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# *Celebrating 50 Years* New Horizons

## New Horizons celebrates 50 years of service

By Ron Petersen

What seemed to have started off as an informational newsletter, turned into a monthly newspaper in Omaha.

The New Horizons is celebrating its 50-year anniversary with a reflection of the coverage for the past five decades.

The newspaper started off by displaying local events, encouraging local people to volunteer and highlighted different programs presented by the Eastern Nebraska Office on Aging (ENOA).

Originally published in 1975 by Walt Hower, Ken Burrows, and the other ENOA directors, the newspaper was later edited by skilled journalist, Andy Bradley, who took on the role in 1980.

“What I liked about the New Horizons was that I was able to do everything. I liked the business side, the writing, editing and dealing with the production of the newspaper,” Bradley said. “I liked doing it all.”

For four years, Bradley took on every task thrown his way when it came to running a monthly newspaper, which included the production of the newspaper.

The original letterpress used to feature 45-pound lead plates, which was used to print on paper. The process, however, was labor-intensive, yet routine.

“Putting together a newspaper was a challenge,” former New Horizons editor, Jeff Reinhardt said.

Each individual letter and punctuation mark had to be printed and arranged and set into a form. Setting each page — including loading the press, inking the type, and pulling the impressions — would take half a



day. You would then start the process all over again — and again, and again — as each book could have hundreds of pages.

“Even though it took a lot of time, I enjoyed putting it all together,” Bradley said.

In 1984, Bob Whitmore took over as editor.

Not only did Whitmore have experience in journalism, but Whitmore also had a photography background, which helped the New Horizons bring abstract visuals that were pleasing to the eye, which it did not have before.

“One of the things I wanted to do was be more visual with the paper every month. I loved to take pictures, and I tried to do artistic photography,” Whitmore said. “It was enjoyable to be able to photograph different older adults with cool backgrounds. I do remember doing a story on a guy who was an ice carver. He would carve these ice sculptures that would be displayed at major events. It was amazing to see this guy start with a block of ice and turn it into something really cool. I tried to come back with good photography from

every assignment.”

One of Whitmore’s goals as editor was to expand the presence in Omaha and to make as many connections as possible, which helped the newspaper grow.

“The thing I remember the most is the interactions I had with people and who we covered in the newspaper,” Whitmore said. “Being able to tell their story on the day the paper came out was pretty great. You are doing a job and working toward something every month, and when you finish it, you have something to show for it.”

Not only did Whitmore have an advertising sales representative, another photographer and a delivery person, but he was able to have an intern gain journalism experience through his connection with the University of Nebraska-Omaha.

“We were able to get a paid internship for a UNO student — they would act as a normal journalist and help us with layout as well. We were able to bring journalism students together with the older folks in the newspaper. It was really cool,” Whitmore said. “Interns brought new ideas and a

fresh approach to the newspaper. They were really into it and would go out and do in-depth stories.”

In 1988, Whitmore took a new position at ENOA as the Communications Director, leaving the door open for Jeff Reinhardt to take the editor position.

Reinhardt took everything that Bradley and Whitmore had started and expanded the newspaper as a comprehensive package of information, entertainment and advertising.

“Content wise, I tried to expand our relationship with UNO and UNMC. I wanted to do more stories about what they were doing, gerontology wise. I wanted to work with experts in the community that know about different subjects,” Reinhardt said. “I definitely expanded partnerships.”

Not only did the New Horizons continue to gain popularity around town, but the newspaper gained contributing writers, including Leo Biga, Nick Shinker and Nancy Hemeseth, just to name a few.

“The quality of stories got better thanks to Leo, Nick and Nancy,” Reinhardt said.

Reinhardt saw the New Horizons and the newspaper industry evolve over the 34 years as editor.

Over time, the New Horizons and ENOA moved locations and the newspaper went from 32 pages to a 16-page newspaper.

“Every newspaper has experienced adversity over time, but luckily for the New Horizons, we have made enough connections over time to continue to be in thousands of homes,” Reinhardt said.

When Reinhardt retired in 2022, there were questions about whether or not ENOA would send out a newspaper. But a couple of months later, ENOA hired Ron Petersen as the next New Horizons editor.

“It’s been an honor being able to produce a newspaper after the editors who came before me,” Petersen said. “I am happy to be at the head of an informative, yet resourceful newspaper for those looking for answers, content and news. Happy anniversary New Horizons.”

