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New Horizons



ENOA celebrates 50 years of existence

By Ron Petersen

This year marks the 50th anniversary for the Eastern Nebraska Office on Aging (ENOA), which is something worth celebrating with employees, clients and friends. “Fifty years ago the world was a very different place as were the options for quality care and necessary services for older adults,” ENOA Executive Director, Trish Bergman said. “Through the passing of federal laws and decades of hard and dedicated advocacy there is more understanding, greater choice and a clearer path to services for our older population.”

As one of 622 area agencies on aging created by Congress under the Older Americans Act, the Eastern Nebraska Office on Aging serves families in Douglas, Sarpy, Dodge, Cass and Washington counties.

ENOA’s mission is to promote choice and enhance the well-being and dignity of aging adults, caregivers, adults with disabilities, and those with the greatest economic need so they may live independently.

Since 1974, ENOA has served as a gateway to aging services that already exist in the commu-

nity and also operates its own programs that fill previously unmet needs in the five-county area. ENOA has achieved some remarkable things over the last 50 years, including the services and programs that are currently offered:

- Caregiver Support
- Case Management Services
- Medicaid Waiver
- Home Delivered Meals
- Congregate Meals
- In-home services, including homemaker, personal care services, personal emergency response system, chore and durable medical equipment
- Information & Assistance/Aging & Disability Resource Center (ADRC)
- Public Information: The New Horizons newspaper
- Volunteer Services: Foster Grandparent Program, Senior Companion Program, Ombudsman Program, Senior Help and Volunteer Connect.

ENOA first opened its doors at 4951 Center St. but now ENOA can be found at its current location – 4780 S 131st St.

ENOA had had other locations throughout the years - 885 S 72nd St., 7400 Pacific St, and 4223

Center St. – eventually purchasing the current building with Eastern Nebraska Human Service Agency, DUET and Region VI Mental Health. Dave Howard was the first ever executive director of ENOA, which then led to Laurie Robertson, J. Kenton Foncoll, Kay Wallick, Bev Griffith, Dennis Loose and Trish Bergman. The ENOA logo was adopted in August 1988. It originally was white lettering with a blue square background.

ENOA is excited to celebrate their 50th anniversary and to continue working with employees, clients and partners to see what the next 50 years will bring.

“Celebrating our 50th anniversary is a significant milestone for ENOA and its employees. I thank every staff member of our team for their resilience, commitment, passion and incredible talent,” Bergman said. “It is also an opportunity to thank all the people who have taken this incredible journey with us, our participants, board members, volunteers, community partners, providers and countless others who had an unwavering dedication to ENOA’s mission over the years.”

The month of May is Older Americans Month

Each May, the United States celebrates Older Americans Month. The theme for 2024 is: Powered by Connection.

What does it mean when people are not “connected” with each other? How does being all alone impact our health and well-being?

According to the U.S. Surgeon General, Dr. Vivek Hallegere Murthy, “Loneliness is far more than just a bad feeling—it harms both individual and societal health. It is associated with a greater risk of cardiovas-



cular disease, dementia, stroke, depression, anxiety, and premature death. The mortality impact of being socially disconnected is like that caused by smoking up to 15 cigarettes a day. And the harmful consequences of a society that lacks social connection can be felt in our schools, workplaces, and civic organizations, where performance, productivity,

and engagement are diminished.”

The Eastern Nebraska Office on Aging recognizes that connections with other people are so very important.

For example, the Home Delivered Meals program often discovers that for some persons, getting that one meal per day delivered to their home turns out to be the only contact they have with another human being.

This doesn’t just apply to people living alone. It can also be an issue for caregiv-

ers taking care of someone full-time and not able to get out and be with friends or family. Caregivers often become so focused on the person they are caring for that they neglect their own health and other relationships.

What can we do to stay connected as much as possible? Here are some ideas:

- Invite more connections into your life by finding a new passion, joining a social club, taking a class, trying new activities in your community, or attending a

Senior Center.

- Stay engaged in your community by giving back through volunteering, working, teaching, or mentoring. Check out possibilities at enoa.org.

- Invest time with people to build new relationships and discover deeper connections with family, friends, colleagues, or neighbors by having coffee or enjoying a meal together.

In short, find a way to stay connected, be healthy, and live life fully, no matter how old you are.



Are you 60 years of age or older?

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- homestead exemptions
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- being a tenant
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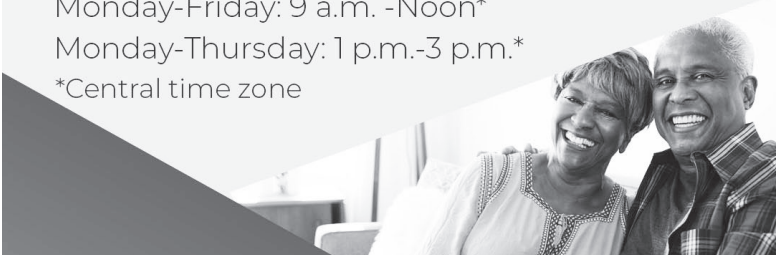
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The Aging and Disability Resource Center is the first stop for information related to aging or living with a disability.

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connecting you
to services in
your area.

- Nebraskans age 60 and older.
- Nebraskans of all ages with disabilities.
- Serving the populations of Dodge, Washington, Sarpy, Cass, and Douglas.

In Eastern Nebraska, you can contact
ADRC at 402-444-6536,
(toll free) **1-844-843-6364**
or **adrcnebraska.org**

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The six benefits that could
help older adults pay for food

Although the rate has dropped slightly since last January, 60% of American adults are still living paycheck to paycheck, according to a February 2023 survey conducted by LendingClub and covered by CNBC. (In 2022, 64% of adults reported being in this situation, which does represent improvement).

“The good news is that consumers are successfully cutting back on their spending,” said Brandy Bauer, former Director of NCOA’s MIPPA Resource Center. “The bad news is that they’re doing it so they can afford to eat.”

If this sounds familiar, you’re not alone. Individuals and families living on fixed or limited incomes are especially impacted by stubborn inflation, especially at the grocery store—where prices have risen by more than 10% over a year ago.

“Retail analysts don’t expect this trend to change, either—at least not anytime soon,” Bauer added.

Recent reductions in pandemic-related food assistance add further insult to injury. The omnibus spending bill that Congress passed last December will permanently end the emergency funding in March—an unconscionable decision that hits millions of older adults the hardest, said Ramsey Alwin, NCOA’s president and CEO.

In a column for the Hill, co-authored with Bob Blancato, executive director of the National Association of Nutrition and Aging Services Programs (NANASP), Alwin and Blancato asked, “How can older adults make healthy food choices with so much less money?”

SIX BENEFITS
PROGRAMS THAT
COULD HELP PAY FOR
FOOD

1. The Supplemental
Nutrition Assistance Program (SNAP)

Have you heard of Food Stamps? That’s SNAP—a monthly cash stipend, now distributed via an Electronic Benefits Transfer (EBT) card, that recipients can use to buy groceries at participating retailers.

Because SNAP is a federal program administered by each individual state, eligibility depends on where you live. That said, the average monthly benefit for enrolled

older adults can approach or even exceed \$100—an amount that can make a measurable difference when it comes to putting food on the table every day.

2. The Commodity Supplemental Food Program (CSFP)

Also known as the “Senior Food Box” program, this federal benefit provides a monthly package of groceries at no cost to enrollees. The United States Department of Agriculture distributes surplus commodity food and administrative funding to individual states, who then partner with public and nonprofit agencies to assemble and distribute the boxes. Common items include shelf-stable meats, fish, and vegetables, as well as canned fruit, dry beans, cereal, and other staples.

The Senior Food Box program is meant to fill in the gaps left by other food assistance programs. That means you can participate even if you already receive SNAP. Check with your local Agency on Aging, senior center, or even community health center to see if there’s a CSFP program near you.

3. The Seniors Farmers’ Market Nutrition Program (SFMNP)

Funded by the Farm Bill and administered in partnership with individual states, the SFMNP helps limited-income older adults buy fresh, locally grown vegetables, fruits, herbs, and honey at farmers’ markets, roadside stands, and community supported agriculture programs (CSAs).

Seniors who already are enrolled in SNAP may automatically qualify for this program. That said, state participation in SFMNP is voluntary, so you’ll need to check the USDA’s state agency contact map to see if there’s a program in your area.

4. The Home-Delivered Nutrition Program

Meals on Wheels is perhaps one of the best-known grantees of this federal program, which provides funding for community-based organizations to plan, prepare, and distribute free or low-cost meals to eligible older adults.

In general, there are no income requirements to qualify for the Home-Delivered Nutrition Program, but participants must be over the age of 60 and be at

risk of losing their independence.

The best way to find out about home-delivered meal programs near you, including specific eligibility requirements, is to contact your local Agency on Aging. Visit the Eldercare Locator website at eldercare.acl.gov.

5. The Emergency Food Assistance Program (TEFAP)

Whether or not you qualify for or receive SNAP benefits, you still may struggle to put food on the table. That’s where the Emergency Food Assistance Program comes in.

Funded federally, TEFAP directly supports food banks, food pantries, soup kitchens, and other community-based partners who feed people in need, including older adults. You don’t need an EBT card to participate; if you qualify, you can shop at your local food shelf or eat a meal in a congregate setting without having to exchange anything.

Generally speaking, qualifying for TEFAP is straightforward and the burden of proof is low.

However, the process and requirements can vary depending on where you live, so it’s best to contact your State Distributing Agency for the most recent guidance in your area.

6. Visiting your local food banks

Though not an actual food assistance program, if you live on a fixed income, visiting a food bank is a smart decision—especially if you consider it as part of your overall meal-planning strategy.

“Make a point to visit the food bank before you go grocery shopping,” Bauer advised. “That way, the items you pick up there can inform your weekly menu, and anything you buy at the grocery store will supplement the recipes you’ve planned out, which can save you money at the register.”

And remember: there’s no prohibition against visiting more than one food pantry. You can locate those nearest you by visiting Feeding America’s website at feedingamerica.org.

For more information on resources call ENOA’s I&A at 402-444-6444.

(Information provided by the National Council on Aging (NCOA).)

Signs of a stroke

A stroke is a decrease in blood flow to the brain because of a blood clot or bleeding. Strokes are very serious and can cause disability, brain damage, or even death.

