

New Horizons



Bruce Chubick Sr. is the boys basketball coach at Omaha South High School. He led the Packers to Nebraska Class A state titles in 2016 and 2019. He also coached his son, Bruce Jr., to the Nebraska Class C-1 state championship at Atkinson West Holt in 1988. Earlier this year, the Chubicks were both inducted into the Nebraska High School Sports Hall of Fame.

Leo Adam Biga examines Chubick's colorful life on and off the court beginning on page 8.

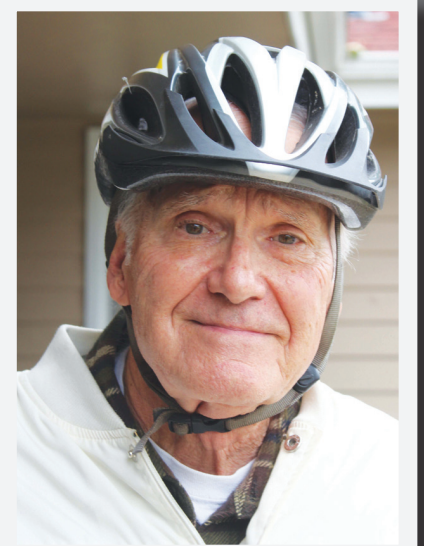
Recycling



The Washington County Recycling Association and its volunteers – including LeMara Eicke and Jim Peterson – are recipients of a 2021 Step Forward Award from ServeNebraska. See page 9.

Cycling

Weather permitting, John Laverty, an 80-year-old retired Omaha Police Department officer, rides his bike from Omaha to Papillion three times a week. See page 16.



UNMC study examining susceptibility to scams, fraud

Nearly 1 in 3 Americans have fallen victim to a scam, including 23% in the past year. During that time, 2.2 million reports of fraud have been made in the United States, with a collective reported loss of \$3.3 billion.

In the past decade, there has been a significant increase in solicitations targeting older adults. Elder fraud – in the form of solicitations via phone calls, emails, letters, computer pop ups, etc. – are impacting not only overall their life quality but also the length of many older adults’ lives.

The most reported type of fraud may take various forms (a family member in distress, government official, etc.) These solicitations may ask for donations, advertise services or products that aren’t needed or don’t exist, or ask for another type of assistance. The ultimate goal of these frauds and scams is to take advantage of vulnerable individuals.

Older adults are often vulnerable due to loneliness, a desire to help, or due to declines in judgment that ultimately puts them at risk for suboptimal decision making.

The Division of Neuropsychology in the Department of Neurological Sciences at the University of Nebraska Medical Center is conducting a research project on how changes in practical judgment and problem-solving skills impact older adults in terms of susceptibility to scam and fraud.

The researchers are recruiting individuals ages 60 to 90, with or without cognitive impairment, to examine the role of cognition, brain structures, and genetic factors on susceptibility to scam and fraud victimization. The study involves one or two visits and doesn’t require follow-up visits.

Eligible participants will undergo a brain imaging study (MRI), cognitive testing, and genetic testing at no cost, with compensation for their time.

Interested individuals can contact Nadia Pare, Ph.D. (neuropsychologist) by calling 402-552-6094 or by emailing her at UNMCagingstudy@gmail.com.

Ralston Senior Center

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

- **Dec. 1:** The Merrymakers present music by Billy Troy @ noon.
- **Dec. 8:** Board meeting @ 10 a.m.
- **Dec. 8:** Holiday luncheon @ 11:30 a.m. Reservations, which can be made by calling 402-490-5768, are \$4.50 for Ralston Senior Center members and \$10 for non-members.
- **Dec. 14:** Bus to WinnaVegas Casino in Sloan, Iowa @ 7:30 a.m. The bus will return around 4 p.m. The cost is \$5. Contact Diane @ 402-885-8895 for reservations.

The facility is closed on Christmas Eve.

Lunch is catered in on Wednesdays. A \$4.50 contribution is normally suggested for the meal. Reservations are due by noon on Tuesday. Play games and bingo after lunch. Contact Molly @ 402-490-5768 for reservations.

Renew or obtain a Ralston Senior Center membership. Persons who renewed for 2021 before the center closed due to the pandemic won’t be charged for the rest of 2021. Those who haven’t renewed, will be charged \$5 for the rest of 2021. The annual cost will be \$10 in 2022.

The center may be used for various activities on weekends.

On days, the Ralston Public Schools are closed due to the weather, the Ralston Senior Center will also be closed.

For more information, please call Diane West @ 402-339-4926.

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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
1516 Jackson St.
Omaha, Neb. 68102**

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

AAA: Knowing what to expect, taking precautions will increase the chances your vehicle will operate well in winter

Low temperatures lead to high numbers of motorists stranded with dead batteries.

According to AAA, when temperatures may drop to double-digits below zero, calls for help with cars that won't start skyrocket. To avoid the inconvenience of a car that won't start, the auto club recommends:

- Have your battery tested. Batteries generally have a life of three to five years. Doing so can give you an idea on how long your car battery may last.
- Park your car inside a garage. Just a few degrees difference in temperature can make the difference between a battery having enough power to crank the engine or not.
- If you don't have a garage, plug in the block heater if possible.
- Don't park with your vehicle facing into the

wind. While wind-chill doesn't affect vehicles, a build-up of snow blown into the engine compartment can create issues.

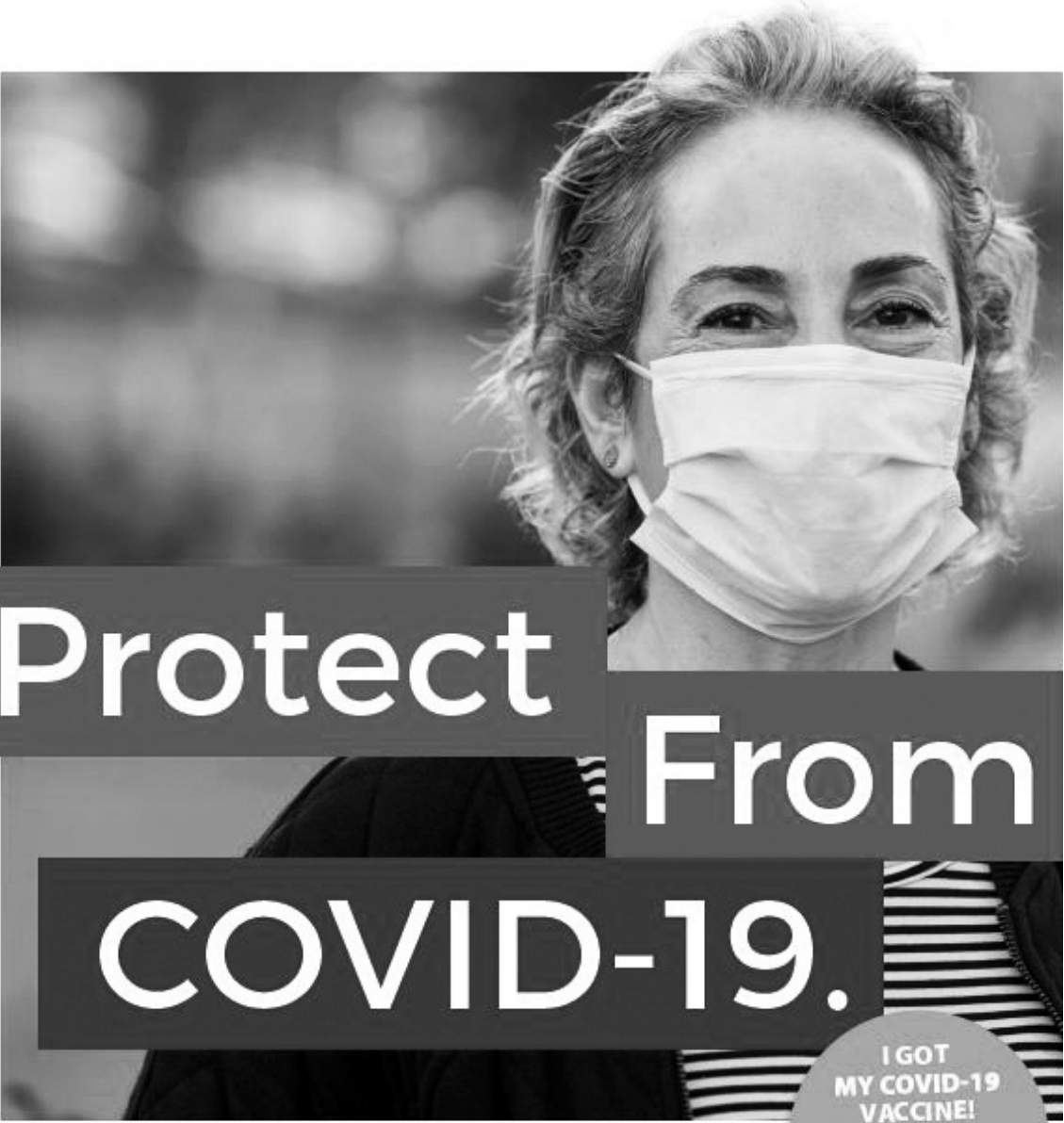
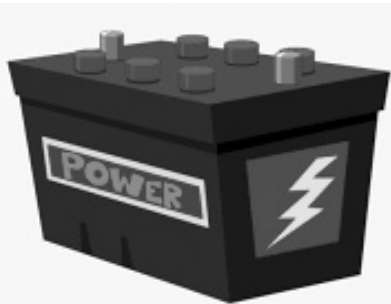
- Have a set of jumper cables handy in case they're needed.