*Letters from the editors is on page 8 and 9.*



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# How to start a new hobby or adapt to an old one

Hobbies aren't just for fun — though they can certainly spark joy! Among older adults across 16 countries, having a hobby is associated with better health, more happiness and higher life satisfaction.

Read more about how to get started with a new hobby or adapt an old one to your current needs?

### HOW OLDER ADULTS CAN START A HOBBY

Dare to dream: First, think about what interests you. Maybe it's a hobby you've never tried, or something you used to enjoy but haven't done in a while. Consider these categories of hobbies:

- A childhood passion (like painting or swimming)
- A forgotten skill or talent (like playing an instrument or dancing)
- A brand-new activity (like soap carving or Zentangle art making)

Then, focus your attention. Explore one activity at a time so you don't get overwhelmed or end up with a handful of half-attempted hobbies.

Get connected: While some hobbies can be solo pursuits, others require an instructor, partner or group. Check with your local library, senior center, place of worship or recreation center to find activities and events near you. If you can't find an interest group in your community, join one online. You can also look for online courses, tutorials or forums to help you get up to speed

and stay motivated.

Remember: Even hobbies that don't require group participation can be more enriching with other people. After all, old and new friends can help us stay engaged in our hobbies and encourage us to pick up new ones.

Set realistic goals: Don't expect to take award-winning photos the moment you get your camera out of storage, or to remember all your favorite ballroom steps when your dancing shoes have been dusty for decades.

In other words, start small. Set aside a few minutes each day or week to practice your hobby. As you get comfortable with the basics, gradually increase the time commitment or complexity. With regular, consistent practice — and patience — you'll make progress and find greater fulfillment in your chosen hobbies.

### HOW TO ADAPT ACTIVITIES FOR AGING

Do some hobbies seem off-limits at this point in life? Don't abandon an activity because of your age or health limits (perceived or actual). Instead, adapt it.

Consider these simple adaptations:

- Arts/crafts: Try tools like ergonomic knitting needles or crochet hooks, soft-grip paintbrushes or a memory foam mouse pad with a wrist rest for graphic design.
- Gardening: Use raised garden beds and containers so you don't have to reach

all the way down into the ground. Get tools with long handles and soft grips, and choose low-maintenance, high-yield plants.

• High-impact sports: Try your hand at low-impact badminton, basketball, bowling, golf, soccer, tennis, volleyball and even swordplay with sports-simulation video games like Nintendo Switch Sports.

• Pickleball: Play doubles, choose a lightweight paddle with smaller grips, use a softer ball, play closer to the net or play shorter games.

• Reading: Get an e-reader that lets you adjust the text size and brightness. If it's hard to sit for long periods, listen to audiobooks with headphones while you walk in the park or move around the house.

• Writing: Use talk-to-text software that lets you speak your ideas into a phone, tablet or computer.

• Yoga: Try a gentle, senior-friendly style like hatha, Iyengar, yin or restorative yoga. If getting on and off the floor isn't working, consider chair yoga for simple yet effective movement.

*A Word from ArchWell Health: Wherever you are on the memory loss journey, you are not alone. The compassionate team at ArchWell Health is always ready to assist caregivers and older adults with their primary care needs. Make an appointment with your local ArchWell Health provider in Omaha or Lincoln today.*

## Don't pay this PayPal invoice

Millions of people use PayPal to make secure payments online, but cybercriminals have figured out a way to use it maliciously.

You receive a legitimate email from PayPal requesting that you make a payment. The email is actually from PayPal and even contains a real PayPal link. Even though the email is real, it's part of a clever trick by cybercriminals.

The email that is sent to your email address is also sent to an email address you do not recognize. This unrecognized email address actually belongs to the cybercriminals. If you click the link in the email, their email address will be connected to your PayPal account.

Once their email address is linked to your account, the cybercriminals will have full access to your PayPal account. They will be able to view all your account details, including your user credentials and financial information.

Follow these tips to avoid falling victim

to a phishing scam:

• While this scam targets PayPal users, never submit payments after receiving an unexpected email. Instead, navigate directly to an organization's official website or app to submit a secure payment.

• Check the email recipients carefully. Be suspicious of emails sent to multiple addresses, especially ones you don't recognize.

• Be wary of demands for payment or cash fees. No real federal agencies will ask you for money in return for receiving a grant.

• Never click on any attachments or links from suspicious text messages or emails.

• Remember that emails can be malicious even if the sender's email address is from a trusted domain. Cybercriminals can gain access to trusted domains to make their scams more believable.

