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Director's Corner

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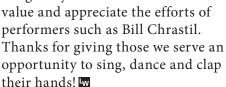
Stevie Wonder coined these lyrics as a tribute to jazz legend Duke Ellington in his 1976 song, "Sir Duke." But the words also fit the attitude, love and passion our seniors have for music in their lives.

Music is a highly popular activity in all our senior centers as well as at other events Aging Partners conducts. This issue's *Living Well* magazine cover feature acknowledges our seniors' love of music and musical performances

by honoring one of their perennial local favorites, Bill Chrastil.

Whenever Bill is scheduled to perform at an Aging Partners event, you can be assured that a standing-room-only crowd will follow. During his career, Bill has achieved great notoriety and acclaim throughout the region. He is a Hall of Famer in Nebraska, Iowa and South Dakota. We are so fortunate to have this local legend and Lincoln native who has a strong allegiance to his hometown and its residents.

You'll find musical performances occurring on a weekly basis at our senior centers in Lincoln and Lancaster County. You'll also notice the optimum energy level and an abundance of smiling faces that accompany these performances. We greatly





Randall S. Jones

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

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C harming the audience with a wink and a smile, Lincoln-native Bill Chrastil has spent the last 51 years sharing his passion of music and entertainment all over the country.

Growing up surrounded by music, Chrastil's mother, father, sister and brother all played instruments. He was inspired by his grandmother's ability to play the guitar and picked that up at age 8. Music became essential in his life.

In 1973, 14-year-old Chrastil accompanied his sister at their first show at a New Year's Eve party in Malcolm, Nebraska.

"We played everything from country to pop," he said.

Chrastil went on to start the band

Timberwolf in 1974, entertaining at high school proms, homecomings, bars and clubs. He didn't sing lead vocals — and never intended to — but while playing at a Veterans of Foreign Wars club, a dancing couple knocked the sheet music of the lead vocalist off the stand.

"He didn't know the words to Hank Williams' 'Your Cheatin' Heart,' but I did," he said. Chrastil stepped up and began singing, helping him realize just how much he enjoyed it.

Timberwolf went on the road in 1983, playing in small towns and cities across the Great Plains from Oklahoma to North Dakota. Over the years, difficulty arose as people came and went from the band. In 1989,

Chrastil made a decision to go solo. He kept Timberwolf together for another year and in 1990, he started his solo career.

Rising Star

Today, Chrastil is known throughout Nebraska and beyond. In addition to being a songwriter and producer, he is an accomplished instrumentalist, playing the guitar, bass guitar, drums, piano and harmonica.

The Bill Chrastil Show includes covers of classic rock and country from the '50s, '60s, and '70s, including music from Johnny Cash, Neil Diamond, Buddy Holly, Tom Jones, Jerry Lee Lewis, Willie Nelson, Roy Orbison, Conway Twitty, The Ventures and a tribute to none other than the King of Rock and Roll, Elvis Presley.

During his performances, Chrastil keeps the energy up, switching from one performer to the next.

"Nothing slows down," he said.
"I'm connected with the people in the audience."

Chrastil covers well-known songs, but also writes his own.

"Songwriting is a different perspective than performing," he said. "Sometimes it's easy to take what you're hearing in your head and put it down, but other times it's difficult."

One of his favorite original songs is "Jesus, Take My Heart Today," which he sometimes spontaneously adds to his setlist during performances.

"That's the best part about live performing," he said. "It often takes you somewhere you didn't intend to go."

In 2011, "Jesus, Take My Heart Today" was the most requested song of the year on BransonRadio.com in Branson, Missouri.



From 2010-2013, The Bill Chrastil Show was live in Branson, Missouri, where Chrastil performed his music from the various decades, and incorporated patriotic and gospel music, country legends, along with storytelling and humor.

"What you bring to the stage more than anything else is energy," he said. "The audience wants to walk in and forget about everything else."

Chrastil continues to perform once a year in Branson, but he always values coming home to Nebraska. You can find him on the stage in community centers, theaters, senior centers and fairs — just about anywhere with a stage or space for him to set up. Chrastil also spends time at assisted living, memory care and retirement communities captivating individuals who may have difficulty traveling for entertainment. He performs 10 to 16 shows monthly for the organization Merrymakers out of Omaha.

"I can see when they recognize a song," he said. "Their eyes light up and

they sing along. The music reaches out where often nothing else can."

While Chrastil enjoys performing, he truly cherishes the interactions with the audience and fans, many of whom he's gotten to know.

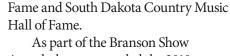
"You get to know people and their families, their highs and lows," he said. "The connection goes beyond the music."

Chrastil has performed in hospital rooms for terminally ill patients, at funerals, benefits for homeless veterans and has been recognized by Muscular Dystrophy Association in 2002 and 2005, and named Admiral in the Great Navy of the State of Nebraska — an honorary distinction that has been bestowed on notable Nebraskans since 1930 — in 2002.

"That's the way my mom and dad raised me," he said. "When you can help someone, you help."

Recognitions and Honors

- Bill Chrastil



As part of the Branson Show Awards, he was awarded the 2010 Gospel CD of the Year, 2010 Best Branson Horizon Show and 2011 Best Impressionist of the Year.

He was named Male Vocalist of the Year three years and Male Entertainer of the Year numerous times at the Valley Star Awards in Rio Grande Valley, Texas, where he performs annually in January and February. He also earned third place in the 1997 Top Ten of the Nashville Star Bound Awards, held on the Grand Ole Opry stage.

Additionally, Chrastil is part of the Nashville Songwriters Association and has done several showcases in Nashville, including for Sony and Capitol Records.

Since age 16, Chrastil has performed a tribute to the King of Rock and Roll. His tributes turned into impressionism, in which he was named the Regional Winner of Elvis Extravaganza and fourth place in the World Wide Finals in Las Vegas in 2004.





Chrastil's Love for Music Shines Bright

Continued from page 5.

"It's hard to do the Elvis moves when you don't exercise," he said.

Aside from the iconic dance moves and lip curl, Chrastil and Presley both have a black belt. Though Presley earned his black belt in karate, Chrastil practiced taekwondo off and on during his high school years, inspired by Bruce Lee.

"Eventually, I decided I was going to get my black belt," he said.

He joined a studio; but in his first testing, he missed one of the kickups on the boards. Testing didn't occur for another two months, so Chrastil trained harder than he ever had before. In December 1990, he nailed every part of the test and was awarded his black belt.

Celebrating more than 300 shows in 2023 and 51 years of performing in 2024, Chrastil is still having fun.

"I'm grateful," he said. "I don't often focus on what I don't have, or what's coming down the pipe; I look at the blessings around me and wake up with gratitude that I got another day to get out there and make it happen."

Chrastil thanks his fans for their dedication and support; along with his wife of 42 years, Diane, and two daughters, Mindy and Miranda.

"Thank you for the many years you've blessed me by coming to and still coming to my shows," he said.

With no plans to stop anytime soon, you can find Chrastil's upcoming shows and music at www.BillChrastil.com, or www.facebook.com/BillChrastil.





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Kromberg's Unique Story

It can be said that 95-year-old Jerry Kromberg has his finger on the pulse of history. He's seen countless changes from the invention of computers to jet engines.

"I think back to even what my car was like in 1940 and what it's like now with all the devices," he said. "Even having a phone in your sleeve was a far-fetched idea from a sci-fi movie back then, but now I carry a cellphone in my pocket."

While he's had to adapt to the changes, Kromberg says he's grateful to have lived through and participated in some prominent events.

Starting Point

Kromberg was born in 1927 just before the Great Depression, and shortly thereafter his family went from living in a duplex in Jackson Heights, New York, to a rooming house in Brooklyn.

"We struggled there until I was about 13," he said.

The family then moved to Altoona, Pennsylvania, for work. His father was dissatisfied; and with World War II happening, he went to work in the defense industry in California. A couple years later, the family moved to South Carolina while Kromberg went to live with his grandparents in Florida, before ending up on his own at age 16.

At age 17, Kromberg dropped out of high school and joined the U.S. Navy's Naval Air Combat Group. Six months of training guaranteed his high school diploma.

"It was interesting," he said.
"When I joined the Navy, Roosevelt
was president, but he died, and
Truman took over when I was in boot
camp. I was in training a few months

Jerry Kromberg stands by a map detailing his world travels.

in Oklahoma when they dropped the bomb that ended the war."

Kromberg went on to become a plane captain in Florida, with a training in mechanics, aerial gunnery and radar.

"I was assigned a plane and my job was to keep the plane airworthy and ready to fly, along with flying with it," he said.

Kromberg served two years before being discharged. He then returned home for a short time before attending the University of Georgia in Savannah.

"It was 1946 and the schools were very crowded," he said. "Since GIs were returning, it was tough to get into a school. So, University of Georgia opened an extension in Savannah on an unused Air Force base and developed it into a campus. That was my first year of school."

Kromberg studied engineering at the request of his father, but he later transferred to Northwestern University in Chicago where he studied business and graduated in 1950.

Gaining Speed

In Chicago, Kromberg worked in several offices until he joined his father's clothing company in Pennsylvania. A few years later, Kromberg joined Robert Hall, a clothing company which pioneered the low-overhead, large-facility merchandising with inexpensive goods and extensive advertising.

He trained in Detroit and then advanced to assistant manager and manager. Kromberg went on to open several stores in Ohio before doing so in Kansas City and moving to Lincoln in 1960 to open a store. About the time he would receive another assignment and move, Kromberg, his wife and two young children chose to stay in Lincoln.