Because cold weather can affect a vehicle in a variety of ways, AAA also recommends:

- Check tire pressure. For every 10 degrees of temperature drop, tires will drop one to two pounds of pressure. It's important to keep your tires within the recommended Pounds per Square Inch to maintain traction, handling, and durability.
- Keep at least a half-tank of gas. This helps avoid gasoline freeze-up and provides a cushion of safety should you become stranded.
- Use cold weather windshield wiper fluid. You don't want frozen wiper fluid when you need it most.
- Ensure your emergency car kit is equipped to help you survive several hours in extremely cold conditions. The more remote and less traveled the roads you'll be driving, the more items the kit should contain.

Knowing what to expect and taking the necessary precautions to face the worst can help take some of the bite out of caring for your vehicles and yourself during extremely cold weather.

(AAA provided this information.)



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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: **Jeff Reinhardt, Editor**, 4780 S. 131st Street, Omaha, NE 68137-1822. Phone 402-444-6654. FAX 402-444-3076. E-mail: jeff.reinhardt@enoa.org

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Camelot Friendship Center

You're invited to visit the Camelot Friendship Center, 9270 Cady Ave., this month for the following:

- **Fridays:** Play Corn Hole @ 12:15 p.m.
 - **Dec. 8:** Ollie the Trolley Christmas Lights Tour from 7 to 9 p.m. Meet at the center at 6:30 p.m.
 - **Dec. 10:** Council meeting @ 12:15 p.m.
 - **Dec. 16:** Christmas party @ 11:30 a.m.
 - **Dec. 17:** The Merry-makers present music by The Links @ 11:45 a.m.
 - **Dec. 20:** Christmas Goodies Exchange @ 12:15 p.m.
- Other regular activities include chair yoga, card games, Tai Chi, chair volleyball, and bingo.

The center is open weekdays from 10 a.m. to 3 p.m.

The facility will be closed on Christmas Eve.

Lunch is served weekdays at 11:30 a.m. A \$4 contribution is requested for the meal. Reservations, which are due a day in advance, can be made by calling 402-444-3091.

For more information, please call Barb at 402-444-3091.



Go to ssa.gov/people/veterans

SSA, VA fact sheet can help vets understand disability programs

The Social Security Administration and the Department of Veterans Affairs (VA) have joined forces to create a Fact Sheet, "*Social Security Disability and Veterans Affairs Disability — How Do They Compare?*" This quick reference explains the differences between each agency's disability program. Through the SSA's partnership with the VA, it hopes to help the veteran community navigate each agency's programs more easily.

Go to ssa.gov/people/veterans to view a fact sheet and other resources, including information on returning to work, links to VA healthcare and benefits programs, and disability benefits for wounded warriors. It also has resources for the parents and spouse of veterans.

Remember, there are important differences between Social Security Disability Insurance (SSDI) and VA disability benefits. Just as important, a veteran who receives benefits from the VA could also be eligible for SSDI.

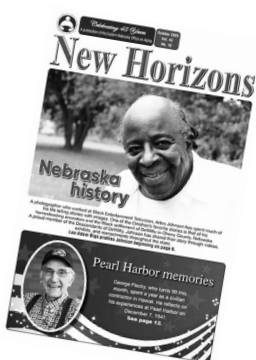
(The SSA provided this information.)



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Survey indicates nation's labor shortage tempting retirees to return to job market

As the American labor shortage continues to cause hiring challenges for businesses of all sizes, companies across the country are offering better benefits and raising wages to attract the new workers needed. Retirees and employees approaching retirement age are being tempted into new careers by the hot job market.

More than 1,000 retired workers and employees ages 54+ were surveyed to see what types of career moves they're thinking about making.

The results showed:

- 20% of retirees said past employers have asked them to return because of the labor shortage.
- 34% of retirees have considered going back to work because of the job opportunities available with the current labor shortage.
- 40% of employees ages 54+ have considered switching jobs because of new opportunities in the job market.

While 20% of the retirees surveyed said their old employers had asked them to come back to work, it appears the majority won't take them up on the offer.

Daniela Sawyer, founder of Find People Fast, said rehiring retired workers is a viable option for her. "I prefer to talk with my retired employees because they know the culture of the company. They are emotionally attached to the organization they were associated with for a long duration. So, if we recall them for any task, they feel honored and perform the job effectively."

Martin Luenendonk, CEO at Founder Jar, agreed. "One of the common options has been to ask retired workers to come back, even temporarily, to compensate for the lack of staffing. I see this as a highly feasible solution, as they will only need to be trained in the use and navigation of the system in use. They will already have a wealth of experience to bank on and will need less time to acclimatize themselves with operations."

The lack of workers needed to fill open positions is forcing business owners to offer better benefits to attract new employees such as greater flexibility and work-from-home opportunities, more time off, and higher pay.

Damien Birkel, founder of the non-profit Professionals in Transition Support Group Inc., said he was seeing a similar trend among the retired job seekers ages 70+. Many said they're motivated to return to the job market because of the labor shortage and their desire to get back into the game.

Of the retirees who would consider going back to work but wouldn't go back to their former employer, the majority wouldn't necessarily stay in the same field, either. In fact, the majority responded they'd prefer to switch industries, with the most common reasons being less stress, the ability to work remotely, and switching to a career in which they have more interest. When asked which industry they'd switch to, the largest percentage said service and hospitality.

Among employees ages 54 and up, an even greater number are thinking about switching jobs to take advantage of new opportunities during the labor shortage. Similar to retirees, the most common reasons reported for wanting to switch jobs were more pay, working in something more interesting, experiencing less stress, and

having the ability to work remotely.

Tech and IT were the industries where the highest percentage of respondents wanted to work.

Jill Cox-Cordova, a 54-year-old who works in academia, said she's considering switching industries due to stress in her current position. "I am too old to increase my workload, which was a demand. My workplace forced many of us to teach in person and online simultaneously, which was exhausting."

Birkel said the majority of his ages 50+ job seekers reported similar reasons for wanting to change jobs. Many are either fed up with their current career or still working and afraid of contracting COVID.

The plethora of safe, remote positions widely available these days is certainly a draw for these types of older workers.



More than half of workers ages 54 and up said their employer would have trouble finding a replacement for them in the job market. This doesn't bode well for employers, since some of the employees surveyed have retirement on the near horizon.

Of those we surveyed:

- 17% said they'll retire within one year.
- 14% said they'll retire in the next two years.
- 28% said they'll retire in the next five years.
- 24% said they'll retire in 10 years.
- 17% said they'll retire in more than 10 years.

When looking at the 17% of workers planning to retire within a year, 62% predicted their employer will have trouble replacing them.

Several employers corroborated this finding and agreed it would be difficult to replace employees during the labor shortage.

"I think if I lost a couple of employees now, I would struggle a lot to replace them," said Nick Chernets, CEO of Data for SEO.

"In our field, there are plenty of sales strategists ready to take over available positions," said Michael Hamelburger, CEO of Sales Therapy. "However, what is critical is the years of training existing employees have gained in our company. If they leave, they'll take this with them, and we'll have to train a new batch of staff."

As workers across industries are reconsidering their options, the allure of a job market rich with opportunities for employees is attracting retirees and older workers alike. It will be interesting to see if many retirees return to the job market, especially with the amount of COVID-safe, remote jobs available today.

"I am considering using my transferrable skills of writing, editing, and journalism to switch to an industry that appreciates remote workers, regardless of my age, race, or appearance," said Cox-Cordova. "I pursue positions that rely on skill, even if that means taking a job that takes me back to a status lower than I have accomplished in other fields."

Make Christmas the most wonderful time of the year

Focus on what you have, not on what’s missing

If we listen to the radio this time of the year, we keep hearing Andy Williams proclaiming that Christmas is the “most wonderful time of the year.” I do agree with those lyrics, but my reasons for liking Christmas have certainly changed over the years. I’m also aware for many people, this is a most difficult and painful time because of personal history and loss.

