

LivingWell

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A publication of



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Carson, Clay and Craig Smith continue the legacy of their father, "Speedy" Bill, through Speedway Motors, Speedway Properties and the Museum of American Speed.



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Dave Chapelle recently retired from being manager for the Northeast Senior Center in Lincoln's Havelock neighborhood. He is a great example of someone whose work with and for older adults at the Northeast Center (and before that at the Downtown Senior Center) has defined his professional legacy.

Transportation can be arranged to and from your local senior center. If you haven't taken the time to discover what Aging Partners Senior Centers are all about, I urge you to visit aging.lincoln.ne.gov or call 402-441-7158 for more information.

All our senior center managers think of their patrons as part of the family.

If you haven't already, I hope you soon discover the great opportunities that await you at your local Aging Partners Senior Center! 



Randall S. Jones

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

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Building on the Speedway Motors Legacy

"Speedy" Bill and Joyce Smith with their sons, from left: Clay, Carson, Craig and Jason. Photo courtesy of Speedway Motors.

Speedway Motors stands as one of the largest retailers and manufacturers of performance parts for speed enthusiasts around the globe. Known as America's Oldest Speed Shop®, the company has continually adapted — from its beginnings as a local retail store, to a mail order company, to a digital order website. And the Smith family's devotion — not only to the business but to racing and the local community — has made Speedway Motors a household name in Lincoln.

This story started in the early 1940s after Bill Smith convinced his dad to take him to a Midget car race. From then, he never looked back, quickly developing a passion for speed.

An entrepreneur, 14-year-old Bill — armed with a driving permit — had a hauling company and fixed up Model T's to sell. He cultivated his need for speed by racing motorcycles as a teen before moving to cars in 1948.

"He always had an interest in cars," said Clay Smith, Bill's son. "That gets in your head, and you never lose that joy and passion."

While earning his teaching degree at Nebraska Wesleyan University, Bill owned a car lot. After graduating in 1952, he had to decide between pursuing a teaching career or racing. Having been earning more with racing, Bill opted to borrow \$300 from his

future wife, Joyce, and open Speedway Motors in a 400-square-foot facility at 2232 "O" St.

It was humble beginnings, but Bill and Joyce's perseverance resulted in an expansion to a 5,000 square-foot-facility at 1719 "N" St. in 1954.

In addition to the day-to-day parts business, Bill's racing endeavors helped keep the Speedway Motors name in front of the public. Coined "Speedy" Bill by his wife, his purple stock cars were regular winners on Midwestern dirt tracks.

It was exciting to grow up in the Smith household for sons Carson, Craig, Clay and Jason. With a race car always parked in the driveway to attending races, the Smith brothers could best be described as "urban farm kids" who went to the warehouse instead of the barn. Bill and Joyce had their sons working in the business at a young age, clocking in and paying into Social Security like other employees.

One of Clay's early memories is marching around the dining room table collating catalogs.

They were taught to work for what they wanted, and each bought their first car when they turned 16 with their own money.

"If we wanted a new bicycle or a new part for our car, we worked for 25 cents an hour to save the money to buy it ourselves," Craig said.

Racing Ahead

In the 1950s, drag racing took off and Bill successfully campaigned cars powered by Ford flatheads, and newer Oldsmobile, Chevy and Chrysler V-8 engines. He also experimented with fiberglass for lightweight race car bodies; and in 1956, Bill and employee Bob McKee built one of the first Pontiacs in NASCAR, driven by future Hall of Famer DeWayne "Tiny" Lund.

Speedway Motors was benefited in the '50s and '60s with the Lincoln Air Force Base, where many car enthusiasts with disposable income resided. But when the base closed in 1966, Bill began drumming up business by handing out price sheets and mail-order catalogs at races. This helped throttle the Speedway Motors name along with Bill's company-sponsored "4x" sedan, driven by Lloyd Beckman. The car and driver won a record 16 consecutive features at Lincoln's Capitol Beach Speedway and took home the Nebraska Modified Racing Association championships in 1960 and 1961 as well as the 1961 International Motor Contest Association (IMCA) Five State Championship in Spencer, Iowa.

Speedway Motors' early catalogs were primarily line drawings, but the move to photographs increased the quality and business accelerated. The catalogs have a long-standing

tradition of providing highly technical information, knowing which parts are needed for specific modifications with experts available on the phone to answer questions.

“People knew if Bill listed it for sale, he’d have it in inventory and ship the same day,” Clay said. “That’s our metric and mantra today. We can’t sell from an empty wagon.”

In the early days of the business, Bill and his sons often could be seen at the bus depot, loading boxes of parts into Greyhound or Continental busses due to the lack of quick mail delivery in Lincoln. Both of these companies gave overnight service within a 500-mile radius and stopped at every small town in the country.

The rise in business required Speedway Motors to expand again. Bill would buy a warehouse, move in and immediately put it up for lease. Then, when someone else needed the building, Speedway Motors would buy and move into another warehouse. That was the genesis of Speedway Properties being established in 1961. Today, Speedway Properties owns, manages and leases more than 5 million square feet of retail, office and industrial property in Lincoln. The business has a history of redeveloping older buildings and earning awards and public recognition for projects positively impacting the community.

In the '70s, with continued success of street-driven hot rods and the popular T-bucket roadster kits, Speedway Motors offered reproduction '32 Ford Roadster bodies and other

fiberglass street rod parts, leading to another expansion in 1978 to improve order processing and shipping time.

Tuning the Family Business and Race Roster

Bill’s proudest moment occurred in the 1980s when his sons began returning to the family business.

In 1982, mechanic and engineer Carson became crew chief for Speedway Motors’ famed purple “4x” sprint car driven by then 55-year-old Lloyd Beckman, winning Lincoln’s Midwest Speedway track title, taking seven features along the way.

Clay and Craig joined Speedway Properties, helping make significant improvements to the Lincoln community in helping transform vacant, unkept buildings in the Haymarket, Downtown and Telegraph district, into vibrant places.

“We’ve reinvested the money we’ve made in Speedway over the years and tried to put it into the local economy,” Craig said. “It’s important to invest in our hometown, and this is our way of saving many historic buildings and working to meet the needs of the community.”

Co-crew chiefs Carson and Jason, with driver Robby Unser, won 12 of 16 events and the championship of the American Indy-car series in 1989. As a talented sprint car driver, Jason also attained several podium finishes, including at races in Halifax, Nova Scotia, Canada; and Monterrey, Mexico.

Carson designed the “Winged Wonder,” driven by Unser, which won

in the 1990 and 1992 Pikes Peak International Hill Climb, and set a record in 1994 that stood until the entire course was fully paved. He also designed a Chevrolet Motorsports-backed S-10 pickup, which won the 1995 and 1996 Pikes Peak International Hill Climb truck class. After Chevrolet introduced an all-new Corvette in 1997, Carson created a version that ran in the unlimited class at Pikes Peak in 1998. In 2013, Carson was inducted into the Nebraska Auto Racing Hall of Fame.

As one of the first companies in the industry to do so, Carson and Clay computerized the entire Speedway Motors business in the 1980s.

“We became digital early,” Clay said. “We really are a software company masquerading as a speed shop.”

Even after the deaths of Bill and Joyce in the mid-2010s, Speedway Motors remains a family business today. Carson serves as Speedway Motors’ operations director; Clay is president of Speedway Motors and general partner of Speedway Properties; Craig leads construction and development of Speedway Properties; and Jason, who passed in 2021, handled purchasing for Speedway Motors.

“It doesn’t feel like work,” Clay said. “We have enjoyed doing it and call it work, but we got to do it together as a family. They’re the best partners to have.”

They credit their mother for encouraging them to think of “family first,” and they hope to see that continue into the future.

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Bill and Joyce Smith in the early 1950s.

The Smith Brothers

The first Speedway Motors location at 2232 “O” St.

The second Speedway Motors location at 1719 “N” St.



Building on the Speedway Legacy

Continued from page 5.

Museum of American Speed

In 1992, Bill took his extensive collection of aftermarket parts, race engines, cars, toys and automotive memorabilia and created the Speedway Motors Museum of American Speed (formerly The Smith Collection), sharing significant racing artifacts and history with like-minded enthusiasts and people with a passion for speed.

With three floors totaling 150,000 square feet, the museum boasts 50,000 objects, including 600 historically significant engines and more than 150 vehicle displays. Recognized as No. 1 Best Attraction for Car Lovers in USA Today's 2021 10Best Readers' Choice Travel Awards contest, the museum has expanded greatly in the last 10 years, and an in-progress 90,000-square-foot expansion will quickly be filled.

"We are so honored," Clay said. "It's a testament to our team — our leaders, paid staff, and our volunteers who come and give tours, help and are passionate about cars and can tell visitors the personal stories behind the objects."

Visitors come from all over the world, and there's something for everyone from cars, engines and pedal cars, to car-related movie posters and record albums, to the beloved tin lunchbox.