"I was getting tired of traveling and relocating," he said, adding how they liked Lincoln because it was a good-sized city with cultural advantages and a good school system. Kromberg said they also had a nice home and decided to stay.



He went on to become a salesman, selling office equipment and business systems. He always considered Lincoln to be a good place to live; and at the time, it was relatively integrated. Kromberg stayed updated on civil rights — following the Freedom Riders and joined the National Association for the Advancement of Colored People (NAACP). He even marched with Martin Luther King Jr. in Selma, Alabama, in 1965.

"I've always been sentimental toward the civil rights movement," he said. "During the march, we met in the town square in the Black community, with churches on either side and sang civil rights songs while we waited for King to show up. I'm not a religious man, but I'd call that a religious experience."

Political Pursuits

After meeting Jim Exon, Kromberg became involved with the

Democratic Party and was elected delegate at the notorious 1968 Democratic National Convention.

"President Lyndon B. Johnson dropped out," he said. "That opened up the political landscape for other candidates."

Vice President Hubert Humphrey announced his candidacy, as well as Bobby Kennedy and Eugene McCarthy. At a tumultuous time in the nation, due to Martin Luther King Jr.'s assassination and anti-war protests, riots filled the streets.

As a movement to modernize the delegate selection process, an election was created that brought about the primary election for delegates to the Democratic Convention. Deciding to run for delegate, Kromberg ran uncommitted to a candidate, hoping it would give him the win — which he did and gave his vote to Humphrey.

Attending the National Convention in 1968 was alarming,



Kromberg served as a plane captain in the Navy.

especially after the assassination of presidential candidate Kennedy.

"The streets of Chicago were full of riots and demonstrations," Kromberg said. "It wasn't too safe, so we were escorted by police from the hotel to the convention."

Humphrey received the Democratic nomination, but lost the election to Richard Nixon.

Continued on page 10.

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Kromberg's Unique Story

Continued from page 9.

When Exon became the Nebraska governor in 1971, Kromberg was appointed to his administration as manpower planning director before serving in the General Planning Office, which handled anything which came into the governor's office.

"We acted as a buffer between a lot of advocacy groups and the governor, advising the relationship between one government agency and another," he said.

As part of that process, he and others established advocacy agencies for women, Native Americans, Mexican Americans and for those with disabilities. Kromberg himself served on many commissions as an ex-officio member representing Governor Exon. He also played an important role in the resolution of the American Indian Movement (AIM) takeover in 1972 of the Fort Robinson Museum, which serves as an important landmark in the settlement of the West and where Crazy Horse was killed. AIM sought to take control of and burn the museum down. The group's representative had met Kromberg before and requested to only speak to him.

"It was in the middle of the night and Jim Exon calls me; I woke up quickly," he said.

Kromberg, the governor and other staff worked throughout the night to determine a plan to get the group to vacate Fort Robinson before daybreak to avoid publicity. With several agreements from both sides, an in-person discussion would take place. The governor's head of security was assigned to Kromberg for protection.

"You could feel the tension in the room," he said. "The meeting fell apart in no time, so a founder of AIM, Dennis Banks, and I went outside to talk in a field. We didn't want anyone hurt, so everyone decided to leave."

Another meeting was planned at the Capitol. In the meantime, tribe chiefs were contacted and members of AIM were disowned as official tribe members and the issue faded away.

Kromberg continued to serve in government until he was let go by Gov. Charles Thone. He then went on to found a publishing company, Media Productions and Marketing, Inc.

Enduring Leisure

Today, Kromberg stands proud of his daughter, three sons, five grandchildren and four great-grandchildren. He enjoys spending time and traveling with this significant other, Maria Diaz, former Nebraska state refugee resettlement coordinator. They've traveled to places such as the Caribbean, Greece, Egypt, China, Tahiti, Japan, Chile, Argentina,

England, France, the Azores off Portugal and the southern tip of South America.

"Each location is unique in its own way," Kromberg said. "I really enjoy experiencing different cultures."

A newer experience for him has been his journey in exercising. He became a dedicated member of the Aging Partners Fitness Center at 9th and "J" streets after using an expensive gym membership.

"I saw an ad that the Fitness Center was available, so I went and tried it," Kromberg said. "I got such a wonderful greeting from the staff that I decided to go there and now we've all become very good friends."

Karen O'Hara, Health and Fitness coordinator, said it's a common story as people who show up to exercise often become like family, adding, "We just chat while they exercise."

Kromberg easily made the transition to Victory Park to use the Schmieding Foundation Center for Active Living Fitness Center, before recently suffering a stroke, but he looks forward to getting back.

"I had to overcome my inertia to start exercising," he said. "The doctor said I should start, and I do feel better for it." \[\sqrt{w} \]



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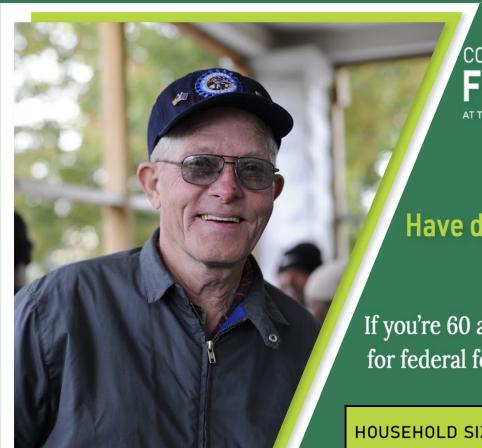
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Problem Gambling Increasing with Legalization

S ince gambling was legalized in Nebraska in September 2022, individuals seeking treatment for problem gambling has increased.

"At first, we saw a lot of relapses," said Mike Sciandra, Choices
Treatment Center education and outreach coordinator. "Maybe they were casino gamblers in Iowa and had self-excluded there or lived far enough away that the temptation was lower. But now, they're relapsing because it's close and there's the temptation to think they can handle it or just one time won't hurt, and they quickly found out they still have a problem."

While many gamble responsibly, any gambler can become disordered or problematic, where gambling causes emotional, family, legal, financial and other problems for the gambler and those around them.

Choices Treatment Center, 127 S. 37th St., Suite B, specializes in treating problem gamblers. With three casinos in Nebraska working to expand their offerings including sports betting, Sciandra expects to see more individuals seeking treatment.

Casinos are generally popular among older adults, because the facilities offer a social connection. Aging adults and those living on fixed incomes can be the most vulnerable to gambling, because there's no way to recoup lost funds over time without the ability to work.

"It can be a way of entertainment to get out of the house, but you need to set limits and follow those boundaries," Sciandra said.

Casino gambling isn't the only form to be concerned about. Accessible gaming has expanded, from the casino to bingo, keno, scratch tickets, card games, horse racing and skill-based machines in bars, convenience stores and restaurants. Even phone and tablet games for which you spend money can be considered gambling.

"We've normalized gambling in society and exposed more of the population — from youth to older adults — which will increase the rates and create more problem gamblers," Sciandra said.

Sciandra was one of those exposed to gambling at an early age. For 25 years, he struggled before hitting rock bottom and seeking treatment. Now, he works at Choices where he received treatment and is working toward his Peer Support Specialist Certificate to help other problem gamblers with understanding, support and a way out.

Defining Problem Gambling

It may be easy to overlook the subtle symptoms of out-of-control gambling, but there are red flags:

- 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. Potential health risks associated with gambling include cardiac arrest, diabetes, damage to the bladder, kidneys and liver. Another concern is high levels of anxiety and depression; and 40 percent of problem gamblers

Despite the prevalence of gambling and related problems, less than 10 percent of persons with gambling problems receive treatment.

are suicidal before seeking treatment.

Getting Help

Choices is an outpatient treatment and recovery facility committed to helping individuals overcome problems related to gambling, substance abuse, and mental health through a holistic approach so all co-occurring issues may be addressed, including financial and legal issues.

Treatment serves as an important step in recovery and often includes an assessment of the emotional, physical, mental and addictive health along with a person's spending habits. Choices offers a 24-hour help line staffed by licensed counselors, individual and group counseling, as well as education sessions.

Although insurance doesn't cover gambling treatment, Choices is certified with Nebraska Gamblers Assistance Program (GAP) and allows counselors to

If you have a friend or family member who struggles with gambling, not only is the treatment we give free through GAP for problem gamblers, but it's for their family members, too."

- Mike Sciandra, Choices Treatment Center education and outreach coordinator

provide assessments for problem/pathological gamblers, consultations/interventions for problem gamblers and their families, financial counseling and individual treatment at no charge to the client.

This summer, Choices opened an office in Columbus, Nebraska, at 3116 18th St., Suite 55, to better serve problem gamblers in the area.

"We wanted to fill that gap there, even before the temporary casino opened," Sciandra said. "When treatment is closer, it's easier to get help."

Choices strives to be a resource in the community for all affected by gambling.

"If you have a friend or family member who struggles with gambling, not only is the treatment we give free through GAP for problem gamblers, but it's for their family members, too," Sciandra said.

More information on Choices can be found at www. choicestreatmentcenter.net.

Choices also provides financial resources for its clients through its nonprofit, Creating Family Choices (CFC). Founded in 2008, CFC offers financial and short-term loans for individuals suffering financially from gambling addiction; and it helps fund the 24/7 help line. To help raise funds for this program, Choices will host its annual Celebrity Golf Tournament May 30 at Woodland Hills Golf Course. More information is available at www.creatingfamilychoices.com or call Sciandra at 402-217-1500.

