretech, Inc.
- Goldenrod Printing
- HeartlandPlains Health



Paddywhack band members David Marsh, Chris Sayre, Terry Keefe stand behind the event's sponsors: Joyce Boerger with Ambassador Health, silver sponsor; Jamie and Anne Deterding with Right at Home In-Home Care and Assistance, gold sponsor; and Karen Lazaro, with HeartlandPlains Health, silver sponsor.



From left are Randy Jones, director, Aging Partners; Denise Howe, Downtown Senior Center manager; Anne and Jamie Deterding from Right at Home In-Home Care and Assistance, gold sponsor.



The event's volunteers from left are: Oriadella Marrero, Dave Howe, Charlene Walking Bull, Micaela Fikar, Susan Hanlon, Elliot Presnell, John Hanlon, Tara Neeman



Spring Clean Your Confidential Documents

Millions of Americans become victims of identity theft each year. While many records can be accessed online, some thieves turn to physical copies of items to retrieve valuable information.

An easy way to avoid potential loss of personal information is to shred any physical copies of your documents. It is easier to take preventive steps to keep your personal information secure, rather than spend the time cleaning up the mess of identity theft.

You can shred your documents using a personal shredder. Some businesses offer free shredding services after tax season and throughout the year.

Recycling Enterprises, 1200 W. Upland Ave., accepts confidential documents from the public to shred at no charge each Friday from 11 a.m. to 1 p.m. They will not accept cardboard or binders. For more information, call 402-421-6655.

Other businesses throughout town offer secure shredding for 99 cents per pound, which is approximately 100 8.5-by-11 standard sheets or a 1/2 inch-stack of paper. Documents are

weighed and placed in a securely locked Iron Mountain container, which are picked up and transported to an Iron Mountain facility for shredding and recycling. These locations include:

- FedEx, 1201 “Q” St.
- FedEx, 4747 Old Cheney Road
- FedEx, 6105 “O” St.
- Staples, 4940 “O” St.
- Office Depot, 333 N. 50th St.
- Office Max, 3120 Pine Lake Road
- UPS, 2840 S. 70th St. 

What to Shred:

- Address labels from junk mail and magazines.
- ATM receipts and bank statements.
- Canceled and voided checks.
- Credit and charge card bills, carbon copies, summaries and receipts.
- Credit reports and histories.
- Documents containing maiden name — used by credit card companies for security reasons.
- Documents containing name, address, phone or email address.
- Documents relating to investments.
- Documents containing passwords or PIN.
- Driver’s licenses or items with a driver’s license number.
- Employment records.
- Employee pay stubs.
- Expired passports and visas.
- Unlaminated identification cards — college, state, employee and military IDs.
- Legal documents.
- Investment, stock and property transactions.
- Items with a signature — leases, contracts and letters.
- Medical and dental records.
- Papers with a Social Security number.
- Pre-approved credit card applications.
- Receipts with checking account numbers.
- Resumes or curriculum vitae.
- Tax forms and returns.
- Transcripts.
- Travel itineraries.
- Used airline tickets.
- Utility bills (telephone, gas, electric, water, cable TV and Internet).

Source: www.theshredsource.com/why-shred.html



Spring Cleaning Is Around the Corner

By Mitch Sump, Home Handyman program coordinator

The men and women of Home Handyman look forward to helping you maintain your home throughout the spring and upcoming summer months. Typical projects popular this time of year include mowing, yard cleanup, application of lawn fertilizers and weed killer, gutter cleaning and setting up outdoor furniture. We are not limited to outdoor projects during these seasons. We offer a variety of basic services to seniors living in their homes. Call 402-441-7030 and speak to Diana, Linda or Mitch about our services and availability of one of our handymen or handywomen to help you. If interested in becoming a handyman or handywoman, please contact Mitch at 402-441-8815 for more information regarding this rewarding and necessary program.

If you're still in your own home and doing your own maintenance, the following helpful hints and suggestions will help keep your house in tip-top shape.

Mildew/Mold: If you have a buildup of mold or mildew caused by damp conditions on siding, fences, decks or outbuildings, try one of these simple, inexpensive, and nontoxic solutions to get rid of it. Straight vinegar scrubbed on with a nylon brush and then rinsed with water cuts through stains. The acid in the vinegar kills the microscopic plant cells. If you don't want your deck or fence smelling like a pickle, you also can use a solution of 50 percent

bleach and 50 percent warm water to accomplish the same thing.

Clogged Downspouts: Leaves and other debris can build up over time in downspouts, slowing down and eventually stopping water flow. Clogs can be removed by running a plumber's snake up the downspout and then slowly pulling it out. For thickly clogged downspouts, the use of a running garden hose can be helpful, although plan on getting wet and muddy as the debris starts breaking up and coming out. Doing either one of these options immediately after a rainstorm can be helpful, as the gutters on your home will likely have water in them, adding additional pressure to the clog from above.

Holes and Splits In Gutters: Due to expansion and contraction, metal and plastic gutters can develop splits and small holes over time. Rather than replace the split sections, consider sealing them off. There are a number of commercial tape products available that can be cut and placed over holes and splits to seal them. An easy homemade remedy uses old window screens and roofing tar. With a small spackling or putty knife spread a thin amount of tar over the hole or split on the inside of the gutter. Immediately place a piece of window screen over the tar and pat it down gently. When the tar has hardened for about four to 12 hours, spread another thin layer over the screen. If you don't have a spackling or putty knife, a short

section of lathe or old ruler will work in a pinch.

Great! Now I Have Tar Everywhere!: As I was writing the last section, I could almost hear the complaints starting — "Sure my gutters don't leak, but now I have tar all over my house and hands." Tar and most grease can be removed by gently rubbing with a soft rag dipped or sprayed with WD-40, kerosene or gasoline. Just remember to wash your hands with soap and water afterwards. Also, test carpets and rugs on an inconspicuous spot to check for fading.

Sliding Doors/Windows: The tracks for sliding doors accumulate dust and debris over time and as a result, can stick or slide roughly. Vacuum out all loose dust/debris and then wipe out with a rag and alcohol-based cleaner. Once dry, spray lightly with a silicone-based spray or use a graphite powder. DON'T use any type of oil- or grease-based spray as these attract and hold dirt, which we want to avoid. The silicone sprays and graphite powders also can be used on windows that don't slide easily. Another quick home remedy that works well is rubbing a candle or piece of paraffin wax up and down the tracks. This last option works especially well on older double hung wooden windows.

"The Ants Come Marching In": A common complaint from homeowners in the spring is that they seem to have a lot of ants inside their home, especially around kitchens. Ants are attracted to

strong odors but also can be repelled by them. Put white vinegar in a spray bottle and spray countertops and around your baseboards in the kitchen. It is cheaper than commercial ant baits and safer for pets and small children.