The museum hosts various events each year, including the Cars and Coffee car show the last Saturday of each month from May to October, and a Model T Speedster reunion. For more information about the museum, visit www.museumofamericanspeed.com.

The Road Ahead

Speedway Motors' 46-acre facility in Lincoln houses a technologically advanced call center and warehouse. There are also eight manufacturing facilities in Nebraska, Indiana, Michigan and South Dakota, as well as distribution centers in Arizona and West Virginia to empower the company to process and ship orders without sacrificing the company's signature speedy delivery.

"We can get products next day to half of America and to 98 percent of Americans in two days," Clay said. "We're proud of that because we have a great team and can get products to customers who order when they need them."

Adding to the company's longevity, business acquisitions have expanded Speedway Motors' unique parts and accessories offerings.

"We take pride in everything we do," Craig said. "Speedway takes on innovation to stay in the front edge.

We have great people who work with us and have the same type of passion and drive. Our team is unbelievable."

The Smiths thank their parents for being passionate about business, their customers and family.

"Bill and Joyce could market, outwork and outthink people because of their skill set," Clay said. "We're the luckiest kids in the world. They were great parents: loving and supportive; they challenged, motivated, trained and taught us."

"Speedy" Bill raced for more than 30 years and has been inducted into seven different halls of fame, including the Specialty Equipment Market Association (SEMA) Hall of Fame, Nebraska Auto Racing Hall of Fame, Hot Rod Magazine's Hall of Fame and the Classic Car Hall of Fame. He was the first non-Californian to receive the Robert E. Petersen Lifetime Achievement Award in 2009 for his impact on the industry.

And all of this started from one man's dream for speed.

"Our family loves Lincoln and are proud to be from Nebraska," Clay said. "My dad was so proud that he put an outline of the state on his race cars to make sure those he beat knew where he was from." **lw**



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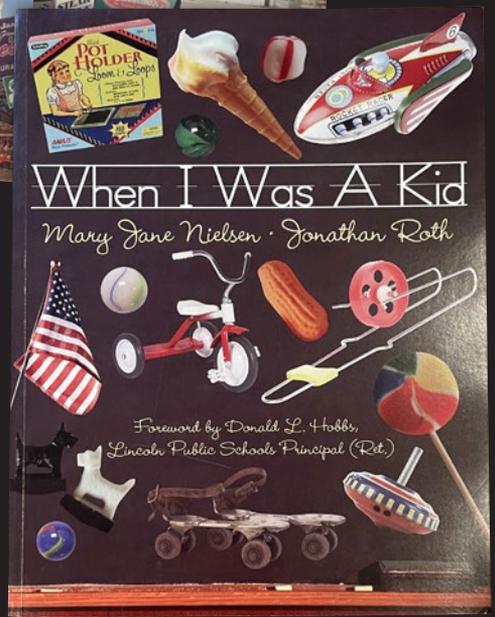
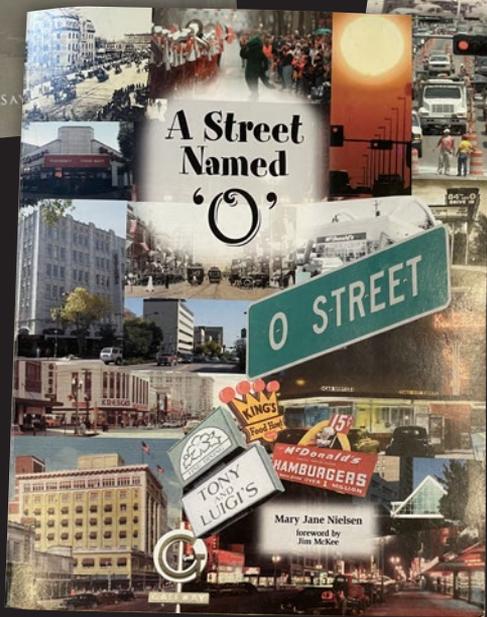
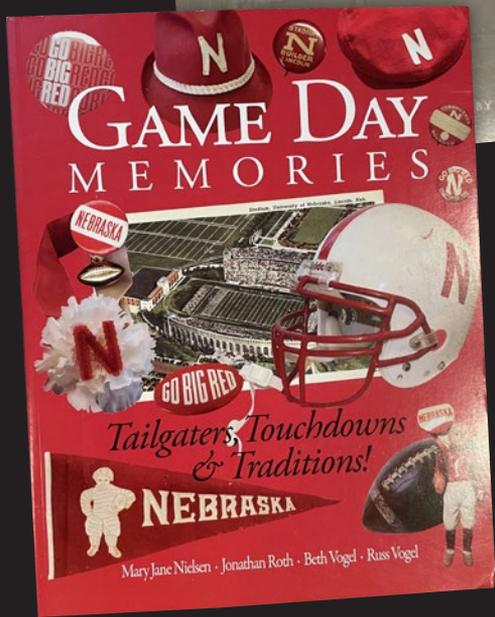
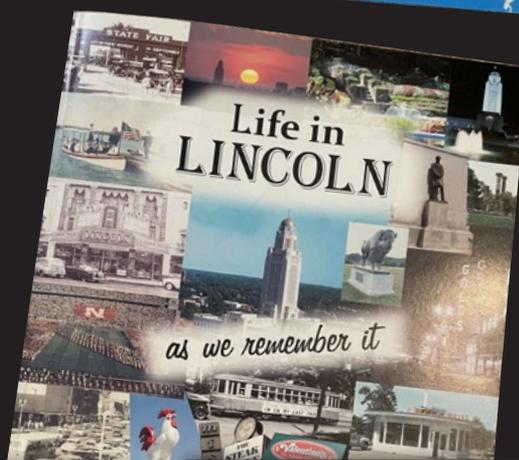
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Nebraska Innovation Studio Accessible to Lincoln Residents

At Nebraska Innovation Campus, community members as well as students and faculty at University of Nebraska-Lincoln have a place to build upon their creativity.

Nebraska Innovation Studio (NIS), 2021 Transformation Drive, is a 16,000-square-foot facility with a full metal shop, wood shop, rapid prototyping room, art studio, ceramics and textiles equipment and more. It opened in 2015 and is a member-based makerspace that is open to anyone in the community to “innovate, collaborate and fabricate,” according to NIS Director David Martin.

“We are one of the few university makerspaces open to the public,” he said. “Our members make projects for school, prototype designs, make things to sell or just to have fun.”

Membership is open to anyone, and it’s offered on a month-to-month basis. Members have access to all the equipment at no additional cost, and NIS staff provide free training for each piece of equipment as well as advanced skill-based workshops. The facility

Patricia Miller enjoys having somewhere to be creative in retirement.

stocks plywood and other materials for members; members just have to pay for what they use, or they can bring in their own material.

NIS currently has about 350 members, from craft entrepreneurs, students, and local businesses to those just wanting to have fun.

“You can join for a month, do a project and leave and then come back a few months later if you want,” Martin said. “There’s a certain joy you get from creating things.”

The monthly membership cost is:

- UNL undergrad or grad student: \$20
- Other student: \$30
- UNL faculty, staff and alumni from any University of Nebraska campus: \$50
- Community member: \$70

“We have a robust community of makers with an incredible array of experiences and interests,” Martin said. “You’ll see cool things others are doing and ask them how they did it and try it yourself.”

After hearing about NIS from

a neighbor, Chris Benson became a member a few months ago to explore his interest in woodworking. He goes to NIS to use the laser and CNC machine to make anniversary crosses for his church.

“I’m 72, but I’m learning new things and anxious to see what complicated things I can keep doing,” he said.

Benson appreciates not having to own and upkeep the equipment.

“My table saw is 50 years old, and here it’s top of the line,” he said. “The tools and sawdust stay here. I don’t have to worry about fixing anything, and I don’t have tools filling my garage.”

Patricia Miller has been a member for six months, working on her pottery.

“I heard about the studio but didn’t have time to come when I was working,” she said. “Within a week of retirement, I went through orientation and am here most days it’s open.”

Being at the studio and surrounded by others helps further stimulate Miller’s creativity.

“Being here gets me in the mood to create,” she said. “We’re not artists; we weren’t artists before; we don’t know what we are — but we are makers.”

For more information about NIS, visit innovationstudio.unl.edu, or contact innovationstudio@unl.edu or 402-472-5114. 



The Nebraska Innovation Studio has a variety of equipment, including 3D printers.