When you know how to react in a quick manner, it can decrease the amount of damage done to the brain and other parts of the body.

Most of the time strokes work in a gradual manner, but sometimes they work more quickly. If you know you are at a higher risk of having a stroke, inform coworkers and management so they know how to react in an emergency.

Make sure to keep track of the times when the symptoms started occurring and report these to the medical professionals.

- Common signs of a stroke:
- Numbness or weakness of the face, arm, or leg (especially only on one side)
 - Confusion

- Slurred speaking
 - Trouble seeing with one or both of your eyes
 - Dizziness
 - Problems walking or staying balanced
 - Severe headache out of nowhere
- The FAST test is an easy way to identify when someone is having a stroke:

Face – Face drooping
Arms – Arm weakness
Speech – Speech difficulty
Time – Time to call 9-1-1
The faster you call, the decreased chance of serious damage to the brain and body.

Submitted by Karen Rehm, Wellness Services Manager, Nebraska Safety Council. To schedule a “Healthier & Happier You” presentation, contact Karen at 402-483-2511 ext. 102 or send an email to Krehm@nesafetycouncil.org.

Embracing springtime along with Mother’s Day

By Paula Crozier

As the vibrant colors of spring start to blossom, we begin to notice this gift of a season of renewal and celebration. Here are five ways older adults can take advantage of this delightful season to enhance well-being through exercise, growth, and contribution.

Gardening Therapy: Spring is the perfect time to indulge in gardening therapy. Whether tending to a backyard garden, potting colorful flowers on a balcony, or nurturing indoor plants, gardening offers numerous benefits. It promotes physical activity, mental relaxation, and a sense of accomplishment as we witness our efforts bloom into beautiful blossoms. Plant a garden and reap the harvests sharing with your neighbors and community. Each time we gather together, it’s a very good thing.

Outdoor Strolls: With milder weather and blooming landscapes, spring beckons us to step outside for refreshing strolls. Parks, botanical gardens, and nature trails provide serene settings for leisurely walks. These outings not only encourage physical fitness but also offer moments of tranquility, allowing us to take a much-needed break from the rigors of work, the day and our never-ending tasks to soak in the sights, sounds, and scents of spring.

Family Bonding: Mother’s Day in spring is a cherished occasion



COURTESY PHOTO

Spring, with its blooming flowers, warmer weather, and longer days, is often associated with new beginnings and fresh starts.

for families to celebrate. Whether spending time with children, and grandchildren or reminiscing with siblings, this day offers an opportunity for intergenerational bonding. From heartfelt conversations to sharing stories and laughter, these moments strengthen family ties and create lasting memories. So gather that budding plant or flower and take some with you when you visit family because giving is always better than receiving.

Creative Pursuits: Spring inspires creativity, making it an ideal time for everyone to explore artistic pursuits. Whether it’s carpentry, DIY’ing renovations, painting, crafting, photography, or writing poetry, engaging in creative activities fosters self-expression and enhances cognitive abilities. So channel the inner artist and unleash their imagination during this vibrant season and know that these creative expressions are also a very

good gift for Mother’s Day, too.

Reflection and Gratitude: Amidst the beauty of spring and the festivities of Mother’s Day, take time for introspection and gratitude. Reflecting on life’s blessings, cherished memories, and the wisdom gained over the years brings a sense of fulfillment. Gratitude increases serotonin, dopamine and releases endorphins which lower stress, energize our bodies and help us heal. Expressing gratitude for family, friends, health, and simple joys adds depth and meaning to the springtime experience.

Paula is the Director of Marketing and Development at Florence Home Healthcare Center, Royale Oaks Assisted Living and House of Hope Assisted Living and Memory Care. In her spare time, Paula is rediscovering all the things she did as a child that she can still do like painting, coloring, hiking and bike riding.

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If you have a change to your New Horizons Subscription call Editor, Ron Petersen at 402-444-6654 or email @ ron.petersen@enoa.org.

New Horizons

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IHE sustains memories of Holocaust survivors

By Andy Bradley
Contributing Writer

Whoever saves one life,
saves the world entire.” –
The Talmud

This cherished Jewish expression encapsulates the purpose of the Institute for Holocaust Education (IHE). Founded in 2000 as a program of the Omaha Jewish Federation, the Institute attempts to ensure that the tragedy and history of the Holocaust are remembered. According



to IHE’s Vision Statement, “we inspire our community to create a more just and equitable society.”

IHE does this through education, visual &

Littky performing arts, and community commemorative events. Such efforts take on added significance considering only eight holocaust survivors who settled in Nebraska are still living. The organization wants to keep their legacy – and the legacy of all holocaust victims, survivors and rescuers, alive.

For example, the Institute’s programs reach thousands of local middle and high schools, according

to Executive Director Scott Littky. In a six-week period last winter, IHE programming touched 11,000 students in the area. Guest speakers, often second or third generation family members of survivors, will tell the riveting stories of their grandparents or great grandparents.

The narratives focus on their harrowing escape or rescue from the Nazis, their perilous journey to America and ultimate resettlement in Nebraska.

Emphasis is more on telling the captivating personal stories of survival and readjustment than on the stark historical facts and diabolical figures of the Holocaust. The intent is to educate, not horrify. “We have to be careful,” Littky said. “We concentrate on the personal narrative and not the overwhelming story . . . When you can relate to a personal narrative of one, two, or three people or families, you can identify a little more than when you say ‘the six million.’” (The number of Jews who perished from the late 1930s through 1945.)

The approach to Holocaust education, therefore, is to focus as much on the life-saving role of rescuers as on the survivors. Classroom facilitators will explore the heroic virtues demonstrated by those risking life

and liberty to aid those at risk of capture and ultimate death – virtues of courage, compassion and understanding.

Educators will challenge their students to examine their own behaviors and beliefs, as well as their willingness to stand up for those who are under attack – perhaps classmates in their own school. The message, ultimately, focuses on inspiring young people to make a difference in the world; to be, as Littky likes to put it, “an upstander, not a bystander.”

In addition to learning about the personal sagas of survivors and their rescuers, students study the deeper political and social issues precipitating a holocaust or genocide. According to IHE’s educational philosophy statement, teachers and students “evaluate the extent to which government can either safeguard or violate human rights, assess the consequences of indifference to the plight of others, and reflect upon the sanctity of human life as a standard for guiding behavior.”

Littky knows these messages won’t resonate with all the young people.

“Did we reach all 11,000 to make a difference? I’d love to think we did.” But realistically, “I believe if

I can get one person to listen to me and internalize it and think about making a difference, I’ve done my job.”

The outreach of IHE extends beyond students. Any organization, including senior groups, can request a program by accessing its website, www.ihe.org. Seniors may also schedule a trip to tour the new museum at the Jewish Community Center, 333 S. 132nd St. The exhibit features a history of the Jewish Community in Omaha, and is sponsored by the Nebraska Jewish Historical Society.

Ultimately, the impact of IHE is to perpetuate the stories of survival.

“Survivors don’t want you to feel sorry for them . . . they want you to make this world a better place,” Littky said. “One thing they (survivors) would tell you is how many children they had, and then how many grandchildren they have. And that was their way of telling the world that Hitler did not succeed, the Nazis did not succeed.”

Littky, who has led IHE for six years, referenced a concept in Judaism called “Tikkun olam,” or “Repairing the world.”

“That’s what I feel my goal is, and what I want to have happen through Holocaust education.”

Photo exhibit features survivors who settled in Omaha

By Andy Bradley
Contributing Writer

“It is important to know and understand the atrocities that happened to the Jewish people so that society can avoid repeating them in the future.” – Jill Dolberg, Interim Director, Nebraska History Museum

With these words, Jill Dolberg, the interim director of the Nebraska History Museum in Lincoln, unveiled two exhibits recognizing the plight of millions of Jews who either perished in the Holocaust, or survived and made it to safety and opportunity in the United States, particularly to Omaha and Lincoln.

At an unveiling ceremony April 4, Dolberg credited the partnership with the Institute for Holocaust Education (IHE) in Omaha for making the exhibits possible.

The first exhibit features intimate portraits of several dozen Holocaust survivors who settled in eastern Nebraska.

The black and white photos were taken by Omaha photographer David Radler in 2008 in commemoration of the 70th anniversary of Kristallnacht, or “Night of

--Photo Exhibit continued on page 5.



COURTESY PHOTOS

These black and white photos were taken by Omaha photographer David Radler in 2008. The photos of mostly Omaha-area survivors were commissioned by the Institute for Holocaust Education (IHE) in Omaha. These and several dozen others are property of IHE and comprise the new “Portraits of Survival” exhibit at the Nebraska History Museum in Lincoln.



Commemoration events scheduled for May 8, 9

By Andy Bradley
Contributing Writer

The Institute for Holocaust Education (IHE) will sponsor a special Holocaust commemoration event May 8 and 9 at Temple Israel, 13100 Sterling Ridge Dr. The synagogue is just south and east of 132nd and Pacific Streets, and is part of the Tri-Faith Initiative campus.

The two-day event, which is free and open to the public, will commence at 7 p.m. on May 8 with a candle lighting ceremony and a presentation from Avi Wisnia.

He is the grandson of Holocaust survivor Cantor David Wisnia, who is the subject of the 2023 documentary movie, “How Saba

Kept Singing.”

The movie tells the remarkable story of Wisnia’s perilous three-year survival in a concentration camp as a teenager; in the movie, he returns as a free man decades later to explore and reflect with his grandson, Avi. David Wisnia believed that he survived the horrors of Auschwitz by entertaining the Nazi guards with his beautiful singing voice.

This documentary will be shown on the next evening, May 9, at 6:30 p.m., followed by a discussion with Avi Wisnia and a live musical performance.

For more information, visit www.ihene.org.

--Photo Exhibit continued from page 4.

Broken Glass.” In November, 1938, Nazi sympathizers damaged or destroyed Jewish-owned buildings, synagogues, homes and hospitals throughout Germany and Austria. Historians view these actions as a prelude to the “Final Solution.”

The photographs of survivors have been displayed every November in the Eisenberg Art Gallery at the Omaha Jewish Community

Center. Now they can be viewed year-round through 2026 at the Nebraska History Museum, 131 Centennial Mall North, Lincoln.

