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Office on Aging

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New Horizons

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Omaha residents visiting the Obama Center include elders who've met the former president and other historical figures

By Leo Adam Biga

Fifty Omaha residents are road tripping by motorcoach October 2-4 to the Obama Presidential Center in Chicago. New Omaha nonprofit Soul-to-Soul is the sponsor. Founder Frankie Jean Williams decided to make a splash by organizing a tour of this national destination celebrating the legacy of the nation's first Black president, Barack Obama, and his First Lady, Michelle Obama.

"They need to be celebrated. They're a class act," she said. "They sacrificed a lot and lived under a lot of pressure. To come out feeling good about it is just amazing. You think about how many people would have walked away from that or just said this is over."

The well-connected Williams, a retired Girl Scouts of America staffer and former Omaha Star newspaper editor who now coordinates the local NAACP's Juneteenth Parade, secured the coveted public tickets that sold out months ago.

Consistent with Soul-to-Soul's mission of combating social isolation and promoting intergenerational engagement, the tour group is a mix of older and younger adults. She hopes the synergy of personal stories and lived experiences be-



COURTESY PHOTO/TOMMIE WILLIAMS

tween retirees and young professionals sparks informative discussions. It fits with Soul-to-Soul's goal of "creating spaces vested in culture and ancestral wisdom."

She's among three tour participants who own personal encounters with Barack Obama and/or with other historical figures. She shook

hands with "the most powerful man in the land" at Obama's 2012 reelection campaign stop in Council Bluffs. It ranks among her top experiences along with working for Omaha Star founding publisher Mildred Brown and civil rights legend Linda Brown (Brown vs Board of Education), organizing a candlelight

prayer vigil for Trayvon Martin, and fulfilling a GoFundMe challenge by bringing 225 youths to see "Black Panther."

When the Obama phenomenon started, she said she was "along for the ride." He cut his teeth as a community organizer in Chicago, where he met Michelle, and then became a U.S. Senator. His oratorical abilities brought him to national attention. Using grassroots tactics he won a populist campaign on the Democratic ticket to win election as the first Black POTUS in 2008. He won re-election in 2012.

He faced stiff, often vitriolic opposition from Republicans during both terms and yet left office without acrimony or scandal. "I think we're all better for his presidency," said Williams.

The Omaha group will take in the center museum and campus. Before leaving Chicago their bus will drive by the Obamas' residence, hoping for a sighting of the famous couple. Filmmaker Travis Mountain is documenting the trip.

Tommie Wilson, 92, former president of the local NAACP, retired Omaha Public Schools educator and lifelong champion for equal rights,

--Omaha continued on page 12.

Local cemetery provides preservation project

By Ron Petersen

Everyone has seen damaged or vandalized gravestones and wished there was something they could do. Damage to history is sad and age itself can steal names and time from those around the community.

At Prospect Hill Cemetery, it is a historic cemetery located in the heart of North Omaha, where preserving the past has been the highest priority among individuals in the Prospect Hill Historical Site Development Foundation.

"The Prospect Hill project is a way to get people to come to the cemetery and to get their hands dirty," Prospect Hill Historical Site Development Foundation project manager, Shannon Justice said. "There are so many monuments at the cemetery that need attention, we want to give people a way to

preserve the monuments without harming them."

The Prospect Hill Cemetery, which was established in 1858, have recorded 10,000 burials including those of many Omaha pioneers—Deuel, Gaylord, Hall, Hanscom, Hitchcock, Kennard, Kountze, Krug, Lake, Lowe, McCague, Metz, Millard, Poppleton, Redick, Reed, Shinn, Anna Wilson and her good friend Dan Allen, and many others.

There is also Omaha developers, religious leaders, mayors, judges, those for whom Omaha streets, parks and schools have been named. There are military burials from early-day Omaha Barracks (later Fort Omaha, now the Fort Omaha Campus of Metro Community College) as well as many from armed conflicts dating back to the War of

--Project continued on page 8.



Learning a new language: Bringing people together

Learning a new language brings people together by bridging cultural divides and enabling genuine communication. Learn more about how you can learn how to speak a new language at World Speaks in Omaha on Page 9.



Are you 60 years of age or older?

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- reverse mortgages
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Monday-Friday: 9 a.m. -Noon*

Monday-Thursday: 1 p.m.-3 p.m.*

*Central time zone



Medicare annual open enrollment: It's time to review all of your options

By Mike Carsey
Volunteers Assisting Seniors

If you are currently enrolled in a Medicare Part D drug plan or a Medicare Advantage plan, in September, you received a document from the plan called the Annual Notice of Change. This document lists, side by side, the changes in your plan from 2026 to 2027.

Kaiser Family Foundation research in September, 2024, showed that 7 out of 10 Medicare beneficiaries do not review their Medicare Advantage plans or stand-alone Medicare Part D plans. Coverage and costs vary widely from plan to plan. Not reviewing your plan each year could lead to unexpected and avoidable costs and disruptions for you.

Volunteers Assisting Senior assisted over 2,000 beneficiaries review their plans last year. The savings realized was over \$3.7 million. An appointment to review your plan is an investment of your time to confirm that dollars you spend for medications are spent efficiently.

Most appointments take about 30 minutes. The appointment results in you knowing that you have done the best you could to ensure that you have a Medicare Part D or Medicare Advantage plan that best fits your needs for 2027.

WHAT CAN I DO TO PROTECT MYSELF AND OBTAIN UNBIASED INFORMATION ABOUT CHANGES TO MY PLAN?

Volunteers Assisting Seniors offers free, unbiased information and assistance in reviewing your Part D drug plan or Medicare Advantage plan. Our counselors are not insurance agents nor do they sell any products.

This year, Volunteers Assisting Seniors will offer in person appointments at our office Monday – Friday, as well as offsite, in person counseling events in Douglas, Sarpy, Cass, Dodge, and Washington Counties.

MEDICARE ANNUAL



OPEN ENROLLMENT: WHAT ELSE DO I NEED TO KNOW?

Each year Medicare beneficiaries can take advantage of the Medicare Annual Open Enrollment Period to review their Medicare Advantage plans or Medicare Part D drug plans. The open enrollment period begins October 15, 2026 and ends December 7, 2026.

WHAT PLAN CHANGES CAN I MAKE DURING THIS PERIOD?

Switch from one Medicare Advantage plan to another Medicare Advantage plan. Switch from one Medicare Part D prescription drug plan to another Medicare Part D prescription drug plan.

Enroll in a Medicare Part D prescription drug plan if you did not enroll when you were first eligible for Medicare. If you have not maintained other creditable coverage, a late-enrollment penalty may apply.

If you are enrolled in Medicare A and B, you can enroll in a Medicare Advantage plan. The drug benefit in the plan may be subject to a late enrollment penalty if you did not enroll when you were first eligible and have not maintained other creditable coverage.

HOW CAN I GET FREE, UNBIASED HELP IN EVALUATING MY PLAN?

It seems like someone is always trying to sell me something. During the Open Enrollment Period, Volunteers Assisting Seniors will provide in office in person counseling opportunities, in person events at various locations, and phone counseling appointments to assist you in reviewing your plan. Volunteers Assisting Seniors counselors are certified counselors providing free, unbiased help to Medicare beneficiaries. Counselors are trained and certified by SHIP (State Health Insurance Assistance Program) which

is part of the Nebraska Department of Insurance.

WHAT IF I DO NOTHING? WHAT HAPPENS TO MY MEDICARE ADVANTAGE PLAN OR MY MEDICARE PART D DRUG PLAN?

If you do nothing, your current plan will renew automatically for 2027. No action on your part is required. The effective date for your plan will be January 1, 2027.

IF I HAVE A MEDICARE PART D DRUG PLAN, WHY SHOULD I REVIEW IT?

