

LivingWell

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A publication of



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TeamMates Mentoring
Helps Students, Older
Adults**

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***Lincoln's Favorite
Historians***

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Local historians Ed Zimmer and Jim McKee stand inside the "Candy Factory" building in downtown Lincoln, in front of the 1887 firewall scorched by the 1895 fire.





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Director's Corner



Our Living Well cover story features two of Lincoln's favorite historians – Ed Zimmer and Jim McKee. To me, the story reinforces the importance of history and preservation. In today's "throw-away society," that is an ever-increasing challenge. In 2012, the "History Relevance Campaign" began as a discussion among historians and educators to stress the importance, value and essential priority of history.

Some powerful, shared values that emphasize the importance of history are:

- Nurturing personal identity in an intercultural world. It enables people to discover their own place in stories about their families,

communities and nation.

- Laying the groundwork for strong, resilient communities. No place really becomes a community until it is wrapped in human memory (i.e., family stories, tribal traditions, civic commemorations).
- It is a catalyst for economic growth. People are drawn to communities that have preserved a strong sense of historical identity and character.
- History inspires local and global leadership. History provides leaders with inspiration and role models for meeting the complex challenges that face our communities, nation and world.

- History, saved and preserved, is the foundation for future generations. History is crucial to preserving democracy for the future by explaining our shared past.

We are honored to feature these two local treasures in the April 2020 issue, and we thank them on behalf of future generations for the passion they've inspired and the expertise they've provided. 

Randall S. Jones

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Staying Involved

Look to the Past: *Two of Lincoln's Favorite Historians*

Many consider Lincoln-native Jim McKee to be the local authority on Lincoln/Lancaster County history. You might recognize his name from the Sunday Lincoln Journal Star, for which he has written a column since 1993.

When McKee joined the Historic Preservation Commission in 1985, he met Ed Zimmer, Lincoln/Lancaster County's historic preservation planner. Zimmer grew up in Omaha and has a love for architecture, and he quickly became the local architectural historian.

The pair are always learning and sharing the history of people, buildings and places. That often adds to the confusion between them by many — but they're used to it by now. They occasionally are asked questions about the other's family or civic work. But having known each other for so long, they usually go along with the conversation. McKee and Zimmer often present on topics together and consult each other prior to answering history inquiries.

The Importance of the Past

McKee's interest in history started with a cigar box filled with

 **History can be boring, but it doesn't have to be.**

— Jim McKee

family memorabilia. His great-grandparents pioneered Lancaster County, and in 1890 his great-grandfather served as the first postmaster of Havelock, long before it was annexed to Lincoln in 1930.

"It intrigued me," he said. "I find history fascinating. It wasn't interesting to me in school, because that was just memorizing dates and uninteresting things that don't connect. History can be boring, but it doesn't have to be."

For Zimmer, he finds enjoyment in helping people notice new things or learn new information.

"It's awakening people's ability to see what's around them," he said. "It's an appreciation and enjoyment of a place or time."

The pair agree that history is built upon memories, and everyone has a connection to local history.

"You can often make connections for someone during a presentation," McKee said. "They know of someone or always wondered what a particular building was."

And no matter how many times McKee and Zimmer have presented or researched a topic, they always appreciate questions.

"After a talk, if there aren't any questions, I've failed," McKee said, adding that questions are a way to find out what people know and don't know.

Zimmer agrees.

"I learn from people and the questions they ask," he said. "People

often propose a topic or variation I haven't done before."

McKee and Zimmer use their personal libraries for research, but they also utilize online databases, newspapers and other sources such as the Nebraska State Historical Society, Library of Congress's American Memory Collection and Nebraska Library Commission's Nebraska Memories.

They present at a variety of organization gatherings, to groups, during class reunions, as well as school and bus tours and everything in between. Although one might consider McKee and Zimmer the go-to historians of a broad array of Lincoln history, they'll be the first to admit there are others who also preserve Lincoln's past.

McKee's main topics include the University of Nebraska, Lincoln neighborhoods, old restaurants and Lincoln's parking lots. His favorite topic is Thomas Jefferson Fitzpatrick, who lived in Bethany and collected books.

"He amassed a phenomenal library, filling buildings with books," McKee said. "It is intriguing how a person could collect such a large library. He was known worldwide, but so unknown in his community."

McKee is also well-versed about Lincoln's buildings — those still standing or now gone — and many of the city's historical figures. However, he leaves the architectural

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While the foundation of Lincoln's rich history can easily be lost over time, Jim McKee and Ed Zimmer want to ensure the memories live on.

About the Candy Factory Building

Local historians Jim McKee and Ed Zimmer stand in front of the Candy Factory building at 201 N. 8th St. in Lincoln.

The ornate commercial Victorian building was built in 1887 as the H.T. Clarke Drug Company building.

In 1895, the northern two-thirds of the building burned to the ground. In 1906, a three-story candy factory, designed by Alfred

W. Woods, was built on the site for Gillen & Boney Candy Company. In 1919, Gillen & Boney added a fourth floor, and five years later the last of the old Clarke building was remodeled by Fiske & Meginnis.

Much of the building's simpler exterior stands today. The recessed "P" Street entrance demonstrates where a rail spur into the building delivered supplies.

Gillen & Boney, known as the Good Candy Makers, was established in 1895. As one of the largest Lincoln manufacturers at the time, the company was able to produce 35,000 pounds of candy daily.

During World War I and World War II, sugar, chocolate and nuts

— essential to candy making — were in short supply. Russell Stover Candies purchased Gillen & Boney in 1942 and other candy factories to acquire their sugar allotments. Russell Stover's Lincoln factory became the candy maker's largest, accounting for nearly half of its total production with 900 employees and producing one million pounds of candy monthly. In 1980, Russell Stover closed the plant and moved operations to Kansas City.

Today, the renovated "Candy Factory" Building, designed by Alfieri, Sinclair & Hille, boasts businesses, a restaurant and bright atrium, where you can find the 1887 firewall still scorched by the 1895 fire. 



Look to the Past: Two of Lincoln's Favorite Historians

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background information to Zimmer.

Zimmer delves into the building's architecture and those who designed them, as well as Wyuka Cemetery's history. His favorite subject is John Johnson, a Lincoln native and talented photographer who provides a unique view of early 20th century, especially Lincoln's African American community — a topic he's researched and added to for more than 20 years.

"He was really an unknown figure who took lovely photos of

people all dressed in their Sunday Best at home with their family," he said. "I enjoy figuring out who is in the photo and the context of the image."

Together, McKee and Zimmer have spoken on just about everything from old movie theaters, hotels, and the Haymarket, including a walking tour of downtown's alleys.

"The front of buildings change over time, but the backs of the buildings do not," Zimmer said.

They've also put together two books: "Havelock: A Photo History

and Walking Tour" and "Lincoln's Early Architecture." Separately, they've written several books.

Looking Forward

McKee and Zimmer don't plan to divagate from their interests anytime soon, as they look forward to continually learning from the past. Zimmer retired April 1 after 35 years in the Lincoln/Lancaster County Planning Department. He anticipates presenting when he is available.

McKee continues to write for the Lincoln Journal Star and operates J&L Lee Co., a regional book publisher and the Coinery, a coin and bullion dealership.

For speaking engagements, you can contact McKee and Zimmer through HumanitiesNebraska.org. 

 **The front of buildings change over time, but the backs of the buildings do not."**

— Ed Zimmer



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Bridge the Gap with Time: *TeamMates Mentoring Helps Students, Older Adults*

For three years, Joyce Rasmussen has encouraged, supported and helped build the confidence of sixth grader Alexis through the TeamMates Mentoring Program. The pair enjoy playing board games, doing artwork and whatever else they can think of.

“We discuss how her week has gone, especially any friend or classmate issues,” Rasmussen said.

While Rasmussen’s guidance and support has helped Alexis with her transition into middle school, Rasmussen said she has benefited, too.

“My TeamMate always has a big smile on her face when she sees me, and that just melts my heart,” she said. “She gives me energy and helps me to see other viewpoints. Being with her takes me out of my own little world.”

Older adults can play a significant role in the community and the future by spending time with young people in meaningful ways — and TeamMates can help make that happen.

TeamMates is a school-based mentorship program for students grades 3-12. Lincoln is the founding and largest chapter among the 170 chapters in five states. Currently, there are 1,250 matches in Lincoln’s 70 public



Joyce Rasmussen and her TeamMate, Alexis, enjoy their time together each week. Rasmussen volunteers for TeamMates to make a difference in Alexis’ life.

and private schools, with about 800 students on a waitlist.

“So many kids in our community could use a caring adult,” TeamMates Coordinator Jim Bennett said.

TeamMates meet once a week during the school year to play games, make crafts, take a walk or simply engage in conversation.

“All we ask is for mentors to create a relationship with the young person,” Bennett said. “Most schools have a TeamMates cabinet with games, cards and

materials to use. If you know how to play UNO, you are well-equipped to be a mentor.”

Students can nominate themselves, or be nominated by a family member or school personnel. All kids participate willingly.

The History and Impact

The TeamMates Mentoring Program began in 1991 with the University of Nebraska Head Football Coach Tom Osborne and

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Together We Transform Lives
TEAMMATES
MENTORING

TeamMates Mentoring Helps Students, Older Adults

Continued from page 7.

his wife, Nancy. Osborne knew athletes in his program could impact the academic success of 22 middle school students within Lincoln Public Schools. Of those 22 mentees, 21 graduated from high school and the other one left school early to pursue a successful Motocross career.