Our earliest memories of Christmas come from the first chapter of our lives, the growing up years. For me, it was a magical time. Christmas Eve was the only evening all my siblings and I went to the barn to watch my dad and older brothers milk the cows. When we returned to the house, we lined up at the dining room door, littlest to biggest, and sang *Silent Night*. We then burst into the room with the Christmas tree to find what Santa had brought for us. (It’s funny how he always timed his arrival so well). There were many wonder-

ful gifts our parents would never have gotten for us.

In the second chapter of life (adulthood) receiving presents receded in importance. Adulthood had me thinking more about giving gifts than getting them. But

holidays bring. I enjoy the decorating, the carols, and the special food. I try to connect with family and friends in person or by phone. I now no longer hang my happiness on expectations that may or may not be

will not be with us to celebrate.

Rather than focusing on that which cannot be changed, we all have the capacity to dig deeply and be grateful for what we do have.

When we focus on our blessings instead of what’s missing, we equip ourselves to reach out in love to add joy to others this Christmas. It’s likely we know others whose health has deteriorated or who are alone. What we do for them with a Christmas card or a phone call may be just the thing that makes our own Christmas “the most wonderful time of the year.”

Even though not all my readers celebrate Christmas, I hope the principles I suggest in this column apply to your holidays as well.

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

Conscious Aging

By Nancy Hemesath

more important than that was the anticipation and joy of visiting my parents for a few days. We had many mini-traditions like making popcorn balls together; my father’s only excursion into cooking each year. My favorite tradition was hearing my dad sing a German Christmas carol at church on Christmas Eve.

Now that I’m in my third chapter, my parents have passed away. Each year my celebratory circumstances change. I’ve learned to be flexible about whatever and whomever the Christmas

met.

This is part of the beauty of living into the third chapter. Externals have less control because we’ve developed inner resources. The love and faith that were always part of our lives are now obvious. A snowstorm, a cancelled flight, or a meal flop cannot upset our inner peace as it once may have.

These same principles apply to those who are grieving at Christmas or have only painful memories. Letting go of expectations that cannot be met will not alter the fact our loved one

Medicare Open Enrollment cancellations

Due to concerns created by COVID-19, Volunteers Assisting Seniors (VAS) has been forced to cancel its Medicare Open Enrollment events scheduled through Dec. 7 at Doane University’s Omaha campus and at Southeast Community College in Plattsmouth.

The events were designed to help participants save money on their prescription drug costs in 2022 by reviewing their Medicare Part D or Medicare Advantage coverage.

Trained and certified VAS counselors will be offering Medicare reviews by phone weekdays. A limited number of phone reviews will be available on Saturdays.

A limited number of in-person appointments are being offered at the VAS office in the Center Mall, 1941 S. 42nd St., #312. Counselors and participants will be required to wear a mask during the review.

For more information, please call VAS at 402-444-6617.



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Long-term Care Ombudsman Program

The Eastern Nebraska Office on Aging is looking for men and women age 21 and older to join its Long-term Care Ombudsman Program which is co-sponsored by the Nebraska State Ombudsman Program.

ENOA's Long-term Care Ombudsmen volunteer in local long-term care facilities and assisted living communities to protect the residents' rights, well-being, and quality of life.

Long-term Care Ombudsmen must complete 20 hours of initial classroom training and 12 hours of additional training every two years.

During the training, the volunteers learn about the residents' rights, aging issues, Medicare, Medicaid, communication skills, how to investigate the residents' complaints, the importance of confidentiality, and about the federal and state rules, regulations, and laws regarding Nebraska's long-term care facilities and assisted living communities.

Before being assigned to a long-term care facility or an



assisted living community, new volunteers will make four visits to a site with an experienced Ombudsman Advocate to learn more about what the program entails. After a three-month probationary period, the new volunteers are certified as Ombudsman Advocates.

Certified Ombudsman Advocates will be assigned to a long-term care facility or an assisted living community where they'll visit for two hours a week to meet with administrators, residents, and the residents' family members to address concerns.

For more information about ENOA's Long-term Care Ombudsman Program, call Beth at 402-444-6536.

Medication Therapy Management is a great way to understand your meds, help achieve your healthcare goals

By Kevin Howk, B.A., PharmD Candidate & David Kohll, PharmD

Keeping up with your prescription and over-the-counter (OTC) medications can feel overwhelming. Multiple medications from multiple physicians for multiple conditions can lead to doses missed, forgotten, or taken at the wrong time. The average older American takes four or more prescription medications each day, with nearly 40% taking five or more. When including over-the-counter medications, these numbers are even higher.

Not only can multiple prescriptions be a financial burden (23% of older adults say it's difficult to afford their prescription meds), older men and women taking numerous medications are also at higher risk of adverse side effects and interactions. According to one recent study, 78% of older Americans experienced at least one adverse drug event over a six-month period. In fact, according to the Centers for Disease Control and Prevention, 1.3 million emergency room visits in the U.S. each year are the result of medication problems.

Many people aren't aware of a service available at pharmacies that's covered by their insurance. Medication Therapy Management, or MTM, is a thorough medication review provided by pharmacists and other healthcare providers that promotes positive outcomes for patients through better understanding of their medications and the conditions they treat.

MTM services, designed to reduce the risk of adverse events and improve proper medication use and adherence, are covered annually at 100% (no out of pocket costs to you) by Medicare Part D plans.

During a 30-minute phone call or an in-person visit, your pharmacist will review the medications you're taking, including prescriptions, OTCs, and dietary or herbal supplements. The pharmacist will assess for any therapeutic duplications, uncontrolled symptoms, or dangerous drug interactions you may be experiencing. The pharmacist can then work with your physician to discontinue, change, or add medications as necessary for the best care and treatment possible.

According to one study of patients with high blood pressure or high cholesterol, MTM services increased the percentage of patients achieving their therapy goals from 76% to 90%, while also decreasing healthcare costs by 31%.

In a study of patients with diabetes, patients receiving MTM services were more than three times more likely to have blood pressure and A1c readings within their goals. A systematic review of 75 other studies showed MTM services led to simplified medication regimens, increased adherence and drug knowledge, and decreased medication problems.

If you'd like to get a better handle on your daily medications and help achieve your healthcare goals, contact your local pharmacy to inquire about MTM services. Take advantage of this service included with your prescription insurance and get a clearer picture of your prescriptions.

(Howk and Kohll are with Kohll's Rx in Omaha.)

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Exercise, food study at UNO

Men and women are needed for an exercise and food choice research study through the University of Nebraska Omaha's Department of Gerontology. The study is designed to better understand the relationship between exercise and food choices.

Participants must be ages 65 to 75, a healthy, non-smoker of stable weight, able to bicycle for 45 minutes, provide blood samples, and attend one Zoom session and three lab visits in Omaha including two overnight fasts and two supervised exercise sessions.

Compensation is available for participants who will also receive free food and an explanation of fitness and body fat.

For more information, please contact Sarah at shubner@unomaha.edu.

Preparing snowbirds for the trek south

By Omar Kaywan

It's that time of year when thousands of snowbirds are making plans to head south for the winter. Whether flying or driving, planning for COVID is important for both health and finances. Restrictions could limit plans for people who aren't fully vaccinated, and you may want to consider a travel health insurance plan to limit out-of-pocket medical costs. Additional considerations should be made by anyone planning to go to Mexico, on a Caribbean cruise, or to other foreign countries.

Older adults need to make sure they check the requirements for COVID-19 testing and vaccination. Some cities and states have vaccine mandates for dining in restaurants, attending concerts, sporting events, and other entertainment venues. Some places are putting expiration dates on being fully vaccinated, and you may need a booster depending on when you received your second shot. Once you know how COVID restrictions could impact your trip, the next step is to double check your health insurance.

Original Medicare plans travel with you between states. Check your individu-

al policy to see if you may face higher costs if you have to visit a doctor or a hospital out of your network.

A travel medical insurance policy may cover unexpected medical bills, hospital, physician, and ambulance services and prescription drugs.

Afterall, the reason snowbirds head south is to be able to remain more active in the winter. Being outside in warm temperatures and able to golf, walk, jog, bicycle, and participate in numerous other activities is fun, until someone is injured. Suddenly, a relaxing afternoon on the golf course can turn into an expensive and stressful evening.

Anyone who is unvaccinated or at high-risk for serious COVID-19 infection, may want to consider a COVID-19 insurance policy that covers medical costs if COVID-19 is contracted.

When considering insurance policies for a trip, keep in mind trip cancellation coverage isn't sufficient as the loss is limited to the trip's cost. If you don't purchase emergency travel medical insurance the risk exposure is unlimited. Travelling without travel medical insurance isn't recommended because even a quick trip across the border to Canada or Mexico can end up being costly as it's impossible to know when and where accidents or illness will happen. It's also critical to get policies that cover pre-existing medical conditions.