Protecting New Trees: New trees increase the value of a home, improve curb appeal and over time, help with utility bills as they provide shade in the summer and act as wind breaks in the winter. They also can act as a buffet line to bunnies. To protect your new trees, wrap the trunks with burlap, available at most hardware stores, up to a height of 3 feet. Tie the burlap loosely with rope or light-gauge wire, but never nail or staple it into the tree. Any damage to the bark, especially on saplings, allows easier access for insects and fungus. It also is a good idea to stake new trees for the first six to nine months to allow the roots to become established and to avoid wind damage.

Moles: If you have mounds/irregular lines of raised dirt on your lawns, you most definitely have moles and more than likely, have grubs. You can use a variety of commercial solutions, but if you don't focus on the grubs, the moles will be a continuous problem. Use a lawn chemical or insecticide specific to grubs and the moles will move on once their food source is removed. Remember to be a good neighbor and let the surrounding homeowners know what you are doing.

Critters And Flowers: Dogs, cats, rabbits, squirrels, opossums, raccoons and skunks tend to think of flower beds as great places to eat, hide, hunt and use as a bathroom. To avoid hosting these critters in your newly planted flower beds, mix moth balls or moth flakes into the soil around your flowers. The flakes and balls are not harmful to plants, but the distinct odor definitely repels critters. For extreme cases of critter problems, you can use a commercial spray. They are effective. I use them personally, but the smell is intense for the first few hours after spraying and needs to be reapplied after watering or rainfall.

Bunny Buckets: If you don't want to use chemicals around garden plants, consider bunny buckets to protect stalked garden plants such as tomatoes, peppers and eggplants. Cut the bottoms



out of 5-gallon buckets and drill half-inch holes around the bucket 3 inches up from the bottom. After planting, place the buckets over the new plants and place quarter-inch screening over the top. The buckets protect the new plants from critters, maintain moisture and stop the wind from damaging the plants until the roots get established. Once the top of plants touch the screen (about two to three weeks), you can either remove the whole bucket or just the screen. I keep my buckets on as they help support the plants when the vegetables start maturing.

Well, that's about all the space I have for this time, but please remember to call us at 402-441-7030 for help in keeping your home safe and in good shape. If you have a helpful hint you would like us to possibly share with other homeowners, please feel free to email me at msump@lincoln.ne.gov with your ideas. 

You've had plenty of awkward conversations.

What's one more?

You two can talk about anything. Don't let discussing retirement living put an end to that. We'll provide information and advice to make the conversation a little bit easier. See where the conversation goes.

You might just find a place uniquely your own. Give us a call at 402-420-9355 or visit Immanuel.com.

Williamsburg Village
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an  Immanuel community



Affiliated with the Nebraska Synod, Evangelical Lutheran Church in America

Rural Transit Gets You Where You Need to Be

Getting around can be difficult — but Lancaster County Public Rural Transit can help for a low cost.

Rural Transit is a door-to-door transportation service provided to the general public, regardless of age, including older adults and those with disabilities. Anyone under 13 years of age must ride with a legal adult.

The service connects riders from Lincoln to rural destinations and those from rural communities to Lincoln or another rural community. One stop of your trip must be outside Lincoln city limits to a city in Lancaster County or the surrounding communities of Adams, Ceresco, Cortland, Eagle and Greenwood. Riders also can visit one rural location to another.

How It Works

Rural Transit can be used for any type of trip — to visit a friend, medical appointments, to get groceries or attend an event. The cost is just \$2 each time you get on the bus during normal operating hours, 7:30 a.m. to 5:30 p.m.



Lancaster County Public Rural Transit provides low-cost transportation for the general public between rural cities in Lancaster County.

Celebrate Public Transit Week April 10-16 by trying Lancaster County Public Rural Transit.

“We pick you up at your home, take you to see a friend in Eagle, then go see a movie in Lincoln,” said Mitch Sump, program coordinator. “After the movie, we take you both home.”

Rides must be scheduled 24 hours in advance and can be scheduled up to 31 days in advance. If a reservation is canceled the day before, there is no charge. Trips are scheduled in the order they are received and accepted until vehicle capacity or driver availability is reached.

Currently, Rural Transit runs one route daily. Monday and Wednesday pickup locations include anything north of “O” Street countywide, while Tuesday and Thursday pickup locations are south of “O” Street. Fridays alternate between north and south routes.

Rural Transit uses a nondirect route, which means pickups and

dropoffs are done in the shortest or most direct route.

“We guarantee for those using the service for appointments, that if your appointment is after 10 a.m., we will get you there on time,” Sump said.

With three buses, Rural Transit can transport 12 unassisted riders with traditional seat belts and two assisted individuals in a wheelchair or scooter. Buses are handicap accessible with lifts.

A Valued Service

The service is valued by those who use it.

“Rural Transit has become their own little community,” Sump said. “Our drivers know these people and

Normal Operating Hours:

Monday-Friday:
7:30 a.m. to 5:30 p.m.
One-way fare: \$2
Round trip: \$4
Each additional stop: \$2
10-punch rider card: \$20

Outside normal operating hours***

One-way fare: \$5
Round trip: \$10
Each additional stop: \$5

** Each rider will be charged an additional \$5 boarding fare for a trip exceeding 100 miles or six hours in duration.*

*** A five-rider minimum is required for trips scheduled outside normal operating hours.*

**** Trips outside normal operating hours are based on vehicle and driver availability.*



Mitch Sump, Lancaster County Public Rural Transit program coordinator

where they are going. They're not our clients, they're our friends."

Focused on Safety

The six drivers are trained through the Nebraska Department of Roads and attended two 8-hour classes to become eligible. The emphasis during training is on safe driving and client care.

In the event of bad weather, Sump decides if buses can run. Typically, the Lincoln Senior Centers and Rural Transit close when Lincoln Public Schools close. If the route is canceled, riders with reservations will receive a phone call.

Ride with Us

For more information or to schedule a ride, contact Mitch Sump at 402-441-7031.

Rural Transit is funded through FTA 5311 grant funds, administered by the Nebraska Department of Roads to Aging Partners. The required local match is provided through the Lancaster County Board of Commissioners and rider fares. Rural Transit is a member of the Nebraska Association of Transportation Providers. 

Other County Transportation Services*

- Butler:
Diana McDonald, 402-367-6131
- Fillmore:
Brenda Sherwin, 402-759-3345
- Saline:
Scott Bartels, 402-433-4511
- Saunders:
Corrina Duckworth, 402-443-8168
- Seward:
Jeff Baker, 402-643-4067
- York:
Lori Byers, 402-362-7626

*Prices/operating hours will vary



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402.488.0977 | HomesteadRehab.com | 4735 S 54 (54th & La Salle)

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- 2 Elevators
- 1 Bed / 1 Bath, 570 square feet
- Full-time service coordinator
- Paid utilities
- Community room
- On bus route
- Social activities

Senior Living - 62 and older
1700 J St. | 402-474-4003

You're Always a Parent, even when You're a Grandparent

By Tami Frank, program manager, Partnership for a Healthy Lincoln

A parent's job is never done. As a parent, you want what's best for your children, and that doesn't change once they grow up, move out and start families of their own.

