



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

## 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:** ▲ = 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; low-income assistance programs.
- **We also help with:** Social Security overview; Medicaid; long-term care insurance; budgeting and bill paying; and Homestead Tax Exemption.
- **Legal Counseling** - Free legal advice and referral services for those who meet financial guidelines.

## 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

## HEALTH, FITNESS AND NUTRITION

• The Schmieding 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, Qigong, chair yoga 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 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, broken light fixtures, and heavy housework services. ▲ 402-441-7030
- **Ride within Lincoln to the Centers** - Schedule a ride to your Aging Partners Center (handicap accessible). ▲ 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

## 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.

## LIVING WELL MAGAZINE

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

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

## LIVE & LEARN

A monthly TV show for and about older adults on 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-airings at various other times throughout the month.

## 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. ▲ 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

## 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

Medicaid-eligible and choose to live at home or use community-based services.

- **Nursing Facility Level of Care** - 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  
Shannon Mitchell, 402-416-9376
- Seward County  
Shannon Mitchell, 402-416-9376
- York County  
Becky Romshek, 402-367-4537

## 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  
Mark DeMers, 402-764-2711
- Saline County Aging Services  
Lori Moldenhauer, 402-821-3330
- Seward County Aging Services  
Alison Rook, 402-646-7110
- 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

## SENIORS FOUNDATION

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