

Living Well

Spring 2017 • Volume 13 • Issue 2

A publication of



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Parkinson's Into Their
Own Hands**

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*Passion and Purpose***

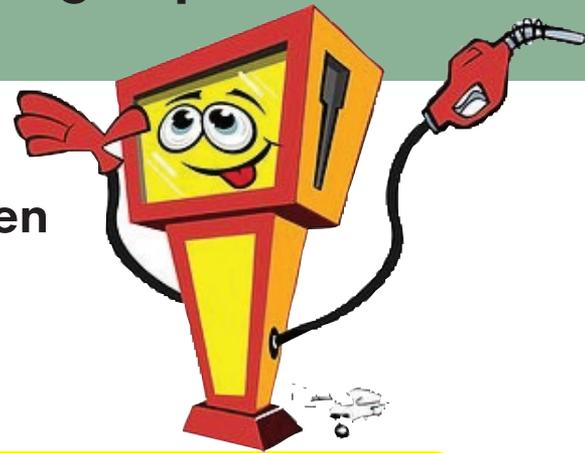
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*Julie Masters, University of Nebraska Department of
Gerontology Chair*



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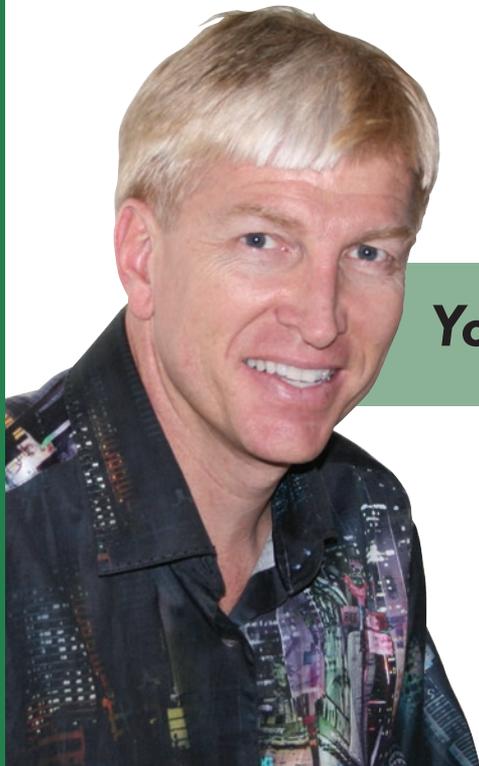
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Spring To-do List



Spring has arrived, and it's time to get up off of our seats and go. No longer do we have icy or snow-packed walkways or driving in the snow to deter us. Spring always provides me a lift in spirit and so many more choices as to how I spend my time.

I've got some suggestions on how to maximize your springtime enjoyment:

- Take your family on a Sunday drive. Drive around town and visit new construction or look at how the town is changing. If you can't drive, take the bus.
- Go to the zoo. Who doesn't like baby animals? Spring is birth time for most species. Rent or borrow a wheelchair if one is needed for longer walks.

- Visit an ice cream shop.
- Appreciate children at play. Watch them swim or play on playground equipment at a local park. Spring brings young children out in groups. There is nothing better than hearing their laughter and watching them play.
- Attend a spring program. Lincoln Parks and Recreation begins to offer activities in the parks such as evening concerts and other outdoor events. I've found Pinewood Bowl and Jazz in June to be great attractions.
- Have a picnic. Whether you go to a park, stay in your own backyard or use the grounds of the nursing home, a picnic always is a good

idea. Invite your best friend to join you.

- Visit a friend. See if you can set up a lunch or a visit with someone you enjoyed through the years. Perhaps you can arrange to meet at a park or a restaurant.

Spring is a time to get moving. Take responsibility for your own enjoyment and be creative in finding something that will get you outside and moving. **lw**

Randall Jones

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Living Well (ISSN 1556-9780, USPS 657-630) is published quarterly (January, April, July and October) by Aging Partners and created by News Link, 2201 Winthrop Road, Lincoln, NE 68502. Last issue: Living Well Winter 2017.

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

Issues printed: 15,000.

POSTMASTER-Aging Partners address changes to:

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

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

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

Production Coordinators: News Link, 402-475-6397

Living Well is a service of Aging Partners. A voluntary suggested annual subscription of \$12 or any amount is welcome. This magazine is for the 57,200 citizens, 60 years of age and over, who reside in the counties of Butler, Fillmore, Lancaster, Polk, Saline, Saunders, Seward and York in the state of Nebraska, United States of America. However, all readers of all ages are welcome!

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

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Staying Involved

Aging with Passion and Purpose *University of Nebraska Gerontology Inspiring Students, Impacting the Future*

By 2040, about 20 percent of the American population will be age 65 and over. The understanding of aging is just the beginning for students and faculty in the University of Nebraska Department of Gerontology.

Gerontology is the study of old age, the process of aging and specific problems older adults face.

“Aging is a process, not an event,” said Professor Julie Masters, Department of Gerontology chair. “When we talk about aging, we’re looking at all stages of life. We want young people to think about aging today so they can have a positive impact on their own aging experience later in life.”

Pioneers in the Gerontology Field

The University of Nebraska-Omaha has been leading the way in gerontology since 1973.

“We have the luxury of history on our side,” Masters said.

Although beginning in Omaha, classes are also offered at UNL and online.

UNO’s gerontology program was established in 1965 with the newly established U.S. Administration on Aging (AOA) administering the Older Americans Act, Title V, which provided funding to establish university gerontology programs.

The five-year grants were designed to provide 100 percent of the funding for the first year and decrease by 20 percent each year.

The intent was that the universities would apply their own money in place of decreasing grant money.

For the first five years of its existence, UNO’s gerontology program was funded solely by grants from the AOA and part of the National Institutes of Health, as well as a national nutrition grant where faculty and staff train administrators for senior nutrition sites in a six-state region. The AOA funded faculty and staff salaries to offer courses and workshops as well as provide stipends for a limited number of students to complete a Certificate of Gerontology.

In 1988, the Board of Regents gave approval to offer a master’s degree and officially moved gerontology from program status to a department. It now offers a bachelor’s degree, an undergraduate certificate and minor, graduate certificate, master’s degree and PhD in Gerontology.

The first of its kind in the Big 10, students can receive a dual degree in law and gerontology because of a relationship with the UNL College of Law. They can also graduate with a certificate in gerontology with a concentration on interior design out of Omaha.

Inspiring Students

The faculty works with students to foster an appreciation for aging.



Bede Bolin, instructor, teaches and serves as an advisor for UNL students.

“Our faculty, grad assistants, adjunct faculty and advisors are true scholars doing research and engaging students in research and service,” Masters said. “They are difference makers and share their love for older people in the classroom.”

Most of the department’s seven full-time faculty are based in Omaha, with the exception of Bede Bolin, who works in Lincoln, and Masters, who spends three days each week in Lincoln.

As an undergraduate student in psychology, Masters was in her senior year at UNL in 1984 when she took a course on the survey of aging and dying — and it clicked. Having grown up around her grandparents, she was always intrigued by their lives and careers.

“I knew this is what I needed to do,” she said.

Masters then attended the University of Northern Colorado, which was one of 12 universities at that time to offer a master’s degree in gerontology. Upon graduation, she was faced with finding a job. Gerontology was not widely known, so she began case management at an Iowa hospital. Later she worked as a program coordinator for the Eastern Nebraska Office on Aging’s senior companion program, and in 1988, Dr. Jim Thorson gave her the opportunity to teach the Introduction to Gerontology class at UNO. The rest, as you could say, is history.

In 1992, after she applied for the gerontology doctoral program, her mother died. Thorson believed she then had the real-life experience with death that Masters could teach the course “Death and Dying,” which she continues to teach today. It wasn’t until 2000 when she became a full-time visiting assistant



Gerontology Department faculty and staff, Maria Sorick, staff assistant, seated, and from left, Dr. Janelle Beadle, assistant professor; Dr. Julie Boron, associate professor; Anna Damgaard-Selden, advisor; Dr. Lyn Holley, professor; and Mark Kazor, practicum coordinator.

professor, then assistant professor, before becoming an associate professor, advisor and, in 2009, the department chair. She later went on to become a full professor and now holds the Terry Haney Chair of Gerontology.

Masters now oversees the program, course scheduling, hiring of faculty, speaks in the community and teaches two courses each semester. She also works with the advisory board and dean of the college.

“The older I get, the more fascinated I am by older people,” Masters said. “They have a story. My hope is that we can train our students to see the aging experience from a different vantage point. When you talk to someone who is aging, their wrinkles leave and who they are emerges. You see the dignity of a person, which allows them to have a quality of life and affords us to have people who serve as role models for our own aging experience.”

The gerontology faculty are out to make a difference in the lives of

older adults, now and in the future. Their research includes caregiver empathy and compassion fatigue, cognitive aging and multitasking, biology in aging, policy issues faced by nursing home and long-term care workers, diversity in aging, intergenerational relationships, end-of-life planning and healthy aging.

As part of the College of Public Affairs and Community Service, Gerontology has a mission of serving the greater state of Nebraska. Many of the faculty present within the community on various topics, such as dying and death, thinking about the aging future self, healthy aging, end-of-life planning and brain health.

“We do community presentations because we want to move from thinking about aging as a static event to aging as a dynamic event,” Masters said. “Why not make what is happening more beneficial for your quality of life.”

*Aging with Passion and Purpose
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Aging with Passion and Purpose

Continued from page 5

The department does much for the state of Nebraska and older adults, and appreciates working with organizations in the community like Aging Partners.

“We consider it a great privilege to work with Aging Partners in our classes,” Masters said, “from coming to our classes, placing students for practicum experience and serving as a resource for information.”

Gerontology Today

About 250 students are enrolled in the undergraduate and graduate program and more than 100 students will graduate with a Gerontology minor partnered with their pre-nursing, pre-med, pre-occupational therapy or pre-speech majors from the UNL campus. Students may also go to work in insurance, marketing, AOA organizations or other

businesses. There is a value for those with gerontology degrees.

“When I got out of school, no one could pronounce gerontology,” Masters said. “Now employers seek us out because they know what our graduates bring to the table. What makes us different is their love for older people first, followed by the theory and knowledge about aging.”

This training benefits the aging population now because students already understand the challenges older adults face, physically and cognitively.

“We need gerontological teaching now more than ever,” Masters said. “Studying aging is good business. We have put aging on the shelf, and it’s catching up to us. We help our students transform their raw knowledge into sophisticated knowledge and an appreciation for aging. Someone with a background in gerontology will help any organization.” 



Dr. Julie Masters, University of Nebraska Department of Gerontology chair, helps students and the community learn about aging at any age.



Dr. Chris Kelly, Associate Professor and Graduate Chair



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Rural Lancaster County Senior Centers Have Something for Everyone

By Paula Chamberlain, Lancaster County Rural Senior Centers Manager

On a typical day at one of the rural Lancaster County Senior Centers in Bennet, Firth, Hickman or Waverly, you will encounter a relaxed setting with people visiting, playing cards or doing word searches. A common theme that runs through senior center attendees is a genuine “love for life.”