For more information, visit [KnowBe4.com](http://KnowBe4.com).



# Local malls attract consumers of all ages



NEW HORIZONS PHOTO

Local malls including Westroads Mall, Oak View Mall and Village Pointe offer a level of convenience that is unmatched. Customers can shop for clothes, electronics, gifts and grab a bite to eat all in one place.

## Eating for balanced nutrition

Acquiring a balance and variety of different foods is important for people of all ages. Our bodies do so many incredible things and it relies on us getting the nutrients it needs from foods in all of the food groups: Grains, proteins, fruits, vegetables, and dairy.

Instead of focusing on single nutrients, such as carbohydrates or calcium, one way to make sure you're getting a balance of different essential nutrients is by aiming for variety with your meal and snack choices all throughout the day.

Having a balance meal that provides carbohydrates, protein, fat, and fiber can help your body get all of the nutrients it needs to

feel energized and to better help you detect when you're feeling full and satisfied while eating. Don't forget about varying snacks, too.

When enjoying your meals and snacks, consider having a consistent eating schedule throughout the day; I. E. 3 meals and some snacks. This can help manage blood sugars, energy levels, and avoid risks of becoming overly hungry which can lead to mindless eating later on.

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

## ENOA's Caregiver Support Program theme: "Games Through the Years"

Y	L	O	P	O	N	O	M	C	T	T	E	S	N
K	S	I	H	K	O	E	H	T	A	P	C	E	E
S	P	A	D	E	S	E	H	A	A	T	S	G	U
C	Y	D	Z	S	S	T	R	T	A	G	B	D	C
B	M	O	H	S	G	S	H	K	G	E	A	I	H
H	M	M	S	C	R	I	B	B	A	G	E	R	R
E	U	I	A	O	L	D	M	A	I	D	E	B	E
A	R	N	S	R	S	O	R	R	Y	G	S	N	H
R	N	O	O	E	L	B	B	A	R	C	S	O	S
T	I	S	H	O	P	S	C	O	T	C	H	D	I
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CHECKERS  
 SPADES  
 SCRABBLE  
 CRAZY EIGHTS  
 LONDON BRIDGE  
 GO FISH  
 CRIBBAGE  
 CHESS  
 CANASTA  
 SORRY  
 DOMINOS  
 HEARTS  
 HIDE AND SEEK  
 MONOPOLY  
 TAG  
 HOPSCOTCH  
 OLD MAID  
 EUCHRE  
 GIN RUMMY

In honor of this years Caregiver Support Program theme, "Games Through the Years" here is a word search for you to enjoy.

The origins of word searches can be traced back to the late 1960s. Norman E. Gibat, an American puzzle creator, is often credited with developing the first word search puzzle in 1968. He called it a "Word Cross" puzzle, and it was published in the Selenby Digest, a small puzzle magazine he produced. For more information on the Caregiver Support Program, call the Eastern Nebraska Office on Aging at 402-444-6536.

Make a donation to help support.

## Join the New Horizons Club

Membership includes a subscription to the New Horizons newspaper.

today!

Send to:

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

## New Horizons

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

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The New Horizons and the Eastern Nebraska Office on Aging provide services without regard to race, color, religion, sex, national origin, marital status, disability, or age.





NEW HORIZONS PHOTO

Domino players gather weekly at Adams Park Senior Center, located on 3230 John Creighton Boulevard, for competitive domino games, laughs and great conversation.

# Look for a game of dominoes being played at the Adams Park Senior Center

By Ron Petersen

Every weekday morning, dominoes is the game of choice played at the Adams Park Senior Center, located on 3230 John Creighton Bou-

levard. Parker Moore, Ed Martin, Gene Chapman, Wesley Devereaux, Chuck Williamson, Van Scott and a dozen others gather in varying combinations of partners to get serious about match-

ing dominoes on a table.

"It's a good time and a place for us retirees to come and enjoy each other's company," Dominoes regular Chuck Williamson said. "We always have a lot of laughs while we play."

Dominoes has been a popular game for many older adults in Omaha, but in 2010, they were able to find a place to call their own at the Adams Park Senior Center.

Adams Park was where they could have the dominoes and tables set up and ready for players to gather, pick partners, and get playing. Before then, they met in a variety of places, moving around when options changed.

"When you walk into this center, you'll notice gentleman playing dominoes in here almost every day," Adams Park Senior Center manager, Leola Jones said. "It's always a great time when they come in to play dominoes."