The second exhibit traces the travels and escape routes of the Jewish creators of the fabulously popular “Curious George” children’s book series. The husband and wife team of Margret and H.A. Rey bolted from Nazi-occupied France in the early 1940s, traveling throughout Europe on bicycles one step

ahead of the Gestapo. They resurfaced in New York by way of Spain, Portugal, and Brazil.

Highlighting the exhibit are illustrations and excerpts from the 2005 book, “The Journey that Saved Curious George,” by Louise Borden and Allan Drummond.

Both of the exhibits, which are owned by the IHE, are supported by the University of Nebraska-Lincoln’s Harris Center for Judaic Studies.



COURTESY PHOTOS

“A lot of these people lived right in my neighborhood,” said photographer David Radler. “You would never know there was a survivor in your neighborhood. To be able to meet those people was just so profound and so moving for me.”



Camelot Friendship Center

You’re invited to visit the Camelot Friendship Center, 9270 Cady Ave., for regular activities, which include Chair Yoga, card games, Tai Chi, Pinochle, 10 Point Pitch, and bingo, this month’s events include:

- **May 4:** Last day to reserve a seat for Annual May Tea
- **May 8:** ENOA Presentation @ 11:45 a.m.
- **May 12:** Annual May Tea @ 11 a.m.
- **May 17:** Craft Day “Learn how to make Mexican Tin Art” @ 12:30 p.m.

• **May 19:** Music by Ben Tomasello compliments of Merry-makers @ 11:45 a.m.

• **May 29:** Camelot is Closed
Every Wednesday – Chair Volleyball @ 10 a.m.
Every Monday – Card Game: Manipulation @ 10 a.m.
Every Monday – Pickleball @ 10 a.m.

Grab N Go meals are available.
For more information, contact Barb at 402-444-3091 or barbara.white@cityofomaha.org.

Eclectic Book Review Club

The Eclectic Book Review Club, founded in 1949, is announcing its spring 2024 schedule of author appearances. Each event includes readings and discussion by the noted book’s author. The club will also be celebrating its 75th year with a series of events as a part of various monthly meetings.

The monthly meetings, which include lunch and the author book review, are held at noon at The Field Club of Omaha, 3615 Woolworth. The cost is \$16 per person per month.

To reserve a seat, call Jo Ann at (402) 571-5223.

Reservation deadline is the Friday morning prior to the Tuesday meeting.

Author for spring 2024 include:

- May 21- To be announced.

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I would like to become a partner with the Eastern Nebraska Office on Aging, and help fulfill your mission with older adults.

ENOA

- ☐ \$30 = 7 meals or 1.5 hours of in-home homemaker services or 1 bath aide service for frail older adults.
- ☐ \$75 = 17 meals or 3.66 hours of in-home homemaker services or 3 bath aide services for frail older adults.
- ☐ \$150 = 35 meals or 7.3 hours of in-home homemaker services or 7 bath aide services for frail older adults.
- ☐ \$300 = 70 meals or 14.63 hours of in-home homemaker services or 14 bath aide services for frail older adults.
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Traditional funding sources are making it more difficult for ENOA to fulfill its mission. Partnership opportunities are available to businesses and individuals wanting to help us. These opportunities include volunteering, memorials, honorariums, gift annuities, and other contributions.

These gifts are tax exempt.

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Elder Access Line

Legal Aid of Nebraska operates a free telephone access line for Nebraskans ages 60 and older.

Information is offered to help the state’s older men and women with questions on topics like bankruptcy, homestead exemptions, powers of attorney, Medicare, Medicaid, and Section 8 housing.

The number for the Elder Access Line is 402-827-5656 in Omaha and 1-800-527-7249 statewide.

This service is available to Nebraskans ages 60 and older regardless of income, race, or ethnicity.


The Legal Aid of Nebraska hours of operation are 9 a.m. to noon and 1 to 3 p.m. Monday through Thursday, and 9 a.m. to noon on Friday.

Omaha Fire Department

The Omaha Fire Department’s Public Education and Affairs Department will install free smoke and/or carbon monoxide detectors inside the residences of area homeowners.

To have a free smoke and/or carbon monoxide detector installed inside your home, send your name, address, and telephone number to: Omaha Fire Department, Smoke/Carbon, Monoxide Requests at 1516 Jackson St. Omaha, Neb. 68102.

For more information, please call 402-444-3560.



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Must meet income eligibility requirements.



Eastern Nebraska Community Action

A season of change and new life arrives: Spring

I love this time of year!

From the earliest signs of spring, there is an irrepressible quality to this new life. First come the crocuses, then the hyacinths and daffodils, followed by tulips and forsythia. Then the trees start to leaf and blossom. As these earliest harbingers of spring recede, iris, lilacs, flocks and peonies take their place. It is as if nature is creating its own beauty pageant. Each day reveals new life.

The irrepressible quality of life is also revealed in the human species. I remember that on the day of my mother’s funeral, my niece shared that she was pregnant. When my father died and was buried, another niece attended who, though I did not know it, was also pregnant. Now that my nieces and nephews are well into their adulthood and parenting years, it is so delightful to watch the next generation grow into unique persons. It won’t be long and they, too, will bring forth new lives, taking the place of me and my siblings in the world.

Conscious Aging

By Nancy Hemesath

As we move through the Third Chapter of life, physical vitality wanes. We cannot do all the things we once did without tiring. Though this is normal, some would see it as the diminishment of life itself. I would argue that another aspect of life is emerging, that of the inner life. As outer activity slows down, we have the space and time to attend to the inner life of our hearts and souls.

By taking time for quiet reflection, we notice patterns of thoughts and feelings. With less noise it is easier to attend to those things within and around us that bring us peace. For many this is a rich time of connection to their higher power. For others it may be a time to see one’s connectedness to the universe.

However we conceive of it, this time of reflective attention develops in us a life of wisdom that is worth

sharing.

As the cycles of life continue, we can see ourselves as participants rather than worrying about coming to the end of the line. Any wisdom and love we share lives on in those around us. I know the love and wisdom of my parents lives on in me every day. So too, memories of happy times and difficult events, are shared with friends and family, living on beyond any one life span. Our love, our wisdom and our shared memories are all part of our legacy. They are part of the irrepressible beauty of life. Life does not really end but is simply transformed.

(Hemesath is the owner of Encore Coaching. She is dedicated to supporting people in their Third Chapter of Life and is available for presentations. Contact her at nanhemesath@gmail.com.)

Taking a plunge in a pool

You already know that exercise offers numerous benefits to seniors, including improving your heart health, better flexibility and stronger muscles.

Plus, exercise can help lower the risk of injury and enhance our mood and mental acuity.

An exercise that is especially beneficial to seniors is swimming. Water exercises allow the elderly a way to get in better shape without putting added stress or strain on the body.

HEALTH BENEFITS OF SWIMMING FOR SENIORS

Swimming is an ideal workout for the elderly, mainly because it presents little risk of injury and is low impact. Water exercises work out all the muscle groups in the body, presenting a complete workout for seniors.

Here are just a few of the health benefits swimming offers to older adults:

- **Improves heart health.** Swimming makes your heart stronger, larger and improves your cardiovascular health and endurance. It will also lower your blood pressure, improve your circulation and help reduce the risk of heart and lung disease.
- **Gentle on the joints.** Because swimming is not weight-bearing, it’s easy on the joints for those who suffer from joint pain and discomfort. It’s a full-body workout that keeps the pressure off your hips, knees and spine.
- **Reduces the risk of osteoporosis.**

Swimming can improve bone mineral density (BMD), which will help fight osteoporosis. This is very important especially for women; a third of women over the age of 50 and a fifth of men experience a bone fracture due to osteoporosis.

• **Increases flexibility.** While stretching before and after exercising is a sure way to regain flexibility, the act of swimming itself can also help increase your flexibility in your hips, legs, arm and neck. It can also help improve your posture and alleviate back pain.

• **Improve muscle strength and tone.** Every time you move in the water, you’re putting every muscle group to work. Swimming is a great form of resistance training and can help improve your muscle strength- and you’ll also see long, lean muscle tone forming the more you do it.

• **Boosts mental health.** Swimming is a great way to reduce your stress levels, boost your mood, and increase your brain function. Plus, because swimming can be a social activity, you’ll avoid the feelings of social isolation and loneliness that can lead to depression in seniors.

There are four basic types of water exercises those of all ages can enjoy. Water aerobics is offered at many local gyms and fitness centers and are usually tailored to seniors. These usually entail water walking, dancing and other aerobic exercises that resemble classes on land.

(Information provided by American Senior Communities).

Fremont Friendship Center

You're invited to visit the Fremont Friendship Center, 1730 W. 16th St. (Christensen Field). The facility is open Monday through Thursday from 9 a.m. to 3 p.m. and Friday from 9 a.m. to 12:30 p.m.

A meal is served weekdays @ 11:30 a.m. Reservations, which are due by noon the business day prior to the meal the participant wishes to enjoy, can be made by calling 402-727-2815. A \$4.25 contribution is suggested for the meal.

This month's activities will include:

- **May 1:** Music with George and the Jrs @ 10:30 a.m.
 - **May 2:** Presentation from Nye @ 10 a.m.
 - **May 7:** Annual BIG GIVE
 - **May 8:** Music with Kim Eames @ 10:30 a.m.
 - **May 9:** Mobile Library @ 9:30 a.m.
 - **May 9:** Home Exemption Assistance
 - **May 15:** Homemade Cinnamon Rolls @ 9:15 a.m.
 - **May 15:** Music with Billy Troy @ 10 a.m.
 - **May 16:** Beginner Line Dance Lessons @ 9:30 a.m.
 - **May 16:** "Home Exercise" presentation with DPT @ 10 a.m.
 - **May 22:** Music with Pam Kragt @ 10:30 a.m.
 - **May 23:** Sing-a-long with Jeanne @ 10 a.m.
 - **May 27:** Closed for Memorial Day
 - **May 29:** Music with Bill Chraști @ 10 a.m.
 - **May 31:** Wheel of Fortune @ 10:30 a.m.
- Craft class on Tuesday afternoons @ 1:30 p.m.
Tai Chi offered every Tuesday and Friday from 9:15-10 a.m.