This is a group of people who realize and appreciate the social benefits that can be found at a senior center. They join together as a group to volunteer their time and talents for the benefit of their senior center, their friends and the community. Each day the centers are open, there is a program consisting of educational matter or music, which seems to be a common thread for everyone.

Be sure to watch for the upcoming “Stepping On” class that will start April 21 at the Waverly Senior Center. This is a weekly class designed to help prevent falls. Leading the class will be one of the instructors from the Aging Partners Health and Fitness department.

Meals are an important facet of senior center life. We all know how important good nutrition is to maintaining strength. If you are unable to make it to one of the rural centers for lunch, keep in mind we offer home-delivered meals Monday through Thursday. One of our three rural meal carriers will deliver a hot meal to your home, and they are always glad to see the folks who open the door. There are two meal choices for our Monday through Friday meal program. See related

information on this page for days and hours centers are open.

One particular senior has been attending the Waverly Senior Center since 1995. Many of the centers have had faithful attendees throughout the years. Long-term friendships are created and established when a group of people come together to form a bond of caring and sharing.

If you desire a change in your life, or would like to make a difference in the lives of others, I encourage you to visit your local senior center soon. You will find great friendships, a good meal and access to the many services that Aging Partners provides. As a group, we are excited to see new faces and share the Senior Center with you. For more information about the Lancaster County rural senior centers, visit lincoln.ne.gov (keyword: My Center News), or call me at 402-416-7693. 

Rural Lancaster County Senior Center Dates and Hours of Operation

Bennet Center

970 Monroe St.
Tuesdays and Thursdays: 9 a.m. to 1 p.m.
(Located in the Bennet American Legion Hall)

Firth Center

311 Nemaha St.
Mondays: 9 a.m. to 1 p.m.
(Located in the Firth Community Center)

Hickman Center

300 E. 3rd St.
Wednesdays: 9 a.m. to 1 p.m.
(Located in the Hickman Presbyterian Church)

Waverly Center

14410 Folkestone St.
Fridays: 9 a.m. to 1 p.m.
(Located in the Waverly First United Methodist Church)



Good friends enjoy a visit at the Firth Senior Center. From left, Darlene Hietbrink, Marge Moser, Dorothy Helmink, Ilene Doctor, Peg Reutzel, Ann Weber, Thelma Kroese and Millie Osten.



Hickman Senior Center is located inside the Hickman Presbyterian Church.



Through the doors of the Air Park Rec Center, Rock Steady Boxing participants begin each practice speaking in a loud voice to combat symptoms of Parkinson's disease.

Taking the Fight Against Parkinson's Into Their Own Hands

Living with an incurable disease is difficult, but for participants at Rock Steady Boxing, Parkinson's disease is the opponent.

Gathering three times a week since July at the Air Park Rec Center, 3720 N.W. 46th St., these fighters with no previous boxing experience gather and wrap their hands. Each round of exercise will help them combat symptoms and improve daily living.

"It's not a cure, but the things compromised by Parkinson's are what we focus on here," said John Coffey, participant. "The correlation between Parkinson's and boxing is amazing."

Parkinson's Disease

With the highest prevalence of any region, Nebraska has the highest number of people with Parkinson's disease, per capita, in the world. More than 10,000 Nebraskans have been confirmed to be diagnosed with this degenerative and incurable disease, and more than 10 million people worldwide.

A neurological syndrome that progresses over time, Parkinson's impacts a person's motor skills, balance, speech and sensory function, impacting daily life. Symptoms often include rigid muscles, slow movement, tremors and soft speech.

While medication helps suppress symptoms, none have shown to stop or slow progression. However, remaining active through exercise can greatly increase the ability to maintain independence.



Classes help with balance and stimulate the brain.

Studies support that rigorous exercise emphasizing gross motor movement, balance, core strength, rhythm and hand-eye coordination can help range of motion, flexibility, posture, gait and activities of daily living. Studies suggest certain types of exercise are neuro-protective, which may slow progression.

Rock Steady Boxing

Rock Steady Boxing is an exercise program based on training used by professional boxers. It focuses on balance, speed, hand-eye coordination and rhythm through stretching, bicycling, running, jumping rope, pushups and non-contact boxing.

Founded in 2006 by Scott Newman, he began intense, one-on-one boxing training a few years after he was diagnosed with early-onset Parkinson's at 40. He noticed the dramatic improvement in his physical health, agility and daily function through workouts and his quality of life.

As word of the program spread and demand increases, Rock Steady Boxing created training programs to meet fitness levels at all stages of the disease. With more than 300 affiliates

nationwide, there are just three in Nebraska.

The idea for a Lincoln affiliate came when Ryan Mohling, Air Park Rec Center director, saw a feature on "CBS Sunday Morning." The center's boxing space was unused during the day, so he began applying for grants and hired Tony Kelly as coach.

"Tony has done a lot of personal training and has a keen awareness to help people achieve their personal goals," Mohling said. "It's not just in the form of strength training, but from the angle of improving day-to-day functional skills like changing your clothes without assistance."

In April 2016, he and Kelly went for training, experiencing all four levels of classes. For Mohling, it was inspirational and motivational to see the impact it made.

"People were coming in wheelchairs and leaving walking," he said. "The physical differences gained by participating in Rock Steady Boxing didn't last long, but it gave them a couple of hours of independence to do some tasks they wouldn't normally be able to do without the treatment Rock Steady Boxing provided."



Appreciating the ability to wrap their hands, each participant betters their dexterity due to the exercise.

Transforming Lives

Diagnosed 10 years ago, Doug Moss drives from Aurora two or three times a week to attend the class.

"I like that there's nothing like this," he said. "It's unique and there's support for one another. We try to encourage one another."

Since joining the class in July, Moss has seen improvements in his balance, stamina and strength.

"It's got me doing things I wouldn't have normally done," he said. "I'm not a boxer; I don't know much about it. But I'm doing something different physically, and it gives me a different mindset. Even if I've got a disease with no cure, it's led me to do a lot of enjoyable things."

Moss is also thankful for the support the class has provided. He encourages anyone with the disease to find a support group, get up and move.

"Don't become sedentary and sit and watch TV," he said. "If you have a doctor who does nothing but prescribe you medications, find another one. Get one who encourages you. You can make a difference."

Into Their Own Hands continued on page 10





Tony Kelly, Rock Steady Boxing coach, appreciates the opportunity to help those with Parkinson's fight back against the disease.

Into Their Own Hands

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As a coach, Kelly enjoys being able to help participants improve their daily living. He has seen them become able to talk louder, more fluently and have full conversations. He also has seen them show more emotion and increase their strength, power and balance.

"Here we understand you have Parkinson's — you don't have to explain it," he said. "I don't give sympathy; I push them to do their best. My No. 1 mission is not to treat them as a patient, but as a fighter."

Fighting against Parkinson's daily is Judy Johnson, who joined the class when it began in July.

"I came because it was completely different than anything else," she said.

Johnson has seen an increase in her balance, flexibility and strength. She can ascend the stairs at home without difficulty, put dishes away and do her own laundry and housekeeping. Most of all, she is thankful for the encouragement.

"This is a great support system," she said. "The people have accepted me, and Tony and Ryan are interested in the program and



Scott Svoboda uses ropes to exercise.



John Coffey and Judy Johnson hit speed bags.

us. Tony doesn't let us get away with anything."

Johnson recommends that those interested in the class try it three times before deciding whether it's for them.

"The more you do it, the more it becomes interesting and valuable," she said.

Who Can Participate?

Nearly everyone with Parkinson's can participate in Rock Steady Boxing. An incoming assessment is conducted to

recommend class level and for coaches to get to know you, your challenges and goals. Participants receive a T-shirt, hand wraps and boxing gloves. They are required to provide a medical release form and are allowed to bring a corner man, or support person, to class if needed.

Only those with Parkinson's can participate in the class. For more information, visit <http://lincoln.rsaffiliate.com>, email Lincoln@rsaffiliate.com or call 402-441-7876. 



Known for her desserts and salads, LaDonna Francisco enjoys making foods older adults enjoy.

Francisco Leads the Team, Feeds Seniors

“**L**aughter is brightest in the place where the food is.” — Irish Proverb

Last year, Aging Partners provided 60,000 meals to older adults in Lincoln and rural Lancaster County. Coordinating the efforts of a small team is LaDonna Francisco, lead cook.

The team prepares the hot meals at Aging Partners’ Central Kitchen Operations and delivers them to 10 senior centers five days a week and two senior housing complexes six days a week.

“It’s a big job, and part of the challenge is a central food service,” said Denise Boyd, Areawide Programs and Nutrition division administrator and Aging Partners’ registered dietitian. “All the meals are prepared hot and delivered.”

In September, Francisco will celebrate 25 years with Aging Partners. She worked in the Lincoln Public Schools kitchen for about five years before coming to Aging Partners in the summer for temporary employment.

Once a position opened up as a cook, she took it. She now coordinates meals, ordering and billing, and makes desserts and salads.

Having never heard of bread pudding before she joined the team, Francisco now considers it a favorite item. She has altered the recipe and enjoys experimenting.

“I enjoy making things people appreciate,” she said. “I like meeting people here and serving them. I enjoy talking to them, serving them and making things they enjoy eating.”

A wonderful baker, dessert and salad maker, Francisco can be counted on.

“She can fill in at just about any position in the kitchen,” Boyd said. “She is a hard worker and dependable.”

Not only dependable, but patient. This summer, Francisco will welcome a young person from the Work and Gain Experience in the Summer (WAGES) program, under the Nebraska Commission for the Blind and Visually Impaired.

The program helps visually impaired teenagers gain practical work experience. She shows them around the kitchen and has them help count butters, and sort or weigh out items. She has helped mentor children for the past five years.

“We’ve enjoyed the kids we have had,” Francisco said. “It is amazing what they can do. It is nice to help someone get experience and it teaches us, too.”

Work begins at 5 a.m. each day, but she doesn’t stop there — she and her husband, Hurley, pick up seven of their grandchildren after school.

“I love being busy,” Francisco said.

The couple will celebrate 46 years of marriage in October. They have three children, Chad, Lance and Stacey; daughters-in-law, Deanna and Amy; son-in-law, Brad; and 10 grandchildren. Francisco enjoys reading mystery novels, and embroidering pillowcases and dresser scarves. 



Construction begins on the VA Supportive Housing housing project in October 2016. A ceremonial groundbreaking was held Nov. 12 in the auditorium on the VA Campus. A great crowd attended, including Congressman Jeff Fortenberry, Mayor Chris Beutler, members of the Lincoln City Council, Veterans Affairs' state and federal officials, Housing and Urban Development and Nebraska Investment Finance Authority representatives.

Luncheon Celebrates Service to Seniors in Lincoln

By Linda Stephen, Seniors Foundation Board of Directors

Since its founding in 1981, the Seniors Foundation of Lincoln & Lancaster County has supported Aging Partners and honored those who serve seniors in our community. As a private 501(c)(3) nonprofit organization, the Seniors Foundation believes every person has the right to be treated with dignity and respect as they age.