Every travel situation is unique, but generally speaking, snowbirds should use the following checklist:

- Check your destination's entry requirements.
- Consider purchasing emergency travel medical insurance and ensure you have COVID 19 coverage.
- Consider purchasing a plan that gives you quick and easy access to your policy for validation.
- Make sure you have the appropriate vaccinations for your destination.
- If you have a pre-existing condition, you may want to purchase a policy that covers your condition.
- Consider purchasing a trip cancellation policy for non-refundable trips.

Snowbirds can take extra steps to ensure their time away isn't spoiled by injury or illness. Travel medical and COVID travel insurance plans may provide the peace of mind needed to be able to fully relax and enjoy winter.

(Kaywan is the co-founder of Goose Insurance.)

Older adults, caregivers needed for UNO study on stress levels, dogs

The University of Nebraska at Omaha is looking for older adults and their in-home family caregivers for a study on the effects of pet dogs on chronic stress levels.

The study will investigate chronic stress in older adults and their caregivers as well as the effects a pet dog can have on stress levels.

To measure stress, researchers will study the hormone cortisol which is found in saliva and in hair.

Volunteers – who must be age 65+ – will need to provide two hours at their homes. They'll be asked to answer several surveys online or on paper and provide a saliva sample and a hair sample to measure stress levels. Volunteers who have a dog in their home are asked to provide a saliva and a fur sample from the dog to measure its stress level.

For more information, please contact Amanda Crawford at amandacrawford@unomaha.edu or 402-885-9516.



Three Communities ONE Mission



Florence Home Healthcare Center
402-827-6000



Royale Oaks Assisted Living
402-557-6860



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In Eastern Nebraska, you can contact
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Chubick's career filled with building teams, homes



Despite battling several health issues, Bruce has only missed two games during his high school basketball coaching career.

By Leo Adam Biga
Contributing Writer

During his 70 years on earth, Omaha South High School head basketball coach Bruce Chubick Sr. has been a big man on campus, a man in the wilderness, a three-time state championship coach, and a Nebraska High School Sports Hall of Fame inductee.

The big-framed, square-jawed, plain-speaking Chubick exudes the strength and conviction of old-school icons like actor John Wayne and baseball's Ted Williams.

Now, due to health issues, the toughest and oldest head coach in the Omaha Public Schools district may have to miss some Packers' games this season, something he's rarely done in five decades of coaching.

His eldest son and top assistant, Bruce Chubick Jr., will take the helm as needed during the 2021-2022 season should his dad need to recover from complications that have dogged him since hip replacement surgery. Staph infections have required additional surgeries.

Bad hip or not, father and son are joined there. Bruce Jr. played for his father at Atkinson West Holt (Neb.) before enjoying a fine hoops career at the University of Nebraska and overseas. The pair got inducted into the state's high school sports hall of fame in September, marking only the second time a father-son combo went in together joining Scott and Larry Frost.

"It was awesome going in with my son," Bruce Sr. said. "That was really special."

Both of the Chubicks are tough hombres. Bruce Sr. survived kidney cancer 16 years ago. In 2016 he famously coached a game while having a heart attack. He refused medical treatment until after the contest, then went to the hospital to have two stents put into his chest, returning to coach the next game.

Entering the 2021-22 campaign, the only two games Chubick missed during a half century of coaching happened last season when he underwent surgery. In addition to the lingering hip problems, he suffers from rheumatoid arthritis and a faulty heart valve.

"I'm not complaining. It could

be worse," he said during an interview at the Council Bluffs home he shares with his wife of 51 years, Dianne, and the couple's youngest son, Joe.

Chubick has only to look at Joe, who survived brain cancer as a toddler and has required extra assistance since then, to put things into perspective.

Joe's resilience in the face of struggle has affirmed for his dad that "things are what you make of them."

In 1982, after Joe's countless surgeries, hospital stays, and doctors' visits, the Chubick family decided to get away from it all by homesteading on mountain land they purchased in a remote part of Montana. Chubick had traveled throughout the state earlier in his life and "thought it was beautiful and peaceful," which was just what the doctor ordered for the family after so much stress and uncertainty.

The bold move to such a remote locale, shocked family and friends.

"They probably thought we were crazy. But they didn't know what we had went through or they would have understood. We'd had all this turmoil," Bruce said.

Getting away from it all was what the Chubick family needed to do – just kind of wipe the slate clean and start over.

"I've started over a couple times. That's not bad. That's kind of our philosophy with kids," he said, referring to some student-athletes who transfer to Omaha South looking for a new start after things didn't work out at other schools.

Bruce and Diane Chubick already have another great escape plan ready to activate whenever he retires. They keep a motorhome in the backyard they hope to one day take to sunnier climes.

Bruce Jr. grew up doing "a man's job" when the family lived off the grid. As an 11-year-old, he helped his father cut and fit timber for the log cabin they built and lived in. He also helped his father bundle the grape stakes and fence posts Bruce Sr. cut to earn a living in Montana. After cutting enough, they'd load a flat-bed trailer and haul the stakes-posts down to the nearest mill.

"That's pretty tough living up there. I think that's part of the reason he's pretty hardcore," the father said of his rugged namesake.

Bruce Sr. grew up hardcore in a Council Bluffs family whose men worked for the Burlington Northern Railroad. Despite no history of athletics in his family and getting a late start himself in organized sports, Chubick found his calling on the playing fields and courts of his youth. Displaying the leadership skills that defined his coaching career, he organized neighborhood teams in whatever sport was in season to square off against rivals on the south side of the Bluffs.

"We played in places you weren't supposed to play and of course, as soon as somebody hit a really good ball and it went through a window everybody was gone," he recalled.

Bruce also grew up learning to shoot and handle guns, often going pheasant and rabbit hunting with an uncle. He leaned heavily on these skills to provide his family fresh deer and elk meat during that two-year odyssey in the wilds of Montana.

The competitiveness and work ethic that helped make him a successful coach surfaced after Bruce rode the bench his freshman year on the Abraham Lincoln (A.L.) High School basketball team. Determined to be a factor, Chubick dedicated himself over the summer to improving his game.

"Back then nobody opened gyms up for you like they do now. Pretty much everything was on your own on outdoor courts, some with chain link nets.

I ended up having a good career at A.L. because of the hard work I did. I put the time in."

A growth spurt of five inches did the rest as Chubick turned into a star performer, leading the Omaha-area high school circuit in scoring as a senior.

Though Bruce worked one summer on the railroad after graduating, he didn't follow his father and uncles into that industry. Instead, he heeded his father's wishes to pursue a post-secondary education.

After a spell at Southwestern Community College in Creston, Iowa, Chubick, then age 19, found himself married with a child. He was prepared to play for the University of Nebraska at Omaha, only the school's athletic scholarship was too limited to support his family, so he took a better offer from Briar Cliff University in Sioux City, Iowa where he played for Ray Nacke, a College Basketball Hall of Fame coach. Chubick finished among the school's leaders in career points per game (19.4) and total points scored (1,029).

A college work-study program allowed Chubick to get a head start on his eventual career by getting paid to coach junior high basketball. Coaching and teaching became his passion.

"I knew that's what I wanted to do."

Upon getting his education degree, Chubick was hired as a biology teacher by the Omaha Public Schools. It was at inner city Omaha Technical High he got his first taste of high school coaching as an assistant to then boys basketball coach Gene Haynes. His first head coaching assignment came leading the school's girls' team for two seasons.

Life for Bruce Sr., Dianne, and Bruce Jr. turned upside down during Joe's fight with cancer. After things

--Please turn to page 10.

ServeNebraska honors recycling program, its volunteers

In one part of the large warehouse, volunteers separate stacks of junk mail and toss the individual pieces into plastic containers. In another section, a group of older adults sort through hundreds of empty plastic pop bottles before throwing them into a large bin. Across the room, a forklift driver places a stack of flattened cardboard boxes against a wall.

All in all, just another typical Tuesday afternoon at the Washington County Recycling Association, 440 S. 3rd St. in Blair.

The WCRA – which has partnered with the Eastern Nebraska Office on Aging’s Volunteer Services Division since 1999 – is a nonprofit agency dedicated to preserving the environment by reducing the amount of solid waste sent to area landfills.

“Since we started in 1990, we’ve kept 32 million pounds of waste out of the landfills,” said WCRA volunteer Connie Buller. “We sell our bales of sorted cardboard, plastic, newsprint, and office paper.”

Since its inception, the WCRA has earned \$1.2 million from the sale of its recyclables. More than \$300,000 has been given back to the community including funds for 57 college scholarships awarded to area high school students who volunteer at least 70 hours at the site, write a paper about recycling, and maintain a 2.5 grade point average.

This month, in recognition of the hard work and service to the state, the WCRA and its 25 core volunteers – most of whom are retired and over age 65 – are receiving a Step Forward Award from ServeNebraska, a Nebraska Volunteer Service Commission program.



The core group of WCRA volunteers honored by the Nebraska Volunteer Service Commission includes (from left): Steve Buller, William (Bill) Lippincott, Connie Buller, LeMara Eicke, Herb Coulter, Cindy Kerstetter, Curt Hougen, Ann Hansen, Darrel Boesiger, Dennis Sellon, Joyce Anderson, and Jim Peterson.