That there will be changes in prices to the medications you take in 2027.

That there will be an increase in the premium in your current plan in 2027.

That you have discontinued medications or added new medications during 2026.

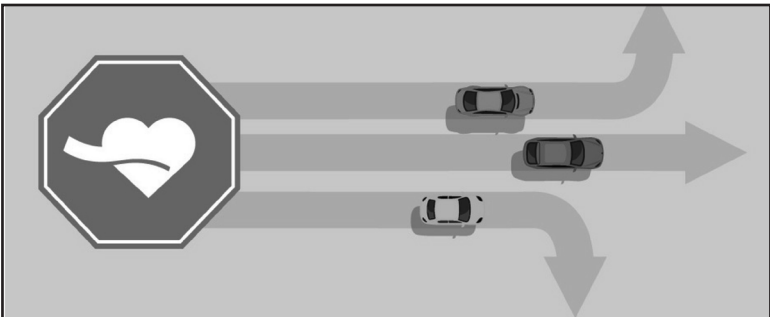
That your current plan may be discontinued and no longer available in 2027.

The formulary, (the listing of the medications your plan covers) has changed and a medication that you take is no longer covered by your plan in 2027.

IF I HAVE A MEDICARE ADVANTAGE PLAN, WHY SHOULD I REVIEW IT WITH VOLUNTEERS ASSISTING SENIORS?

Medicare Advantage plans combine Medicare Part A, B and usually Part D drug coverage, in one plan. The plans can also offer services not typically covered by Medicare such as hearing, vision, and dental services. There are two basic components to a Medicare Advantage plan: health and medication. When you partner with Volunteers Assisting Seniors certified counselors, we help you determine a plan with the broadest possible network of providers, including the providers you currently use, and the least expensive medication

--Medicare continued on page 3.



Caregiving Drive-Through Pit Stop

When: Saturday, November 7th Location: ENOA Parking Lot
10:00 AM - 12:00 PM 4780 S 131st Street, Omaha, NE

Join AARP Nebraska, ENOA, and the Nebraska MEDS Disposal Program, for a Caregiving Drive-Through Pit Stop Event

Caregivers and community members can take advantage of several helpful resources without leaving their vehicles:

- The Nebraska MEDS Drug Disposal Program will be on-site to safely collect and dispose of unused and unneeded medications, so be sure to bring medications you no longer need.
- Participants can also learn about ENOA's Case Management and Caregiver Support Programs.
- AARP's caregiving resources, programs, and the Nebraska Caregiver Tax Credit Program.
- Registered attendees will receive a caregiver resource packet, giveaways, as well as a \$10 grocery or gas giftcard (*while supplies last and registration is required to receive the giftcard).

To register: events.aarp.org/pitstop26



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Community centers around Omaha compete in 2026 Senior Field Day



NEW HORIZONS PHOTOS
Community Centers around Omaha showed their competitive side and team spirit at the 2026 Senior Field Day in September. Older adults competed in golf, bag toss, mini putt-putt, ladder ball and more.



--Medicare continued from page 2.

option, all in one plan. The purpose of the Annual Open Enrollment Period is to allow you to review your plan to be sure it is the best plan for you during the following year.

WHEN BENEFICIARIES ATTEMPT TO REVIEW MEDICARE ADVANTAGE PLANS BY THEMSELVES, WHAT IS THE MOST COMMON MISTAKE MADE?

Often beneficiaries are persuaded to change plans because of information seen on TV ads or received in the mail promoting gym memberships, transportation, and other non-direct health related benefits.

Beneficiaries who change plans for these reasons often do not consider the impact of a plan change on their medication costs or their provider networks.

While these extra benefits can be important factors, the counselors at Volunteers Assisting Seniors can help you sort through the details of plan benefits prioritizing the network of providers you

need and the cost of the medications you take.

WHAT IF I HAVE A MEDICARE SUPPLEMENT PLAN, DO I NEED TO CONTACT THE PLAN TO RENEW MY COVERAGE FOR MY HEALTHCARE?

No, Medicare Supplement plans are not affected by the open enrollment period. If you continue to pay the premium for the supplement plan, the coverage remains in effect. You do not have to contact your plan.

Follow Volunteers Assisting Seniors on Facebook at "VAS Nebraska." Information about Medicare and Fraud are included. "Fraud Friday" is a feature providing the latest information about phone and email scams as well as other information about fraud. Call today: Contact Volunteers Assisting Seniors for your appointment or more information 402-444-6617. We have moved to a new address: Volunteers Assisting Seniors 900 South 74th Plaza, Suite 403 Omaha, Ne 68114.

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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

New Horizons is the official publication of the Eastern Nebraska Office on Aging. The paper is distributed free to people over age 60 in Douglas, Sarpy, Dodge, Washington, and Cass counties. Those living outside the five-county region may subscribe for \$5 annually. Address all correspondence to: **Ron Petersen, Editor**, 4780 S. 131st Street, Omaha, NE 68137-1822. Phone 402-444-6654. FAX 402-444-3076. E-mail: ron.petersen@enoa.org

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Other event: If you've ever wanted to see the rings of Saturn in the night sky, this is one of your best chances. We will learn about what it means for Saturn to be at opposition, look for October constellations, and enjoy a fresh autumn evening at Neale Woods.



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Medicare changes in Nebraska: What Medicare beneficiaries need to know

Some Medicare Advantage plans are leaving the Nebraska market, some plans are being changed or “cross walked” into other plans, and new enrollment caps may limit who can join certain Medicare Advantage plans. At the same time, prescription drug plans and Medicare Supplement premiums are expected to increase.

Nationwide, health insurers have announced market exits for 2027 that are projected to affect over one million Medicare Advantage members.

MEDICARE ADVANTAGE PLANS TERMINATING IN 2027

As of this writing, the following Medicare Advantage



Plans are terminating. More may be added to this list:

- BCBS Core HMO H1370-001
- BCBS Core HMO H1370-002
- BCBS Core HMO H1370-003
- BCBS Access PPO H8181-001
- BCBS Secure PPO H8181-003
- Humana Full Access PPO H5216-411
- Medica Preferred PPO H8889-011
- Medica is terminating ALL Medicare Advantage plans in Douglas, Saunders and Sarpy Counties in NE, Mills and Pottawattamie counties in Iowa
- Wellmark is terminating ALL Medicare Advantage plans in Iowa
- Wellcare Dual Access Sync Open PPO DSNP H1395001000
- Wellcare Simple Open PPO H1395002000
- Wellcare Assist Open PPO H1395003000
- Wellcare Patriot Giveback Open PPO H1395004000
- Wellmark is terminating ALL Medicare Advantage plans in Iowa
- Although some insurers are reducing the number of plans they offer for 2027, it does not mean Medicare Advantage is disappearing from this area. Some companies are in growth mode and eager for the business, so there will still be excellent Medicare Advantage choices in the Omaha metro area.

ing, but that doesn't necessarily mean you are losing coverage or even leaving the same insurance company. You may automatically be moved into a replacement plan.

But don't make the mistake of assuming the replacement plan is automatically the best choice. An automatic crosswalk is convenient, but convenient doesn't necessarily mean best.

You should still review the replacement plan carefully before deciding to stay with it.

NEW MEDICARE ADVANTAGE ENROLLMENT CAPS

Another 2027 change that could affect the Medicare Advantage marketplace involves enrollment caps.

There is an important distinction between a plan being discontinued and a plan being unavailable to new members. Effective with this Annual Election Period, an insurance company may now continue a Medicare Advantage plan for people who are already enrolled, while limiting or closing enrollment to new members.