If you can't stay for lunch with our friends and you currently participate in any activity at the center, you may now order a Grab-n-Go meal to take home for your lunch. Grab-n-Go meals must be reserved the day before by noon and the person ordering the lunch must come in to the center to pick it up at 11 a.m. The number of Grab-n-Go lunches are limited to a first come first serve basis. Suggested donation is \$4.25.

For meal reservations and more information, please call Laurie at 402-727-2815.

Millard Senior Center

You're invited to visit the Millard Senior Center at Montclair, 2304 S. 135th Ave., this month for the following:

- **May 3:** Cinco De Mayo Celebration
 - **May 7:** Making Flower Arrangements @ 9:30 a.m.
 - **May 8:** Making sundresses and shorts to be sent to Haiti and to the Orphan Grain Train @ 9:30 a.m.
 - **May 10:** Making hats with buttons and jewelry
 - **May 13:** Bunco and treats @ 12:15 p.m.
 - **May 20:** Movie in Senior Center room, Lincoln Lawyer @ 12:15 p.m.
 - **May 21:** Archwell to discuss diet and how it affects blood pressure and overall health @ 10:45 a.m.
 - **May 27:** Closed for Memorial Day
- Coming soon: Farmers Market vouchers for June 2024.
Tai Chi on Mondays and Fridays @ 9:30 a.m.
Hand-N-Foot Wednesdays @ 8:30 a.m.
MahJongg Wednesdays @ 1 p.m.
Chair Volleyball Thursdays @ 9:30 a.m.
Dominoes Thursdays @ 12:30 p.m.
For more information, please call 402-546-1270.

Corrigan Senior Center

You're invited to visit the Corrigan Senior Center, 3819 X St.

The Corrigan Senior Center is open weekdays from 8 a.m. until 3:30 p.m. Lunch is served at noon. A \$4.25 donation is suggested for the meal.

BINGOCIZE is a new program Corrigan has implemented which focuses on fall prevention and nutrition education all while having fun playing BINGO.

Bingo is played every Monday and Thursday at 12:30 p.m.

Cards and puzzles is played every day of the week at 8 a.m.

Happy Hands meets on Tuesdays at 9 a.m. to work on crocheting, knitting, and macramé projects.

Call 402-731-7210 for more information.

Volunteer Connect offers a variety of opportunities

Do you have some spare time, a skill to share, and wish to contribute to your community? Private and non-profit agencies are looking for your help.

Please contact Tia Schoenfeld with the Eastern Nebraska Office on Aging's Volunteer Connect program at 402-444-6536, ext. 1045 for more information on the following volunteer opportunities:

- Royal Oaks Assisted Living is looking for volunteers to do a variety of things, including book clubs, gardening, and art.
- American Cancer Society is looking for volunteers. They have different opportunities for providing food or volunteering in Hope Lodge Omaha.
- American Cancer Society Road to Recovery program is looking for additional volunteer drivers, especially in Washington and Dodge Counties to transport cancer patients to and from their cancer treatment related appointments. More information about the program can be found

at cancer.org/drive.

- Ralston's Hollis & Helen Baright Public Library is looking for library volunteers.
- Food Bank for the Heartland needs volunteers to pack, sort, and stock to fight hunger Saturday mornings.



- QLI is looking for volunteers to assist residents with fishing when the weather permits. Fishing Buddies, please contact Jen Karolski 402-573-3738 or email jkarolski@qliomaha.com.
- Washington County Recycling Association (WCRA), 440 S 3rd St., Blair, gathers from 8 a.m.-noon on Saturday mornings and 1-4 p.m. Tuesday afternoons. WCRA is always in need of volunteers.
- 'Busy Lap Blankets' are needed.

Live Healthy

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Douglas County

Prescription Discount Card

Live Healthy

Prescription Discount Card

RxBIN:

RxPCN:

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This is NOT insurance.

FREE enrollment for Douglas County residents of all ages who are without prescription drug coverage.

AVERAGE SAVINGS OF 20%!

No age requirements.

No income requirements.

Unlimited use for the whole family.

No claim forms to fill out and no annual fee to pay.

This program is offered in a joint effort of Douglas County and the National Association of Counties (NACo).

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NACo

For more information call 1-877-321-2652 or visit nacorx.org

This plan is not insurance. Discounts are only available at participating pharmacies.

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First United Methodist Church

First United Methodist Church has some excellent adult curriculums available. They are free for any Christian group, which would like to study prayer, discipleship and beliefs.

Call First United Methodist Church at 402-556-6262 if you wish to receive more information about the list of the studies available.

The new spin on callback phishing

Earlier this month, the United States Federal Bureau of Investigation (FBI) released an official advisory about the rise of callback phishing attacks.

Callback phishing is when a phishing email directs you to call a number instead of clicking on a link.

Typically, if you call the number in a callback phishing email, the cybercriminal will try to trick you into providing sensitive information. The FBI’s recent advisory outlined a new and more dangerous tactic.

In this scam, cybercriminals send an email claiming that you have a pending

charge on one of your accounts.

If you call the number provided, the cybercriminal will guide you on how to connect with them through a legitimate system management tool.

System management tools are often used by IT departments to remotely connect and control your device. Once the legitimate software has been installed, cybercriminals can use it to sneak ransomware onto your device. With ransomware installed, sensitive information can be stolen and used to extort you or your organization.

Stay safe from similar scams by following the tips below:

- Be suspicious of emails that contain a sense of urgency. Cybercriminals use a sense of urgency as an attempt to catch you off guard and get you to click or act impulsively.
- Consider the context, timing, grammar, and other details of the email or call. For example, does your bank usually ask you to call in?
- Avoid calling phone numbers provided in emails. Instead, navigate to an official website to find the best contact number.
- Never send money to a bank account provided in an email. Instead, navigate to the organization’s official website to submit a secure payment.
- To verify the legitimacy of an invoice, reach out to the person who allegedly sent the email by phone or in person.

For more information, visit KnowBe4.com.



COURTESY PHOTO

After an 11-week class at Lackland Air Force Base, Russ Dillon became a certified military dog trainer in 1997. He’s been training dogs ever since.

Local dog trainer, trains dogs for families, therapy sessions and the police department

By Ron Petersen

Before a dog becomes a therapy dog or a police dog, the dog needs to be properly trained.

Certified military dog trainer, Russ Dillon, has trained dogs for 25 years and knew it was something he wanted to pursue when he went into the Air Force.

“From a young age I was able to read dogs. I figured out how to avoid aggressive dogs, and then I was able to put all of the pieces together once I got to the military,” Russ Dillon said.

After an 11-week class at Lackland Air Force Base, Dillon learned about dog behavior as well as modification techniques in 1997.

Once certified, Dillon deployed to various parts of the world supporting the secret service as well as other agencies. The last six months in the Air Force he was assigned as the trainer at Nellis. He set up training scenarios for military working dog teams as well as the Las Vegas Police Department’s K9 units. Once he came back to Omaha, he started working with family dogs in the area as well as doggie day cares. Dillon has helped doggie day cares in assessing dogs behavior as well as helping the staff to understand pack behavior. He taught puppy classes and helped the families start off on the right foot with their new dogs.

“When you work with families, they don’t have these hard driven dogs. You have to train them based on the family,” Dillon said.

Dillon has a unique approach including a system that he has developed through years of research and personal experience. Dillon will teach you what you need to know to do the same for your dog.

Through his experience, he will make sure you have a chance to apply what you are learning throughout the process. He’s

also a professional member of the International Association of Canine Professionals.

“I calculated that over 25 years I have trained about 12,000 dogs,” Dillon said. “In the last five years, I’ve trained about 6,000 dogs.”

Dillon has developed several programs, which include:

- Diabetic Alert Dogs
- Oxygen Assistance Dogs
- Balance Assistance Dogs
- Seizure Alert Dogs
- Companion Dogs
- PTSD Dogs
- Psychiatric Disorder Dogs

He not only works with dogs that go to families, but Dillon trains police dogs, dogs used for therapy along with rescued dogs that could be used as service dogs.

“I work with therapy dogs for police departments and even dogs that will go to different schools,” Dillon said. “One student that never talks to anybody, came up to pet a dog once. The student soon became comfortable and happy. It makes sense to have these dogs in schools and it’s a great asset. It creates constant therapy that a lot of people need.”

Other dog training services around the area include Pups with a Purpose, Dog Training Elite Omaha, DogPa K9 Training and Nebraska Dog Trainers. Each of these services are in place to help train dogs that are put into every situation.

“Trainers train the dogs with families that are local to them. I’m working with a Veterans home in Bellevue, to show them how to train their own dogs. Just basic stuff,” Dillon said. “I currently do not have any dogs, but if I do have a dog I usually have it for a year or two, train it, and then give it away.”

For more information about Dillon, visit his website at dillonsdogtraining.com or call him at 402-517-8892.

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Report Abuse and Neglect of the Elderly or Vulnerable Adults

Call **1-800-652-1999**

Nebraska Adult Protective Services



ENOA

*Calls can be made anonymously

Intercultural Senior Center

You're invited to visit the Intercultural Senior Center (ISC), 5545 Center St.

The Intercultural Senior Center facility – open weekdays from 8 a.m. to 4:30 p.m. – offers programs and activities from 8 a.m. to 2 p.m. from Monday to Friday.

The ISC offers a light breakfast, lunches, crafts, health presentations, exercise, language classes, citizenship, technology, gardening and more. The ISC also offers mental health support, medical assistance programs, and a food pantry service that can be delivered to your home.

Their Senior Advocate department can assist you with applications for health benefits, medical appointments, and other resources.

Is someone you love experiencing memory loss? The ISC can help you with this challenging journey. Ask about their new program “The Room of Colors.”

Have you had a difficult loss in your life? Have you been able to process your feelings and emotions? Join ISC on the 3rd Thursday of every month at 12:30 p.m. starting May 16th for their new Grief and Loss Support Group.

This month, older adults at the ISC can enjoy the outdoors and harvest fruits and vegetables thanks to the Garden Ambassador Program and the raised beds.

Celebrate Cinco de Mayo with them on May 3rd. They will have Mother's Day festivities on May 13th, and they encourage you to embrace diversity for Multicultural Day on May 21st. All events start at noon.

Also, the ISC SAVE bus can visit you at your home, for case management, new applications for health benefits, medical appointments, and other resources.

Enjoy coffee and chat every Friday between 2 p.m. and 4 p.m.