Why is breastfeeding a topic of importance for you, your children and even more importantly, your grandchildren? Grandparents play a critical health role when they support their daughters and daughters-in-law in their breastfeeding journey.

The image of breastfeeding has changed a lot in the past four generations. Years ago, it might have been viewed as a sign of poverty that you were unable

to afford "new and improved" formula for your baby. In later generations, there was an attitude of indifference about formula. It was marketed and perceived as just as good as breastmilk. Today, we have a scientific understanding that even formula companies no longer try to deny — breastfeeding is best for the health of babies and their mothers.

As a grandparent, what can you do? Here's how to help:

1. Educate yourself on current recommendations to support breastfeeding.

The American Academy of Pediatrics, American Academy of Family Physicians, and most

recently the American College of Obstetricians and Gynecologists, all recommend exclusive breastfeeding for the first six months of a baby's life with continued breastfeeding for at least a year.

2. Offer support and enhance your daughter's confidence in her ability to breastfeed.

More than 90 percent of mothers in Lincoln/Lancaster County today intend to breastfeed but about a quarter discontinue in the first weeks. As much as you just want to cuddle your new grandchild in those early days, understand that what mom and baby really need is skin-to-skin time together to figure it all out.

Healthy Grandbabies Are A Family Affair

Support the breastfeeding mom
in your family

Breastfeeding
helps to fight
childhood diseases.



www.HealthyLincoln.org

Partnership for a Healthy Lincoln

You can help build that bond by helping with the other grandchildren. You also are in a perfect role to support your daughter as a new breastfeeding mom. Her increased confidence will ensure a longer and more successful breastfeeding journey. Most importantly, know that while difficult at times, breastfeeding should not hurt. If it does, know where to get help for the new mom in your family. Visit www.healthylincoln.org/initiatives/breastfeeding.html to find a list of local resources.



3. Help your daughter know her rights.

In Nebraska, 77 percent of moms return to work and are increasingly more mobile than ever. Be supportive and advocate for your daughter’s right to feed her baby wherever it’s necessary — in public, at family gatherings, at her home and yours.

Encourage your daughter to talk to her employer before the baby is born to work out a plan for pumping/feeding when she returns. If you become the primary caregiver while she’s at work, take a breastfeeding class with her and/or educate yourself on how best to support her breastfeeding goals.

Your daughter’s success in breastfeeding requires education and support from the whole community — clinicians, employers, the public and, maybe most importantly, her family. You have a critical role to play in the health of your grandchild and that of your daughter or daughter-in-law. Support the breastfeeding mom in your family.

Tami Frank is program manager for Partnership for a Healthy Lincoln (HealthyLincoln.org), a nonprofit that collaborates with other community nonprofits such as Aging Partners to improve the health of all in the Lincoln and Lancaster County community. She also serves as the project director of the Lincoln Community Breastfeeding Initiative, a collective of health professionals that work to support women and families in their breastfeeding journeys. 

Legislation protecting breastfeeding: 2010 — Federal Fair Labor Standards Act

- Employers of 50 or more employees must provide reasonable break time and space for moms to express milk for their babies (2011 — Nebraska LB197).
- Women have the legal right to breastfeed anywhere they have the right to be (2015 — Nebraska LB627).

Breastfeeding decreases baby’s risk of:

- Ear infections, colds and diarrhea
- Sudden Infant Death Syndrome (SIDS)
- Obesity
- Asthma
- Diabetes
- Childhood leukemia

Breastfeeding decreases mom’s risk of:

- Breast cancer



PIONEER HOUSE

Lincoln's Premier Housing Cooperative

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|--|---|
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|--|---|

1130 H Street, Lincoln, NE 68508 | 402-475-1454
<http://pioneerhouse.org>

Are You Prepared?

On April 30, the Federal Emergency Management Agency (FEMA) will host America's PrepareAthon.

PrepareAthon is a nationwide, community-based campaign to increase emergency preparedness in the event of earthquake, flood, hurricane, tornado, wildfire and winter storms.

When a disaster strikes, you may not have much time to act, so now is the time to prepare for an emergency. Discuss and practice your plan to ensure family members know what to do in the event of an emergency. Knowing what to do before, during and after an emergency is a critical part of being prepared and may make all the difference when seconds count.

Make a Plan

Make a plan for each type of hazard and discuss it with family members. Choose a place to meet outside your home in case of sudden emergency. Choose a place right outside your home and another outside your neighborhood in case you cannot return home or are asked to evacuate.

Choose an out-of-area emergency contact person. It may be easier to call long distance if local phone lines are overloaded or out of service. Everyone should have emergency contact information in writing or in their cell phones.

For more hazards such as earthquakes, winter storms and wildfires, visit: www.community.fema.gov/about 

Tornado

A tornado is a violently rotating column of air that extends from a thunderstorm, often visible as a funnel cloud. Lightning and hail are common in thunderstorms that produce tornadoes.

About 1,200 tornadoes hit the United States annually and can strike in any season, but they most often occur in the spring and summer months. They can happen any time day or night, but they are most likely to occur between 3 and 9 p.m.

The destruction and injury caused by a tornado depends on the intensity, size, path, time of day

Tornado Warnings

Tornado Watch: When weather conditions indicate an increased risk for severe weather that may be capable of producing a tornado. Be prepared to take shelter.

Tornado warning: A tornado has been sighted or indicated by weather radar. Take shelter immediately.

and amount of time they are on the ground. Winds can reach more than 200 miles per hour, causing structural damage that transforms debris into deadly projectiles that can move and destroy houses or roll cars. Injuries can be minor, serious or life-threatening. Fatalities can result even in the weakest of tornadoes.

Preparation

The most important part of being prepared is knowing what to look for:

- A rotating, funnel-shaped cloud extending from a thunderstorm toward the ground.
- An approaching cloud of debris, especially at ground level, can mark the location if a tornado or funnel cloud is not visible.
- A loud roar that sounds similar to a freight train.
- A strange quiet occurring within or shortly after a thunderstorm. The wind may die down and air may become still.

Emergency Preparedness Kit Items:

For a full list of supplies for your emergency supply kit, visit www.ready.gov/build-a-kit. Here are some suggestions to consider:

- Battery- or crank-operated flashlight. Include spare batteries.
- Battery- or crank-operated radio to listen to weather updates. Include spare batteries.
- First aid kit for minor injuries
- Whistle or air horn to signal for help.
- Dust mask to protect against inhaling particles and debris.
- Enough non-perishable food and water for three days, consider dietary considerations.
- Can opener for food.
- Blanket or warm clothes.
- Important documents and medications.
- Important phone numbers for family members.