That means a plan could still appear to be available in the Omaha area, but that doesn't necessarily mean anyone can enroll in it. If you're considering a plan that has declared a cap on the number of enrollees, you may think that you've enrolled in a plan... but if the time stamp on the application comes in after the enrollment cap has been reached, the application can be denied. Then you will need to go through the process of picking out a different Medicare Advantage plan.

For consumers, the takeaway is simple: Don't assume that because a Medicare Advantage plan exists in your county, it is necessarily open for enrollment.

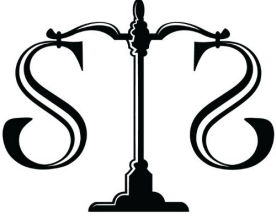
The Medicare Advantage marketplace is becoming more complicated, working with a local licensed independent insurance agent is more important than ever.

WHAT HAPPENS IF YOUR MEDICARE ADVANTAGE PLAN LEAVES?

The potentially good news is that a terminated Medicare Advantage plan

--Medicare continued on page 5.

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--Medicare continued from page 4.

creates an important opportunity. If your plan is leaving the Medicare program, you have a one-time guaranteed-issue right to purchase a Medicare Supplement.

Normally, in Nebraska and Iowa, someone who has been enrolled in Medicare Advantage for several years and wants to switch to Original Medicare and a Medicare Supplement would have to answer health questions and go through medical underwriting. If your health has changed since you first enrolled in Medicare, that could make obtaining a Medigap policy more difficult.

That doesn't mean a Medicare Supplement is automatically the right choice, it still may be too pricey for you. But it absolutely means you should understand your options before simply enrolling in another Medicare Advantage plan.

MEDICARE SUPPLEMENT PRICES ARE RISING

Medicare Supplement premiums are also something to watch in 2027. The good old days of small price increases are ending, at least for now.

It is not unheard of to see price increases as high as 25% or even more on some plans.

Medigap policies help pay many of the deductibles, coinsurance and other costs not covered by Original Medicare. Because health-care costs continue to rise, insurance companies must account for higher claims when setting premiums.

PRESCRIPTION DRUG PLANS ARE CHANGING TOO

Medicare Part D is also undergoing changes. For 2027 the annual out-of-pocket threshold is sched-

uled to increase to \$2,400.

As of this writing, there is no information available on changes in premiums, formularies and plan availability.

WHY IS MEDICARE CHANGING?

There isn't one single reason for all these changes. Here are some

COVID-19 dramatically disrupted healthcare utilization and increased costs throughout the healthcare system. Hospitals, doctors and insurance companies have continued to deal with the financial effects of the pandemic. Beneficiaries who may have put off surgery during that time are getting those tune ups taken care of now.

Then came inflation, which increased the cost of labor, medical services, supplies and virtually every other component of health-care.

New drugs are being introduced, and they tend to have astronomical price tags associated with them.

The Inflation Reduction Act of 2022 dramatically changed Medicare prescription drug coverage, including establishing an annual limit on certain Part D out-of-pocket costs and changing how insurers, drug manufacturers and Medicare share prescription expenses.

The CMS (Center for Medicare and Medicaid Services) system that rates plans changed; this created uncertainty and the potential for significantly less revenue for Medicare Advantage and Drug plans.

WHAT SHOULD MEDICARE BENEFICIARIES DO?

Don't let your Medicare coverage renew on autopilot. The 2027 Medicare changes are a reminder that the best Medicare plan for

you this year may not be the best plan next year. And as always, remember that the best Medicare plan for you is not the same as your neighbor, family member, or friend. Everyone has different budgets and health journeys.

Whether your plan is leaving, being cross walked or simply changing its benefits, take the time to review your options before you automatically renew.

Working with a licensed independent insurance agent who communicates with you all year long, has been to all the carrier rollouts, knows the plans, and has the name and number of each plan's broker representative in their phone is more important now than ever before.

Mary Hiatt is a Retirement & Insurance Advisor and President of Mary the Medicare Lady (A non-government entity.) Not connected with or endorsed by the U.S. government or the federal Medicare program. Medicare Supplement insurance plans are not connected with or endorsed by the U.S. government or the federal Medicare program.

La Vista Senior Center

You're invited to visit the La Vista Senior Center, located at 8116 Park View Blvd. The facility provides activities 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 \$5 contribution is suggested for the meal if you are age 60 and older. If you are under age 60, then the meal cost is \$9.50.

In addition to meals being served daily, the La Vista Senior Center offers a variety of activities such as: Bingo, outings, cooking 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.

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These opportunities include volunteering, memorials, honorariums, gift annuities, and other contributions.

These gifts are tax exempt.

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- ☐ \$25 = One month of Personal Emergency Response.
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- ☐ \$125 = Full month of bathing assistance.
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- ☐ Please contact me. I would like to learn more about how to include the Eastern Nebraska Office on Aging in my estate planning.

Arbor Health Services

Arbor Health Services is a new organization in Omaha dedicated to supporting adults with disabilities and seniors through Adult Day programs, in-home care, and respite care.

The Adult Day Program offers a variety of daily activities designed to promote physical wellness, creativity, social connection, and cognitive engagement. Activities include Tai Chi, Zumba, balance and strength exercises, arts and crafts, painting, crochet, jewelry making, puzzles, karaoke, bingo, Loteria, coloring, book club, and brain games. Participants also enjoy shared meals, social time, educational activities, cultural videos, and special celebrations throughout the year. Transportation is available.

"We believe every day is an opportunity to connect, learn, laugh, and have fun."

For more information please contact call Arbor Health Services at 402-919-4010, or email at arborhealthservices@gmail.com. Arbor Health Services is located at 13750 Millard Ave #100, Omaha, NE 68137.

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Please see the ad on page 3

Thank you to the New Horizons Club members

\$15
James McCoy

\$10
Carol Smith

\$5
Scott Smith

Millard Senior Center

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

- **Everyday:** Sports Swag Day every Friday in October
 - **October 2, 6, 9 & 13:** UNMC nursing students visiting @ 9 a.m.
 - **October 7:** Board Meeting @ 9:30 a.m.
 - **October 12:** Bunco @ 12:15 p.m.
 - **October 14:** Sewing Club meet to make sun dresses and shorts @ 9:30 a.m.
 - **October 14:** P.A.W.S (Puzzles & Words with Seniors) @ 10:15 a.m.
 - **October 30:** Halloween Party @ 10:30 a.m.
- Tai Chi on Mondays and Fridays @ 9:30 a.m.
Bingo every Tuesday and Friday @ 12 p.m. Bingo callers are needed
Sportswear Fridays. Wear your favorite team attire every Friday.
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.

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.
Grab N Go meals are available.
For more information, contact Stephanie at 402-444-3091 or stephanie.asselin@cityofomaha.org.



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The Eldercare Resource Handbook was first produced in 1981. Over 36 years later, we strive to keep it as updated as possible by listening to people's questions and needs as the elder care industry changes. Making decisions on one's own is a daunting task. Many find themselves second-guessing if they are doing all they can. Although it is natural to wait until a health care crisis occurs before looking into what services are available, people tend to make better choices if they have the information available.

Don't miss out on this valuable resource. Get a hard copy today or visit us online at **OmahaHandbook.com**.



CONTACT US

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Eldercare Resource Handbook
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Omaha, NE 68144

Subtle signs you've been hacked

By Kelly C. Bourne

Having an account or electronic device hacked is a danger that everyone should be concerned about. Hackers can be incredibly sneaky, but there are ways to recognize that you've been hacked.

LOGGING INTO AN ACCOUNT FAILS

Perhaps the worst way to find out that you've been hacked is if you can't log into an account, e.g., email, banking, brokerage, etc.. The ID and password that should give you access to your account doesn't work. If this happens, you have a serious problem.