The Nebraska Innovation Studio equipment

Art studio:	lathes,	ShopBot	stitch, sewing
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Epson printer,	shear,	Virtual Welder	serger,
Screen printing,	Scotchman	trainers,	embroidery
Photo printing	Ironworker,	Artec Eva 3D	machine
suite	Abrasive	scanner	Wood shop:
Ceramics	blast cabinet,	Software:	Miter saw,
studio:	Bandsaws,	Solidworks,	Table saw,
Throwing	Welders,	Adobe	Jointer, Planer,
wheels, Slab	Grinders,	Photoshop,	Bandsaws,
roller, Electric	Finger brake,	Adobe	Hand sanders,
kilns, Pug mill	Tube expander,	Illustrator,	Powermatic
Electronics:	Tube bender,	Adobe	drum sander,
Power	Slip roller,	Dreamweaver,	Wood lathes,
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Reflow oven,	3D printers,	VCarve Pro,	and hand
Soldering	Markforged	AutoCAD,	routers, Panel
irons	3D printer,	Designer's	saw, hand
Metal shop:	Formlabs	Gallery	tools, Dovetail
Plasma table,	Form 3	Textile studio:	jointing
Fiber laser,	printers,	Looms, Long	machine,
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mills, Clausing	CNC router,	Juki industrial	mortiser,
	CO2 lasers,	straight	Scroll saw



Chris Benson keeps learning by utilizing the Nebraska Innovation Studio's laser and CNC machines for his church.



Tammy Hensley is able to make quilts for friends and family using the Nebraska Innovation Studio's 14-foot long arm quilter.

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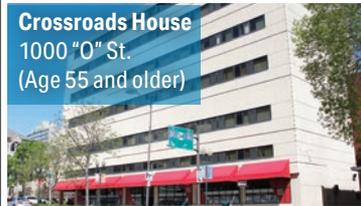
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Pickleball: An Unconventional Name for a Trending Sport

While pickleball may be an activity with a seemingly silly name, it's exploding in popularity as one of the fastest growing sports in the country.

With combined elements of tennis, badminton and table tennis, pickleball is played on an indoor or outdoor court one-third the size of a tennis court. Players use a perforated plastic ball that's similar to a whiffle ball and paddle, which is a little larger than a table tennis paddle.

History of Pickleball

Pickleball was created in 1965 on Bainbridge Island, Washington. Joel Pritchard, Bill Bell and Barney McCallum — whose kids bored with their usual summertime activities — are credited for creating the game. The name pickleball was coined from a reference to the mash-up of sports much like the “pickle boat” in crew where oarsmen were chosen from the leftovers of other boats.

Since its creation, pickleball has exploded across the nation. According to the Sports & Fitness Industry Association, pickleball grew in 2021 to 4.8 million players in the U.S. with a two-year growth rate of 39 percent. Of the pickleball players who play eight times a year or more, 60 percent are age 55 and over.

Pickleball in Lincoln

Bill Roehrs, USA Pickleball Association district ambassador, first encountered pickleball about 10 years ago when visiting friends in Arizona. He was trying to get into a tennis group to play, but he saw some people playing pickleball while he was waiting.

“A guy from Canada came off the court and asked, ‘You want to hit some, eh?’ and I’ve been hooked ever since,” Roehrs said.

The following year, he stopped playing tennis after a shoulder injury — noting the torque of a tennis ball is four times that of a pickleball.

“It’s a no-brainer there,” he said.

Roehrs is one of the people in Lincoln teaching beginners how to play.

“With one lesson, you can be up and playing, and having fun doing it,” he said. “We show you what’s next with an emphasis on playing safely (balance is important), as well as treating people with respect. We just want everyone to get out there and have fun.”

After showing up at any location with scheduled pickleball play, a person is likely to learn that many players didn’t know one another before coming, but they keep



Bill Roehrs has been playing pickleball for 10 years and now serves as USA Pickleball Association district ambassador.

returning to the courts because of the friendships.

“I’m new, and I love this game, said Di Mathis. “It’s a very friendly atmosphere.”

LeAnn Kappes agrees, “You can be brand new and be welcomed.”

Kappes started playing pickleball during the pandemic. She enjoyed it so much that she bought a net and began teaching her neighbors of all ages to play on their street.

While racquet sports experience helps, it’s not necessary. Pickleball is easier on the body, quick to learn and provides great exercise, fun and socialization. The game can be played in singles, but it’s primarily played in doubles.

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"It's an easy game to learn, but you can spend the rest of your life working on new skills," Roehrs said.

Melissa Wheeler recently began playing, and she has enjoyed meeting new people and watching others develop ways to play better.

"The ball is the great equalizer," she said. "You can't hit it too hard; and it moves slower, so you have time to see it compared to other sports. It also helps that no one learned this game as a child, since it's fairly new. Everyone is learning together."

Looking for something he could be competitive in, Mike Coon started playing pickleball three years ago.

"I've been unsuccessful with that, but I'm having fun," he said with a smile.

Where to Play

Roehrs also serves as vice president of Pickleball Lincoln Inc. (PLI), a nonprofit which supports the growth of the sport in Lincoln. When PLI began in 2017, there were just 25 members — today, there are almost 850.

PLI membership is \$20 annually; all funds raised and donations are used to build and upgrade facilities, work with local parks and fund indoor places to play. Membership includes a free group lesson, reduced fees for PLI and local tournaments, skills and drills clinics for seasoned players and

Continued on page 12.

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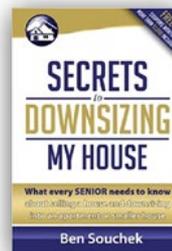
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Pickleball: An Unconventional Name for a Trending Sport

Continued from page 11.
other social gatherings.

There are various locations and facilities around Lincoln that have dedicated pickleball courts. Mayor Chris Beutler recognized the social and physical benefits of pickleball and encouraged the development of courts at Peterson Park. Five years ago, PLI collaborated with the City of Lincoln to turn two seldom used tennis courts at Peterson Park into six dedicated pickleball courts. Since then, PLI has paid to add four more courts and hopes to add more as the City is developing a master plan for court development. PLI looks forward to working with new Lincoln Parks and Recreation Director Maggie Stuckey-Ross.

When the weather turns cold, indoor courts are available at several facilities, including Calvert Recreation Center, the “F” Street Recreation

Center, Speedway Sports Complex YMCAs and Genesis Health Clubs. PLI also supplies satellite courts with portable nets and other equipment in lock boxes at Ballard, Eden, Henry, Roberts and Seng parks.

Pickleball players can utilize Playtime Scheduler, a free online service to provide live numbers of players at specific locations.

“It’s a good organizer and helps people find out where they can get exercise, make new friends and socialize,” Roehrs said. “We have over 600 registered users.”

Playtime Scheduler information, open play opportunities, information on how to join PLI and a place to ask questions can be accessed at pickleballlincoln.com.

For those looking to find the equipment they need, Racquet Corner, 3119 “O” St., provides local players

with support gear for arms and elbows and carries a wide variety of paddles and pickleballs.

Paddles come in different weights, shapes and material, including several types of paddles that can help reduce the vibration to the arm. Racquet Corner has demonstration models for the products it sells, and the store encourages customers to try twice before buying.

“There’s different technology in the different paddles,” said Bob Schultz, owner. “You don’t know what you need or what the paddle is like until you try it.”

Giving it a try seems to be what has hooked so many players.

“I see the sport continuing to grow as long as we keep the right attitude and everyone feels welcomed when they go to play,” Roehrs said. “Our motto is ‘Fun, fitness and friends.’” 

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Help Kids Build a Healthy Future

Do you enjoy gardening, fitness or cooking? Are you looking for a fun and rewarding opportunity to help kids a few hours a week? If so, Partnership for a Healthy Lincoln (PHL) has an opportunity.

PHL and Lincoln's Community Learning Centers (CLCs) are partnering with AmeriCorps, working together to provide opportunities for elementary school kids to learn about healthy food choices, agriculture-based education and physical activity – teaching them skills that can help them be healthy into adulthood.

PHL sponsors Wellness Clubs at the Community Learning Centers (CLCs) in Lincoln schools, utilizing AmeriCorps members as club leaders. Students learn how to make healthy snacks in the WeCook

club, and the Harvest of the Month club helps them taste and learn about fresh local produce and how it grows. The Tower Garden club instills the joy of gardening through indoor or outdoor school gardens, while SPARK club helps kids stay fit and active through fun fitness challenges.

PHL provides the club supplies but is looking for aging adults to serve eight hours a week and be an important part of helping children learn about healthy choices.

“We have lots of college students every year who supervise Wellness Club activities as part of their school or AmeriCorps requirements,” said Anna Kokhanets, PHL Wellness Programs manager. “We love and appreciate their involvement; but it means lots of turnover, which

is why we'd also love to have more retired or semiretired aging adults participating as club leaders.”

Taking up the challenge, Janet Buck, a retired Matt Talbot Kitchen & Outreach dietitian, joined the PHL program as an AmeriCorps member.

When asked about her program involvement, she said, “I get to continue doing some of what I loved doing in my professional life prior to retirement— teaching children about gardening and cooking.”

You don't have to be a dietitian, a former teacher or coach, or a farmer to join AmeriCorps and become a PHL Wellness Club leader, but you must be a U.S. citizen or legal permanent resident, have some college education, and selected candidates must pass a Criminal Offender Record Information check.

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Does cooking make you happy? Would you like to teach kids how to make healthy snacks and meals?



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Do you think it feels good to be active? Would you like to show kids how fun being fit can be?



Become a Wellness Club Leader in our after school programs for a few hours a week. You can get a great stipend and tuition reimbursement for continuing education for you or your family.