On Thursday, May 11, from 11:30 a.m. to 1 p.m., the Seniors Foundation will host its 6th Keystone Award Luncheon. Held at the Country Club of Lincoln, this

year's keynote speaker will be Maj. General Roger Lempke, retired USAF officer and past adjutant general of the Nebraska National Guard. The MC will be Mark Taylor Feit, Community Health Charities director and former KFOR morning show host.

The highlights of the luncheon are the awards. The "Keystone Award" and "Seniors Foundation Remembers Award" honor individuals or groups who have made a significant impact on the lives of seniors today and whose time, energy, effort and/or resources will provide a lasting benefit for years to come.

Past recipients of the Keystone

Award, originally called the Community Service Award, include Helen Boosalis, Gil Savery, Lela Shanks, Jerry Joyce, Joe Hampton, Harland Johnson, Scott Young, R. David Wilcox and Dayle Williamson.

Registration for the Keystone Award Luncheon is available on the Seniors Foundation website at www.SeniorsFoundation.org or by telephone at 402-441-6179. Tickets are \$60 each or \$600 per table.

Past projects the Foundation has funded for Aging Partners include:

- Northeast Senior Center building renovation

- Downtown Senior Center building renovation
- Crossroads House building purchase and redevelopment to provide senior housing in downtown Lincoln
- Exercise equipment for Aging Partners Health and Fitness Center

New Construction

In 2011, the Seniors Foundation was awarded the opportunity to create a one-campus concept for serving seniors and veterans on the 57-acre Veterans Affairs campus just south of 70th and “O” streets in Lincoln. The vision for Victory Park, created by the Seniors Foundation and its developer partner, Burlington Capital Real Estate, is to provide housing and services for veterans and seniors, medical health services and retail space.

In October, construction began on the 70-unit Veterans Supportive

Housing, behind the historic doctor homes at the north end of the VA Campus.

“Everything is now in place to begin building the housing our veterans and seniors deserve,” said Mark Richardson, Seniors Foundation board president. “The goal for the redevelopment of this campus is to better serve veterans and to enhance the lives of the aging community in Lincoln. The new facilities will perfectly complement the services presently provided by the VA clinic on-site. We share our gratitude for the incredible support from so many who believed in the vision for this campus the past six years: the U.S. Department of Veterans Affairs, Sen. Deb Fischer, Rep. Brad Ashford, and Rep. Jeff Fortenberry.”

According to Richardson, the sacrifice of the Seniors Foundation to bring this project forward

has been shared by Sampson Construction, Burlington Capital Real Estate, Olsson Associates, the Nebraska Investment Finance Authority, the City of Lincoln, the Lincoln Housing Authority, and local veterans and citizens.

Learn more at www.SeniorsFoundation.org or on Facebook at Seniors Foundation of Lincoln/Lancaster County. 



Construction continues at Victory Park on the VA Campus at 600 S. 70th St.



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Planning Ahead

Social Security and Planning Your Retirement

Social Security beneficiaries are typically 62 and over, but understanding those benefits is to everyone's advantage.

What Is Social Security?

Social Security helps older Americans, workers who become disabled, wounded warriors and families in which a spouse or parent dies.

"About 170 million people work and pay Social Security taxes and about 60 million people receive monthly Social Security benefits," said John Powell, Social Security Administration public affairs specialist. "With retirement, disability and survivors benefits, we improve the quality of life for millions throughout life's journey."

As we work, we pay Social Security taxes earning credits toward Social Security benefits. The number of credits needed to receive retirement benefits depends on when you were born. If you were born in 1929 or later, you need 40 credits, or 10 years of work.

"We base your benefit payment

on how much you earned during your working career," Powell said.

Higher lifetime earnings result in higher retirement benefits. If you did not work some years or had lower earnings, your benefit amount may be lower than if you worked steadily.

When you work, 85 cents of every Social Security tax dollar you pay goes into a trust fund, which pays monthly benefits to current retirees and others drawing benefits such as surviving spouses and children of workers who have died. The other 15 cents goes into a trust that pays benefits to people with disabilities and their families, and covers the cost of running the programs.

Planning Your Retirement

Social Security is not meant to be the only source of income when you retire.

"A secure, comfortable retirement is every worker's dream," Powell said. "Achieving the dream of a secure, comfortable retirement is much easier when you plan your finances."

With medical advances, we are living longer, healthier lives and can expect to spend more time in retirement than those before us.

Three elements are generally included in a retirement portfolio: benefits from pensions, savings and investments, and Social Security benefits.

Social Security replaces about 40 percent of an average worker's income in retirement. Most financial advisors say retirees will need 70 percent or more of pre-retirement earnings to live comfortably in retirement.

To plan your retirement, Powell recommends consumers use the Social Security Administration's Retirement Planner at www.socialsecurity.gov/planners/retire. This provides detailed information about your Social Security retirement benefits under current law and identifies preparations to consider for the future.

You can start receiving retirement benefits at any point from age 62 up until age 70. Your benefit will be higher the longer you delay starting it, but there is no recommended age for everyone to draw benefits.

"The most important thing is to make an informed decision," Powell said. "Base your decision about when to apply for benefits on your individual and family circumstances."

To see your Social Security statement, check your earnings and get benefit estimates, set up a secure account at www.socialsecurity.gov/myaccount. Checking your statement



regularly is a great way to plan for retirement.

Other Online Services

You can visit www.socialsecurity.gov to apply for benefits including retirement, spousal benefits, Medicare and Social Security Disability. It is also possible to request a replacement card and view/print benefit verification letters online.

If you need proof you receive Social Security benefits, Supplemental Security Income (SSI) and/or Medicare, or that you are not receiving benefits, you can request a benefit verification letter. This is sometimes called a budget letter, benefits letter, proof of income letter or a proof of award letter.

You may use a benefit verification letter as proof of your:

- Income when you apply for a loan or mortgage.
- Income for assisted housing or other state or local benefits.
- Current Medicare health insurance coverage.
- Retirement status.
- Disability.
- Age.

Visit www.socialsecurity.gov/onlineservices to find all you can do online.

Keep Your Social Security Information Safe

Identity theft is one of the fastest growing crimes in America.

“A dishonest person who has your Social Security number can use it to get other personal information about you,” Powell said. “The Social Security Administration protects your Social Security number and keeps your records confidential.”

Your number is not given to anyone except when authorized by law. Be careful about sharing your number, even when asked. Ask why your number is needed, how it will be used and what will happen if you refuse. Do not carry your Social Security card in your wallet.

If someone has misused your Social Security number or other personal information to create credit or other problems for you, visit www.identitytheft.gov to report identity theft and get a recovery plan. This website, managed by the Federal Trade Commission, guides you through each step in the process. You also can call 877-IDTHEFT (877-438-4338).

If you think you may have tax issues because someone has stolen your identity, go to www.irs.gov/uac/Identity-Protection or call 800-908-4490. 

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AARP Works to Ensure Future of Services for Older Adults

Mark Intermill, AARP advocacy director, spoke on “The Economics of Aging in 2017” at the Feb. 8 Quarterly Outreach Breakfast at the Downtown Senior Center.

Intermill discussed legislative bills that AARP testifies both for and against. Many of the bills involve tax cuts, but Intermill suggests older adults watch the state’s fiscal situation.

“We need to meet the basic needs for services provided by the state government,” he said. “We need adequate revenue so those services meet needs.”

Nebraska is facing a \$1.1 billion shortfall at the end of fiscal year 2021 due to tax cuts a few years ago and assumptions on farm income.

“We appreciate the desire to minimize tax obligations of Nebraskans,” he said. “It may not be feasible to do some of the tax cuts proposed today.”

Farm income is down significantly, and while it doesn’t account for the net income of the state, gross farm income does. Those in agriculture spend money in local communities, which generates sales tax and income for businesses.

The state’s revenue is heavily based on the agricultural sector, and the budget shortfall may challenge older adults in coming years.

AARP evaluates proposals on how they affect low-income seniors, which tend to be in smaller Nebraska communities.



Mark Intermill, AARP advocacy director, speaks during the Feb. 8 Quarterly Outreach Breakfast at the Downtown Senior Center on “The Economics of Aging in 2017.”

The proposed LB266 would reduce the portion of agricultural land that is taxable for school purposes. This would likely increase residential tax burden for those ineligible for Homestead Exemption, especially in rural counties.

LB313 would increase the state sales tax by 1 percent and use the proceeds in Earned Income Tax Credit and property tax credit. According to Intermill, this would likely increase the tax burden for low-income seniors.

The proposed LB337 would reduce the top income tax rate gradually, if revenue triggers are met.

“The tax cut proposed would reduce revenue by 7 percent to pay for essential services like Medicaid and Senior Centers that people depend upon,” Intermill said.

The Small Business Retirement Marketplace Act, LB79, would establish the process of setting up a retirement plan for small business employees.

“We find that retirement savings has become a real challenge,” he

said. “Many are reaching retirement without having the assets they may need to finance it. We are looking for ways to help younger people and small businesses offer employees a way to save for retirement.”

He also discussed various other legislative bills from payday loans to Social Security benefits taxation. Many of the proposed bills would provide those 65 and over in the high income tax group (\$100,000-\$500,000+) more discretionary income through income tax cuts; and the upper middle group (\$40,000-100,000) more discretionary income through social security taxation relief and income tax cuts. The lower middle income group (\$0-40,000) would face a cut in discretionary income by increasing the state sales tax, reduced services covered by Medicaid, changed rules for payday loans and shifting the property tax burden to residential property owners, especially in rural areas.

AARP is focused on working with legislation to protect much-needed services for older Nebraskans for years to come. **lw**

Recognizing and Getting Help for Mental Illness

One in five people are impacted by a mental illness at some point in their lives. Depression is the most common form of mental illness, but also the most treatable.

“Depression often goes undiagnosed in the aging population because there are many symptoms including physical ones that people do not realize are related to depression,” said Dr. David Miers, Bryan mental health services medical center counseling and program development manager. “Learning more about mental illness and the symptoms can help. Some view asking for help for their mental illnesses as a sign of weakness.

“Actually, it’s a sign of strength to ask for help. Individuals who seek treatment, no matter the age, can feel better and overcome depression and its symptoms. Research shows that more than 80 percent who seek treatment feel better.”

Miers is the counseling and program development manager for mental health services at Bryan

Medical Center. In addition, he co-chairs the Nebraska State Suicide Prevention Coalition and is on the leadership team for the local suicide prevention coalition. He has published research focusing on family survivors of teen suicide and co-authored a chapter in an international handbook for clinical suicide research. He assisted in the development of the Lancaster Local Outreach to Suicide Survivors Team in Lincoln.

Symptoms of a Depression

Individuals who are isolated or live alone are more at risk for depression because they are not around others who may notice changes. So, how can you identify depression in yourself or those around you? The common symptoms are:

- Feelings of overall sadness
- Unexplained aches and pains
- Loss of interest in social events or hobbies, or things they used to do
- Weight loss or loss of appetite
- Weight gain
- Feelings of helplessness or hopelessness
- Lack of motivation or energy
- Difficulty falling or staying asleep, or sleeping all the time
- Loss of self-worth, worthlessness or self-loathing
- Worrying all the time
- Slowing down, physically or in speech
- Using alcohol and drugs



Dr. David Miers, Bryan mental health services medical center counseling and program development manager

- Fixation on death or thoughts of suicide
- Memory problems
- Neglecting personal care

If you notice these symptoms in a loved one, it’s important to talk about it and encourage them to seek professional help. If someone is suicidal, it is even more important to not leave that person alone and take them to help immediately.