The award winners were selected as a tribute to the significant contributions made within the state through volunteerism.

“These special volunteers are a pillar in Nebraska for their dedication, hard work, generosity, and high-caliber service that benefits the environment and their community,” said ENOA’s Volunteer Services Division Director Mary Parker. “The WCRA and its volunteers are well-deserving of this award.”

Buller said businesses and individuals who

want to use the WCRA should bring their items in reusable containers, bags, or boxes they can take home for their next visit to the site.

The WCRA will accept newspapers, office paper, shredded paper, corrugated cardboard, chipboard, aluminum, tin, plastic #1 and #2, and agricultural pesticide containers.

It will not accept clothing, brush or tree limbs, lumber, Styrofoam, ceramics, light bulbs, TV dinner plates and trays, or computer equipment.

--Please turn to page 15.



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A search for peace led Chubicks to Montana



Bruce Chubick Sr. has been the head boys basketball coach at Omaha South High School since 2005.

--Continued from page 8.

finally settled down, the exhausted family dropped out in Montana in search of peace.

They found it, too, though Chubick acknowledged a pretty tough couple of years.

“We lived high up in the mountains. Once the snow came, where we lived you were in and out on a snowmobile or skis or you didn’t get out. We did a lot of cross-country skiing.”

The nearest town was many miles away and the family trekked there once a month for supplies. They stored ample cords of wood, which was the fuel to heat their cabin and to fire their stove.

The experience of only having themselves to depend on made the family closer, Bruce said.

Hazards came with the territory. “One time I was chasing elk up the back of the mountain and it got dark on me,” Chubick said. “In Montana when the moon’s not out at night you can’t see your hand in front of your face. Well, I got too far away, and I was struggling to find my way back. I knew I had gotten within a mile of the cabin because I could smell Dianne’s bread baking. She’s a great baker. The aroma drew me in. I could literally smell that bread a mile away.”

Chubick trapped the first year. “I had a hard time with killing animals for their fur,” he confessed.

He recalled an incident while trapping in the bitter cold that reminded him of the dangers of getting too far away from shelter in such extreme conditions.

“I got caught up in my trap line one time and it started freezing rain. I was quite a way from the cabin. I remember my hands were so frozen I couldn’t even strike a match to start a fire.”

He made it back to hearth and home, however, without injury.

After unintentionally shooting a doe late in his second year in Montana, Bruce never hunted deer again.

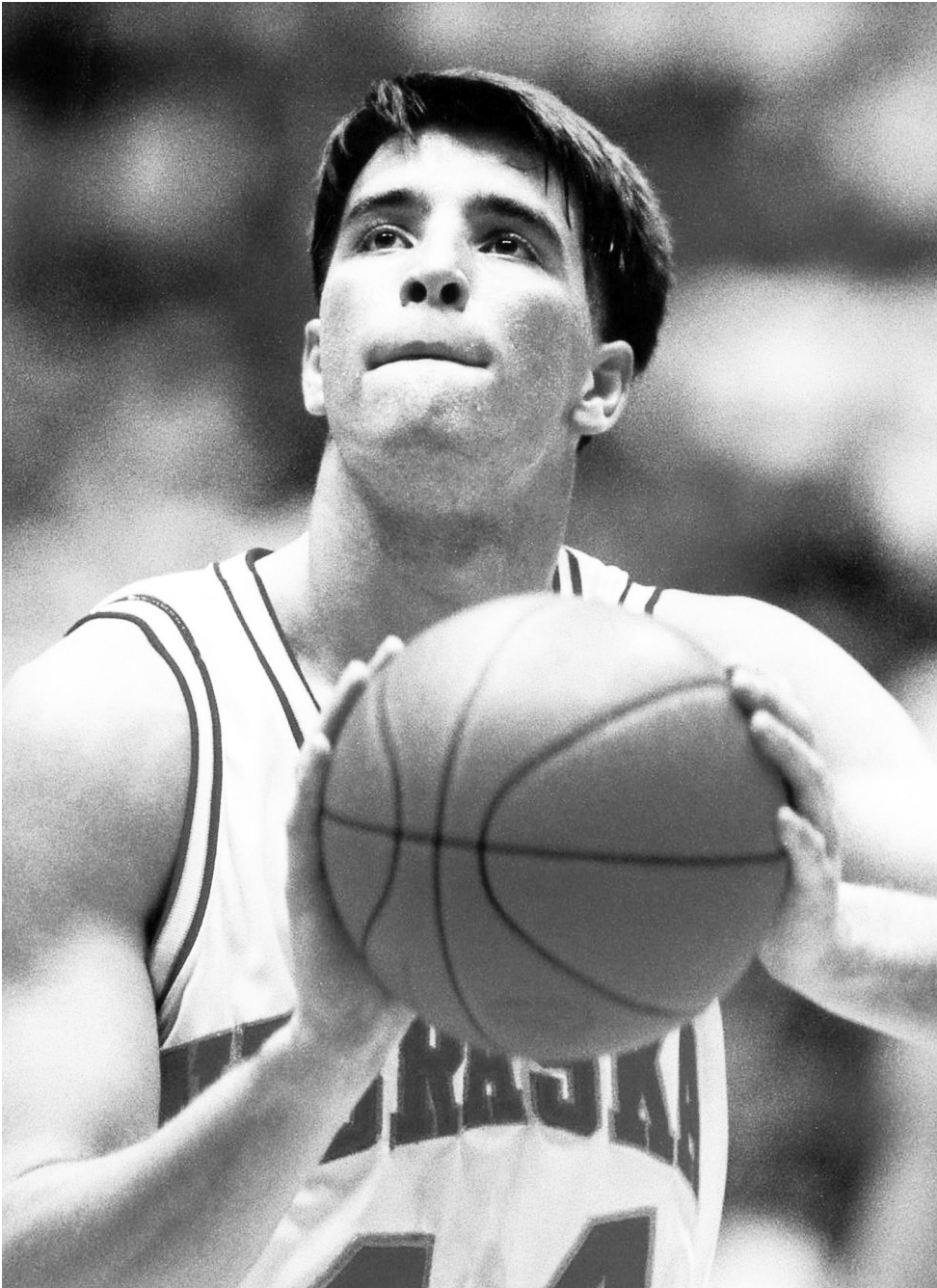
“It cried like a person,” he said.

When Chubick discovered the doe was carrying two fawns, he swore off guns altogether.

Breaking the isolation in that middle of nowhere existence was a German World War II veteran who lived in the valley below. “He would ride his snowmobile up a couple times a week and he’d bring pastries and my wife would make the coffee. We could hear him coming for a couple of miles.”

Bruce Jr. was homeschooled by his father. “It didn’t hurt him, I don’t think. He was academic All American in college.”

From the time he was young, Bruce Jr. showed all the attributes of being a special player. By age 13, he and the family had weathered two winters in Montana and the son was eager to play for his father at a



Bruce Chubick Jr. played basketball at the University of Nebraska before taking his game overseas.

school in a town somewhere.

A friend let Bruce Sr. know about an open head coaching job at Atkinson West Holt in northeast Nebraska, but tried talking him out of it, noting the school had never made it to the state tournament and hadn’t posted a winning season in ages. The challenge appealed to Bruce Sr., and within a few years appeared less daunting with Bruce Jr., who by his late teens sprouted to 6-feet-7.

“It ended up being a pretty good job,” said Chubick Sr., who guided Atkinson West Holt to the Nebraska 1988 Class C-1 state title.

Father and son agreed to keep it all business. “On the court I critiqued, coached, (and) criticized, but off the court I never did that because I thought it would take a lot of the fun for him away if he had to hear it all the time,” Chubick said. “Besides, he was always harder on himself than I ever could have been.”

In one game Bruce Jr. had more than 60 points, more than 20 rebounds, and 11 or 12 blocked shots.

“He got the stat sheet after the game and was upset because he had seven turnovers,” Bruce Sr. said.

Bruce Jr. was highly recruited, turning down offers from other major programs to play at Nebraska, where he was a hard-nosed team leader and enforcer for the Huskers’ then-head coach Danny Nee.

A couple of years after Chubick

Jr. graduated and embarked on a pro hoops career overseas, a player revolt among the NU men’s basketball program in Lincoln made headlines.

“That wouldn’t have happened if Bruce was there,” Bruce Sr. is certain. “He wouldn’t have let that happen. He would have had somebody against the wall.”

In the early 1990s, Chubick moved on to coach in Sidney, Iowa. Once again, he’d gone to a school with a losing basketball program, only to turn it around. It was also a relatively short drive from Sidney to Lincoln to see Bruce play Husker home games.

“I could leave practice at 6, hop on Highway 2, and be in my seat at Devaney Center for tipoff. That was a great job. My assistant, Kent Larson, took over for me. He’s been there ever since. He’s getting ready to retire and I’m still going.”