Self-Exclusion and Helping Self

As we head into the two most popular times for sports betting — the Super Bowl and March Madness — Choices is gearing up to spread the word for Problem Gambling Awareness Month in March. Choices will work with the National Council on Problem Gambling to promote proclamations throughout Nebraska, provide presentations in the community and media coverage on problem gambling.

One way to lessen the temptation of casino gambling and sports betting is to voluntarily self-exclude, which is what Sciandra said he did as soon as he could to avoid the temptation.

Choices can assist with voluntary self-exclusion forms for Nebraskans free of charge, which excludes the individual from all casinos in the state.

"We want to help you avoid the temptation of going into the casino," Sciandra said. "You can come into either of our offices and fill out the voluntary self-exclusion paperwork, and we will submit it for you."

For more information or confidential 24/7 help, call Choices at 402-476-2300; the Nebraska help line at 1-833-238-6837 or the National help line at 1-800-GAMBLER.



Scams a Steady Source of Frustration

The dollar amount people reported losing to fraud in 2022 is sobering. According to recent data from the Federal Trade Commission (FTC), Americans lost nearly \$8.8 billion to scams in 2022, up 30 percent from the previous year. Nebraskans lost \$23.9 million, an increase of 67 percent over the previous year. Despite increases in scams, Nebraska remains one of the least scammed states in the nation.

Education remains a crucial weapon in the fight against scams. The Nebraska Attorney General's Office has published a consumer guide, "Recognize and Report Scams," on common scams, helpful tips and more. The new guide, as well as Consumer Protection Kits, are now available free online or by calling the Attorney General's Office.

Imposter Scams

One of the most popular scams is the "imposter scam," where the scammer pretends to be a trusted person, company, or authority figure, like a family member, friend, business, government official, romantic partner, or tech support. They tell a compelling, urgent story and request cash or may even threaten harsh repercussions if not remedied immediately. Always contact the family member, company or government agency directly before acting to confirm the situation is true.

Another example of an imposter scam is the business imposter scam. A scammer may call claiming to be from a well-known company like Amazon to verify a recent purchase. They may lead you to believe there are unauthorized charges on the account, and they can reverse those charges if you share your bank name, routing number and account number. Their primary goal is to steal personal information and access your accounts.

Romance scams increased during

COVID-19 when many were isolated. Romance scammers reach out through various online sources, such as dating or social media sites. These relationships move quicker than most online relationships. The scammer tells stories and quickly professes their affection. They aim to build trust before they ask for money.

One way to verify a person's identity is by reverse image searching the photos they provide or video calling them. Scam artists will never allow themselves to be caught on camera because they won't look like the photos they provided.

Health Care

Be cautious of calls to verify your personal information or Medicare number.

While some may be legitimate, scammers can sound convincing and helpful when they want to obtain personal information.

If you are concerned about Medicare scams, contact the Centers for Medicare & Medicaid Services (CMS) at 800-MEDICARE (800-633-4227) or TTY: 877-486-2048 to verify the call is legitimate.

TRACED Act

Thankfully, the Telephone Robocall Abuse Criminal Enforcement and Deterrence (TRACED) Act has reduced scam calls. Consumers are seeing evidence of this new technology-based solution on their caller ID. If yours displays "Spam Risk" or "Scam Likely," don't answer the call. The technology is working to protect you.

This system was implemented nationwide with companies like Spectrum, ALLO, Cox and Kinetic. Many hardwired phones are still transitioning to the new technology.

Texting Scams

Over the past year, the Nebraska

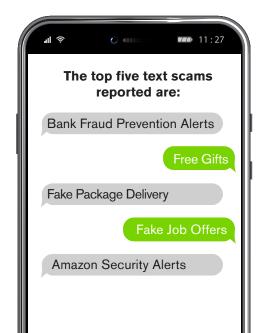
Attorney General's Office has seen an increase in texting scams. Scammers use the speed of text communication to their advantage, hoping consumers won't slow down and think over what's in the message.

If you receive an unsolicited, possible scam text, delete it and block the sender. If something seems off, it probably is. Keep an eye out for spelling and punctuation errors that may indicate a scam. When in doubt, contact the company or your bank directly using a trusted phone number. Don't reply to the text message or click on links.

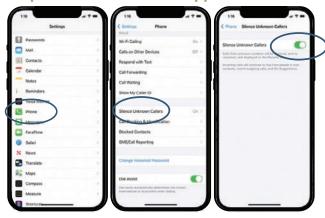
Reporting Scams

It's important to never give out personal information over the phone or email. Never commit to anything before checking it out. Government agencies such as the IRS never call, email, or text you. They will reach out via U.S. Mail. Do not give out personal information if you didn't originate the call.

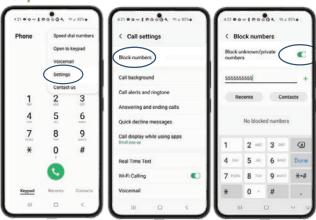
To report scams or request a free Consumer Protection Kit, contact the Nebraska Attorney General's Consumer Affairs Response Team at 402-471-2682 or online at protectthegoodlife.nebraska.gov.



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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 your income and the value of your home.

Every year, individuals must apply for a Homestead Tax 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 Tax Exemption, they need to visit or contact their county assessor office to request the forms or can pick up forms at Aging Partners, 600 S. 70th St. 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 income.

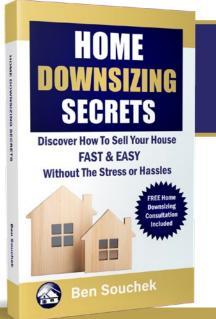
Last year, a couple with an adjusted household income of \$57,700 or less; or a single person with adjusted household income of \$48,600 or less received some property tax relief, depending on the value of their home. Adjusted household income figures increase every year.

It is important to stay informed on the newest household income figures and check every year to ensure 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 for the 2024 tax year. 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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Medication Management

Whith a high prevalence of chronic health conditions among older adults, almost 90 percent regularly take at least one prescription drug, and almost 80 percent regularly take at least two. Medications are a wonderful tool, but it's important to know and understand what is being taken; how much and when to take them; and any potential side effects.

Individuals with multiple medications may find it difficult to keep track of what they are taking. Using inexpensive pillboxes, or preorganized blister or bubble packs can be a convenient and easy way to transport and take medications wherever necessary. Nonetheless, one of the most important factors to managing health should be discussing medications with a pharmacist — especially if a person is taking multiple medications prescribed by several doctors.

"Of all the people on your health care team, if you have a question about a medication, start with your pharmacist," said Dr. Ally Dering-Anderson, licensed pharmacist and clinical associate professor at the University of Nebraska Medical Center College of Pharmacy.

If people find a medication to be out of their budget, ask if there are less expensive alternatives. Often a name brand or once-a-day drug can cost more than a generic or twice-a-day medicine.

"It all depends on what we're treating," Dering-Anderson said. "If



it's treating a short-term illness, maybe you won't be as worried about the cost as one that you will be taking the rest of your life."

Pharmacists can also help if a person encounters an issue with medicines. If an inhaler doesn't spray, eyedrops don't dispense or insulin pen won't work — call a pharmacy.

"If there's a device problem, a pharmacist will hear about it before you do," she said. "Often, we'll know it's been reported and ask you to bring it back and get you a new one."

Medication Reviews

One of the more important considerations for those on multiple medications is a medication review. Pharmacists can review medications and look at all prescribed and overthe-counter medicines, supplements and assess for interactions, side effects, help determine the best way to take all medications, and look for any missing or duplicative drugs.

"We want to know what medications you are currently taking, when, and help determine what works best for you," Dering-Anderson said "Do you always eat breakfast? Do you always brush your teeth before bed? We want to tie taking your meds to an event. Drugs are important for health and care, but they are supposed to make your life better, not run your life."

It's important to tell a pharmacist about any changes people notice with their health.

"When I ask if you are having any problems, tell me all of them," Dering-Anderson said. "Some may be drugrelated, and some may not be, but let me help determine that."

Individuals should report anything, as some side effects they wouldn't consider, such as new freckles, thicker hair or swollen ankles.

"I want to know it all," Dering-Anderson said. "I know how the drugs work, what they are supposed to be doing, what they interact with. If it's not working well or causing issues, we need to come up with another option."

Having medication reviewed can reduce the risk of adverse effects, which becomes more crucial with multiple conditions and prescribing doctors.

If a pharmacist sees drugs interacting, medications that aren't needed, or need a companion drug, they will work with a person's doctor to find a solution.

Medicare Part D plans are required to offer Medication Therapy Management (MTM) services at no cost to members who meet certain requirements or are in a Drug Management Program. This can help individuals understand his or her medications and take them safely.

Some employer-based health care programs offer this service, or it can be done with a small cost at participating pharmacies. There are also some pharmacies that offer travel health medication management for those who are planning international travel.

"These pharmacists will help counsel you through the vaccines you need and drugs to take with you, what you should avoid such as ice and water," she said. "It's not always covered by insurance, but it is worth it, because if you get there and don't have the correct vaccines and paperwork, they'll send you home."

Dering-Anderson recommends that older adults ask for a medication review once a year, and each time a medication is started, stopped or a dose is changed. "The first time, it can be time-intensive," she said.