Lunch reservations are due by 9:30 a.m. A voluntary contribution is suggested for the meal. Their dining room will have lunch options available at 11:30 a.m., and after lunch, you can continue to practice your technology skills, attend crafts, and enjoy other fun activities.

Monthly food pantries are available for adults ages 50 and older.

For more information, please call 402-444-6529 or visit the ISC website at interculturalseniorcenter.org.

UNO Research Studies

The CAPACITY Lab in the Department of Gerontology at UNO is seeking participants for two research studies. The purpose of the study is to learn about the effects of the built environment on sleep.

The study will involve a series of in-person surveys about your sleep quality and home environment. This can take up to one hour, but most participants finish in less than 30 minutes.

Do you qualify? They are looking for people who: Live in Nebraska, are aged 60 years or older, identify as Hispanic/Latino and can speak and understand Spanish.

The second study is also to learn about the effects of the built environment on sleep. The study will involve online surveys about your environment, sleep, and caregiving support and it can take up to one hour, but most participants finish in less than 30 minutes.

Qualification is the same for the second study, but the participant must identify as Nepali, Bhutanese, Burmese, Karen, Myanmarese, or Hindi-speaking, support and care for another South Asian adult, aged 50 and older, and provide care in informal and unpaid relationships. Eligible participants might be a friend, family member, neighbor, or unpaid caregiver to the person they help or support.

You may have to take a screening survey. Compensation is available to those who complete the survey. If you are interested please call 402-554-2951 or email us at UNOCapacity@unomaha.edu.

Respite Across the Lifespan

Life can bring on stress for many of us. Finding ways to relieve stress are important to our overall health and well-being. Caregivers are not immune to this stress.

Please contact Respite Across the Lifespan at edben-nett@unmc.edu or 402-559-5732 to find out more about respite services and to locate resources in your area.

Ombudsman volunteer also takes time to volunteer for Meals on Wheels program and local church

By Ron Petersen

Humans are social creatures, and interaction with others is an essential part of life. From talking to family and friends, to working in a team at the office, human interaction is vital for humans to thrive. In today's digital world, it can be tempting to rely more on technology and digital communication, but there are many benefits to human interaction that cannot be replicated, which you can do by volunteering.

“It's very rewarding to volunteer, to meet these people and do something for them,” Eastern Nebraska Office on Aging (ENOA) Ombudsman Program volunteer and Meals on Wheels driver, Don Halsey said. “You might be the only person they see in a week and a lot of time they don't want you to leave.”

Don Halsey 84, who has been volunteering for ENOA over the last two years, wanted to get involved in the community and stumbled upon a few volunteer opportunities.

“I've always talked about finding more ways to volunteer, which I came up with the idea for being an Ombudsman volunteer and being a Meals on Wheels driver,” Halsey said. “I got into both of them.”

Every Monday, Halsey does his duties as an Ombudsman volunteer and then on Wednesdays and Fridays throughout the month, he participates in the Meals on Wheels program.

When it comes to the Ombudsman Program, Halsey acts as an advocate for residents in an assisted living facility.

“I found to have a real close relationship with the residents,” Halsey said. “Everyone treats me well.”

Then during the Meals on Wheels routes, Halsey has formed real relation-



NEW HORIZONS PHOTO
Through the Eastern Nebraska Office on Aging (ENOA) Ombudsman Program and Meals on Wheels Program, Don Halsey gets to volunteer and meet older adults in the Omaha community.

ships with the people he delivers meals to and said it's a joy to see them every week.

“I talk to each person I see for about 15 minutes every time I take them a meal,” Halsey said. “It's a wonderful feeling to see the expression on their face when you come through the door.”

Halsey said he is happy that he found ENOA and that this is something he said he will continue to do in the future.

“It's very fulfilling to volunteer and to help someone else out,” Halsey said. “Being able to see the expression on their face and being able to help them, it helps me as well.”

Come join us as a Senior Companion and bring a smile to a fellow senior in your community!



For information to become a Senior Companion Volunteer, call 402-444-6536.

Senior Services

Live life to the fullest, we'll take care of the rest.



omahaseniorcare.org
402-827-6000



We want to hear from you.

- Do you have questions about the Eastern Nebraska Office on Aging, its programs, or services?
- Do you have a comment about the agency and how it serves older adults in Douglas, Sarpy, Dodge, Cass, and Washington counties?
- Do you have a story idea for the *New Horizons* newspaper, or would you like to receive a **FREE** copy each month?

Please send your questions, comments, and story ideas to:

enoa.info@enoa.org

We appreciate your interest in ENOA and the *New Horizons*.



OMAHA SENIOR LIVING SERIES

MAY 2024 TOPIC:

POWERS OF ATTORNEY, GUARDIANSHIPS, CONSERVATORSHIPS AND THE BASICS OF FIDUCIARY ROLES

Wednesday
May 15, 2024
2.00 pm - 3.00 pm

Swanson Branch of the Omaha Public Library
9101 West Dodge Road
Omaha, NE, 68114

Speaker:

Elena Whidden
TS Prosperity Group

Call (402) 212-5282
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How Nebraska's new voter ID law will work

Nebraska's new voter ID law (LB514) requires all registered Nebraska voters to present a photo identification (ID) when voting in an election in the state of Nebraska.

Voter ID begins with the May 14, 2024, primary.

Every election in Nebraska after the May 2024 primary will require voter ID.

Photo IDs:

- Nebraska driver's license (from DMV).
- Nebraska state ID (from DMV).
- Nebraska college ID (public or private).
- Nebraska political subdivision ID (state, county, city, school, etc.).
- United States Passport.
- Military ID.
- Tribal ID.
- Hospital, assisted-living facility or nursing home record.

ID must have your name and photo. ID can be expired.

How voter ID will work:

- Voting in person at the

polls: Present a photo ID or vote provisionally.

- Voting early at the election office: Present a photo ID or vote provisionally.

- Voting early by mail: Write driver's license/state ID number on ballot application or enclose a copy of photo ID or reasonable impediment certification with your ballot application.

- Voting in by-mail precincts or by-mail special elections: Write driver's license/state ID number on ballot return envelope or enclose a copy of photo ID or reasonable impediment certification in your ballot return envelope.

Active-duty military members, active-duty military spouses, and citizens overseas covered by UOCAVA (Uniformed & Overseas Citizens Absentee Voting Act) are exempt from voter ID.

If you forget your ID, you will fill out a provisional ballot.

For your ballot to count, you will need to present a

photo ID to your county election office on or before the Tuesday after the election.

If you don't have an ID, you can get a state ID for free (for voting purposes) from the Nebraska DMV. You will need to bring certain documents to get a state ID, so check with the DMV website ahead of your visit.

If you need a copy of your birth certificate to get a free state ID, you can get a free certified copy of your Nebraska birth certificate from the Nebraska Department of Health and Human Services.

This is only available if you do not have an ID and need a state ID for voting purposes.

If you cannot get an ID due to disability/illness, religious objection to being photographed, or lack of documents to obtain a free state ID, you can complete a reasonable impediment certification.

Visit VoterID.Nebraska.gov for more information.

A simple drive provides support that saves thousands of lives

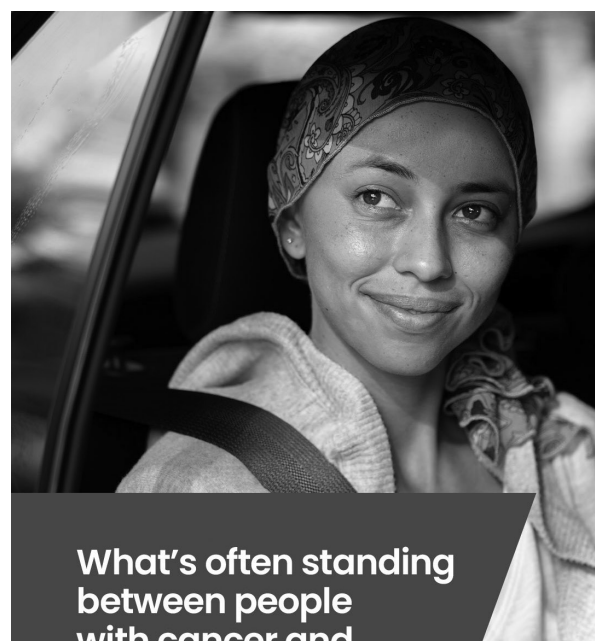
This year, an estimated 11,790 people will be diagnosed with cancer in Nebraska. What's often standing between them and lifesaving treatment is a ride to get there. Many patients must schedule daily or weekly appointments for several months, keeping friends and family from being able to provide all the support needed.

The American Cancer Society provides free rides to treatment for people with cancer. The American Cancer Society is actively working to recruit more volunteers in Northeast Nebraska, especially in Sarpy, Washington and Dodge Counties and serve the needs of people with cancer in Nebraska.

"Volunteering as a Road To Recovery® driver will put you at the heart of the American Cancer Society's mission and fulfill a critical need for cancer patients. Even the best treatment can't work if a patient can't get there," said Amy Kralicek, Associate Director of Community Implementation for the American Cancer Society.

Volunteer drivers must be between the ages of 18 and 84, have a valid driver's license, pass a background check, have access to a safe, reliable car. All volunteer drivers are strongly encouraged to stay up to date with COVID vaccinations.

Change someone's life in as little as one hour a week by ensuring a ride is available, so care isn't stopped or delayed. Connect with us at cancer.org/drive or call us at 1-800-227-2345 to learn more about Road To Recovery volunteer opportunities in your area.



What's often standing between people with cancer and lifesaving treatment is a ride to get there.



COURTESY PHOTO

The American Cancer Society is on a mission to free the world from cancer.

They invest in lifesaving research, provide 24/7 information and support, and work to ensure that individuals in every community have access to cancer prevention, detection, and treatment. For more information, visit cancer.org.

Fitness is for everyone: Adaptive Physical Fitness

By Ron Petersen

Adaptive Physical Fitness is a fitness, nutrition and healthy lifestyle program that individualizes one’s needs based upon their physical or mental capabilities. They specialize in adapting their programs to people with development disabilities, physical disabilities and individuals’ goals. Adaptive Physical Fitness is driven to help anyone meet their fitness, nutritional or overall life goals.

The founders of Adaptive Physical Fitness, Brandon and Jill Herring, who have worked in living facilities, started Adaptive Physical Fitness with the goal to give people a chance to learn and enhance their physical fitness.

