

# LivingWell

Winter 2019 • Volume 15 • Issue 1

A publication of



**Lincoln Libraries can  
Provide Books By Mail,  
Programs and More**  
*page 6*

**Stop Those Annoying  
Phone Calls!**  
*page 10*

**Active Adults Get  
Great Results**  
*page 26*

**Hans' Dedication Leaves  
LASTING IMPACT  
on Older Adults, Community**  
*page 4*

*Lily Hans has given much of her time to help the Lincoln community in various ways.*

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you have and being  
grateful for it.



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# Director's Corner

## Dementia Can Bring About Isolation, But Help is Available

Living in a world that includes dementia can increase feelings of loneliness and insecurity for older adults, caregivers and their families. The degree to which this life-changing affliction can affect a family is difficult to gauge and understand unless we are the ones who are actually living it.

Dementia is a general term for a decline in mental ability severe enough to reduce a person's ability to perform everyday activities. It is not a specific disease, but rather an overall term that describes a group of symptoms associated with a decline in memory or other thinking skills.

It is good to know, however, that

there are places to turn for help and support.

Alzheimer's disease accounts for 60 to 80 percent of all dementia cases. The Alzheimer's Association is a great organization that offers help and support for those living with or caring for someone with Alzheimer's or other dementias. You can contact the Nebraska Chapter's 24/7 HELPLINE at 800-272-3900. More information is also available at [alz.org/Nebraska](http://alz.org/Nebraska).

Aging Partners offers support for caregivers dealing with dementia. We will host a development workshop for professional caregivers April 10 at Southeast Community College's Lincoln campus featuring Lakelyn Hogan with Home Instead Senior

Care. Look for more information as the date draws nearer. If you have dementia-related questions related to caregiving, contact our Personal and Family Services program at 402-441-7070.

No one should need to deal with dementia on their own. Please know that there are many who empathize with you, and there are resources where you can turn for help and support. 



Randall S. Jones



## Table of Contents

### Staying Involved

- 4 Hans' Dedication Leaves Lasting Impact on Older Adults, Community
- 6 Lincoln Libraries can Provide Books By Mail, Programs and More
- 8 Senior Center Changes and Enhancements
- 10 Stop Those Annoying Phone Calls!

### Planning Ahead

- 14 The Power and Potential of an Aging Population
  - 15 Emerald Ash Borer Sighted in Lincoln
  - 18 Minimizing Risk When Purchasing Online
- ### Being Well
- 20 Gambling Addiction a Growing Concern
  - 24 **Eat to Your Health:** Proper Nutrition Boosts Immune System, Protects Against Disease and Infections
  - 26 Active Adults Get Great Results

### Living at Home

- 28 Homestead Tax Exemption Can Benefit Seniors
- 30 **Caregiver Corner:** Caregivers and Their Mental Health
- 31 ADRCs Available for Aging, Disabled
- 32 Staying Self-Sufficient
- 34 **Aging Partners Services**
- 36 **Aging Partners News and Events**

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

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

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## Hans' Dedication Leaves **LASTING IMPACT** on Older Adults, Community

**B**orn in Marseille, France, Lily Hans has lived the past 64 years in Lincoln. She met her husband, Bob, in San Francisco while the Lincoln native was earning his master's degree. They married in 1962.

The couple settled in the Star City, where they raised their children, Bryce and Monica. Although she stayed home with them, Hans' desire to meet people led her to volunteer with Scouting and church activities.

She has served on the Red Cross Board of Directors, Broadway Theater League, Lincoln General Hospital Auxiliary and Community Women's Club.

And in the early days of Educational Television (ETV), volunteer tour leaders of the new facility were needed.

"I led a lot of tours when the building opened in the 1970s," she said.

Hans also assisted with ETV auctions. In 1983, she served as chairperson and helped raise more than \$300,000.

"The whole thing took a solid 10 days," she said. "We'd have meetings at noon, go on the air at 5 p.m., quit at 2 a.m. and go back the next day."

She continued to volunteer; but as her children grew, their activities kept her busy. Later, Hans

wondered because she volunteered so much, if she could find a paying job doing the same type of thing.

"One of my friends was working in a retirement community and looking for activities for people, so they began Project HELP (Homebound Elders Linked with Peers), where volunteers would visit homebound folks," she said. "It gave retirees things to do such as taking someone shopping or just visiting. People who couldn't get up and go were thrilled to go somewhere, and make new friends."

With quite a few volunteers, Project HELP carried on for about three years. Eventually, Hans moved the program to Family Service, but that organization couldn't support its size. So Hans moved to the Lincoln Area Agency on Aging, now Aging Partners, as assistant volunteer coordinator. The program received a government grant, dubbed Retired Seniors Volunteer Program (RSVP), which has since been discontinued.

"We were able to pay volunteers for mileage through the grant," she said.

She also volunteered on the Senior's Foundation Transportation Program, driving others to appointments or elsewhere as needed. Eventually, that program dissolved.

Hans also was instrumental in

establishing Volunteer Partners, a community volunteer program that provides a listing of all volunteer opportunities in the communities from which a person can select. The program operates today as VolunteerLinc.

Hans continued to work at Aging Partners and eventually became volunteer coordinator before retiring.

"Lily was great at inspiring people to volunteer and finding volunteers, encouraging especially senior volunteers to give back," Aging Partners Care Management Program Coordinator Joyce Kubicek said. "She was a great advocate for volunteers and volunteering in general."

### **TRIAD**

Hans' most notable, longest-lasting achievement was probably helping to start the Lincoln and Lancaster County TRIAD program in 1996. Not an acronym, TRIAD represents the coordinated efforts between the local sheriff, chief of police and concerned older citizens.

"We wanted to train people to watch out for scams and frauds, but we didn't have a program like that," she said.

Former Lincoln Mayor Helen Boosalis and former Lancaster County Attorney Gary Lacey helped move the project forward. Hans, while working for Aging Partners,



*Lily and Bob Hans*

became TRIAD program coordinator along with then-Deputy Sheriff Sgt. Larry Russell.

TRIAD coordinated a survey asking senior citizens what they were the most concerned about. The surveys were distributed through NBC Bank. Of the 1,400 returned, most listed they were concerned about violent crimes, robbery and their safety at night.

“Based on that, we knew we should educate people about scams and frauds, and how to look out for them,” Hans said. “We recruited through various places such as the university and with retired teachers, because they were used to speaking in front of a group.”

Once TRIAD kicked off, people were trained and went out to talk to various senior groups and organizations about the newest scams.

“The more people we met in those situations, the more people wanted to be on our team,” she said.

TRIAD conducted monthly meetings to learn more about new scams and frauds. Additionally, Hans and Russell were invited to present on how to start a TRIAD program at a National TRIAD Convention in Williamsburg, Virginia.

Hans was recognized in 2014 by the Department of Health and Human Services with the Elder Abuse

Prevention Advocate of the Year Award.

TRIAD also implemented the Files of Life in Lincoln. The red plastic envelopes with magnetic strips contain cards that older adults can use to keep a record of medical information. They are vital in the event of an emergency, especially if the older adult is unable to provide his or her medical information to emergency personnel. Free to any older adult, they can still be found at Lincoln Fire & Rescue stations and senior centers.

“Ironically, when I moved into my new retirement facility, they offered me one,” Hans said.

She retired from TRIAD in 2016 and left it in the hands of the DHHS.

### **Caregiving and Moving Forward**

Hans’ life changed when her husband, Bob, suffered a stroke in 2014, leaving his entire left side paralyzed.

“When he had his stroke I knew I was going to have to take charge of things,” she said. “You grow with the situation as you need to.”

Hans said it helped to have the support of friends during this period.

“We knew he would never get better and needed to live in a nursing home for the rest of his years,” she said. “He was very bright and involved in many community organizations, but he couldn’t control things anymore. I had to quickly learn finances and home care.”

Hans visited Bob every day in his nursing facility to read the newspaper and share daily activities and concerns until he died in December 2016.

“I knew death was coming,” she said. “Eventually he just gave up. You grieve in little bits and pieces as you see your loved one go downhill. When death happens, it’s a relief. It was going to happen, and once he was gone, I had to move on — although not easily.”

Moving on meant deciding she didn’t want to remain in their home. But first, she put together a TRIAD class for the Osher Lifelong Learning Institute (OLLI) in January 2017.

“I had done all the paperwork before Bob died, and it gave me something to do so my mind didn’t have to deal with other things,” Hans said. “Once that class was over, I dealt with my future life. By then, I knew I didn’t want to live there alone.”

Today, Hans continues to volunteer at The Grand Lodge at the Preserve, her new home. She also enjoys time with her children and three grandchildren, who live out of state. 



*The Bethany BooksTalk at its 15-year anniversary in October 2018.*



*Teen Librarian Susan Steider from the Eiseley Branch Library provides reading suggestions on various topics and genres to the Bethany BooksTalk group.*

## Lincoln Libraries can Provide Books By Mail, Programs and More

A library serves as an important hub of any community. It promotes knowledge by providing books, movies, internet access and other resources.

Lincoln City Libraries has eight branch locations, available to city and county residents free of charge. Non-residents can acquire cards for \$15 for three months or \$60 a year.

They offer a variety of programs, options and volunteer opportunities for older adults.

### Home Outreach by Mail

Do you love to read, but can't make it to the library to pick out books? Lincoln City Libraries has a Home Outreach by Mail service. The service is available to those who live within Lancaster County and are temporarily or permanently unable to leave their home due to a disability or recent surgery.

Library staff work with individuals to find materials of interest, which are then mailed to them.

"We can interview them to find out what their reading interests are, or if they need large type, books on CD or DVDs," said Julie Beno, public service coordinator. "Individuals also can reserve their own items or have us pick out suggestions, too."

The materials are mailed, free of charge, to their home, retirement center or rehabilitation facility. Return postage is also provided.

"We mail the items in a blue mailing bag, and on the reverse side of the label is the paid return postage," Beno said. "When we get the items back, we will send out more items."

This service is free to anyone who qualifies. To sign up or inquire, call 402-441-8537.

### Volunteering

Many retirees find that they have extra time and would like to volunteer at a library branch. Lincoln City Libraries currently has 149 active adult volunteers who are integral to the libraries'

ability to provide quality service.

Marge Anderson said volunteering at Walt Branch has brought her passion for reading "full circle."

"I was raised in a girls' home, where my love of reading started with donated books," she said. "Now, as a volunteer, I sort books donated to our libraries, which allows the employees to dedicate their time to the patrons and the many programs offered to Lincoln residents. Libraries are so important to our community for all the learning opportunities and joy they provide us."

Volunteers can check in library materials returned overnight, search for items on hold, shelve materials and unpack and check in books delivered to the branch. Many also sort donated books and items for the Library's Annual Book Sale in the fall.

"At Anderson Branch, we have five seniors who faithfully volunteer each week," said Kimberly Shelley, Anderson and

Bethany Branch manager. "This help is invaluable. It frees up library staff members to help customers instead of doing all these 'behind-the-scenes' tasks. In 2017, at Anderson Branch alone, adult volunteers donated nearly 700 hours of time."