Basketball took a back seat when Chubick was diagnosed with kidney cancer. He was out of coaching a year battling the disease. Feeling he needed a change of scenery, Bruce took a coaching job in Glenwood, Iowa.

Glenwood administrators hired Chubick with the understanding if an Omaha-area high school coaching job opened, Bruce would at least apply for the post. When the Omaha South job became available in 2005,

--Please turn to page 16.

What’s really important?

December is a great time to reflect through a calm review

By Paula Crozier

December is the month of dark evenings, barren trees, quiet winds, and the comforting smell of fireplaces and hot chocolate. It’s a busy month for holiday shopping, cookie giving, school music programs, year-end business obligations, and of course, religious celebrations.

From dreidels to Christmas trees, we yearn to bring scattered family home for at least a comforting meal and a connection to family. While we watch holiday shows and remind ourselves to slow down, we scramble to get it all done for “to give is to receive.”

How often we forget to give to ourselves. December, for many is a time of reflection, getting ready, organized, to create New Year’s resolutions to change our poor habits to good, and to better ourselves. Rarely, do we take the time to reflect on what is actually important to us: serenity, health, gratitude, our family, our heritage, and our blessings.

We can Google “how to reflect” and come up with millions of ideas of how to create a better life from writing down our goals, making separate expense envelopes for monthly bills, savings, repairs, vacations, and holidays. We can journal, create vision boards, and watch short videos on social media all expounding on how to make our lives easier, better, and efficient.

These are all terrific ideas at progressing through productivity, but I propose a new ideal of reflection. Reflection through calm review. It’s super simple and brings quality and substance to our busy lives.

We start by getting comfortable and relishing the season. We think through how we treat ourselves on a day-to-day basis, and we score it with a grade, a star, or from 1 to 10. From taking care of ourselves, to cleaning, growing in mind and soul, and planning menus. How do we grade ourselves?

Then we create a column to the right of these categories and describe with simple words what works and what doesn’t, such as health – cut out drive throughs, eat veggies, fresh fruit, check blood sugar, and walk 30 minutes each day.

We list how we feel about these words we use to describe our performance. Are they disciplinary, negative, or emotional? How hard are we on ourselves? Write something nice about yourself in these columns and give yourself grace. Then pledge to tell yourself this graceful word whenever you feel you’re failing.

There is a poster at our work that says simply, “If the words you use to describe yourself appeared on your body, would you like them?”

Another way to look at it is if your grandparents would agree with your words about you? In all their wisdom, I’m pretty sure, they’d be forgiving of how we view ourselves. So, this season, I pledge to look at myself the way my grandparents did, lovingly with just the right amount of discipline to allow me to realize I’m exactly where I need to be; right on the sofa in front of that fireplace, enjoying a hot chocolate.

Happy holidays!
(Crozier is the director of marketing and development at the Florence Home in Omaha.)

Alzheimer’s Association resources

The Nebraska Chapter of the Alzheimer’s Association is offering a free live virtual education event this month. *Effective Communication & Tips for the Holidays* will be available Thursday, Dec. 9 at 1 p.m.

To learn more, go online to nebraskainfo@alz.org or call 402-502-4300.

Additional resources available through the Nebraska Chapter of the Alzheimer’s Association include support groups, ALZConnected (alzconnected.org), and the Alzheimer’s Navigator (alzheimersnavigator.org).

The Alzheimer’s Helpline is available 24/7 at 1-800-272-3900.

Senior Companions, Foster Grandparents

Men and women age 55 and older who want to earn a tax-free stipend while making an impact in their community are encouraged to join the Senior Companion Program and the Foster Grandparent Program.

Sponsored locally by the Eastern Nebraska Office on Aging, the SCP and FGP are national programs of AmeriCorps Seniors.

Senior Companions help other older adults maintain their independence by visiting them at home to discuss the news, read mail, play cards, run errands, etc.

Foster Grandparents serve as positive role models for children who need special attention with education, healthcare, and social development in schools, Head Start programs, and child development centers.

SCP and FGP volunteers must meet income guidelines and complete an enrollment process that includes references and background checks.

In exchange for volunteering 10 hours or more per week, Foster Grandparents and Senior Companions receive a \$3 an hour

tax-free stipend, mileage reimbursement, an annual physical examination, supplemental accident insurance coverage, and other benefits including an annual recognition luncheon.

The stipend does not interfere with rent, disability, Medicaid, or other benefits.

For more information on the FGP and SCP, please call 402-444-6536.

Metro Women’s Club

The Metro Women’s Club is hosting a social and luncheon on Tuesday, Dec. 14 at Oak Hills Country Club, 12325 Golfing Green Dr.

The social begins at 11:30 a.m. followed by a noon lunch.

Special festive entertainment will be featured.

Reservations, which are \$23 and due by Dec. 7, can be made by calling Ginny at 402-319-1121.

For more information about the luncheon or joining the Metro Women’s Club, please call Ginny at 402-319-1121.

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UNMC study shows the importance of regular lung cancer screenings

A lung cancer expert at the University of Nebraska Medical Center said a large, yearlong study underscores the need for increased and regular screenings for lung cancer.

Study results, which appeared in a recent issue of the Journal of the American Medical Association's *Oncology*, updated the incidence of lung cancer in the U.S. and emphasized the importance of earlier detection and newer treatments in improving survival rates from lung cancer.

UNMC's Apar Ganti, MD, said the results were significant and suggest as lung cancer is diagnosed at earlier stages, survival increases. Dr. Ganti is a lung cancer expert in UNMC's Division of Oncology-Hematology.

Risk factors for lung cancer include:

- Smoking cigarettes, pipes, or cigars.
- Being exposed to secondhand smoke.
- Being exposed to asbestos, arsenic, chromium, beryllium, nickel, soot, or tar.
- Being exposed to radiation

from radiation therapy to the breast or chest, radon in the home or workplace, imaging tests such as CT scans, atomic bomb radiation, living where there's air pollution, a family history of lung cancer, being infected with HIV, and taking beta carotene supplements.

In the study, he found the incidence of one type of lung cancer – non-small cell lung cancer – decreased between 2010 and 2017 in the United States. "This was mainly due to a decrease in the incidence of stage II to stage IV lung cancer," he said. "The five-year survival was 26.4%, which was higher than has been previously reported."

Dr. Ganti also found the use of screenings to detect early lung cancer were woefully underused. He hopes information from the study will encourage more lung cancer screening.

"Diagnosing lung cancer at an earlier stage is important and lung cancer screening should be emphasized," he said.

Screenings are with a low dose CT scan and are approved by the U.S. Preventive Services Task Force and paid for by insurance.

Dr. Ganti said unfortunately screenings for lung cancer aren't as common as doctors would like, noting physicians must order them, but patients can request them from their primary care provider. In Nebraska in 2018, less than 4% of eligible individuals received lung cancer screening.

He said the task force recommends yearly lung cancer screening for people who:

- Smoke at least 20 packs of cigarettes or more a year.
- Smoke now or have quit within the past 15 years.
- Are between ages 50 to 80.

Dr. Ganti said the study also supported earlier findings that patients over age 65 with stage IV lung cancer were less likely to be offered treatment.

"The most common reason seems to be oncologists and patients feel they may not be able to tolerate treatment, even though the majority of the research shows a fit older person does just as well as a fit younger person."

(UNMC provided this information.)

Intercultural Senior Center

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

The facility – open weekdays from 8 a.m. to 4:30 p.m. – offers programs and activities Mondays through Fridays from 8 a.m. to 3 p.m.

During inclement weather, call 402-444-6529 to make sure the center is open.

Classes and programs won't be offered Dec. Monday, 27 through Friday, Dec. 31 but will reconvene on Monday, Jan. 3.

Participants must be fully vaccinated against COVID-19 to attend the ISC. Participants are asked to bring their vaccination cards with them when visiting the ISC.

The ISC offers a light breakfast, lunch, fitness classes, programs, and activities. Lunch reservations are due by 9 a.m. A voluntary contribution is suggested for the meal. Please call 402-444-6529 for reservations.

The center will be closed on Wednesday, Dec. 15 and Friday, Dec. 24.

Monthly food pantries are available for men and women ages 50 or older.

ISC's SAVE bus can bring case management services to your doorstep.

For more information, please call 402-444-6529.

Please see the ad on page 3

New Horizons Club gains new members

\$50
Kathryn Rogo

\$20
Betty Morar

\$15
Nina Henry

\$10
Blanche Hopp

\$5
Mary Boetger
Kathleen Koons

Reflects donations through November 19, 2021.

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We'll help guide you in finding the help you want and need.

Gas appliances may emit toxic pollutants

Consider avoiding health, environmental setbacks by replacing your gas stove with an electric model

Walking into your kitchen to make dinner appears relatively simple with a gas-powered stove readily available. While rotating the switch to turn on a gas stove, most people don't consider its health and environmental implications.