In 1997, TeamMates expanded to include community volunteers who can make a big impact in a small way.

The LPS graduation rate is currently about 86 percent.

Of students in the TeamMates program, 91 percent graduate on time.

Data reveals that when a mentor comes consistently, great things happen. Mentors are encouraged to show up for 24 visits out of the possible 34 throughout the year.

“That consistency improves attendance and grades, as well as leads to reduced disciplinary actions,” Bennett said. “If a mentor comes week after week, the outcomes are astonishing.”

Mentors can also make an

impact by attending their match’s school functions in the evenings or weekends.

For the best outcome, TeamMates asks for a three-year commitment from mentors. Matches are made carefully based on things such as interests, hobbies, preferred age level or school. Each school has a facilitator who personally knows the kids and their needs.

“Our facilitators are really the heartbeats of TeamMates in the schools,” Bennett said. “They know the kids and mentors, and those mentors become part of that school community.”



My TeamMate always has a big smile on her face when she sees me, and that just melts my heart.”

– Joyce Rasmussen

Why Volunteer?

Bennett appreciates getting to know the student and



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strengthening his connection to the community. And he hopes more older adults consider volunteering.

“When I go and mentor, the principal always says ‘Hi’ to me,” he said. “I know the teachers and the staff in the front office. I feel like I am part of that school. Mentors are community members contributing to the culture of that school. They are part of something bigger than themselves.”

Not only does the experience positively impact the student, but 85 percent of TeamMates mentors report they leave their mentoring time feeling more hopeful.

Rasmussen can attest to that and encourages anyone to volunteer if they can.

“It’s only an hour a week; and you can make such a difference in a child’s life,” she said. “You get to know what is going on in the world from the view of a young person, and you get to share what you have learned about life from your viewpoint.”

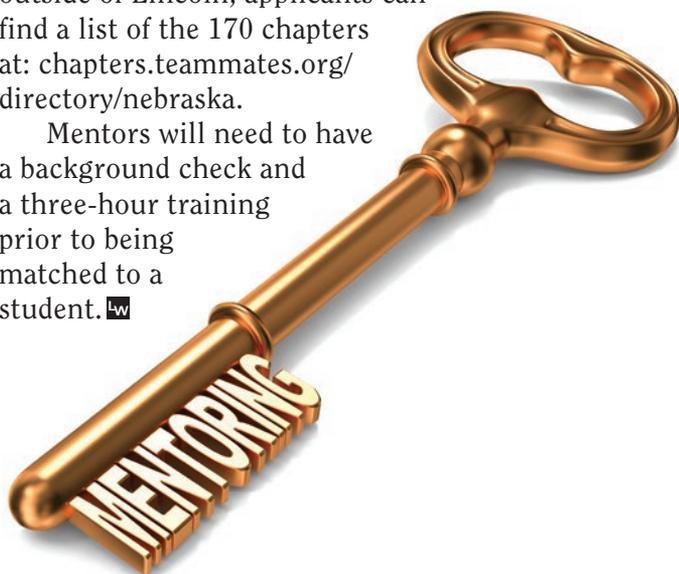
Rasmussen also appreciates seeing what school is like today, which she points out is much different than when she was a child or raised her own children. But mostly, she is there for Alexis, to listen and support her.

“I always leave our meeting with a smile and a hug from my TeamMate,” she said. “She brightens my week, and I hope I do the same for her.”

For More Information and to Apply

If you would like more information or are interested in volunteering, visit LincolnTeamMates.org. To apply, click on “Become a Mentor” and fill out the application. You can choose which age group and location where you want to volunteer. For those outside of Lincoln, applicants can find a list of the 170 chapters at: chapters.teammates.org/directory/nebraska.

Mentors will need to have a background check and a three-hour training prior to being matched to a student. 



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Golf for All:

Lincoln City Golf Academy Can Help You on the Green

Whether you already enjoy golf or want to learn to play, the Lincoln City Golf Academy is a one-stop shop for all things related to golf instruction.

“Youth and adults can find the best fit into various golf classes, club fittings and lessons, as well as leagues, golf courses, tournaments or associations that offer playing opportunities at their level,” Ager Golf & Learning Center Player Development Supervisor Joseph Canny said.

Launched by Lincoln Parks & Recreation and Lincoln City Golf, the Lincoln City Golf Academy provides a path to better golf for new, casual or frequent golfers — regardless of age or ability.

“Wherever you are in your golf ability, we can help you find what best fits you,” Canny said. “And it is extremely affordable for seniors to play at the Lincoln City courses.”

According to Canny, the most popular programs for



older adults are Introductory to Golf and Golf 201 for those who already play.

“We teach every part of the game in five lessons throughout five weeks for a great price,” Canny said, noting that there’s a senior discount available.

If you already know what you want, the Lincoln City Golf Academy has you covered. If you need a new set of golf clubs and want help getting the right set so you don’t waste money at a big box store or online, visit the coaches tab under the Lincoln City Golf Academy website to find the club fitting expert for the brand of golf clubs you want.

The coaches tab highlights the various coaches to better help you find the one who best fits your needs, allowing you to have the most success.

With Lincoln City Golf having courses in each quadrant of the city — Mahoney Golf Course, Jim Ager Memorial Golf Course, Pioneers Golf Course, Holmes Golf Course and Highlands Golf Course — the new Lincoln City Golf Academy most likely is right by your house.

Another helpful feature is having a way to track your progress.

“You are no longer just taking a lesson from an instructor and a camp at a golf course and hope it works out,” Canny said. “You are able to match exactly what you need and want with one of our more than 100 offerings each season. Once you’ve completed your golf class, more opportunities open up for you so you can keep finding new and fun ways to get better and stay engaged in this great game.”

To register or learn more, visit LincolnCityGolf.org, pick up a brochure at a city golf course, or call Canny at 402-441-8963. New programs and updates are being added throughout the year, so keep checking in. **lw**

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Dale Niebuhr, Lincoln Stamp Club president, collected stamps as a kid and has picked up the hobby again since retiring.

Niebuhr Leaves Stamp on Hobby

Sir Rowland Hill of Great Britain came up with the concept of postage stamps, which were first introduced in 1840. His idea was for senders to prepay postage instead of collecting it from recipients. The first stamp, the “Penny Black,” was a black 1-cent stamp featuring Queen Victoria’s profile.

In the first year of postage stamps being introduced, the number of letters mailed more than doubled. Within a few years, postage stamps were being used in other countries. The United States began selling its first two stamps in 1847: a 5-cent stamp depicting Benjamin Franklin, and a 10-cent stamp that

pictured George Washington.

While the practice of collecting stamps was more popular in the 1950s to 1990s and has gradually been declining since, the hobby is easier to do today than ever and is still widespread among those age 12 and over. Some of the most popular

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Niebuhr Leaves Stamp on Hobby

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stamp collectors, otherwise known as a philatelist, include Franklin Roosevelt, Queen Elizabeth II, John Lennon and Warren Buffett.

Some philatelists collect stamps on their heritage or travels; others collect on topics or interests such as birds, flowers or sports. Some study the history, production and use of all things related to postal delivery.

For Dale Niebuhr, the interest in the hobby goes back to his childhood as he wanted to learn about geography, history and different cultures. He began stamp collecting with his father when he was a child, attending Lincoln Stamp Club meetings. He then set aside the hobby as a young adult, but picked it up again when he retired from Ameritas Life



The Lincoln Stamp Club hosts its annual stamp show in February each year. **Inset:** The first stamp, the "Penny Black," was a black 1-cent stamp featuring Queen Victoria's profile issued in 1840 in Great Britain. Today, this stamp is worth several hundred dollars.

Insurance five years ago.

"I started collecting stamps that came in the mail and later developed an interest in foreign

stamps," he said. "I also inherited my dad's collection of U.S. and German stamps."

Today, Niebuhr serves as the

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Lincoln Stamp Club president.

The Lincoln Stamp Club meets the first and third Thursdays of each month from 7-8:30 p.m. at St. Paul Methodist Church, 1144 “M” St. One meeting a month is focused on educational programs or showing collections; and the other is devoted to buying and selling stamps among members.

Starting a Collection

Today, stamp collecting is fairly inexpensive, as most stamps are common and easy to purchase. Buying stamps is easily done on stamp dealer internet sites or eBay.

“Packets of stamps are easy to buy,” Niebuhr said. “You don’t need a lot of tools to start collecting.”

A person would need an album or stock pages, stamp tongs and a perforation gauge or watermark tray for older stamps. Stamp collectors also use a special solution to remove self-adhesive stamps from mail. For old stamps, just soak in warm water and dry between paper towels.

Inheriting a Collection

Many people inherit stamp collections from older relatives, and they aren’t sure what to do.

“We encourage people to keep the collection or find someone in the family to keep it going,” Niebuhr said. “But if not, we do free evaluations of stamp collections and will tell them if there is anything of value a stamp dealer would be interested in purchasing.”

Collections most often are casual or beginner collections with little value, but there have been some valuable items, Niebuhr said. The club also accepts donations of unwanted or unsold stamps that are passed along to children or beginning collectors.

Lincoln Stamp Club

Find more information at www.LincolnStampClub.org, or email questions@LincolnStampClub.org. The Lincoln Stamp Club holds its annual stamp show in February, featuring exhibits, stamp dealers and offering free evaluations. In October, the Lincoln Stamp Club organizes a workshop for newer stamp collectors. 