Find out how in our Living Well article.



Volunteers through AmeriCorps receive training about the programming and get a monthly allowance of \$375 and expense reimbursement, as well as qualifying to receive an education award for continuing education (any kind of class) at eligible institutions. The education award can also be gifted to children or grandchildren to repay a qualified student loan or pay for current educational expenses or training programs at eligible institutions.



If you are interested in being a club leader or want to know more, visit www.healthylincoln.org/ameriCorps. For questions, contact Program Manager Anna Kokhanets at akokhanets@healthylincoln.org, or 402-570-4719.

PHL is a nonprofit that collaborates with other local nonprofits to improve the health, wellness and fitness



Janet Buck, AmeriCorps Wellness Club leader

of children, families and aging adults. AmeriCorps works to address challenges in education, public health, food insecurity, and economic uncertainty through volunteer and paid internships. **lw**



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Treatment for Swelling is Available

An estimated 3 to 5 million Americans suffer from lymphedema, a buildup of fluid — or swelling — in the body.

Lymphedema occurs when the lymphatic system, a network of vessels which carry protein-rich lymph fluid throughout the body, is not working properly. Part of a person's immune system, the lymphatic system is a network of tissue, vessels and organs which help fight infection. Lymph fluid is pushed through the vessels by muscle contraction through the lymph nodes, which act as filters fighting infection and cancer.

The most common symptoms of lymphedema are swelling, tingling, aching, tightness, heaviness and recurring infections in an area of the body. It most

commonly affects the arms or legs, but can also occur in the chest wall, abdomen, neck and genitals.

Higher rates of lymphedema can be found in aging adults and those after having cancer, including radiation treatment and surgery in which lymph nodes are damaged or removed. Breast cancer is the No. 1 cause of lymphedema. Less commonly, lymphedema results from inherited conditions where the lymphatic system didn't develop properly. Older age, excess weight, obesity, rheumatoid or psoriatic arthritis may increase the risk of developing lymphedema.

Diagnosis and Treatment

In early stages, during warmer weather, individuals may notice socks begin leaving lines on the skin. The swelling initially may go away with elevation of the limb, especially at night.

Severe cases of lymphedema can affect the ability to move the affected area, increase risk of skin infections and sepsis, lead to skin changes such as thickening, skin breakdown and, in rare cases, soft tissue cancer.

If an individual notices persistent swelling that is not resolving on its own, it may be time to make an appointment with a doctor.



It's ideal and manageable to treat it early."

– Adam Rawson, The Lymphedema Clinic

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Lymphedema has no known cure, but it can be treated.

“It’s ideal and manageable to treat it early,” said Adam Rawson, The Lymphedema Clinic owner and certified lymphedema therapist.

Lymphedema can be treated through complete decongestive therapy, the gold standard of treatment which includes manual lymph drainage techniques, skin care, remedial exercises, and application and care of compression garments.

Treatment is noninvasive and begins frequently through education about massage, skin care, compression garments and exercise. After the initial phase, the treatment proceeds to maintenance as the patient treats themselves.

“We provide a lot of verbal education, paper handouts and electronic video access,” Rawson said. “People learn through various forms of media, and we want to have all of them available. We want patients to come in and learn what to do to get to the maintenance phase.”

The use of compression garments is beneficial because they limit the space for the fluid to enter.

“Compression wear doesn’t have to be hot or uncomfortable,” Rawson said. “We will find products to meet your needs.”

The Lymphedema Clinic also offers red light therapy, which stimulates and energizes the mitochondria of the cell, causing it to do its job faster for a while. This improves how the area moves and feels, and it has been shown to provide therapeutic benefits to reduce neuropathy; shoulder, back and neck pain; as well as improve nerve recovery after surgery and range of motion.

Treatment can positively benefit self-image, wound healing, gait mechanics, range of motion, reduction of limb size and volume and decreasing pain and risk of wounds and infection.

“One thing some patients appreciate is the ability to wear their normal shoes again,” Rawson said.

The Lymphedema Clinic, 3940 Cornhusker Highway, Suite 200, opened in May 2020. Therapists are trained to be holistic in their approach, thinking of the whole person. Therapists also provide fall risk assessments, balance interventions and are a mobile and clinic-based practice; when necessary, they see patients in their homes and facilities.

“It’s about getting rehabilitation into the hands of Nebraska residents,” Rawson said. “The community needs us.”

For more information about The Lymphedema Clinic, visit LLOtnebraska.com, 402-904-4474. 

The Lymphedema Clinic

Opened in May 2020, The Lymphedema Clinic aims to serve our community and help those affected with lymphedema to live their lives to the fullest. Our vision is to become a premier lymphedema treatment provider for the Lincoln, Nebraska area.

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Writing Family History

Writing about family history becomes more important as people become older and concern themselves with passing knowledge down to younger generations. But sitting down to write family history can seem like a daunting task for many.

“History is made one person at a time,” said Karen Shoemaker, Larksong Writers Place executive director. “It’s not just the big events, but individuals who live in the times. It’s important to know who we were, so we can know who we are and who we are going to be.”

Shoemaker is a writer, teacher and chaser of dreams; she encourages everyone to put pen to paper and write things down.

It doesn’t have to be some long, complex narrative for publishing. There’s value with writing down historical events, family stories, past experiences and learned knowledge to pass to younger generations in the form of a memoir. A memoir is a historical account written from personal knowledge, or special sources.

“Remember, a memoir isn’t the same as an autobiography,” Shoemaker said. “A memoir is what has happened, what you felt about it and what you learned from it. You don’t have to tell your whole life story. You can write 100 memoirs of your life but only one autobiography.”

Getting Started

Where a person begins depends on where they are in family life. Shoemaker recommends starting with one’s parents or grandparents if they’re still around. Think about things people want to know about their ancestry. Use photographs or music from an era to see if it can draw up memories.

“I sat down with my mother and drew maps of the farm she grew up on,” Shoemaker said. “Laying out where the

buildings were often can spark a story. This can help put a person back into the place of their memory.”

Creating a simple timeline from birth to present and marking major events can help draw up natural storylines. Pull one event and write about it.

“What’s interesting, though, is that the gaps between those big events often is where the stories are; but until you’ve placed them, you may have forgotten about them,” Shoemaker said.

Creating a list of people in your life and circling the one who appears most may be another way to put pen to paper. Shoemaker recommends putting that person’s name in the center of a page and write down details about them.

“Choose a particular memory of that person and think about where that person is, where you are standing in relation to them; describe them, what they are doing, and what was around them,” she said. “Try to recall details of the clothing they wore, what you heard or smelled. Let your mind give you the details instead of trying to force it. One solid detail is worth a dozen vague ones.”

Details are important, and writing from the five senses can help add to the memory.

One can write about important family events and experiences, fun childhood memories, some of the best advice received, how family celebrated specific holidays, and stories one has heard about themselves as a young child.

“I get a kick out of seeing things in my grandson that I recognize from stories about my grandfather,” Shoemaker said.

Looking and talking about family heirlooms such as an old coffee grinder, jewelry box or even old photographs can serve as a good starting point.



Karen Shoemaker, author and Larksong Writers Place executive director

“My dad was a quiet man, but he was set loose by telling stories about tools from the tool shed,” Shoemaker said. “The things of our life hold energy of our lives; and if you can handle or work with them, it helps spark memories.”

The stories don’t have to be long and detailed, just a way to share your experience with others.

When a memoir or story is completed, the next important step is to find a way to share it with family such as on a disc, book, or another format they can access.

“It’s important to just keep writing,” she said. “You may discover you have an entire memoir you’d like to publish, but even if you don’t, there is value in the process of writing. Writing is its own reward.”

For those interested in tips on writing a memoir, other types of writing or publishing, Shoemaker suggests joining Larksong Writers Place.

Larksong Writers Place

Larksong Writers Place, 1600 N. Cotner Blvd., is a community writing center and literary organization that provides educational opportunities, events and activities for writers at all skill levels.

Larksong offers online or in-person classes on all sorts of writing-related topics, including journaling, memoir, fiction, nonfiction play writing,

song writing, poetry and publishing. Each class is taught by well-known, well-published writers and teachers experienced in the field they teach.

Larksong's goal is to support writing at all stages of their writing journey and experience.

"Along with the classes, another way we do that is bring in published writers to read their work and talk about their writing process," Shoemaker said. "Our readings are free and open to the public and are a great way to learn about the writing life."

With her bachelor's in journalism, master's in literature and doctorate in creative writing, Shoemaker utilizes her connections to inspire local aspiring writers.

"Because Larksong started during the first year of the pandemic, we started completely online," she said. "At first, we thought that was a problem but as it turned out, we were able to bring in teachers from 11 states to teach

online classes last year, and we had students from 29 states, Canada, the United Kingdom, Canary Islands, Spain and Portugal. It's exciting to be able to connect Nebraska writers to the wider world of writers and connect that world back to Nebraska writers."

Classes are kept small, so attendees get a chance to interact and build individual connections with others. Larksong offers several free events and workshops throughout the year as well as fee-based classes.

