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New Horizons

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Decades after emerging as a legendary player, Ivy is still making an impact in basketball and beyond

By Leo Adam Biga

Long before women athletes enjoyed today's attention, opportunities and resources, Maurtice Ivy emerged a multi-sport prodigy in North Omaha. Playing her "first love," basketball, she set records and won titles in middle school (Lewis and Clark), high school (Omaha Central), college (Nebraska) and the pros (WBA).

The Parade All-American and two-time U.S. Olympic team invitee has remained close to the game and her community as mentor, coach and advocate. The former director of community partnerships for Charles Drew Health Center is today founder-director of Ivy League Youth Sports Academy.

A message she shares as a motivational speaker is not accepting the template society dictates for us but creating our own narrative. In her case she rejected labels that would have limited her horizons. "I heard the chatter, 'Oh, you're just a dumb jock.' But I never thought that," said Ivy, who earned undergraduate and graduate degrees and a Ph.D..

Consistent with realizing her best life, Ivy surrounds herself with positive people. Close friend Mia Will said she's seen Ivy "blossom into a powerful woman" of high "caliber,"



COURTESY PHOTO

and "integrity" with "unwavering commitment to investing in athletes and communities." Will admires Ivy's "determination to never allow anyone to put her in a box."

As a Black female former athletic great from Omaha's inner city Ivy's forged a trailblazing journey. She's aware her story is full of life lessons

that inspire others. She's grateful having grown up in a stable, loving circle that encouraged excellence and set no limits on achievement despite outside doubters. She credits the work ethic, sense of service and dream big ethos that her mother Hazel Ivy, late father Tom Ivy and other key adults modeled as she

grew up.

"I loved my childhood. My parents were blue-collar but we did not want for anything. Dad drove a city bus. Mom worked at Kelloggs. We lived right across the street from Fontenelle Park and my dad was a youth league basketball and football coach. I saw him engaging with young people from a young age."

The park and Horace Mann Jr. High were proving grounds for her ultra athleticism and competitiveness. She established herself a special talent able to hold her own with the boys, even playing middle linebacker for her dad's Gate City Steelers. She ran track with the Midwest Striders. She starred for Forest Roper Sr. and the dominant AAU program, the Hawkettes, he coached at the North YMCA. She considered the demanding Roper "a visionary among visionaries – he planted some fantastic seeds for us." Via Roper she met Kansas All-American and U.S. Gold Medalist Lynette Woodard, who became her role model. "My blueprint was so very different than everybody else," said Ivy, "but I could see some parallels with her."

At Omaha Central High School Ivy and Hawkettes running mate

--Ivy continued on page 12.

Local nonprofit offers tech support for older adults

By Ron Petersen

Technology can often be hard to navigate, but there is a place in Omaha for those who have technical issues to visit to solve those problems.

Technology Assistance for Seniors—Omaha (TASO) is a dedicated, independent, volunteer-led group that grew out of a program for older adults that began at Do Space in 2015. When TASO broke away from Do Space in January, TASO continued to serve the community with free, patient and friendly assistance.

"We invite people to bring their equipment in to ask us questions about their technology," TASO President, Carl Fosco said.

The program started soon after the nonprofit opened in 2015.

There are 10 volunteers who bring a variety of knowledge to the table, whether it involves making phone calls, dealing with emails or even taking and storing pictures.

"We teach people the basics as to how to use their phones and computers," TASO Vice President, Pamela Lueth said.

Providing access and education to all has been the goal of TASO and remains, as they answer common questions, which includes:

- Using phones, tablets, computers
- Using apps/software to solve problems
- Creating accounts & managing passwords
- Updating software
- Installing drivers

--TASO continued on page 7.

Bowling: A popular sport for older adults, few in their 90s

By Ron Petersen

Older adults who bowl can remain competitive as they age.

Despite reduction in mobility and flexibility, anyone can still have a lot of fun bowling, including older adults in their 90s.

"I really enjoy bowling," 94-year-old bowler, Jean Jenkins said. "I've been bowling for almost 60 years, and I am still going strong."

Jean Jenkins is one of the two 90-year-old bowlers who bowl in the "Wins and Losses" bowling league held at Omaha's Mockingbird Lanes, 4870 S. 96th Street. The Tuesday and Thursday league features bowlers who are 90 and over, bowlers who are 80 and older, along with an additional 40

bowlers who are in their 70s.

"It's a great group of people," Jenkins said. "You meet a lot of people and can make a lot of friends."

During the fall, winter and spring months, the bowling center's 32 lanes was used by teams of handclapping, palm whacking, overjoyed older adults who had a great season.

A few lanes away from Jenkins, is where more pins were knocked down by a 90-year-old.

Bud Laughlin, 92, has been bowling since 1948 and continues to break 200 almost every game to this day.

"I continue to bowl because it keeps me out of the house and I get to interact with friends," Laughlin said. "I call bowling a

--Bowling continued on page 9.

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Labor Day also celebrates those who work past traditional retirement age

By Andy Bradley

My father was a workaholic. Probably more by necessity than by choice. Born in 1891, he survived the Great Depression, multiple wars, economic slowdowns, career setbacks as well as the harsh Minnesota winters. The work ethic was engrained in him at an early age. Either work, often for very little, or starve.

Dad was 63 when I was born, after he moved to Omaha to pursue business opportunities. At age 66, when many his age were considering a life of leisurely retirement, dad uprooted his family from our modest home in Omaha to chase new and uncertain work opportunities in North Carolina.

That new gig didn't work out. So, at age 70, we U-Hauled it back to Omaha and my dad took up selling envelopes, light bulbs and motel supplies throughout eastern Nebraska. The family, including my mom and my two older brothers, lived in a small apartment complex on north 52nd Street. We supported our household by peddling light bulbs and envelopes door to door.

Then dad's eldest son and my half-brother, Art Bradley, Jr., took him in to help with his small printing business. In his later years, dad caught the Number 4 bus to and from this office on North 16th Street – a routine he maintained every day until poor eyesight, hearing and mobility impelled him to retire for good – in his late 80s. Dad died when he was 91 in 1983.

Failing health forced my dad out of the workforce. But back in those days, many exited the workforce not by choice but by corporate mandate. It wasn't until 1986 that the United States outlawed the practice of mandatory retirement, recognizing at last that many older workers were still

eager and able to earn and contribute after that magic age of 65.

Workers 75 and older are now the fastest growing age group in the workforce, more than quadrupling in size since 1964, according to a study from the Pew Research Center. And according to Bureau of Labor Statistics projections, nearly 12 percent of persons over 75 will still be working in 2030, up from about nine percent in 2020.

This month, New Horizons recognizes both Labor Day and National Employ Older Workers Week, celebrated annually during the last week of September. We feature the stories of two people, one in her 80s and another in his late 90s, who have chosen to work long past what many would consider "normal" retirement age.

NINETY-EIGHT-YEAR- OLD JUDGE STILL THRIVES AT LOCAL LAW FIRM

Nick Caporale was 70 years old when he decided to embark upon yet another new adventure in his long



and storied legal career. Judge Caporale had opted to step down from the Nebraska Supreme Court, a position he occupied for 16 years, from 1982 until 1998. Instead, he re-entered private law practice at the Omaha law firm of Baird Holm LLP, Nebraska's oldest law firm founded in 1873. There he works to this day alongside his son-in-law, R.J. (Randy) Stevenson.

That was 28 years ago. Now, on the cusp of his 99th birthday, Caporale still entertains no plans to retire. He stays because "I like

being surrounded by young bright minds . . . that energizes me."

"I think those of us who can change directions every couple of decades or so are very, very fortunate." Caporale expressed this sentiment during an interview in 1998 following his retirement from the Supreme Court.

Reflecting on those words nearly three decades later, "I still mean that. It (work) keeps you moving forward, thinking about other things." He added, "my wife used to say my problem is I have a short two-decade attention span."

Solidifying his long-term tenure at Baird Holm is his utter lack of interest in outside recreational pursuits. "Well, this is the problem. I don't have any hobbies, I don't play golf and I'm not really interested in sports. So for me, work is what keeps me functioning."