- Debris dropping from the sky.
- A change in the color of the sky.

Tornadoes can develop without detection or warnings before it touches down. Tornadoes are unpredictable, and forecasters do their best to predict the path of the storm. You should always take immediate action when authorities issue a tornado warning or when you hear sirens.

Designate a spot and practice moving quickly to your protective location. Take note of how long it takes. Share with family where you intend to be.

Take Action

When you hear of a tornado warning, take immediate cover in a sturdy building or small interior windowless room, such a closet or bathroom, on the lowest level of the building. Being below ground is best. In these locations, use additional protection with a coat or blanket, covering your head and neck with your arms. Some locations do not provide shelter from tornadoes, including mobile homes, gymnasiums, vehicles and outdoors.

Take additional steps to protect yourself from potential falling or wind-borne debris. Cover yourself with any material such as cushions, a sleeping bag or blanket to provide protection from debris. Kneel down, and bend into a ball. Cover your head and neck with your arms. Never leave a sturdy building to try to escape a tornado.

Stay Informed

Tornados often cause power outages. Have extra batteries on hand for a small battery-operated radio and your cellphone. Consider buying a NOAA Weather Radio

(NWR) All Hazards receiver, which receives broadcast alerts directly from the NWS. You can purchase these at many retail outlets, such as electronics and big box stores, or online. Some NWR receivers are designed to work with external notification devices with visual and vibrating alerts for people who are deaf or hard of hearing.

Flooding

A flood is an overflowing of water onto land that is normally dry. Flooding may happen with only a few inches of water or it may cover a house to the rooftop. Floods can occur slowly as rain falls for many days or can quickly develop within hours or days.

It is important to be prepared for flooding if you live in a low-lying area near a body of water, such as a river, stream or culvert, or downstream from a dam or levee. Flooding may occur during every season, but the Midwest is more at risk during the heavy spring and summer rains.

Flood Warnings

Flash Flood: Flooding in your area is possible. You should leave, or be prepared to move to higher ground immediately upon short notice.

Flood Warning: Flooding is occurring or is about to occur. If advised to evacuate, do so immediately.

Flash Flood Watch: Flash flooding is possible. You should leave or be prepared to move to higher ground upon short notice.

Flash Flood Warning: A flash flood is occurring or is about to occur. Seek higher ground immediately.

Some rapid onset floods, known as flash floods, occur quickly with little or no warning. It can flood underpasses, viaducts, parking structures, roads and basements. Floods can cause erosion, which can damage roads, bridges, levees and weaken building foundations. Floodwaters can carry away mud, rocks and other sediment.

Flood-related injuries and deaths are often the result of individuals trapped in floodwaters. The best and safest way is to leave the area and avoid floodwaters.

Preparation

Ensure basements are waterproofed and the sump pump is working. Consider installing a water alarm to let you know if water is accumulating in your basement. Have debris cleared periodically from gutters and downspouts.

Store supplies and personal items so you can grab them quickly if you need to evacuate. Make a list of the things you need or want to take with you — don't forget your emergency preparedness kit!

Take Action

To avoid being trapped when floodwaters threaten your area, the best action is to evacuate before the flooding begins. Know and follow the directions from local officials for community evacuation or seek high ground. If you do not evacuate before the flooding occurs or you are trapped by a flash flood, do not enter flooded areas or moving water on foot or in a vehicle, including areas that appear to have only a few inches of water. 

Spring Clean Your Medicine Cabinet

Spring cleaning can encompass a variety of places, but this spring, consider cleaning out your medicine cabinet. Through the years, you've likely collected a stash of unused, expired or unneeded medications, which should be properly disposed of.

Proper Disposal

Safe disposal of unwanted medications will protect your family, community and environment.

In the past, it was advised to flush unneeded or expired medications down the drain, but that can contaminate our water. In 2002, the U.S. Geological Survey released a study that detailed low concentrations of medications in 80 percent of 139 waterways across the country, including seven streams and groundwater samples in Nebraska.

It is unsafe to reuse medications, and they are often ineffective because they have been kept past their expiration date or stored improperly. Unwanted medications can often be forgotten. If ingested by children or pets, it can result in accidental poisoning. Thirty-eight percent of child poisonings involve a grandparent's medication, according to Nebraska Medication Education for Disposal Strategies (MEDS).

Getting Rid of Unwanted Medications the Right Way

Do not keep leftover medications. Instead, properly dispose of them by returning them to a participating pharmacy.

Lincoln-Lancaster County Health Department (LLCHD) is working with Nebraska MEDS, a coalition of statewide community partners dedicated to educating citizens about the proper disposal of over-the-counter and prescription medications. This pilot program is funded in part by a Nebraska Environmental Trust grant and a statewide effort is funded by a grant from the Nebraska Department of Environmental Quality. The funding allows pharmacies to participate in the program free of charge in an effort to assess the costs and benefits of offering a medication disposal program. Currently, about 275 pharmacies across the state are accepting unwanted medications.

"We implemented a take-back program year-round so residents do not have to wait for a certain day," said Willa DiCostanzo, LLCHD. "That includes controlled and non-controlled medications, along with vitamins and over-the-counter pills and pain pills. It encompasses everything."

A non-controlled medication includes those purchased over the counter and those prescribed to treat medical conditions such as high blood pressure, diabetes and bacterial infections. A controlled medication is a drug or chemical that is regulated by the government because of their potential for abuse or addiction. They include narcotics, stimulants and depressants.

How Does It Work?

Participating pharmacies accept unwanted medications from the public in one of two ways: through a locked box or by using an envelope system.

Pharmacies that use the locked box wait until the box is ready to be disposed, and then ship it to a Sharps Compliance Inc. treatment facility, where the medications are incinerated.

Other pharmacies will accept your medications using an envelope system. This allows patients to dispose of their unwanted controlled substance medications from home. The controlled medications are placed into a prepaid and pre-addressed envelope, which is then sealed and mailed to the treatment facility. To do this, bring in your unwanted medications and the pharmacy will sort the controlled and non-controlled medications. They will provide you with an envelope to mail the controlled substances.

"It's easy, and the pharmacists are there to walk you through it," DiCostanzo said.

If you encounter a pharmacy or technician that doesn't provide assistance, ask for the pharmacist on duty or call the LLCHD at 402-441-6280.

Before You Go

It is recommended that you leave unwanted medications in the individual containers, which helps pharmacies identify and sort through medications.

Pharmacies will accept pills, vitamins, creams, inhalers, ointments, nebulizer solution packets and liquids under 4 ounces.



What About Needles?