Clicking on the "Forgot My Password" link should result in a temporary password being sent to your email address the site has on record. If you're able to log in using it, then immediately create a new, more complex password. Don't use the same password as before and don't re-use a password from another account. If you don't get the temporary password or can't log in with it, contact the site's administrator and explain the situation. This probably won't be a fast or easy process, but it's your only option at this point.

UNEXPECTED NOTIFICATIONS

Receiving a notification that the password for one or more of your accounts has been reset means someone has taken over the account. Notifications might come as a text or an email. The account could be a social media account like Facebook, your bank, credit card provider, email account, etc.

If this happens, it's likely that someone is either trying to or has succeeded in taking over your account. If you can't log into the account, try the "Forgot My Password" step described above. If that doesn't work, you'll have to reach out to the organization to explain your predicament to regain control of the account.

DEVICES ARE ACTING UNUSUAL

If your computer or smart phone is acting unusual it might have been compromised. Examples of unusual activities include:

- Applications or screens start up seemingly on their own
- Unfamiliar applica-

tions, i.e., ones you didn't install, now exist on your computer or phone.

- The cursor moves on its own.
- Your device freezes or slows down significantly at random intervals.
- The battery runs down much faster than normal.
- Your monthly data plan is used faster than normal.

All of these signs could indicate that malware (malicious software) is running on your device. You need to install and run anti-virus software. If you don't feel qualified to handle this, you need to have a qualified security professional do it for you.

YOUR BROWSER HAS CHANGED

Hackers frequently attack browsers hoping to steal personal information about you. Their changes might send you to websites that they control. Or their malware may be recording your keystrokes, including your ID and passwords when you log into websites.

If your default internet browser, e.g., Chrome, Firefox or Safari, has changed it's an indicator that something is wrong. If the expected browser comes up but looks different that could also indicate a problem exists. Looking different could mean that it has a new toolbar or unfamiliar icons. Another sign that your browser might have been illicitly modified is that popup ads are frequently displayed.

If you notice changes like this, you should change the default browser back to your original one and/or reinstall a fresh copy of it to remove any changes a hacker might have made. Again, if you're not able to or comfortable doing this, contact a computer security professional.

MULTIFACTOR AUTHENTICATION (MFA) NOTIFICATIONS

If you receive numerous multifactor authentication codes but you haven't logged into the corresponding application or website, then someone might be trying to log into one of your accounts.

The likely cause is that a hacker learned your account ID and password and he's repeatedly logging into your account. He's hoping that you'll click on the "Approve" button just to stop the authentication

messages from bombarding you. If you do that, he'll get control of your account. You need to change your ID and/or password for the account.

EMAIL ISSUES

Hackers love to get control of people's email accounts. If they can access your email, they'll look for IDs and passwords for accounts like banking, social media, online shopping websites, etc., in emails you've sent and received. They may also send spam or virus laden emails to everyone in your contact list.

Signs that your email account has been compromised include your password no longer works, emails in your sent folder that you don't recognize, email threads that you don't recognize and friends or relatives contacting you to ask about unusual emails you sent them.

UNEXPECTED CREDIT CARD CHARGES

It's easy to overlook small, unexpected charges appearing on your credit card statement. The amount might be a dollar or even less. It would be easy to ignore it, but that could become an expensive mistake. Some hackers make a small transaction just to confirm that the account is active and that no one appears to be monitoring it. If they're successful with a small amount, then they'll likely use the account to make larger purchases.

STEPS YOU CAN TAKE TO PROTECT YOURSELF

Now that some of these dangers have been described, you need to know steps you can take to protect yourself. Some of the most important ones are:

1. Don't ignore the little things. If you see unexpected charges, emails or notifications, ignoring them won't make the problems go away.
2. Regularly check the apps loaded on your phone and computer. Delete any apps that you didn't install, or you no longer use.
3. Set up multifactor authentication (MFA) for all your accounts.
4. Review your email "Sent" folder periodically. Unfamiliar emails indicate that someone else has accessed your account. Change the password immediately.

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 \$5 contribution is suggested for the meal.

This month's activities will include:

- **Everyday:** Sip and Chat @ 9 a.m.
 - **October 1:** Wits Workout @ 9:30 a.m.
 - **October 1:** Presentation from Nye @10 a.m.
 - **October 7:** Music with Bill Chrastil @ 10 a.m.
 - **October 8:** Baker's Pharmacy Presentation @ 9:30 a.m.
 - **October 14:** Music with Pam Kragt @ 10 a.m.
 - **October 20:** Medicare Open Enrollment @ 9 a.m.
 - **October 21:** Merry Maker's Presents The Links @ 10 a.m.
 - **October 22:** "Grief in Friendships" Presentation @ 10 a.m.
 - **October 28:** Music with Larry Marik @ 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 \$5.

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

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.

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

Intercultural Senior Center

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

As the seasons change and autumn arrives, the Intercultural Senior Center (ISC) is the perfect place to stay active, engaged, and connected. Located at 5545 Center St., ISC welcomes older adults from all backgrounds to enjoy nutritious meals, fitness classes, cultural programs, technology assistance, educational opportunities, and meaningful friendships. ISC is open weekdays from 8 a.m. to 4 p.m. Lunch reservations are due by 9:30 a.m. the same day. Call 402-444-6529 to reserve your meal.

October Highlights:

- Halloween Party & Costume Celebration
- Special Fall Community Outing
- Fitness, Wellness, and Technology Programs
- Cultural Activities and Social Connections

Members can look forward to the annual Halloween celebration featuring festive activities, treats, and the chance to show off creative costumes. They are also planning a special fall outing to enjoy the beauty of the season and explore our community together.

As always, ISC offers a variety of programs designed to support healthy aging, lifelong learning, and meaningful social engagement. Whether you're joining a fitness class, learning a new technology skill, sharing a cultural tradition, or simply enjoying lunch with friends, there is something for everyone at ISC.

Annual Membership: \$25

Open Monday-Friday, 8 a.m.-4 p.m.

Call 402-444-6529 or visit www.interculturalseniorcenter.org to learn more about our programs.

Intercultural Senior Center – Where cultures connect and friendships grow.

Stay away from cell phones while driving

Using cell phones while driving places puts you and your passengers at risk of a motor vehicles crash.

More than 50 peer-reviewed scientific studies have identified the risk associated with cell phone use while driving.

Important things to do while driving:

- Drivers are four times more likely to be in a crash while using a cell phone. (New England Journal of Medicine examination of hospital records and Insurance Institute for Highway).
- There is no difference in the cognitive distraction between hand-held and hands-free devices (Simulator studies at the University of Utah).
- Cell phone use contributes to an estimated 7% percent of all non-fatal crashes and 14% of all fatal crashes. (National Safety Council & Federal Communication

Commission).

- 80% of crashes are related to driver inattention.

There are certain activities that may be more dangerous than talking on a cell phone (i.e. eating, talking, daydreaming, pets and passengers).

However, cell phone use occurs more frequently and for longer durations than other, riskier behaviors.

- 81%percent of the public admit to talking on a cell phone while driving. Safety study linking crashes to cell phone record.

- The annual cost of crashes caused by cell phone use is estimated to be \$43 billion (Harvard Center for Risk Analysis).

Submitted by Karen Rehm, worksite wellness specialist. To contact Karen at 402-483-1077 or send an email to krehm36@gmail.com.

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Live Healthy

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NATIONAL ASSOCIATION OF COUNTIES

NACo

This is NOT insurance.

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Prescription Discount Card

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.

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

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

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

October 2026 • New Horizons • Page 7

--Project continued from page 1.
1812.
In 1979, Prospect Hill was designated a Historic Site by the Landmarks Commission of Omaha and the Omaha City Council.
The Prospect Hill Cemetery Historical Site De-

velopment Foundation was formed to aid in developing the historical and educational aspects of the Cemetery.
“At that time, Prospect Hill had seen many years of neglect,” Justice said. “The board of trustees came together and wanted to make a change.”