Thus, he continues his weekday 9 to 3:30 regimen.

Caporale claims "my ideal death is to have it happen here, maybe arguing with somebody" over a nuance of case law.

Caporale, whose parents integrated from Italy, is a 1945 graduate of North High School, and a 1949 alum from the former Municipal University of Omaha with a degree in biology. Soon after his 1950 marriage to his wife, Margaret, he enlisted in the US Army and served 13 months in the Medical Service Corps during the Korean War.

His interest in law was piqued when he was recruited to serve as a non-lawyer "lay" officer in a court-martial. (A shortage of trained Judge Advocate General (JAG) corps lawyers meant line officers frequently filled these legal roles.)

So upon returning from Korea, where he earned the Bronze Star, he enrolled at the UNL College of Law. After graduating in 1957, he entered into private practice as a civil trial lawyer. His appointment to the Nebraska Supreme Court by then Governor Charles Thone followed several years of service as a judge for The U.S. District Court as well as the United States Eighth Circuit Court of Appeals.

Margaret, his wife of 61 years, passed away in 2011. They had two children, a daughter living in Omaha

--Age continued on page 3.

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The email doesn't give any details about the product or the safety hazard, but if you've ordered from Amazon recently, you might be tempted to select the link to see if something you purchased is affected.

But this email is actually a phishing scam! Cybercriminals send these vague "product recall" emails to

as many people as possible, hoping that you recently ordered something from Amazon and will impulsively follow their instructions. If you select the link, it leads to a fake Amazon login page. If you enter your login information, cybercriminals can gain access to your Amazon account.

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

- If you receive a product recall notice that appears to be from Amazon, don't select any links in the email. Open the Amazon app or visit the official website to

see if the recall is genuine.

- Be skeptical of any urgent email that's vague about which product is involved or what the safety issue actually is. This lack of detail is intentional and is designed to trick you.
- Choose something that can't be found online and use it to verify each other's identity in emergencies.
- Remember, cybercriminals use urgency to trick you. If you receive an email that pressures you to act quickly, always stop and think first!

For more information, visit KnowBe4.com.

--Age is continued from page 1.

and a son in Pennsylvania. He enjoys his five grandchildren between the two. What does his family think of his reluctance to retire? "I think they're happy because I'm still functioning."

When asked how he would describe his ongoing contribution to the firm and its 100 affiliated attorneys, Caporale quipped, "that is a question for them to answer."

Asked about his greatest sense of pride and accomplishment – "My service on the Supreme Court." He added, "I don't miss it now, but I'm glad I did it."

He is also glad he opted to continue practicing law long after stepping down from service on Nebraska's highest court.

LENA PFLANZ STILL SPREADS GOODWILL AT THE AGE OF 85

Lena Pflanz was 62 when she started a new career, a time when many young retirees are hanging it up for good. Now, 23 years later, at age 85, she's still hard at it.

Over those years, Lena managed two local Goodwill Industries stores – the former location at 84th and Center Streets, and more recently, the Council Bluffs store off I-80 and Madison.

At age 81, she stepped down from her managerial role, but still works part-time wherever she is needed. "I can take care of anything that needs to be done," she said. "Some days I just pick up and clean."

She has always been passionate about work. In fact, Lena turned down a full ride to Drake University following graduation from Conway, Iowa, High School in 1959. Instead, she pursued career opportunities in Omaha. "I wanted to work and make money."

More than 65 years later, Lena professes that work has kept her young and engaged, and she wouldn't know what to do without it.

"I see too many people becoming stale, not very happy because they have nothing to do" following retirement.

She relates the tale of a regular customer at her Council Bluffs store who surrendered her car and moved into a retirement complex. "She never goes anywhere. What kind of life is that? She has aged so much. No pep. No energy. No sparkle."

While Lena still enjoys work and is proud of her accomplishments, her great-

est ongoing struggle is working alongside some peers who have negative attitudes and a poor work ethic – "working with people who don't care."

Her greatest reward? "Work gives you purpose and a lot of satisfaction. Even on the worst of days, there is always something that makes you smile," such as reconnecting with a loyal customer or donor.

So what awaits after retirement? "That is a question I ask myself. . . I honestly don't know." She added, "I'm open to what is new and different . . . "But I'm not going to be that person who wants to go out to lunch and shop every day. I want to keep active and moving."

Perhaps more gardening and "I have 200 to 300 books that need to be read." Regardless, she intends to stay active. "Just because you reach retirement age, you don't disappear . . . there is no reason to get old and decrepit. You have to keep a positive attitude and see what will happen tomorrow."

LIMITED TRAINING AND JOB SEARCH HELP IS AVAILABLE FOR AREA SENIORS

Help for persons who want to regain employment at a later age is somewhat limited in the Omaha area. One federal program intended to help lower-income older workers prepare for and secure part-time employment has a waiting list for a small number of spots. The Senior Community Service Employment Program (SCSEP) is a part of the cadre of community services authorized and funded through the Older American's Act, including the services of the Eastern Nebraska Office on Aging (ENOA).

This employment program is managed by the Chicago-based non-profit, the National Able Network, and administered through local Nebraska Workforce Development offices, including Heartland Workforce Solutions in Omaha. The Trump administration wants to eliminate the program as part of 2027 budget, which has yet to be approved.

Unemployed persons over age 55 interested in learning more about the program can contact ABLE at (312) 994-4200. Ask for the Omaha contact for the Senior Community Service Employment Program.

Although assistance exclusively for seniors is limited, any adult can still access resources and receive general guidance and support through local Workforce Development offices, including Heartland Workforce Development at 5752 Ames Ave. and at 4425 S. 24th St.

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Ad Mgr.....Mitch Laudenback, 402-444-4148
Contributing Writers.....Leo Biga & Andy Bradley

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Why your Medicare plan you have this year might not be your best option next year

If you are on Medicare there is something important you should know.

The plan you chose last year is not necessarily the right plan for this year.

Not because you made a bad decision. Not because your health has changed. But because Medicare plans change every single year and most beneficiaries have no idea it is happening until they are standing at a pharmacy counter in January wondering why their prescription suddenly costs three times what it did in December.

This is one of the most common and most preventable problems in Medicare.

Here is what you need to know.

MEDICARE PLANS ARE NOT STATIC

Every September, Medicare Advantage and Part D prescription plans are required to send their enrolled members an Annual Notice of Change.

Annual Notice of Change (ANOC) documents are typically mailed out in late September. By law, insurance providers are required to ensure you receive these documents no later than September 30, right before the Annual Enrollment Period (AEP) begins on October 15.

The ANOC explains all changes coming to your plan on January 1st. Premium adjustments. Network changes. Formulary updates. Cost sharing modifications. Deductibles. Copays. New requirements for prior authorizations.

This document is also one of the most consistently ignored pieces of mail in America.

Not because people do not care. Because it arrives in an envelope that looks like every other piece of insurance mail, it is written in language that requires genuine effort to parse, and life is busy.

But inside that document is information that can significantly affect what you pay for healthcare in the coming year.

If you have not received yours by early October, it is highly recommended to reach out directly to your insurance provider to request another copy, or log into your online member portal where the document should also be posted.

THE FORMULARY PROBLEM

Your plan's formulary is the list of drugs it covers and at what cost tier.

Tier 1 and 2 drugs are the least expensive. Tier 3 and above can cost significantly more. And every year carriers review their formularies and make changes. Drugs move between tiers. Some get removed entirely. New generics get added.

If your medications moved to a higher tier on January 1st and nobody told you, you found out at the pharmacy. And if it happened after December 7th, the Annual Enrollment Period window had already closed, meaning you are locked into that plan for the rest of the year.

This is not a rare scenario. It happens to Medicare beneficiaries across the country every single January.

THE NETWORK PROBLEM

Medicare Advantage plans use networks of doctors, hospitals, and specialists. Those networks change every year too. Unfortunately, these changes can happen throughout the year and don't line up to the Annual Election Period.

A provider who was in your plan's network last



year may have dropped the plan this year. Your specialist. Your primary care doctor. Your preferred hospital. None of them are required to notify you directly when they leave a network.