For information about volunteering, contact Volunteer Coordinator Jodene Glaesemann at Walt Branch Library, 402-441-4462 or [j.glaesemann@lincolnlibraries.org](mailto:j.glaesemann@lincolnlibraries.org).

## Events and Programs

Lincoln City Libraries offers a variety of events and programs for children, families and adults.

The JUST Desserts discussion group focuses on mystery fiction and meets on the last Thursday of each month, January through October, at 6:30 p.m. at Bennett Martin Public Library. The Great Books Reading and Discussion group meets twice monthly at Gere Branch Library.

BooksTalk programs at Bethany and Gere branches provide informational presentations by library staff or others about a group of books, occasionally on a specific theme. The Bethany BooksTalk group meets every Friday at 10:30 a.m., while Gere's BooksTalk is Mondays at 2:30 p.m.

"Every week we are exposed to books we wouldn't normally be," said Carol Schoenleber. "The regular attendees here get to know one another."

Library staff and other speakers give a short description of books from fiction or nonfiction, to graphic novels, to funny to serious books.

Marlene Cupp has attended the Bethany BooksTalk since its inception 16 years ago.

"This is the most eclectic book group I've belonged to," she said. "They will try anything and are open to all types of selections. It's a great support group, too."

The library also has special programs, including One Book–One Lincoln, Tuesday Night Try-it at Anderson Branch, Library Maker Night Out Program at Walt Branch and Heritage room presentations.

Learn more at [LincolnLibraries.org](http://LincolnLibraries.org) under "Events & Classes," or by calling the branch closest to you.

Lincoln City Libraries also provides electronic books, audiobooks, DVDs and music CDs. Library staff is available to provide training about using these items on your smartphone or e-reading device; or directions about how to use them are provided on the library website at [LincolnLibraries.org](http://LincolnLibraries.org). 

## Lincoln Library Branch Locations

### Anderson Branch Library

3635 Touzalin Ave., 402-441-8540

### Bennett Martin Public Library

136 South 14th St., 402-441-8500

### Bethany Branch Library

1810 North Cotner Blvd., 402-441-8550

### Eiseley Branch Library

1530 Superior St., 402-441-4250

### Gere Branch Library

2400 South 56th St., 402-441-8560

### South Branch Library

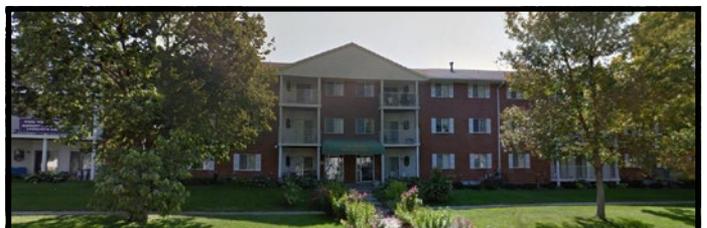
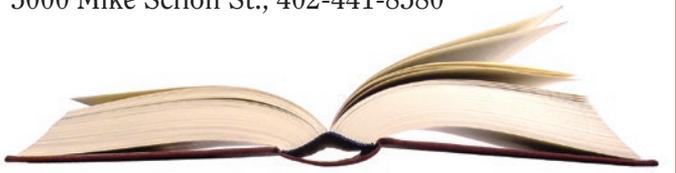
2675 South St., 402-441-8570

### Walt Branch Library

6701 South 14th St., 402-441-4460

### Williams Branch Library

5000 Mike Scholl St., 402-441-8580



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# Senior Center Changes and Enhancements

## Hickman Senior Center

In September, Aging Partners announced the move of the Hickman Senior Center from the Hickman Presbyterian Church to the new Hickman Community Center, 115 Locust St. The move happened Oct. 10.

“We are very thankful for the generosity and warm welcome we’ve received from the people of Hickman, their local government and Community Center staff,” Aging Partners Director Randall Jones said. “They have been very accommodating. We are excited to move into their beautiful new facility and look forward to continuing to serve seniors in the community and surrounding area.”

The senior center will maintain its regular hours from



*The Hickman Senior Center is now located in the Hickman Community Center.*

9 a.m. to 1 p.m. on Wednesdays and offer hot noon meals and sack lunches to individuals age 60 and over. It also will provide exercise programs, events, recreation activities, informational presentations, and a great place to

meet and visit with friends.

Hickman Senior Center Manager Paula Chamberlain can be reached at 402-416-7693 for more information and meal reservations, which can be made two days in advance.

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**Senior Centers' Goal:  
Enhance Events and Activities**

Aging Partners serves Lincoln and Lancaster County with 10 senior centers providing — among other things — a hot meal, a place to gather and share good times with friends, and the opportunity to engage in a variety of events and activities. Additionally, there are nine senior centers in Aging Partners' multi-county service area.

Increased activities, events and programming are a continuing goal for those at Aging Partners who are tasked with maximizing the senior center experience for older adults.

“People need people at all stages of life,” said Sandy Lutz, Aging Partners program supervisor. “We believe that staying involved and interacting with others enriches your quality of life.”

The emphasis to increase and enhance event and activity programming can already be seen with popular events such as the recent Kansas Belle Dinner Train excursion, a fishing trip to Lake Wanahoo near Wahoo, and increased attendance at events that include dinner, entertainment and the opportunity to interact with friends. Recent intergenerational activities have been well received. All facets of Aging Partners' service are also shared whenever the opportunity exists.

Aging Partners personnel would like to hear from Living Well readers and senior center attendees regarding what they'd like to see offered at senior centers. Anyone who wants to provide input is encouraged to talk to their local senior center manager. They also can call Aging Partners at 402-441-6102 or email [eschuster@lincoln.ne.gov](mailto:eschuster@lincoln.ne.gov). 



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# Stop Those Annoying Phone Calls!

*By Ryan Sothan, Outreach Coordinator, Consumer Protection Division, Nebraska Attorney General's Office*

Do you feel as though you're drowning in a flood of phone calls? Do the majority of these calls strike you as dubious in nature — robocalls with pre-recorded messages about expiring auto warranties or reduced rates for your credit cards? Are you confronted by callers extending offers too good to be true (“You’ve won a prize!”) or too compelling to ignore (“This is the IRS!”)? If so, you are not alone.

You put your number on the National Do Not Call Registry, thinking you could put this frustration to rest. Yet, the calls persist.

Can anything be done to stop these annoying calls?

Chances are the majority of the calls you're receiving **aren't** from telemarketers but rather from scammers. Though the two may appear the same, they are actually two different types of calls.

## Telemarketers and the National Do Not Call Registry

Telemarketers are well-known to everyone. Prior to 2003, they had a history of routinely calling most evenings with unwanted offers.

That year, the U.S. Federal Trade Commission (FTC) opened the National Do Not Call Registry. Since then, consumers have been empowered with the choice to block or receive telemarketing calls by adding their landline and/or cellular



*Ryan Sothan, Outreach Coordinator, Consumer Protection Division, Nebraska Attorney General's Office*

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numbers to the registry. Registration is permanent until you either cancel your registration or discontinue service.

The National Do Not Call Registry prohibits sales calls from legitimate sellers from legitimate companies. It does not block scam calls. Furthermore, you will still receive political, charitable, debt collection and telephone survey calls. Companies violating the National Do Not Call Registry or placing illegal robocalls can be fined up to \$41,484 per call, according to the FTC.

The FTC adds that if you are not registered or wish to verify your number is on the Registry, visit [www.donotcall.gov](http://www.donotcall.gov) or call 888-382-1222 from the phone number you want to register. If a violation occurs and you wish to file a complaint, you may do so by visiting the same website or calling the same number.

The FTC says to be aware that “current technology makes it easy for scammers to fake or ‘spoo’ caller ID information. Nonetheless, the FTC analyzes complaint data and trends to identify illegal callers based on calling patterns. The agency also is pursuing a variety of technology-based solutions to combat illegal calls and practices.”

### Robocalls and Professional Scam Artists

The majority of calls frustrating Nebraskans are those more widely known as “robocalls.” The calls are made with complete disregard for the National Do Not Call Registry and feature prerecorded messages. Based on your response, they then connect you to a live attendant — the scammer — intent on perpetrating fraud.

According to the Federal Communications Commission Consumer and Governmental Affairs Bureau, robocallers blast an average of 2.6 billion messages monthly. No wonder you’re receiving so many unwanted calls!

Thanks to Caller ID spoofing, scammers are able to mask their identity. Instead of calling from a number you don’t recognize, they call from a number that looks similar to your own to overcome your reluctance to answer.

### Fighting Back

Since the scammers are exploiting technology to reach you, it’s best that you employ technology yourself to thwart them. The majority of technology solutions are free. Contact your phone

company or carrier to learn more and find the best solutions for you.

### Blocking Scam Calls on Your Landline

To defend yourself against scam calls, place your number on the National Do Not Call Registry and then fortify your defenses with Caller ID and Calling Features.

- **Caller ID** allows you to see who is calling before you answer. It is available from virtually all telephone companies and may already be included in your monthly plan or for a nominal monthly charge.
- **Calling Features** allow you to customize your service to meet your needs. Many of these features are free. Others may be purchased alone or as part of a pricing package or bundle. Contact your phone company for features available in your area.

#### *Among the more popular Calling Features are:*

- **Anonymous Call Rejection** allows you to refuse calls from callers who have blocked their number.
- **Selective Call Rejection** allows you to store and prevent calls from specific telephone numbers. The total number of calls blocked varies by phone company.

*Continued on page 12.*

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# Stop Those Annoying Phone Calls!

Continued from page 11.

- **Selective Call Acceptance** allows you to decide which calls to accept by building your own “whitelist” of approved callers (family, friends, neighbors, etc.). All other callers will hear an announcement that you are not accepting calls at this time.
- **Call Blocking Devices.** Landline customers can use devices that plug into their phone jacks and block robocalls. These devices range in price and can be found at major retailers. Popular and highly-rated brands include CPR Call Blocker, Ooma and Tel-Sentry.



## Blocking Scam Calls on Your Smartphone

Blocking unwanted calls on your smartphone entails using built-in phone features, carrier or network-based features, and app-based technologies.

If you have an older style cellphone, e.g., a “flip phone,” your options are limited to exploring what services your carrier offers.

### Built-In Phone Features

It’s easy to block unwanted calls on a smartphone by using its built-in features.

- **Blocking Calls on an iPhone (Apple):** Go into your Phone app and select “Recents.” Find the number and click the “i” in the circle next to it. You’ll get an information screen filled with details about the caller and actions to take. Scroll down and tap “Block this caller.”
- **Blocking Calls on an Android Phone (Samsung, LG, Motorola and Google):** The methods will vary slightly according to your

specific device and version of Android you are using. Generally, the easiest way to block calls is by the Call Log. Here, you can disable incoming calls from specific numbers. Select the number you want to block, then hit “More” or the 3-dot menu icon in the upper-right corner and choose “Add to Reject List.”