Improvements to the house and grounds have been made with the help of many interested parties, which continues years later and in 2026.
“We have one weekend a month scheduled for volunteers to come in to restore the grave markers,” Justice

said.
Not only do the volunteers work on broken, fallen monuments and raising sunken monuments, but in 2026, they have been tasked to restore all of the United States veterans grave markers in the cemetery.
“This project has been going on for about five years,” Justice said. “I have a list of the grave markers, and we do as many as we can. In July we set up eight new markers and reset one marker that was leaning over, which is pretty good in a four-hour stretch. Those grave makers weigh 240 pounds, so it was not easy. After the markers are complete, I will have a list, it’s the monuments at the highest risk of being lost. If they are broken, disassembled or dirty then those will be at the highest priority. For safety risks, we are only allowed to lift up to one ton. If a monument needs to be completely replaced, then that is something we can’t take on.”
Cleaning tombstones and monuments has become quite popular among groups

of people, which is what volunteers sign up for when they visit the Prospect Hill cemetery.
“Some people are humbled by the experience,” Justice said. “It gives you a sense of fulfillment when you bring these monuments back to life.”
The Prospect Hill Cemetery Historical Site Development is always looking for more volunteers, especially for those who are okay with getting their hands dirty.
“The number one rule when it comes to preserving grave markers is the living human being, which is safety first. The second rule is to do no harm, which is do not do anything that can’t be undone. We want to teach people how to clean a grave marker without damaging it and to teach them the tricks to clean them,” Justice said. “We want to teach people the standards and preservation practices. It’s all about protecting the monuments.”
To learn more about the Prospect Hill Cemetery Historical Site Development, visit their website at prospecthillomaha.org.



Volunteer Opportunity:
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*This is Universal Design; not ADA Standards



COURTESY PHOTOS
Prospect Hill Cemetery is dedicated to preserving and honoring the rich heritage of Omaha through the stewardship of its sacred site. Their mission is to serve as a place of remembrance, education, and community engagement, ensuring that the stories of those laid to rest.



Eclectic Book Review Club

The Eclectic Book Review Club, founded in 1949, is announcing its Fall 2026 schedule of author appearances. Each event includes readings and discussion by the noted book’s author.

New members are being accepted.

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 \$20 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.

Authors for fall 2026 include:

- October 20: Bryan L. Jones shares memoirs from his three decades in the classroom in *Adventures in the Teaching Trade*. His keen observations focus on jargon-babbling educrats, humorous sketches of administrators, and, eccentric teachers as well as meaningful student portraits.
- November 17: Dr. Lisa Knopp, English professor at the University of Nebraska-Omaha, will share her most recent collection of essays, *Ravelings: Essays on Love, Loss, & Wonder*. Her essays invite us to notice the things of daily life while asking us to look just beyond to explore loss, aging and the many facets of human life.



NEW HORIZONS PHOTOS

During his two-day visit to the area, Dr. Israel (Issi) Doron spoke to groups ranging from retirement home residents, academic scholars, gerontology students, and older citizens. The Israeli professor told his audience here at the Jewish Community Center “I define myself as a proud old man, and I assume that most of you define yourselves as proud old people.”

Dr. Doron’s post-graduate studies included degrees from American University in Washington, D.C., and Osgoode Hall Law School in Toronto.

Global aging expert slams ageism, encourages stronger vocal activism

By Andy Bradley

You’ve seen the commercials. Dr. Rick, a self-help guru, counsels young adults about the perils of behaving like their parents. He runs support groups, field trips, and interventions for millennials, trying to prevent them from acting like mom and dad. These Progressive Insurance commercials (which seem to say little about insurance) end with the tagline: “Progressive can’t save you from becoming your parents, but we can save you money when you bundle home and auto.”

The humorous vignettes poke fun at oddball idiosyncrasies of older people. Dr. Rick trains clients to refrain from narrating their own driving, giving unsolicited advice to store workers or gas station attendants and otherwise struggling with basic rules of etiquette.

The commercials have been wildly popular. But not everyone appreciates the humor, expressing concern about their portrayal of inept older adults.

Some believe the commercials reinforce stereotypes of older persons, including lack of social boundaries, obsession with rules and order, technologi-

cal and digital cluelessness, intrusive friendliness and resistance to change.

The proliferation of negative stereotypes of aging such as these can actually have serious long-term consequences — at least that’s the theory of Dr. Israel Doron, an internationally-renowned gerontologist, who spoke to multiple audiences in Omaha and Lincoln last month.

Speaking at a Sept. 1 program sponsored by Jewish Family Services at the Jewish Community Center, Doron labeled stereotypes against older individuals “ageism.”

He defined ageism as “the process of systematic stereotyping, exclusion and discrimination against people because they are old.” It rears its ugly head when older persons remain shunned, uninvited and separated from society, and when “they are not provided equal services that we provide younger people.”

“Research has demonstrated that ageism has profound consequences for individual communities and entire societies,” Doron said. More than 400 studies worldwide have concluded that “ageism results in worse outcomes in access to health care, access

to employment, and education.”

Doron is a professor of gerontology at the University of Haifa in Israel and a visiting professor at UMASS in Boston. He specializes in the fields of law and aging, social policy, human rights and ageism. He believes ageism is a universal phenomenon, experienced even in countries with a global reputation for respecting their older citizens, such as Japan, China and Israel. “When you look deeper, you find ageism is everywhere.”

Speaking to an audience of mostly gerontology students and professors at the University of Nebraska at Omaha Aug. 31, Doron said he has participated in the United Nation’s efforts for decades to protect the rights of older persons. Dr. Doron believes governments need to enact legislation protecting rights and opportunities for older persons.

He has witnessed the United Nation’s conversation evolve from a stale dialogue framing aging and ageism as a social problem, to a human rights issue requiring globally mandated protections for seniors.

“We need to view older people not as a problem,

--Activism continued on page 11.

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Hosted by: Nebraska Realty Senior Real Estate Specialists

Finding more joy in Autumn diagnosis

By Lois Jordan

Finally! Cooler weather, open windows, fresh air, and evenings when we might even need long sleeves. After the sweltering heat of summer, the arrival of autumn feels especially welcome.

Living in the Midwest gives us the opportunity to experience all four seasons: spring, summer, fall, and winter. Sometimes, of course, it feels like we experience all four in the same week!

There is something special about living in a place where the changing seasons remind us of life’s natural rhythms. We only need to look out the window to see nature creating a new work of art right before our eyes.

Unfortunately, autumn doesn’t always stay very long. Some years, it seems we go from air conditioning to turning on the furnace almost overnight. So, while fall is here, why not make a point of enjoying it?

Start simply by being present in the season. Open the windows and breathe in the crisp air. Sit outside with your morning coffee or take a walk around the neighborhood. Notice the first hints of yellow, orange, and red appearing in the trees. Watch the birds and squirrels preparing for the changing season. During migration, you may even catch a glimpse of hummingbirds stopping at feeders as they make their remarkable journey south.

And you don’t have to venture far from home to enjoy autumn. Bring the season indoors by simmering cinnamon sticks and orange slices on the stove. Gather seeds from flowers as they finish blooming and save them for next spring. It’s a simple and

free way to expand your garden and gives you something to look forward to when winter eventually gives way to warmer days.

Autumn also invites us to slow down a little.

If you’re a football fan, you won’t have much trouble finding a game to watch. Pick up a book that transports you to another place and time. Pull out a puzzle and leave it on the table for anyone passing by to add a piece or two. One of our favorite cold-weather pastimes is working on puzzles while sipping coffee or tea and listening to favorite music. It challenges the mind, encourages conversation, and eventually leaves us with a beautiful picture created one small piece at a time.