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Planning Ahead

Reduce Your Risk of Shingles

If you had chickenpox, you are at risk for shingles. The varicella-zoster virus (VZV), is a virus that causes both the shingles (herpes zoster) and chickenpox (varicella).

Once you've contracted and recovered from chickenpox, the virus lies inactive in your body. Most adults live with VZV in their bodies and never get shingles. But according to the National Institute on Aging, one in three adults reactivate the virus. And instead of causing chickenpox, it produces shingles.

Why the virus reactivates is unknown. Anyone who has recovered from chickenpox can develop shingles, including children. However, since 1995, the routine childhood varicella immunization protects individuals against chickenpox and also reduces the risk of shingles.

Symptoms

Shingles symptoms may include burning, shooting pain, tingling, itching, chills, fever, headache, upset stomach, as well as a rash and blisters that develop on one side of the body. The first symptom is usually pain followed by the rash of fluid-filled blisters that break open and crust over.

"The pain of shingles can be mild or severe and usually has a sharp, stabbing or burning quality," said Rita Antonson, geriatric nurse practitioner/UNMC nursing instructor. "Pain is limited to the parts of the skin affected by the rash, but it can be severe enough

to interfere with daily activities and sleep. Pain is often worse in older adults than in younger people."

The shingles rash typically develops as a stripe of blisters that wrap around either the left or right side of the torso, sometimes around one eye or one side of the neck or face.

Generally, shingles is not contagious, but a person with active shingles can spread the virus when the rash is in blister phase. It's important to keep it covered and avoid physical contact with anyone who hasn't yet had chickenpox or a chickenpox vaccine, especially those with weakened immune systems, pregnant women and infants. If a person with shingles infects someone who hasn't had chickenpox or the chickenpox vaccine, they will develop the chickenpox, not shingles.

In most cases, shingles lasts three to four weeks and most people only get it once, but approximately 5 percent of individuals will experience a second episode. Recurrence is more frequent in women.

If you suspect you have shingles, contact your doctor immediately.

Risk Factors and Complications

Not everyone who has had chickenpox will develop shingles, but some factors make it more likely:

- Age: The risk of getting shingles increases as you age.

"Older adults have a higher incidence of shingles because they have a weakened immune system due to normal aging," Antonson said. About half of all shingles cases are in adults age 60 and over, and the chance of getting shingles becomes much greater by age 70.

- Weakened immune system: Diseases such as HIV or AIDS, cancer and the treatment of cancer — including radiation and chemotherapy — lower your resistance to fighting infections and may increase your chances of developing shingles. Too much sun, stress or a cold can weaken your immune system for a short time, putting you at risk for shingles.
- Taking certain medications, such as those designed to prevent rejection of transplanted organs and prolonged use of steroids can increase your risk for shingles.

Older adults are more at risk for complications from shingles, including:

- Postherpetic neuralgia: For some, shingles pain continues after blisters have healed due to damaged nerve fibers sending confused and exaggerated messages of pain for months or years after the initial virus. This long-term nerve pain is the most common complication. In some cases, it is so severe and debilitating that it interferes with daily life. According to the CDC, older adults with shingles are more likely to develop

postherpetic neuralgia and have longer-lasting and more severe pain.

- Vision loss: Shingles in or around an eye can cause painful eye infections that may result in permanent vision loss.
- Neurological problems: Depending on which nerves are affected, shingles can cause inflammation of the brain, facial paralysis, or hearing and balance problems.
- Skin infections: If blisters aren't treated properly, a person may develop bacterial skin infections.

Treatment and Prevention

If you think you have shingles, contact your health care provider to discuss treatment. Early treatment can help shorten a shingles infection and lessen the chance of complications.

There are several antiviral medicines that can treat and

shorten the length and severity of shingles, including Acyclovir (Zovirax), Famciclovir (Famvir), Valacyclovir (Valtrex). Antivirals stop the virus from multiplying, which helps the rash heal more quickly and reduces the severity and duration of pain. They work more effectively if taken within 72 hours of the rash appearing. Treatment for pain includes ibuprofen and acetaminophen.

The shingles vaccine is the best way to reduce your chances of getting shingles.

“The shingles vaccination is recommended, because it decreases the risk of shingles infection and postherpetic neuralgia,” said Emilea Harshman, Stevens Creek Family Medicine family nurse practitioner. “Vaccination also has been shown to decrease the risk of shingles of the eye and decrease hospitalization rates due to an outbreak of shingles. In individuals who may develop

shingles after vaccination, it also decreases the median of pain, discomfort and duration of the outbreak.”

There are two vaccines currently available: Zostavax and Shingrix.

Zostavax was approved by the FDA in 2006 and has shown to offer protection against shingles for about five years. It's a live vaccine given as a single injection and is not recommended until age 60.

Shingrix was approved by the FDA in 2017 and offers protection against shingles beyond five years. It is a nonliving vaccine made of a virus component. It has two doses, given six months apart. It is approved for those age 50 and over, including those who have previously had Zostavax.

Shingles vaccines are available at doctors' offices and pharmacies. According to Antonson, all Medicare Part D plans cover both vaccines. **LW**



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Making Your Way Home After a Hospital Stay

When an unexpected hospitalization happens, figuring out the next step can seem overwhelming. But it doesn't have to be that way. Older adults can take action now to educate themselves on the types of care and care providers long before the need arises.

"In preparation for aging, the more you know and have planned out, the happier and less stressed you will be as you won't have to make immediate, off-the-cuff decisions if something happens," said Jonathan Anderson, lead community relations specialist for Hillcrest Health Services.

Hospital stays are often shorter than you'd expect, so aging adults should consider options such as rehabilitation facilities or skilled home care services to ensure safe and smooth transitions home.

Understanding the Types of Care

- Nursing and rehabilitation facilities offer 24/7 hands-on nursing care for those recovering from injury, illness or surgery who may require therapy and assistance to increase their strength or ability to be safe at home. While most individuals are familiar with traditional nursing homes, they are probably less familiar with the rehabilitation setting and the depth of services available.

Rehabilitation facilities provide short-term therapy and care with the goal of helping patients return to their highest level of function. They also offer meals, social events and help with



activities of daily living. When needed, a stay at a rehab facility can give you the opportunity to achieve the best outcome and potentially recover faster.

- Home health services may be the best option for individuals needing less acute care and prefer to stay in the comfort of their own home. In-home services can offer personalized nursing care or in-home therapy for those recovering, but able to go home safely. Often, individuals who start their recovery journey in a rehabilitation facility continue their healing efforts with home care services as it provides an extra layer of protection and care.

For more traditional companion care needs, such as cleaning, transportation and medication reminders, there is non-medical home care.

Advocate for Your Health Ahead of Time

From a knee replacement to a heart attack, many can't expect to go home without some type of additional care. It's important to consider not only the type of care options, but also what is covered by your insurance.

"If you have an unforeseen accident, severe illness or chronic condition you've been battling as you age, your length of stay surrounding that hospitalization can determine a lot, including what benefits are available to you upon discharge," Anderson said.

For information about your insurance coverage, call your insurance company. For information about Medicare, call the Senior Health Insurance Information Program (SHIIP) at 800-234-7119 or Aging Partners at 402-441-7070.

The hospital works with your insurance to determine necessary

length of stay and what care you can receive after that particular hospitalization. Once your discharge date has been identified, hospitals will provide a list of post-hospitalization services, but it's up to patients and caregivers to decide. Some questions to ask may include:

- What level of care will I need?
- What support system of family and friends do I have and what hours are they available? Are they OK with helping with personal care?
- What do I qualify for through my insurance as I transition home?
- What extra finances do I have to utilize?

The next step will be making the decision — and knowing your options ahead of time will be beneficial.

“Instead of catching yourself in an unknowing situation, advocate for yourself and your health and learn the options ahead of time,” Anderson said. “Even if you never utilize them, you might be connected to a family member or friend who will.”

The best way to make a decision is to do some research. You can visit websites, call and ask questions, or take a tour with some friends. Even just knowing the names and locations of facilities can help relieve extra stress after a hospitalization.

Each nursing or rehabilitation facility has its own benefits. Some questions to consider are:

- How close is this location to my spouse, family or friends who can come visit?
- Is this facility in-network with my insurance or Medicare Advantage plan?
- Will I have a private bedroom and bathroom?
- What are the meals like?
- What therapy or specialized programs are offered?
- How many days each week is therapy offered?
- Are the therapists employees or contractors?
- Is the staff trained to handle chronic health conditions you suffer from, such as chronic obstructive pulmonary disease (COPD) or congestive heart failure?

For home health care, be sure to ask:

- Is the agency in-network with insurance or Medicare Advantage plan?
- Do I live in their service area?
- Do you offer help with specialty needs, such as wounds, IV medications or tracheotomy care?

Make Your Decision Known

Once you have all your information, identify your top few choices.

“Make sure you choose a place where you feel comfortable and has a good environment for your personality to set you up for success on your path back home,” Anderson said. “Each facility has different niches, but we’re all trying to promote healthy and timely paths back home.”

It's important that you write your choices down and let your family, emergency contacts or power of attorney know. Many older adults have a File of Life envelope that can include medical information, family contacts, allergies and other information, such as your chosen post-hospitalization options. Free to any older adult, the File of Life can be found at Lincoln Fire & Rescue stations and senior centers.

A list of home health care agencies and nursing and rehabilitation services in Lincoln, Lancaster County and the surrounding counties of Aging Partners' service area can be found at: lincoln.ne.gov/city/mayor/aging/long-term-care.htm. 