“There’s a stigma that if we talk about suicide it gives someone the idea and makes things worse — that’s false,” Miers said. “The best thing we can do is talk about it.

“Depression is real and treatable. It is important to provide resources on where to get help and follow up with them. Untreated depression can be serious, and early treatment is important.

Recognizing and Getting Help For Mental Illness continued on page 18

“ It’s a sign of strength to ask for help.”

– Dr. David Miers

Recognizing and Getting Help for Mental Illness

Continued from page 17

Check on your loved ones, and encourage them to reach out for support.”

In this season of life, it may be difficult to recognize the difference between grief and depression.

According to Miers, grief is a roller coaster, with good days and bad days. Grief is a process with multiple stages that an individual needs to work through. Depression is a consistent feeling, lasting more than two weeks, which interferes with normal daily activities. There is a myth in society that depression is a normal part of aging, which it is not. No matter your age, depression is treatable.

“It’s important to see a doctor or therapist to diagnose depression,” he said. “Grief can lead to depression. If you notice after several weeks you feel down consistently, it can be depression.”

You might assume thinking about death is natural as we lose loved ones, but it is never natural to think about suicide and important to take action immediately.

The First Step in Getting Help

If you suspect you are depressed, talk to your family doctor or a therapist. You can also take a free, online confidential screening for depression, anxiety and other mental illnesses at bryanhealth.org/mental-health.

Treatment may include therapy, medication or a combination of both, and can provide relief in a couple of weeks.

“If medications are prescribed as part of your treatment, work with your provider to find the medications that work for you,” Miers said. “Medications affect people differently, so having open communication with your doctor is helpful.”

Bryan West Medical Center, 2300 S. 16th St., has provided mental health care for more than 75 years. The Bryan West Campus mental health emergency room is one of its kind in the United States. About 600 people use the 24/7 mental health emergency room monthly.

Bryan mental health counseling center staff includes psychologists and therapists with special training. They are compassionate and experienced in treating depression, anxiety, relationship issues and adjusting to life change. They also work for those experiencing shock, anger, grief and other emotions that can accompany a medical diagnosis or chronic health condition.

“Research shows that people with chronic health conditions have a higher risk for mental illness like depression or anxiety, and vice versa,” Miers said. “If depression or anxiety goes untreated, it can lead to other health conditions.”

If in crisis, call 911 or get to the nearest emergency room. You also can call 800-273-8255 (TALK) for 24/7 suicide prevention and crisis support for yourself or a loved one.

If you think someone is in danger and at immediate risk of harm to themselves or others, ask them if they will come with you to the emergency department at Bryan West Campus to determine if hospitalization is needed. If a loved one is refusing care and is a danger to him or herself or others, call 911 and request the police department evaluation for involuntary commitment.

For non-crisis situations, the Bryan Counseling Center provides outpatient counseling — physician referral is not required. Call 402-481-5991 for information or to schedule an appointment.

Recognizing and Getting Help For Mental Illness continued on page 19

Bryan Health Radio

A fast, easy way to learn from health experts while you’re at home or on-the-go!

Check out Bryan Health Radio. Our free 10-minute podcasts offer valuable, useful advice presented by our very own doctors and health experts.

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with Matt Reckmeyer, MD
- **Restless Leg Syndrome: Symptoms, Triggers & Treatments**
with Timothy Lieske, MD
- **Are You at Risk for Shingles?**
with Suzanne Vandenhul, MD

To see our full range of topics and listen to a free podcast, go to: bryanhealth.org/bryan-health-radio

Bryan Health
Forward. Together.



Continued from page 18

Stay Connected

To keep yourself healthy, get a little exercise, adequate sleep and eat a good diet. You should also avoid isolation, especially if you live alone. Be active and get involved in hobbies or groups you enjoy.

“It’s important to be connected to family, friends, and your community,” Miers said. “This makes it less likely a person will harm themselves, abuse alcohol or become aggressive. It’s important that seniors become more connected and have a social network if they live alone.”

Additional Resources

For anyone who wants to focus on their mental health — for example, if you are dealing with a chronic health condition, or just want to improve your life in certain areas — the Wellness Recovery Action Plan Community Group may be for you.

In this free, voluntary meeting, adults can create a plan to achieve their personal mental health goals. A wellness toolbox is created with a daily maintenance plan, triggers and how to avoid them, early warning



Bryan Counseling Center can help individuals with depression, anxiety and other mental illnesses on the path to recovery.

signs and action plan, what to do when things break down, crisis plan, post-crisis plan and other things to help in your recovery journey. The group meets Thursdays from 4-5 p.m. or 5:30-6:30 p.m. at the Bryan West Campus West Medical Plaza classroom 2, 2222 S. 16th St., lower level. No registration is required.

For additional information on mental health, visit <http://www.bryanhealth.org/mental-health>. 

Integrated Care Available Through the Harvest Project

The Aging Partners Harvest Project provides emergency community support and traditional community support services to individuals in Lincoln age 55 and older who have a mental illness diagnosis or behavioral health need.

Emergency community support is available to individuals experiencing a behavioral health crisis. Emergency community support is shorter term in length but more intensive in order to help stabilize the client through the crisis.

Traditional community support is a rehabilitative and support service for individuals who have a severe and persistent mental illness. It is longer-term in nature and focused on stabilizing and maintaining participants in the community.

Emergency and traditional community support staff work to develop individual person-centered goals for each participant. Clients undergo a needs-assessment process that focuses on the person’s needs and results in a client-driven treatment plan.

Both emergency and traditional community support can help clients reach goals in a variety of different areas including stability of mental health, medication management, care of physical health, financial stability, budgeting, access to health care, substance abuse, benefit acquisition, housing needs, daily structure, socialization, interpersonal needs, and help using community resources.

“The Harvest Project plays a big role in helping deliver

services and provide the support needed to help those in our community who are having problems dealing with day-to-day, complex mental health issues,” said Ryana Swift, Aging Partners Harvest Project emergency community support specialist. “There are a lot of organizations that make up our local treatment network, and our work at Aging Partners helps reduce the workload and save valuable resources for entities like police, hospitals and emergency rooms.”

The Harvest Project is funded through the Regional Behavioral Health Authority (Region V), private insurance and Medicaid.

To talk to emergency or traditional community support Harvest Project staff, call 402-441-7070. 

Stay in Shape: Exercise Your Brain

When thinking of the word “fit,” we often think of physicality — but it also applies to being cognitively fit. The brain naturally atrophies while aging.

“The efficiency of the brain declines as we get older and physically decline,” said Dr. Ryan Ernst, Madonna Rehabilitation Hospital neuropsychologist.

Declining brain health affects every area of our lives, such as maintaining personal hygiene, ability to cook or independence through driving. Daily activities, social life and the ability to live independently rely on having good brain health.

There are things you can do now to benefit your brain health for years to come. Certain lifestyle choices, attitudes and exercises contribute to brain fitness.

What Can You Do to Maintain Good Brain Health?

Those most at risk of advanced decline of brain health would be individuals with chronic health conditions, such as diabetes and cardiovascular problems like high blood pressure or high cholesterol. If you have a chronic illness, the best thing you can do is manage that to the best of your ability.

For everyone, Ernst suggests the Four Pillars of Brain Health: diet, exercise, stress reduction and cognitive exercise.

1. Diet — Your diet impacts your brain health. Avoid a lot of high cholesterol foods and complex sugar foods. Adhere to a Mediterranean diet eating fruits, vegetables, nuts, more fish than red meat, and using

things like olive oil instead of butter and saturated fats.

2. Exercise — Research has shown that the density of brain volume increases with cardiovascular exercise, which directly impacts the function of your brain.

With physical exercise, the brain develops new neurons in the hippocampus, which is an important area of the brain for memory. Exercising doesn’t have to be extensive though you want to elevate your heart rate. Try walking four to five days for 30 minutes.

3. Stress Reduction — Managing stress in your life can help your health.

“We know that stress has a deleterious effect on the physical structure of the brain,” Ernst said. “A person has to be able to manage stress if the goal is good brain fitness.”

Managing stress is different for everyone, but for some, stress can be caused by their work environment, working too much, not having enough enjoyment, or needing more social interaction or an outlet for creativity. It’s important to treat depression, substance abuse or anxiety, too.

4. Cognitive exercise — Exercising your brain can help your brain health and function over time.

“Just like the body, if we want to increase the strength of the biceps, we need to exercise the biceps,” Ernst said. “If you want to increase the strength and health of your brain, you must do so by exercising the brain.”



Dr. Ryan Ernst, Madonna Rehabilitation Hospital neuropsychologist.

Cognitive Exercises

Exercising your brain includes performing activities that require intense focus.

“This can be a new type of learning, like learning a new language or how to play the piano,” Ernst said.

Learning new skills can alter the physical makeup and function of your brain, and can help maintain an engaged and creative lifestyle.

Not all activities are the same when it comes to exercising the brain. Crosswords, Sudoku, other puzzles and staying active by working may help the brain, but do not lead to the same benefits as learning a new skill or practicing specific exercises.

“We know when we focus intently on something, the chemical called brain-derived neurotrophic factor is released and stimulates the brain to create new neurons,” Ernst said.

The new neurons support the new tasks that we ask the brain to do. Evidence suggests we can link these activities directly to improved physical stature of the brain and enhanced cognitive function.

Studies have demonstrated that cognitive exercise helps brain health. A study completed in 2009 and published by the American Geriatrics Society found that cognitive exercise programs showed improvements in areas such as memory, increased auditory and visual processing. About 75 percent of participants reported experiencing a positive difference in their lives.

A longitudinal study funded by the National Institute on Aging showed cognitive training effects were evident five years after training. Participants showed less difficulty with daily living activities and a 35.6 percent reduction in risk of serious health-related quality of life decline.

The most significant and recent findings were reported in July 2016 by Dr. Jerri Edwards, who found study participants were 33 percent less likely to develop cognitive impairment or dementia.

Where to Start

You can learn a new skill in your own home or use a computer-based cognitive exercise program. When choosing one, be careful — just because there's a product out there, that doesn't mean it's backed by science.

Ernst recommends you start your research at sharpbrains.com. This market research company provides free, reliable information and evaluates new products and research in the brain health field.

A reputable program for cognitive exercise is BrainHQ. The program is designed for the aging population and tests your attention, concentration, processing speed, memory and visual/spatial skills through games. It is based as a subscription service with an annual fee, but you can visit brainhq.com for free information and research.

Ernst recommends doing this about four to five times a week for about 20 minutes. Frequency is more important than duration of exercise.

Also helpful is to learn about mindfulness.

“We know this is excellent for stress reduction,” Ernst said. “Research indicates that it has a similar effect on the increase of brain volume or density.”

To stay committed, he recommends you work with a couple of other people.