The game of dominoes is a social and recreational

activity that can be played anywhere as long as you have the right number of players to play the game.

As four players sit at a table per game, tiles must be face down on the table, and then move them around with your hands, being careful not to flip any over. Once the tiles have been sufficiently mixed, scoot the pile to one side so that your play area is clear.

Each player takes seven dominoes from the pile and stand them on the table or put them in your hand so that your opponent can't see them.

They then reveal a double tile with the same number on either end from his or her hand, and the player with the highest double goes first.

A game of dominoes starts by using your hand of seven tiles, add one domino to either narrow end of the first domino. You can only add a domino to the board if it has a number that matches a number on one open end of the domino board.

Once the end of a domino

has been placed on the end of another domino, those ends are closed, and no further dominoes can be attached to them.

If you can't play onto either end of the board, you must pass your turn.

If you are placing a double tile, it is customary (but not necessary) to set the tile perpendicular to the tile you are playing onto. Regardless of orientation, only one side of the double tile the side opposite the touching side) is considered free.

First to 150 points win the game, which is when the laughs and discussion erupt.

"I enjoy playing dominoes because it makes you think," Dominoes regular Parker Moore said. "You've got to use your brain, and it gives you something to do. We like it when we have multiple table of people here to play. It's easy to keep the conversation and games going."

For more information about dominoes at Adams Park, give them a call at 402-444-5164.

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# Celebrating National Nutrition Month: A guide to senior health and wellness

By Paula Crozier

March marks National Nutrition Month, a time to emphasize the importance of maintaining a healthy lifestyle, especially for older adults.

There's no better time than now when the weather is beginning to change to start fresh again and renew a commitment to better health. So plant those garden seeds now, start the day off with stretching and get some walking or biking in to brighten and improve mood, balance, flexibility and strength.

As we age, our nutritional needs change, making it essential to adopt a well-balanced diet, engage in regular physical activity, and prioritize mental well-being. Research from the National Institute on Aging (NIA) suggests that proper nutrition and exercise can help prevent chronic diseases such as heart disease, diabetes, and osteoporosis, ensuring a better quality of life in later years.

One critical aspect of senior nutrition is ensuring the body receives the right nutrients. Older adults often experience reduced appetite and difficulty absorbing essential vitamins and minerals, making supplementation beneficial. According to the National Institutes of Health (NIH), common deficiencies in seniors include vitamin D, vitamin B12, calcium, and magnesium, all of which play crucial roles in bone health, energy production, and immune function. A well-rounded diet rich in lean proteins,

fruits, vegetables, and whole grains, combined with physician-approved supplements, can help fill nutritional gaps and support overall well-being.

Exercise is another pillar of senior health, contributing to physical strength, mobility, and mental clarity. The Centers for Disease Control and Prevention (CDC) recommends at least 150 minutes of moderate-intensity aerobic activity per week, along with muscle-strengthening exercises. Studies indicate that regular movement helps reduce the risk of falls, improves cardiovascular health, and even enhances cognitive function. Low-impact activities such as walking, swimming, rebounding on trampolines, dancing, and yoga can be particularly effective in maintaining flexibility and strength while minimizing joint stress.

Mental health is equally vital, as social engagement and cognitive stimulation can help prevent conditions like depression and dementia. The Alzheimer's Association reports that a combination of proper nutrition, exercise, and mental activities—such as puzzles, reading, and social interactions—can help reduce cognitive decline. Omega-3 fatty acids, found in fish and flaxseeds, have been linked to improved brain function, while a Mediterranean-style diet rich in antioxidants may protect against neurodegenerative diseases.

Incorporating these key strategies into daily life can significantly enhance

longevity and quality of life for seniors. Staying hydrated, eating nutrient-dense foods, engaging in regular physical activity, and maintaining social connections all contribute to a well-rounded approach to senior health. National Nutrition Month serves as an important reminder that small, consistent lifestyle changes can lead to significant long-term benefits. By making informed choices and staying proactive about their health, older adults can continue to lead vibrant and fulfilling lives.

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

## 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](http://cityoflavista.org/seniors) for updated information or call 402-331-3455.

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# We need your support!

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

Traditional funding sources are making it more difficult for ENOA to fulfill its mission. Partnership opportunities are available to businesses and individuals wanting to help us.

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

These gifts are tax exempt.

## ENOA

- \$34 = The cost of one emergency response system for a month.
- \$56 = The cost of two hours of respite care.
- \$93 = The cost to deliver one of forty-four meal routes daily.
- \$100 = The cost of meals for one senior center daily.
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- \$500 = The cost of adult day care assistance for one month.
- 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.