You find out when you show up for an appointment and hand over your insurance card.

Out of network costs on a Medicare Advantage plan can be significantly higher than in network costs. In some cases, they are not covered at all depending on the plan type.

THE PROBLEM WITH YOUR MEDIGAP/MEDICARE SUPPLEMENT PLAN PREMIUMS

A common misconception is that you can choose a new Medigap plan during the Annual Election Period. In Nebraska, you will have to pass underwriting to be accepted into a new Medicare Supplement plan, meaning you will have to answer health questions. And you can shop for a new plan any time of the year, there is not an annual election period for these plans.

An exception is if you used your 12-month trial right of trying a Medicare Advantage plan, or if your current Medicare Advantage plan has left the market. Then you will have Guaranteed Issue into a Medigap/Medicare Supplement Plan.

If your Medicare Supplement plan premiums have become unaffordable, the Annual Election Period is the time to enroll in a Medicare Advantage plan. Enrolling in the Medicare Advantage plan automatically disenrolls you from your Drug plan. You would have to call your Medicare Supplement/Medigap plan to cancel. And you may want to consider also cancelling your Dental and Vision plans.

WHAT TO DO ABOUT IT

The window to make

changes to your Medicare plan is the Annual Election Period. October 15 through December 7 every year.

The beneficiaries who navigate the Annual Enrollment Period successfully are the ones who review their current plans, note any changes in their health or medications, and walk into Fall with a trusted, local independent insurance agent who knows them and their needs.

That preparation is the difference between a good decision made thoughtfully and a rushed decision made under deadline pressure.

THE BOTTOM LINE

Your Medicare plan deserves a review every single year. Not just when something goes wrong.

If your prescriptions or premiums have gotten more expensive, if you have started seeing new doctors, or if you have simply never had anyone walk you through your plan in plain language, fall is the right time to have that conversation.

THE IRMAA PROBLEM

One last thing. This one surprises people every time.

Medicare Part B and Part D premiums are not the same for everyone. If your income was above a certain threshold two years ago, you are paying a surcharge called IRMAA, Income Related Monthly Adjustment Amount, on top of your standard premium right now.

The income Medicare uses to calculate this is from your tax return two years prior. So, your 2026 premium is based on your 2024 income. In 2027, your premium will be based on your 2025 income.

The good news is that IRMAA surcharges can be appealed if your income has decreased due to a qualifying life event. Most people do not know this option exists.

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.

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Finding a way through a dementia diagnosis

By Lois Jordan

How do you handle the anxiety and grief that can accompany a diagnosis of dementia?

It is such a difficult and heart-wrenching place to be. Whether the diagnosis is your own or belongs to someone you love, it can feel life-changing in a way that is hard to put into words. It may even be the kind of topic you would rather avoid altogether. I understand that feeling.

I have worked in long-term care for more than 29 years and have been a nurse for 37 years.

Over the years, I have comforted and guided countless individuals and families through conversations about dementia and Alzheimer’s disease. You might think all of that experience would have prepared me for the day I heard those words about my own dad. It did not.

When the diagnosis was given, it felt like a gut punch. It literally took my breath away. More than six years later, I can still remember the physical pain I felt in that moment. I even found myself wondering why I was so shocked. We had all seen the signs in the years before. My family and I had questioned whether Dad’s forgetfulness was simply because he was tired, worried, or distracted, or perhaps because he had not heard something clearly. We found many explanations because, in some ways, explanations felt easier than the possibility we did not want to face.

Then the doctor said the words: “You have dementia.” Suddenly, it was no longer something we were wondering about. It was there, undeniably, placed in our laps—or perhaps more accurately, dropped there like a ton of bricks. What followed was grief. We experienced denial: No, this cannot be right. Dad is hard of hearing. Maybe he simply did not understand the questions. He remembers plenty of things. Then came anger: Why him? He has already faced so many challenges in his life. Why does he have to face one more? There was bargaining, sadness,

fear, and eventually some measure of acceptance. We moved through all of those emotions, but certainly not in a neat or predictable order.

Sometimes we returned to the same emotion again and again. Anger, in particular, had a way of resurfacing. That is one of the things I have learned both professionally and personally: Grief does not follow a straight line.

For those of us with a family history of dementia, there is another difficult question that can linger quietly in the background: Could this happen to me someday? I suspect many people have wondered about that, even if they rarely say it out loud. So, what do we do with all of that fear, uncertainty, grief, and anxiety? We keep living.

For me, faith has been an important part of that journey. We take one day at a time. We have the difficult conversations. We get our legal and financial matters in order. We learn about the resources available to us and use tools that help us navigate changes as they arise. We lean on family and friends. We ask for help when we need it. We care for the person we love—but we also remember to care for ourselves. Most importantly, we continue to find reasons for joy.

Dementia may change many things, but it does not erase the value of today. There can still be laughter. There can still be music, favorite foods, familiar voices, family traditions, quiet moments, and meaningful connections. Sometimes the greatest gift we can give ourselves and the person we love is permission to stop worrying about everything that may happen tomorrow and simply appreciate what is still possible today. A dementia diagnosis does not mean that every meaningful moment has suddenly disappeared. Life continues, although perhaps differently than we imagined. And we continue with it. We navigate each day as it comes. We prepare where we can, accept help where we need it, and remind ourselves that we do not have to know every answer today.

I spent decades helping other families navigate dementia and believed that experience would somehow make it easier when it happened to mine. Instead, I learned that professional knowledge and personal grief are two very different things. But I also learned something else: we are often stronger and more adaptable than we realize.

Maybe we never feel completely prepared for a diagnosis like dementia. But we can prepare for the road ahead. We can surround ourselves with support, make thoughtful plans, treasure the moments we have, and continue to live life as fully as possible. One day at a time.

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.

La Vista Senior Center

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

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

A \$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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☐ \$125 = Full month of bathing assistance.

☐ \$175 = Helps provide respite care for an older adult.

☐ \$250 = Provides urgent relief and essential support to individuals during unexpected emergencies.

☐ Other amount (please designate)_____

☐ Please contact me. I would like to learn more about how to include the Eastern Nebraska Office on Aging in my estate planning.

Name:_____

Address:_____

City:_____State:_____ Zip: _____

Phone:_____

Please mail your donation with this form to:

Eastern Nebraska Office on Aging

Attn: Hope Houessoukpe

4780 S. 131st Street

Omaha, NE 68137-1822

(402) 444-6536

Please see the ad on page 3

Thank you to the New Horizons Club members

\$50

Elaine Chapin

\$25

Lynda Tomasello

Robert Scott

\$5

Jerry Nigro

NeMHAC

The Nebraska Mental Health and Aging Coalition is hosting a conference: When Autonomy Meets Protection: Capacity, Competency, and Dignity in Aging.

The conference will be on October 16 from 8:30 a.m. – 4 p.m. at the UNO Community Engagement Center located at 6001 Dodge St.

Register at https://10th_Annual_NeMHAC_conference.eventbrite.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.

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.

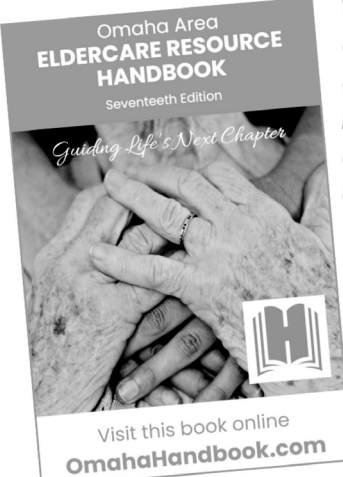
Every Monday – Card Game: Manipulation @ 10 a.m.

Every Monday – Pickleball @ 10 a.m.

Every Wednesday – Chair Volleyball @ 10 a.m.

Grab N Go meals are available.

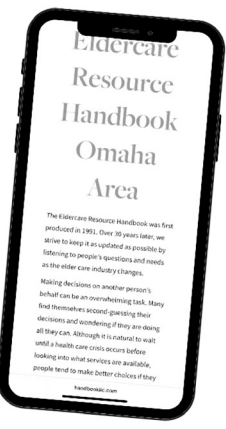
For more information, contact Barb at 402-444-3091 or barbara.white@cityofomaha.org.