“We tend to have higher allegiance to other people,” Ernst said. “The more we involve others, even one other person, the more successful we are going to be with adhering to a fitness plan.”

Benefiting for Years to Come

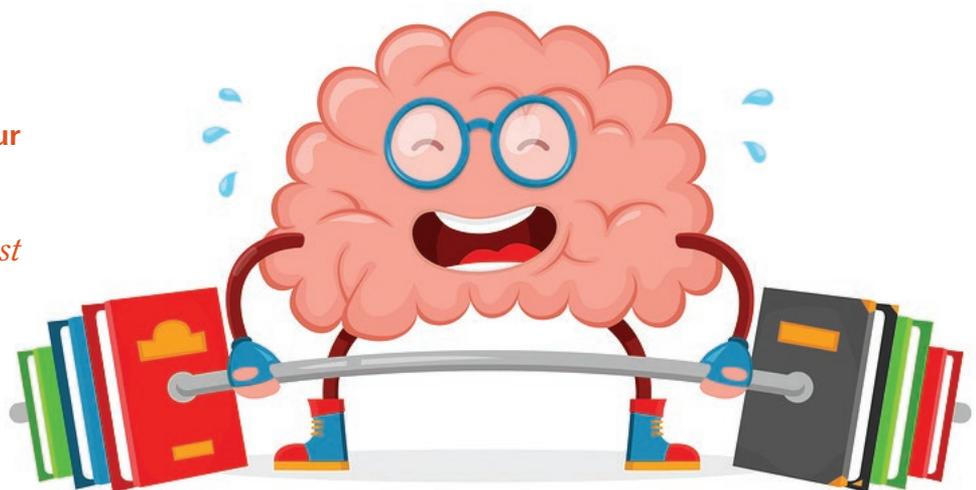
What you do now can benefit you in years to come.

Remember that if you, or others around you, see a significant change in what is normal, that would warrant a doctor visit.

“We do know there is gradual decline in cognitive ability as we age,” he said. “Being forgetful can be normal, but when there's a significant change in what is normal for that person, that's a concern.”^{LW}

“If you want to increase the strength and health of your brain, you must do so by exercising the brain.”

— Dr. Ryan Ernst



Enhanced Health and Fitness Classes Gaining in Popularity

By Peggy Apthorpe, Aging Partners Health and Fitness

Thanks to a grant from the Nebraska Department of Health and Human Services Injury Prevention Program, Aging Partners has enhanced Tai Chi offerings to include new evidence-based classes in Lincoln.

Tai Chi: Moving for Better Balance

This new fall prevention program uses the principles and movements of Tai Chi to help older adults improve their balance and increase their confidence in doing everyday activities. Research has shown that practicing Tai Chi – a balance promoting exercise – is an effective way for older adults to reduce their risk of falling and maintain their independence. One study indicated there was a 55 percent reduction in fall rates among individuals who participated on an ongoing basis.

A new 12-week session will begin April 25 at the Lake Street Senior Center, 2400 S. 11th St. The class will be held on Tuesdays and Thursdays from 12:30 to 1:30 p.m. There is a \$2 per class suggested contribution for people age 60 and over.

Here's what some participants are saying about Tai Chi: Moving for Better Balance:

"I think every senior should take this class. When I started, I was deathly afraid of falling, especially when stepping off of curbs. I even took to taking a

cane with me, thinking it would help me avoid falling. I now do not use a cane and am not afraid of falling. The techniques in Tai Chi helped me retain balance. It is a wonderful exercise, not only for balance, but also helps with other medical issues. I wouldn't miss a Tai Chi class for anything. I love it and will always be practicing the moves."

"I have gone from sitting in a chair, to a walker, to standing during class."

"My doctor says it's good for my arthritis and heart."

"I leave class standing straighter and refreshed."

LaVonne Elfring is a certified Tai Chi: Moving for Better Balance instructor. The experience and results she gained as a participant motivated her to become an instructor.

"Tai Chi is for everyone," Elfring said. "I had fallen and broken a rib in the winter snow. I started taking Tai Chi classes. The more I took, the more I knew I wanted to share Tai Chi with others. I moved and felt better. Tai Chi restores flexibility and balance. One just has to keep it up and enjoy. It will restore your confidence in walking."

Active Living Every Day Workshop

Presented in partnership with the Lincoln Parks and Recreation Department, this free 12-week workshop will help you learn how enjoyable physical activity can be, even if you have never been active before.



LaVonne Elfring, Tai Chi instructor



**Tai Chi is for
everyone."**

– LaVonne Elfring

The workshop will be on Tuesdays from 9:30 to 10:30 a.m. from May 2 through July 25 (no class on July 4). It will be at the F Street Recreation Center, 1225 "F" St. Class size is limited, so register soon.

Active Living Every Day addresses the root causes of inactivity and helps you overcome the challenges. Attendees report that they are exercising more, eating healthier and burning calories. Blood pressure, blood sugar levels and sleep improved. Participants will learn from and support one another in their efforts to maintain and improve good health.

Discover how easy it is to create an activity plan that fits

your individual preferences and lifestyle. Even house cleaning and shopping can count toward weekly goals.

Relax, Rejuvenate and Renew

This half-day mini-retreat is for caregivers or anyone looking to recharge their physical, emotional and spiritual batteries. The event consists of programs like “The Transformative Power of Music” and “Dream On,” both presented by Tracie Foreman; “The Astonishing Power of Appreciation” by Debbie Way; and “Yoga for Relaxation and Stress Management” by Terri Swanson.

Relax, Rejuvenate and Renew will be held from 9 a.m. to 2:30 p.m. Friday, April 28 at the Jack Huck Continuing Education Center, 301 S. 68th St. Plaza. The \$29 fee includes lunch. The registration deadline is



LaVonne Elfring started taking Tai Chi classes after falling and breaking a rib. The more she participated, the more interested she got and became an instructor.

Thursday, April 20. Register online at <http://bit.ly/RegisterCE> or call 402-441-7575 or 402-327-2700 for a registration form.

Health and Fitness Here for You

Aging Partners is out in the community helping “new-age seniors” who strive for a healthier

life balance. See pages 36 through 39 in this publication for a complete list of classes and events.

For more information or to register for any Aging Partners Health and Fitness class, call 402-441-7575.

And remember, life’s a hit when you’re feeling fit! 




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BBB Rating: A+



Nutrition Check-up for Healthy Living

Aging Partners offers “nutrition checkups” to each and every registered client. As part of our regular sign-up for many services, we ask clients 10 questions that are part of the Determine Nutrition checklist. These questions were developed by the Nutrition Screening Initiative as a joint project of the American Academy of Family Physicians, Academy of Nutrition and Dietetics and National Council on the Aging. The University of Oregon did research to develop screening questions. Eventually, the Administration on Aging recommended this tool for clients who receive services provided under the Older Americans Act.

The 10 questions are screening for possible malnutrition — a condition that is both costly to our health care system and a detriment to a senior’s quality of life. Researchers estimate that:

- One out of two older adults is at risk for malnutrition.
- Sixty percent of hospitalized seniors are malnourished and have longer hospital stays.
- Malnourished seniors have more complications, falls and readmissions to the hospital.

You can see why Aging Partners wants to screen for malnutrition and help with interventions that keep folks healthy and living at home.

Here is what happens after someone scores a 6 or more on the answers to the 10 questions on the Determine Nutrition checklist:

- Paula Ritter Gooder, Ph.D., RDN, and certified specialist in Gerontological Nutrition, will contact you to offer a nutrition

assessment. This can be done in your home or at our office.

- This will include a health history and medications. She may also do a nutrition physical (no clothing is removed) involving a scan of your hands, fingernails, lips, tongue and the muscles in your forehead. She may also ask you to bring in recent results from blood or other medical tests.
- From this information, she forms a nutrition diagnosis and works with you to set up a plan of action — if you agree to it. She will follow up to see if there is a need for additional education or consultation. She will also report to your medical care providers as needed.
- You will have an opportunity to contribute for the cost of the help, but the choice to do so is up to you.

Here is the story of one client’s nutrition counseling: A.B. is a 63-year-old woman who was screened by her case worker and deemed to be high risk. She was referred to Paula,

who contacted her and set up a home visit. During the nutrition physical exam, she discovered that she had temporal muscle wasting, skeletal muscle loss, poor appetite, hair loss, and stomach discomfort with eating and nausea. Paula’s diagnosis was protein calorie malnutrition related to stomach pain. Lab values from her medical providers were within normal ranges. Paula and A.B. planned an intervention that included frequent high-calorie, protein-rich snacks and small meals as tolerated. Together they selected foods that A.B. was willing to try, that included favorites. Greek yogurt was included because of its extra protein content. Paula has followed up with A.B., who is feeling better and has less stomach issues. Paula is planning another follow-up to see if her muscle wasting and hair loss have diminished.

Paula’s intervention stopped or possibly reversed the cascade of frailty of A.B., which may have resulted in her loss of independent living. **lw**



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 in farmers market coupons to spend at certified vendors throughout the summer.

To be eligible:

- You must be 60 years of age or over as of May 2016.
- Gross annual income less than 185 percent 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 learn when coupon application clinics will be held. There are a limited number of farmers market coupons available, and not all who apply will receive them. Coupons are distributed randomly from all applicants. **LW**





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Living At Home

Stay Safe: Maintain Your Independence by Preventing Bathroom Falls

Each year, 2.8 million older adults are treated in emergency departments for fall injuries. Falling once doubles your chances of falling again. Being injured from a fall can make it hard to do everyday activities and live independently.

Falls are often due to potential hazards that are easy to overlook, but also easy to fix. An area many struggle with is safe bathing. Below are tips to help you safely bathe:

- **Install grab bars** — these give you something to grip and anchor yourself when moving in or out of the tub or shower. They also can help you catch or brace yourself if you fall.
- **Prevent slips** — often tub and shower floors are slippery. To

prevent slips, install nonslip surfaces on the tub floor. You also can install nonslip decals or use a nonslip rug on the bathroom floor. It is recommended to remove the rug and hang it on a railing or the edge of the tub when not in use to avoid tripping. If you have other rugs without nonslip backing, attach these to the floor using double-sided tape or a rug pad.

- **Remove obstacles** — things that can easily be tripped over should be rearranged, if possible. If the side of the bathtub is difficult to step over, consider installing a walk-in shower or walk-in bathtub. You also can get a tub transfer bench to safely enter and exit.

Aging Partners' Home Handyman program can help you with the installation of grab bars and other minor repairs. To use the program, you must be at least 60 and own and live in the home in which you are requesting work. Payment is based on a sliding fee scale.

Aging Partners also provides gently used durable medical equipment such as tub transfer benches, suction cup grab rods, shower benches and portable showerheads.

For more information on these programs, call 402-441-7030.

- **Reduce the risk of overexertion** — installing a secure bathing seat or shower stool can reduce the risk of this.
- **Install a handheld showerhead** — consider adding one on a cord, which makes it easier to wash while seated.
- **Enhance accessibility** — ensure commonly used items like soap, shampoo, etc. are within reach.
- **Prevent hot water burns** — as we age, our skin becomes thinner and more delicate. It can take longer to notice hot temperatures. Ensure your bathroom taps are clearly labeled and keep hot water temperatures to a maximum of 120 degrees.