**Mark your calendars for this year's events
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June 7th • 4 - 7pm Legacy Estates, 7200 Van Dorn

Sept 20th • 4 - 7pm The Legacy, 5600 Pioneers

Capital City Culinary Classics

June 25th • 11am-2pm The Legacy, 5600 Pioneers

Legacy Estates Chef Showcase

Aug 7th • 11am-2pm Legacy Estates, 7200 Van Dorn

Terrace Town Carnival

Sept 8th • 12-3 pm Legacy Terrace, 5700 Fremont

I Need Legal Assistance, But I Can't Afford a Lawyer: Resources are Available

While it can be frustrating to need legal help and not know where to turn, there are resources for older adults. Aging Partners and Legal Aid of Nebraska both offer legal help to seniors for various matters.

Aging Partners

Aging Partners contracts with Mary L. Wilson to provide legal services to seniors 60 and over who have limited income and assets in the eight counties served by the agency.

Mary Wilson, elder law attorney, can address legal questions by phone or by appointment in her clinic once a week. Sessions are limited to 30 minutes, and Wilson is limited in the types of cases she can address and whom she can represent.

For those whose income or assets exceed the guidelines, Wilson will provide a one-time legal consult for informational purposes and a referral to an appropriate legal representative. Many times, questions can be answered without further action.

Those who meet income and resource guidelines are eligible for information as well as direct services. Cases that can be handled include:

- Consumer fraud.
- Debt collection — when there is a meritorious defense, when a repayment agreement is possible, or when assets are subject to attachment or garnishment.
- Health care — including patients' rights, health care powers of attorney and living wills.

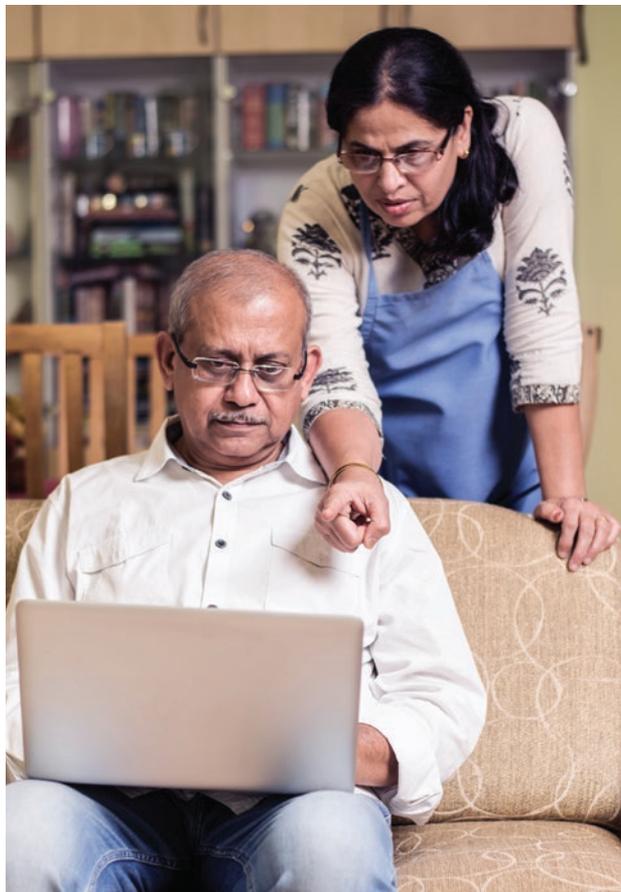
- Public housing — essential services and housing, including but not limited to tenant rights and utilities.
- Public benefits — including but not limited to Social Security, veterans' benefits, food stamps, Medicaid, supplemental security income (SSI) and Medicare, spousal impoverishment.
- Wills, powers of attorney.

Wilson cannot accept “fee-generating cases,” which are criminal cases or cases that could result in a fee for legal services from an award to a client, from public funds, or from the opposing party. Representation is not provided for criminal or traffic matters.

Legal services are free, although donations to Aging Partners are encouraged. To request legal services, call Aging Partners at 402-441-7070. You can schedule an appointment during the Tuesday legal clinic in the Downtown Senior Center. Phone appointments and home visits for persons not able to visit the clinic are also available.

Legal Aid of Nebraska

For more than 50 years, Legal Aid of Nebraska has provided dignity, hope, self-sufficiency



and justice through free, quality civil legal aid for those who have nowhere else to turn. Legal Aid can provide counsel to any senior 60 and over, regardless of financial status; but, its area of focus is related to handling legal issues experienced by those with lower and limited income. Legal Aid does not provide financial or investment advice.

For those age 60 and over, Legal Aid of Nebraska staffs the ElderAccessLine® with an experienced attorney and paralegal to provide free legal advice and representation via the phone. The ElderAccessLine®, 800-527-7249, is available Monday through Thursday from 9 a.m. to noon and 1 to 3 p.m.,

and on Fridays from 9 a.m. to noon.

ElderAccessLine® representatives can provide advice with regard to most civil legal matters, including:

- Collections
- Medicare/Medicaid
- Consumer protection
- Advanced directives/living wills
- Simple wills
- Power of attorney
- Homestead exemption
- Tenant issues
- Other legal concerns

“The most common type of legal situation we have on the ElderAccessLine® is actually collections,” said Margaret Schaefer, ElderAccessLine® attorney. “Many people have limited means and income, and they are dealing with collection agencies for one reason or another. We can help walk them through what can be a minefield of dealing with phone

calls, harassment, lawsuits, and what responses they need to make or not make.”

Legal Aid can ensure seniors are protected under the law and help determine if they are completely protected from collections.

Schaefer said the goal is to help seniors through the issue, so they can be calm and spend their limited funds on food, rent, utilities or anything else they need to take care of themselves.

The ElderAccessLine® can help provide electronic or printed resources, or answer questions before they sign something. One such example is setting up a power of attorney.

“People often think they don’t need a power of attorney until they are unable to take care of their own affairs,” Schaefer said. “But by then, it’s too late. We encourage everyone to set those up. Give us a call and

ask questions so you know exactly what you are doing.”

When you establish a power of attorney, you determine who will take care of your affairs when, and if, you are unable to. If you do not name a power of attorney, the state will establish guardianship and determine a person for you.

Schaefer notes you don’t have to choose the same person for finances and medical power of attorney.

For example, if Sue has two children and her daughter is an accountant and good with finances, she can name her daughter as financial power of attorney. But Sue may choose to name her son as a health care decision-maker, because he is a nurse and understands the health care system.

“In a power of attorney, you can establish what kind of care

Continued on page 20.



Are you 60 years of age or older?

Do you have a problem with:

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

Legal Aid of Nebraska is here to help!

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

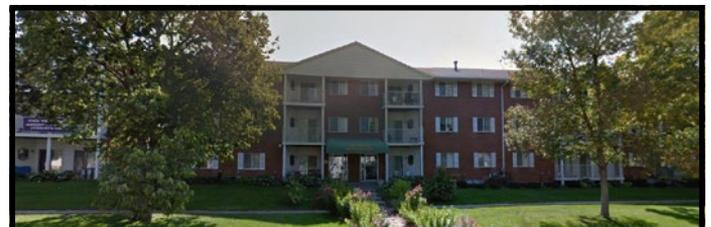
Reach our ElderAccessLine® toll-free at:

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I Need Legal Assistance, But I Can't Afford a Lawyer: Resources are Available

Continued from page 19.

you want if you are unable to communicate and not expected to survive,” Schaefer said. “You can list your wishes on end-of-life care.”

Legal Aid can also help older adults who have been victims of financial exploitation or elder abuse. Attorneys can help determine if the victim needs to close accounts, run credit reports and other steps moving forward to protect themselves.

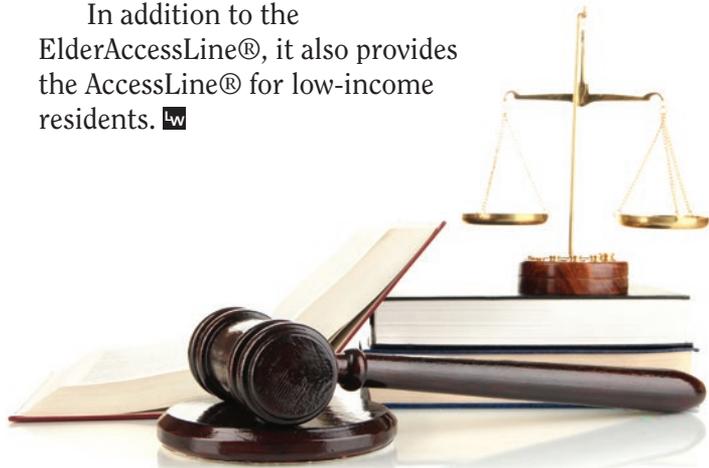
In some cases, seniors need help removing a relative living in their home who refuses to leave.

“An example involves a lady whose son would not move out. He became threatening, and she was frightened,” Schaefer said. “We were able to assist in getting an order from the court for him to leave and leave her alone.”

Legal Aid also offers Access to Justice, a self-help walk-in clinic for low-income Nebraskans. Schaefer recommends older adults visit to have documents reviewed, such as a lease. Clinics are first come, first served. Access to Justice is available in Lincoln, 941 “O” St., Suite 325, on Monday, Wednesday and Thursday from 1-4 p.m. Access to Justice is also available in Omaha at 209 S. 19th St., Suite 200, Monday through Wednesday from 1-4 p.m.