"But after that, the pharmacist has a really good picture of everything you are taking, your diagnoses, concerns and goals — like being pain free, or getting a good night's sleep.

Any prescribed or over-the-counter medication, vitamin, supplement or pain reliever has the possibility of a drug interaction.

"Ask a pharmacist before you buy them," she said.
"They can tell you what's OK. And remember, if you have heartburn, it's possible a pharmacist can trace that to a certain prescription and possibly change the time you take it, or to take it with food, before spending money on another medicine."

Don't forget to inspect medications and toss any that are expired.

"Nothing lasts forever — please check the expiration dates," Dering-Anderson said. "Most drugs get weaker as they expire, but some can cause serious damage beyond the expiration date."

Anyone who happens to take expired medicine should call a pharmacy. If a person has taken a large dose, skip the pharmacy and call Poison Control at 800-222-1222. If experiencing a serious adverse reaction, difficulty breathing, a nose bleed that won't stop, or vomiting for more than six hours, consider calling 911 or seek emergency care.



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From left: Patrick D. Timmer, Elizabeth A. Workentine, Kent Endacott, Attorneys at Law

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2024 Medicare and Social Security Updates to Know

E ach fall, Medicare and Social Security make multiple changes to their programs, most commonly to Social Security monthly payments, and Medicare premiums and deductibles.

It's important to review these changes, so individuals are aware of their health and income benefits for the upcoming year.

In 2024, Medicare Part A's deductible increased from \$1,600 to \$1,632. The daily hospital coinsurance for days 61 to 90 increased from \$400 to \$408 per day; and the skilled nursing facility daily coinsurance rate for days 21 to 100 increased from \$200 to \$204 per day. Often, these costs are covered

by a Medicare supplement plan.

Medicare Part B's monthly premium has increased from \$164.90 to \$174.70. For most people, this premium is taken directly out of their Social Security benefits. This is an automatic change on Social Security's end. Medicare Part B's deductible also went up from \$226 to \$240.

Social Security recipients will receive a 3.2 percent increase to their benefits in 2024.

Changes to the 2024 drug plans were made due to the Inflation Reduction Act passed in 2022. Premiums vary and are set by the individual companies. Like in 2023, insulin is capped this year at \$34 for

a month's supply; and preventive vaccines are now covered.

"Most drug plans this year have a \$545 deductible," said Molli Stolz, Aging Partners benefits counselor. "The coverage gap or donut hole amount has increased to \$5,030 from \$4,660; and the true out-of-pocket for 2024 is \$8,000, up from \$7,400."

Stolz notes that once the true out-of-pocket has been met in 2024, there are no copays, whereas previously there was 5 percent copay, which has been eliminated.

While these changes can be confusing, Aging Partners Benefits counselors are here to help. Call 402-441-7070 if you have questions.

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January 16 | February 20 | March 19 4:30 - 6:00 p.m.

Tours will start every 30 minutes. Please arrive 10 minutes early for your reservation. The tour and recap will last approximately 1 hour. This educational program will be offered to the public the 3rd Tuesday of each month.

RSVP to Becky by phone or email:

BSass@countryhouse.net or (402) 421-1300 All registrations will be confirmed by the CountryHouse team.

For more information on the Virtual Dementia Tour, visit secondwind.org. Learn more about CountryHouse at CountryHouse.net.













Partnerships Help Aging Adults, Future Nurses

The need for health care professionals is great. In 2020, individuals ages 65 and over made up 17 percent of the population, but used 37 percent of personal health care spending. With the percent of aging individuals age 65 and over expected to rise to 22 percent in 2040, the increased need for health care services will require more medical personnel. Therefore, it's important that students studying to go into nursing are prepared for how best to serve older adults.

To help, Aging Partners has partnered with Bryan College of Health Sciences and University of Nebraska Medical Center (UNMC) to help student nurses get real-world experience, preparing students to work with older adults in hospital and other medical settings while providing services and health education to the older adult population.

Bryan College of Health Sciences

While Bryan College of Health Sciences has partnered with Aging Partners for many years, students have had the opportunity to observe aging issues in the senior centers since 2012.

Bryan nursing care students are paired with a topic related to older adults to research, create a brochure and a presentation. Topics include internet safety, telehealth, the importance of hydration, skin cancer prevention, safe food storage, caffeine use and safe intake, how to maximize your eye and vision health, vaccines and immunizations, living well with hearing impairment, when to seek a second opinion, staying safe when using social media, hypothermia prevention, the

differences between independent and assisted living facilities and more. Students then present the information at the Belmont or Washington senior centers.

"Students then reflect on their experiences at the senior center and how that helps with holistic nursing," said Julie Bratt, instructor.

Students are also encouraged to perform manual blood pressure screenings.

"These presentations give students experience in interacting with older adults in the community and helps them become more comfortable in working with them in multiple settings — especially older adults who are healthy," said Heidi Little, instructor.

The project also gives students a taste of independence and a better understanding of how to tie health education into nursing.

"A lot of nursing is autonomous, and there is a lot of opportunity to do things independently," Bratt said. "This introduces that in a controlled environment."

Students often share with Bratt and Little how appreciative they are of the warm welcome, as well as the knowledge and stories they received from the older adults.

"We are so grateful they allow students to come every semester," Bratt said. "Our students look forward to it."



Bryan nursing student Hailey Goering takes Verna Hawkins' blood pressure.



From left, Kyle Hughes, UNMC nursing student, receives instruction from Rita Antonson, UNMC faculty at the Senior Health Promotion Clinic at Aging Partners, 600 S. 70th St.

University of Nebraska Medical Center

For more than two decades, UNMC College of Nursing and Aging Partners have collaborated on the Senior Health Promotion Clinic.

Junior and senior level nursing students provide care at the brand new clinic at Aging Partners at Victory Park, 600 S. 70th St., during the school year. The new clinic has a spacious waiting area and individual patient

From left, Bryan College of Health Sciences students Hailey Goering and Melissa Chihuahua-Lazalde give a presentation at the Belmont Senior Center.





From left, UNMC nursing students Kass Kisker and Lauren Emanuel do an evaluation on Frank Hood.

rooms, providing privacy and confidentiality.

Services include blood glucose, total cholesterol, blood pressure and osteoporosis screening; and otoscopic examination of the ears. The most popular service offered is comprehensive foot care, where participants receive an examination of the lower extremities, help with skin and nail care, and education related to keeping their feet healthy. This is important because many older adults have difficulty caring for their feet for a variety of reasons, including diabetes, poor circulation, limited vision or limited ability to reach their feet.

Students gain clinical experience as they provide nursing care to individuals who attend the clinic, with the supervision of Rita Antonson, APRN, nurse practitioner, and UNMC faculty.

"This clinical rotation gives students the opportunity to learn about normal aging changes, pathophysiology and nursing interventions to promote health," she said.

UNMC nursing student Troy Scheer recently completed his clinical rotation at the clinic.

"I'm thankful for the opportunity to serve at Aging Partners because it provides a unique experience that nursing students often don't receive in the hospital setting," he said. "At Aging Partners, we have the privilege of getting to know clients' life stories while learning how we can guide them to live their healthiest lives. But, in my opinion, the best part is that we get to care for the whole individual rather than focusing solely on someone's illness or temporary life circumstance."

"UNMC greatly values this clinical partnership," Antonson said. "The new facility is wonderful, and we could not give students this learning opportunity without the support and dedication of Aging Partners."

Appointments for the clinics can be made by calling 402-441-7506.

When UNMC is not in session, foot care services are provided by Aging Partners nurses.

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Sharing the Unique Sounds of Native American Flutes

Music has influenced Eldonna Rayburn for as long as she can recall.

"Whether it's the melody or rhythm, music transcends the moment," she said.

Rayburn, The Lexington executive director, now gifts music to others as a Native American flute player.

It was as a volunteer radio programmer for more than 20 years at a listener-supported Lincoln station when Rayburn discovered jazz, world and Native American music. She also heard a Native American flute player at a church service.

"It was a transformative experience and inspired me to learn more about this very curious instrument," she said.

Known as one of the oldest instruments, early Native American flutes were made from animal bone; today, they are made from wood, metal, plastic, cane, clay and glass.

While on vacation in the Great Smoky Mountains in 2016, Rayburn traveled to Cherokee, North Carolina, a town on a reservation, home of the Eastern Band of the Cherokee Indians. During a visit to the Museum of the Cherokee People, she purchased her first Native American flute — a red cedar wood flute in the key of G.

After returning home, she began learning to play by watching videos on YouTube. A friend who was learning sound therapy at the time, encouraged Rayburn to play music in

public. But putting a hold on playing for others, COVID-19 hit in 2020.

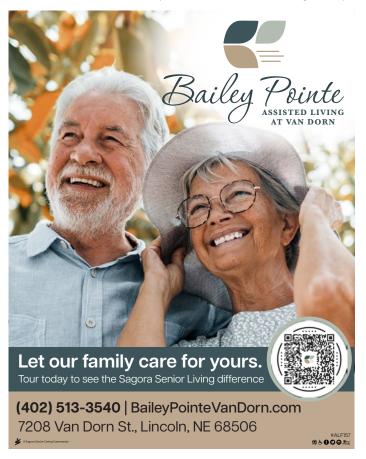
Rayburn turned to playing the Native American flute for renewal, relaxation and expression.

"During COVID, I would come home from working in health care stressed, anxious and tired," she said.