Maybe that’s one of the lessons autumn has to offer. Enjoying life doesn’t always require a big trip, an elaborate plan, or a special occasion. Sometimes happiness is found in an open window, a warm cup of coffee, a favorite song, a football game, a colorful tree, or an afternoon spent putting together a puzzle.

The little things can bring us peace and remind us of how much good and beauty still surround us. Sometimes we just have to slow down long enough to notice them.

Lois Jordan, CEO for Midwest Geriatrics Inc. Management company for Florence Home Healthcare Center, Royale Oaks, and House of Hope Assisted Living and Memory Care.

--Activism continued from page 10.

but as bearers of human rights.”

He said the UN has published many reports over the years offering recommendations to address the challenges faced by seniors.

“They are very beautiful, very serious, but none of them legally binding,” Donor said. “They failed eventually in making a meaningful difference in the lives of aging persons around the world.”

“So unlike other populations such as women and children and people with disabilities, older persons were not acknowledged as a distinct rights-bearing category.”

In the absence of discernable progress, the UN disbanded its Working Group on Aging in 2024, transitioning its efforts into a new Intergovernmental Working Group on Older Persons (IGWG) under the Office for Human Rights.

IGWG is tasked with drafting language to support legally binding international protections for older persons. Its first report is expected to be released next year.

While Doron remains optimistic, he believes previous efforts have failed in part due to the lack of an ongoing global outcry for senior rights. There is a “lack of ideological passion and advocacy,” including few seniors willing to “resist and to fight . . . no real grassroots passion from the authentic voice of older people.”

Donor added, “I personally believe that without a vision and without passion, things can’t move forward.”

Perhaps part of the challenge is a universal lack of agreement on what older age is. Donor suggested that persons of any age, including people in their 70s or even 80s and beyond, can refuse to identify with various old age labels.

“Chronological age is

only one way to measure the aging process,” Donor said. “There are actually many different ways to measure aging. There is biological age, there’s cognitive age, there’s functional age. There are many times when age is subjective. For example, how old do you feel?”

Ultimately, Donor suggests, “old age is a product of the human imagination . . . there is no universal definition of old age. So when do you become an old person? There is no such point.”

People who report feeling younger than their chronological age “many times are healthier, and have a better quality of life,” said Donor. “They experience less illness or disability.”

Perhaps the British actress Joan Collins said it best when she famously quipped at age 82, “Age is just a number. It’s totally irrelevant — unless, of course, you happen to be a bottle of wine.”

King Crossword

ACROSS

- 1 Bump into

5 Small batteries

8 Gush

12 Jai —

13 Wall St. deal

14 Abhor

15 Fish story

16 X, at times

17 "— the picture!"

18 Chevy model

20 Rhine feeder

22 Kindergarten follower

26 Defy authority

29 Make lace

30 PBS funder

31 Grand Ole —

32 Doubtfire or Miniver

33 Dele undoer

34 Corp. boss

35 "Give — break!"

36 Main ideas

37 Renewed energy

40 "Trust Exercise" author Susan
- 41 Verdi works

45 Tactic

47 Coffee vessel

49 Crimson Tide, briefly

50 Anger

51 French pro-noun

52 Mellowed

53 Kimono ties

54 Briny expanse

55 Scarce

DOWN

1 Polite query

2 Biblical kingdom

3 Lawman Wyatt

4 "30 Rock" creator

5 Wedding setting

6 Prez on a penny

7 Piano compositions

8 Bake eggs

9 Christmas shows

10 Arles summer

11 Drenched
- 19 Like Abner

21 Literary rep

23 Milkshake insert

24 Bug spray ingredient

25 Diner grub

26 Mythical birds

27 Duel tool

28 Veggie with florets

32 T-shirt sizes

33 Courtroom huddle

35 6 on a phone

36 Econ. measure

38 "But of course!"

39 Ancient Greek region

42 Sitarist's music

43 From the U.S.

44 "Maureen" singer

45 Expert

46 Ad- — (improvise)

48 Shad product

1	2	3	4		5	6	7		8	9	10	11
12					13				14			
15					16				17			
18					19			20	21			
				22			23				24	25
26	27	28				29				30		
31					32				33			
34				35				36				
37			38					39				
		40					41			42	43	44
45	46				47	48			49			
50					51				52			
53					54				55			

This Month’s Crossword Puzzle

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

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

--Omaha continued from page 1.

wasn't about to miss this chance.

"I was impressed when I saw the opening of the center on TV. When Frankie (Williams) called and said she'd like me to go I said, 'Yeah, I'm ready for it.' I'm so glad I'm getting the opportunity. I'm glad some young people are going so that I can see their reaction to what we're going to be seeing."

When it comes to stories of racial inequity the Texas native said, "I'm history – I've lived it. When we had to sit in the balcony of the theater and in the back of the bus. When on the road we couldn't use restrooms at filling stations or we wouldn't be served inside restaurants. I lived that kind of colored life."

She and her late educator husband Ozzie Wilson took their daughters on road trips to historic civil rights sites in the South. "My own children were aware of the Black history in each," she said. "It was important that our kids were aware of what went on."

On those treks in the '60 and early '70s, Jim Crow was still in effect.

"We couldn't stay in most hotels, so we slept in the car. As a teacher these were things I taught my students. I brought back pictures to show our travels."

As NAACP president she made sure to connect young people to history by taking them down South. As matriarch of a five-generation strong family she encourages loved ones to vote and oppose injustice. "That's what I do," she said. "I sent a grandson on the Million Man March in 1995. I was excited for him."

She said it's important to celebrate the Obama legacy because "We've got to keep hope alive – we've got to support what we are about."

She met Barack Obama in 2007 at a town hall meeting in Council Bluffs during his first presidential bid. "As he made his campaign speech he was holding my little grand-baby I brought there."

Long before encountering Obama she knew another Black icon in Barbara Jordan, the late Texas congresswoman.

Wilson, a from-the-cradle Democrat, liked Obama but her candidate of choice was Hillary Clinton.

Come primary election night at local Democratic headquarters, she said, "I was on one side holding up a Hillary sign and my chil-



dren were on the other side holding Barack signs. They said, 'Mama, you ought to be ashamed of yourself – get over here,' It was fun."

His election was a dramatic example, she said, "of what I've been teaching kids all my life – that you can be anything you want to be," thus delivering on the keep hope alive mantra.

"He gave hope to all minority kids."

A Black president was something she long hoped for. "I didn't think I'd live that long to see one but I knew that there would be one." She admired his public service. "He tried. He offered a lot of opportunities. He had wonderful ideas. It's important we show and celebrate what he's done."

She believes Michelle completed him then and now.

"I'm impressed by Barack but she made everything happen. I think she's a dynamite person. She was out there doing her thing as a First Lady supporting and projecting the things he did as president."

Wilson wants it known that she's still agitating for change in this era when voting rights are once again under assault. "I want to make sure young people see that I have not given up and I have not stopped being involved and being aware of what's going on."

Pat Brown claims personal intersections with civil rights history few can match. The most intimate came in 1958 when at her urging her blue-collar grandparents, Ned and Bertha Moore, who raised her and her brother, volunteered to host delegates of a Southern Baptist congress being held in Omaha.

Rev. Paul Hayes of Mississippi and two women from New York were matched with the Moores. Brown, who just turned 21 and had started a family, picked up the guests at her grandparents place after breakfast each morning and drove them to the Civic Auditorium for the convention. At day's end she picked them up to take them back home for dinner. Then she took them to church at night.