“We do everything when it comes to flexible, mobility and injury prevention training,” Brandon Herring said. “We can be a personal trainer for people in one-on-one sessions, we can work with people through group classes and we teach people about nutrition.”

In 2015, the Omaha native, realized that not many fitness industries focus on functional training, which is a specific type of training that you do to help people with daily life activities and prevent injuries. Herring started by incorporating these group style exercise classes into activities from everyone at the senior living facility.

Over time he started to go to other senior living facilities on his days off to teach and coach injury prevention classes for their residents as well.

In 2017, he went back to school for Medical Imaging, which gave him a better understanding on the medical aspect on how to approach people’s care or fitness lifestyles.

“All while in school I would still have clients that I would go to their homes and do injury prevention sessions, personal training sessions, and help with nutrition. During that time, I really saw a need for me to do this type of training, for most of this population does not have access to go to a gym, senior living facility, or have transportation to leave their house,” he said. “So, I took it upon myself to take all the equipment needed to my clients instead. All while doing that, I still taught a few classes at certain retirement homes as well.”

Two years later, he became Head of Delegation (HOD) for the Special Olympics team, the Omaha Penguins. While training those athletes he saw a need to help people



with developmental disabilities learn about good healthy lifestyle choices and fitness.

“While volunteering as the HOD for the Penguins I started to get interest from people about injury prevention training and personal training. Over the years, I would go to people’s homes to perform this session,” Herring said.

After sitting down with his wife, they decided to see where this adventure of Adaptive Physical Fitness would take them, and they turned it into a reality in 2023.

“I had such a rewarding feeling working with people that I wanted to do this every day,” Herring said. “So far, it’s been great. It’s definitely taken off.”

Adaptive Physical Fitness offers four different services, which includes individual personal training sessions, small group training sessions, injury prevention session, nutrition planning and most notably, at home training sessions.

“I go to 95% of people’s homes. Most of the people I work with don’t drive anymore, do not like to drive or they don’t like to socialize. I bring the equipment to them, so they don’t have to go out of their comfort zone,” Herring said. “I focus on functional, everyday life. I want you to be able to bend down to pick up something you dropped. Everyone has shoulder and knee pain, so I focus on not relying on medication. I want them to utilize fitness and use mobility training.”

Although this dream of becoming a business started last November, Herring can see a great future for Adaptive Physical Fitness.

“We started off doing this on the side but now we are doing this fulltime,” Herring said. “We take great pride in helping people and most of all building that relationship in the senior community. We feel like this community is forgotten about because of their age, yet age is just a number.”

For more information, call Brandon Herring at 402-515-1376.

Programs changing this month at AARP NE Information Center

By Tony Harris
AARP NE Information Center

Have you ever wanted to learn more about technology or how to use your devices?

On May 15 at 1:30 p.m., anyone is invited to attend the AARP Nebraska Information Center’s monthly program to hear from Krystal Rider, the Executive Director of Omaha’s Do Space. The Do Space is

Omaha’s technology library and is open to everyone in the community.

Someone from Do Space will talk about the innovative programs they offer for the community, including programs designed specifically for older adults to learn more about technology in a friendly, comfortable way.

The Information Center is open on Tuesdays, Wednesdays and Thursdays from 10 a.m. until 4 p.m.

If you are interested in becoming more involved, stop by the Information Center to learn more about the many opportunities to get involved in the community by becoming an AARP Nebraska volunteer.

For more information call the Information Center at 402-916-9309.

King Crossword

- ACROSS

1 Melville captain

5 Male swans

9 Luau dish

12 Humorist Barry

13 Med. plan options

14 PC program

15 Barrel bottom bit

16 Concerning

17 Old Olds

18 Voice in an iPhone

19 Half of XIV

20 Rooters

21 Formerly called

23 "Morning Edition" aier

25 Humidor contents

28 Salad base

32 Maxim

33 Sean of "Rudy"

34 Bequest
- 36 Surround with light

37 Judge Lance

38 Approves

39 Iowa crop

42 WWII service member

44 "See ya!"

48 Some

49 "Legally Blonde" role

50 Branches

51 Wish other-wise

52 Intend

53 Harvest

54 Curvy letter

55 "Garfield" dog

56 Catches some rays

DOWN

1 Totals

2 Mata —

3 Say it's so

4 2013 Keira Knightley film

5 Sour cream tidbits
- 6 Hotel chain

7 Ho-hum

8 Away from NNW

9 Brazilian rubber

10 Frank

11 Wall St. debuts

20 Clean slate

22 Upright

24 Bit of mischief

25 Baseball's Ripken

26 Chemical suffix

27 Joke

29 JFK info

30 Goose egg

31 — -cone

35 Cried in pain

36 Tertiary Period epoch

39 Give a darn

40 Burden

41 Deli loaves

43 Jai —

45 Bailiwick

46 Eliot Ness, e.g.

47 Nile vipers

49 Punk rock off-shoot

1	2	3	4		5	6	7	8		9	10	11
12					13					14		
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54					55				56			

This Month’s Crossword Puzzle

	5		1					7
3			4	2			9	
		2			9	6		
	7	3	6			8		
8					1		5	
	9			5				4
2			3					9
	4				6		8	
		5		8		7		1

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

This Month’s Sudoku

Saving money on prescriptions

Last month was a review of how the Medicare Drug programs are set up, and who should apply for Extra Help. Even if you don't qualify for financial assistance, here are some practical strategies to help you save money on prescription medications.

Remember, if you use any type of discount cards or resources outside of your Prescription Drug plan, your costs will not count towards your Deductible nor towards your Maximum Out of Pocket.

WORK WITH YOUR HEALTHCARE PROVIDERS

Your Pharmacist and Physician can provide valu-



able insights on cost-saving tips related to your specific medications. Ask about potential generic alternatives, switching to 90-day supplies, or utilizing pharmaceutical company discount programs. Hospital-based social workers can help you find both local and federal assistance programs that can help with medication costs,

along with manufacturer savings programs for chronic conditions such as cancer.

USE A FREE PRESCRIPTION DISCOUNT CARD OR COUPON

Some of the most popular programs are GoodRx, SaveOnRx, Blink Health, SingleCare, and WellRX. It's worth noting that the Federal Trade Commission recently filed a complaint against GoodRx, alleging that the company violated the law by sharing personal health information about its users. GoodRx has agreed to pay a \$1.5 million fine and stop sharing sensitive data with advertising companies.

JOIN A PAID PRESCRIPTION SAVINGS PROGRAM

With all the free prescription medication savings programs out there, you might wonder whether paid services are necessary. It might come down to your personal preference, especially if you have a long-term relationship with a local pharmacy like Walgreens, which offers a \$20 per year prescription savings club.

Or you could already be a member of a service like Amazon Prime, which has recently launched a prescription savings program for its members. While anyone can sign up for Amazon Prime, you'll have to weigh the hefty \$139 annual membership fee if you're only signing up for the prescription savings and not using other Prime services like video or two-day shipping.

Before investing in a paid program, compare the savings (minus the fee) with free prescription drug savings programs.

GO DIRECTLY TO THE MANUFACTURER FOR DISCOUNTS

If the medication you need is a name brand without a generic available or if you prefer to use the name brand, you could find discounts directly from the drug manufacturer — but you typically must meet certain criteria.

EXPLORE ONLINE RESOURCES

You can visit the NeedyMeds website to search for medications by diagnosis or condition. You can review different drug manufacturer savings programs, find coupons, and

explore rebates.

RXAssist is a database that allows you to search individual drugs and compare prices by pharmacy. Physicians can also use RXAssist to find drug safety net programs or representatives who can offer coupons or drug samples. To qualify for most patient assistance programs, you'll need to be uninsured, a U.S. citizen, and meet income guidelines. For example, to qualify for Pfizer's prescription assistance programs, income guidelines will vary by medicine, but start at "400% of the federal poverty level, adjusted for family size."

THE PATIENT ACCESS NETWORK (PAN) FOUNDATION

The (PAN) Foundation is a non-profit organization based in the United States. Its mission is to help Americans pay for medical procedures and alleviate the financial burden associated with healthcare expenses. PAN focuses on supporting individuals living with life-threatening, chronic, and rare diseases. These patients often face significant out-of-pocket costs for their prescribed medications. PAN covers more than 70 diseases. If you're dealing with a specific condition, check if there's a relevant disease fund that can help you. PAN also provides financial aid for transportation costs related to medical appointments.

USE AN ONLINE MAIL-ORDER PHARMACY

Check out online pharmacies like Mark Cuban's Cost-Plus Drug Company, Blink Health, GeniusRX and DiRx. While you likely won't be able to use your insurance at these online pharmacies, you might find that paying out of pocket will be at a lower price than you'd pay using insurance.

A downside to mail-order pharmacies is that you won't get your meds right away. If you need a medication right away, you'll need to fill your first prescription locally and then transfer your prescription to the mail-order pharmacy.

KNOW YOUR INSURANCE FORMULARY

With so many prescription drugs on the market, it's hard for you or your doctor to know what will be covered by your pre-

scription plan. But you can better equip yourself to save with your insurance plan's formulary (the list of drugs covered by a prescription plan) at your side. When you get a new prescription, call your local insurance agent so she can look it up for you to see where it is on the formulary and what your co-pay will be.

BUY FROM CANADA

One of the most compelling reasons to consider buying prescription drugs from Canada is cost. Unlike the U.S., Canada regulates drug prices, resulting in significantly lower average costs for consumers. The Patented Medicine Prices Review Board (PMPRB) ensures that prices remain reasonable. As a result, American drug prices are, on average, 218% higher than their Canadian counterparts, even though the products are often identical. Canadian drugs undergo rigorous testing for safety, like the United States. Health Canada, akin to the FDA, ensures the safety of Canadian drugs. Canadian pharmacies require a prescription from an authorized Canadian practitioner. However, American doctors can call or fax prescriptions to Canadian pharmacies through a process called "cosigning." For the most part, if drugs require prescriptions in the U.S., they are only available by prescription in Canada as well. Remember to consult with your healthcare provider and explore reputable Canadian pharmacies for a reliable experience.

The important thing to remember about prescription medication is that you will always be your own best advocate, and it's okay to ask questions of your doctor and pharmacist about any medication you're prescribed. You might be surprised how a single conversation about drug costs can help you and your healthcare providers find savings — both today and in the future.