Omaha Area
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Eldercare Resource Handbook
11640 Arbor Street, Suite 203
Omaha, NE 68144

Aging can be difficult

Conscious Aging

By Nancy Hemesath

Years ago, I took a workshop called Befriending My Body. I admit I found the title a little hokey. Still, I learned some things about self-care and realized I should not take my body for granted, something I did for the first fifty years.

Now as my body ages, there are many things about it that I just don't like. Too much weight. Sore feet. Less strength and stamina. Clumsy hands due to neuropathy. Inside my spirit, I feel like I am about fifty, but my body tells another story. Many of my friends say the same thing. This aging thing is tough.

Advertisers try to convince us that we can turn back the clock with wrinkle crème and hair dye. If we cover the veneer, we can stay young. Those of us living in aging bodies know this is far from the truth.

Recently in a meditation on my body, I realized how impatient I am with my clumsy hands. Dropping items, cutting myself, struggling to put on my own earrings are typical parts of my day. Don't ask me to do anything requiring fine motor skills! In the meditation I felt the need to forgive my hands for what they can no longer do. Also, my hands need to forgive me for my impatience.

Since then, I have been more aware of what my hands can do! I cook, clean, write, drive. Most of my daily activities are not beyond me.

Years ago, I heard a story about a woman who was disabled and in a wheelchair. She told my friend

that she did not feel sorry for herself because she recognized about 40% of her body did not work but 60% did work. She was grateful for the 60%!

The example of this woman is a reminder to me of how lucky I am. It invites me to be gentler and more forgiving of my own limitations. My body is still a tremendous gift. Realizing this is a source of gratitude and joy. My body is my Friend!

(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.)

La Vista Senior Center makes garden gnomes with visitors



NEW HORIZONS PHOTOS

The La Vista Senior Center, located at 8116 Park View Blvd in La Vista, made garden gnomes with kids during craft day in July.



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.
 - **September 2:** Music with Joyce Torchia @10:30 a.m.
 - **September 3:** Presentation from Nye @10 a.m.
 - **September 7:** Center closed for Labor Day
 - **September 9:** Music with The Links @10 a.m.
 - **September 10:** Hospice 101 Presentation @10 a.m.
 - **September 16:** Music with Tim Javorsky @10:30 a.m.
 - **September 17:** Navigating Health Presentation @10 a.m.
 - **September 18:** ENOA Walk-a-thon @ 9 a.m.
 - **September 22:** Board Meeting @ 1:30 p.m.
 - **September 23:** Music with Billy Troy @10 a.m.
 - **September 25:** Bingo with Pro-Med Care @10:30 a.m.
 - **September 29:** Senior Resource Fair @10 a.m.
 - **September 30:** Music with Kim Eames @10 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.

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

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

Intercultural Senior Center

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

Fall is a wonderful time to connect, stay active, and make new friends at the Intercultural Senior Center (ISC), the ISC is open weekdays from 8 a.m. to 4 p.m. and welcomes older adults from all backgrounds. Enjoy a light breakfast, healthy lunch, fitness classes, cultural activities, technology assistance, educational programs, and more. Lunch reservations are due by 9:30 a.m. the same day. Call 402-444-6529 to reserve your meal.

September Events include:

- World Bash: A World at Home Annual Fundraiser
- Hispanic Heritage Month Activities
- Talent Show
- Fitness, Wellness, and Technology Programs

September is a special month as the ISC will prepare for World Bash: A World at Home, ISC's annual fundraiser celebrating the diversity, connection, and community that make our center unique. Proceeds support programs and services that help older adults stay healthy, engaged, and independent.

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, meals, and World Bash: A World at Home.

Intercultural Senior Center – Where cultures connect and friendships grow.

--TASO continued from page 1.

- Installing and using apps/programs
- Uninstalling software

There are a few things TASO does not do, which includes:

- Repair hardware
- Install operating systems
- Remove viruses or malware
- Do banking or private logins
- Create passwords
- Edit video, photo, or audio files

TASO offers their assistance on Tuesdays from 9:30 a.m. to 12:00 p.m. at the Central Library, 72nd and Dodge, and on Thursdays from 9:30 a.m. to 12:00 at the Abrahams Library on 90th and Fort.

"Since technology is constantly changing, we



COURTESY PHOTO

Free tech support for older adults in the Omaha area is available through Technology Assistance for Seniors—Omaha.

want to let people know that there is help available in Omaha," Fosco said.

"We have a lot of specialties among our volunteers that are here to help."

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

Tips for container gardening success

By Melinda Myers

Add color and seasonal interest throughout the landscape with container gardens. Set them in garden beds to add vertical interest,

place pots of edible plants on a patio, deck or balcony for convenient picking and include pollinator-friendly plants in containers to attract and support pollinators.

Keep containers looking their best with proper selection, planting and care. As always, select plants suited to the growing conditions and combine those

that require the same care and growing conditions. Drought-tolerant plants are more forgiving once established if looking to reduce maintenance.

Consider function as well as beauty when selecting containers. Make sure the container has drainage holes, helping prevent waterlogged soil that can lead to root rot. If the pot lacks drainage holes, try double potting. Place plants in a pot, like a nursery pot with drainage holes. Set this pot on a layer of pebbles in the pot that lacks drainage holes. The pebbles elevate the pot of plants above excess water that may collect. Check throughout the growing season and pour excess water out of the decorative pot as needed.

Fill containers with a quality potting mix that provides adequate drainage yet retains moisture. Every gardener seems to have a favorite or more often struggles to find one that works best for them. Check the label to see what the bag contains and recommendations for its use. Planting mixes usually contain peatmoss, coir and or compost as well as vermiculate, perlite or rice hulls for drainage. Check to see if it is sterilized to kill weed seeds and pests.

Proper watering and fertilization are key to keeping plants alive and healthy. Check the potting mix daily and water thoroughly as needed for the plants growing. Reduce frequency with the help of self-watering

containers with water reservoirs that provide water over a longer period. Mulching the soil in containers helps to conserve moisture and irrigation systems with timers make it much easier.

Fertilize planters as needed. A slow-release low nitrogen fertilizer used at planting and again as needed and according to label directions can greatly reduce time spent fertilizing. These fertilizers provide small amounts of nutrients over a longer period. Those who prefer to be a bit more hands-on can use a liquid fertilizer applied regularly throughout the season according to the label directions.

Despite a gardener's best effort, insects and diseases can impact the health and beauty of planters. Regularly check plants for any signs of insects, their damage and disease.

Melinda Myers has written over 20 gardening books, including Midwest Gardener's Handbook, 2nd Edition and Small Space Gardening. She hosts The Great Courses "How to Grow Anything" instant video and DVD series and the nationally syndicated Melinda's Garden Moment radio program. Myers is a columnist and contributing editor for Birds & Blooms magazine and was commissioned by Tree World Plant Care for her expertise in writing this article. Her website is www.MelindaMyers.com.



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*This is Universal Design; not ADA Standards



MELINDA MYERS PHOTO

Set container gardens in garden beds to add vertical interest or act as a screen.

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:

- September 15: Donna Hewlitt will discuss *Love Is Joy*, her most recent fiction release, which celebrates resilience, joy, and the impact of pursuing one's dreams.

- 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.

UNMC Research Study

The University of Nebraska Medical Center is looking for Black Persons Living with Dementia for a research study.

Have you or someone you love experienced changes in spirituality, faith, or meaning after a dementia diagnosis? Researchers want to learn from your story.

This research explores how spiritual expressions, faith practices, and meaning-making evolve among Black individuals after a dementia diagnosis.

You may qualify if you are a Black/African American adults living with dementia, participants must be able to understand and speak English, aged 55 or older, and participants must be willing to engage voluntarily in the study.

If you qualify you must do a confidential interview or conversation, a short survey about technology use, do an in-person or virtual options, you must be available and you must share experiences related to spirituality, faith, and coping.

Your participation is completely voluntary. All information will be kept confidential. Compensation is available.