If mobility is making it difficult to independently bathe, perhaps use a non-medical in-home care company to provide support and help you live independently as long as possible.

Another way to prevent falls is to take the Stepping On fall-prevention program. This is targeted to educate and build confidence to reduce or eliminate falls. The class is for those who have fallen or are in fear of falling.

“Stepping On not only teaches how to prevent a fall, but also covers many other topics,” said Pat Mehmken, Stepping On master trainer since 2013.

The seven-session class reduces the potential risk of falls by educating participants on exercises they can do and information from physical

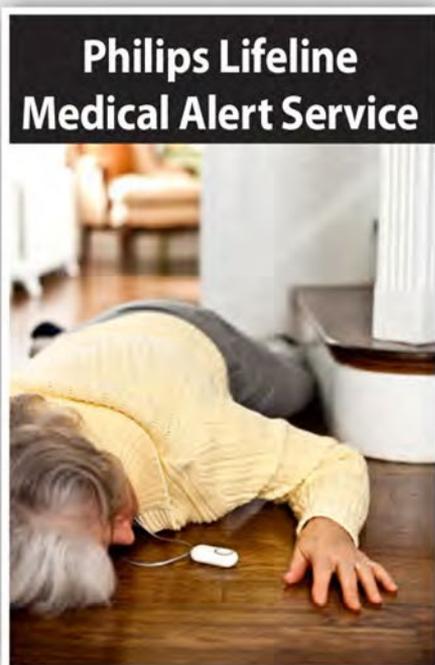
therapists, optometrists and pharmacists. Information includes how to get up from a fall, how your vision and medications affect your ability to walk, how to talk to your doctor, how to enhance safety in your home, how to get out in inclement weather and how to safely walk on even surfaces, even while using a cane or walker.

“It’s an effective class,” Mehmken said. “We are all human and it’s OK to share that we’ve had a fall. It’s not embarrassing. The whole goal is to prevent another fall and learn from the fall you had to prevent it from happening again.”

Research has shown that Stepping On has helped reduce falls by 31 percent, helping older adults maintain their independence. For more



information on Stepping On, call Aging Partners Health and Fitness at 402-441-7575 or email papthorpe@lincoln.ne.gov. 



Philips Lifeline Medical Alert Service

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- ▶ Get prompt caring assistance 24-hours a day, 365 days a year.
- ▶ Increase peace of mind for you and your family.

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**For details on Aging Partners Lifeline
service, call 402-441-8816.**



*Assumes the location of the Lifeline Communicator is in an area with sufficient access to coverage by the AT&T wireless network. Button signal range may vary due to environmental factors. AutoAlert does not detect 100% of falls. If able, users should always push their button when they need help. No. 1 claim is based on number of subscribers.

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Safe Homes for Seniors Service Helps Protect Against Toxic Chemicals and Unsafe Storage

Over the years, we purchase various products that help us clean our home or make our yard weed-free, but that doesn't mean we should hold onto these items forever. As we age, we spend more time in our home and are more at risk for exposure to dangerous household products or we have chronic health conditions that can worsen due to exposure to toxic chemicals.

A partnership between the Lincoln-Lancaster County Health Department and Aging Partners, the Safe Homes for Seniors Service is a free program for eligible adults

60 and over and the homebound to manage dangerous household chemicals and products. Funded in part by a grant from the Nebraska Department of Environmental Quality, the program provides convenient home assessments for older adults in Lincoln and Lancaster County.

"Toxic chemicals and hazardous waste are dangerous to human health and the environment," said Dan King, environmental health specialist at the Health Department. "Safe Homes for Seniors is available to help eligible seniors with the assessment, sorting and removal of toxic chemicals, which include lawn and garden poisons, automotive fluids, cleaning supplies and so on."

During an appointment, a trained Home Handyman visits with the resident and assesses the home for dangerous chemicals. The handyman can inspect places such as basements and garden sheds that some seniors may not be

able to access due to limited mobility.

"Sometimes seniors have already gone through the process and identified what they don't need," King said. "Sometimes the handymen are trained and more suited to look throughout the house and identify toxic products that are no longer being used."

Once all the chemicals are identified, and if the senior wants everything removed, the handyman sorts and reviews the chemicals, determining which can be thrown away and which must be properly disposed at a household hazardous waste collection.

"If they want to keep some of the products, the handyman can sort and share with the resident what they have, how much and where it can be safely stored," he said.

Handymen can help with keeping products up and away



Do you have...

- Toxic lawn chemicals?
- Corrosive cleaning products?
- Flammable liquids?
- Unknown chemicals?
- Paint-related products?
- Bleach-based cleaners?
- Mercury thermometers?
- Rodent poisons?
- Pesticides?



from the reach of children and ensure containers are not leaking. They also can provide guidance on which chemicals can be kept in the garage and will not be negatively impacted by extreme temperature changes.

Interested seniors are encouraged to call Home Handyman at 402-441-7030 to schedule a Safe Homes for Seniors appointment today. Again, this service is free and available for those 60 and over who are actively living in their homes. **LW**

Those seniors transitioning to an extended care or assisted-living facility or those who are younger than 60 may participate in a free Household Hazardous Waste Collection Event by transporting chemicals to a community site listed below:

April 29 — Walmart, 87th and Highway 2

May 20 — Zoetis, 601 W. Cornhusker Hwy.

June 16 — Union College, S. 52nd and Cooper Ave.

June 17 — Veyance/Continental, 4021 N. 56th St.

Sept. 30 — Lincoln Industries, 600 W. "E" St.

For more dates and locations, call 402-441-8021.

You may also visit lincoln.ne.gov and search keyword "household" for more information on hazardous waste and collections.



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www.SeniorsFoundation.org

Staying Self-Sufficient

By Mitch Sump, Aging Partners program coordinator

As I write this, it is actually a pretty and pleasant February day. Knowing Midwestern weather as I do, this magazine probably arrived at your home during a blizzard. So, naturally, the topic of choice is spring. I received good comments about the new format and will continue this quarter along with the addition of more household hints. The comments were favorable, but almost everyone mentioned how they missed the hints I always included.

Transportation

We continue our daily routes to and from the Senior Centers and your homes for lunch. If you have never ridden on our shuttles, I encourage you to try them and see how easy it is. To make a reservation, simply call your senior center manager and request to be put on the list. The cost to ride is a free-will contribution that can be given at the centers.

Spring is an exceptionally exciting time for Rural Transit as we once again kick into gear our fun weekend trips. In the past, those trips have included the Strategic Air Command and

Aerospace Museum near Ashland, plays at the Loft Theater near Weeping Water, and the Lewis and Clark Center and Museum south of Nebraska City. Cost for these trips varies and is based on distance traveled and number of stops. They almost always include lunch somewhere and normally a snack stop. We can't help it — our drivers work hard and they need to keep up their strength!

I also remind you that Rural Transit is public transportation and you do not need to be a senior to ride. If you wanted to visit friends and family in an outlying community and bring back a grandchild or two to spend the night, that's perfectly acceptable with the Rural Transit program. Cost to ride is \$2 per person per boarding. Schedule rides by contacting us at 402-441-7031.

Lifeline

I can hear the wheels turning in the reader's heads going, "How is he going to tie spring into a personal emergency response system (PERS)?" It's actually quite simple. We offer two distinct systems for people — one for those who tend to stay around their homes and one for those who are more on the go. The home system allows you to be up to 750 feet from the base unit and still be in contact. Ranges vary due to layout of the home and its construction, but we have clients who report being able to use their systems from farther than 750 feet. The other option is the Go Safe system, which allows users to be anywhere in the continental United States and still have the protection of their PERS.



OK, enough with the commercials. Let's get back to how these tie into spring. The goal for the Lifeline program, and for all my programs actually, is to keep people safe and active in their own homes. After spending four to six months cooped up inside your home, you are ready to get outside and plant flowers, start the vegetable garden, dust off the lawn furniture or anything that keeps you active while outside enjoying the nice weather.

Durable Medical Equipment

I admit the last tie into spring was a bit of a stretch, and I will not even try and do it with this program. The DME program is one we value greatly for the assistance it brings to our clients or to people looking to donate equipment they no longer have a need for. We have nearly 500 items currently in stock ranging from air conditioners to wheelchairs. Items like shower benches and seated walkers don't stay in stock long, so we always can use more of those, provided they are in gently used condition.

We have a good quantity of motorized chairs in stock. These are all used but in good working condition and, in some cases, high-end models. All of our equipment is provided with a suggested contribution in mind, so Aging Partners can continue to provide this valuable service to our clients.



Home Handyman

Now, I can get back to the spring theme and don't even need to stretch to do it. Without a doubt, spring is the busiest time of year for the Home Handyman program. We begin our outdoor services March 21, weather permitting. Remember, it's the Midwest, and in my youth, I remember looking for newborn calves in May blizzards.

Our outdoor services include mowing, raking/mulching leaves, cleaning gutters, prepping flower/garden areas and similar chores. One thing we try to avoid is weeding flower beds unless the owner can tell us exactly what they want removed. I'm a farm kid, so anything not planted tends to be a weed in my book. Fees for any of our services are on a sliding scale, which we can discuss with you. Call 402-441-7030.

Household Hints

Well, I have a little space left so let's throw a few hints out to help keep your home ready for spring.

Banking soil around foundations — We get quite a few calls in the spring about leaks in the basement foundation. There are two ways to help prevent this: keep your gutters clean to allow water to flow away from your home and bank the soil up around the foundation. Over time, soil either washes away or becomes compacted. As we all know, water will travel to the lowest point possible while following the path of least resistance. Banking soil forces the water to move away from the foundation.

Hose posts — Garden hoses left on the ground are a tripping hazard, have the potential to be mowed over and can kill the grass. If you don't want to attach a hose rack to your home, consider putting in a hose post. Set a length of treated 4x4 into the ground near your faucet. You can even cement it in if you want. Attaching the rack to the post allows your hose to be off the ground. If you want to get fancy, you can even spread rock or wood chips around the post to stop the area from becoming muddy.

Seal roof openings

Spring is the ideal time to reseal areas on the roof such as chimneys, vent pipes and skylights. Sunlight, rain, snow and wind can cause sealants to deteriorate over

time. Use a good quality roofing tar or shingle cement and liberally coat the seams. While up on the roof, you also can apply the cement to loose shingles and check for weak spots.

Ladder safety — Ladders are wonderful tools, but my friends in insurance tell me they are a factor in numerous household claims. When moving a ladder, remember that they are top heavy. Either carry them upright or get someone to help while carrying it horizontally. If you need or choose to move it by yourself in the upright position, keep an eye on overhead branches and power lines. Aluminum extension ladders are a conductor of electricity.

Ladder mittens — If you use your ladder a lot like I do, you discover that a lot of children's toys find resting places on the roof. Consider getting ladder mittens. These mittens are heavy rubber coverings that protect your siding, paint job and shingles when you place your ladder against them. I think I spent about \$12 on mine. You can get similar results from wrapping old socks or towels around the ends.

I hope everyone is enjoying the nice spring weather. We look forward to helping you throughout the season. 