## 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.

## Intercultural Senior Center

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

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

The ISC offers a morning snack, and regular or vegetarian lunch.

Come and exercise at the ISC. It's never too late to learn and have fun.

For more information, please call 402-444-6529 or visit the ISC website at [interculturalseniorcenter.org](http://interculturalseniorcenter.org).

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Please see the ad on page 3

## Thank you to the New Horizons Club members

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Ann Van Hoff

\$25

Carole Yanovich

\$20

Jacque Mulholland

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Diane Christensen

\$5

Kathleen Koons

### Respite Across the Lifespan

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

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

### Camelot Friendship Center

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

• **March 4:** ENOA Presentation on Diner's Choice @ 11:45 a.m.

• **March 4:** Fat Tuesday Party

• **March 5:** "Music Trivia Game" sponsored by Symphony of Care @ 11:45 a.m.

• **March 12:** Music by Joe Taylor sponsored by Merry-makers @ 11:45 a.m.

• **March 19:** Craft Day @ 12:30 p.m.

• **March 20:** Jackpot Bingo @ 12:15 a.m.

• **March 21:** Book Club @ 12:30 a.m.

• **March 27:** Team Trivia Challenge @ 12 p.m.

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

Every Monday – Pickleball @ 10 a.m.

Every Tuesday, Wednesday and Thursday – Kings in the Corner @ 12:30 p.m.

Every Wednesday – Hand & Foot @ 12:30 p.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.

### Florence Senior Center

You're invited to visit the Florence Senior Center, 2920 Bondesson St.

At the Florence Senior Center, lunch is served at 11:30 am. A select menu is offered Monday thru Friday. Meal reservations must be made one day in advance. Please call by noon the day before for a meal reservation.

The center hosts activities such as Tai Chi, annual picnics/special events, bingo, cards, gym & game room access, special guest speakers and socials.

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 Colleen Metz @ 402-444-6333.

# People have different meanings of love

"Choose love" was imprinted in the end zones at the Super Bowl for millions of people to see.

We hear lots of statements about "love" not "hate." I am all for this, but I wonder what love means to most people. Many might see it as liking someone a lot. Young people may think of it in a romantic sense.

In my reflection on love at this stage of my life, I have come to see it as something more nitty-gritty. It is a thousand small acts given out of a generosity of spirit.

For example, a good friend stayed with us on the way to visit her mother who is in poor health and living in a memory care facility. She spent several days feeding her mother, arranging for additional care and just sitting with her. Her mother, no doubt sensed that this person, whose name she no longer knows, cares about her!

It was not glamorous but her loving actions conveyed this important message.

This same friend stays at our house when she visits her mother and in gratitude for our hospitality, walks our dog, helps clean, and cooks for us. She usually brings homemade bread when she visits. One of her key love languages is cook-

## Conscious Aging

By Nancy Hemesath

ing or baking. We tell her she is the best house guest ever!

Living with another person, whether a spouse, partner, friend or adult child, requires daily give and take.

When this is done in a spirit of joy rather than begrudgingly, each kind and thoughtful act is an expression of love. Cooking a meal and cleaning up after, picking up the house, running errands, grocery shopping, bringing in the mail, planting flowers, and paying bills can all be examples of nitty-gritty acts of love. It is the mundane stuff of daily life, done with the right attitude, that constitutes love.

Beyond one's own household, there is a need for small expressions of love. For example, reminding a neighbor to close the garage door, calling a friend or relative just to check in, buying Girl Scout cookies, sending birthday cards, holding the door open, or giving a warm smile to a frazzled customer service person are loving acts. The list is endless.

Each small act is a blessing

to the recipient and, conversely, to the giver.

In the bigger picture, "choose love" is an invitation to do something for those less fortunate than ourselves. This is more than donating to the food bank or used clothing store.

It is also speaking up for those who experience discrimination or any form of injustice.

Expressing our opinion at meetings, calling our representatives, signing petitions, or donating to a cause may be our way of standing up.

These acts are often hard and do not leave us feeling warm and fuzzy. Anytime we stand up and push back against anything that is unloving or unjust in our world is to choose love. We need to do that as often as we can. This, too, is a way to express love in the nitty-gritty of our world.

*(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.)*

## National Nutrition Month: 'Food connects us' in March

National Nutrition Month is an annual campaign established in 1973 by the Academy of Nutrition and Dietetics.