"If you don't know where to start in your writing journey, come to one of our generative writing classes where you can explore various writing techniques and find ways to tell your stories," Shoemaker said. "We serve a wide range of writers, from beginning to well-experienced writers. All our classes lead with kindness. We want to help people grow as writers, even if they don't consider themselves a writer. People are here to help. Whether you

join us online or come to a workshop or event, Larksong is a great place to meet other writers in our community."

Larksong is the first independent writing place in Nebraska. Shoemaker wants to provide regular readings for local writers to share their work and have visiting writers read their work and offer workshops.

"What we do beyond that will be in large part a response to what the community wants," she said. "Writing centers around the country reflect the community it serves, so Larksong will grow and change with this community."

Details and registration information can be found at larksongwritersplace.org. Classes and workshops can be taken without becoming a Larksong member; however, different memberships are available with different benefits, such as discounted class prices and access to use the facility during open writing times. 



We are writers and teachers dedicated to helping people write the stories they were meant to tell. Whether you want to write poetry, fiction, nonfiction, or just record your memories in a form you can share, we're here to help.

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www.larksongwritersplace.org



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Improving Communication in Senior Living Settings

Made possible through a Seniors Foundation grant, Aging Partners and the Nebraska Commission for the Deaf and Hard of Hearing (NCDHH) have collaborated to help senior living facilities communicate with older adult residents who are deaf or hard of hearing.

This health education program serves residents in health care, long-term care facilities and hospice providing in-service training for facility staff, along with toolkits to assist in improving communication with residents.

These kits provide several pages and booklets including a picture dictionary; pain scale chart; NCDHH fingerspelling chart; alphabet chart for alphabetical strokes on palms;

EMS communications card for medical, physical and emotional patient information; and two personal listening devices.

Hearing loss affects one in three adults age 65 and over, and half of those older than age 75 have difficulty hearing.

“There is a very serious and pressing need to ensure effective communication in senior living settings,” NCDHH Executive Director John Wyvill said. “We are grateful for the collaborative efforts to provide communication kits designed to help break down barriers. These tools will support our work to improve the quality of life for seniors in these settings.”

Aging Partners and NCDHH will provide kits and training to 18

facilities throughout Lincoln and Lancaster County. Tabitha Nursing and Rehabilitation Center received the first kit May 17.

“Aging Partners and the Seniors Foundation are pleased to partner with the NCDHH on this important tool for health care facilities,” Aging Partners Executive Director Randall Jones said. “The number of senior citizens in Nebraska continues to grow. This valuable training and tools can help bridge the gap between hopelessness and hope for a patient.”

NCDHH’s mission is to promote and advocate for Nebraskans who are deaf, deaf-blind or hard of hearing; to achieve equality and opportunity in social, educational, vocational, and legal aspects impacting their daily lives; and



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Tabitha Nursing and Rehabilitation Administrator Tonya Richards, left, accepts the first communication kit for deaf and hard of hearing residents from Aging Partners Director Randall S. Jones, center, and Nebraska Commission for the Deaf and Hard of Hearing Executive Director John Wyvill, right.

to enhance and monitor access to effective communication and telecommunication technology. For more information, visit ncdhh.nebraska.gov.

To learn more about the Seniors Foundation, visit seniorsfoundation.org. For more information on the communication kits, call the NCDHH at 402-471-3593. LW



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Caregiver Corner University Research to Help Rural Older Adults, Caregivers

During the pandemic, services provided through technology rose. For many, this was a convenient way to receive support and socialization. But for many older adults — especially those without access or extensive knowledge about using the technology — it was another barrier to care.

Faculty from the University of Nebraska Omaha (UNO) Gerontology Department and University of Nebraska at Kearney (UNK) Communications Disorders Department and Family Science Program have been working to better understand the benefits of technology and internet access for older adults and their caregivers in rural communities.

In July 2020, they conducted a survey addressing the unintended social and psychological consequences of the COVID-19 pandemic and its impact on aging adults in Nebraska communities. Results revealed a lack of internet accessibility, and, therefore, access to technology and health care services for some older adults — especially as many doctors shifted to telehealth or the distribution of health-related services and information through technology during the pandemic.

Researchers now are exploring how technology access can better provide professional health care services to those in rural communities, especially older adults living in their own homes.

“There’s a need in providing health care and other services through technology to older adults in rural and remote areas,” said Ladan Ghazi Saidi, UNK Communications Disorders assistant professor. “Nebraska is the perfect place to research that.”

This summer, a pilot study called Intergenerational Bonding, will pair a UNK/UNO Family Science, Communication Disorders or Gerontology students with an older adult in the community. Through video chats twice a week, the student will provide the older adult with tailored care, encompassing social and cognitive stimulation.

“We want to make sure everyone gets the cognitive stimulation and care they need,” Ghazi Saidi said. “Our students — which may be future clinicians — backed by science and literature, will perform intervention and engagement activities.”

The pilot study provides students with free experience, while providing no-cost services to underserved older adults living in more isolated, rural communities. At

the same time, older adults familiarize themselves with using technology, and researchers gather data on how the interventions work.

“We hope through this project to encourage our undergraduate and graduate students really to think outside the box in giving access to health care to older adults in rural communities,” Ghazi Saidi said. “Rural community members are so in need of accessible professional care and creative interventions in their homes, rather than asking them to relocate to a different community or facility for the care they need.”

Finding A Way

Ultimately, researchers want to help find a solution for rural communities through access to technology and telehealth options and increase quality of life.

Ghazi Saidi notes there’s not a lot of research on rural health because of the difficulty of getting research teams to relocate to rural areas, or rural participants to universities conducting research.



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“Technology can be the missing piece that makes this research happen, but it has its own challenges,” she said.

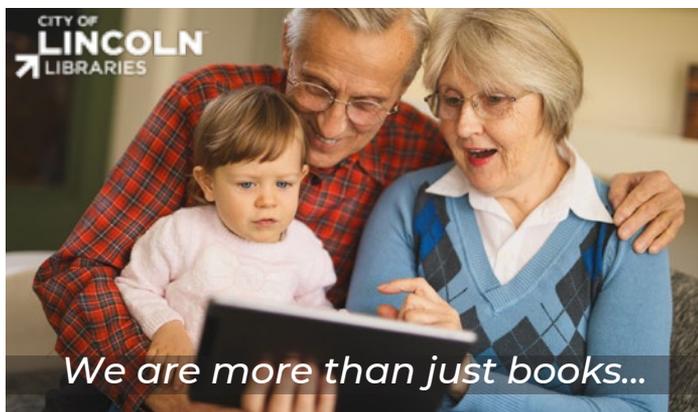
The biggest challenge is finding funding for technology to make the project possible — the cost of devices and subscriptions are not covered by research grants.

Even after technology is acquired, another challenge is educating and training older adults on its use. Researchers are looking into all options to make mobile, user-friendly technology accessible to all populations.

“We are looking into long-term and sustainable ways of doing this from borrowing it from public libraries, area agencies on aging, or schools,” said Toni Hill, UNK Family Science associate professor. “We want to get technology into the hands of older adults and those supporting these individuals.”

Technology may be useful for older adults and family caregivers because it provides a way to socialize for both the loved one and caregiver, decreasing anxiety, loneliness and stress. It also provides access to information on the internet and to the health care team. Because family caregivers are often involved in the day-to-day care of their loved ones, technology and telehealth can provide tools to communicate more quickly with various doctors to make decisions that affect care. While not always possible for

Continued on page 24.



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

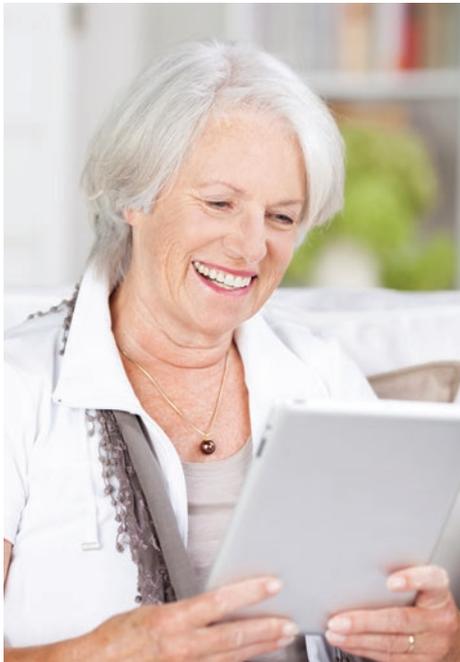
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Caregiver Corner

University Research to Help Rural Older Adults, Caregivers



Continued from page 23.

every visit, for those with mobility challenges, telehealth can provide a hassle-free way to get questions answered without having to find transportation to a doctor's office.

Access to technology increases access to health care, especially for those in rural areas, and helps limit exposure to other illnesses, especially for those with multiple chronic conditions requiring multiple health care visits with different types of providers.