Pharmacies do not accept needles or EpiPens. For proper disposal of needles and EpiPens, use a jug or container similar to a laundry jug or hard red box sharps container. When the container is full, secure the lid with duct tape and

mark the outside of the container as “infectious waste” or “biohazards” and place in your regular household trash.

The markings on the outside of the container let trash haulers and others who may encounter it that the object is in need of safe handling.

More Information

For more information, or an updated list, visit leftovermeds.com. You can also call the Nebraska Regional Poison Center at 800-222-1222, for assistance in identifying pills and determining dropoff locations. 

Pharmacies Accepting Unused Medications

Lincoln Pharmacies:

Clinic with a Heart

1701 S. 17th St., Suite 4G
402-421-2924

CVS/Pharmacy

1411 Superior St., 402-477-9200
1550 South St., 402-477-0542

The Pharmacy and Extencare

1221 N. Cotner Blvd., #1
402-466-6082

Four Star Drug Of Bethany

1340 N. 66th St., 402-437-7700

Four Star Drug of Piedmont

1265 S. Cotner Blvd., 402-434-7730

Genoa Healthcare of Nebraska

8550 Cuthills Circle, Suite 200
402-261-0720

Hy-Vee Pharmacy

1601 N. 84th St., 402-467-5146
5010 “O” St., 402-483-7707
5020 N. 27th St., 402-477-5099
6001 Village Drive, 402-421-1040
7151 Stacy Lane, 402-489-0588

Kohll’s Pharmacy & Homecare

800 N. 27th St., 402-476-3341

Lutheran Family Services

2201 S. 17th St., Room 110
402-441-7940

Medicap Pharmacy

2555 Kensington Drive
402-435-4800

National Pharmacy

3306 “A” St., 402-476-6231

Nebraska LTC Pharmacy

4300 S 48th St., Suite 5
402-328-0231
5625 “O” St., Suite 101,
402-488-1184

Russ’s Market Pharmacy

1709 Washington St., 402-474-2102
1550 S. Coddington, 402-435-8241
4400 S. 33rd St. Court,
402-421-1333

Shopko Pharmacy

100 S. 66th St., 402-489-7148
4200 S. 27th St., 402-421-2444
6845 S. 27th St., 402-420-1199

Southeast Nebraska Cancer Center

201 S. 68th St. Place, Suite 200
402-420-7000

Stockwell Pharmacy

3811 S. 27th St., 402-423-8588

Super Saver Pharmacy

840 Fallbrook Blvd., 402-464-6297
233 N. 48th St., 402-464-8552
2525 Pine Lake Road, 402-420-8269
2662 Cornhusker Highway,
402-466-7775

The Pharmacy

1221 N. Cotner Blvd., Suite 1
402-466-6082

Walgreens

815 N. 27th St., 402-435-5151

1301 “O” St., 402-476-6898

1404 Superior St., 402-477-2622

1701 South St., 402-435-3271

2502 N. 48th St., 402-466-1424

2600 S. 48th St., Suite 7

402-483-2834

2630 Pine Lake Road, 402-421-0984

4000 S. 70th St., 402-489-0338

4811 “O” St., 402-489-2235

5500 Red Rock Lane, 402-421-2122

5701 Village Blvd., 402-421-7119

7045 “O” St., 402-484-8222

8300 Northern Lights Drive,

402-464-8302

Pharmacies Outside Of Lincoln:

Four Star Drug of Waverly

13851 Guildford St., Suite D
Waverly, 402-786-2222

Lake Crest Pharmacy

620 Main St., Suite B
Adams, 402-988-7145

Ken’s U-Save Pharmacy

1302 Linden Ave.
Crete, 402-826-3784

ShopKo Pharmacy #2660

930 Main Ave.
Crete, 402-826-2996

Syracuse Town & Country Pharmacy

448 5th St.
Syracuse, 402-269-2001

Information and an updated list of locations can be found at: nebraskameds.org.

BBB Names 2015 Top Ten Scams

When the Better Business Bureau (BBB) launched BBB Scam Tracker earlier this year, it was expected that tax scams would be high on the list. What was surprising was how high — it was more than the next three categories put together. In the first 10,000 scam reports processed by BBB, a whopping 24 percent were about imposters pretending to be either the Internal Revenue Service (2,363 reports) or Canadian Revenue Agency (50 reports).

The rest of the top 10 were all some form of imposter i.e., debt collection, sweepstakes, tech support or government grant scam. About 85 percent of those reporting scams to BBB recognized them as frauds before any money was stolen, but the top 10 scams still account for more than \$1 million lost from those who filed with BBB.

“Scammers are all basically imposters,” said Jim Hegarty, BBB president and CEO. “Three of the top four scams reported to us are those that scare people with threats of arrest, lawsuits or other frightening actions. Scammers are pretending to be government agents, lawyers, debt collectors and police officers. They engage directly with you, so your best bet to avoid being scammed is to stop engaging. Hang up the phone, delete the email and shut the door.”

How the Scams Work:

1. **Tax scam:** You receive a phone call from someone who claims to be with the IRS. They claim you owe money in back taxes and will be arrested or face legal consequences if you do not pay, usually by wire or prepaid debit card. The caller ID is spoofed to appear to be a government agency or the police.

Scam Type	Scam Reports	Percentage
Tax Scams (IRS and CRA)	2,413	24.0
Debt Collections	835	8.3
Sweepstakes/Prizes/Gifts	811	8.0
Tech Support	608	6.0
Government Grant	574	5.7
Advanced Fee Loan	388	3.8
Credit Cards	306	3.0
Work from Home	261	2.6
Fake Check/Money Order	242	2.4
Lottery	241	2.4

- Debt collection scam:** You receive a phone call from someone claiming that you have an unpaid debt. You are threatened with garnishments, lawsuits or even jail time if you don't pay right now. The scammer will often use caller ID spoofing and pretend to be a government agency or law enforcement in order to further invoke fear.
- Sweepstakes/prizes/gifts scam:** You receive a call, letter or email claiming you've won a prize in a sweepstakes. In order to receive the prize, you are instructed to send a fee to cover expenses associated with delivery, processing or insurance. The prize is not real. You should never have to pay money to claim a prize you have won.
- Tech support scam:** You are contacted by “technicians” claiming to have detected a virus or security threat on your computer and, for a fee, they can log in and correct the problem remotely. These callers are actually hackers trying to steal money, sensitive computer passwords and/or damage computers with malicious software.
- Government grant scam:** You receive a phone call, email or letter informing you that you've qualified for a government grant. In order to receive the grant, however, you are instructed to send money as a processing or delivery fee, usually by wire transfer or prepaid debit card.
- Advance fee loan scam:** While searching for loan information, you see an enticing ad and click through to the website. You fill out an application and soon receive an email or phone call advising that you are approved for the loan, but you must first send a processing fee, security deposit or insurance. You pay the “fee” but never see the loan.
- Credit cards scam:** The scammer pretends to be from your bank or credit card issuer, and they claim that you are now eligible for a lower interest rate or that they need to verify a recent transaction. The consumer provides the scammer with their credit card number and security code to “verify” their identity.