According to a University of California Los Angeles report, more than 90% of gas-powered appliances in California residences emit toxic pollutants such as carbon monoxide (CO), nitrogen oxides (NOx), particulate matter, and formaldehyde.

While gas furnaces and water heaters are big polluters, most are vented outdoors and are sending their CO and NOx emissions outside. Pollution from stoves and ovens, however, is released indoors.

The UCLA researchers found 90% of residences surveyed where gas ovens or stoves were in use, peak levels of nitrogen dioxide (NO2) inside the kitchen after cooking for one hour surpassed state and national outdoor acute air quality standards.

High concentrations of indoor air pollution are even more dangerous for smaller

households. Peak levels of NO2 in 98% of apartments surveyed exceeded state and national air quality standards.

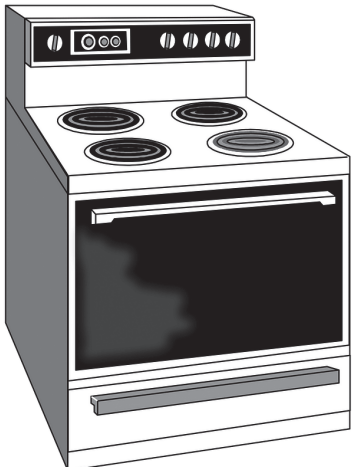
Pollution from gas-fired appliances like furnaces, water heaters, and stoves present a serious health threat, increasing the likelihood of respiratory illness, cardiovascular disease, and premature death. For older adults and children who are more susceptible to infections and diseases, elevated NO2 levels can be especially toxic.

Additional risks of cooking with gas include increased risk of lung disease and vulnerability to novel viruses, not to mention the prompting of new allergies. Children risk a decreased IQ, learning deficits, and asthma. A 2013 report analyzing the impacts of indoor NO2 from gas stoves found children who grew up in a home with a gas stove are 42% more likely to develop asthma than children who didn't live in a home with a gas stove.

Gas stoves are also a source of carbon monoxide, a pollution that's fatal at extremely high concentrations and can cause headaches, dizziness, vomiting, and nausea.

To avoid such health and environmental setbacks, gas appliances can be replaced by any number of zero-emission electric alternatives. The most common and effective stoves to replace gas stoves are induction cooktops and modern electric stoves. Electric stoves are powered by thermal conduction where electricity runs through a set of coils. Induction cooktops are powered by electromagnetic currents that directly heat the cookware. Though initial installation costs of electric or induction stoves can be quite high, they consume much less energy than gas stoves and are more cost-effective in the long run.

(This information was produced by EarthTalk which is produced by Roddy Scheer & Doug Moss. To donate, visit earthtalk.org. Send questions to question@earthtalk.org.)



Nebraska Medical Center is among nation's hospitals providing whole blood transfusions to trauma patients

When a critically injured trauma patient comes to the Nebraska Medical Center, they're often losing blood quickly. Now, in partnership with the Nebraska Community Blood Bank, these patients will have a greater chance at survival thanks to the ability to administer whole blood. Nebraska Medical Center is the first hospital in the state, and one of only a few nationwide, to provide whole blood transfusions to these patients.

"Whole blood is the closest thing we have to what patients are losing," says Kevin Kemp, MD, Nebraska Medicine trauma surgeon and an assistant professor of surgery at the University of Nebraska Medical Center. "Studies done by the military on warfighters in Iraq and Afghanistan who received whole blood showed improved survival with fewer deaths due to hemorrhage compared to those who received component therapy. Additionally, whole blood has fewer preservatives and can deliver a balanced product more quickly."

Whole blood has the potential for incompatibility in patients with unknown blood types but using a specially selected group of donors with type O blood essentially eliminates this risk. Stored whole blood also undergoes the same testing as components and is fully approved by the Food and Drug Administration.

"We believe offering whole blood to our trauma patients will be a huge benefit," says Aleh Bobr, MD, the Nebraska Medicine Blood Bank's medical director. "The strong relationship Nebraska Medicine has with the Nebraska Community Blood Bank allowed us to make this possible."

This program has been made possible by the generosity of blood donors across Nebraska and neighboring states.

To learn more about becoming a blood donor or to schedule a blood donation, visit the Nebraska Community Blood Bank at ncbb.org.

Driving Research Study

We are looking for older adults (65-90 years) who are active drivers with different levels of memory and thinking abilities (normal, mild cognitive impairment, and Alzheimer's disease).



Help us understand how Alzheimer's disease affects how people move, sleep, and drive

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402-559-6870 or **mbhl@unmc.edu**

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Finish 2021 by reviewing your garden plans, needs for 2022

By Melinda Myers

Grow an abundant harvest with some timely garden care. Arm yourself with a few basic tools, a bit of time, and regular visits to the garden throughout the growing season to keep plants healthy and more productive.

You don't need to invest in every garden tool on the market. A shovel, trowel, weeding tool, gloves, and kneeling pad are the basics. If your budget is tight, ask gardening friends and family if they have extra tools to spare or lend.

Now you're ready to get started. Weed control is an ongoing task. Working in a few minutes of weeding time as your schedule allows makes this a much less overwhelming task. Keep a bucket with your favorite weeding tool, gloves, and kneeling pad by the door. Pull a few weeds anytime you have a few minutes between other activities.

If tools are handy, you spend less time looking for them and more time accomplishing the task. Consider keeping all your tools conveniently stored and ready for the garden in a mobile tool storage caddy (gardeners.com). It has room for short and long-handled tools, a bucket for gathering weeds, plus wheels and a handle for easy maneuvering.

Spread a layer of shredded leaves, evergreen needles, or other organic matter over the soil surface surrounding your vegetable plants. This layer of organic matter helps conserve moisture, so you'll need to water less often. It also helps suppress weeds and improves the soil as it decomposes.

As your seeds sprout and begin to grow, you'll need to do a bit of thinning. Remove extra plants, leaving enough space for those remaining seedlings to reach full size. The seed packet recommends the proper spacing for the vegetables you planted. Good news, some seedlings like radishes, beets, and spinach are edible so think of this as harvesting instead.

Once you make your first harvest, leaving space in the garden, fill it with another planting. Succession, also called relay planting, allows you to grow several different vegetables in the same space. Make sure the second planting has time to reach maturity and produce before the end of the season.

Seed packets and plant tags contain information on the number of days from planting to harvest. Compare this to the number of days until the average first fall frost.

Keep plants healthy with proper watering and fertilization. Water new plantings often enough to keep the top few inches of soil slightly moist. Wait until the top few inches of soil are crumbly and moist to deeply water established plants.

Deep watering, moistening the top six inches of soil, encourages plants to develop a more drought resistant root system. Frequent shallow watering keeps roots near the soil surface where they dry out quickly. Insufficient water means fewer and smaller vegetables.

Follow soil test recommendations for fertilizing your plants. If these aren't available, consider using a fertilizer recommended for vegetable gardens. Apply it according to the label directions.

Providing plants with space to grow and keeping them healthy means fewer insect and disease problems. That means a bigger harvest for you and your family to enjoy all season.

(Myers is the author of more than 20 gardening books.)

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Award for WCRA...

--Continued from page 9.

The WCRA is open to the public – including non-Washington County residents – Saturdays from 8 a.m. to noon year-round. The facility is open to businesses Tuesday afternoons from 1 to 4 p.m. November through March and Tuesday mornings from 8 to 11 a.m. April through October.

For more information about recycling items with the WCRA, please call 402-533-2557.

To learn more about volunteering with the WCRA or other volunteer opportunities available through ENOA, please call Parker at 402-444-6536.



Connie Buller holds the Step Forward Award the WCRA received from ServeNebraska.



The Eastern Nebraska Office on Aging has recently started a program called Volunteer Connect that provides a variety of resources and matches the interests of older adults who wish to volunteer with community-based organizations including non-profits and public agencies.

Volunteer Connect participants in Douglas, Sarpy, Dodge, Cass, and Washington counties must be ages 55 or older.

Please call Tia Schoenfeld at 402-444-6536, ext. 1045 for more information.

- Here's a list of some of the opportunities available through Volunteer Connect:
- **The American Red Cross, Nebraska/SW Iowa Region** needs greeters and drivers.
 - **The Heartland Equine Therapeutic Riding Academy (HETRA)** wants volunteers to do barn maintenance, side walkers, greeters, and volunteers with extensive horse experience.
 - **The Food Bank for the Heartland** is looking for volunteers to answer phone calls (11 a.m. to 1 p.m.), greet people at the front door, direct people, and serve in the volunteer center.
 - **No More Empty Pots** needs help packaging meals or boxes of produce.
 - **Learning for All** needs English as a Second Language volunteers to work with its adult learners at least one hour per week online (via Zoom) or in person if the student and tutor are both vaccinated.
 - **Washington County Recycling** wants volunteers Saturdays 8 a.m. to noon, Tuesdays 8 to 11 a.m. during spring/summer, and Tuesdays 1 to 4 p.m. through fall/winter.
 - **CHI Health Creighton University Medical Center - Bergan Mercy Hospital** has several volunteer opportunities.
 - Volunteers are wanted to knit/sew baby caps/clothing.