Soon into his stay Hayes asked her grandparents if they'd host Rev. Martin

Luther King Jr. for lunch. They agreed. MLK requested a soul food repast of fried chicken, potato salad, greens, cornbread, sliced tomatoes and lemonade. That's exactly what he and his plus one, Rev. Ralph Abernathy, got, along with sweet potato pie for dessert. Brown enjoyed the meal at the dining room table and the conversation that occurred before and after in the living room. Her aunt Ivory Johnson hurried over to join in.

Brown took pictures to commemorate the occasion. They've been displayed in different venues and now call the Great Plains Black History Museum home.

In January 2009 she joined a group of Omahans by bus to attend his inauguration.

"I was never so proud. I was teary-eyed the whole time. I cried because it was a crying thing. It warmed my heart."

She admires the man and his service. "He carried himself through his two terms as president and afterwards with his head high." About the Obamas, she said, "I admire them as a team, as a couple because they stood together on everything and they're still going strong."

She appreciates, too, their creating a center "so young people can see what their future could look like if they just follow through."

When Gayla White learned of the trip to the center, she said she and her husband James "jumped right on it – I think we were one of the first ones to sign up."

She supported Obama during his first presidential bid and his reelection campaign and saw him speak in 2016 at Baxter Arena in Omaha.

"I was in graduate school. I took my mother. It was standing room only but I was close enough to get good photos."

To ensure a good vantage point, they arrived early in the morning. "We were in line for hours waiting for the doors to open."

She's excited she and James are going to see the Obama Center together. While she knows it's a long shot the Obamas will be there, she said, "I hope they make a surprise appearance."

James, a retired fuel truck driver, is motivated to go, he said, "because it's an important part of history."

Gayla, a fifth grade teacher, said, "I told my two boys all the time they could

be whatever they want to be and finally they saw someone who looked like them become president."

Both of the Whites like how the Obamas complement each other and what they represent.

"She's a strong woman who stood by her husband and believed in his dreams and what he wanted," said Gayla. "You saw her by his side, you saw them holding hands, you saw Black love and family."

"I like the fact she became her own icon as someone young girls looked up to," said James. "I like the way the world viewed her – her values and her poise, and how they respected each other. It's like they both delivered their own dreams."

After a 29-year career with OPS she joined the Bellevue Public School District.

This past school year was her first in Bellevue and she was alarmed to find diluted Black history in the social studies curriculum.

"When Black History Month came I made sure I researched and bought books about Black historical figures beyond Malcolm X, Martin Luther King and Harriet Tubman. My students appreciated it."

They learned a lot more than probably they had ever been exposed to because I went outside the box."

"That was important," she said, especially in this era of attempts to erase Black history. "From this trip I'm going to bring pictures and information back so I can throw it into the social studies I have to teach. There's a lot more to history than what is being taught."

As one tour participant likes to say, "Black history is every day."

For Rev, Darryl Brown Jr. "the trip is about going to see this reminder of a story of possibility, power and even representation." Added Brown, "The ground level organizing and imagination that comes from the Obama era is something that has personal impact on me as well as folks around me because that has been my work with various coalitions and groups."

"Up until Obama we had very limited opportunities for hope of someone different than a white male holding the position of president. We had Shirley Chisholm and Jesse Jackson run. Jesse and Hillary Clinton had good runs at it. But for my generation specifically Obama was an example of progress fully realized."

When Obama was elected Brown was pastoring at Mount Olive Missionary Baptist Church.

"I gave thanks at the pulpit that Sunday. We definitely made loud and proud mention of it. There was a lot of celebration in the sanctuary. There was this feeling of lightness in the room. Huge smiles on peoples faces. Elders said they didn't think they would live to see something like this."

By the time of the inauguration, he said, "I had founded a church, Kingdom Builders Christian Center. So it was a time of hope for me in general. I remember feeling invigorated, inspired and hopeful."

I mean, that's what Obama ran on – hope. That was kind of the heart of his campaign. That feeling of hope was almost tangible (and seemingly unifying),"

Visiting the center, he said, is a way to celebrate Black excellence. The need to do so is ever more urgent in this climate of division.

"I think the urgency is never ending," Brown said. "We do ourselves a disservice if we go to sleep and think that we can just rest in all of that progress that has been made. To be quite honest I don't think that rest is afforded. We're always in a space where we need to be revisiting, resharing, retelling all of these historical narratives, especially from a Black perspective. Because they're not the narratives that typically make it into the history books or on national platforms. We have to continue to reiterate them to be sure those stories and histories don't die."

"We're literally living in one of the results of folks getting comfortable and going to sleep thinking that we had somewhat arrived. What we've seen is what we've typically seen in this country in terms of political and racial backlash that comes as a result of any degree of Black advancement or Black participation in the political process.' "

Brown, a millennial, said, "Even though Obama's older than my generation he still feels like he's one of us. There's something about that that feels like we're no longer telling the story of history that preceded us but we're now walking in history."

He's eager to share the tour experience with seniors and folks his own age. "That's right in my wheelhouse. I love the generational mashup that happens."

Actions speak louder than words

“They also serve who only stand and wait,” (John Milton).

I have never liked this quotation because it suggested helplessness and passivity to me, neither of which I like. My preferred saying has been “Don’t just stand there. Do something!” Experience has taught me there is a time for everything. Both of these statements have their place.

As elections approach, I am trying not to just stand there. Instead, I am giving time and effort to voter registration. It is my way of being active vs. passive. As the English say, “I am doing my bit.”

On the other hand, I have loved ones who are going through a painful life crisis. As much as I would like to fix their situation, I cannot. My only alternative is to stand and wait with love. I listen, pray, and am present to them. Truthfully, it kills me not to be able to help them resolve their situation

Conscious Aging

By Nancy Hemesath

but it is not mine to do. I serve by standing by them and waiting.

So many of us are problem solvers who want to rush in and fix things for others. When we hear our loved ones tell us of their struggles, we kick into the “fix it” mode. Occasionally that might be helpful for a computer or transportation problem but for things more personal, what is needed is a listening ear. The truth is that people have their own answers and often discover them as they talk out their challenges. Deep listening is the real gift.

Many of us deal with health issues or grief. We really don’t expect others to fix these things for us. However, it helps us to be able to share our struggles with someone who cares.

Just “being there” is what is needed. Sometimes we are tempted to run away from problems we cannot solve, leaving others feeling abandoned. This is hurtful because presence is what is most needed. We all need to know we are not alone.

I am reminded of the classic prayer of serenity. “God grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.” This applies to us and all those around us.

(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.)

Don’t let scams bring you down

This week’s scam targets people who are working on home construction projects. You receive an email that claims you must pay a permit fee immediately to avoid delays with your project. The email looks real, and may even include a case number or your home address. It instructs you to pay the permit fee immediately via wire transfer, payment apps such as Venmo or Zelle, or cryptocurrency.

But you don’t actually owe any money, because this email is a scam. Scammers use public information, like your address and the names of local officials, to make their fake emails look real. Because the email arrives while you are working on a real home project, it is easy to think it is legitimate.

If you follow the payment instructions, you are giving your money directly to the scammers.

Follow these tips to avoid falling victim to this phishing scam:

- Don’t assume that an email is real just because it looks official. Scammers can use publicly available information to make their phishing emails even more convincing.

THIS CHARGE DOESN’T ADD UP

Imagine you’re on the web when a full-screen alert takes over your browser. The alert shows an Apple or Amazon logo, a red warning symbol, and a message that your account was just used for a large purchase. The alert tells you to call a support number immediately, and it blocks the rest of the page so that number is the only thing you can click. You recognize the logo and are worried about the large purchase, so you quickly call the number.

But this alert is actually a scam! If you call the number, you won’t be talking to support staff, but a cybercriminal instead. They’ll ask you to verify your account by providing personal information, or they might try to get you to pay a fake fee. If

you do this, you’ll be falling right into the cybercriminal’s trap!