During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits.

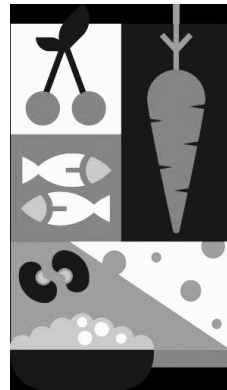
This year's theme is "Food Connects Us." Food is a connecting factor for many of us.

Food connects us to our cultures, our families and our friends. Sharing a meal is an opportunity to learn about its preparation, who made it and where the ingredi-

ents were sourced.

Health, memories, traditions, seasons and access can all impact our relationship with food. While these factors influence the foods we eat, the foods we eat also affect our health.

Registered Dietitian Nutritionists (RDNs) and Nutrition and Dietetics Technicians, Registered (NDTRs) play a critical role in helping people understand the connection between the foods individuals and communities eat, and how these foods impact health throughout life.



# Food Connects Us

2025 NATIONAL NUTRITION MONTH®



## Fremont Friendship Center

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

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

This month's activities will include:

- **March 5:** Music with Tim Javorsky @ 10:30 a.m.
- **March 9:** Daylight Savings Begins
- **March 12:** Music with Billy Troy @ 10 a.m.
- **March 17:** Wear Your Green for St. Patrick's Day
- **March 19:** Music with Mike McCracken provided by Merry-maker's @ 10:30 a.m.
- **March 20:** Shamrock Bingo @ 10:30 a.m.
- **March 20:** Spring Begins
- **March 26:** Music with The Links @ 10 a.m.
- **March 26:** Information Table-Dodge County Extension Office-"Vaccine Awareness"
- **March 27:** Humanities of Nebraska-Joan Wells — "Cattle Trains with Country Music" followed by Bingo @ 9:45 a.m.

Craft class on Tuesday afternoons @ 1:30 p.m.

Tai Chi offered every Tuesday and Friday from 9:15-10 a.m.

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

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

## Ralston Senior Center

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

- **March 5, 12 & 19:** Bingo @ 12:15 p.m.
- **March 6 & 20:** Bingo @ 1 p.m.
- **March 26:** Music provided by Joe Taylor from the Merry-makers @ 12 p.m.
- **March 26:** Board meeting @ 9:30 a.m.

Lunch is catered in on Wednesdays @ 11:30 a.m. A \$5.50 contribution is normally suggested for the meal. Reservations are due by noon on Tuesday. Games and bingo will be played after lunch. Contact Darla @ 402-331-1529 for reservations. Obtain an annual Ralston Senior Center membership for \$10.

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

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

## Millard Senior Center

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

- **March 5:** Board meeting @ 9:30 a.m.
- **March 10:** Bunco @ 12:15 p.m.
- **March 12:** P.A.W.S Group @ 9:30 a.m.
- **March 12:** Sewing club meets to organize sewing projects for the Grain Train @ 9:30 a.m.
- **March 14:** St. Patrick's Party: Potato Bar @ 11 a.m.
- **March 24:** Book Club: "A Girl Called Samson" by Amy Harman @ 1 p.m.
- **March 25:** Cereal Day @ 8:45 a.m.

The Panera Bread is a Millard Senior Center fundraiser for activities. If you take bread please donate in the bread bucket.

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

Bingo every Tuesday and Friday @ 12 p.m.

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.

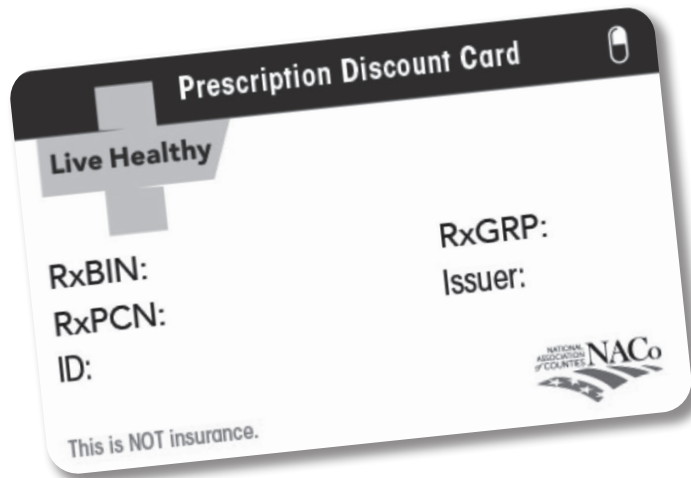


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# Letters from the New Horizons editors



**ANDY BRADLEY**

## “Thank you, ENOA, for jump-starting my family and professional career”

I think I owe my life to New Horizons and ENOA. Hyperbole? Perhaps, but not by far. You see, I had been teaching at a private elementary school, the same school I met Jenny, my future wife, and the same school we taught together in adjoining classrooms. Sometime around our first wedding anniversary, December, 1979, Jenny announced that one of us needed to leave so we could secure health insurance, so we could go about the business of bringing a baby into the world. And that “one of us” was not her.