"I hope older adults are able to adopt technology and that it would enhance their quality of life, self-esteem, communication, socialization and cognitive

stimulation and decrease their levels of anxiety, depression and loneliness," Ghazi Saidi said. "Our goal is to help increase cognitive health and maintain it as long as possible so the older adults can retain the ability to live independently."

After the pilot study, researchers plan to follow up with another study and eventually compare urban and rural participant results. If you are interested in volunteering for a follow-up study and have access to a device and internet, email LcLab@unk.edu and mention you are interested in the Intergenerational Bonding study. Volunteering will put you on a waitlist, but does not guarantee a place in the study. **LW**

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Older adults often find regular meditation to be highly beneficial for physical and mental health. People who meditate report lower levels of depression and anxiety, as well as improved sleep quality and a better attention span. Meditation can reduce the risk of cardiovascular disease by decreasing inflammation levels in the body. It can even strengthen the immune system and fight addictive

behaviors. In this stressful, fast-paced world, it can simply provide a few moments of calm and focus. What's not to love about this simple practice?

What is Meditation?

The Cambridge dictionary defines meditation as “the act of giving your attention to only one thing, either as a religious activity or as a way of becoming calm and relaxed.” Meditation focuses on concentration, observation and awareness. Through this practice, we can learn to relax our minds and bodies and to shift our focus away from everyday distractions and concerns.

Some exercise practices, such as Tai Chi and Qigong, combine a form of meditation with slow, gentle physical

movements. Aging Partners Health and Fitness offers classes in both; call 402-441-7575 for more information.

How do I Get Started?

You can find any number of meditation videos on YouTube. Try searching for “Meditation for Beginners” or “5 Minute Meditation.” You can also download meditation apps on your smartphone; the Calm app is an especially popular one. Consider trying several different ones to see if a particular video or app stands out to you.

Self-guided Meditation

If guided, structured meditations are not a good fit, you can do a simple meditation session on your own by taking the following steps:

Continued on page 28.



We're in Your Corner

People today can spend nearly half their lives over the age of 50. That's a lot of living. So, it helps to have a wise friend and fierce defender like AARP in your community.

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Meditation Myths and Facts

Meditation is a religious practice. While prayer is a form of meditation to some, you do not need to practice any specific religion or spiritual practice to gain benefits. It can be incorporated easily into most any belief system and lifestyle.

Meditation is hard to learn. Meditation can be learned easily and is accessible to almost everyone. It can be as simple as sitting still and focusing on your breathing. If you have a few minutes of time and a willingness to learn, you will be surprised at how easy and effective it is.

Meditation is a form of escapism. Some worry that meditation is a way of running from your problems. On the contrary, meditation allows the mind to address issues calmly and without brooding or judgment. It can put you in a state of mind in which you will be able to address issues in a positive and constructive manner.

Meditation requires you to "clear your mind." Meditation allows us to have thoughts without the strong emotional charge that is often associated with those thoughts. While it is impossible to drive all thoughts from your mind, meditation allows you to distance yourself from them and to take a more objective view.

The services HoriSun Hospice provides are 100% covered by Medicare, Medicaid, and most private insurances. We provide all of our services to you directly in your home or senior living community, including the delivery of medications and equipment. HoriSun Hospice cares for the patient and family with attention to cultural needs and traditions.

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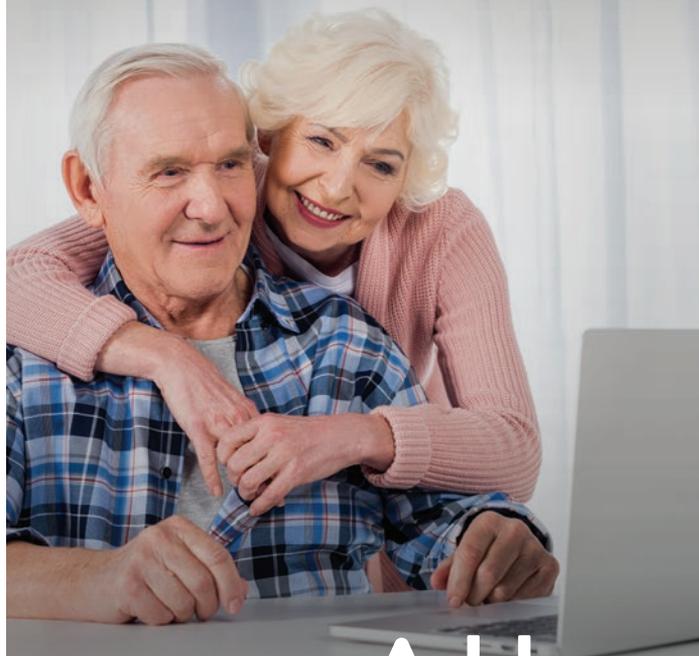


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Aging Partners Health and Fitness

The Benefits of Meditation for Older Adults

Continued from page 26.

1. Find a comfortable spot. You can sit in a chair, couch, mat, or in the middle of the living room floor, wherever is easiest and most comfortable for you. You can even lie down. Wear loose, comfortable clothes.
2. Play some relaxing music if you like. Websites such as YouTube and Pandora have meditation music stations as well as classical, New Age and other calming, relaxing instrumental music.
3. Close your eyes, put on an eye mask or dim the lights.
4. Stay still and focus on your breath going in and out of your body. Do not try to restrict or control your breathing; simply focus in on the feeling of your breath entering and exiting your body. Try to envision the air going all the way into the center of your stomach, expanding your stomach as you breathe the air in.
5. Breathe out, envisioning all negative thoughts and emotions leaving your body with every exhale.

Try this exercise for 3 to 5 minutes. Even a short meditation session should provide noticeable stress relief, a heightened sense of focus and a calmer mind.

How Often Should I Meditate?

Some people find two or three short sessions a week to be beneficial, while others meditate every morning, evening or both. You might try adding a five- to 10-minute meditation practice to your morning (or bedtime) routines a couple of times a week and see if you can make it a habit.

Whichever method you choose, you will find that establishing a regular practice does wonders to reduce stress and enhance your feelings of well-being. ^{1,2}

Sources: www.ncbi.nlm.nih.gov/pmc/articles/PMC5721815/

pubmed.ncbi.nlm.nih.gov/24571182/

www.healthline.com/

[nutrition/12-benefits-of-meditation#2.-Controls-anxiety](#)



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“My family is very thankful for the care and kindness given to our Dad.”

Amy, Daughter of a resident in Lincoln

When reflecting on her father's time at CountryHouse, Amy said knowing he was always in good hands brought the family immense comfort. The little moments of joy each day — like a cooking project or bus ride — are what their dad loved most.

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Cooking for One

By Jill Engel, Aging Partners Nutrition

Cooking for one (or two) can be challenging. It may be viewed as not worth the effort, too expensive or too difficult. While these reasons may be true at times, there are steps that can be taken to ensure the right tools and recipes are on hand to make meals easy, fun and nutritious!

Approach Cooking with a Positive Attitude

This is a great opportunity to experience new foods, flavors and cooking methods. It also allows flexibility to cook what, when and how we want. We don't have to cater to someone else's likes (or dislikes), and we don't have to hear complaints if it's not our best masterpiece! Create a calming atmosphere with light music, table settings and centerpieces that inspire an enjoyable and relaxing meal.

Meal Planning

Planning out meals is one of the most important aspects to keep us on track. It is only effective if we stick to it, so make sure the meals are realistic for your ability and schedule. Planning meals ensures we have the right foods on hand while also helping to prevent food waste. Keep staple

foods on hand, such as canned and frozen vegetables, beans, soups, broths, pasta, rice, tortillas, canned meats and cheese. These foods are versatile and can be incorporated in a variety of dishes.

Consider shopping in the bulk bins to buy the exact amount of food you need. Deli or meat counters are also a good option for an individual chicken breast or a quarter pound of meat. Buy fresh produce in small portions that you know you will eat within a week. It is OK to split up bananas or portion out Brussels sprouts into a smaller bag. If you do happen to overbuy, consider freezing the extra portions. Many fruits, vegetables, meats, cheese and breads freeze well.

Embrace Convenience Cooking

Consider meals that are made up of individual ingredients, which allows you to have more control over the amount you cook. For example, rice or pasta can be cooked in the amount needed that will minimize extras. Designate a day to prepare some meal components ahead of time, such as cooking meat or cutting vegetables. Frozen vegetables can be affordable and convenient while also allowing you to

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cook the amount needed. Frozen entrees may also be a healthy option; just make sure to read and compare the Nutrition Facts Label and pay close attention to the carbohydrate, sodium and fat content.

Get Creative with Leftovers

When planning meals, consider the serving sizes and any leftovers you may have. Many recipes are standardized for two to four servings so the ingredient amounts may need to be adjusted. Casseroles, soups and egg dishes are versatile meals that can incorporate a variety of ingredients. Many foods can also be frozen in individual containers for later, which can come in handy on days when you do not feel like cooking. You can also look for recipes that incorporate certain ingredients. The USDA's MyPlate Kitchen website (www.myplate.gov/myplate-kitchen) offers great tools for finding recipes with specific ingredients or focusing on certain food groups or nutrients.