Mary Hiatt is President of Mary the Medicare Lady (A non-government entity.) She offers Medicare 101 Educational Workshops in the community at no charge. See www.hiattagency.com or contact licensed independent agent mary@hiattagency.com or call or text 402 672 9449 for more information.



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Living through loss and grief: One old man’s precipitous fall into the abyss, journey back

Jerry Smither’s story of loss and grief and long, slow journey back from the quagmire. It’s not meant to be advice. It’s not a “how-to” or a smiley face in sad times. It’s a story he hopes will help in some way.

By Jerry Smithers

Everything changed for me at 6:47 pm, July 29, 2020. She took two shallow gasps and died, as I’d known for several years she would. As peaceful as her passing was, as prepared for it as I’d tried to be, the thunder and violence of that moment shook me to my core. “I’m 77 years old. How am I going to live without her?”

THE FIRST 6 MONTHS AFTER LINDA’S DEATH

Moments after Linda died, I sobbed into my step-son’s shoulder, “This is the hardest thing I’ve ever done.”

The bottom of my world had dropped out and I was falling into the bottomless pit of grief and self-pity. I’d been abandoned. Despite being surrounded with loving family and friends, I was completely alone in a dark place I’d never visited until that moment. It was the first time after losing my wife of 33 years and the woman who had grown me into a fully self-realized individual. It wouldn’t be the last time. Not by a long shot.

“Embrace the grief, Dad,” I was advised by my older son. “It’s going to take over at times and you’ll only be hurting yourself if you fight it like I did.”

He’d lost his first wife following a return of her melanoma after a five-year hiatus. With three school-aged kids at home and while building a career, Ben had tried to bypass any grief by “managing” life at home. There were problems. Some obvious. Some that wouldn’t show up for a while. “It wasn’t fair to them or me,” he told me.

I took his advice to heart or tried to. It probably helped, if only by being a tiny foundation stone for building a life living alone.

As Linda had slipped more rapidly into decline, I gathered a circle of family and friends. I hadn’t intended it to be a support group, which it turned out to be and is to this day. Rather, I had intended it to be a kind of email chain letter update to

keep those who cared deeply about Linda involved in her/our day-to-day progress. It seemed to me those who had known her years before I met the woman who would become my wife deserved to be included. That way they wouldn’t feel locked out, much as you are when you can’t visit someone close to you who is hospitalized. Of course, it was even more true with her kids and their families. And I realized it was emotional therapy of a kind for me as much as for the others.

Linda’s death had been inevitable. There was nothing I could have done about it except stay close and involved and connected, which I did. That worked for me. I understand it would be hard for some men to do and impossible for others. That’s the problem and why I’m writing this.

The moment that irreplaceable person leaves us is the moment many men begin to fall away from life. I only have to look around the retirement community I live in to see that it’s true which, on the surface, seems odd because this is a happy place.

It’s as if at the moment that person leaves us someone holds up a sign that reads, “Break Now – Steep Drop-off Ahead.”

And as men we often just don’t know what to do. So, we do nothing. And the storm clouds immediately close in.

I’ve only recently read something I wish I’d been given sooner. It helped in the early months of what I now think of as my recovery. “Everything in life is temporary. Nothing lasts forever. If something is going well, enjoy it while it lasts. If it not going well, it’s not the end of the road, it’s merely a bend in it.”

THE NEXT 9 MONTHS

I stayed in my house for over a year. I had a dog and a cat I loved. They were good company in sad times. I was comfortable (physically) and stayed busy running the house, paying bills, doing laundry, ordering from Amazon, taking pets to the vet and all the everyday things one does in retirement. Hard as it was to concentrate, I also continued my virtual consulting business. And I phoned and texted and emailed each

day. The act of consistently reaching out to those who had circled the wagons around me was something for me to hang on to when the world would go all white and wacky and impossible.

I knew I couldn’t live on restaurant food, and I hated grocery shopping alone, especially during Covid. I needed an alternative.

I came up with three: Learning to cook with an Instant Pot. Making arrangements with a caterer for home delivered meal entrees and sides once a week and ordering groceries online and having them loaded into my car with parking lot pickup.

As fall approached the urge to get out from under owning a home grew stronger. I began visiting retirement communities. I visited three communities in Lincoln and another three in Omaha, where Linda and I had lived for many years. Figuring I could live in either city, I made a list of pros and cons for living in each. When I tallied it all up Legacy Estates in Lincoln was the clear winner.

AN EMERGING SENSE OF PURPOSE

Some men find their faith is tested or broken by the death of a wife or partner. Mine wasn’t. If anything, my faith was ramping up, maybe because I wanted or needed to find something worthwhile. And I began to sense there was something going on. Something I could neither ignore nor explain.

I’d known about a large, long established protestant church in Lincoln. It was known for many things, but its music program is what drew me to it. Attending church at First Plymouth Congregational was like a master class on how to grow my decades old relationship with God.

Over a period of about two years, as a member of First Plymouth two things were happening. I’ll try to keep this short.

First: I’d gone through about seven years of significant medical challenges, everything from colon and prostate cancer to anaphylactic shock to bypass surgery to radiation proctitis and on and on. In some of my darkest hours I began to hear family and friends say things like, “You’re the most positive person I’ve

ever known” and “I don’t know how you stayed so positive and made it through everything you’ve survived.”

Without trying, my natural positivity kept showing up. I have nothing to do with my positivity. I didn’t create it, nor can I control it. It is God given and channels through me to others.

Second: Through a series of realizations, I’ve come to understand why I’m still alive and intent on casting positivity out into the world. I promise not to get “preachy” here. I have pledged my remaining years to finding ways to serve others. It seems it is the only thing of value left for me to do.

WHAT NOW

Please pay attention to this next part. As men we’re supposed to be tough and not all “girlie” about the things that can harm us. Lots of men seem to think talking at breakfast is verboten. Sure, some talk but many here spent most of their lives on a farm or ranch. The unwritten law seems to have been, “Don’t have time for talkin.” For the life of me I can’t figure out what’s so bad about having a conversation.

“I never thought she’d be the first to go. I always thought it would be me.”

So, now take that stoic M.O. and hand a man the loss of the single most valuable person in his life (except maybe kids or grand-kids) and what you have, in too many cases, is sadness and fury and resentment and self-pity that can’t stay buried, no matter how hard Mr. Tough Guy tries.

Terrible fact: The National Library for Medicine has published a study showing the fastest-growing demographic for suicide is lonely old men.

Over and over, I’ve heard men in my retirement community say, “I’ll deal with it when I have to.” That belief is old school and not good. We don’t live in the “back in the day” world. Like it or not, we live in the “right here, right now” world.

Men who have lost or are about to lose their spouse/partner have a choice to make. Talk about it and let off some of the steam that’s there now or surely will be. Or keep it bottled up with all that putrid anger and self-pity — and maybe self-loathing — eating more and more of what’s left of you.

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redcross.org/smokealarmIA



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of your house

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from a house fire

EVERY 40 MINUTES
a fire injury
is reported

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INSTALL SMOKE ALARMS.

MAKE A FIRE ESCAPE PLAN.

Pharmaceutical-grade CBD products have advantages

By Max Swiniarski, UNMC PharmD Candidate

CBD (Cannibidiol) products have become increasingly popular among many who seek alternative treatments for their chronic conditions. These products can be seen sold at dispensaries, gas stations, and even online in some cases, but few know that much of this CBD is not very pure, making its effects not incredibly reliable. Pharmaceutical-grade CBD that utilizes a patented liquid structure has started to appear on the shelves of pharmacies and clinics, but what makes this CBD different from your average gas station CBD?

CBD is extracted from a very similar plant that THC (Tetrahydrocannabinol) is extracted from, but these are two very different substances. CBD is extracted from a cannabis “hemp” plant while THC is extracted from a “marijuana” plant. CBD has medicinal properties with no psychoactive effects while THC offers medicinal benefits as well but also has psychoactive effects. The main issue with extracting CBD from a hemp plant is that it does have a very small amount of THC (approximately 0.3%), which your average

CBD products will contain. On the other hand, pharmaceutical grade CBD, such as AquasolRx products, contains no THC making it extremely pure. Additionally, dosing is consistent which in turn makes it much more likely to be beneficial in helping the consumer. This purity and consistent dosing are made possible by AquasolRx’s patented liquid structure, which is not something you will find in any other CBD product. Many consumers are hesitant to try CBD products because of this negative

stigma that they may induce a euphoric feeling, but this is no concern when it comes to these THC-free CBD products. You can use these CBD products without having to worry about having THC in your system while enjoying the benefits that they may provide. These pure, pharmaceutical grade CBD products come in many different forms that can target different parts of the body. The AquasolRx CBD products come in the form of a softgel capsule, a gummy, and even a topical cream. Patients who are seeking to

use CBD for pain, insomnia, anxiety etc. may find that the oral products can be very beneficial to them, while someone looking for relief from joint or muscle pain may use the topical cream. Another benefit of using these AquasolRx products is that you don’t have to worry about tasting any CBD oils, which is how CBD commonly comes at other stores. The softgel capsules utilize a patented liquid structure, allowing the CBD to enter your bloodstream efficiently in capsule form. The gummies also deliver a consistent dose of CBD into your system while tasting like candy with little to no taste of any CBD oils. The topical cream is also known to have a cooling effect on the skin because of the menthol added in its formulation to better enhance the positive effects.

(David Kohll of Kohll’s RX)

Florence Senior Center

You’re invited to visit the Florence Senior Center, 2920 Bondesson St. At the Florence Senior Center, lunch is served at 11:30 am. A select menu is offered Monday thru Friday. Meal reservations must be made one day in advance. Please call by noon the day before for a meal reservation. The center hosts activities such as Tai Chi, annual picnics/special events, bingo, cards, gym & game room access, special guest speakers and socials. They also provide health and nutrition programs. For more information, please call Colleen Metz @ 402-444-6333.

Ralston Senior Center

You’re invited to visit the Ralston Senior Center, 7301 Q St., Suite 100 this month for the following:

- **May 1, 15 & 22:** Bingo @ 12:15 p.m
- **May 3, 10, 17, 24 & 31:** Double Deck Pinochle or other cards at 9:30 a.m.
- **May 8:** Board meeting @ 9:30 a.m.
- **May 9 & 23:** Bingo @ 1 p.m.
- **May 29:** Music provided by John Worsham from Merrymakers.