8. **Work from home scam:** While looking for a job online, you answer an ad that says you'll make big bucks while working from home. The job may be stuffing envelopes, posting advertisements or shipping packages. You could have your identity stolen when you fill out the employment forms, or even end up handling stolen merchandise.
9. **Fake check/money order scam:** This can happen anytime someone is paying you for goods or services, even when you are selling something online. You receive a check in the mail that is larger than the amount owed and are asked to deposit the check and wire the difference. The check is a fake and when it bounces, you're out the money.
10. **Lottery scam:** You receive a call, letter or email advising that you have won a large amount of money in a foreign lottery, but you have to pay upfront for taxes and fees. Such lotteries are illegal. Sometimes you may be sent a check as partial payment, but the check will be counterfeit.

Why Scams Work:

There is a science to scams, and it may surprise you to know that scammers use many of the same techniques as legitimate sales professionals. The difference, of course, is that their "product" is illegal and could cost you a fortune. There are techniques they use to draw you in.

Establishing a connection: The scammer builds a rapport and a relationship with you. This is usually face to face, as in home improvement scams and many investment scams,



but also online romance scams.

Source credibility: Scammers use techniques to make themselves look legitimate, such as fake websites, social media posts or hacked emails that come from a friend's account. Most email phishing scams spoof real companies, and many scammers pretend to be a trusted business or government agency in order to add credibility.

Playing on emotions: Scammers rely on emotion to get you to make a quick decision before you have time to think about it. An emergency situation or a limited time offer is usually their methodology. They count on emotional rather than rational decision-making.

What You Can Do:

- Don't be pressured into making fast decisions.
- Take time to research the organization. Check them out on bbb.org or search online.
- Never provide your personal information (address, date-of-birth, banking information, ID numbers) to people you do not know.
- Don't click on links from unsolicited email or text messages.
- If unsure about a call or email that

claims to be from your bank or utility company, call the business directly using the number on your bill or credit card.

- Never send money by wire transfer or prepaid debit card to someone you don't know or haven't met in person.
- Never send money for an emergency situation unless you can verify the emergency.

For More Information:

- For scam information, go to BBB Scam Stopper at www.bbb.org/scam.
- Report scams, whether or not you've lost money to www.bbb.org/scamtracker.
- For information on investment scams, go to www.bbb.org/council/smart-investing.
- To search for a business in the U.S. or Canada, or to find your local BBB, go to www.bbb.org.
- For information on charities, go to BBB Wise Giving Alliance at www.give.org.
- For information on U.S. government services, go to www.usa.gov. 

AGING PARTNERS

Serving Butler, Fillmore, Lancaster, Polk, Saline, Saunders, Seward and York counties. 1005 "O" St., Lincoln, NE 68508-3628, 402-441-7070 or 800-247-0938
aging.lincoln.ne.gov

Key for Services: ▲ = Lancaster only

MISSION

Aging Partners plans, coordinates and advocates for older people in our eight-county area. Our mission is to enhance daily living, expand personal choices and educate the community in an effort to ensure the independence and full life of the people we serve.

Being Well

NUTRITION

- **Nutrition Consultation** - Older adults receive assessments, intervention planning, counseling, follow-up and coordination with other service providers. 402-441-7159
- **Meals** - Noon meals, selected evening meals with entertainment, special holiday meals and light menu choices are available at some centers. 402-441-7159

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** - At several locations; pilates, yoga, stretch and tone classes. Daily fitness programs on 5 CITY-TV, Channel 5 and 10 Health, 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**
- **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.
- **Harvest Project** - Mental health and substance abuse services for older adults.
- **Home Handyman Service** - Minor home repairs and maintenance from mowing to leaky faucets, painting, and 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

- **Senior Care Options** - Long-term care and assessment for Medicaid-eligible persons seeking nursing home care.
- **Medicaid Waiver Services** - State funded in-home services for those who are Medicaid-eligible who choose to live at home or use community-based services.
- **Assisted Living and Nursing Facilities Resource Listings**

Planning Ahead

FINANCIAL

402-441-7070 or 800-247-0938

- **Financial Counseling** - Information on Medicare, private insurance policies, reverse mortgages and counseling.
- **Legal Counseling** - Free legal advice and referral services for those who meet financial guidelines.
- **Medicare & Medicaid Fraud** - Seeks to reduce waste and fraud in the Medicare and Medicaid programs.

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 www.seniorsfoundation.org.

Staying Involved

VOLUNTEER!

- **Foster Grandparent Program**
▲ 402-441-7026

SENIOR CENTERS

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

- ▲ 402-441-7158

Other Services

INFORMATION AND REFERRAL

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.

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

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 free quarterly magazine 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 5 CITY-TV, Channel 5 and video-on-demand at lincoln.ne.gov (keyword: vod) or Live & Learn's YouTube channel at lincoln.ne.gov (keyword: live & learn). View on 5 CITY-TV or online at lincoln.ne.gov.

- 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.

MULTI-COUNTY PROGRAMS

- **Butler County Senior Services**
Diana McDonald, 402-367-6131
- **Fillmore County Senior Services**
Brenda Motis, 402-759-4922
- **Polk County Senior Services**
Jan Noyd, 402-764-2252
- **Saline County Aging Services**
Amy Hansen, 402-821-3330

- **Seward County Aging Services**
Kathy Ruzicka, 402-761-3593
- **York County Aging Services**
Lori Byers, 402-362-7626

CARE MANAGEMENT

All Counties: 800-247-0938

Care Management Coordinator

Joyce Kubicek

- **Butler County**
Becky Romshek, 402-367-4537
- **Fillmore County**
Rhonda Stokebrand, 402-759-4922
- **Polk County**
Amy Theis, 402-747-5731
- **Saline County**
Trudy Kubicek, 402-826-2463
- **Saunders County**
Mary Dailey, 800-247-0938
- **Seward County: 800-247-0938**
- **York County, Jerri Merklinger**
402-362-7626

SENIOR CARE OPTIONS (SCO) AND MEDICAID WAIVER

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

402-441-7070

In Nebraska **800-247-0938**
aging.lincoln.ne.gov



Aging Partners News and Events

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

When you receive *Living Well* magazine by email, you have direct access to many services. Click your mouse on any website listed and you are linked directly to a service

or advertiser's website. There are wonderful stories in every issue of *Living Well*.

By visiting the Aging Partners website, you will

find current and past issues. Call Deb Elrod at 402-441-6146 or email her at delrod@lincoln.ne.gov to sign up.