Approach cooking with a positive attitude and openness to planning out meals. Trying new recipes and cooking methods can be a fun and creative way to incorporate healthy and delicious meals for one (or two) people! 

Sources: www.mayoclinic.org, www.healthyfitnessmeals.com

Asparagus-Stuffed Chicken

2 servings

Ingredients:

2 chicken breasts	1 oz. sun-dried tomatoes, chopped
6 stalks asparagus, ends trimmed	2 slices Mozzarella cheese
½ Tbsp. olive oil	Salt and pepper, to taste
	½ tsp. Italian seasoning, garlic powder, paprika

Directions:

1. Preheat oven to 400 degrees.
2. Cut chicken breast lengthwise to create pockets. Be careful not to cut all the way through.
3. Season chicken with Italian seasoning, garlic powder, paprika, salt, and pepper
4. Add 3 stalks of asparagus and a few sundried tomatoes to a mozzarella slice, then roll it to hold them inside. Stuff chicken breasts with it.
5. Close the pocket with a toothpick. Heat olive oil in a large skillet over medium-high heat.
6. Add in the chicken and sear until golden brown, about 3 to 5 minutes per side.
7. Bake the chicken for 15-20 minutes or until an internal temperature of 165 degrees is reached.

***Other stuffed chicken ideas include broccoli and cheese, spinach and mushroom, ham and cheese, or tomato and pesto.*

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Staying Self-Sufficient

By Mitch Sump, Aging Partners program coordinator

The sun is shining, children are playing and fish in the local lakes are swimming right up to me and just giving up because of my superior fishing skills. So, it must be summer!

Handy Home Services

Changing the name and format to Handy Home Services has been a challenge, but one we feel will be well worth it in the long run. Several of our experienced technicians have been going above and beyond to make sure you, the clients, are getting the services you need to stay safe and independent in your homes. Our new technicians are still learning the ropes but have jumped in with both feet. To help

them help you, please be aware they will be calling to schedule the work. If you can't get to the phone, please check your messages and return their calls.

So, what is occupying our technicians time right now? We are busy with yard work, cleaning gutters and other various chores on the exterior of our clients' homes. However, do not forget that Handy Home Services isn't just about yard work! We also do minor repairs involving carpentry, electrical, plumbing, drywall and painting. As always, we want to keep the jobs at a maximum of four hours (when possible!) and of course we can't do any work requiring a city permit.

If you are not currently using the Handy Home Services program, please reach out to Diana at 402-441-7030, Linda at 402-441-7032, or myself at 402-441-8815 for program details. To be eligible for the program, clients must be age 60 and over, must own the house where the work is requested, and they must occupy the house where the work is being done.

Durable Medical Equipment

The Durable Medical Equipment (DME) program seems to get the short end of the stick at times in my column. We are going to rectify that by discussing it now.

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The DME program provides a valuable service to end-users and people who may have items cluttering up their homes. DME accepts donation of gently used or new equipment such as wheelchairs, walkers, shower chairs and other items. Our program team then makes minor repairs as needed, cleans, and sanitizes items so they may be distributed to the clients.

There is no cost to the clients for this service! DME accepts monetary contributions, but it is not required or expected! Clients may keep the items for as long as they like. If you have an item to donate or need an item, please call Linda at 402-441-7032 or myself at 402-441-8815.

Just out of curiosity, have you heard about our fan drive? We have been collecting three-speed

box fans from the community to be given to seniors who need help keeping cool during the hot Nebraska summer. If you would like to donate a new fan or make a financial contribution toward the purchase of a fan, we would certainly accept them. Flipping the coin, are you a senior who could benefit from a fan? We currently have some; and if you are age 60 or over, you can have one by calling Linda or myself at the numbers previously stated.

Safe Homes for Seniors

If this program doesn't sound familiar, I am not surprised! During COVID, we had to shut this program down; but it's now making a comeback!

This is a joint program between the Lincoln-Lancaster County Health Department and Handy Home Services. The Health

Department provides the material and training for our staff to go into a senior's home and remove potentially hazardous material. Material that can be removed include cleaning supplies, yard chemicals, paints and stains, and automotive fluids. If you think you could benefit from this program, please call me directly at 402-441-8815.

Lifeline Emergency Response System

If you or someone you know needs an emergency response system, please reach out to Mike at 402-441-8816. He can share details on our program and the various systems we have available.

That is all the space I got, so I guess transit will lead off next issue!

Enjoy the summer and stay safe! 



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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.

Being Well

NUTRITION

402-441-3480

- **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 5) and LNKTV Health (ALLO Channel 3, Spectrum Channel 1301 and Kinetic Channel 10). ▲
- **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.
- **Handy Home Services** - 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 BENEFITS 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. We offer noon meals, selected evening meals with entertainment and special holiday meals. Transportation to the centers is available for a fee. Five centers in Lincoln and three 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

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 LNKTU City (ALLO channel 2, Spectrum channel 1300, Kinetic channel 1005) and LNKTU.lincoln.ne.gov, or Live & Learn's YouTube channel at <http://lincoln.ne.gov/LiveAndLearn>.

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

CARE MANAGEMENT

All Counties: 800-247-0938

Care Management Coordinator

Jean Holt

- Butler County
Becky Romshek, 402-367-4537
- Fillmore County
Rhonda Stokebrand, 402-759-4922
- Polk County
Amy Theis, 402-747-5731
- Saline County: 402-441-7070
- Saunders County
Allison Blake, 402-416-9376
- Seward County
Becky Romshek, 402-367-4537
Amy Theis, 402-747-5731
- York County, Jerri Merklinger
402-362-7626

MULTI-COUNTY PROGRAMS

Coordinator Jill Engel

- Butler County Senior Services
Diana McDonald, 402-367-6131
- Fillmore County Senior Services
Brenda Motis, 402-759-4922
- Polk County Senior Services
Erin Dickey, 402-764-2252
- Saline County Aging Services
Lori Moldenhauer, 402-821-3330
- Seward County Aging Services
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" 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
402-759-4921

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

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 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 Area Senior Center
725 Nebraska Ave., York
402-362-2496

SENIOR CARE OPTIONS (SCO) AND MEDICAID WAIVER

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

Aging Partners News and Events

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

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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 Health and Fitness Center

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

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

For most Health and Fitness classes, there is a \$4 per class suggested contribution for age 60 and over and family caregivers of any age. A \$5 per class fee for those under age 60 is required. Punch cards are available. Preregistration is required for all

classes by calling 402-441-7575. Please register early. Classes that do not have sufficient enrollment will be cancelled.

We will have a small selection of classes available on Zoom in addition to our in-person classes. Please call 402-441-7575 to register for the Zoom classes. You will be sent information about how to access Zoom and the specific classes you are interested in. Prior to the classes, you will need to download the Zoom app on your device. In order to receive the access code to enter a Zoom class, you will need to register.

Evidence-Based Tai Chi 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 for Arthritis and Fall Prevention classes are progressive, no registrations will be accepted after the fourth class of each session.

Tai Chi for Arthritis and Fall Prevention

In-person
Eastridge Presbyterian Church
1135 Eastridge Dr.
Tuesdays and Fridays
Two class options - 11 a.m. to Noon or 1 to 2 p.m.
Sept. 20 through Dec. 16 (no class Nov. 11 and Nov. 25)

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

Chair Yoga

In-person
Eastridge Presbyterian Church
1135 Eastridge Dr.
Wednesdays, 9 to 10 a.m.
May 4 through July 27
Aug. 3 through Oct. 26
(no class Oct. 5)

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 are welcome.

Dance for Life

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

In-person

- St. Mark's United Methodist Church
8550 Pioneers Blvd.
Wednesdays, 10:30 to 11:30 a.m.
May 25 through July 27
(no class June 22, June 29 and July 13)
- Auld Pavilion
1650 Memorial Dr.
Wednesdays, 10:30 to 11:30 a.m.
Sept. 14 through Nov. 16

ZOOM

Mondays, 2 to 3 p.m.
April 18 through July 25
Sept. 12 through Nov. 28

Qigong Refresh and Recharge

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

In-person

- St. Mark's United Methodist Church
8550 Pioneers Blvd.
Thursdays, 2:30 to 3:30 p.m.
April 7 through July 28
(no class June 23, June 30
and July 14)
Sept. 15 through Nov. 17
- Irving Recreation Center
2010 Van Dorn St.
Wednesdays, 1 to 2 p.m.
Sept. 14 through Nov. 16

ZOOM

- Mondays, 10 to 11 a.m.
April 18 through July 25
Sept. 12 through Nov. 28

Stepping On: Building Confidence Reducing Falls

Stepping On is a community-based fall prevention program intended to educate participants and build confidence to reduce or eliminate falls. Classes meet for two hours, once a week for seven weeks. Participants learn the most up-to-date information about fall prevention. Workshop topics include simple and fun balance and strength exercises; along with information on how vision, medication, safe walking outside and footwear can aid in the prevention of falls.