### Carrier or Network-Based Features

The five major cellular carriers all provide services for blocking unwanted calls. Some of these services are free or available for a nominal monthly fee. Check with your carrier for more information about the following services:

- AT&T: AT&T Call Protect
- Sprint: Premium Caller ID
- T-Mobile: Scam ID, Scam Block, Name ID
- U.S. Cellular: Call Guardian
- Verizon: Caller Name ID

### App-based Technologies

Dozens of third-party apps

are available to detect and block unwanted calls on your smartphone. Go to the App Store (iPhone) or Google Play (Android) and type in “Call Blocker” to review your many options, read app ratings, and learn how they will block calls.

Examples of highly-rated call blocking apps cited by the CTIA, a trade association representing manufacturers and providers of wireless products and services, include:

- Calls Blacklist (Android)
- Hiya Caller ID and Block (iPhone and Android)
- Mr. Number Call Block and Lookup (iPhone and Android)
- Truecaller (iPhone and Android)
- Call Blocker Free (Android)
- Nomorobo Robocall Blocking (iPhone and Android)

### Reporting

If you’re still receiving unwanted calls after placing your number with the National Do Not

Call Registry and fortifying your defenses, report them!

You can report unwanted calls online or by phone using the following websites and phone numbers:

- Online with the FTC at: [www.ftccomplaintassistant.gov](http://www.ftccomplaintassistant.gov) and/or [www.donotcall.gov](http://www.donotcall.gov).
- Online with the FCC at: [www.consumercomplaints.fcc.gov](http://www.consumercomplaints.fcc.gov).
- Online with the Nebraska Attorney General's Office (Consumer Protection Division) at: [www.ProtectTheGoodLife.Nebraska.gov](http://www.ProtectTheGoodLife.Nebraska.gov).

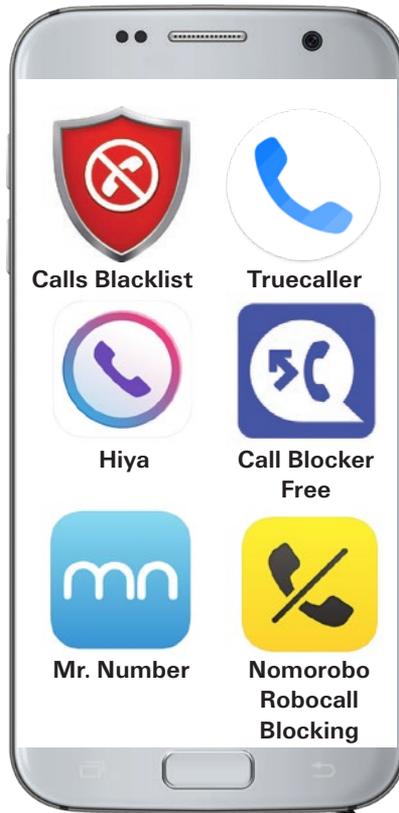
From your landline or mobile phone, call: 877-FTC-HELP (877-382-4357) or 800-CALL-FCC (800-225-5322)

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# Planning Ahead

## The Power and Potential of an Aging Population

Aging is changing.

On Nov. 14, Dr. Julie Masters, chair of the University of Nebraska-Omaha Department of Gerontology, spoke about the power and purpose of an aging population at Aging Partners' Quarterly Outreach Breakfast, encouraging attendees to view aging in a different way.

"If we don't think about our own aging, how can we be of good service to those aging now?" she asked.

By 2020, there will be 70 million people in the U.S. age 65 and over. Work related to aging isn't restricted to the U.S., though — it's a worldwide opportunity to make a difference.

"How can we draw from our expertise of aging adults who may have another 30 to 40 years left to live?" Masters said.

She encouraged listeners not to view older adults as a liability, but to use the resources, knowledge and experience they are able to provide.

"If we see them as a problem, we will miss out on the resources given to us," she said. "Aging is not a disease; it's a process."

There are two different types of aging: primary (normal aging) and secondary aging (disease and memory loss). Masters noted that society has somehow come to believe diseases and memory issues are part of normal aging, but they're not.

Many older adults are still working, actively engaged in activities, still driving, can keep up with their homes and may even be taking care of family members. We

should see aging as a time to thrive.

"What is your view of aging: is it a challenge or an opportunity?" Masters said. "Aging adults today are pioneers, charting a new course no one has ever traveled due to living an active life longer for the first time in history."

She encouraged everyone to see the need for aging services in the future, and for people to study gerontology to better serve and understand the aging population.

"The business is expanding for aging services," Masters said. "The need will greatly increase."

Gerontology is the study of old age, the process of aging and specific problems older adults face. The University of Nebraska offers a bachelor's degree, an undergraduate certificate and minor, graduate certificate, master's degree and PhD in gerontology.

"If I start thinking about the end now, my perspective will change significantly," she said. "Now that I'm comfortable with aging, I'm going to work with those aging differently. Our responsibility is to first embrace our aging, and then we can be fired up about aging and those in the aging process."

Not only are numbers of older adults on the rise, but the typical older population is now more diverse — in both ethnicity and lifestyle.



*Julie Masters, University of Nebraska-Omaha Department of Gerontology Chair, spoke at the Nov. 14 Aging Partners Quarterly Outreach Breakfast.*

"We are seeing a decrease in older women living alone, because their husbands are living longer," Masters said. "When we have someone in our life, we tend to live longer."

A growing number of elder orphans — people who not by choice, but by circumstance — are aging by themselves. These elder orphans live and make decisions alone and often need the support of friends and those who serve the older adult population.

Overall, Masters encouraged everyone to think about their aging and find a sense of purpose at any age. **LW**



**Old age is the last thing we'll ever do, and it might teach us how to live now."**

*— John Leland, author*

# Emerald Ash Borer Sighted in Lincoln

Considered the most destructive forest pest ever in North America, the emerald ash borer has killed more than 50 million ash trees in 29 states. With an estimated 60,000 ash trees in Lincoln, it's no wonder the emerald ash borer would make its way to the area — the Nebraska Department of Agriculture confirmed the pest's arrival in August.

Having originated in China, the emerald ash borer had never been found in North America before June 2002. Its spread is likely due to infected ash wood used for stabilizing cargo in ships or for packing or crating heavy consumer products.

The metallic green beetle is about half an inch long. It infests and ultimately chews through water- and nutrient-conducting tissues, strangling the tree. Signs of infestation are seen by a thinning canopy and dying branches. Adult ash borers will leave a D-shaped hole in the bark, about one-eighth of an inch, when they emerge in June.

The City of Lincoln has been working for the past four years to remove smaller ash trees on public property along streets, and in parks and golf

courses. While the city will continue to remove and replace ash trees on public property, citizens with ash trees on their private property must decide what to do. The city cannot trim, treat or remove private trees; work must be done by a private business.

Untreated ash trees will generally perish five to seven years after infestation is confirmed.

"You will need to decide how precious that ash tree is to you," said Lorri Grueber, City of Lincoln community outreach forester. "If you absolutely adore your ash tree and it is in good condition overall, you may want to consider treatment."

Effective treatments are injected into the tree every two to three years and must be applied by a professional with a Nebraska Pesticide Applicators License.

## Selecting Ash Trees for Treatment

Ash trees in good health will respond better to treatments and better handle the damage some treatments cause. When selecting trees to treat,

*Continued on page 16.*

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# Emerald Ash Borer sighted in Lincoln

Continued from page 15.

keep in mind things such as the lifespan of the tree, the damage the treatment may cause, other environmental impacts and the monetary cost.

“There are no guarantees when it comes to treating the emerald ash borer,” Grueber said.

If you are thinking about treating a specific ash tree, signs of poor health include dead branches or thin foliage; small-diameter branches growing out of the trunk and major limbs; holes or tunnels made by insects; and trunk or branch damage from insects and disease. Mushrooms are a sign of internal decay, and mower’s blight is an injury at the base of the trunk. Look for girdling roots — roots wrapped around the base of the tree, either below or above ground — that restrict water movement.

High value trees that are good for treatment often provide shade on the south or west side of homes. Trees under wires or too close to sidewalks or buildings should be removed rather than treated.

If you don’t feel like chemical treatments are right for your ash tree, removal is the best option.

The City of Lincoln also encourages residents, businesses and organizations to “adopt” public ash trees along streets and in parks by paying for chemical treatment. Those wishing to adopt will be asked to apply for a no-cost permit from Lincoln Parks and Recreation to track which trees have been adopted. City staff will inspect the tree to ensure it’s viable for treatment.



Debbie Miller, USDA Forest Service, Bugwood.org



Debbie Miller, USDA Forest Service, Bugwood.org



Eric R. Day, Virginia Polytechnic & State University, Bugwood.org

## Don’t Get Scammed

If you plan to treat or remove a tree, ensure you work with a licensed and credible business.

“Unfortunately, there are a lot of non-reputable companies that take advantage of this crisis and offer guarantees and promises that simply do not exist,” Grueber said. “Your best bet is to ask for a detailed written estimate, proof of liability insurance, proof of worker’s compensation insurance, proof of pesticide applicators license and three to five references for similar treatment. Call those references.”

Parks and Recreation has a

list of licensed arborists to treat and remove trees at [lincoln.ne.gov](http://lincoln.ne.gov) (keyword: current arborist), or you can request a paper copy by calling 402-441-7847.

If the ash tree near your property is on the city right of way, the Forestry section will remove the tree at no cost to you. To request removal, simply call the Parks Office at 402-441-7847.

## For More Information

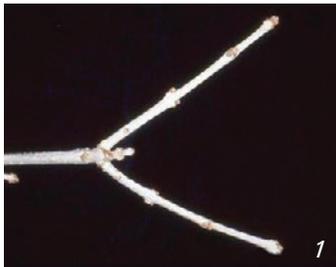
For more information on the emerald ash borer, visit [eabne.info](http://eabne.info), [emeraldashborer.info](http://emeraldashborer.info) or call the City’s Forestry section at 402-441-7847. 

# Identifying an Ash Tree

Ash trees are abundant in the area, but how do you know if you have one?

## Branch pattern

Branches, buds and leaves of ash grow directly across from each other.



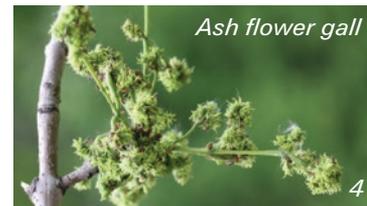
## Leaves

Ash leaves have five to 11 leaflets.



## Seeds and fruit

Ash seeds are paddle-shaped, but not all ash trees produce them. Some ash trees may have ash flower gall, which is distorted growth caused by a mite in the springtime. The gall hardens and turns brown by autumn, but usually does not affect the health of the tree.



## Bark

Young ash trees have smooth bark that thickens into a diamond-shaped pattern as the trees age. The color is usually gray.

For more information on identifying your tree and to view pictures of tree species that are similar but are not ash, visit the Nebraska Forest Service website at [nfs.unl.edu](http://nfs.unl.edu) and search for "Ash Tree Identification Guide."