All of this will help elevate Black voices and lived experiences, contribute to culturally responsive dementia care and research, and support future community-informed resources.

If you are interested, please call Peace Johnson at 402-706-8901 or email at peacjohnson@unmc.edu.

Millard Senior Center

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

- **September 1, 4, 11, 15, 18 & 29:** UNMC nursing students visit

- **September 2:** Board Meeting @ 9:30 a.m.

- **September 7:** Center closed for Labor Day

- **September 8:** Sewing Club meet to make sun dresses and shorts @ 9:30 a.m.

- **September 9:** Senior Field Day @ 9 a.m.

- **September 14:** Bunco @ 12:15 p.m.

- **September 16:** P.A.W.S (Puzzles & Words with Seniors) @ 10:15 a.m.

- **September 18:** ENOA Walk-a-thon @ 9 a.m.

- **September 30:** Fire Drill @ 10 a.m.

Tai Chi on Mondays and Fridays @ 9:30 a.m.

Bingo every Tuesday and Friday @ 12 p.m. Bingo callers in need

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.



NEW HORIZONS PHOTO

The bowlers in their 90s who compete in the “Wins and Losses” bowling league include Jean Jenkins (left) and Bud Laughlin.

--Bowling continued from page 1.
form of exercise.”

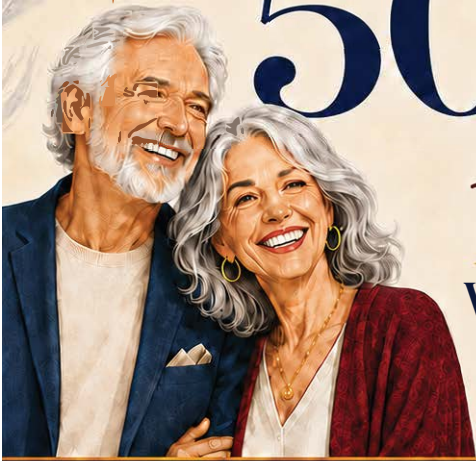
While bowlers try and do their best, Laughlin said it's all about the community and staying active when it comes to the “Wins and Losses” bowling league.

“I’ve made plenty of friends in bowling,

and I won’t quit until I die,” Laughlin said.

Many bowling alleys offer senior discounts, which may include reduced rates, free shoe rentals, or dedicated morning/afternoon leagues on weekdays.

Check out the local bowling alleys for senior discounts.



SAVVY SENIORS

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 **More info: 402-212-2821**

How AI continues to make scams more dangerous

By Kelly C. Bourne

Recent newspaper articles and TV news programs describe the tremendous advances in Artificial Intelligence (AI). Many of AI's capabilities are beneficial. It can be used to review MRIs, make work processes more efficient and help develop new drugs. Unfortunately, AI is also used for criminal purposes. This article describes how AI is used by criminals to increase the likelihood that their scams will succeed.

The good news is that AI hasn't been used to so far to create new types of consumer-directed scams. The bad news is that it's being used to perfect or automate existing scams to make them much more effective.

Some ways that AI benefits scammers include:

- **Faster:** AI enables scammers to do everything faster. AI is being used to research victims, write emails and texts, create websites and fabricate photos much quicker than can be done by hand. Activities which used to take hours can now be completed in seconds or minutes.

- **Error free:** Scam emails formerly contained errors. AI enables someone who isn't a native English speaker to create syntactically perfect emails and texts that can fool even the most vigilant among us.

- **Personalized scams:** AI can tailor emails to specific victims by obtaining information about them from social media apps and other online sources. For example, if an email refers to your love for golf, classic cars or other hobby then you're more likely to reply to it than if the email was bland and generic.

- **Scale up:** AI allows criminals to scale up their operations immensely. Instead of creating them by hand, AI enables scammers to send out emails or texts to thousands or tens of thousands of potential victims.

- **Harder to detect:** error-free, personalized emails are much harder to detect and prevent. They're able to slip past automated filters provided by email vendors and anti-virus protection software.

VOICE CLONING

AI can be used to imitate the voice of someone

you know or trust to scam you. This is being done to convince grandparents that their loved ones are in jail and need money to get bailed out.

It's also used to trick employees into thinking they're following instructions from their bosses.

Another scam that uses voice cloning is celebrity impersonations to get victims to donate money or make purchases.

DEEP FAKE VIDEO

AI enables criminals to create realistic looking videos. Criminals have used them as part of fake celebrity endorsement scams, romance scams, fake kidnapping scams and executive impersonation scams. As technology improves and becomes even more widely available, expect scams that include fake videos to become more commonplace and compelling.

PHISHING EMAILS

The FBI reports that phishing complaints from older adults has increased more than eight-fold in the past year. Research by Reuters and Harvard University found that thanks to AI, phishing scams can be significantly more convincing than ever.

AI CHATBOTS

A chatbot is a software application that simulates human activity or interactions. They're used by companies to provide customer assistance, answer common questions and handle routine requests. AI powered chatbots can mimic human interactions with incredible accuracy. AI chatbots can work 24/7 and a single AI chatbot can interact with dozens or even hundreds of humans simultaneously. These applications are used by scammers to imitate legitimate organizations like government agencies and tech companies to extract personal information from potential victims.

WEBSITES

AI can be used to create websites from scratch or imitate existing, authentic websites. Scammers then send out thousands of phishing emails or texts containing links that lead to these fake websites. These counterfeit sites entice visitors to enter their creden-

tials, i.e. ID and passwords. The scammers then use the victims' credentials to log into the legitimate websites pretending to be the victim.

AI GENERATED TEXT

AI can be used to create text that can be used for legal or illegal purposes. Some examples of how scammers use AI generated text for illegal purposes are:

- **Phishing:** Emails and texts sent to potential victims are both convincing and grammatically perfect.
- **Romance Scams:** Daily or even more frequent emails or texts can be sent to victims of this type of scam.
- **Business Email Compromise (BEC):** Emails or texts are sent to employees of an organization purporting to be from the employees' boss or high-level executive to trick them into sending money to accounts controlled by the scammers.

FORGERY

AI can be used to create documents that are indistinguishable from the genuine article.

Examples of fraudulent documents created using AI include:

- **Fake IDs,** e.g., driver's licenses and company ID cards
- **Phony receipts**
- **Forged bank statements**
- **Fraudulent invoices**
- **Bogus photographs:**

These can be used during romance scams to convince victims they're communicating with someone who is young, attractive and successful.

STEPS TO AVOID ALL TYPES OF SCAMS

Despite the advantages that AI gives to scammers, there are steps we can take to stay safer. Many of these precautions are ones that we're already familiar with, but they're even more important now than ever. They include:

- **Don't answer calls,** texts or emails from unknown numbers or email addresses.
- **Don't click on links** in emails or open unexpected email attachments.
- **Monitor your financial accounts** regularly. If you detect any unexpected activity, contact your financial institution and authorities immediately.

• **Tighten your social**
--Scams continued on page 11.

Compassionate Care...

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At House of Hope, our memory care isn't just about safety and support. It's about recreating the warmth of home – familiar routines through compassionate caregiving, trust, and spaces designed to comfort and soothe. Because for those living with memory loss, feeling at home means living with dignity, surrounded by warmth, respect, and meaningful engagement.

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Memory Care**

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We want to hear from you.

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

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

enoa.info@enoa.org

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



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Energy drink pros or cons

Energy drinks can vary greatly as far as the amount of caffeine they contain.

When many people consume energy drinks, they are unaware of the amount of caffeine they are consuming.

Caffeine is something that is meant to be consumed in low to moderate amounts. When you do so, it does not have negative effects on the body. The recommended limit for caffeine is around 400 mg. When you exceed this amount, it can have many negative effects on the body.

Many people may choose to consume energy drinks when they want to improve physical or mental performance, driving ability when tired, and to decrease mental fatigue during a long period of concentration.

Scientific evidence shows that energy drinks do not improve these things.