There is no cost to use the ElderAccessLine®; however, applicants must complete an application and provide general information. Funded by federal, state and private resources, the information is provided to agencies to better understand how the hotline helps older adults and what circumstances they are facing.

In addition to the ElderAccessLine®, it also provides the AccessLine® for low-income residents. 



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A family caregiver is a person who provides ongoing care for an individual unable to care for themselves. Caregiving is rewarding, but also demanding and stressful. To supply “help for the helpers,” the Nebraska Lifespan Respite Network offers information, education and support.

For more information, including funding sources or becoming an independent respite provider, just call or click:

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Presented by Paul Gardner, PT, GCS, Administrator of Community Rehab, Hillcrest Rehab Services

Friday, May 1 : Taking Care Of Our Mental Health As We Age

Presented by Ryana Swift, LICSW, Swift Counseling Services

Friday, June 5 : Money Matters Panel Discussion

Presented by Megan Gibbs, Financial Advisor, Edward Jones Investments; Jason Bryant, CPA, Bryant, Katt & Associates, P.C.; Andrew M. Loudon, Attorney at Law, Ball, Loudon, Ebert, & Brostrom, LLC

- **LOCATION:** Hillcrest Firethorn • **TIME:** 10 a.m.
- **RSVP:** (531) 739-3500 or HFTconciierge@hillcresthealth.com



Warning: Exercise Has Been Known to Cause Good Health and Happiness

By Peggy Apthorpe, Aging Partners Health and Fitness

Age and your current fitness level should not be a barrier to making an exercise plan and sticking

to it. We encourage people to start where they are and take baby steps toward their goals. Our Aging Partners Fitness Center and class participants are often surprised at how much progress they make and how much better



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they feel physically and mentally.

Aging Partners Health and Fitness would like to take this opportunity to respond to some frequently asked questions.

How Can I Make an Exercise Plan?

Some of us can plunge into a new activity or project without planning ahead. Others find that writing a plan is helpful and keeps them on track. The first few months of a plan are crucial as far as motivation goes. If you can stick with physical activities you enjoy, it's a good sign you will be able to make physical activity a regular part of your everyday life.

The Go4Life Program of the National Institute for Health outlines what to include in your physical activity plan:

- Your reasons for being physically active.
- Your short- and long-term goals.
- Things you might need to do to get started, such as purchasing exercise shoes or clothes.

Try to make your plan realistic and measurable. Include details such as what, where, when and how much you want to do. Make physical activity a priority. Put it on your calendar or to-do list every day. Make being active easy, fun and social. Ask a friend or family member to be your exercise buddy.

Don't be discouraged if things like a vacation or illness interrupt your routine. You can start exercising again and be successful. The sooner you resume some sort of activity, the easier it will be to get back into your routine.

How Can I Tell if I'm Getting More Fit?

If you've been exercising regularly, you'll soon be able to tell when it's time to move ahead in your activities. The National Institute on Aging suggests we look for the following signs of fitness progress:

- You have more energy.
- Your overall mood and outlook on life have improved.
- It's easier to do your usual daily activities.
- Climbing a couple flights of stairs or lifting the same amount of weight is getting easier.
- It's easier to get in and out of your car.
- You can get down on the floor and play a game with your grandchildren and get back up again more easily when the game is over.
- You're sleeping better at night.
- You have less pain when you move around.
- You notice improvement in the symptoms of an ongoing health condition, such as diabetes, arthritis or high blood pressure.

Continued on page 24.

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This ad sponsored and paid by the Nebraska Gambling Assistance Program

Warning: Exercise Has Been Known to Cause Good Health, Happiness

Continued from page 23.

I've Been Exercising for Some Time Now. Why Am I Not Seeing Any More Real Improvement?

If you've been active for a while, you may need to make your activities more challenging to see additional results:

- Try something new to keep your interest alive. This will challenge your brain as well as your body. Check out the variety of classes Aging Partners offers this spring and summer. Stop by the fitness center to meet the staff and see the cardio, strength, flexibility and balance equipment options available.
- Review your goals. You may be able to do activities longer, more frequently, farther or with more effort. Make an appointment with one of our Aging Partners Certified Personal Trainers. They can give you tips and support you in your plan.

Check out pages 35-37 of this issue for more information about the fitness center and upcoming classes. Our free Move More Lincoln/Feeling Fit Friday classes give you a chance to sample some of the classes offered throughout the year. Feeling Fit Fridays are held at 2 p.m. May 29 through Sept. 25 at Jayne Snyder Trails Center, 21st and "Q" streets.

Call 402-441-7575 for more information, to make an appointment with a trainer or register for spring and summer classes. 



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Strawberries — Nature's Dessert

May is National Strawberry Month! The heart-shaped outline of the strawberry is the first clue that this fruit is good for you. Let's take a moment to celebrate this tasty, juicy fruit.

These powerful little packages protect your heart by increasing HDL (good) cholesterol and lowering your blood pressure. They also may guard against cancer due to their high amounts of cancer-fighting antioxidants. Strawberries are packed with vitamins, fiber and relatively few calories (55 calories per cup). They are a good source of potassium and vitamin C. Potassium is crucial for the body's intracellular fluid balance and nerve-impulse transmission. One serving (about eight strawberries) provides more vitamin C than an orange. Some diuretics used to treat hypertension deplete the body's potassium levels, which should be monitored carefully.

Did you know that the average medium-sized strawberry contains 200 tiny seeds? These seeds act as fiber in the body. Each seed acts as a mini-scrub brush for the digestive tract, keeping things clean and happy.

Strawberries pair nicely with both sweet and savory dishes. Enjoy sliced strawberries on top of low-fat yogurt for breakfast. Maybe add strawberries into a spinach salad with grilled chicken. And who doesn't love fresh strawberry pie!?

Picking, Storing and Cleaning Strawberries

First off, remember that strawberries do not ripen after being picked. Select strawberries that have a bright, glossy appearance and even red color development without green coloring and limited white flesh at the top. Avoid fruit with signs of spoilage, shriveling, mushiness or dull coloring.

The best storage temperature for strawberries is 32 degrees Fahrenheit to 36 degrees Fahrenheit. Keep the strawberries packaged in the closed plastic clamshell they were purchased in or place the fruit in a partially opened plastic bag to maintain high humidity. Do not wash the berries until just before eating. Washing will add moisture and will cause the fruit to spoil quicker. They can be stored in the refrigerator for up to seven days.

To wash the berries, rinse thoroughly under cool running water while gently rubbing each berry between

your fingers. Then drain and pat dry with a clean paper towel. Never wash strawberries in a sink filled with standing water, because this can lead to the spread of contamination from one berry to another. Do not use soap or detergent on the fruit because the berries can absorb detergent residues. **LW**

Strawberry and Yogurt Parfait

Ingredients:

- 1 cup sliced fresh strawberries
- 1 teaspoon sugar
- 1/2 cup nonfat Greek yogurt
- 1/4 cup granola

Directions:

Combine strawberries and sugar in a small bowl and let stand until the berries start to release juice. To assemble parfait, layer yogurt and the strawberries with their juice into a 2-cup container. Top with granola and enjoy!



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Ensuring Vulnerable Adults are Protected



While older adults and individuals with disabilities can live independently, some may find it challenging to protect themselves and their loved ones from fraud, abuse and financial exploitation.

Adult Protective Services (APS) investigates reports of abuse, neglect, self-neglect and exploitation of vulnerable adults; and in cases where these situations have been identified, APS may be able to provide assistance.

“Our goal is to establish safety for vulnerable adults,” said Ben Kroeze, APS supervisor.

Vulnerable adults are those:

- 18 years or over with a functional or mental impairment, or
- 18 years or over with a guardian/conservator appointed by the Nebraska Probate Code.

“Oftentimes, cases of abuse, neglect

and financial exploitation of vulnerable adults can be found where the victim is isolated,” Kroeze said. “The crime is occurring because the victim doesn’t have able-bodied or able-minded people around him or her to monitor the situation.”

When a concerned person calls the 24-hour confidential hotline at 800-652-1999, the caller provides information about the situation. The information is then assessed based upon Nebraska Statute 28-386 to determine if APS can investigate.

“We get a lot of calls,” Kroeze said, adding APS will investigate any case where it is alleged a vulnerable adult is being abused, neglected or exploited.

While APS investigates allegations for only vulnerable adults, local law enforcement will investigate both vulnerable adult and senior adult abuse. A senior adult is an adult age 65 or older.

If the case is accepted by the



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APS hotline, it is assigned to a caseworker to be investigated.

“When the allegation involves a potential criminal violation, we would contact local law enforcement, where we investigate the allegation together,” Kroeze said.

APS and law enforcement partner in cases if the allegations may be a crime. APS or law enforcement can subpoena medical and financial records and interview victims, witnesses, as well as medical and financial professionals.

The main priority for both APS and local law enforcement is to ensure the victim is safe and assets are protected in cases of financial exploitation.

“We collaborate to ensure the most vulnerable individuals are protected when there is an allegation,” Lincoln Police Department Investigator Cindy

Koenig-Warnke said. “And we pursue prosecution when evidence supports it.”

Law enforcement investigators work closely with prosecutors to ensure evidence meets the elements of a crime to pursue criminal prosecution.

However, even in cases that don’t meet the elements of a crime for law enforcement, APS may substantiate abuse or neglect has occurred and place a perpetrator’s name on the Abuse/Neglect Central Registry, which is used by agencies and facilities to check new staff hires who work with children and vulnerable adults.

APS also investigates allegations of self-neglect, where there is no criminal violation alleged.