Avoiding the news, Rayburn immersed herself in collecting flutes, sheet music and continuing to learn to play.

"This was a great distraction and a way to relieve stress from the impact of the pandemic," she said.

Rayburn also joined several Facebook groups that offered resources about other players, flutes and music, connecting her to Native American flute players all over the world.





"Hearing their music and stories was a way to hold faith at a time when COVID was making a worldwide impact," she said.

Rayburn has since collected more than 40 flutes of various materials and keys. While she enjoys each of her flutes, she prefers the lower octave of the bass flutes, but she appreciates each one for its detail. She enjoys sharing the melody and rhythms of the majestic flutes, as well as the history and culture.

"I love the art of Native American flutes with an intricate design or animal feature, because the art tells a story," she said.

While the internet has been a great source for Rayburn to connect to other players, she encourages anyone interested to go for it and contact her if they want to participate in a flute circle.

"Native American flutes are easy to access and play at any age — and you can't really play a wrong note," she said. "You can buy very affordable flutes, as well as very expensive, museum-quality flutes."

You can find Rayburn playing typically in senior centers or senior living communities about six times a year, and she sometimes accompanies a sound bath therapist.

If interested in listening to or booking Rayburn, email elee0808@gmail.com. w



Eldonna Rayburn picked up the Native American flute and now plays for others to enjoy.



Staying Self-Sufficient

By Mitch Sump, Aging Partners program coordinator

Hibernation: A seasonal heterothermy characterized by low body temperature, slow breathing and heart rate, and a low metabolic rate. Most commonly occurring during winter months."

- Frank Williams, Williams Guide to North American Mammals



I want everyone to know that Aging Partners' programs are certainly not hibernating, and neither should you! There are plenty of things that can be done in the winter, and we want you to know about them.

First and foremost, I welcome Laurie Consbruck to the programs team. Laurie has been with Aging Partners as an Aging and Disability Resource Center (ADRC) counselor prior to coming to our programs division, and she brings a wealth of experience and a fresh eye to our team. Laurie will focus primarily on Handy Home Services but can also assist with other programs.

We went strong on Handy Home Services last issue, so we'll just say that, although our outside work is done for the season, we are still doing inside work as it relates to minor home repairs. Call Laurie and Linda at 402-441-7030, to see if we can help you with these chores.

Winter can be a tough month for everyone, but we want to make sure you know it isn't something you need to face alone. If you want to get out of the house, we can help!

If you would like to go to the senior center in your area, remember that transportation is available from your home in Lincoln. Reservations for rides are made the week before you wish to attend by calling the manager of the center in your area. If you are not sure what center you should attend, please call Mike at 402-441-7863, and he'll help you determine that. We strongly encourage you to call for a reservation even if you are not sure you will be attending. You can always cancel on the day of a ride





should you change your mind. This winter, there will inevitably be days we must cancel for safety reasons. Riders will be called should this occur. Anytime Lincoln Public Schools cancels due to weather, we will, too.

Once you get to the centers, you will have the opportunity for a good meal; activities such as speakers, crafts, musical performances and games; and good conversations. We certainly encourage you to take advantage of this resource. Details of activities can be found in the My Center News newsletter, which is published monthly and available at the centers.

Unfortunately, we don't have the vehicles to provide transportation to the rural centers. However, the rural areas have a program that does provide transportation to places other than just the centers! If you live outside of the Lincoln city limits but within Lancaster County, give Lancaster County Public Rural Transit (LCPRT) a call at 402-441-7031.

Rides can be scheduled up to 30 days in advance. Riders use LCPRT for shopping, medical appointments, visits with friends and other options. The cost to use this program is \$2 per boarding and is available to riders age 13 and over. Riders age 12 or younger can travel with a legal guardian. We also serve the communities of Adams, Ceresco, Cortland, Eagle and Greenwood.

If you are not comfortable going out and about during winter and all that can entail, we understand. There is an option, however, to provide a sense of security if you tend to be less social during the colder months. Philips Lifeline Emergency Response System has three different units to match your needs. If you still have a landline phone, in most cases we can install a 6900 unit which allows you to request assistance from a 24-hour monitoring service. No landline? Just a cellphone? We have you covered with our 7200 series of cell-based

units that operate using the existing cell service in your neighborhood. In both cases, we loan you the units and do the installation at no cost to you. You simply pay the monthly monitoring fee, and we never have an annual contract. The last option is a mobile unit which works anywhere in the continental U.S. Due to its greater capabilities, there is an upfront cost for the user. If you think this one, or one of the other two, might be something you would like to try, please reach out to Mike at 402-441-8816.

We want you to make sure to read (if you haven't already) about all the amazing things going on in our Health and Fitness section. Karen O'Hara and her team are doing a fantastic job. Lots of excitement with two new exercise programs starting up, and the Victory Park fitness area usage continuing to grow.

As always, I seem to be running out of room. So, stay self-sufficient and stay active! No hibernating!



Aging Partners Health and Fitness

Aging Partners to Offer StrongBodies Strength Training and Bingocize® Classes

By Karen O'Hara, Health and Fitness Manager

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

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

Aging Partners Health and Fitness is proud to offer two new programs that increase strength and prevent falls: StrongBodies and Bingocize®, both offered at Victory Park.

StrongBodies is an evidence-based program proven to reduce falls. The class offers resistance training, balance training and flexibility exercises. Limited to 15 participants, the classes run 45 to 60 minutes. StrongBodies offers two sets of resistance training routines, each with eight to 10 exercises. The class starts with a brief warmup, a resistance

training session, and a cooldown that includes upper and lower body flexibility exercises.

A recent study of a six-month StrongBodies program found that participants achieved "significant weight loss, improved blood pressure and lowered triglycerides by the end of the six-month program, as well as maintaining or improving their gains, physical activity and healthy eating behaviors six months afterward." (Source: strongpeopleprogram.org/strongpeople-research)

Most StrongBodies sessions are 12 weeks in duration. Participants are



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Karla Wilson

Nikki Bruns

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encouraged to continue the program with subsequent sessions or with a consistent strength training program, as they can lose their strength gains if they do not continue with resistance training.

Aging Partners is excited to offer another evidence-based fall prevention program called Bingocize. This class is taught in the senior centers and combines the always-popular game of BINGO with exercise and health education. The program is taught twice a week for 12 weeks with class times ranging from 45 to 60 minutes. The participants rest while the numbers are called, then they complete exercises and answer health education questions. This continues until a participant wins a game, with new games then played until all exercises are completed.

A study found that Bingocize® significantly improved both upper and lower body strength in participants, increased walking speed, as well as producing significant gains in the health knowledge of fall prevention strategies. (Source: www.wku.edu/bingocize/about_bingocize)

Bingocize® improves mobility and teaches participants about fall prevention strategies. Because it is taught at the senior center lunch tables, it engages individuals who may not otherwise exercise. The program is a fun, social activity expected to be very popular among senior center participants.

Aging Partners Health and Fitness also has several strength training machines at our Schmieding Center for Active Living Fitness Center. We are proud to offer a brandnew suite of Keiser brand pneumatic (air-powered) strength equipment. Keiser machines were specifically designed for older adults and are easy to use. Resistance levels can be adjusted by the push of a button, eliminating the need for loading weights or other cumbersome adjustments. The Keiser machines have been overwhelmingly popular with fitness center participants. We hope to offer more Keiser pieces in the future. Stay tuned for details!

The fitness center also offers manual strength machines, hand and ankle weights, kettlebells, resistance bands and other tools that can significantly improve strength and balance.

To sign up for StrongBodies, call 402-441-7575. Classes are limited to 15 participants per 12-week session. To sign up for Bingocize®, please call 402-441-7154. For participants 60 years of age and over, there is a suggested contribution of \$4 per week or \$48 for a 12-week session. Participants under the age of 60 have a required fee of \$5 per week or \$60 for a 12-week session.

The Schmieding Foundation Center for Active Living is open from 8 a.m. to 4 p.m. weekdays. There is a suggested contribution of \$10 per month for participants age 60 and over, with a \$15 per month required fee for those under age 60. Personal trainers are available by appointment only at no charge. Call 402-441-7575 with questions about the fitness center or any of our programs. We look forward to seeing you at Victory Park!



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The family caregiver provides emotional support and companionship, as well as, assistance with daily activities of living. The caregiver provides ongoing care for a loved one who is unable to care for themselves. Caregiving is rewarding but also challenging. Nebraska Lifespan Respite Network offers information, education, and most importantly support.

For more information about the Lifespan Respite Services Program, becoming a respite provider, or any other respiterelated questions, please call: 866-RESPITE (737-7483) or (402) 471-9188 or visit the Nebraska Lifespan Respite Network website at respite.ne.gov.



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DEPT. OF HEALTH AND HUMAN SERVICES

Caregiver Corner

Office of Public Guardian Helps Those in Need

E stablished in 2014 by the Nebraska Legislature, the Office of Public Guardian (OPG) was created to serve Nebraskans age 19 and over who have been determined by a court to have incapacities to make decisions and there is no known guardian or conservator nor anyone else to serve in that role.

A conservator is an individual who takes care of a person's finances and/or property, and a guardian takes care of a person's well-being, such as housing and medical care. Across Nebraska, 20 associate public guardians are responsible for the direct guardianship or conservatorship of up to 20 individuals each, with the capacity to support about 400 people.

The OPG steps in as a last resort,

for individuals without family or friends who are able to serve as guardian or conservator. It's always better to have someone who knows the individual named to make decisions, and this can be done before needed by creating legal documents.