So I set about securing employment with benefits. I interviewed with then ENOA Executive Director Ken Fancolly and I was hired in 1980 to edit the New Horizons newspaper. Our baby production department was open for business. It took awhile, but our daughter, Katie, was born in February, 1984.

Several months into my position, I learned that I was also eligible for a “retirement” savings plan where ENOA would match a portion of what the employee contributed.

“No, not me, not necessary, not now, maybe not ever!”

I needed every dollar of every paycheck for diapers and groceries and gasoline and utility bills, etc. Yet, reluctantly, I somehow started saving and never looked back. Every pay period – about 1,000 of them throughout my career – I put aside a few greenbacks to prepare for those “Third Age” years. I still save today. At age 71. In the event I fully retire, which, God forbid, I’ll never do (just like my dad, who worked through his 80s), I’ll have an ample nest egg in addition to Social Security to keep us out of the poor house. Thanks ENOA for the head start.

In addition to these obvious monetary benefits, I learned a great deal in those years. I was young (27), a bit talented (no, the New York Times wasn’t recruiting me), a bit cocky and a bit immature.

Three lessons come to mind.

1. Perfectionism has no place in the publishing world, or any world for that matter. Now I never considered myself overly meticulous (my OCD notwithstanding), but the discovery of typos in the paper would ruin my day, which meant 12 days a year I would mope and mutter, “How did I not catch that misspelling?” Hopefully I’ve learned to be more gentle and understanding with my imperfect self. But any published imperfections still grate on my nerves to this very day.

2. I do not thrive on deadline pressure. Just the opposite, actually. When I find myself facing a publishing deadline, instead of pulling an all-nighter like we did in college, I’d recoil and sink further into inertia. This was so severe one month that the resulting New Horizons issue featured only eight pages – meriting a not-so-gentle reprimand from my normally very supportive boss.

3. Diversely talented. I discovered that I could craft a satisfactory sentence and take a clear photograph. But I also learned I was a proficient planner, organizer, speaker and leader. These traits, which were more-or-less discovered and nurtured at ENOA, benefited me throughout my career, 28 years of which were served at Goodwill Industries.

And so it is with great gratitude that I thank the good folks at ENOA. I so appreciate the start the agency gave me, and the good folks I met and worked with in those early years. Ed Seabury and Bob Kelly kept the paper afloat through the sale of advertising. Earl Coverdale helped with multiple writing and administrative tasks around the office. Donna Robinson kept our mailing lists in pristine order, and for years was a surrogate grandmother to our children. And all of us, spouses and children included, assisted in the monthly “hot-off-the-press” delivery of bundles of New Horizons to every library, nutrition site, senior housing complex and grocery store in the area – an expensive and time-consuming practice long since abandoned.

I also I came to know and respect several others outside the department who remained faithful ENOA employees for decades. Chris Gillette, for example, managed the Downtown Omaha Senior Center (DOCS) in the Paxton at 14th and Farnam Streets. She also started the Intergeneration Orchestra of Omaha in 1985, which unites performing artists over age 50 or under age 25.

Arlis Schmidt managed the Home Delivered Meals program when I was there, and just retired a few years ago. For many years after I left ENOA, I continued to volunteer for Arlis as a Meals on Wheels delivery driver, taking my young kids with me as an introduction to the important world and work of volunteerism. Katie, now age 40, and Joe, age 36, are both avid volunteers to this day, and attribute their commitment to the memorable experience of knocking on the doors of homebound seniors with a hot meal and a carton of cold milk in hand.

Today, I appreciate all the more the opportunity ENOA affords me to contribute to the content of these pages. I am so grateful for the ongoing commitment the organization has made – 50 solid years now – to help educate, inform, entertain – even inspire – countless thousands of readers in Eastern Nebraska through the stories on these pages. Here’s to 50 years more.