APS also assists vulnerable adults in making referrals to community services and helps them to receive needed items such as food, clothing and utilities.

Additionally, APS helps to connect family members and caregivers with needed services for respite, developmental disabilities, behavioral or aging needs.

The most common type of allegation APS receives is self-neglect and the most common criminal allegation is financial exploitation.

“In many cases of financial exploitation, the power of attorney is the perpetrator, so we have to intervene and help facilitate the appointment of a new power of attorney or guardian/conservator,” Kroeze said.

To report the abuse or neglect of a vulnerable adult, call the Adult Protective Services/Child Protective Services hotline at 800-652-1999 or local law enforcement.

For more information about Adult Protective Services, visit dhhs.ne.gov/Pages/Adult-Protective-Services.aspx. ^{lw}

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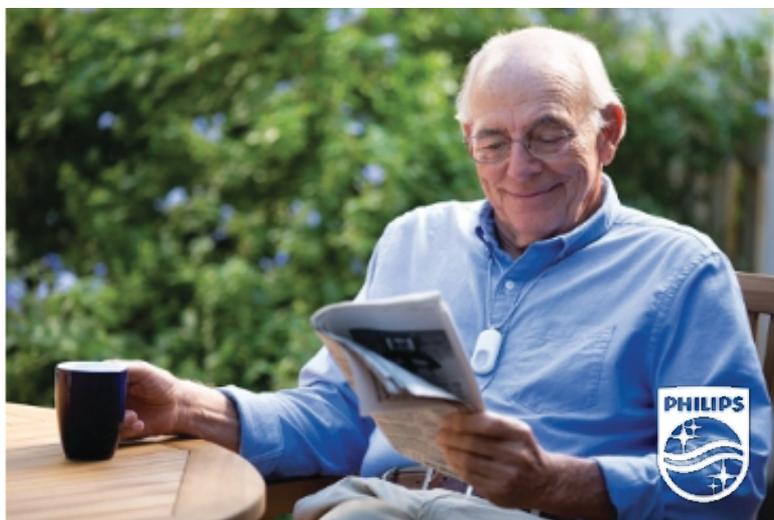
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Living At Home

Caregiver Corner: Caregiving Doesn't Have to be Solo Journey

Caregiving can be overwhelming for caregivers and patients; but it doesn't have to be done alone. While asking for help isn't easy, it can be rewarding for everyone involved.

A short film titled "Taming the Elephant" illustrates how friends and family members can collaborate in the caregiving process. The animated video uses the common elephant in the room metaphor to represent the health crisis and other animals to represent the patient, primary caregiver and caring friends and family members.

The idea for the film came from Lori Vidlak's personal experience as a long-distance caregiver for her aging parents.

"It took its toll on me physically and emotionally and really raised my awareness of what a struggle caregiving can be," she said. "My brother lived nearby and was the primary caregiver, but I was making frequent trips back to Wisconsin to help all I could."

Vidlak discovered the value of the team caregiving approach in 2015, after she lost both parents and was diagnosed with breast cancer.

"It was difficult for my parents to share information with other people and let them help, but that's not how I wanted to handle it when

I was diagnosed with cancer," she said.

Vidlak and her husband both had their own businesses. So after her diagnosis, she knew it wasn't possible for her husband to be her primary caregiver.

"I decided I would see if I had family and friends who wanted to help and be part of the solution," she said.

She started a blog, updating it with her treatment news, and people began offering to help with tasks such as taking her to chemotherapy, cleaning her home and cooking dinner. From there, it grew. Vidlak communicated what she needed, and people volunteered. She tried to make sure they were doing things they were good at, and she was open to their suggestions.

Once Vidlak recovered, she found joy in seeing how friends and family who didn't know one another had connected through caring for her.

Learning to accept help is as important as learning how to give it, Vidlak said.

"You always think you're going to be a burden for people, or they're doing it out of pity," she said. "But I really saw that they



were gaining something from the experience. That surprised me. I'd like patients and primary caregivers to understand that when you accept help from friends and family you are not being a burden — you are actually giving them a gift. You are allowing them to contribute their time and talents to help in a meaningful way. That makes them feel valued and loved, as well."

On the other side, Vidlak hopes friends and family members understand the importance of letting the patient and primary caregiver make decisions about the assistance they need.

"I know now that my job as a member of any caregiving team is to provide the support that is needed to help my loved ones work through the crisis their way," she said. "I can make suggestions and additional offers, but decisions are up to them."

The short film was a



I'd like patients and primary caregivers to understand that when you accept help from friends and family you are not being a burden — you are actually giving them a gift."

— Lori Vidlak



collaborative effort and labor of love by Vidlak and a dedicated group of like-minded friends with creative talents in writing, graphic arts and filmmaking. Team members included Peg Sheldrick, Chad Haufschild, Dorothy Booraem and Erin Butcher.

“Peg drafted the script, Erin created the visuals, and Chad and Dorothy made it all come alive on video,” Vidlak said. “All of us had experienced so much as caregivers or care recipients that each of us

brought something special and our own perspective to the production.”

Initially, the team raised start-up funds from individual supporters under the sponsorship of Nebraska Independent Film Projects. AARP Nebraska provided completion funding and is also helping to promote and distribute the video. It will be used to spark discussions among patients, caregivers, and their family and friends.

“When someone is in a health crisis; no one knows how to

respond,” Vidlak said. “I hope this video gets people talking about the kinds of responses that can be most helpful. We are so fortunate to have the support of AARP Nebraska. They really understand the challenges of caregiving, and they have the community connections to help get the video out to the folks who need to see it.”

To watch the film, you can find it on AARP Nebraska’s YouTube page by searching “Taming the Elephant AARP Nebraska.” 

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Staying Self-Sufficient

By Mitch Sump, Aging Partners program coordinator

As always, it wouldn't be a Staying Self-Sufficient column if I didn't start with a weather report! As I write this, it is a typical gray gloomy cloudy winter day. Looking at the extended forecast, however, this looks to be the nicest day for a while! Hopefully, the sun is shining as you read this, the birds are singing, and your doors and windows are open to enjoy all of it.

Spring starts the busiest portion of our year leading into summer, and I figured a quick refresher on Home Handyman would be useful.

Yard Work: Mowing and other outdoor chores are done on a job-by-job basis, and you can't sign up for the whole summer with one phone call. Weather is too unpredictable to determine a mowing schedule for the entire summer. We will do bush and small tree trimming, but all work must be done from the ground. No ladders for our folks – safety first. We also will pick up small wind-blown branches, but nothing more than three inches in diameter. Nobody on our team is a botanist, so we prefer to not weed flower beds. What you consider a flower, we might think is a weed!

Gutters: April showers bring May flowers; but if your gutters and downspouts are clogged, they also bring wet basements! Avoid this major expense from a professional cleaning service by having your gutters and downspouts checked and cleaned regularly.

Minor Repairs and Painting: Please note the word “minor.” We are not a professional carpentry or painting shop, so we need to

limit jobs to less than four hours whenever possible. Exceptions occur; but for the most part, we stick to that. Please do not call in requests for deck refinishing or waterproofing. We no longer have handymen who will accept those jobs.

If you do your own lawn care, here are a few ideas to make things easier and to keep your lawn healthier and looking good.

Herbicide: After the danger of the last frost, (I know Midwest weather!) the key is to apply a good herbicide that is a well-known brand. This is not something to try and save money on. Getting the jump on weeds before they start is vital to a healthy lawn. If you're not sure about the type to use, contact a professional lawn service. You might be surprised how reasonable they are from a cost standpoint.

Mower Height: Set your mower to the proper height for the type of grass you have and never cut the grass to look like a golf course! Grass that is cut too short is weakened and can't effectively fight off diseases and pests. Although keeping your lawn longer means mowing more often, the taller grass shades out potential weeds' ability to sprout. Check with a local nursery to determine the right height for your grass.

Mower Maintenance: I just want to scream when I hear mowers that are misfiring and out of tune. If your mower can't operate at a consistent speed when in use, it cuts poorly and makes for a rough looking lawn. A good small motor shop will charge \$30 to \$40 for a seasonal tuneup. Also, make sure your blades are sharp and cutting cleanly. Uneven cuts are a sign of a dull blade and

are hard on the health of your grass.

Mulch: Mulching around trees serves two purposes. First, it acts as a weed barrier that will decrease your yard work. It also helps to maintain moisture around trees, especially younger trees, so they need less watering. I am not a fan of wood mulch around houses, although it looks nice. It can become a home and buffet for termites, carpenter ants and other creepy crawlers you probably don't want moving into your home.

Borders: Borders on flower beds give a clean, professional look and help keep grass from spreading into flower gardens. Make sure your borders go at least 3 inches into the ground and are at least 2 inches taller than the surrounding lawn. These measurements keep grass from spreading under or over the borders.

Ground Cover: Growing grass under large, established trees or shady areas by your house and garage can be difficult, if not impossible. Speak with local nurseries about planting some type of shade-resistant ground cover.

Be sure and ask if the ground cover you want will become competitive with your lawn, because many do well in both shade and sun.

As already noted, spring kicks off our busiest time of the year; so if you or someone you know is looking to maybe make a few bucks and help out a bunch of really nice people, give Diana a call at 402-441-7030 to see about becoming a Handyman or Handywoman.

As usual, my editor is glaring at me, so I better wrap this up! Looking forward to working with you this spring! 