Photos courtesy of, (1) T. Davis Sydnor, [Forestryimages.org](http://Forestryimages.org). (2) Karen Rawlins, [Forestryimages.org](http://Forestryimages.org). (3) Paul Wray, [Forestryimages.org](http://Forestryimages.org). (4) Steven Katovich, [USDA Forest Service, Bugwood.org](http://USDA Forest Service, Bugwood.org). (5) T. Davis Sydnor, [Forestryimages.org](http://Forestryimages.org)

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## Minimizing Risk When Purchasing Online

*By Jeremy Hoshor, Aging Partners System Specialist*

**I**n August, Apple became the first public company to reach the \$1 trillion value mark. The following month, Amazon matched this feat. Considering the remarkable success of these two booming American companies, it would be easy to imagine the commonality of someone sitting on their sofa, ordering a new book (or eBook) by their favorite author from Amazon.com using their iPhone. However, just because you can do this, does that mean you should? More accurately, is it a good idea when considering the safety and security of your private information?

According to a Pew study from 2015, nearly 8 in 10 Americans have made an online purchase. Fifteen percent of Americans buy online each week. Buying online offers convenience and competitive pricing, but can come with additional risk.

Minimizing risk starts with the consumer's own data connection to the internet. Public Wi-Fi is the least secure connection and should never be used for online shopping. If shopping at home, it may be best to use a wired connection. If using home Wi-Fi, make sure to have a password-protected system, using a password other than the default one given by your Internet Service Provider (ISP), and using an encryption technique such as WPA2. An online buyer should be cognizant of the URL of the site they are buying from.

The address needs to begin with <https://> as opposed to <http://> (the “s” stands for “secure”) to ensure they are purchasing from an encrypted site. Further securing your information from your ISP and possible outside hackers would involve implementing a Virtual Private Network (VPN) connection, which is beyond the scope of this article and is not a necessary requirement.

Once the purchase is finalized with the seller, the remainder of the process is somewhat out of the consumer's hands. This reality emphasizes the importance of purchasing from a reputable seller. The more reputable the seller, the more likely they will have the systems in place to secure your data and the integrity to ensure your purchase.

Using a credit card or an online payment system such as PayPal is recommended over using a bank-issued debit card, since most of them offer some sort of purchase protection. It is always wise to read and understand the benefits that are associated with your account so you are prepared for unforeseen detrimental events.

Purchasing online carries a small bit of additional risk, but in reality, virtually everyone in the civilized world has some of their information “online.” If you have a bank account, retirement account, insurance account, credit card account, etc., your information is stored on computer servers, ultimately interconnected to the “cloud.” If you are making a purchase using any

## Secure



**https://**

## Insecure



**http://**

medium other than cash from a brick-and-mortar store, it is similar to an online purchase (except you are using the store's data network instead of your own). Most modern stores process checks using Electronic Funds Transfer (EFT), making it essentially identical to using a debit card.

So, at the end of the day, is online shopping safe? The short answer is yes — as long as the data network used to make the purchase is secure and the company being purchased from can be trusted to be a good steward of your personal data. <sup>lv</sup>

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## Gambling Addiction a Growing Concern

**Y**ou're never too old to suffer from an addiction — or to get help for one. With the Super Bowl and NCAA March Madness right around the corner, March has been designated as Gambling Awareness Month.

Gambling is betting money or something of value on the outcome of a game, contest, or other event where the results lie in a chance and outcomes are uncertain. Legal gambling can be done at casinos, in the form of bingo, keno, slot machines, horse racing and scratch tickets.

There are three types of gambling to be aware of: responsible gambling, problem gambling and pathological gambling.

Responsible gambling is legal wagering for entertainment only, with limits on time played and money spent for a low risk of harm to self and others. Problem gambling is gambling to the extent that it causes emotional, family, legal, financial and other problems for the gambler and the people around them. Pathological gambling is persistent, recurrent, maladaptive behavior that disrupts personal, family or other pursuits.

Those who struggle with gambling don't necessarily have a bad habit or moral weakness, but rather a serious condition. Treatment can put the game in perspective and allow one to make decisions to improve their life.



Three percent of the population are problem gamblers, and at least 40 percent of those are suicidal. Symptoms of problem gambling include:

- Preoccupied with gambling and unable to stop.
- Bragging about gambling, exaggerating wins and minimizing losses.
- Restless and irritable when not gambling.
- Gambling to win back what you've lost.
- Borrowing money to gamble.
- Lying to hide time spent gambling or unpaid debts.
- Frequent, unexplained absences from home or work.

- Losing work time because of gambling.
- Doing something illegal to get money for gambling.
- Jeopardizing a significant relationship or job by gambling.

“It's not about the money; they're addicted to the feeling,” said Deb Hammond, director of Choices Treatment Center. “They are addicted to the feelings of that emotional mental state as opposed to playing and taking a step back and seeing what they're doing. Money is just a tool they use, but the feeling of adrenaline is different.”



**It's not about the money; they're addicted to the feeling.”**

*– Deb Hammond, director of Choices Treatment Center*

## Targeting Older Adults

Baby boomers are at higher risk for gambling addiction. With their children grown and the mortgage nearly paid off, couples now have wiggle room in their budgets — and time. This makes travel enticing, and coupled with a chance to win extra cash or new car, many take trips to casinos.

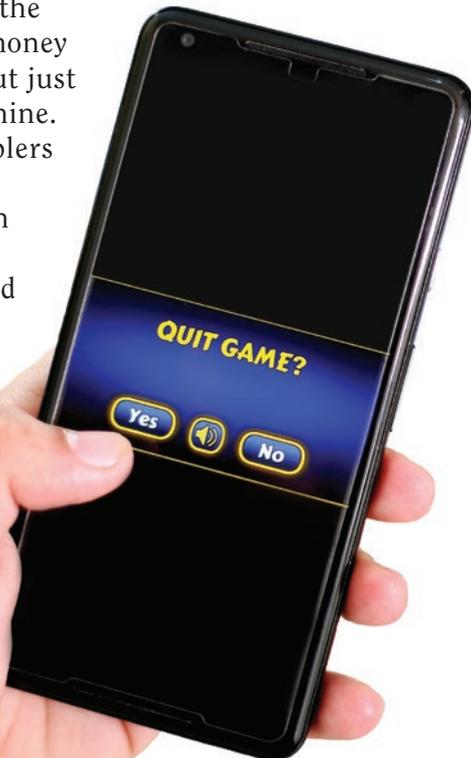
Casinos tend to market to the retired, widows and widowers, and those who are lonely. With casino gambling legal in South Dakota, Iowa, Kansas and Colorado, the number of older Nebraskans gambling is growing.

In today's society, one need not leave their home to gamble. It can be done on countless smartphone apps.

"You can also gamble online," Hammond said. "As we are getting more comfortable with our phones for almost everything, it isn't that big of a step to use those apps that are asking for money," Hammond said. "In the future, it's possible that people will lose their financial, emotional and physical lives while looking at apps on their phone or tablet. Even free games such as Candy Crush seem destined for a casino betting floor."

In Nebraska, attracting the older population are skill touch machines, which resemble slot machines in places like convenience stores. These machines are not regulated, and the state receives no revenue at this point. The individuals sell or lease the machines, and the owner makes money on it. It pays out just like a slot machine.

"Most gamblers will feed the money they win back into the machine instead of collecting," Hammond said.



## Health Factors

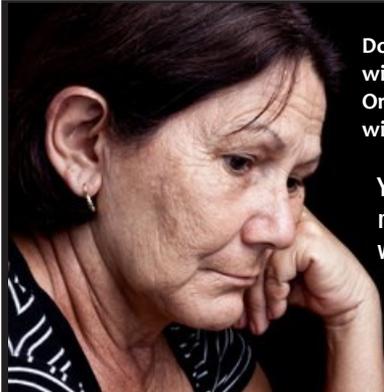
The biggest health risks of gambling are cardiac arrest and diabetes due to sitting at a machine for long periods of time. It can also damage your bladder, kidneys and liver, especially if the person drinks or smokes. Eyesight can be damaged after looking at a screen for long periods of time.

Another concern is the high level of anxiety, depression and suicide risk that gamblers often present. Extreme circumstances increase the suicide rate for pathological gamblers up to six times that of the general public. This alone is cause for alarm.

Many problem or pathological gamblers suffer from co-occurring disorders, such as substance abuse or other mental health disorders. National averages report that more than half of pathological gamblers experience substance abuse or dependency.

Children of problem gamblers have a higher probability of developing a gambling problem than those with parents who do not gamble.

*Continued on page 22.*



Do I have a problem with money?  
Or do I have a problem with gambling?

You or someone you know may have a problem with gambling.

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The Nebraska Gamblers Assistance Program (GAP) pays for confidential counseling with certified problem gambling providers to Nebraskans and their families who suffer a gambling addiction. A list of all GAP-certified counselors in Nebraska is located at [www.problemgambling.nebraska.gov](http://www.problemgambling.nebraska.gov)

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# Gambling Addiction a Growing Concern

Continued from page 21.

## Treatment

Treatment is an important step in recovery. Only five percent of problem gamblers are diagnosed by a physician. Treatment often includes an assessment of the emotional, physical, mental and addictive health along with a person's spending habits.

"It is sad to see someone lose everything," Hammond said. "It's overwhelming, especially if they haven't purchased their medication. If they haven't blown all their money, they're close. They've gone through their savings and retirement, and all they have left is Social Security. To put someone of advanced age on a budget is a difficult task, but some are willing to have someone else monitor their finances."

Choices Treatment Center offers finance monitoring, which can often put them back on their feet within a year or two depending on their income and debt.

"We offer a payee source, which works rather well," she said. "It isn't permanent."

Gamblers are paired with a therapist and go through group, marriage, family or individual therapy, which can include a friend/family support person.

"Having a specific person as a support system is a great thing," Hammond said. "Once they leave treatment, the support is still there."

Choices offers free consultations and interventions for problem gamblers and their families, along with a free 24-hour help line.

Unfortunately, insurance doesn't cover gambling treatment. However, the Nebraska Gambling Assistance Program (GAP) contracts with local treatment agencies to provide services to those diagnosed with problem gambling. GAP is managed by the Nebraska Commission on Problem Gambling (NCPG) and allows certified organizations to treat the gambler, family members and anyone else affected by the problem gambler's actions, at no cost to the clients.

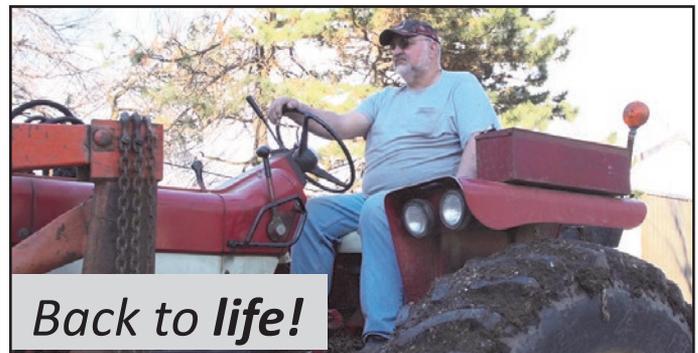
Only providers who are Certified Disordered Gambling Counselor certified and have a treatment contract with NCPG are allowed to offer services using GAP funds. Other mental health providers offer gambling addiction treatment, but it would be at the cost to the patient.