"People who didn't plan through advance directives or powers of attorney may find themselves needing a public guardian from our office," said Marla Fischer, deputy public guardian. "Having a plan and making wishes known helps the person keep control of what happens to them even if they are unable to make decisions."

Fischer suggests setting these legal documents up now, before they're needed.

"Without a plan, it's a lot of guesswork for public guardians, especially if there are no friends or family to consult and the person does not have the ability to communicate their wishes or what is important to them," she said. "While a guardian is charged with decision-making in the person's best interest, this takes away from their autonomy to make decisions as they may have had prior to losing capacity."

To set up these legal documents and others, contact a lawyer. For those who qualify, Aging Partners can help. Call 402-441-7070 for more information. For another resource to begin difficult conversations for advance directives and end of life care, visit www.fivewishes.org.



Michael (Mick) Sibbel, LUTCF Owner/Managing Partner

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Mick has achieved MDRT recognition for multiple years. As a MDRT member the goal is to demonstrate exceptional professional knowledge, strict ethical conduct and outstanding client service.



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Court Visitors and Successor Guardians

It is always the goal of the OPG to find a friend or family member close to the individual to become a successor guardian within six months of appointment.

"Often when the OPG receives a case, there is a lot going on that may seem overwhelming to family or friends," Fischer said. "Associate public guardians do an outstanding job of getting people needed benefits and services to stabilize their life. If that can happen, we've had family members and/or friends who have subsequently been willing to serve as the person's guardian. Some of them just didn't know where to start."

If a successor guardian is found, OPG provides the individual with initial and ongoing support, including shepherding the successor case through the courts, so the successor isn't burdened by legal process. The OPG continues to prepare successor guardians/conservators for what is ahead by providing required private guardian/conservator training course free of charge. The OPG also provides information on how they've handled case management, including services or supports the person receives, how their finances are managed and more.

"Even after the case has officially transferred to the successor, the OPG stands by to provide further support as needed," Fischer said.

If private guardians/conservators have questions, regardless of whether they are OPG successors, they can contact the OPG at 402-471-2862 or at nopgeducation.nebraska.gov.

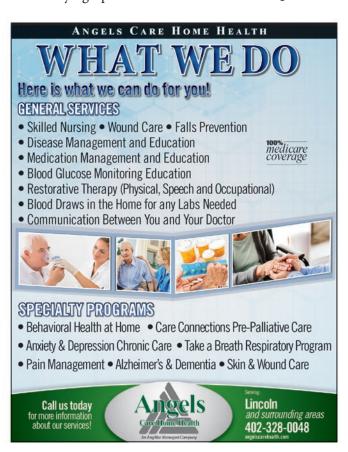
Successor guardianship depends on how long the person's incapacity remains. If it remains for the rest of the person's life, the successor will be involved for the duration. If the person can regain some or all capacity, the

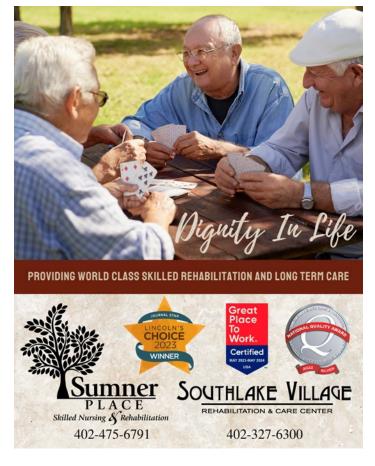


guardianship may be modified or even terminated over time.

There is also a great need for court visitors, a person with no personal interest in the proceedings who interviews the individual and people around them and then reports to the court to determine the extent a guardian is needed, and if naming the OPG is the only option.

Anyone interested in becoming a court visitor or successor guardian can contact the OPG at 402-471-2862 or at nopgeducation.nebraska. gov. For more information on OPG, visit supremecourt.nebraska.gov/office-public-guardian.





Cooking with Leftovers

By Devin Mueller, Aging Partners Nutrition

Tt's a familiar scene in households: after dinner, leftovers are wrapped up and placed into containers. A week later, you find the same container in the back of the fridge and throw it away. Food waste is a growing concern in the United States. It is estimated that 120 billion pounds of food goes uneaten annually, costing about \$408 billion. Being mindful of using leftovers and incorporating into other meals can help save money while also working to reduce the amount of food (and money) that goes in the trash.

Create leftovers purposefully

Cooking can be time-consuming, especially when it comes to the preparation. Having extra food on hand can come in handy, especially on days when we don't feel like cooking. Consider cutting enough vegetables that you can reuse them for several days. Cook extra meat that can be reheated and added to dishes throughout the week. Having these extra foods on hand will allow you to have a starting point for a soup or casserole dish later in the week.





Ingredients:

1 pound ground beef

1 can cream of mushroom soup

2 ½ cups reduced-fat cheese

1 medium onion, chopped

1 cup frozen peas and carrots

2 cups mashed potatoes

1 tsp ketchup

1/8 tsp pepper

¼ cup butter

Directions:

- 1. Heat oven to 400 degrees.
- 2. Cook beef and onion in skillet over medium-high heat. Drain remaining fat.
- 3. Stir soup, ketchup, pepper, and peas and carrots into skillet and mix well. Spoon into a 9-inch pie plate.
- 4. Heat milk and butter in saucepan over medium-high heat to boil. Remove from heat and stir in potatoes. Spoon over beef mixture.
- 5. Bake for 15 minutes or until potatoes are lightly browned.

Store leftovers smartly

Storing leftovers in the right containers is a must. Consider storing food in see-through or glass containers. This allows you to see the product and will serve as a visual reminder. When storing foods in plastic bags, make sure to get the air out as much as possible. Air will cause the food to spoil faster. Practice good food safety by ensuring that leftovers are wrapped tightly or have sealed lids to prevent cross-contamination with other foods. Leftovers can be kept in the refrigerator for three to four days or frozen for three to four months. Although frozen food can be stored for longer periods, moisture and flavor can be impacted.

Dedicate a leftover night

Dedicate one night a week as "leftover night" to help clean out the fridge. Get creative with your dishes by thinking of them as ingredients instead of leftovers! Casseroles, soups, stir fry and egg dishes are versatile meals that incorporate a variety of ingredients. Keep pantry staples on hand for quick and easy meals. This would include items such as beans, canned tomatoes, canned vegetables and whole grains such as rice, pasta and tortillas. Blend cooked vegetables with a can of whole tomatoes to create a veggie sauce for pasta. Create burritos with leftover rice, meat and vegetables. You can also look for recipes online that incorporate specific ingredients. w



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AGING PARTNERS

600 S. 70th St., Bldg. 2 Lincoln, NE 68510-2451 402-441-7070 or 800-247-0938 aging.lincoln.ne.gov Serving Butler, Fillmore, Lancaster, Polk, Saline, Saunders, Seward and York counties.

Key for Services: \triangle = 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 to ensure the independence and full life of the people we serve.

BENEFITS COUNSELING AND LEGAL ASSISTANCE

402-441-7070 or 800-247-0938

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

HEALTH, FITNESS AND NUTRITION

• The Schmieding Foundation Center for Active Living Fitness Center - Cardio and strength training equipment. A certified personal trainer is available by appointment.

402-441-7575

• Exercise - Tai Chi, chair yoga, Qigong and dance classes are available at

- several locations. Daily fitness programs on LNKTV City (ALLO channel 2, Spectrum channel 1300 and Kinetic channel 5) and LNKTV Health (ALLO channel 3, Spectrum channel 1301 and Kinetic channel 10).
- Senior Health Promotion Center University of Nebraska-Medical Center and Aging Partners provide comprehensive foot care along with blood pressure, cholesterol, glucose and bone density screenings by appointment. ▲ 402-441-7506

HANDY HOME SERVICES, LIFELINE® AND TRANSPORTATION

- Durable Medical Equipment Providing items that address short- and long-term needs. We have various lightly used and/or new in-the-box items in stock including crutches, walkers, canes, wheelchairs, bath chairs and toilet risers. 402-441-7032
- Handy Home Services Minor home repairs and maintenance including mowing, leaky faucets, painting and broken light fixtures.

402-441-7030

- Lifeline® Personal Emergency Response System - A 24-hour emergency access at the press of a button. ▲ 402-441-8816
- Ride within Lincoln to the Centers Schedule a ride to your Aging Partners
 Center (handicap accessible).
 \$\text{402-441-7158}\$
- Lancaster County Public Rural
 Transit Scheduled transportation to
 and from Lincoln to rural Lancaster
 County areas. (handicap accessible).

 ▲ 402-441-7031

A listing of other options in the community is available at 402-441-7070.

- Alzheimer's Disease Information and referral. 402-441-7070 or 800-247-0938
- Caregiver Support Services Caregivers take care of family
 members and friends. But who
 takes care of the caregiver? Support
 groups provide hope, information
 and a safe environment to share
 concerns. Sessions are led by a
 Licensed Independent Mental Health
 Practitioner. 402-441-7575
- Health Education Programs A variety of topics assisting individuals to make healthy lifestyle choices.
- Nutrition Noon meals, selected evening meals with entertainment and special holiday meals are available at some centers. 402-441-3480

LIVING WELL MAGAZINE

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

To receive Living Well by email instead of in the mail, call 402-441-6146 or email delrod@lincoln.ne.gov.