Follow these tips to avoid similar scams:

- Never call a phone number that appears in an unexpected alert on your screen. Instead, go to the organization’s official website to find the support number.
- Always stop and think before you act.

FAKE IT ‘TIL THEY TAKE IT

Imagine answering your phone and hearing a family member’s voice. They tell you they’ve been arrested, and they need you to send money immediately for them to be released from jail. You feel completely shocked, and you might immediately feel like you need to send them as much as they need.

But the voice that you’re hearing is actually completely fake. Cybercriminals find videos of your friends or family on social media, and then use AI to make a replica of their voice. The scammers then use the cloned voice to call you. They hope that if you hear a familiar voice, you will not stop to verify what’s actually happening. They usually ask you to send money using methods that are difficult to track, such as wire transfer, gift cards, or cryptocurrency. Anything you send them is nearly impossible to recover.

Follow these tips to avoid falling victim to AI voice cloning scams:

- If someone you know calls you and claims to need money immediately, hang up and call them back directly using a known phone number to verify their story.
- Be mindful of receiving unusual instructions, such as being asked to send a large amount of money in an unusual way. If someone is in jail, it’s highly unlikely that they would ask for money to be sent using cryptocurrency.

For more information, visit KnowBe4.com.

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.



Research Opportunity for Caregivers of Persons with Mild Dementia

Do you or your partner have mild dementia due to Alzheimer’s Disease (AD)?

We are recruiting for a research study looking at how the social connections between persons with mild dementia and their spouse impact their health and well-being.

You may be eligible for the research study if:

- You or your partner have mild dementia due to AD
- You and your partner live together
- Both of you are able to visit UNMC 2 times at start of study and again one year later

What does the study involve?

- Both of you will complete questionnaires, have short conversations, watch videos, listen to music.
- We will also administer cognitive testing.

What are the potential benefits of the study?

- Eligible participants may receive compensation for study-related time and travel.
- You will have an opportunity to meet with a caregiver expert that can discuss your test results and offer caregiver strategies at the end of the study.

Please call **531.559.2436** or email **unmc.emotional.aging@unmc.edu** with questions

IRB#0841-25-EP



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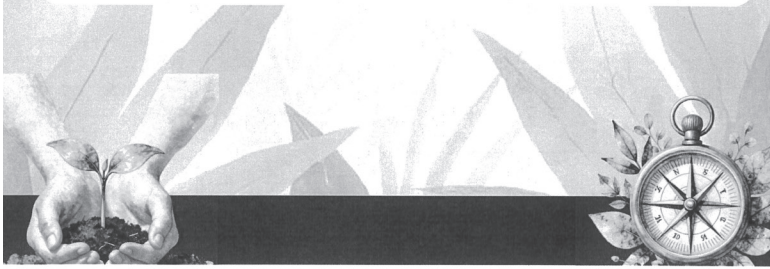
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Vaccines for older adults: An easy step toward healthy aging

A Message From ArchWell Health

Lots of things change as you grow older, including how long it takes to fight off a common cold or finally get that scraped knee to heal. That’s because as you hit age 65 and beyond, your immune system begins to lose some of its strength, leaving you with fewer of the cells your body needs to fight off infections.

There are many simple things you can do daily to give your immune system a boost, including eating a diet rich in healthy foods, staying active, sleeping well and managing your stress levels.

But there’s another important way to boost your immune system — staying up-to-date on your vaccinations.

WHICH VACCINES MATTER MOST AFTER 65

Vaccines are part of a complete healthy aging plan, and the National Council on Aging recommends older adults get the following vaccines:

- An annual flu shot, which is proven to lower hospitalization rates and serious illness from the flu for older adults. It’s important to get one each year, usually in the fall, as the flu virus can change and the vaccine is updated annually.
- The shingles vaccine, a two-dose vaccination taken two to six months apart, for adults over 50. The virus that causes shingles can be especially debilitating for older adults. Complications include severe pain, loss of vision, dementia and an increased risk of heart disease.
- The pneumococcal vac-

cine, which protects against bacterial infections that can cause pneumonia, meningitis and blood infections. The vaccine is proven to lower the risk of dying for older adults who are hospitalized for pneumonia.

Most adults need a single shot, but some may need additional doses depending on their health history.

In its first year of use in the United States, the vaccine was 92 percent effective at protecting adults 60 and older from getting severely ill with respiratory illness.

Older adults are encouraged to speak with their healthcare providers about receiving COVID-19 vaccinations annually, along with the vaccine for Hepatitis B, according to the National Council on Aging. A vaccine against tetanus is recommended every 10 years.

STAYING VACCINATED MEANS STAYING INDEPENDENT

While vaccines are proven to protect older adults from serious illness, complications and even death, they offer another important benefit — supporting their independence and overall quality of life.

If you’re current on your vaccinations, you are more likely to avoid lengthy hospital stays and can bounce back quickly from an illness, instead of potentially facing weeks or months of slow recovery (which could include prolonged bed rest).

As a result, you’re more likely to hold on to your strength and mobility after an illness, and return more quickly to the things you love most — whether that’s

spending time with grandkids, playing cards with friends or volunteering in the community.

WHAT’S FACT, WHAT’S FICTION — AND WHEN TO ASK YOUR DOCTOR

Plenty of misconceptions are swirling around all vaccinations these days — including the ones for older adults.

Some believe immunizations are just for young children. They aren’t. In fact, some vaccinations (like the shingles and RSV vaccines) are designed specifically for those 65 and up.

Others worry that the vaccines themselves could make them sick, giving them the flu or another illness. They won’t. The flu shot, for example, can come with some mild side effects, such as soreness, a headache or low-grade fever. But as CDC experts say, those are simply side effects from the vaccine and are often short-lived.

Some even wonder if vaccines could worsen chronic disease. But experts say the opposite is true. Those with chronic illness should make immunizations a priority, since it helps keep up defenses against viruses and bacteria that could make them even sicker.

If you have questions or concerns about whether and when you should get vaccinated, your primary care provider can provide personalized information — and peace of mind — as you decide the best course for your best health.

Local healthcare providers are available to answer your questions about the vaccinations available to you.

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Primary Care for Omahans Age 60+



Flaherty Senior Consulting

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:

• Oct. 1, Dec. 3
The Servite Center of Compassion
72nd St. and Ames Cr.

• Oct. 21, Dec. 16
St. Timothy Lutheran Church
93rd and Dodge streets

• Nov. 10
St. Vincent de Paul Church
14330 Eagle Run Dr.

• Nov. 28
Faith Westwood
United Methodist Church
4814 Oaks Ln.

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. For more information, email Nancy at flahertyconsulting@cox.net or call/text her at 402-312-9324.

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. There will be a painting workshop with Kim Darling at 9 a.m. every Wednesday. The center hosts activities such as Tai Chi, annual picnics/special events, bingo, cards, gym & game room access, special guest speakers and socials. Arts and crafts will be held on the third Wednesday of each month. They also provide health and nutrition programs. For more information, please call Sandra Gossett @ 402-444-6333.

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.

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

This Month's
Sudoku Answers

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

This Month's
Crossword Answers

VOLUNTEERS NEEDED FOR A STUDY EVALUATING STRATEGIES TO IMPROVE RECOVERY FROM LONG-COVID

The purpose of this 12 week research study is to find out whether warming your lower body (heat therapy) or walking more often can help people who had COVID-19 and now feel constantly tired or less able to move.

You may qualify if you are:

- 50-90 years old
- Experiencing lasting symptoms from COVID-19

Participants will be compensated for their time.

If you are interested in learning more,
please call or email:
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School of Health & Kinesiology
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