Call 531-365-5051 to learn more Tips to help people with vision loss manage their medications

Like many things, managing medication with limited vision takes some getting used to. You don't want to mix up prescriptions, especially when you have multiple medicines to take at different times. Developing an organizational system will help you or a loved one measure proper medication doses and keep track of multiple prescriptions.

Here are some tips to keep medications organized with low vision:

- Separate medications. Keep your breakfast pills in the kitchen and your evening pills in your bedroom.
 - Ask your pharmacist to place your medications in a blister package to help keep them organized.
 - Store your medications in a dark-colored tray. The contrast with the medication containers will help with identifying them. Also, a tray's raised edge can prevent dropped pills from rolling onto the floor.
 - The size and shape of a pill can help with identification. Practice feeling different pills until you can tell them apart.
- You can also label your medications by using one of the following methods.
- Ask your pharmacist to place a large print label on your prescription container and request large print instructions.
 - Use a daily or weekly pill organizer. Make sure this container, which is divided by the days of the week, has a large-print label with contrasting colors, such as black print on a white label.
 - Use a magnifying pill bottle, such as the Medifier, to read your prescription labels. These magnifiers fit all standard prescription vials.
 - Use rubber bands to differentiate medications stored in separate containers.

Some tools and adaptations can help you or a loved one confidently manage medication with vision loss. Outlook Enrichment is here to help. Call 531-365-5051 with questions about medication management or other aspects of independent living.

(Outlook Enrichment provided this information.)

Do you need transportation to and from your medical appointments?

Check with your insurance provider to see if non-emergency medical transportation is covered under your plan.



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Coach Bruce Chubick...

--Continued from page 10.

he saw opportunity where others saw a dead end. South High hadn't been competitive in basketball for years. Once again administrators showed faith in hiring the then 53-year-old cancer survivor.

"South was at the bottom of the ocean with their program. I mean, it was horrible. They had nowhere to go up but up. It couldn't get any worse than it already was," Chubick said.

Rebuilding the Packers' hoops team took time. Once the program turned the corner, 10-plus consecutive winning seasons followed, including Class A state titles in 2016 and 2019. Prior to that turnaround, South's last state title in boys' basketball came in 1990.

Last year's pandemic altered season proved a bust as Bruce coached a team with no seniors and a weak junior class. He's confident 2021-2022 will see the Packers return to their winning ways with strong up-perclassmen and talented transfers.

Resurrecting a fourth program has cemented Chubick's reputation as a rebuilding master, which fits perfectly with his construction skill set. He built the home he lives in, as well as homes in Council Bluffs' Dear Run development, and the rustic log cabin in Montana.

"I like to pound nails into wood and build things. I ended up doing that for a lot of years. I actually had a construction business from about 2002 through 2008, and then the housing thing hit."

Chubick's teams have been known for tenacious defense, which is ironic since as a player and young coach he was much more offensive-minded.

"It didn't seem like I cared a whole lot about defense, I just figured out if you don't start defending, you're not winning championships. I was intelligent enough to look at the older, really established coaches around the metro like John Johnette (Burke), Tom Hall (Westside), and Tom Brosnihan (Creighton Prep). I took a piece here from this one and a piece there from that one."

Another thing he learned the hard way was to not let parents interfere with how he coaches or who plays.

"That's not my style. I'm going to do it how I'm going to do it."

Chubick said too many parents and youth-serving professionals today enable children. He's not a fan, for example, of participation awards where everybody is accorded the same recognition. He believes recognition must be earned and in direct proportion to performance.

"Parents are so anxious not to have kids fail they don't realize they're actually hurting kids because failing is part of the learning process. You have to fail. How do you know what true happiness is if you've never failed? What do you have to compare it to if you've not been allowed to fail?"

He's afraid kids today aren't being prepared for the competition life presents.

"The competition thing is really important in our society. I worry that we're going to bleed the competitiveness out of kids. A lot of our exceptionalism as Americans is our intense competitiveness. I mean, we're competitive people. You take that away and it's kind of scary.

I'm not going to be around to see the effects of that, but it's something to be con-

cerned with."

Chubick takes issue with anyone who discounts the value of athletics and suggests the experience could benefit society.

"If more folks in Washington, DC had played team sports, they might understand a little bit better about how to be a team player and about self-sacrifice. Maybe we wouldn't be in the mess we're in if these folks had played team sports."

Many of the kids he interacts with at South High don't have it easy.

"A lot of our kids are inner city kids. A lot of them come from broken homes and grow up learning the value of working hard for things."

One of the things that's kept Chubick at South High is the belief he's making a difference there.

"We don't win with every kid, but with a lot of them we do, and that makes it worthwhile."

Chubick said cultures may be different, but kids are kids. It doesn't matter where they're from. He always tries to tell them the truth.

He's better today than he used to be at talking to kids rather than at them.

"If you don't evolve as the game and society evolves you're going to be like a dinosaur. That's what happens to a lot of coaches when they get into their 50s. They start cycling out because they haven't made these changes."

Bruce said environments and eras change, but the length of the court, the height of the basket, and the winning formula never change. Talent only takes a kid or a team so far. The rest comes from hard work.

"If you're lazy in the classroom, you're going to be lazy on the court. If you're not turning schoolwork in, you're going to cut corners on your workouts, and they do, you can predict it."

His best teams, including his 2019 state title club, featured a preponderance of good students.

"Ten of the 11 on that 2019 team were honor students. That makes it easier to coach because they're smart, and you can change things on the fly."

Chubick said with experience comes the ability to envision and execute strategies at a higher level.

"I use the analogy that coaching's like a jigsaw puzzle. You pick up pieces here and there and try to put the puzzle together. For most coaches, the puzzle is never complete. I'm not sure mine's complete."

Though Bruce can't get around the way he used to, and he sometimes has to give the team's reins to his son, Chubick isn't conceding he's through coaching or teaching.

"The enthusiasm isn't gone. But it's kind of like my old Ford pickup – the engine's good, but I'm watching the body slowly break down. That's kind of how I feel."

The Chubicks' plan is for Bruce Jr. to one day succeed his father as head coach at South High. There's no guarantee, however, OPS will see things the same way.

Whenever Bruce calls it quits, he and Dianne will have that motorhome gassed up and ready to hit the road. Whatever the future has in store, Chubick is positive of one thing: "A lot of people go through life, and they don't really live. They just kind of go through the motions. We've gotten our money's worth. We've lived."

Retired OPD officer Lavery enjoys the freedom of biking



John Lavery has loved bicycling since childhood.

Three times a week, if it's not raining or too windy, and the temperature is 45 degrees or warmer, chances are John Lavery is going to ride his silver 21-speed Trek bicycle through parts of southwest Omaha, then along a bike trail to Papillion.

The 20-mile roundtrip to Sarpy County and back takes 60 to 70 minutes, according to John, age 80.

Lavery enjoys the fresh air and exercise bicycling offers. "I've loved riding a bike since I was a kid," he said.

When he was three months old, John was adopted by Daniel and Veronica Lavery. John's dad managed *The Omaha World-Herald's* dispatch department. His mom was a housewife.

Growing up near 45th and Spencer streets, Lavery attended Holy Name Elementary and Holy Name High School.

After a year at Omaha University, John worked for three years at Genuine Auto Parts stocking shelves and delivering parts.

In 1964, the 23-year-old Lavery joined the Omaha Police Department. During his OPD career which ended in 1992, Lavery patrolled the streets, spent 14 years at the Omaha City Jail, manned the front counter at department headquarters, and was part of the Evidence and Property division for two years.

"The best part of being a police officer is helping people," he said.

While Lavery takes great pride in reviewing his law enforcement career, perhaps what he's most proud of is his family.

John and Ruth Lavery were married for 42 years before Ruth died in 2006 from ovarian cancer. A framed photo of Ruth wearing her wedding dress sits on John's dining room table.

The Lavery family features one son, three daughters, and five grandchildren.

Family bike rides were popular with John and Ruth as they raised their children in Omaha.

Lavery, who walks two miles a day when he's not riding his bike, said regular exercise is a great way for older adults to control their weight and maintain good health.

In addition to riding a bike and walking, John is also an avid golfer who recently won a longest drive competition.

When not biking, walking, or golfing, Lavery enjoys meeting his buddies for coffee at Winchell's Donuts.

At an age, many of his contemporaries are cutting back on their physical activities, Lavery plans to continue riding his bike as long as he's able.

"I love the freedom and joy of being alive," he said.