Aging Partners Offers Meal Delivery to Qualified County Residents



Aging Partners now offers qualified Lancaster County residents who live outside the Lincoln city limits the opportunity to receive home-delivered meals. Qualifying seniors may receive up to five meals per week. The meals are sent via a shipping service (FedEx or UPS) and arrive refrigerated. Voluntary contributions are appreciated but not required for the meals.

To determine eligibility, call Aging Partners at 402-441-6150. Once Aging Partners receives an inquiry or referral, the agency conducts an in-home assessment to determine eligibility. The meals are available to individuals age 60 and over who meet one of these criteria:

- The person is unable to attend a congregate meal program through a senior center.
- The person is incapacitated or disabled and unable to prepare their own meals.
- The person is convalescing from illness or medical issues and unable to prepare their own meals.

“For homebound seniors with limited resources, eating nutritious food can become a health issue and cause them to lose independence,” Aging Partners Director Randall Jones said. “In rural areas, homebound seniors have difficulty with transportation and access to local grocers and restaurants. Our program not only provides great meals, but also helps seniors maintain their independent lifestyle as long as possible.”

The Aging Partners program specifically focuses on residents in rural Lancaster County. For Meals on Wheels service in Lincoln, residents are urged to contact Tabitha at 402-486-8589.

The nutrition services of Aging Partners also provide an important link to other supportive in-home and community-based support. These include homemaker, personal care, transportation, physical activity, chronic disease self-management, home repair and fall prevention programs.

Aging Partners plans, coordinates and advocates for older people in an eight-county area. Its mission is to enhance daily living, expand personal choices and educate the community in an effort to ensure the independence and full life of the people they serve. More information on Aging Partners is available at aging.lincoln.ne.gov or by calling 402-441-7070. 

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Key for Services: ▲ = Lancaster only

MISSION

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

Being Well

NUTRITION

402-441-7159

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

HEALTH AND FITNESS

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

- **Health Education Programs** - A variety of topics assisting individuals to make healthy lifestyle choices.
- **Health Screenings** - A variety of screenings include blood pressure, cholesterol, glucose and bone density.
- **Exercise** - Pilates, yoga, stretch and tone classes are available at several locations. Daily fitness programs on LNKTV City (ALLO Channel 2, Spectrum Channel 1300 and Kinetic Channel 1005) and LNKTV Health (ALLO Channel 3, Spectrum Channel 1301 and Kinetic Channel 1010). ▲
- **Alzheimer's Disease** - Information and referral. 402-441-7070 or 800-247-0938

Living at Home

INDEPENDENT LIVING SUPPORT SERVICES

402-441-7070 or 800-247-0938

- **Care Management Services** - Providing professional assistance in assessing needs, planning and coordinating home care.
- **Lifeline Emergency Response System** - 24-hour emergency access at the press of a button.
- **Supportive Services Program** - Eligible older persons can receive assistance with the cost of in-home services.
- **Durable Medical Equipment** - Providing items that address short- and long-term needs. Lightly used and/or new in-the-box items in stock including crutches, walkers, canes, wheelchairs, bath chairs and toilet risers.
- **Home Handyman Service** - Minor home repairs and maintenance including mowing, leaky faucets, painting, broken light fixtures, and heavy housework services. ▲ 402-441-7030
- **Subsidized and Independent Housing Resource Listings**

LONG-TERM CARE OPTIONS/ CARE MANAGEMENT

402-441-7070 or 800-247-0938

- **Aging and Disability Resource Center (ADRC)** - The Aging and Disability Resource Center assists seniors and persons of all ages with disabilities to obtain information, services and supports.
- **Home and Community-based Waiver Services** - State funded in-home services for those who are Medicaid-eligible 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**

Planning Ahead

HEALTH INSURANCE AND FINANCIAL COUNSELING

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.

SENIORS FOUNDATION

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

Staying Involved

SENIOR CENTERS

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

▲ 402-441-7158

LINCOLN/LANCASTER COUNTY SENIOR CENTERS

- Asian Center: 402-477-3446
144 N. 44th St., Suite A, Lincoln
- Belmont Center: 402-441-7990
Belmont Recreation Center
1234 Judson St., Lincoln
- Bennet Center: 402-416-7693
American Legion Hall
970 Monroe St., Bennet
- Firth Center: 402-416-7693
Community Center
311 Nemaha Blvd., Firth
- Hickman Center: 402-416-7693
Hickman Community Center
115 Locust St., Hickman
- Lake Street Center: 402-441-7157
St. James United Methodist Church
2400 S. 11th St., Lincoln
- Downtown Center: 402-441-7154
1005 "O" St., Lincoln
- Northeast Center: 402-441-7151
6310 Platte Ave., Lincoln
- Waverly Center: 402-416-7693
13820 Guildford St., Waverly

Other Services

INFORMATION AND REFERRAL

402-441-7070 or 800-247-0938

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

TRANSPORTATION

- **Ride within Lincoln to the Centers**
▲ 402-441-7158
- **Lancaster County Public Rural Transit**
Scheduled transportation to and from Lincoln and rural Lancaster County areas. Handicap accessible.
▲ 402-441-7031
- **Other options in the community**
Listings available at 402-441-7070.

LIVING WELL MAGAZINE

This quarterly publication features stories of interest to older adults and is mailed directly to their homes. To suggest a story idea or advertise with *Living Well*, call David Norris at 402-441-6156 or email dnorris@lincoln.ne.gov. 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 video-on-demand at lincoln.ne.gov (keyword: vod) or Live & Learn's YouTube channel at lincoln.ne.gov (keyword: live & learn). View on LNKTv City or online at lincoln.ne.gov.

- Mondays at 11 a.m.
 - Wednesdays at 5 p.m.
 - Thursdays at 7 p.m.
 - Fridays at 11:30 a.m.
 - Sundays at 3:30 p.m.
- These are minimum airing times. Show re-airs at various other times throughout the month.

CARE MANAGEMENT

All Counties: 800-247-0938

Care Management Coordinator

Joyce Kubicek

- Butler County
Becky Romshek, 402-367-4537
- Fillmore County
Rhonda Stokebrand, 402-759-4922
- Polk County
Amy Theis, 402-747-5731
- Saline County
Michele Tesar, 402-826-2463
- Saunders County
Mary Dailey, 402-443-9376
- Seward County: 800-247-0938
- York County, Jerri Merklinger
402-362-7626

MULTI-COUNTY PROGRAMS

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

MULTI-COUNTY SENIOR CENTERS

Butler County

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

Fillmore County

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

Polk County

- Osceola Senior Center
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
- Stromsburg Senior Center
118 E. 3rd St., Stromsburg
402-764-8227

Saline County

- DeWitt Senior Center
202 E. Fillmore Ave., DeWitt
402-683-4325 or 402-520-0873

Seward County

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

York County

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

SENIOR CARE OPTIONS (SCO) AND MEDICAID WAIVER

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Aging Partners News and Events

All classes and activities are subject to cancellation.

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When you receive *Living Well* magazine by email, you have direct access to many services. Click your mouse on any website listed and you are linked directly to a service or advertiser's website. There are wonderful stories in every issue of *Living Well*. By visiting the Aging Partners website, you will find current and past issues. Call Deb Elrod at 402-441-6146 or email her at delrod@lincoln.ne.gov to sign up.



Health and Fitness

Aging Partners Fitness Center

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

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

\$10 monthly suggested contribution for age 60 and over and family caregivers of any age. \$15 fee for under age 60. A certified personal trainer is available Tuesday and Thursday afternoons by appointment only and at no additional cost.

For most Health and Fitness classes, there is a \$4 per class suggested contribution for age 60 and over and family caregivers of any age or a \$5 per class fee for under age 60. Punch cards are available. Preregistration is required for all classes by calling 402-441-7575. Please register early. Classes that do not have sufficient enrollment will be canceled.

New for Family Caregivers

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

Evidence-Based Tai Chi – Moving for Better Balance Classes

Evidence-based programs are supported by the Nebraska Department of Health and Human Services Injury Prevention Program and the State of Nebraska Unit on Aging.

NOTE: Because all Tai Chi – Moving for Better Balance Classes are progressive, no registrations will be accepted after the fourth class of each session.

Chair Assisted Tai Chi

St. Paul United Methodist Church
1144 “M” St. (dining room)
Tuesdays and Thursdays
9:30 to 10:15 a.m.
March 31 through June 18

This class is based on the modified Tai Chi – Moving for Better Balance 8 Form program. Participants meet twice weekly for 12 weeks and are taught simple movements they can practice sitting or standing near a chair. There are many benefits of chair tai chi for all abilities. It strengthens the legs and upper body, which leads to improved balance. Participants work progressively toward standing Tai Chi. Suggested contribution is \$2 per class or \$48 per session.

Stepping On – Building Confidence and Reducing Falls

Stepping On is a community-based fall prevention program intended to educate participants and build confidence to reduce or eliminate falls. Classes meet for two hours, once a week for seven weeks

- Madonna ProActive
7111 Stephanie Ln.
Mondays, 10 a.m. to noon
April 6 through May 18

Tai Chi – Moving for Better Balance (Level I)

Eastridge Presbyterian Church
1135 Eastridge Drive
Mondays and Thursdays
1 to 2 p.m.
April 20 through July 13
(no class May 25)

This class is for people new to Tai Chi or those wanting to continue working on the basic Tai Chi Moving for Better Balance 8 Forms. It is a fall prevention program that uses the principles and movements of Tai Chi to help older adults improve their balance and increase their confidence in doing everyday activities. \$2 suggested contribution per class or \$48 per session.