## More Information

It doesn't matter your age or situation — if you struggle with gambling addiction, get help. The free and confidential National Problem Gambling Helpline is 800-522-4700. 

### Tips for Responsible Gambling:

- Don't bet more than you can afford.
- Play for fun, not for money.
- Set limits on time played and money spent.
- Don't borrow to play. Don't play illegally.
- Don't chase your losses.
- Don't gamble when stressed, depressed or in recovery from other addictions.



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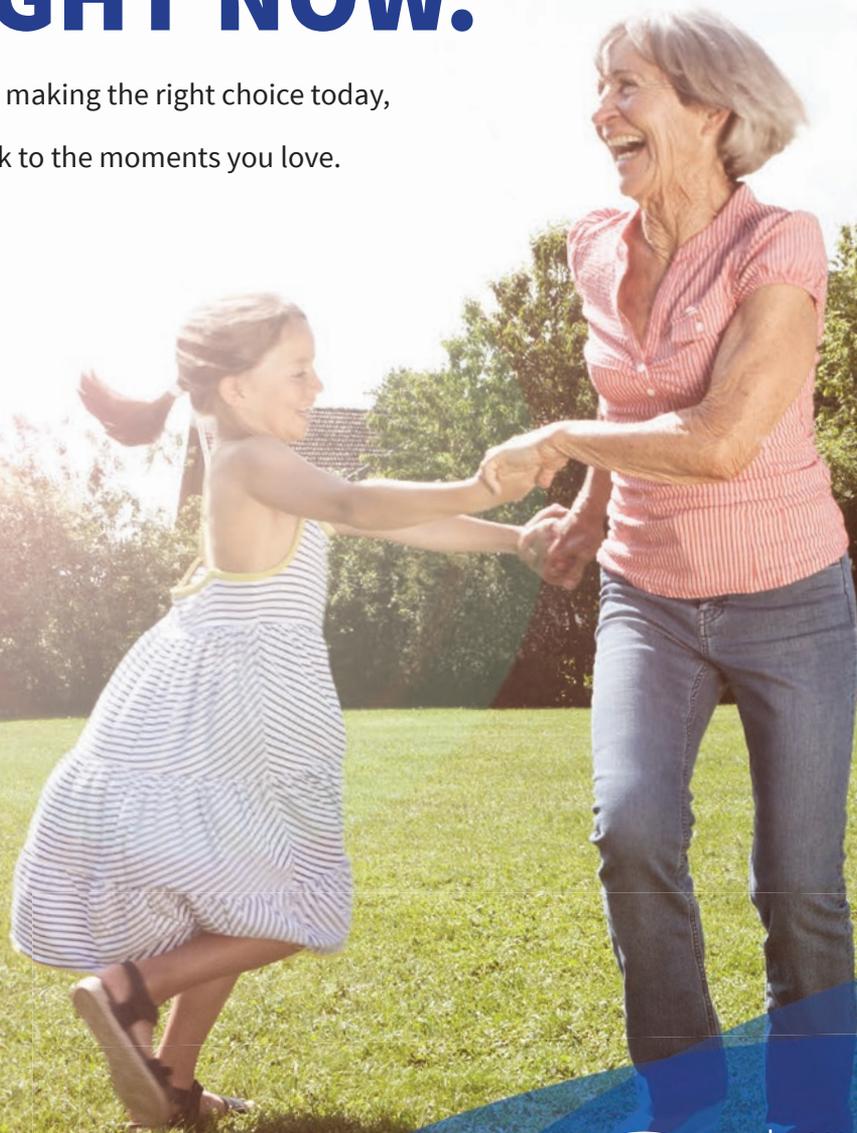
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# Eat to Your Health

## Proper Nutrition Boosts Immune System, Protects Against Disease and Infections

*By Jill Engel  
Aging Partners Nutrition*

The cold and flu season has arrived, and it is important to protect our bodies in the best way we can. The immune system changes as we age, and we may become more susceptible to disease. Every part of our body, including our immune system, benefits from a healthy lifestyle. Exercising regularly, balanced nutrition and maintaining a healthy weight all have been shown to have positive effects on our immunity.

Good nutrition is a crucial part of supporting our body's immune system. It is important to have a well-balanced diet that includes a variety of foods such as lean proteins, vegetables, whole grains, fruit and dairy. Certain nutrients can help boost our immunity, support our body's defense mechanism and protect against infections.

Protein is an essential part of our body

and important for our body's defense mechanism. Protein forms important structures in the body such as our bones, muscles, skin and hair. It also helps to regulate many body functions and fuels our cells. Aim to incorporate a variety of proteins such as lean meats, poultry, seafood, beans, peas, nuts, seeds and eggs.

Vitamin A helps control the body's immune system and protects against infections. Vitamin A supports the health of skin and tissues in the mouth, stomach, intestines and respiratory system. Vitamin A can be found in sweet potatoes, spinach, carrots, sweet peppers, broccoli and apricots. You will also find foods that are Vitamin A fortified such as milk and breakfast cereal.

Vitamin C helps protect

the body against infection by promoting the growth of antibodies. Antibodies help our body fight against bacteria and viruses. Foods high in Vitamin C include citrus fruits such as oranges, grapefruit and tangerines as well as red bell peppers, broccoli and strawberries. Certain juices also are fortified with Vitamin C.

Vitamin E naturally works as an antioxidant in the body by working to reduce free radicals. Foods high in Vitamin E include fortified cereals, sunflower seeds, almonds, hazelnuts and peanut butter. Vitamin E is a water-soluble vitamin, meaning that the body will store what it does not immediately need to use.

Zinc promotes wound healing and may boost the immune system. More than 300 enzymes in the body require zinc for protein metabolism, insulin control and preventing oxidative damage to our cells. Foods high in zinc include fortified cereals, beef, some seafood and poultry.



Phytochemicals are naturally occurring chemicals found in plants that have many health benefits in the body. Phytochemicals work as an antioxidant, protecting the body against free radicals, inflammation and boosting the immune system. Several types of phytochemicals can be found in a variety of fruits, vegetables, grains and beans. Choose brightly colored fruits and vegetables, which often have the best sources of phytochemicals.

Although we can't shield our body from everything, we can take certain steps to ensure that we are supporting our immune system the best we can. 

## Salmon Stir Fry

4 servings

### Ingredients:

4 cups brown rice, cooked  
2 tbsp. olive oil  
2 tsp. sesame oil  
4 cloves garlic, minced  
1 tsp. ground ginger

¼ cup low sodium soy sauce  
1 lb. salmon filets, cut into chunks  
2 cups frozen Oriental-style vegetables

### Directions:

Cook rice in water as directed on package. Heat olive oil and sesame oil in large skillet over medium heat. Add garlic and ginger to skillet and stir constantly for one minute. Add salmon and cook, stirring until partially opaque. Cover the skillet and cook for 3 to 4 minutes or until salmon flakes easily with a fork.

Stir in frozen vegetables. Add soy sauce and stir well. Cook until vegetables are cooked thoroughly. Serve over cooked rice.

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#### Stable rates.

AARP Medicare Supplement Plans national annual base rate increases have been 2.6% on average between 2012 and 2016.<sup>1</sup>



#### #1 Company for Medicare supplement.

UnitedHealthcare Insurance Company covers more people with Medicare supplement plans nationwide than any other individual insurance carrier.<sup>2</sup>



#### Recommended plans.

9 out of 10 plan holders surveyed would recommend their AARP Medicare Supplement Plan to a friend or family member.<sup>3</sup>



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#### The numbers say it all.

**97%**

of customers surveyed who had a claim filed automatically were satisfied with how their claims were processed.<sup>3</sup>

**96%**

member satisfaction rate of those surveyed with AARP Medicare Supplement Plans.<sup>3</sup>

<sup>1</sup> Annual base rate increases vary by state, rate and year. From a report prepared for UnitedHealthcare Insurance Company by ORC International, "Substantiation of Advertising Claims Concerning AARP Medicare Supplement Insurance Plans," April 2017. [www.uhcmédsupstats.com](http://www.uhcmédsupstats.com) or call 1-800-523-5800 to request a copy of the full report.

<sup>2</sup> From a report prepared for UnitedHealthcare Insurance Company by Mark Farrah Associates "December 2016 Medigap Enrollment & Market Share," May 2017. [www.uhcmédsupstats.com](http://www.uhcmédsupstats.com) or call 1-800-523-5800 to request a copy of the full report.

<sup>3</sup> From a report prepared for UnitedHealthcare Insurance Company by GfK Custom Research NA "Medicare Supplement Plan Satisfaction Posted Questionnaire," March 2017. [www.uhcmédsupstats.com](http://www.uhcmédsupstats.com) or call 1-800-523-5800 to request a copy of the full report.

AS3005NE

# Active Adults Get Great Results

By Peggy Apthorpe, Aging Partners Health and Fitness

What would you do with another seven and a half years?

Research conducted at the Yale School of Public Health shows that older adults who have positive perceptions of aging live an average of 7.5 years longer than those who think negatively. They recover more quickly from illness and injury. They have better memory. They're more likely to do things that keep them healthy, like staying mentally and physically active.

You can take steps to improve your health and life. It starts with believing you can. Health and Fitness program participants inspire us every day with their positivity and resilience. In this issue of *Living Well*, we would like to focus on just a few of our many "active agers." These individuals happen to be people who are regulars at the Aging Partners Fitness Center at 9th and "J" streets in Lincoln.

Norma and Dick Norris have been regulars at the fitness center for almost 11 years. They started attending when it was located at the Downtown Senior Center 10th and "O" location.

"My job for 28 years as president of a credit union and my pre-retirement years were sedentary," Dick said. "Although I liked to hunt and fish, this was not a good substitute for the exercise I needed."

Dick's doctor recommended he get into a regular fitness program and suggested that Aging Partners might be able to help.

"I try to make it every weekday except for holidays," he said. "It certainly has helped me keep physically fit."

His secret to positive aging is attitude.

"Every morning when you get up, you have a choice," he said. "You can complain about your aches and pains, or say 'I am going to make this the best day I can.'"

Norma worked part time at her church for 40 years before retiring in October. She definitely thinks exercise is an important component of healthy aging.

"By exercising, I have more energy to do things around

the house like raking leaves, spading the garden, the vacuuming and all the housework," she said. "I have the energy to entertain the family throughout the year and keep my brain sharp by playing card games with grandchildren, and working crossword and jigsaw puzzles."

She also tries to eat right and stay busy by volunteering at church.

Rachel Trevizo is an active volunteer and fitness center participant. She started attending Aging Partners' fitness activities and classes nine years ago when she retired from 42 years of employment with the federal government in Texas and Nebraska.