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Gentiva Health Services is now part of Kindred at Home, a provider of home care with the nationwide Kindred Healthcare network of services. Our management and clinical team of Registered Nurses, physical therapists, occupational therapists, speech therapists, home health aides and medical social workers remain the same. We look forward to continuing the relationship with our community and patients and deepening our commitment to providing the highest quality of clinical care.

www.kindredathome.com



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Caregiver Corner

Support Groups Help Alzheimer's Caregivers

Providing support services at no cost, the Alzheimer's Association can help Nebraskans affected by Alzheimer's disease — both those diagnosed and caregivers.

"Often people ask 'What do I do now?'" said Natalie Leon, program specialist with the Alzheimer's Association, Nebraska Chapter. "We can discuss home health options, memory care and legal services during our care consultations."

But the Alzheimer's Association also provides support groups statewide — early stage support groups for those diagnosed with the disease and their care partners' support groups.

In the early stage support groups, those diagnosed and caregivers are welcome.

"We offer different educational sessions for caregivers and those diagnosed, and then everyone gets together to talk about what was discussed," Leon said.

These support groups last about six to eight weeks, depending on the community.

"Usually once the group wraps up, they will form their own support group because they've had that bonding experience," Leon said. "As the disease progresses, it eventually becomes a caregiver support group."

Caregiver support groups are ongoing and meet once a month for anyone in the

community caring for someone with Alzheimer's or another dementia — they can be a spouse, sibling, child or friend. Each group is a little different, offering educational information on behavior, communication, financial management, hospice, home health and other topics like challenges, concerns and advice.

Support for Tillery

In August 2013, life changed for Ann Tillery when her 85-year-old mother, Alta, was diagnosed with dementia, probable Alzheimer's. She helped navigate her mother's care until Alta's death in July 2014.

"None of us were adequately prepared for the complexity of this disease and reality of her increasing needs to help keep her safe," Tillery said. "Being a caregiver to someone with Alzheimer's disease is emotionally and physically devastating. Mom's

rapid decline caused enormous stress, guilt and a sense of hopelessness."

Soon after the diagnosis, Tillery reached out for support groups, which provided validation of her concerns and frustrations, a sense of permission for difficult emotions, and educational support and information about the disease, such as common symptoms and behaviors.

"While the person with Alzheimer's struggles with reality, it is the family that suffers," she said. "The support group provides a safe haven to learn about Alzheimer's, improve coping skills and develop a clearer understanding of what to expect."

Being able to talk to someone with firsthand knowledge of the disease helped Tillery find peace and turn her anger into advocacy. The day after her mother transitioned to hospice care, Tillery became an Alzheimer's



Alta Walters, right, with her grandson, Alex

Association volunteer, advocating for research and care/support services.

“I encourage others to get involved with the Alzheimer’s Association,” she said. “Volunteer in honor of your loved one as Alzheimer’s has no survivors — yet. But our voices are being heard, and we will change the trajectory of this disease.”

Find a Group

To find a support group near you, visit alz.org/nebraska, click on “support” and “Alzheimer’s Association program and events.” You can search by location to find what group best works for you. You can also call the Alzheimer’s Association at 800-272-3900 for information on support groups.

To join a group, contact the support group facilitator to discuss upcoming meeting times and locations. **lw**



Ann Tillery, right, helps take care of her mother, Alta.



While the person with Alzheimer’s struggles with reality, it is the family that suffers.”

– Ann Tillery

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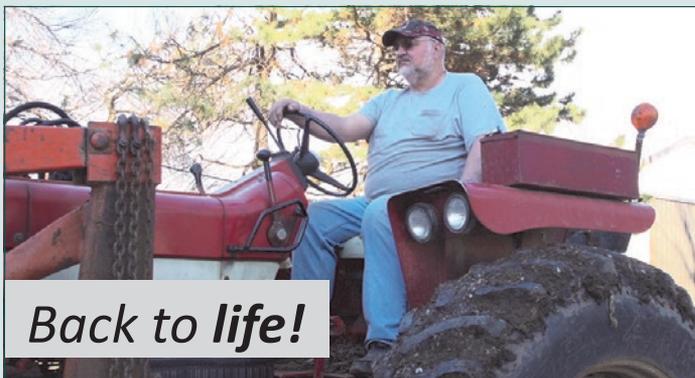
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A Pioneering Area Agency on Aging



When you have questions about aging, *we have answers.*

AGING PARTNERS

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aging.lincoln.ne.gov

Serving Butler, Fillmore, Lancaster,
Polk, Saline, Saunders, Seward and York
counties.

Key for Services: ▲ = Lancaster only

MISSION

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

Being Well

NUTRITION

- **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** - Pilates, yoga, stretch and tone classes are available at several locations. Daily fitness programs on 5 CITY-TV and 10 Health. ▲
- **Alzheimer's Disease** - Information and referral. 402-441-7070 or 800-247-0938

Living at Home

INDEPENDENT LIVING SUPPORT SERVICES

402-441-7070 or 800-247-0938

- **Care Management Services** - Providing professional assistance in assessing needs, planning and coordinating home care.
- **Lifeline Emergency Response System** - 24-hour emergency access at the press of a button.
- **Supportive Services Program** - Eligible older persons can receive assistance with the cost of in-home services.
- **Harvest Project** - Specialized community support services are provided to individuals who are age 55 and over, live in Lancaster County and have severe mental health diagnosis. ▲ 402-441-7070

- **Home Handyman Service** - Minor home repairs and maintenance including mowing, leaky faucets, painting, broken light fixtures, and heavy housework services.

▲ 402-441-7030

- **Subsidized and Independent Housing Resource Listings**

LONG-TERM CARE OPTIONS/ CARE MANAGEMENT

402-441-7070 or 800-247-0938

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

Planning Ahead

FINANCIAL

402-441-7070 or 800-247-0938

- **Financial Counseling** - Information on Medicare, including Part D, private insurance policies, homestead exemption and budgeting are among the available services.
- **Legal Counseling** - Free legal advice and referral services for those who meet financial guidelines.

SENIORS FOUNDATION

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

Staying Involved

VOLUNTEER!

• Foster Grandparent Program

▲ 402-441-7058

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 quarterly publication features stories of interest to older adults and is mailed directly to their homes. To suggest a story idea or advertise with *Living Well*, call David Norris at 402-441-6156 or email dnorris@lincoln.ne.gov. To receive *Living Well* by email instead of in the mail, call 402-441-6146 or email delrod@lincoln.ne.gov.

LIVE & LEARN

A monthly TV show for and about older adults on 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

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Aging Partners News and Events

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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@lincolne.gov to sign up.



Health and Wellness

Aging Partners Health and Fitness Center

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

All ages are welcome at the fitness center. Cardio equipment, strength training equipment, free weights, balance and other exercise aids are available.

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 age 60 and over. \$15 fee for those under age 60.

UPDATE ON CLASS PRICES: Most Health and Fitness classes include a \$4 per class suggested contribution for age 60 and over or a \$5 per class fee for under age 60. Punch cards are available. Preregistration is required for all classes by calling 402-441-7575.

Chair Tai Chi

This ongoing 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.

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, once a week for seven weeks. Participants learn the most up-to-date information about fall prevention. Workshop topics include simple and fun balance and strength exercises; along with information on how vision, medication, safe walking outside and footwear can aid in the prevention of falls.

- Savannah Pines
3900 Pine Lake Road
Mondays, 2 to 4 p.m.
April 17 through June 5 (no class May 29)
- Waverly Senior Center
First United Methodist Church
14410 Folkestone St., Waverly
Fridays, 9 to 11 a.m.
April 21 through June 2
- Madonna ProActive
7111 Stephanie Lane
Tuesdays, 9:30 to 11:30 a.m.
April 18 through May 30

Dynamic Movement Classes (eight-week sessions)

Each class focuses on stretching, breathing and a unique combination of exercises and dance steps 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.

- St. Mark's United Methodist Church
8550 Pioneers Blvd. (gymnasium)
Tuesdays, 3:30 to 4:30 p.m.
March 21 through May 9
Thursdays, 3:30 to 4:30 p.m.
March 16 through May 4
- Cotner Center Condominium
1540 N. Cotner Blvd.
(use Cotner Blvd. entrance)
Mondays, 2 to 3 p.m.
March 27 through May 15
May 22 through July 17 (no class May 29)
- Gateway Vista
225 N. 56th St.
Tuesdays, 6 to 7 p.m.
May 9 through June 27

Chair Yoga (eight-week sessions)

Chair yoga is one of the gentlest forms of yoga available. It is a unique style that adapts yoga positions and poses through creative use of a chair. Poses are done seated or the chair is used for support during standing and balance poses. Emphasis will be on breathing, balance

and taking things at your own pace. Chair yoga is suitable for all ages, fitness levels and physical conditions. Beginners welcome.

- Vermeer Education Center
(located north of St. Mark's)
4000 S. 84th St.
Wednesdays, 3 to 4 p.m.
March 15 through May 3
June 7 through July 26
- East Lincoln Christian Church
7001 Edenton Road
Fridays, 11 a.m. to noon
March 24 through May 12
June 2 through July 21

Movement and Music (eight-week sessions)

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.

- Auld Recreation Center
1650 Memorial Drive
Mondays, 10:30 to 11:45 a.m.
March 27 through May 15
Thursdays, 10:30 to 11:45 a.m.
March 30 through May 18

Tai Chi – Continuing 24 Form (eight-week sessions)

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

- Auld Recreation Center
1650 Memorial Drive
Fridays, 10:15 to 10:45 a.m.
March 24 through May 12
- Cotner Center Condominium
1540 N. Cotner Blvd.
Mondays, 10:30 to 11 a.m.
March 27 through May 15
May 22 through July 17
(no class May 29)

Beginners Tai Chi for Balance and Fall Prevention Class - Basic 8 Form (eight-week sessions)

This is a modified program for older adults. It is designed to improve posture, enhance balance and build strength. Participants are taught simple movements that are performed slowly.



- Auld Recreation Center
1650 Memorial Drive
Thursdays, 9 to 10 a.m.
March 30 through May 18

Tai Chi – Moving for Better Balance

Thanks to a grant from the Nebraska Department of Health and Human Services Injury Prevention Program, Aging Partners is enhancing current Tai Chi offerings to include new evidence-based classes in Lincoln.

Tai Chi – Moving for Better Balance is a fall prevention program that uses the principles and movements of Tai Chi to help older adults improve their balance and increase their confidence in doing everyday activities. Research has shown that practicing Tai Chi is an effective way for older adults to reduce their risk of falling and maintain their independence. One study indicated there was a 55 percent reduction in fall rates among individuals who participated on an ongoing basis two times per week for 12 weeks. Preregistration is required. Suggested contribution is \$2 per class or \$4 per week.

- Lake Senior Center
St. James United Methodist Church
2400 S. 11 St.
Tuesdays and Thursdays
12:30 to 1:30 p.m.
April 25 through July 13
- Gateway Vista
225 N. 56 St.
Tuesdays and Thursdays
1:30 to 2:30 p.m.
May 9 through July 27

Active Living Every Day

Free workshop offered by Aging Partners and Lincoln Parks and Recreation.