When caffeine is consumed in excessive amounts it can have harmful effects on the body:

- Increased blood pressure
- Increased risk of having a heart attack
- Irregular heartbeat
- Decreased quality of sleep
- Indigestion
- Frequent headaches
- Increased chance of anxiety and depression

Some people are more sensitive to caffeine than others. If you do not consume caffeine on a regular basis, you are likely to be affected more than someone who consumes it on a regular basis. Keep this in mind when you choose the type of caffeine to consume.

It is best to only consume caffeine in the mornings and when you really feel that it is necessary, rather than making it a habit. Many people can get addicted to the caffeine and when they do not consume it, they have withdrawal symptoms such as headaches and body aches.

If you drink it too late in the day, it can affect your ability to fall asleep and affect the quality of sleep you get. It is also important to keep in mind the type of work you are doing and the work environment you are in.

If you are doing extensive labor at your job, this can already increase the strain on your heart and adding an energy drink to this can be very dangerous.

If you are working in a very hot environment, energy drink consumption can cause you to be dehydrated and can put you at an increased risk of having a heat stroke or passing out.

Energy drinks not only contain excessive amounts of caffeine, but they also often have other harmful ingredients in them as well. Ingredients such as taurine can have harmful effects on the body. It is important that you also consider the reactions that energy drinks can have with alcohol or prescription drugs.

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

Senior Resource Fair connects older adults with valuable local resources

Older adults, caregivers, and family members are invited to attend the “Seasons of Support” Senior Resource Fair on September 29, from 10 a.m. to 1 p.m. at Christensen Field.

The Senior Resource Fair brings together more than 50 local organizations and businesses that serve older adults throughout the Fremont area. Attendees will have the opportunity to connect one-on-one with professionals, learn about services and programs available in the community, and gather information to support healthy living.

In addition to educational resources, the event will feature dozens of raffle baskets and giveaways exclusively for senior attendees, providing plenty of opportunities to win exciting prizes throughout the day.

Guests may also enjoy food from an on-site BBQ food truck or choose to have lunch at the Friendship Center. Lunch at the Friendship Center is \$5 and available by RSVP to 402-727-2815.

Whether you’re looking for healthcare resources, transportation options, housing information, financial services, recreational opportunities, or caregiver support, the Senior Resource Fair offers a convenient way to discover the many services available in one location.

Admission to the event is free, and community members are encouraged to invite friends, neighbors, and loved ones who may benefit from the information and resources available.

For more information about the Senior Resource Fair, please contact the event organizers at fremon-tareaaging@outlook.com.

--Scams continued from page 10.

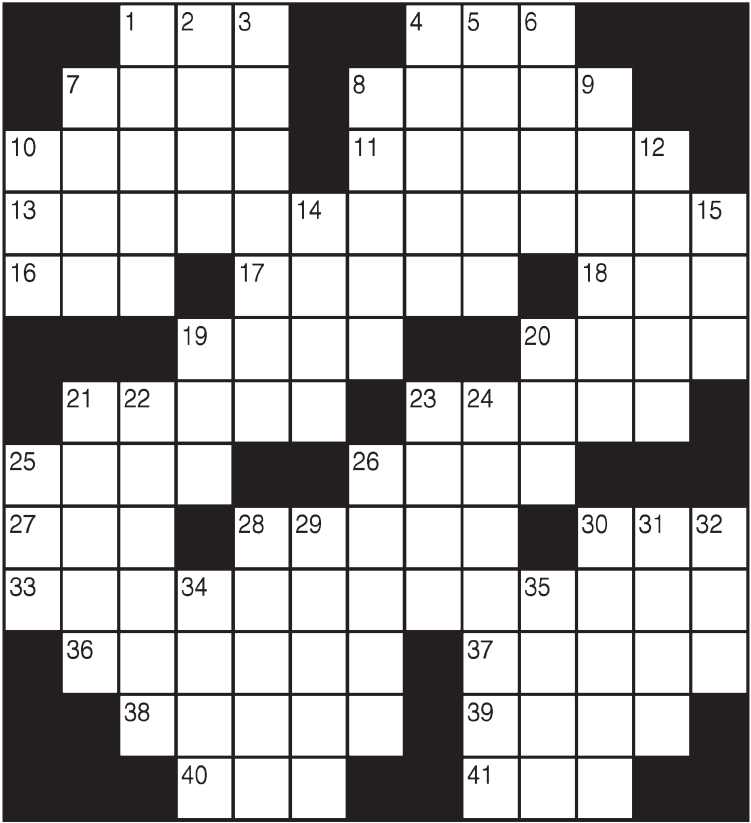
media accounts’ privacy settings to minimize personal information that scammers can access and use against you.

- Don’t let yourself be forced into making an immediate decision. Sleeping on a proposal and getting a second opinion from someone you trust is more important now than ever.
- Have a password or ‘safe’ word that you and your family use to identify yourselves.
- Be skeptical about unexpected contacts over the phone, in emails or via text messages.
- Don’t believe the number shown by Caller ID. These values can be faked, i.e., “spoofed”.
- Verify everything an unknow person tells you independently.
- Requests for money or personal information should be ignored.
- If you’re being pressured or threatened, it’s likely a scam.
- Remember the old saying that if something seems too good to be true then it probably is.

Kelly’s newest book, “Ransomware, Viruses, Social Engineering and Other Threats: Protecting Your Digital Assets” is available on Amazon and at The Bookworm.

King Crossword

- ACROSS**
1 Condo coolers
4 Mornings, briefly
7 Malaria symptom
8 Daub
10 Florida city
11 Research
13 Nocturnal birds
16 Actor Cariou
17 English horn cousins
18 Actor McShane
19 Stumble
20 Part of A.D.
21 Exams for future attys.
23 Yearns
25 Deception
26 Cousin's mom
27 — -ray Disc
28 Soaks up the sun
- 30 Prefix with gram or center
33 Ancient
36 "Hard as nails," for one
37 More bizarre
38 Auto style
39 Clarinet insert
40 Ballot markings
41 Corn serving
- DOWN**
1 "Encore!"
2 Robert of "I Spy"
3 Stop on a cruise
4 Love, to Luigi
5 Cat calls?
6 H.H. Munro's pen name
7 Dull pain
8 Sailing vessel
9 Judge's decision
- 10 Hooting bird
12 Blueprints
14 Kimono ties
15 — -cone
19 Levy
20 Busy insect
21 Lounges
22 Mecca residents
23 Sci-fi's Skywalker
24 By the beach
25 "Westworld" ailer
26 Wan
28 Back of a 45 record
29 Book of maps
30 Church leader
31 Begged
32 Leb. neighbor
34 Visa rival, briefly
35 Inventor's inspiration



This Month’s Crossword Puzzle

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

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

--Ivy continued from page 1.

Jessica Haynes led the school to back to back state titles on the court in 1983 and 1984.

“Jessica and I just clicked,” Ivy said of Haynes, a fellow Parade All-American who enjoyed a stellar career at San Diego State.

Ivy also won gold medals at the state track meet. Her younger sister Mallery Ivy became a track legend at Central (both sisters are in the school’s hall of fame) and a scholarship sprinter at the University of Tennessee. Like her father and sister, Mallery’s lent her time to coaching youth.

Maurtice had her pick of colleges but bowed to her folks’ wishes that she stay close to home by accepting a University of Nebraska scholarship offer.

Arriving in Lincoln at 17 she had growing up to do. She excelled as a player but the team floundered under head coach Kelly Hill her first two seasons. “I knew we had a really good team and we would build this thing together,” said Ivy. They did, too, after Angela Beck replaced Hill. Though Ivy and her teammates thrived on the court, she didn’t find the ally in Beck she craved.

“You’re trying to figure out life and you want a coach nurturing you, helping you navigate some spaces and I didn’t necessarily feel I got that love and support from her like I could. I learned a lot of what I didn’t want to do as a coach through that experience.”

Ivy ended her Husker career as NU’s all-time leading scorer, the first to top 2,000 points, earning first team All Big Eight three years in a row, and leading the program to the NCAA Tournament. Her exploits saw her jersey retired and hung from the rafters in 2011.

In 2022 she was inducted into the Nebraska Athletics Hall of Fame class along with fellow living legends Jordan Larson, Eric Crouch and Terry Pettit.