Health and Wellness

Aging Partners Health and Fitness

Monday through Friday
8 a.m. to 4 p.m.
233 S. 10th St., Suite 101

A certified personal trainer is available Tuesdays and Thursdays from 9 a.m. to 2 p.m. or by appointment. \$10 monthly suggested contribution for people age 60 and over. \$15 fee for people younger than 60.

All ages are welcome at the fitness center. If you are on a break from work, feel free to stop and check out all we have to offer. Cardio equipment, a universal weight machine, free weights, balance and other exercise aids also are available at the center.

For most Health and Fitness classes, there is a \$3 per class suggested contribution for people age 60 and over or a \$4 per class fee for people under 60. Punch cards are available. Preregistration is required for all classes.

Downtown Senior Health Promotion Center

1005 "O" St., Lower Level

Services available to people age 60 and over include comprehensive foot and ear care, blood pressure, glucose, cholesterol screenings and health education. \$15 suggested contribution will enable these services to continue.

- Thursdays, 9:30 a.m. to 1:30 p.m.
April 7, 14, 21 and 28 (all services)
May 12 and 26 (foot care only)
June 16 (foot care only)

Vermeer House Health Promotion Center

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

Services available to people age 60 and over include comprehensive foot care, blood pressure, glucose, cholesterol, osteoporosis screenings and health education. \$15 suggested contribution will enable these services to continue.

- Wednesdays, 9:30 a.m. to 1:30 p.m.
April 6, 13, 20 and 27 (all services)
May 11 and 25 (foot care only)
June 15 (foot care only)

Stepping On – Building Confidence and Reducing Falls

Stepping On is a community based fall prevention program intended to educate participants and build confidence to reduce or eliminate falls. Classes meet for two hours, one time per week for seven weeks. Participants learn the most up-to-date information about fall prevention. Workshop topics include simple and fun balance and strength exercises, along with the roles vision, medication, safe walking outside and footwear play in fall prevention. This program is funded in part by the Community Health

Endowment of Lincoln.

- University of Nebraska Cooperative Extension
444 Cherrycreek Road
Mondays, 1 to 3 p.m.
April 11-May 23
- Waverly Senior Center
First United Methodist Church
14410 Folkestone St., Waverly
Fridays, 9:30 to 11:30 a.m.
July 8-Aug. 19

Dynamic Movement Class

Come and enjoy our new one-hour class that focuses on stretching, breathing and a unique combination of exercises that will isolate muscle groups, enhance flexibility, increase heart rate and improve strength. Most routines are done from a chair or standing near a chair.

- Cotner Center Condominium
1540 N. Cotner Blvd.
Mondays, 2 to 3 p.m.
May 2-June 20
(No class May 30)

Movement and Music Class

Join us in this new movement and music class that explores elements of dance in a no-pressure, social environment in which music energizes, enriches and empowers. All levels of mobility are welcome. No dance experience is necessary. The class is at a comfortable pace. Research has shown that dance reduces stress and depression, improves flexibility, strength, balance and endurance and reduces the risk of dementia. Pre-registration required.

- Auld Center, 3140 Sumner St.
Fridays, 10:30 to 11:30 a.m.
April 1-April 29



Contemporary Yoga

This renewing practice uses body postures, breath and relaxation to bring about a sound and healthy body. Movements consist of several positions and poses that have strengthening and restorative benefits.

- Cotner Center Condominium
1540 N. Cotner Blvd.
Mondays, 9 to 10 a.m.
May 2-June 20
(Seven-week session)
(No class May 30)

Continuing Tai Chi—24 Form

This class is suggested for those who have completed the 24 Form instructional classes.

- Cotner Center Condominium
1540 Cotner Blvd.
Mondays, 10:15 to 11:15 a.m.
May 2-June 20
(Seven-week session)
(No class May 30)

Chair Tai Chi

This on-going program is based on the modified Tai Chi-Moving for Better Balance 8 Form Program. Participants are taught simple movements they can practice sitting or standing near a chair.

- Aging Partners
Health and Fitness Center
233 S. 10th St., Suite 101
Tuesdays, 9:45 to 10:30 a.m.

Preregistration is required for all Senior Center events where meals are served and transportation is provided.

Educational

**“Asthma In Older Adults”
What We All Need To Know
by Nancy Nathenson, RRT, RYT**

Over the past 10 years, research has shown that asthma in older adults is generally under-diagnosed and undertreated, leading to a diminished quality of life and higher morbidity and mortality than those without asthma. Join Nancy Nathenson, respiratory therapy education coordinator with Madonna Healthcare, as she shares with us valuable information about asthma triggers, asthma medication, avoiding asthma emergencies, and what to do if one occurs. Nancy is an expert in the field and truly enjoys sharing her knowledge on this very important topic that isn’t just for kids. Refreshments will be served. Call your center or 402-441-7158 for details.

- Downtown Senior Center
Thursday, April 7, 10 a.m.
- Northeast Senior Center
Tuesday, April 19, 10 a.m.
- Lake Street Senior Center
Wednesday, April 27, 10 a.m.

**Lincoln History Lunch Series
featuring Jim McKee & Ed Zimmer**
Lincoln Community Playhouse
2500 S. 56th St.

\$4 per box lunch suggested contribution for people age 60 and over.
\$8 per box lunch fee for people under 60.

For so many of us who have called Lincoln home for the past 50 years or more, the changes in our little town sometimes seem to come fast and furious. Thankfully, Ed Zimmer and Jim McKee have spent years collecting photos,

articles and personal accounts that ensure our ability to look back at the years of our lives with warmth and wonder. Join us for a box lunch and a fascinating historical program by two of Lincoln’s favorites. Seating is limited. Call 402-441-7158 for reservations. Sponsored in partnership with the Lincoln Community Playhouse.

- “Restaurants We Remember,”
with Jim McKee
Wednesday, April 20
- “Let’s Go To The Movies!,”
with Ed Zimmer
Wednesday, May 18
- “A Walk In The Parks,”
with Ed Zimmer
Wednesday, Aug. 17
- “Nebraska State Fair,”
with Jim McKee
Wednesday, Sept. 21

Saturday BINGO

Northeast Senior Center
6310 Platte Ave.
April 16, May 21, June 18
Doors open at 9 a.m.
\$4 suggested lunch contribution for people 60 and over.
\$8 meal fee for people under 60.

Join us for BINGO at 10 a.m., followed by a delicious hot lunch at 11:30 a.m. Please remember to bring a prize for the winner’s table. Reservations must be made before 3 p.m. the Wednesday before each event. For details or reservations, call 402-441-7151.

Bob Ross Oil Painting Class

Saturday, June 25, 9:30 a.m. to 3:30 p.m.
Lake Street Center, 2400 S. 11th St.
“Platte River” — The timeless beauty of the Platte River is captured in this dynamic landscape. The

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Aging Partners News and Events

Continued from page 41

Platte runs around and through lush green "islands" under a sunny sky. Paint along with certified instructor Donald R. Belik in this one-day painting class. Start, complete and take home a finished oil painting. No experience required. All materials and supplies are provided. To enroll, call 402-441-7158.