In-person

- Eastmont Towers/The Seasons
6305 "O" St.
Tuesdays, 2:30 to 4:30 p.m.
July 12 through Aug. 23

Caregiver Support Group

St. Mark's United Methodist Church
8550 Pioneers Blvd., Room 137
(Enter through door 9 on south side of
St. Mark's, turn left and go downstairs/

or no stairs at north entrance 6)
2nd Tuesday of every month
5 to 6 p.m.

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

Eligible caregivers are:

- An individual of any age providing care for an older adult, age 60 and over
 - Providing care for a person with Alzheimer's disease, brain injury or a related brain disorder
 - Over the age of 55 and raising a grandchild
- Registrations are not needed; walk-ins welcomed.

Foot Clinics/Senior Health Promotion Services

Aging Partners Foot Clinics and UNMC Senior Health Promotion Services are by appointment only and will be held at St. Mark's United Methodist Church's Vermeer Education Center and the Downtown Senior Center. Social distancing and sanitation guidelines are followed. Please call 402-441-7506 to make an appointment for clinic services.

Services are available to those age 60 and over. Foot care only July and August. After August, the following services will be available: comprehensive foot care, blood pressure, blood glucose, cholesterol screenings, osteoporosis screenings and health education. Ear care will only be available at the Downtown Senior Center location. \$20 suggested contribution will help these services continue.

For location and schedule, please call 402-441-7506 or 402-441-7575.

Senior Center Events

Day Trip Tours

Transportation to and from pick-up site for all trips is \$5 within Lincoln. For reservations, call 402-441-7158.

Saltdogs

Tuesday, Aug. 2
Gates open at 11 a.m.
First pitch at 12:05 p.m.
Tickets: \$5 per person

Let us take you out to a ball game. Lincoln Saltdogs vs. Gary Southshore. We promise a place to sit and a whole afternoon of fun with friends and other fabulous baseball fans. Deadline to purchase tickets is Friday, July 29.

River City Star, Fall Riverboat Cruise

Thursday, Sept. 15
Departs: 9:30 a.m.
Walmart, 3400 N. 85th St.
Returns: About 2:30 p.m.
Cost: \$60

Let's venture out on the Missouri River to see the changing fall colors. Join us for a lunch cruise on a '40s era paddlewheel-style riverboat that features a fully enclosed lower deck with viewing windows and a canopy-covered upper deck.

We will leave at 9:30 a.m., board the boat at 11 a.m. and return to the dock at 1 p.m. then head back to Lincoln. Reservations and payment due by Tuesday, Sept. 6.

Arbor Day Farm

Thursday, Oct. 6
2611 Arbor Ave., Nebraska City
Departs: 11 a.m.
Walmart, 8700 Andermatt Drive
Returns: About 6:30 p.m.
Cost: \$85

Nestled in Nebraska City, Arbor Day Farm encompasses 260 acres of natural beauty and historical significance. This national historic treasure is home to Lied Lodge, the one-of-a-kind Tree Adventure, the Apple House Market and Arbor Lodge State Historical Park. But perhaps most importantly, Arbor Day Farm is where the Arbor Day Foundation's simple mission — to inspire people to plant, nurture, and celebrate trees — comes to life.

We will travel to Arbor Lodge State Historical Park. While visiting, we will

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Aging Partners News and Events

Continued from page 37.

enjoy touring the Arbor Lodge Mansion, The Morton family farm, Tree Top Village, as well as enjoy a guided discovery wagon ride pulled by a tractor. After we are done, we will enjoy a picnic at the farm. Reservations and payment due Wednesday, Sept. 28.

Dinner and a Show

(co-sponsored by Butherus, Maser & Love)

Auld Pavilion at Antelope Park
1650 Memorial Drive

Dinner: 5:30 p.m.

Show: 6 p.m.

\$13 dinner and show fee

\$5 round-trip van transportation within Lincoln

- Helen Waring-Johnson's Musical Hats

Tuesday, July 12

Reservation and payment deadline:

Thursday, July 7.

Helen performs songs from The Great American Songbook: George and Ira Gershwin, Cole Porter, Harold Arlen, Rodgers and Hart and more! Menu: Meatloaf, mashed potatoes with gravy, veggie, roll, brownie, coffee and tea.

- Three Cords and a Cloud of Dust

Thursday, Aug. 11

Reservation and payment deadline:

Monday, Aug. 8.

Saddle up and enjoy an evening of smooth country, bluegrass and folk, all done with a toe-tapping taste of country swing. Menu: Lasagna, salad, breadstick, pumpkin bar, coffee and tea.

- Bill Chrastil

Thursday, Sept. 8

Reservation and payment deadline:

Tuesday, Sept. 6.

Bill's high-energy shows are a salute to music legends: Elvis Presley, Conway Twitty, Johnny Cash, Willie

Nelson, Neil Diamond and more! Menu: Chicken fried steak, mashed potatoes with gravy, veggie, roll, apple crisp, coffee and tea.

Nebraska History Lunch Series

Gere Library

2400 S. 56th St.

\$4 fee for sack lunch

12:15 p.m. to 1:30 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 12:15 p.m. and the program begins at 12:30 p.m. Reservations and payments due by noon the Monday before the event. Reservations are required even if you are not having lunch. Call 402-441-7158 to make your reservations today.

This season, the series will spotlight Nebraska government. We've explored the history, now we'll look at

Prepared and confident

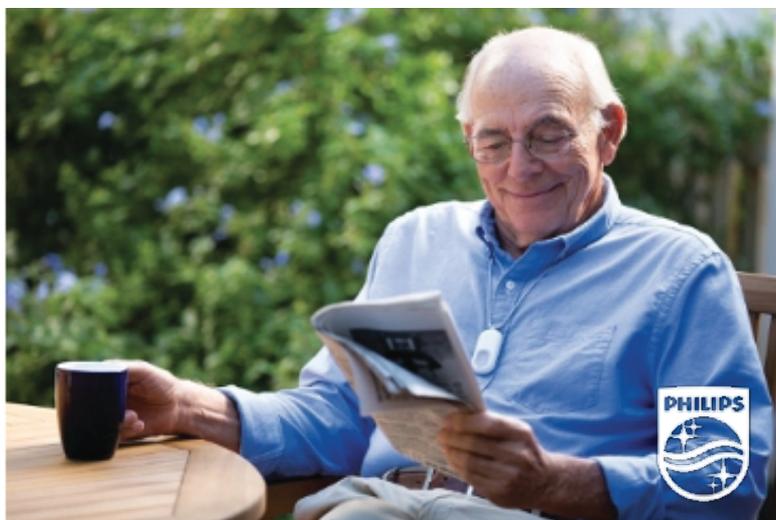
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Coverage outside the home provided where AT&T wireless network coverage is available. AutoAlert does not detect 100% of falls. If able, users should always push their button when they need help.

what goes on inside the building that houses the legislature. We'll examine one specific issue, the death penalty, that highlights how our government works on controversial issues. Finally, if government is of the people, who are the people who live in Nebraska? To answer that, we'll focus on the history of the census in Nebraska, and our state's changing demographics.

- History of the Nebraska Legislature — Kate Heltzel July 20

Kate's presentation will provide an overview of the forces at work in the creation of the Nebraska Unicameral. It also will explore the evolution of the nation's only one-house legislature.

- History of Nebraska's Death Penalty – Bill Kelly Aug. 17

The 2012 documentary "Until He Is Dead: A History of Nebraska's Death Penalty," was praised for its balanced treatment of this controversial topic. In his presentation, Bill will discuss how he made that documentary and

the history of how this controversial law was passed.

- History of the Nebraska Census — Mary Sauers Sept. 21

From pioneer times to the present, Nebraska's demographics have changed significantly. Mary will explain those changes according to the 2020 Census.

Roger Fisher's Ventriloquist Show

Downtown Center

1005 "O" St.

Thursday, July 7

10 a.m.

\$4 suggested meal contribution age 60 and over.

\$8 meal fee for under age 60

Call 402-441-7154 to reserve a meal.

Roger Fisher will perform his ventriloquist show. He will incorporate musical tunes such as "New York, New York," "Somewhere Over the Rainbow" and other iconic melodies. This should be entertaining; you won't want to miss it!

Brad Husak Performs on Accordion

Downtown Center

1005 "O" St.

Thursday, Aug. 11

10:30 a.m.

\$4 suggested meal contribution age 60 and over.

\$8 meal fee for under age 60

Call 402-441-7154 to reserve a meal.

Brad Husak will play traditional Czech polkas and waltzes for our August birthday party. Join us for cake and toe-tapping fun!

Helen Waring-Johnson

Downtown Center

1005 "O" St.

Thursday, Sept. 8

10 a.m.

\$4 suggested meal contribution age 60 and over.

\$8 meal fee for under age 60

Call 402-441-7154 to reserve a meal.

Helen will perform "Helen's Musical Hats Show" for our September birthday party. Reserve your meal today! 

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

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

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