Learn how enjoyable physical activity can be even if you have never been active before. Discover how easy it is to create an activity plan that fits your individual preferences and lifestyle. Even housecleaning and shopping can count toward weekly goals. Active Living Every Day addresses the root causes of inactivity and helps you overcome those challenges. Attendees report they are exercising more, eating healthier and burning calories. Blood pressure, blood sugar levels and sleep improved. They learn from and support one another in an effort to improve and maintain good health. Life's a hit when you're feeling fit!

- F Street Recreation Center
1225 "F" St.
Tuesdays, 9:30 to 10:30 a.m.
May 2 through July 25
(No class July 4)

Stepping On – Building Confidence and Reducing Falls

Leader/Facilitator Training
April 25 - 27
9 a.m. to 4 p.m.
Lied Senior Center
1010 Manor Drive West
Seward, NE 68434

Training will be conducted by Stepping On Master Trainers Sharon Cheney, RN, MA; and Pat Mehmken, RN, MS.

What is Stepping On?

Stepping On is a community-based fall prevention program aimed at educating participants and building confidence to reduce or eliminate falls. It is considered a highest tier evidence-based program endorsed by the Centers for Disease Control and Prevention, Administration on Aging and the National Council on Aging.

Why should I consider becoming a facilitator?

You will have the satisfaction of discovering the contents of the program and learning the key elements of fall prevention.

You will practice group leadership and facilitation skills that you can use in other areas of your life.

Most importantly, you will watch older adults with a fear or history of falls gain important knowledge and skills to reduce falls and gain confidence.

If you are a current or retired educator, nurse, health, human services or physical activity professional, or an interested volunteer, please contact Peggy Apthorpe, Aging Partners Health and Fitness coordinator, at 402-441-7796 or papthorpe@lincoln.ne.gov for more information.

Relax, Rejuvenate and Renew

Friday, April 28
9 a.m. to 2:30 p.m.
Southeast Community College
Jack Huck Continuing Education Center
301 S. 68th St. Place

This half-day retreat is for family caregivers or anyone looking to recharge their physical, emotional and spiritual batteries. Programs include "The Transformative Power of Music" and "Dream On," presented by Tracie Foreman; "The Astonishing Power of Appreciation," presented by Debbie Way; and "Yoga for Relaxation and Stress Management," presented by Terri Swanson. Cost: \$29 (lunch provided)

Registration deadline is April 20. Register online at <http://bit.ly/RegisterCE> or call 402-441-7575 or 402-437-2700 for a registration form.

Vermeer Education Center Senior Health Promotion Center

4000 S. 84th St.
(located north of St. Mark's)

Services available to people age 60 and over include comprehensive foot care, blood pressure, blood glucose, cholesterol, osteoporosis screenings and health education. This clinic is located just north of the church. \$15 suggested contribution will help these services continue.

- Wednesdays, 9:30 a.m. to 1:30 p.m. on these days:
April 5, 12 and 19
May 17 and 31 (foot care only)
June 14 (foot care only)

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, blood glucose, cholesterol screenings and health education. \$15 suggested contribution will help these services continue.

- Thursdays, 9:30 a.m. to 1:30 p.m. on these days:
April 6, 13 and 20
May 18 (foot care only)
June 1 and 15 (foot care only)

Spring Into Health Series

JoAnn Maxey Senior Center
(located in Malone Center)
2032 "U" St.

Please join us for these free, informative and fun programs presented by Aging Partners' Tracie Foreman. Call 402-441-7790 two days in advance if you would like to order lunch following the programs.

- The Transformative Power of Music
Friday, April 21 at 11 a.m.
Throughout history, music has been a universal language among people from all backgrounds. Today, study results have proven that music not only aids in the grief and healing process, but also creates new passages around brain tissue that has been damaged. It is a direct door to our memory center and unleashes those feel good chemicals produced in the brain.
- Living Well On a Shoestring
Friday, May 19 at 11 a.m.
Budgeting can be a real challenge with today's high prices. Living on a fixed income requires knowledge, motivation and creativity. This program offers a variety of great ideas to help us improve our relationship with money.

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Aging Partners News and Events

Continued from page 37

Lincoln History Lunch Series featuring Jim McKee, Ed Zimmer and guest speakers

Lincoln Community Playhouse
2500 S. 56th St.

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

\$8 fee for under age 60.

Program begins at noon.

For so many of us who have called Lincoln home for the last 50 years or more, the changes in our little town seem to come fast and furious. Thankfully, Ed Zimmer, Jim McKee and friends 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 some of Lincoln's favorite historians. Seating is limited. In partnership with the Lincoln Community Playhouse.

- Wednesday, March 29 – "Finding the Stories Behind the Photos," presented by Ed Zimmer, historic preservation planner
- Wednesday, April 12 – "The Nebraska State Capitol: The Final Phase," with Robert C. Ripley, capitol administrator
- Wednesday, April 26 – "Bethany: Nebraska Christian University/Cotner College," presented by Jim McKee
- Wednesday, May 10 – "Lincoln Memories" volumes 1 and 2), presented by Megan Stubenhofer, Lincoln Journal Star
- Wednesday, May 24 – "Memories of Lincoln Hotels," presented by Jim McKee and Ed Zimmer

Educational

Dinner and A Show 2017

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

We asked for your favorites. You told us who you wanted to see and by golly, we got 'em! Enjoy a delicious Hy-Vee catered meal and an evening of quality entertainment at a reasonable price. Reservations, payments and cancellations are due by noon the Tuesday before each show. Preregistration

required. No refunds. Send payment to: Aging Partners, Dinner and Show, 1005 "O" St., Lincoln, NE 68508. *Co-sponsored by Butherus Maser & Love, in cooperation with Cotner Center Condominium.*

- Bill Chrastil: A Tribute to the Greats
Thursday, April 13
- The Lightning Bugs: Light Up the Night
Thursday, May 11
- The L.U.G. Nuts (Lincoln Ukulele Group)
Thursday, June 8
- Jimmy Mack: My Personal Favorites
Thursday, July 13
- Tim Javorsky: All That Jazz
Thursday, Aug. 10
- Joe Taylor: Still Singing the Memories
Thursday, Sept. 14

The Life and Legacy of Annie Oakley

Thursday, April 6 at 10:30 a.m.

Downtown Center, 1005 "O" St.

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

\$8 fee for under age 60.

Author and speaker Charlotte Endorf brings "The Life and Legacy of Annie Oakley" to the Downtown Center. Endorf's presentation dispels the myths to reveal the real Annie Oakley. Be sure to join us for this exciting program, and while you're at it, get into the spirit and wear your best western duds! Call 402-441-7154 to reserve a meal. Presented in partnership with Humanities Nebraska.

Belmont Senior Center

"Active Age Fair"

Thursday, April 13

9 a.m. to 1 p.m.

Belmont Senior Center

1234 Judson St.

The definition of "aging" has changed. Today's older adults are more active and engaged than ever before – always looking for an opportunity to try new things, to strive for wellness and find ways to celebrate life in the active age! Aging Partners' Senior Centers play a vital role. Lincoln Parks and Recreation and Aging Partners are partnering to provide a fun opportunity to learn more about all the great things available at Lincoln and Lancaster County senior centers. Health and fitness and nutrition education screenings, live entertainment and lunch at 11:30 a.m. are just some of the attractions. Call Aging Partners at 402-441-7158 for the latest information.

Cool J Karaoke Party

Thursday, April 27

Downtown Center, 1005 "O" St.

10:30 to 11:30 a.m.

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

\$8 fee for under age 60.

Don't be shy, if you can sing in the shower or in your car while you're driving around town, you can do Karaoke! Sing your heart out to the music of the '40s, '50s and '60s. To make it easy, Jay Haden, known to his friends as "Cool J," will provide karaoke musical accompaniment and lyrics for you. You'll be able to choose the song you want to sing and perform it for all of your center friends. In addition, you'll be able to cheer them on as they take the stage! Everybody is welcome! Who doesn't want to be the next "Senior Center Idol?" Make a day of it by joining us for lunch. Reserve your meal by Tuesday, April 25 by calling 402-441-7154.



AGE OUT LOUD: MAY 2017

Older American Month Events

All Senior Center Picnic

featuring "Hillbilly" Hal Cottrell

Foot Tappin' Music for Foot Tappin' Folks!

Wednesday, May 10 from 10 a.m. to 1 p.m.

Auld Pavilion, 1650 Memorial Drive

Antelope Park

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

\$8 fee for under age 60.

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

It will be a beautiful spring morning, grilled hot dogs with all the fixin's and live music provided by "Hillbilly" Hal Cottrell. 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.

Young at Art: Older Americans

Month Art Show 2017

Public Reception

Friday, May 12 from 7 to 9 p.m.

Downtown Senior Center



Milestone Gallery, 1005 "O" St.
In celebrating the accomplishments of artists age 60 and over, we're asking older artists in our community to create two-dimensional works of art representing the people, places, connections, dreams and pursuits that keep them feeling engaged, fulfilled and active. All work must have been created after the artist's 60th birthday. If you're an artist, and this sounds intriguing and challenging, call Bob Esquivel at 402-441-6102 for more information on how you can take part in this show. Even if you aren't an artist, but enjoy beautiful artwork, don't miss our "First Friday" public reception. All ages are welcome.

Older Americans Month Dance featuring The Leo Lonnie Orchestra

Tuesday, May 16 from 7 to 9:30 p.m.
Auld Pavilion, 1650 Memorial Drive
\$5 suggested contribution at the door.
Put on your dancing shoes and help celebrate Older Americans Month. The Leo Lonnie Orchestra is one of the few remaining area "ballroom bands" dedicated to the traditions of the great dance bands of

the past. They play a variety of dance tunes and old favorites!

Older Americans Month Day Trip Tour "Omaha/Council Bluffs Missouri River Adventure"

Thursday, May 25
Departs 10 a.m., Northeast Center, 6310 Platte Ave.
Returns: About 4 p.m.
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 river boat on the Mighty Missouri. Next we head to Council Bluffs' Union Pacific Railroad Museum, featuring a variety of exhibits dedicated to the glory days of the American railroad. After that, we'll take time to visit Bayliss Park, a beautiful place to see a variety of fountains and sculptures and an opportunity to relax. Seating is limited. Sign up early. Reservations and payment are due Thursday, May 18. For details and reservations, call 402-441-7158. Cost: \$60

"Be a Fan" of Seniors

Thursday, May 18
The Coalition of Older Adult Health Promotion (COAHP) is sponsoring the sixth-annual "Be a Fan" of Seniors donation drive. COAHP will be collecting new electronic fans (in the box) from 3 to 5 p.m. at the Pathways to Compassion Hospice office, 1401 Infinity Road (near 14th and Yankee Hill Road), Suite A, in Lincoln. The fans will be given to Aging Partners for distribution to older adults in Lincoln and the surrounding area. For more information, contact Kayla Schaf at 402-436-3000 or kayla@legacyretirement.com. For more information about Lincoln COAHP, visit lincolngoahp.com. 

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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.

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Sorry, we don't accept credit cards.

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