Cost: \$50

Entertainment

Dinner & A Show 2016

Cotner Center Condominium
1540 N. Cotner Blvd.

Dinner: 5:30 p.m., Show 6:30 p.m.

Van transportation: \$4 round trip

Dinner and show: \$10

Show-only ticket: \$5

Pre-registration required.

Reservations, payments and cancellations are due by noon the Tuesday before the show. No refunds. Send payment to: Aging Partners, Dinner & A Show, 1005 "O" St., Lincoln, NE 68508. For details or reservations, call 402-441-7151.

Sponsored by Butherus Maser & Love in cooperation with Cotner Center Condominium.

- "Strait From The Heart: A Tribute to George Strait," featuring Kenny Miller
Thursday, April 14
- "Lost In The '50s Tonight," featuring Johnny Ray Gomez
Thursday, May 12
- "Ukulele Baby," featuring The L.U.G. Nuts (Lincoln Ukulele Group)
Thursday, June 9
- "Songs For Late Bloomers," featuring Laurie McClain
Thursday, July 14
- "Light Up The Night," featuring The Lightning Bugs
Thursday, Aug. 11

- "SATCHMO: A Tribute to Louie Armstrong," featuring Tim Javorsky
Thursday, Sept. 8

Older Americans Month Events

All-Center Picnic featuring "Crabgrass"

Good Timin' Music for Good Timin' Folks!

Thursday, May 26, 10 a.m. to 1 p.m.
Antelope Park Picnic Grounds (Rain location: Auld Pavilion)
1650 Memorial Drive
\$4 suggested contribution for age 60 and over.

\$8 fee for people under 60.

It will be a beautiful spring morning, grilled hot dogs with all the fixin's and live music provided by "Crabgrass." This event is always a big hit, so don't miss it! Sign up at your nearest Aging Partners senior center or call 402-441-7158.

Older Americans Month Art Show 2016

"The Blues,"

featuring blues artist C.A. Waller

Public Reception
Friday, May 6, 7 to 9 p.m.
Downtown Senior Center
Milestone Gallery
1005 "O" St.

The "Blue Period" is a term used to define the works produced by Spanish painter Pablo Picasso between 1901 and 1904, when he painted essentially monochromatic paintings in shades of blue and blue-green, only occasionally warmed by other colors. These works, inspired by Spain and painted in Barcelona and Paris, are now some of his most popular works. In celebrating the artistic accomplishments of artists age 60 years and over, we asked

senior artists in our community to create artworks in a Monochromatic Blue color scheme. This show will continue through May 27.

"Storytelling of the Dakota," by Joyzelle Gingway Godfrey

Friday, May 13

Downtown Senior Center
1005 "O" St.

Doors Open: 5 p.m.

Supper and program: 5:30 p.m.

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

\$8 meal fee for people under 60.

\$4 van transportation suggested contribution 60 and over.

This presentation explores the historic societal structure of the Dakota people through their oral tradition in the medium of storytelling. As an example, the adventures of the first set of twins born in the world will give a glimpse of the family structure, food gathering and beliefs of their tribal people. Join us for this entertaining and educational program as you enjoy a catered meal. For reservations, call 402-441-7154. Presented with support from Humanities Nebraska.

Day Trip Tour

"Omaha Missouri River Adventure"
Wednesday, May 25

Departure: 10 a.m.

Northeast Senior Center
6310 Platte Ave.

Return: Approximately 4 p.m.

Cost: \$55

The day begins with a lunch and a Missouri River cruise aboard The River City Star. Enjoy a delicious lunch buffet and the sights and sounds of this beautiful riverboat. Next we head to Omaha's Old Market and a tour of the beautifully



renovated Fairmont building, featuring the Fairmont Antique Store, Hollywood Candy Shop and Movie Theatre. Do some shopping on your own. Enjoy a root beer float or an ice cream sundae at the Hollywood Soda Fountain. Check out the variety of nostalgic snacks and candies that will bring back lots of memories. Seating is limited, so sign up early! Reservations and payment are due by Wednesday, May 18. For reservations, call 402-441-7158.

**Dinner & A Melodrama
“Night of the Knave Knight,”**

by Julie Eschliman

Thursday, May 26

Dinner: 5 p.m.

Northeast Senior Center
6310 Platte Ave.

Melodrama: 7:30 p.m.

Eugene T. Mahoney State Park
28500 W. Park Highway, Ashland

Dinner and show: \$10

Van transportation \$10

Once upon a time in a fair kingdom, there lived a fair maiden whose name was Fair Phyllis, who was fairly well head over heels in love with fine Prince Braveheart. Alas, there enters a scurvy dog whose name is Sir Mortimer, whose evil plan is to marry Fair Phyllis and steal a kingdom of his own. Will Prince Braveheart fend off the foul Mortimer? Is the strange traveling

knight who visits them a friend or foe? All shall be clear in the “Night of the Knave Knight.”

Cheer the hero, boo the villain and throw popcorn, all at this hysterically, family-friendly melodrama.

Reservations and payments must be made no later than 4 p.m. Wednesday, May 18 by calling 402-441-7151.

Free Older Americans Month Dance, featuring “Skylark”

Tuesday, May 31, 7 to 9 p.m.

Auld Pavilion, 1650 Memorial Drive

Put on your dancing shoes and join us as we celebrate Older Americans Month. “Skylark” is a great five-piece band playing a wide variety of dance tunes and old favorites! 

LivingWell ♦♦♦

Investing in today's and tomorrow's older adults

Suggested Contribution Levels:

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

And receive,

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

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

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

A special invitation to the 57,200 age 60 and over adults, their families and caregivers residing in Butler, Fillmore, Lancaster, Polk, Saline, Saunders, Seward and York counties in Nebraska.

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

___ Check or money order payable to *Living Well* enclosed.
Sorry, we don't accept credit cards.

Name: _____

(Mr., Mrs., Miss., Ms.) Please print

Street: _____

City: _____ State: ___ ZIP: _____

Phone: _____ Spouse's name: _____

Date of birth: ___/___/___ Last 4 digits of SSN: _____

Spouse DOB: ___/___/___ Last 4 digits of SSN: _____

Email address required to receive *Living Well* online:



Where you live influences how you live. This spring we invite you to discover Eastmont!

- Located in the heart of Lincoln's shopping and entertainment district
- Upscale apartment homes with contemporary finishes and full kitchens
- Services and amenities to enhance your independence
- Enjoyable social and educational opportunities
- A worry-free and secure lifestyle



6315 O Street | Lincoln, NE 68510
402.489.6591 | www.EastmontTowers.com

independent living • assisted living • long term care