LIVE & LEARN

A monthly TV show for and about older adults on LNKTV City (ALLO channel 2, Spectrum channel 1300, Kinetic channel 1005) and LNKTV.lincoln.ne.gov, or Live & Learn's YouTube channel at http://lincoln.ne.gov/LiveAndLearn.

- Mondays at 11 a.m.
- Wednesdays at 5 p.m.
- Thursdays at 7 p.m.
- Fridays at 11:30 a.m.
- Sundays at 3:30 p.m.

These are minimum airing times. Show re-airs at various other times throughout the month.

NEIGHBORLNK

This program connects qualified, authorized volunteers with homebound seniors (age 60 and over) and persons with disabilities who seek additional support such as grocery pickup and delivery, errands such as food and medication delivery, and friendly phone visits.

402-441-6076 or 402-441-7575

SENIOR CENTERS, EVENTS AND ACTIVITIES

Social events and activities, health and educational programs. We offer noon meals, selected evening meals with entertainment and special holiday meals. Transportation to the centers is available for a suggested contribution. Four centers in Lincoln and three in Lancaster County. \$\times 402-441-7158\$

Lincoln/Lancaster County Centers

- Belmont Center: 402-441-7990
 Belmont Recreation Center
 1234 Judson St., Lincoln
- Northeast Center: 402-441-7151 6310 Platte Ave., Lincoln
- Washington Street Senior Center 402-441-7157
 Grace Lutheran Church 2225 Washington St., Lincoln
- Victory Park Center: 402-441-7154 600 S. 70th St., Lincoln
- Bennet Center: 402-416-7693 American Legion Hall 970 Monroe St., Bennet
- Firth Center: 402-416-7693 Community Center 311 Nemaha Blvd., Firth
- Hickman Center: 402-416-7693
 Hickman Community Center
 115 Locust St., Hickman

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.

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.

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 goal is to assist Nebraskans in accessing services and support to help meet their long-term care needs.
- Home and Community-based Waiver Services - State funded in-home services for those who are Medicaideligible and choose to live at home or use community-based services.
- Senior Care Options Long-term care and assessment for Medicaid-eligible persons seeking nursing home care.
- Assisted Living and Nursing Facilities Resource Listings

MULTI-COUNTY CARE MANAGEMENT SERVICES

Providing professional assistance in assessing needs, planning and coordinating home care.

All Counties: 800-247-0938 Jean Holt, Coordinator

Providing professional assistance in assessing needs, planning and coordinating home care.

- Butler County Becky Romshek, 402-367-4537
- Fillmore County Rhonda Stokebrand, 402-759-4922
- Polk County Becky Romshek, 402-747-5731
- Saline County Kelly Grimes, 402-441-7070
- Saunders County Allison Blake, 402-416-9376
- Seward County: 402-441-7070
- York County Christina Kaping, 402-362-7626

MULTI-COUNTY PROGRAMS

Coordinator Jill Engel

- Butler County Senior Services
 Diana McDonald, 402-367-6131
- Fillmore County Senior Services Brenda Motis, 402-759-4922
- Polk County Senior Services Erin Dickey, 402-764-2252
- Saline County Aging Services Lori Moldenhauer, 402-821-3330
- Seward County Aging Services Sandy Shaw, 402-761-3593
- York County Aging Services Lori Byers, 402-362-7626

MULTI-COUNTY SENIOR CENTERS

Butler County

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

Fillmore County

- Exeter Senior Center 217 S. Exeter Ave., Exeter 402-266-2133
- Fairmont Senior Center 519 6th Ave., Fairmont 402-268-2831
- Geneva Senior Center 1120 "F" St., Geneva 402-759-6729

Polk County

- Osceola Senior Center 441 Hawkeye St., Osceola 402-747-8227
- Polk Senior Center
 230 N. Main St., Polk
 402-765-2311
- Shelby Senior Center 230 N. Walnut St., Shelby 402-527-5158

Saline County

DeWitt Senior Center
 202 E. Fillmore Ave., DeWitt
 402-683-4325

Seward County

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

York County

- McCool Junction Senior Diners c/o Village Hall
 323 E. "M" St., McCool Junction 402-724-2525
- York Leisure Home (meal site only) 215 N. Lincoln Ave., York 402-362-5900
- York Senior Center
 725 Nebraska Ave., York
 402-362-2496

SENIOR CARE OPTIONS (SCO) AND MEDICAID WAIVER

• 402-441-7070 or 800-247-0938

Aging Partners News and Events

Call 402-441-7575 for Health and Fitness classes or 402-441-7158 for event information. aging.lincoln.ne.gov

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

Health and Fitness

Schmieding Foundation Center for Active Living Fitness Center

600 S. 70th St. Monday through Friday 8 a.m. to 4 p.m.

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

For most Health and Fitness classes, there is a \$4 per class suggested contribution for age 60 and over. A \$5 per class fee is required for those under age 60. Preregistration is required for all classes by calling 402-441-7575. Please register early. Classes that do not have sufficient enrollment will be cancelled.

Evidence-Based Tai Chi Classes

NOTE: Because all Tai Chi for Arthritis and Fall Prevention classes are progressive, no registrations will be accepted after the fourth class of each session. Tai Chi class sizes are restricted due to space limitations; therefore, classes fill up quickly.

Tai Chi for Arthritis and Fall Prevention Level I

Eastridge Presbyterian Church 1135 Eastridge Dr. Tuesdays and Thursdays 1 to 2 p.m. Jan. 23 through April 11

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

Tai Chi for Arthritis and Fall Prevention Level II

American Lutheran Church 4200 Vine St. Mondays and Wednesdays 10 to 11 a.m. Jan. 8 through April 3 (no classes Jan. 15 and Feb. 19)

This class is only available to those who have completed at least one full session of the Tai Chi for Arthritis and Fall Prevention Level I. Suggested contribution is \$2 per class or \$48 per session.

Chair Yoga

Eastridge Presbyterian Church 1135 Eastridge Drive Wednesdays 9:30 to 10:30 a.m. (note new time) Jan. 10 through March 27

Chair yoga is one of the gentlest forms of yoga available. It is a unique style that adapts yoga positions and poses through creative use of a chair. Poses are seated, or the chair is used for support during standing and balance poses. Emphasis will be on breathing, balance and taking things at your own pace. Chair yoga is suitable for all ages, fitness levels and physical conditions. Beginners are welcome.

Dance for Life

Each class focuses on balance, strength and cardio health through a unique combination of dance steps done to popular oldies music. Synchronized movements isolate and strengthen muscle groups, increase heart rate and improve core stability. Participants

warm-up from the chair, move to standing, transition to dance then cool down with standing and seated movements.

- American Lutheran Church 4200 Vine St.
 Mondays, 1:30 to 2:30 p.m.
 Jan. 8 through April 8 (no classes Jan. 15 and Feb. 19)
- Auld Pavilion 1650 Memorial Dr. Wednesdays, 10 to 11 a.m. Jan. 10 through March 27 (no class Jan. 17)

Qigong Refresh and Recharge

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

- American Lutheran Church 4200 Vine St.
 Tuesdays, 10 to 11 a.m.
 Jan. 9 through March 26
- St. Mark's United Methodist Church 8550 Pioneers Blvd. Thursdays, 1:30 to 2:30 p.m. Jan. 11 through March 28

Living Well with Chronic Conditions Workshop

Victory Park Center 600 S. 70th St., Classroom 105 Tuesdays, 12:30 to 2:30 p.m. March 12 through April 16

This interactive workshop is facilitated by trained leaders and helps individuals with chronic conditions take steps to manage their health and live happier, healthier lives. Topics include action planning, communication, healthy eating, physical activity, and medication management. Register early as class size will be limited!

StrongBodies Strength Training Program

Victory Park Center 600 S. 70th St., Classroom 105 Tuesdays and Thursdays Two class options - 9 to 10 a.m. or 10:30 to 11:30 a.m. Jan. 9 through March 28

Jan. 9 through March 28 Class size limited. No walk-ins. The benefits of strength training for older individuals have been studied extensively and include:

- Increased muscle mass and strength
- Improved bone density and reduced risk for osteoporosis and related fractures
- Reduced risk for diabetes, heart disease, arthritis, depression, and obesity
- Improved self-confidence, sleep, and vitality

The exercises in StrongBodies work all the major muscle groups, utilizing a combination of dumbbells, adjustable ankle weights and body weight. StrongBodies is an evidence-based class and meets twice per week for 12-week sessions.

Foot Clinics/Senior Health Promotion Services

Aging Partners Foot Clinics and UNMC Senior Health Promotion Services are by appointment only. They are held at our new location at Victory Park Center (600 S. 70th St.). Sanitation guidelines are followed.

Services are available to those aged 60 and over. The following services are available on most clinic dates throughout the year: comprehensive foot care, blood pressure, blood glucose, cholesterol screenings, osteoporosis screenings, ear care, and health education. A \$20 suggested contribution will help these services continue.

Please call 402-441-7506 or 402-441-7575 for more information or to make an appointment for clinic services.

Energize Your Body, Mind and Soul

Friday, March 15

9 a.m. to noon (check-in at 8:45 a.m.)
Jack J. Huck Continuing Education Center
301 S. 68th St. Place, Room 303
Cost: \$29

Preregistration required. Call 402-437-2700 to register or register online at http://bit.ly/RegisterCE (online registration keyword: Course). No walk-ins on the day of the event.