“It’s going to be hard to beat that group,” she said.

Previously, Nebraska Athletics named her among its 25 Women of Distinction and All-Century Team.

There was no WNBA yet when she graduated in 1988 but she competed three full years in the pro league that preceded it, the WBA. She shined with the Nebraska Express franchise, even

joined by fellow Husker great Karen Jennings.

“We were hoopin’ – putting up over a 100 a game. We had a powerhouse squad.”

Ivy led the Express to the ’93 finals and the following year to the WBA title. She won ’94 finals MVP honors.

Ivy briefly explored international play in Denmark.

When the WBA disbanded in ’96 and the WNBA launched in ’97, Ivy was pushing 30. She elected not to try out since her best days were behind her. Not that she still couldn’t play. She led an Omaha team to four national championships in the 3-on-3 Hoop It Up tournament. Teammates invested their hearts, souls and savings to play “for love of the game.”

While frustrated the WNBA came along too late, she’s satisfied with how things turned out.

“In my window, during that time, I did what I needed to do. Was I before my time? Right here is my time.”

Parlaying her Hoop It Up experience, she birthed her own 3-on-3 tournament in Omaha’s inner city and saw it grow from 10 to nearly 100 teams. What motivated her to do it? “I wanted to give back to the community that had been loving on me for so long,” she said.

The event got so big during its eight year run that cars backed up trying to exit the freeway to access North 24th Street, where the tourney’s outdoor home base, Bryant Center, was located. She still gets feedback on what the event meant to participants.

“Recently a man told me, ‘I played in your 3-on-3 tournament and it saved my life. I wasn’t in the streets because I was focused on basketball.’ He’s a plumber and good father today,” said Ivy. “It goes to show that Impact doesn’t always look like a game or uniform.”

As the streets became more dangerous due to gang activities, she invested more in security. With conflicts and threats increasing she reluctantly pulled the plug rather than risk tragedy,

The fact the event gave participants a positive outlet convinced her that guiding youth should be her path.

“As a community leader it’s my obligation to try and make a pathway to make things better. It’s all about trying to do the right thing. It’s just remarkable how receptive kids are when they know you’re sincere and doing everything you can do to

try and help them.”

By the time she dedicated herself to serving youth, she said, her father stopped coaching and “he really kind of passed the baton onto me.”

“I’m a student of life. I enjoy learning. I’m still learning lessons. Young people have this energy that’s contagious and I love to be around good energy. Young folks need some direction. They are blank canvases to be shaped.”

Rickey Loftin played on an Omaha Housing Authority team she coached. She became his mentor.

“Rickey called me up one morning and asked me to come get him,” Ivy recalled. “I was wondering why he wasn’t in school and he said, ‘My dad was shot and killed last night. The only person I want to be around right now is you.’ It took everything in me not to break down and cry. I hadn’t realized how I had impacted him. I felt like God was placing him in my life for a reason, and I needed to pick up the ball and be as positive as I could be.

“From that point on I tried to be a strong support system for him. Our relationship grew over the years.”

Loftin, who went on to play college ball, graduate and raise a family, appreciates everything Ivy did. “We have a bond between each other,” he said. “She helped me keep my focus in the game and on school. She inspired me to keep getting good grades. She made me see how I could get a scholarship to college. She became like my second mom.”

Said Ivy, “I’m definitely proud of the man he’s become. I’ll always be grateful for the opportunity to have been a part of his life during those years.”

Her influence extends to Mia Will’s sons Mark and Matthew. “She’s someone they genuinely look up to,” Will said. “Her spirit, positivity, dedication and genuine love for people have been a blessing for them. I couldn’t ask for a better role model in their lives.”

Ivy is the mother of two sons of her own.

She described her transition from playing to mentoring to coaching – first as a University of Nebraska at Omaha assistant and then as Peru State head coach – as “super organic.” Not that it wasn’t without struggle as she tried finding her way in a field where few opportunities exist for African American women.

Will said she knows “it hasn’t been an easy road” for Ivy. In addition to “the daily challenges that can come with being a strong woman of color in the athletics industry,” Will said, “Nebraska seems to have a problem allowing athletes of color to soar. Still, Maurtice focuses on the true reason for her dedication to athletics – mentoring youth.”

Larry Station, a sports legend at Central and Iowa, admires how she’s persevered in her purpose.

“She has truly demonstrated her great character after struggling to find her path in life after her athletics career was over to now helping young athletes excel and learn from her experiences,” he said. “Her mindset is that failure is not an option. I love the way she has navigated life after sports when there was no roadmap for her to optimize her unique skill-sets.”

Ivy League is the culmination of all she’s learned as a player, coach and servant leader.

“This is a labor of love. A lot of the soft skills we talk about this nation’s youth being deficient in are developed through sports,” she said. “Sports is the front door to school. I want to be one of the spaces of impact and change of youth sports in this community.”

Ivy League offers basketball, volleyball, soccer and golf training for Omaha public, parochial and home schooled girls from fourth through eighth grade.

“We have a super diverse group of kids. Our niche is doing training and development only. We do all the foundation work to prepare them for their “next steps.”

Participants are expected to adhere to pillars (life lessons) called the Ivy Five:

Being prepared, Competing, Highly skilled, The Village, Athletic IQ.

She’s leveraging her experience and network to launch an NIL company to help athletes monetize their name, image, likeness, something players of her generation were not afforded the opportunity to do.

Meanwhile, she mentors coaches like Michaela Dailey at Omaha North. Dailey appreciates Ivy’s “pointers and feedback.” “She’s amazing. I love her to death.” Ivy insists it’s a two-way street, saying. “We share ideas, I make suggestions, she makes suggestions, I’m learning from her, she’s learning from me.”

Former Omaha Bryan and Arizona great Reshea Bris-

tol, who coached at Bryan and conducted hoop camps, said she’s “followed” Ivy’s “footsteps” in “trying to give back to the girls coming up.”

Ivy League basketball assistant Keke Washington said Ivy “pushes” her to “elevate” her craft. Washington would like to join the state’s tiny ranks of Black women head coaches. “That number’s kind of small unfortunately,” said Ivy. “Hopefully based on the work we’re putting in right now we’ll see an influx of women of color.”

Ivy also conducts coaching clinics for the Omaha Public School and does athletic consulting with select Omaha Catholic schools. “I go in and do assessments on their culture. I give them tools.”

Larry Station said just as when she played, Ivy aims being the best in the space she operates in today.

“She is still very competitive and seeks to improve in all areas of her life, including preparing young kids to be competitive in sports and life as well.”

Said Ivy, “I like the space of competition. When I was younger it was about playing sports. Now it’s about life and what I want my journey to look like. Part of that is giving back. Whatever I’ve learned, I’m sharing. I want to impart my knowledge and experience.”

Will is sure her bestie’s “impact will be felt for generations.”

A “global citizen” like Will, Ivy often travels with her to Mexico. Jamaica is another favorite destination. Ivy’s made recent trips to England and Costa Rica. Panama and Brazil may be next.

“Omaha starts closing in on me,” said Ivy, “so I go to other places to get a different perspective and energy, and I feel better when I come back.”

Every few months she does “a reset” to try new things. “I started yoga. I’m canoeing, I’m writing a book. I’m living my life. I’m like a big kid.”

Now she looks to take things “to the next level” as a life-leadership coach, author and speaker who shares lessons from her life story. Wherever her next moves lead, she won’t settle.

“I’m always internalizing what this journey looks like and means to me because we get this thing but one time. So I’m trying to fill it to make sure I impacted and made a difference. That’s important to me.”

• **New Horizons** • **Page 13**



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National Cholesterol Education Month: A call to action for all ages

September is National Cholesterol Education Month, an important time to reflect on the state of our heart health and take proactive steps to manage our cholesterol levels.

Cholesterol, a waxy substance found in our blood, plays a crucial role in building healthy cells, but too much of it can lead to serious health issues, including heart disease and stroke.

As awareness grows, it is crucial to understand the statistics, the importance of cholesterol management, and the rising trend of high cholesterol among younger adults.