"My health has improved according to my doctor, and I feel better now that I am exercising more," she said. "I now know how to exercise safely, keep my home safe and fall proof, and just generally enjoy my life in a safe and happy

Older adults who have **POSITIVE PERCEPTIONS** of aging live an average of **7.5 years longer** than those who think negatively

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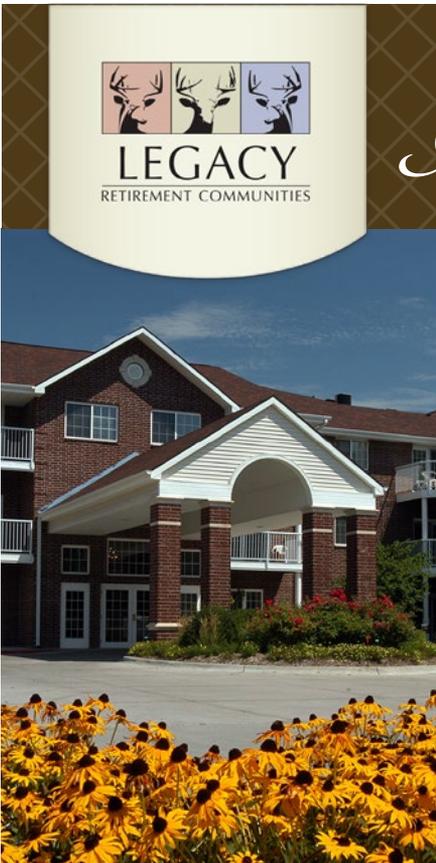
manner. The fitness center employees are so helpful and encourage me to keep active. They make the fitness center a home away from home and so welcoming. I have made many new friends there.”

Rachel volunteers for Aging Partners, FoodNet and her church. She makes an effort to keep up with what is going on in the city, state and country.

“I truly enjoy living in Nebraska,” she said. “The best part is the wonderful people I have met here. If you have a positive attitude, you can learn new things, meet new friends, and stay mentally and physically active. You can enjoy every day of your life. That’s what makes me happy.”

The Aging Partners Health and Fitness program began in 1984. Thirty-four years later, we continue to be in awe of older adults and caregivers as they make healthier lifestyle choices and become more active partners with their health care providers. We are proud to stand with participants as they promote a positive image of older adults and healthy aging in the community.

Check out pages 36 and 37 of this issue of *Living Well* to learn more about upcoming classes and programs. 



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### **Jocelyn Fitzgerald**

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# Living At Home

## Homestead Tax Exemption Can Benefit Seniors

Nebraska is a great place to live thanks in part to programs such as Homestead Tax Exemption, which helps many older adults afford to stay in their homes. This program offers property tax relief for individuals and couples who own a home and are 65 years of age or over, as well as younger individuals with certain disabilities. Only one member of a couple needs to be age 65. This is a county-based program that may offer from 10 to 100 percent property tax relief, depending on the value of your home.

Every year, individuals must apply for a Homestead Exemption to receive the benefit. Homestead Property Tax Exemption forms are mailed by the county assessor after Jan. 1, provided the individual applied for the exemption in the prior year. If individuals have never applied for the Homestead Exemption, they need to visit or contact

their county assessor office to request the forms. The forms may also be downloaded from the County Assessor or State Department of Revenue websites.

The exemption is based on an adjusted household income, which is different than the IRS adjusted gross income. If you file income taxes, you would start with the adjusted gross income on your tax form, and then add back any untaxed Social Security benefits you received. Once you have that figure, you subtract health expenses, such as Medicare Part B premiums, Medicare supplemental payments, Part D premiums and copays, and long-term care insurance premiums, as well as eyeglass and dental expenses. If you do not file income taxes, add up your 1099 reported income for the previous year and start with that figure. When you have your household income from the previous year, subtract health expenses to arrive at an adjusted household

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### Are you 60 years of age or older?

Do you have a problem with:

- debt collections
- Medicare/Medicaid
- being a tenant
- homestead exemptions
- reverse mortgages
- POAs

### Legal Aid of Nebraska is here to help!

Legal Aid provides free legal advice and assistance to Nebraska residents 60 years of age and older through our Elder AccessLine.

Reach our Elder AccessLine toll-free at:

**1-800-527-7249**

Monday-Friday: 9 a.m. - Noon CST

Monday-Thursday: 1 p.m.-3 p.m. CST



income. Last year, a couple with an adjusted household income of \$48,201 or less received some property tax relief, depending on the value of their home.

Adjusted household income figures increase every year. It is important that you stay informed on the newest household income figures and check every year to make sure you don't miss an opportunity for property tax relief. This is especially true if you or your spouse have experienced some higher-than-usual medical expenses this past year.

You have plenty of time to file for your Homestead Tax Exemption. The filing period is Feb. 2 through June 30.

If you have questions about Homestead Tax Exemption or



want assistance with the form, please call Aging Partners at

402-441-7070 or 1-800-247-0938 for more information. 



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# Caregiver Corner

## Caregivers and Their Mental Health

According to the Family Caregiver Alliance, about 44 million Americans provide 37 billion hours of unpaid, “informal” care each year for adult family members and friends with chronic illness or conditions that prevent them from handling daily activities.

Many people know they are helping, but don’t see themselves as caregivers. Caregiving for a loved one can be rewarding, but also can be demanding — leaving caregivers exhausted and stressed on top of their normal daily functions.

It is important that caregivers recognize the need to take care of themselves.



### Recognizing Caregiver Burnout

Caregiver burnout is a state of physical, emotional and mental exhaustion. Signs and symptoms of this include increased irritability, sadness, hopelessness, changes in sleep patterns, unplanned weight loss or weight gain, changes in appetite, or decreased or lost interest in the things they enjoy doing.

“These are not things that last just one or two days, but are persistent and ongoing,” said Jennifer Brown, mental health therapist for Lincoln Wellness Group. “We get concerned at about the two-week mark.”

If you notice any of these signs and are concerned, Brown suggests talking to your primary care physician.

“There are a lot of things that can contribute to depression, which is related to a person’s physical health,” she said. “It is important to start with your doctor.”

Your physician may suggest therapy services, which can be short- or long-term, or individual or group counseling. Therapy services can help with coping, self-care and provide supportive listening. Sometimes that may take a person just a couple of sessions, or sometimes longer. It just depends on the situation.

In group counseling, others will be present who can understand a caregiver’s situation.

“I recommend both individual and group counseling, especially group counseling for those

caring for a person with a specific diagnosis such as Alzheimer’s,” she said.

Organizations for specific diseases, such as the Parkinson’s Foundation, Alzheimer’s Association and American Cancer Society often have caregiver support groups and resources available nearby.

Open to anyone, a Caregiver Support Group meets the fourth Tuesday of the month at 1:30 p.m. in Lincoln at St. Paul United Methodist Church, 1144 “M” St. Those interested can simply show up.

### Self-care and Respite

Self-care is important for caregivers to ensure they get enough rest, eat well, exercise, and take time to listen to music, read, or go out with a friend. Picking up a new hobby or having a friend to call, along with utilizing respite services, can benefit caregivers.

“Self-care is so important before you really get frustrated,” she said. “I see a lot of people not ask for help when they really need it. A lot of times caregivers might not even know what exactly they need and don’t know how to ask for it. That’s why it’s important to visit with your primary care physician.”

If you are unsure about local respite services, start with your local senior center. Aging Partners also can help caregivers find respite services and possibly funds to help pay for it. For more information, call 402-441-7070. 

# ADRCs Available for Aging, Disabled

For those who are aging or have a disability, the information you need is available.

A 2016 pilot project, Aging and Disability Resource Centers (ADRCs) recently were made permanent by Gov. Pete Ricketts.

The mission of ADRCs is to provide Nebraskans with disabilities, adults age 60 and over, their caregivers and advocates with a single point of contact for information, referral and assistance for accessing community services and long-term care options.

The ADRC is a free, one-stop resource for Nebraskans that provides referrals and options counseling, identifies unmet service needs and recommends community resources. The help received is relevant information on the services individuals may need. Help can range from housing, medical or financial needs, assistance



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filling out Medicaid forms, in-home services, legal services, adaptable equipment, needed medications or transportation.

If an individual wants a higher level of assistance, staff will complete a simple assessment to better determine their needs and what services may be available. They complete an action plan, help implement it, and follow up as long as is needed.

ADRC staff facilitate and encourage individuals to decide what type of services they want, who they want, and the frequency to help them live at home with confidence and independence.

ADRCs across the state are coordinated by the Department of Health and Human Services' State Unit on Aging, and through Area Agencies on Aging.

To receive ADRC services, call 402-441-7070 or come to Aging Partners at 1005 "O" St. Monday through Friday from 8 a.m. to 4:30 p.m. Services are available to individuals residing in Butler, Fillmore, Lancaster, Polk, Saline, Saunders, Seward and York counties. Individuals outside the area can visit [ADRCnebraska.org](http://ADRCnebraska.org) or call 844-843-6364 to find their local ADRC.

[ADRCnebraska.org](http://ADRCnebraska.org) also provides information about prescription assistance, fall prevention, Medicare, and hospital, nursing home and home health facility ratings. 

# Staying Self-Sufficient

By Mitch Sump, Aging Partners program coordinator

**H**appy New Year! I am always amused by the fact that the weather is never correct for the season I am writing about when I sit down each quarter. And Mother Nature decided to play a joke on all of us this month by dumping 3-plus inches of snow – in October! Ah, the joys of living in the Midwest. If you don't like the weather, wait 10 minutes.

Our Handymen and Handywomen were busy this past fall with last yard mows, leaf raking and cleanup of small branches that came down in the aforementioned snowfall! You might think they are enjoying the downtime of not having yard work to do, but you would be wrong! Winter is the perfect time to take care of the pesky little inside projects you need done. To inquire about help to complete your tasks, please call Diana at 402-441-7030 or Linda at 402-441-3025.

The Lifeline Personal Emergency Response System program stayed busy during the past couple of months. We had several scheduled installs during the holidays as loved ones were back for visits and celebrations.

Also, several of these loved ones gave Lifeline systems as gifts for the holidays. I know that no one likes to talk about the need for these systems, but if they can help someone in a crisis or even save a life, it's a conversation you need to have. For more details about our various systems and costs, please call Suzanne at 402-441-8816.

Did you have guests during the holidays who traveled with a walker or maybe a wheelchair? If so, how much did they complain about the problems of traveling on a plane or even a car with the wheelchair or walker? Let's just be direct here – traveling with large convenience items is not easy nor fun. So that leads to another question: why do it? The Durable Medical Equipment program has a large, varied and ever-changing inventory of items for



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short- and long-term use. If that isn't a major selling point, how about this – there is no fee! To be fair, if you want to make a small contribution to help with repairs, we will accept it. Call Linda at 402-441-3025 for details on items and availability.

As you read this, the odds are pretty good you can look out your window and see snow and ice. Now hopefully this lovely mix of wintery goodness is not keeping you homebound, but just in case it is, do you know about our two transit programs? If you live within the Lincoln city limits, you can reserve a ride to one of our six senior center locations for programs, lunch and camaraderie. There is a suggested contribution of \$2, which can be anonymously dropped into a box at the senior

center you attend. To sign up, just call the senior center in your area (see page 35) and ask to be placed on the transit list. If you are not sure which senior center is in your area, please call 402-441-7158 and inquire. If you live outside the Lincoln city limits and want to visit friends, have lunch, see a movie, do some shopping or other similar activities, call 402-441-7031 to schedule a ride.