Aging Partners Events

Free Income Tax Assistance

Space is limited, so register early.

Monday, Feb. 5 through Wednesday, April 10 10 a.m. to 3 p.m.

Aging Partners

600 S. 70th St.

AARP Tax-Aide Volunteers are back to help you with your 2023 income taxes. Appointments are on Mondays and Wednesdays and start at 10 a.m. with the last appointment scheduled for 2 p.m. Why not stay for lunch? Make your lunch reservation

(served from 11:30 a.m. to 12:15 p.m.) when you make your tax appointment. Bring your photo I.D., a copy of last year's return, proof of health insurance, Social Security card, wage and earnings statements (W2's), Retirement Income statements (Form 1099R or SSA 1099), Interest and Dividends statements (Form 1099), Homestead Exemption forms, and any other information about your income and expenses. For an appointment, call 402-441-7158. Appointments go fast, so call early, but not before Wednesday, Jan. 24.

Spring Fling

Thursday, March 7 Doors open at 5 p.m. 5:30 to 7 p.m.

An evening of dinner and dance at the Auld Pavilion, with music provided by Lincoln's very own Bill Chrastil. Bill will "wow" you with his tribute to Elvis using undeniable Elvis moves. On the menu will be pulled pork, baked beans, coleslaw, fresh fruit and cheesecake. Reservations for this event open Tuesday, Jan. 2. Call 402-441-7158.

The Lion King

Wednesday, March 13 Orpheum Theater, Omaha Departs: Victory Park, 600 S. 70th St., at 6 p.m. Returns: about 11 p.m. Cost: \$75 Transit fee to Arrow bus: \$5 Performance: 7:30 p.m.

The Lion King musical on Broadway tells the story of the young lion prince, Simba, who is destined to be king. However, Simba's evil

Reservations open Tuesday, Jan. 2, 2024

is destined to be king. However, Simba's evil uncle, Scar, has other plans and plots to usurp the throne. Reservations and payment are due Wednesday, Feb. 28.

Northeast Center

6310 Platte Ave.

\$4 suggested contribution age 60 and over; \$8 fee under age 60

Call 402-441-7151 to reserve a meal.

Line Dance Lessons

Thursday, Jan. 4 at 11 a.m.

Rose Blair taught beginning line dance at the Del Ray Ballroom for several years. She shares her expertise on the first Thursday of each month. Come shake a leg and join in the fun! Stay for lunch.

Valentine's Day BINGO Wednesday, Feb. 14 at 10 a.m.

Join us for a special Valentines BINGO party. Wear your red and win some fabulous prizes. Ambassador Health-Lincoln will provide party treats!

St. Patrick's Day Party
 Friday, March 15 at 10 a.m.

There's no one who does St. Patty's Day music better than Chris Sayre! Join us for lunch and live music to start your weekend off right. Special party treats provided by The Landing - Immanuel Signature Community. Don't forget to wear green!

Victory Park Center

600 S. 70th St.

10 to 11 a.m.

\$4 suggested contribution age 60 and over; \$8 fee under age 60

For lunch reservations, call 402-441-7154 by noon two business days in advance for each event.

 Dos Marcos Performance Thursday, Jan. 25

The two Marks will be here to help us celebrate our January birthdays with great renditions of your favorite classic country tunes!

 Aunt Bunnie's Parlor Performance Thursday, Feb. 25

We'll celebrate our February birthdays while listening to the bluegrass and folk music of Miss Katie Rae and Aunt Bunnie's Parlor!

• Chris Sayre Irish Music Performance Thursday, March 14

In honor of St. Patrick's Day and our March Birthdays, Chris will perform a variety of Irish classics and favorites!

Rural Lancaster County Foot Clinics

For an appointment, call manager Paula Chamberlain at 402-416-7693.

- Firth Center
 Firth Community Center
 311 Nemaha St.
 Monday, Jan. 29 and March 25
 9:30 a.m. to 12:30 p.m.
- Hickman Center
 Hickman Community Center
 115 Locust St.
 Wednesday, Jan. 31 and March 27
 9:30 a.m. to 12:30 p.m.
- Bennet Center
 American Legion Hall
 9:30 a.m. to 12:30 p.m.
 970 Monroe St.
 Thursday, Jan. 25 and March 28
- Malcolm Resource Center Malcolm Village Hall 137 E. 2nd St.
 Friday, Jan. 19 and March 15 9 to 11 a.m.

Continued on page 38.

Aging Partners News and Events

Continued from page 37.

 Waverly Resource Center 13820 Guildford St.
 Friday, Jan. 5 and Friday, March 1 9 to 11 a.m.

Rural Lancaster County Music BINGO

For information, call manager Paula Chamberlain at 402-416-7693.

- Firth Center
 Firth Community Center
 311 Nemaha St.
 Monday, Feb. 26 at 12:15 p.m.
- Hickman Center
 Hickman Community Center
 115 Locust St.
 Wednesday, Feb. 28 at 12:15 p.m.
- Bennet Center
 American Legion Hall
 970 Monroe St.
 Thursday, Feb. 1 at 12:15 p.m.

Severe Weather Closings

In the event of severe winter weather or dangerous conditions, Aging Partners fitness center and all senior centers will close. As a rule, if Lincoln Public Schools (LPS) are closed, the senior centers and fitness center will close, and all classes or special events will be cancelled. Please listen to KFOR 103.3 FM or 1240 AM, or KLIN 1400 AM or 99.3 FM for the most accurate and up-to-date senior center/ LPS closing information. (April through September)

Reservations accepted for all the following events beginning Thursday, Feb. 1.

2024 Aging Partners Seasonal Events

Dinner and Show

Look forward to another season of great music and food at the Auld Pavilion. Enjoy blue grass, classic rock, jazz, and more by some of Lincoln's most talented musicians. Thursday, April 11 kicks off the season with Lincoln's own favorite rock 'n roll band, Mojo Filter.

Nebraska History Lunch

This season we'll spotlight Nebraska's involvement in World War II. Learn about the Norfolk Canteen, the German POW camp at Fort Robinson, and much more. The season opens Tuesday, April 17 with historian and author Melissa Amateis giving a general overview of Nebraska's WWII involvement.

2024 Road Trips

An Evening with the Cranes
 Audubon Rowe Sanctuary
 Gibbon, Nebraska
 Tuesday, April 2, 2024
 Reservations due: Wednesday, March 20
 Cost: \$85
 Arrow bus fee: \$5
 Leave: 3 p.m. from Victory Park,
 600 S. 70th St.

Cranes are among the oldest living birds on the planet. Fossil records place sandhill cranes in Nebraska more than nine million years ago. Each spring, 1,000,000 sandhill cranes converge on the Platte River in central

Prepared and confident

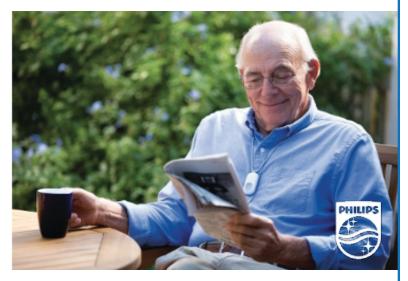
Over 7 million people have counted on Philips Lifeline to feel safe at home and on the go.

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Call today! Aging Partners Lifeline 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.

Nebraska as they migrate north to their nesting grounds.

Join us for an evening on the North Platte River to watch them gracefully dance as they fly into their roost. We will arrive at the sanctuary, enjoy a sack supper (upon arrival) and head out to the river. We will depart for Lincoln at 8 p.m. For questions and reservations, call 402-441-7158

- Harry S. Truman Presidential Library and Museum
 - Thursday, May 16
- The Abilene Train Thursday, June 27
- Joslyn Art Museum and Castle Thursday, July 25
- Spirit of Brownville Cruise Thursday, Aug. 29
- Omaha Zoo Thursday, Sept. 26

Support Groups

Aging Partners Caregiver Support Group

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

Caregivers take care of family members

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

- An individual of any age providing care for an older adult, age 60 and over
- Providing care for a person with Alzheimer's disease, brain injury or a related brain disorder
- Over the age of 55 and raising a grandchild

Registrations are not needed, walk-ins welcomed.

Lincoln Parkinson's Disease Support Group

Sheridan Lutheran Church 6955 Old Cheney Road, Lincoln 4th Sunday of the month at 2 p.m.

Where understanding, encouragement, and camaraderie await for families, caregivers, and loved ones. Each month, we will share key information, tips, ideas, and best practices for Parkinson's patients and are partners.

Attendees will receive resources from the Parkinson's Foundation; "Living better with Parkinson's."

Free event

Family and friends welcome
 For more information, visit LPDSG.org
 or call 402-780-1211.

Lincoln Alzheimer's Caregiver Support Group

Charles H. Gere Branch Library 2400 S. 56th St., Meeting Room #2 Lincoln, NE 68506 2nd Thursday of the month 6:30 to 7:30 p.m.

Build a support system with people who understand.

Alzheimer's Association Nebraska Chapter Support Groups are conducted by trained facilitators, are a safe place for people living with dementia and their care partners to:

- Develop a support system.
- Exchange practical information on challenges and possible solutions.
- Talk through issues and ways of coping.
- Share feelings, needs and concerns.
- Learn about community resources. For questions, contact Karla Frese at 402-780-1211.

Visit www.alz.org/nebraska to learn more about caregiver programs and resources. To further extend your network of support, visit ALZ connected, our online community, at alzconnected.org.

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

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

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