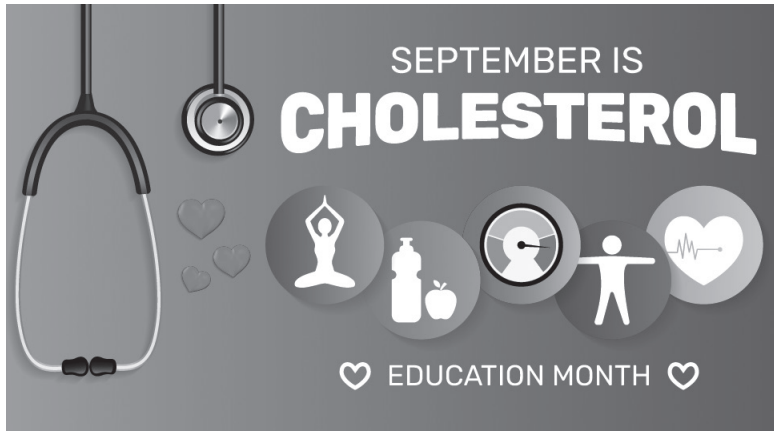
THE GROWING CONCERN

Recent statistics reveal a troubling trend: high cholesterol levels are increasingly affecting younger adults. According to the American Heart Association, about 7% of children aged 6 to 11 and 8% of adolescents aged 12 to 19 have high cholesterol levels. Alarming, adults aged 20 to 39 are also seeing a rise in high cholesterol rates, with over 30% of this age group now facing elevated cholesterol levels.

This uptick in cholesterol levels among younger populations can be attributed to several factors, including poor diet, lack of physical activity, and rising obesity rates. With more young adults adopting sedentary lifestyles and consuming high-fat, high-sugar diets, the risk of developing high cholesterol and associated health problems has become a significant concern.

UNDERSTANDING CHOLESTEROL

Cholesterol is carried



through the bloodstream by two main types of lipoproteins: low-density lipoprotein (LDL) and high-density lipoprotein (HDL). LDL is often termed “bad cholesterol” because high levels can lead to plaque buildup in arteries, increasing the risk of heart disease.

In contrast, HDL is known as “good cholesterol” because it helps remove LDL from the bloodstream.

Optimal cholesterol levels are crucial for maintaining cardiovascular health.

The American Heart Association recommends that total cholesterol should be less than 200 mg/dL, LDL less than 100 mg/dL, and HDL above 60 mg/dL.

Elevated levels of LDL and low levels of HDL can significantly increase the risk of heart disease.

STEPS TO LOWER CHOLESTEROL

Fortunately, managing cholesterol levels can be achieved through lifestyle changes and, when necessary, medication.

Here are some effective strategies to help lower cholesterol:

- **Adopt a Heart-Healthy Diet:** Focus on eating foods rich in fiber, such as fruits, vegetables, and whole grains. Incorporate healthy fats from sources like avocados, nuts, and olive

oil, while reducing intake of saturated and trans fats found in processed and fried foods.

- **Increase Physical Activity:** Engaging in regular physical activity, such as brisk walking, jogging, or cycling, can help raise HDL cholesterol and lower LDL cholesterol.

Aim for at least 150 minutes of moderate-intensity exercise per week.

- **Maintain a Healthy Weight:** Being overweight or obese can negatively impact cholesterol levels.

Losing excess weight through a combination of healthy eating and regular exercise can improve cholesterol levels and overall heart health.

- **Quit Smoking and Limit Alcohol:** Smoking cessation and moderate alcohol consumption can improve HDL cholesterol levels and reduce overall cardiovascular risk.

- **Monitor Your Cholesterol Levels:** Regular check-ups with a healthcare provider can help track cholesterol levels and assess risk factors.

This is particularly important for younger adults, who may not exhibit symptoms but could still be at risk.

(Information provided by American Heart Association).

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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:

- Sept. 8, Nov. 10
St. Vincent de Paul Church
14330 Eagle Run Dr.
- Sept. 26, Nov. 28
Faith Westwood
United Methodist Church
4814 Oaks Ln.
- 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

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 activites 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.

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

This Month's
Sudoku Answers

	A	C	S		A	M	S	
	A	G	U	E		S	M	E
O	C	A	L	A		L	O	O
W	H	I	P	P	O	O	R	W
L	E	N		O	B	O	E	S
			T	R	I	P		A
	L	S	A	T	S		L	O
H	O	A	X			A	U	N
B	L	U		B	A	S	K	S
O	L	D	A	S	T	H	E	H
	S	I	M	I	L	E		O
		S	E	D	A	N		R
		X	E	S			E	A

This Month's
Crossword Answers

Bloemker continues to win gold



COURTESY PHOTO
Harriet Bloemker, 94, has no plans of slowing down as she threw the javelin 48 feet 6 inches, and received a gold medal at the Cornhusker State Games in July.

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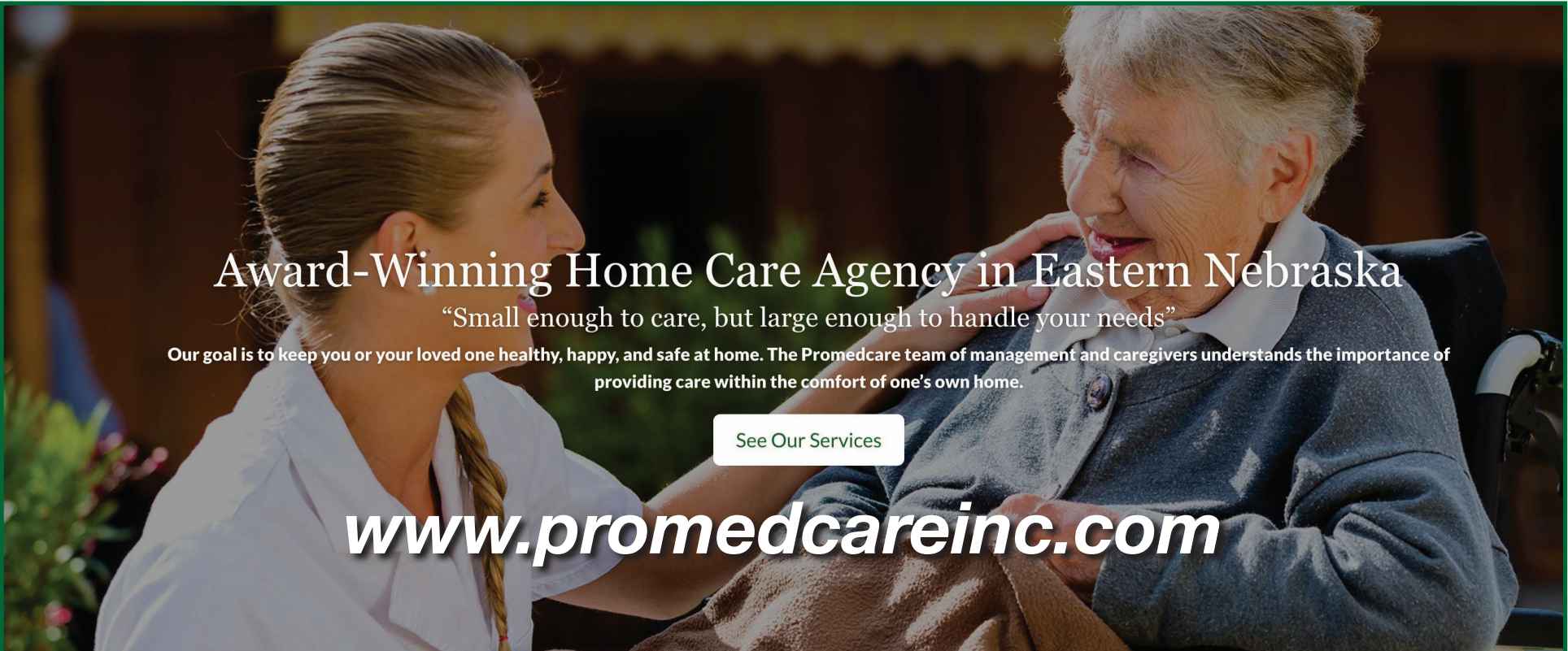
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