We also can take you from Lincoln to areas outside the city limits for the low cost of \$2 per boarding through our Lancaster County **Public** Rural Transit program. You may have noticed that I put some emphasis on one word in that last sentence. The reason I did that is to point out that anyone over age 12 can ride on this transit service. We ask that

riders under age 12 ride with a parent or legal guardian. If you've given any thought to spending a day with some fun family members (aka grandchildren), maybe we can help make that happen.

I need to wrap this up, but I always like to drop at least one hint about things to do around the house this season. The first part of the year is the very best time to take lawnmowers and other power household items like tillers, weed eaters and shrub trimmers into a small engine repair shop for their annual tuneups and sharpening. Waiting until the weather warms up means you will wait much longer to get your equipment back primed and ready for the new season of use. Trust me — the engine shop will be happy you came in early during their slow time of year. 



## Is It Time For a Change?

*Are you thinking of selling your home to move to a more senior supportive environment? If so, it's important to realize that selling a senior's home can be complicated. The financial, logistical and emotional issues can be stressful for a family to navigate.*

*As a Seniors Real Estate Specialist (SRES), I'm uniquely qualified to assist seniors in housing sales and purchases. I'm a real estate professional who has the experience to help guide you through the process and special considerations, making your transaction less stressful and most successful.*

*If you are considering a change, I have a confidential, no obligation plan that can help you make the right choice for your needs. Whether it's aging in place at your current home or opting for something different, contact me and I can help.*

### **My program includes:**

- Confidential meeting to discuss your options and ideas
- Complete market analysis of your current home to determine value
- "Moving On" handbook - A professional guide to Housing-Related resources
- Vendor referral handbook for local service companies
- Outstanding marketing program if you decide to make that change

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*If your home is currently listed with another broker, this should not be construed as an attempt to solicit that listing.*





*A Pioneering Area Agency on Aging*



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

### AGING PARTNERS

1005 "O" St., Lincoln, NE 68508-3628, 402-441-7070 or 800-247-0938

[aging.lincoln.ne.gov](http://aging.lincoln.ne.gov)

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

**Key for Services:** ▲ = Lancaster only

### MISSION

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

## Being Well

### NUTRITION

402-441-7159

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

### HEALTH AND FITNESS

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

- **Health Education Programs** - A variety of topics assisting individuals to make healthy lifestyle choices.
- **Health Screenings** - A variety of screenings include blood pressure, cholesterol, glucose and bone density.
- **Exercise** - Pilates, yoga, stretch and tone classes are available at several locations. Daily fitness programs on LNKTv City (ALLO Channel 2, Spectrum Channel 1300 and Kinetic Channel 1005) and LNKTv Health (ALLO Channel 3, Spectrum Channel 1301 and Kinetic Channel 1010). ▲
- **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 assists seniors and persons of all ages with disabilities to obtain information, services and supports.
- **Home and Community-based Waiver Services** - State funded in-home services for those who are Medicaid-eligible 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](http://seniorsfoundation.org).

## Staying Involved

### SENIOR CENTERS

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

▲ 402-441-7158

### LINCOLN/LANCASTER COUNTY SENIOR CENTERS

- Asian Center: 402-477-3446  
144 N. 44th St., Suite A, Lincoln
- Belmont Center: 402-441-7990  
Belmont Recreation Center  
1234 Judson St., Lincoln
- Bennet Center: 402-416-7693  
American Legion Hall  
970 Monroe St., Bennet
- Firth Center: 402-416-7693  
Community Center  
311 Nemaha Blvd., Firth
- Hickman Center: 402-416-7693  
*New location as of Oct. 3*  
Hickman Community Center  
115 Locust St., Hickman
- JoAnn Maxey Center: 402-441-7849  
Malone Community Center  
2032 "U" St., Lincoln
- Lake Street Center: 402-441-7157  
St. James United Methodist Church  
2400 S. 11th St., Lincoln
- Downtown Center: 402-441-7154  
1005 "O" St., Lincoln
- Northeast Center: 402-441-7151  
6310 Platte Ave., Lincoln
- Waverly Center: 402-416-7693  
14410 Folkestone St., Waverly

## Other Services

### INFORMATION AND REFERRAL

402-441-7070 or 800-247-0938

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

### TRANSPORTATION

- **Ride within Lincoln to the Centers**  
▲ 402-441-7158
- **Lancaster County Public Rural Transit**  
Scheduled transportation to and from Lincoln and rural Lancaster County areas. Handicap accessible.  
▲ 402-441-7031

### • Other options in the community

Listings available at 402-441-7070.

### LIVING WELL MAGAZINE

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

### LIVE & LEARN

A monthly TV show for and about older adults on LNKTU City (ALLO Channel 2, Spectrum Channel 1300, Kinetic Channel 1005) and video-on-demand at [lincoln.ne.gov](http://lincoln.ne.gov) (keyword: vod) or Live & Learn's YouTube channel at [lincoln.ne.gov](http://lincoln.ne.gov) (keyword: live & learn). View on LNKTU City or online at [lincoln.ne.gov](http://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.

### 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  
Mary Dailey, 402-441-6141
- Saunders County  
Mary Dailey, 800-247-0938
- Seward County: 800-247-0938
- York County, Jerri Merklinger  
402-362-7626

### 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  
Karla Shafer, 402-764-2252
- Saline County Aging Services  
Lori Moldenhauer, 402-821-3330
- Seward County Aging Services  
Kathy Ruzicka, 402-761-3593
- York County Aging Services  
Lori Byers, 402-362-7626

## MULTI-COUNTY SENIOR CENTERS

### Butler County

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

### Fillmore County

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

### Polk County

- Osceola Senior Center  
340 N. State St., Osceola  
402-747-8227
- Polk Senior Center  
230 N. Main St., Polk  
402-765-2311
- Shelby Senior Center  
230 N. Walnut St., Shelby  
402-527-5158
- Stromsburg Senior Center  
118 E. 3rd St., Stromsburg  
402-764-8227

### Saline County

- DeWitt Senior Center  
202 E. Fillmore Ave., DeWitt  
402-683-4326 or 402-520-0873

### Seward County

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

### York County

- McCool Junction Senior Diners  
c/o Village Hall  
323 E. "M" St., McCool Junction  
402-724-2525
- York Leisure Home  
215 N. Lincoln Ave., York  
402-362-2900
- York Area Senior Center  
725 Nebraska Ave., York  
402-362-2496

## SENIOR CARE OPTIONS (SCO) AND MEDICAID WAIVER

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

# Aging Partners News and Events

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

When you receive *Living Well* magazine by email, you have direct access to many services. Click your

mouse on any website listed and you are linked directly to a service or advertiser's website. There are wonderful stories in every issue of *Living Well*.

By visiting the Aging Partners website, you will find current and past issues. Call Deb Elrod at 402-441-6146 or email her at [delrod@lincoln.ne.gov](mailto:delrod@lincoln.ne.gov) to sign up.



## Health and Fitness

### Aging Partners Fitness Center

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

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 under age 60.

*For most Health and Fitness classes, there is 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. Please register early. Classes that do not have sufficient enrollment will be cancelled.*

### New for Family Caregivers

Family caregivers do a lot to enhance the health and well-being of the person for whom they care. It is important that they remember to take good care of themselves. One of our certified personal trainers or instructors would be happy to assist you in developing a home-based exercise program designed to meet your needs. Appointments can be set up at a time and location convenient to you. We would also like to encourage family caregivers to take advantage of our fitness center and classes if they can. Call 402-441-7575 for more information.

### Chair Tai Chi

St. Paul United Methodist Church  
1144 "M" St. (dining room)  
Tuesdays, 9:30 to 10:15 a.m.

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 while sitting or standing near a chair.

### January Wellness Wednesdays

Hickman Community Center  
115 Locust St.  
Wednesdays, 10:30 to 11:15 a.m.  
Jan. 2, 9, 16, 23 and 30

Life's a hit when you're feeling fit. Ann Heydt, Aging Partners certified Tai Chi and Fit and Strong instructor, will facilitate these fun 45-minute classes every Wednesday in January. Classes will focus on flexibility, strength and balance. They will be done seated or near a chair.

### Movement with Mitzi (New)

Auld Pavilion  
1650 Memorial Drive  
Wednesdays, 1 to 1:45 p.m.  
Jan. 9, 16, 23 and 30

Mitzi Aden, certified personal trainer and fitness instructor, will lead this four-part miniseries designed to give you a chance to sample different types of exercises.

- **Week One - Chair Dance:** This class includes aerobic activity that burns calories, works the heart muscle and is appropriate for almost any level of fitness. Movement will be done seated and standing near a chair. Upbeat oldies and modern music make this an empowering and fun workout.
- **Week Two – Aging Backwards:** Exercises in this class are based on the work of Miranda Esmonde White. They are geared toward lengthening and strengthening muscles. They will help improve posture, increase mobility and tone muscles.
- **Week Three – Standing Tall:** This class will focus on exercises designed to help you improve your posture and prevent falls. Strength and balance exercises designed specifically to reduce your risk of falling will be taught.
- **Week Four – Balls and Bands:** This is a fun class where we use balls and bands to improve flexibility and strength and tone muscles.

### Fit and Strong Classes

F Street Recreation Center  
1225 "F" St.  
Mondays and Fridays  
10:30 a.m. to noon  
Feb. 1 through April 26 (no class Feb. 18)  
April 29 through July 22 (no class May 27)

These classes are helpful to anyone wanting to become more active and especially beneficial to people with osteoarthritis. Participants learn about the benefits of physical activity, how to manage arthritis, how to exercise safely, and how to develop and maintain a healthier, more active lifestyle without pain.

### Qigong Refresh and Recharge (New)

This ancient, meditative practice focuses on slow, gentle movements that help to relieve aching muscles and stiff joints, improve balance and flexibility, and increase energy. Movements begin from a chair, move to standing forms, closing with seated stretches and stimulating breath exercises. This class is appropriate for individuals at all levels of ability.

- **Cotner Center Condominium**  
1540 N. Cotner Blvd.  
(use Cotner Blvd. entrance)  
Mondays, 10 to 11 a.m.  
Feb. 4 through April 29 (no class Feb. 18)  
May 6 through July 29 (no class May 27)
- **Auld Pavilion**  
1650 Memorial Drive  
Thursdays, 9:30 to 10:30 a.m.  
Feb. 7 through April 25

### Dynamic Movement Classes

Each class focuses on balance, strength and flexibility through a unique combination of dance steps done to popular oldies music. Synchronized movements isolate and strengthen muscle groups, increase heart rate and improve core stability. Participants warm up from the chair, move to standing, transition to dance and then cool down with standing and seated movements.

- **Cotner Center Condominium**  
1540 N. Cotner Blvd.  
(use Cotner Blvd. entrance)  
Mondays, 2 to 3 p.m.  
Feb. 4 through April 29  
(no class Feb. 18)  
May 6 through July 29 (no class May 27)
- **St. Mark's United Methodist Church**  
8550 Pioneers Blvd.,  
(church gymnasium)  
Thursdays, 3:30 to 4:30 p.m.  
Feb. 7 through April 25



- Auld Pavilion  
1650 Memorial Drive  
Tuesdays, 9:30 to 10:30 a.m.  
Feb. 5 through April 23

### Chair Yoga

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. Beginners welcome.