Tai Chi – Moving for Better Balance (Level II)

Eastridge Presbyterian Church
1135 Eastridge Drive
Mondays and Thursdays
2:30 to 3:15 p.m.
April 23 through July 16
(no class May 25)

This class is for people who have completed one or more sessions of Tai Chi — Moving for Better Balance Level I. Classes are designed for people who want to continue with the traditional 8 forms with less instruction and some variations. \$2 suggested contribution per class or \$48 per session.

Continued on page 36.



All classes and activities are subject to cancellation.

Continued from page 35.

The following classes are open to join at any time during the session, but registration is still required.

Tai Chi – Continuing 24 Form

Cotner Center Condominium
1540 Cotner Blvd.
Mondays, 1 to 1:30 p.m.
April 13 through July 6 (no class May 25)
This class is suggested for those who have completed the 24 Form instructional classes.

Qigong Refresh and Recharge

This ancient, meditative practice focuses on slow, gentle movements that 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.

- Cotner Center Condominium
1540 N. Cotner Blvd.
(use Cotner Blvd. entrance)
Mondays, 10:30 to 11:30 a.m.
April 13 through July 6
(no class May 25)
- Auld Pavilion
1650 Memorial Drive
Wednesdays, 2 to 3 p.m.
April 8 through May 20
(Seven-week session)

Dance for Life (formerly Dynamic Movement)

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.

- Cotner Center Condominium
1540 N. Cotner Blvd.
(use Cotner Blvd. entrance)
Mondays, 2 to 3 p.m.
April 13 through July 6 (no class May 25)
- St. Mark’s United Methodist Church
8550 Pioneers Blvd.
(church gymnasium)
Thursdays, 3:30 to 4:30 p.m.
April 9 through July 30
- Auld Pavilion
1650 Memorial Drive
Wednesdays, 10 to 11 a.m.
April 8 through May 20
(Seven-week session)

Chair Yoga (on-going)

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

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

To check on the status of a class or event, call Health and Fitness at 402-441-7575 or the event line at 402-441-7158.

Diabetes Self-Management Workshop

Union Bank & Trust
Meeting Room (lower level)
3643 S. 48th St.
Tuesdays, 1 to 3 p.m.
April 7 through May 12
The Diabetes Self-Management Workshop is a six-week course for adults with diabetes, their family members and friends.

- Learn about diabetes including:
- Determining what to eat and when to exercise
 - Monitoring blood sugar
 - Caring for your feet
 - Communicating with family and health care providers
 - Managing low and high blood sugar
 - Dealing with stress and learning relaxation techniques
 - Setting small and achievable goals
 - Increasing self-confidence
 - Feeling better and taking charge

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

Vermeer Education Center

Senior Health Promotion Center
4000 S. 84th St.
(located north of St. Mark’s)
Services available to people age 60 and over include comprehensive foot care, blood pressure, blood glucose, cholesterol, osteoporosis screenings and health education.
\$15 suggested contribution will help these services continue.

- Wednesdays, 9:30 a.m. to 1:30 p.m.
April 1, 8, 15 and 22
May 6 and 20 (foot care only)
June 10 (foot care only)
July 1 and 15 (foot care only)
Aug. 5 and 19 (foot care only)
Sept. 9, 16, 23 and 30

Aging Partners News and Events

All classes and activities are subject to cancellation.

Downtown Senior Health Promotion Center

1005 "O" St., lower level

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

- Thursdays, 9:30 a.m. to 1:30 p.m.
April 2, 9, 16 and 23
May 7 and 21 (foot care only)
June 11 and 25 (foot care only)
July 9 and 23 (foot care only)

Move More Lincoln – Feeling Fit Fridays (free and open to the public)

Jayne Snyder Trail Center

21st and "Q" streets

Fridays, 2 to 2:45 p.m.

May 29 through Sept. 25

Join us for a sample of the classes offered by Aging Partners Health and Fitness. Our instructors will be leading some of the popular fitness classes that we offer throughout the year. Aging Partners is proud to be part of the Move More Lincoln Wellness Series sponsored by Community Health Endowment of Lincoln and Lincoln Parks & Recreation.

- Line Dance
Instructor: Tracie Foreman
May 29 and Sept. 11
- Movement with Mitzi
Instructor: Mitzi Aden
June 5, July 31 and Sept. 25
- Qigong Refresh and Recharge
Instructor: Tracie Foreman
June 12 and Aug. 14
- Movement and Music
Instructor: Ruth Davidson Hahn
June 19, Aug. 21 and Sept. 18
- Chair Yoga
Instructor: Joy Blythe
June 26 and Aug. 28
- Dance for Life
Instructor: Tracie Foreman
July 10
- Chair Tai Chi
Instructor: Ann Heydt
July 17

Senior Center Events

Milestone Gallery featured artist for April and May

Chad Alan Madson – Chad takes photos with a special tripod attached to his wheelchair. Currently, Chad is featured at the union on UNL's East Campus. For more information about Chad, check out www.campixphoto.com.

A Bad Man in a Better Place: Jesse James in Nebraska by Jeff Barnes

Program supported by Humanities of Nebraska and Aging Partners.

Nebraska Humanities Speaker, Author Jeff Barnes, shares what's known of the truth, the fiction, and the legend of Jesse James in Nebraska.

- Thursday, April 16, 1 p.m.
Bennet Senior Center
Call Paula Chamberlain for reservations at 402-416-7693
- Thursday, April 23, Downtown Center, 1005 "O" St.
10:30 to 11:15 a.m.
Call 402-441-7154 to reserve a meal.
\$4 suggested contribution for age 60 and over.

The Lion King

Omaha Orpheum Theatre

Tuesday, May 5 at 7:30 p.m.

Bus loads at 6 p.m. at Walmart, 3400 N. 85th St. with an approximate return time of 11:30 p.m.

This timeless Disney tale comes alive right in front of your eyes against a spellbinding set accompanied by awe-inspiring costumes and performances. Seating is limited with only 20 tickets. Sign up early. Reservations close Monday, April 6. Cost for Arrow bus transportation and theatre tickets is \$100. Transportation by Aging Partners to Walmart and back home is \$5. For reservations, call 402-441-7158.

Dwight D. Eisenhower Presidential Library, Museum and Boyhood Home Russell Stover Candy Factory Store, Abilene, Kansas, Tour

Thursday, June 4.

Departs Walmart, 4700 N. 27th St., 6 a.m.

Expected return time 7 p.m.

\$5 transportation fee by Aging Partners.

Cost: \$72

Call 402-441-7158 for reservations, by Friday, May 22.

Bob Ross® Oil Painting Class

Saturday, June 13

9:30 a.m. to 3:30 p.m.

Lake Street Center, 2400 S. 11th St.

Church in the Valley – a country church is nestled in a quiet valley. Paint along with certified instructor Donald R. Belik. No experience required. All materials and supplies are provided. Registration and payment due by noon Friday, June 5. Mail payment to Aging Partners, Attention: Art Class, 1005 "O" St., Lincoln, NE 68508. Cost: \$50. Call 402-441-7158.

Dinner and a Show Series

Cotner Center Condominium

1540 N. Cotner Blvd.

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

Van transportation: \$4 round trip

Dinner and Show fee: \$10

Show-only ticket: \$5

No refunds!

Call 402-441-7158 for reservations.

Registered guests get seating priority over walk-ins. Reservations, payments and cancellations are due by noon the Tuesday before each show.

Co-sponsored by Butherus Maser & Love, in cooperation with Cotner Center Condominium.

- Doodly Squat
Thursday, April 9
- Lightning Bugs
Thursday, May 14

Continued on page 38.

Aging Partners News and Events

All classes and activities are subject to cancellation.

Continued from page 37.

- Ed Love Quartet featuring Annette Murrell
Thursday, June 11
- Jim Williamson
Thursday, July 9

Nebraska History Lunch Series

Gere Library, 2400 S. 56th St.
\$5 Fee for sack lunch
11:30 a.m. to 1 p.m.

Join us for a brown-bag lunch and a fascinating historical program by some of Lincoln's favorite historians. Lunch is served at 11:30 a.m., and the program begins at noon. Reservations and payments are due by noon the Monday before the event. Reservations are required even if you are not having lunch. Call 402-441-7158.

- Wednesday, April 15 – Census 2020: Lincoln's Changing Demographics, presented by Mary Sauers, Library Commission
- Wednesday, May 20 – Lost Restaurants of Lincoln, Part 2, presented by Jeff Korbelik, Lincoln Journal Star Restaurant Critic
- Wednesday, June 17 – Nebraska's Early Capitols, presented by Jim McKee, Nebraska Historian
- Wednesday, July 15 – History of Nebraska's State Capitols, presented by Matthew Hansen, AIA, Capitol Preservation Architect
- Wednesday, July 22 – Tour of the State Capitol led by Robert Ripley, FAIA, Capitol Administrator

Caregiver Support

Caregivers of family members are urged to attend a series of Aging Partners Caregiver Support Group meetings designed to provide hope, information and a safe environment to share concerns with an emphasis on who takes care of the caregiver.

- Aging Partners Fitness Center
555 S. 9th St.
Third Wednesday of the month from 2 to 3 p.m.
- Downtown Senior Center
1005 "O" St.
Fourth Tuesday of the month from 10 to 11 a.m. (begins May 26)
The meetings will be led by Sandy Lutz, a licensed independent mental health practitioner and Aging Partners program supervisor. For more information, contact 402-441-6590 or salutz@lincoln.ne.gov. 

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