Contact Ron Wilson @ 402-734-3421 for further information.

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Flaherty Senior Consulting

Caring for a loved one is difficult, and the challenges are amplified during a pandemic. Join Flaherty Senior Consulting for a series of Solutions Group gatherings that will address the questions and challenges caregivers face.

Solutions Groups provide opportunities for caregivers to learn how to deal with various issues, obtain skills and knowledge, engage in discussions, and interact with others in similar circumstances.

Upcoming meeting dates and locations are:

- **May 14, July 9, Sept. 10, Nov. 12**
St. Vincent de Paul Church
14330 Eagle Run Dr.
- **May 18, July 27, Sept. 28, Nov. 30**
Faith Westwood
United Methodist Church
4814 Oaks Ln.
- **June 19, Aug. 21, Oct. 16, Dec. 18**
St. Timothy Lutheran Church
93rd and Dodge streets
- **June 6, Aug. 1, Oct. 3, Dec. 5**
The Servite Center of Compassion
72nd St. and Ames Cr.

The Solutions Groups are facilitated by Nancy Flaherty, MS, CDP, president of Flaherty Senior Consulting. She has extensive experience working with family caregivers and caregiver groups.

Registration is required to attend each gathering. Masks are mandatory and social distancing will be observed.

Visit flahertyconsulting.net or call 402-312-9324 for more information.

Flaherty also provides private consultations with family caregivers to help them develop individual plans for their loved ones.

For information on private consultations, Solutions Group meeting times, and/or to register to attend a Solutions Group, email Nancy at flahertyconsulting@cox.net or call/text her at 402-312-9324.

La Vista Senior Center

You're invited to visit the La Vista Senior Center, located at 8116 Park View Blvd. The facility provides activity programs and meals Monday through Friday from 8 a.m. to 5 p.m. Please call 402-331-3455 for general Community Center hours.

Meals are served weekdays at 11:30 a.m. Reservations are due by noon the business day prior to the date the participant wishes to attend and can be made by calling 402-331-3455.

A \$4.25 contribution is suggested for the meal if you are age 60 and older. If you are under age 60, then the meal cost is \$11.

In addition to meals being served daily, the La Vista Senior Center offers a variety of activities such as: Bingo, outings, cooking classes, computer classes, movies with popcorn, arts and crafts, a variety of card games, quilting, tai chi, exercise classes, musical entertainment and various parties.

Please visit our website at cityoflavista.org/seniors for updated information or call 402-331-3455.

9	5	8	1	6	3	4	2	7
3	6	7	4	2	5	1	9	8
4	1	2	8	7	9	6	3	5
5	7	3	6	9	4	8	1	2
8	2	4	7	3	1	9	5	6
1	9	6	2	5	8	3	7	4
2	8	1	3	4	7	5	6	9
7	4	9	5	1	6	2	8	3
6	3	5	9	8	2	7	4	1

This Month's
Sudoku Answers

A	H	A	B		C	O	B	S		P	O	I
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D	R	E	G		I	N	R	E		R	E	O
S	I	R	I		V	I	I		F	A	N	S
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C	I	G	A	R	S			G	R	E	E	N
A	D	A	G	E					A	S	T	I
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C	O	R	N		W	A	C		T	A	T	A
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R	U	E			M	E	A	N		R	E	A
E	S	S			O	D	I	E		T	A	N

This Month's
Crossword Answers

The quiet killer stalking the roads: Drowsy driving

Recently published research from the AAA Foundation for Traffic Safety revealed the shocking lethality of drowsy driving.

The study, based on in-depth crash investigations and national fatal crash data, estimates that drowsy driving is a factor in roughly ten times as many traffic fatalities as traditional crash data indicates.

"This study should be a wakeup call for drivers to not underestimate the dangers of drowsy driving," said Brian Ortner, spokesman, AAA – The Auto Club Group. "Whether you're driving to work or taking the family on a road trip, stay alert or get off the road."

According to the new Foundation study, drowsy drivers were involved in:

- 18% of all traffic fatalities between 2017 and 2021, accounting for nearly 30,000 deaths.
 - 6,725 estimated deaths in 2021 alone.
- These figures are far higher than official government statistics, highlighting the underreported nature of drowsy driving crashes.

According to NHTSA, there is agreement across the traffic safety, sleep science, and public health communities that the impact of drowsy driving is underestimated.

According to the CDC, drowsiness impairs drivers in different ways:

• **Reduced alertness:** Makes it harder to react quickly to hazards. Just one hour less than the expert-recommended minimum of 7 hours of sleep increases a driver's risk of crashing.

• **Impaired judgment:** Increases the risk of making poor decisions on the road. Sleep deprivation increases a driver's risk of making many ordinary mistakes, leading to crashes. Those deprived of sleep by 4+ hours have an impairment similar to those over the legal BAC limit.

• **Hazardous Microsleeps:** Can cause momentary lapses in consciousness, leading to loss of control of the vehicle and failure to respond to dangers on the road.

• **Self-Perception of Drowsiness:** Previous Foundation research found that drivers often underestimate their drowsiness, putting themselves and others at risk.

WARNING SIGNS OF DROWSY DRIVING

- According to the CDC:
- Frequent yawning or blinking
 - Trouble remembering the past few miles driven.
 - Missing your exit.
 - Drifting from your lane.
 - Hitting a rumble strip on the side of the road.

(Information provided by AAA Foundation for Traffic Safety).

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91-year-old water aerobics instructor provides motivation to a local YMCA

By Ron Petersen

Just like land-based exercise, water aerobics and swimming can be effective strategies for improving cardio fitness, building strength, boosting your mood, easing joint pain, sleeping better, and reducing your risk for diseases like heart disease, diabetes, and even cancer.

In addition, water-based exercise offers some advantages you can't get on land, which is preached by 91-year-old water aerobics instructor, Constance Carr.

"It makes you energetic — water is a wonderful place for you to exercise," Carr said.

Omaha native, Constance "Connie" Carr, experienced rheumatoid arthritis as a teenager and needed to find a way to build strength, ease stiff joints and relax her sore muscles.

Her doctor turned her to water aerobics, and she never looked back.

"I was determined to do everything in the water," Carr said. "I lived in the water."

To this day, you can find the 91-year-old in and around the water,



NEW HORIZONS PHOTO

Constance "Connie" Carr, 91, leads a water aerobics class three days a week at the Butler-Gast YMCA.

at the Butler-Gast YMCA, where she leads a water aerobics classes three days a week, for 45 minutes.

"I teach the largest class at this

YMCA — we average about 20 people per class, and they are all my family," Carr said. "To teach them at my age, you can make it to 91 if

you do the right things. You have to have a positive way of thinking about yourself."

She's been a volunteer water aerobics instructor since 1995, when they first opened the Butler-Gast YMCA.

"I wanted to volunteer and give back," Carr said. "If you do exercises in the water and have a good diet, then you are going to stay healthy."

In 2001, for the impact she made at the YMCA, Carr was named Volunteer of the Year.

"She is very good," Carr's youngest sister and participant in the water aerobics class, Lynette McCowen said. "She will keep you in shape — she looks like she absolutely enjoys being an instructor."

While being a water aerobics instructor is something Carr wants to do in the future, to stay active, Carr bowls once a week at Maplewood Lanes and works on her garden regularly.

"Whatever God wants me to continue to do, then I am going to do it," she said. "Be good to yourself and always give back. When you give back then good things will happen."

Radio Talking Book Services celebrates 50 years of service

By Ron Petersen

Radio Talking Book Service (RTBS) is celebrating 50 Years of Service in 2024.

They are excited to continue to serve their listeners with a mission to connect individuals who are blind, low vision, or print impaired to news, information, arts, and culture through the human voice and technology.

"I find it astonishing that we are celebrating 50 years. The folks that brought this here to Omaha were such forward thinkers that they really led the way," RTBS executive director, Bekah Jerde said. "Since its inception, we have always had blind station managers and even one of our first directors was blind. They lend a certain amount of insight that is invaluable to the organization. We also try hard to have representation on our board. We also have three folks that are blind or have low vision."

Through human connection, RTBS enables all people to remain active and engaged in their community.

Founded in 1974 by Dr. Craig Fullerton, Radio Talking Book Network (RTBN) is Nebraska's Audio Companion and only radio reading service.

Over 80 volunteers read newspapers and magazines, and their diverse voices are broadcast across Nebraska and southwest Iowa over the radio and internet to our 12,000 listeners.

In 1992, RTBS partnered with Junior League to add Listening Link, an educational reading service, providing audio versions of textbooks and course material necessary for academic success.

In 2016, RTBS started streaming, which made it easier for listeners who had internet, to listen to the radio station without static.

"Streaming massively changed the way we were able to meet the needs of our listeners," Jerde said. "We were able to get into care facili-



NEW HORIZONS PHOTO

Bekah Jerde, Radio Talking Book Service executive director, reads a newspaper in one of the RTBS studios.

ties with one device."

Six years later, RTBS developed an Alexa Skill so listeners with their voice, could find out the program schedule or listen in live.

"We keep trying to evolve with what technology has to offer," Jerde said.

RTBS was thrilled to announce the addition of their newest service, Audio Description (AD) in 2023. RTBS partners with community venues to provide equal access to programming and events through audio description services. From Broadway to ballet, trained describers provide live AD for theater performances, exhibits, parades, and more.

"The program was set down in 2022, so we swooped it up last year," Jerde said. "It's been really cool, and our listeners have really benefited from it."

Join RTBS in celebrating by stopping by for a

tour of the RTBS studios during the Spring Open House on May 16 or the Fall Open House on October 17.

There will also be a night filled with stories about RTBS, past and present, honoring volunteers and programming highlights during the 50 Years of Service Celebration at Benson Theatre on September 18.

"We have so many people to thank including our volunteers who have been committed and dedicated for so long. They have truly been the heart of what we do," Jerde said. "It's amazing and I am so excited. A lot of the work we have done over the last nine years have set the stage as for how we can stay relevant and move into the next 50 years."

For more information regarding the RTBS 50th Anniversary or Radio Talking Book Service, visit rtbs.org or call 402-572-3003.