- East Lincoln Christian Church  
7001 Edenton Road  
Fridays, 11 a.m. to noon  
Feb. 1 through April 19
- Eastridge Presbyterian Church  
1135 Eastridge Drive  
Wednesdays, 1:30 to 2:30 p.m.  
Feb. 6 through April 24

### Beginners 8 Form Tai Chi for Balance and Fall Prevention

Auld Pavilion  
1650 Memorial Drive  
Tuesdays, 10:45 to 11:45 a.m.  
Feb. 5 through April 23

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.

### Tai Chi – Continuing 24 Form

Cotner Center Condominium  
1540 Cotner Blvd.  
Mondays, 1 to 1:30 p.m.  
Feb. 4 through April 29 (no class Feb. 18)  
May 6 through July 29 (no class May 27)

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

### 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. Suggested contribution is \$2 per class or \$4 per week.

- F Street Community Center  
1225 “F” St.  
Tuesdays and Thursdays  
10:30 to 11:30 a.m.  
Feb. 5 through April 25

- Eastridge Presbyterian Church  
1135 Eastridge Drive  
Mondays and Thursdays  
1:30 to 2:30 p.m.  
Jan. 24 through April 18  
(no class Feb. 18)

### Diabetes Self-Management Workshop

Eastridge Presbyterian Church  
1135 Eastridge Drive  
Tuesdays, 1 to 3 p.m.  
Feb. 5 through March 12

The Diabetes Self-Management Workshop is a six-week course for adults with diabetes, their family members and friends. Learn about diabetes, including:

- What to eat and when to exercise
- Monitoring your blood sugar
- Foot care
- Communicating with family and your healthcare provider
- Low and high blood sugar
- Tips for dealing with stress
- How to set small and achievable goals
- Overview of relaxation techniques
- How to increase your self confidence
- Feel better and take charge

This workshop is offered at no cost, but suggested contributions of \$4 per class are appreciated!

### 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.

- Madonna ProActive  
7111 Stephanie Lane  
Thursdays, 1:30 to 3:30 p.m.  
Feb. 7 through March 21
- Eastmont Towers - Seasons  
6305 “O” St.  
Thursdays, 1 to 3 p.m.  
March 7 through April 18

### 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.

\$15 suggested contribution will help these services continue.

- Wednesdays, 9:30 a.m. to 1:30 p.m.  
Jan. 9 (foot care only)  
Jan. 23 and 30  
Feb. 6, 13, 20 and 27  
March 6, 13 and 27  
April 3, 10, 17 and 24

### 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.  
Jan. 10 (foot care only)  
Jan 24 and 31  
Feb. 7, 14, 21 and 28  
March 7, 14 and 28  
April 4, 11 and 18

### Senior Center Events

#### The Doodly Squats in Concert!

Thursday, Jan. 17  
Downtown Center, 1005 “O” St.  
10:30 to 11:30 a.m.  
\$4 suggested contribution for age 60 and over.

These crazy musicians are back by popular demand! Hang on to your cowboy hats as the Doodly Squats blow the roof off of the Downtown Senior Center. January birthdays will be celebrated, too! Call 402-441-7154 to reserve a meal.

#### Free Income Tax Assistance

Monday through Thursday  
Monday, Feb. 4 through Thursday, April 11  
10 a.m. to 3 p.m.  
Downtown Senior Center  
1005 “O” St.

AARP Tax-Aide Volunteers are back to help you with your 2018 income taxes. Appointments start at 10 a.m. and the last appointment is scheduled for 2 p.m. Appointments go fast. Why not stay for lunch? Make your lunch reservation when you make your tax appointment. Bring your photo I.D., a copy of last year’s return, proof of health insurance, Social Security card, wage and earnings statements (W2s), Retirement Income statements (Form 1099R or SSA 1099), Interest and Dividends statements (Form 1099), Homestead Exemption forms, and any other information about your income and expenses. For an appointment, call 402-441-7158, but not before Tuesday, Jan. 22.

*Continued on page 38.*

# Aging Partners News and Events

Continued from page 37.

## Jimmy Mack's '50s Valentine's Show

Thursday, Feb. 14

Downtown Center, 1005 "O" St.

11 a.m. to noon

\$4 suggested contribution for age 60 and over.

In honor of Valentine's Day, let's relive the romance of the '50s! Veteran performer Jimmy Mack will play our favorite tunes to swoon and sway to. Join us for lunch as we enjoy a special nostalgic menu of cheeseburgers and fries. Bring out your poodle skirts, cat's eye glasses, saddle shoes, white sport coats with pink carnations, and your roses and Baby Ruths!

Call 402-441-7154 to reserve a meal.

## Special St. Valentine's Day

### Dinner and a Show

Thursday, Feb. 14.

Cotner Center Condominium

1540 N. Cotner Blvd.

Hy-Vee catered dinner: 5:30 p.m., show:

6:30 p.m.

\$10 dinner and show fee.

\$4 round trip transportation fee.

\$5 show-only tickets.

No refunds!

Valentine's Day is for:

- A. Happy lovers
- B. The lovelorn
- C. Single and content
- D. Classic jazz standards dedicated

to ALL of the above performed by Lincoln's Queen of Jazz and Blues, Annette Murrell, aka Dr Diva!

*The answer is D, of course!*

Reservations suggested for show-only.

Pay in advance or at the door. Registered guests get seating priority over walk-ins.

Reservation and payment required by noon Tuesday, Feb. 12. Call 402-441-7158.

## Michael Forsberg Photography

Tuesday, February 26

10:15 to 11:15 a.m.

Downtown Center, 1005 "O" St.

\$4 suggested contribution for age 60 and over.

Michael Forsberg will be coming to the Downtown Senior Center! Forsberg is a Nebraska native whose 25-year career as a photographer and conservationist has been dedicated to wildlife and conservation stories from North America's great plains. His images have been featured in publications including Audubon, National

Geographic, Nature Conservancy and Outdoor Photographer magazines. Call 402-441-7154 to reserve a meal.

## Slippery Slope of Aging

Thursday, March 7

9 a.m. to 11 a.m.

Hillcrest Firethorn, 8601 Firethorn

Presented by Grace Knott PT, Rehab Administration of Hillcrest Rehab Services and President of Nebraska Physical Therapy Association.

Grace has extensive experience in acute, skilled nursing and outpatient settings as both a clinician and a manager. A graduate of the University of Kansas' physical therapy program, her passion is working with the older adult, especially in the areas of fall risk reduction, dementia care and optimal aging.

Transportation is provided with a \$4 suggested contribution.

Breakfast will be served with a tour afterward.

There is no charge for the program, but you must call 402-441-7158 for reservations by noon, Tuesday, March 5.

# Prepared and confident

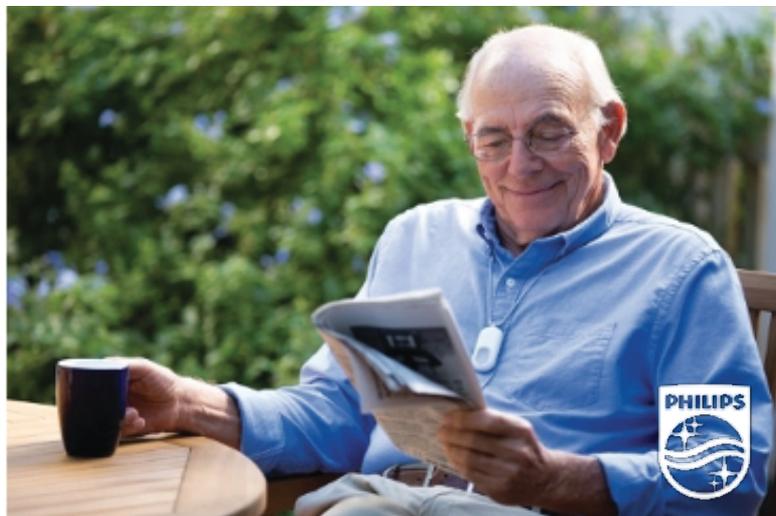
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**402-441-8816**



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



**Women’s History Month Event**

“Women Who Changed the World”  
Featuring Pippa White  
Thursday, March 14  
Cotner Center Condominium  
1540 N. Cotner Blvd.  
Hy-Vee catered dinner: 5:30 p.m.  
Show: 6:30 p.m.  
Reservation and payment required by noon  
Tuesday, March 12. Call 402-441-7158.  
Reservations suggested for show-only.  
Pay in advance or at the door. Registered  
guests get seating priority over walk-ins.  
No refunds!  
\$10 dinner and show fee.  
\$4 round trip transportation fee.  
\$5 show-only tickets.

From healthcare and child labor to  
education and scientific discoveries, the  
contributions of women have been numerous,  
invaluable and overlooked! With no staging  
and the simplest props – some hats, a scarf  
and a sweater – Pippa brings these amazing  
women from American history to life. Her  
powerful storytelling and amazing acting  
skills will leave you wanting more.

**Chris Sayre’s St. Paddy’s Day Show**

Friday, March 15  
Downtown Center, 1005 “O” St.  
10:30 to 11:30 a.m.  
\$4 suggested contribution for age 60 and  
over.

Come and “get your Irish on” as we  
celebrate St. Patrick’s Day with a special  
shamrock dessert plus a festive show  
with authentic Irish music compliments  
of Chris Sayre. All March birthdays will  
be celebrated, too! Call 402-441-7154 to  
reserve a meal.

**Bob Ross Oil Painting Class**

Saturday, March 16  
9:30 a.m. to 3:30 p.m.  
Lake Street Center, 2400 S. 11th St.  
“Sunflowers” – the name explains  
itself. It’s a floral bouquet of sunflowers.  
Paint along with certified instructor  
Donald R. Belik. No experience required.  
All materials and supplies are provided.  
Registration required; call 402-441-7158.  
Payment due by Tuesday, March 11. Mail  
payment to Aging Partners, Attention: Art  
Class, 1005 “O” St., Lincoln, NE 68508.  
Cost: \$50.

**An Evening with the Cranes**

Tuesday, March 26  
Audubon Rowe Sanctuary, Gibbon,  
Nebraska  
Each spring, something magical  
happens in the heart of the Great Plains.  
More than 80 percent of the world’s  
population of Sandhill cranes converges  
on Nebraska’s Platte River valley. Along  
with them, millions of ducks and geese  
migrate to the neighboring rainwater  
basins. Join us as we take a motor coach  
bus to Gibbon for spectacular nature  
scenes on the river’s edge. Crane viewing  
is at its best at the Audubon Rowe  
Sanctuary blinds. This is a guided tour.

We leave Lincoln at 3 p.m.; arriving  
at the sanctuary by 5:30 p.m. for perfect  
sunset viewing. Return to Lincoln by  
10 p.m. Cost per person is \$70, based on  
entrance fee, guided tour, round-trip motor  
coach and box lunch provided by Hy-Vee.  
Transportation fee to the bus site is \$5  
round trip. Call 402-441-7158 to make your  
reservation by noon Friday, Feb. 1. Space is  
limited to a maximum of 32. **lw**

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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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