- Andy Bradley

New Horizons editor, 1980 to 1984



**BOB WHITMORE**

The week before starting a new job as editor

of the New Horizons in June, 1984, I covered historic flooding in Bellevue as one of my last assignments for the Bellevue Leader newspaper. Little did I know that I would be back in Bellevue the next week, at the suggestion of Ivna Johnson, an ENOA case manager working with older adults in Sarpy County.

Ivna connected me with Charlie, a man in his 70s who lived in a small house along the Missouri River near LaPlatte. Several older folks lived in small houses there, and Ivna probably knew them all. When I pulled into Charlie’s mud-caked driveway, he was sitting on his porch watching as volunteers from Offutt AFB scraped the oozing sludge away from his house and yard.

“She’s an angel,” Charlie said, as he told me about how Ivna connected him with the volunteers and plugged him into ENOA programs that could help him recover and stay in his home.

This new job was going to be much more than just putting out a monthly newspaper, I soon realized. As the flagship publication of ENOA, New Horizons engaged in what we would now call public service journalism. For 13 years, ENOA case managers, home delivered meals staff, senior center managers and gerontologists from UNO and UNMC connected me with older people who were always willing to share their stories and challenges in order that other vulnerable people might learn about ENOA’s services and get help.

After serving as editor for 50 issues, I moved into more of a public affairs role. Jeff Reinhardt took over editing duties, but I still contributed to New Horizons, mostly with special projects. When the 50-year anniversary of the Pearl Harbor attack approached, we launched a series of special sections to mark upcoming anniversaries – Pearl Harbor, D-Day and the end of the war – telling personal stories of those who served in combat and those who supported the war effort on the home front. It wasn’t hard to find interview subjects. World War II veterans were active older adults in those days, and I was privileged to work closely with two of them.

Our advertising manager, Lucile Miller, served as a control tower operator at Offutt during the war. In a profession that was considered “males only” at the time, Lucile was among the hundreds of pioneering women who filled the manpower shortage and guided military aircraft to safe takeoffs and landings at military bases during the war. Another ENOA connection, my master’s thesis advisor at UNO, F.C. “Chuck” Powell, flew hundreds of missions as a Navy pilot, including the Berlin Airlift, delivering critical food and fuel to West Berlin after the Soviet Union blockaded the city. He earned a Ph.D. after retiring from the service, joined the UNO Gerontology Department and assisted ENOA in numerous ways, such as performing community needs surveys, staff training and grant writing. Many years later, as the WWII generation fades into history, those many interactions with World War II veterans remains a vivid memory.

We covered ENOA’s founding of the Intergeneration Orchestra of Omaha 40 years ago. That ensemble is still performing and is still managed by longtime staffer Chris Gillette, who retired from ENOA last year, but kept her orchestra duties and is now in her 41st year as the orchestra’s leader. We featured notable musicians like the irrepressible Preston Love and published columns by Wally Provost, retired sports editor of the Omaha World-Herald – an elegant writer and gentleman who knew more about the origins of Nebraska football than anyone.

Lois Friedman, a longtime contributor to New Horizons and ENOA’s liaison to a national Meals on Wheels effort in the 1980s, helped us publi-

--Letters continued on page 9.



--*Letters continued from page 1.* cize the importance of the program by connecting us with Rose Blumkin, the amazing Mrs. B, founder of Nebraska Furniture Mart. She was about 90 years old at the time, but she delivered a meal on Christmas morning with the local TV station – and the New Horizons, of course – covering the event. We also worked with a photographer from the New York Times Magazine, who was in Omaha for a photo shoot titled “90 in the 90s,” which featured 90-year-olds whom we recruited to model high fashion for the magazine’s first issue of 1990. This was not something they taught you in journalism school.

Some days, newspaper work would have to wait. Staff would be called to home delivered meals duty on the days when the weather was dangerous – through blizzards and sub-zero temperatures – because we didn’t want our older meals volunteer out on the roads.

Everyone pitched in. Beverly Griffith, ENOA’s executive director at the time, was right there with the rest of staff – out on the road delivering meals in a storm or on a holiday. One particularly harsh winter, many of us went out on emergency snow shoveling duty, clearing walks so homebound residents could continue to get meals and other services. In the middle of a heat wave, we opened cooling centers and drove vans around the neighborhoods, picking up heat stressed older residents who didn’t have air conditioning. ENOA’s case managers, volunteer program managers and nutrition program staff all had stories that illustrated the struggles of some of the most vulnerable older adults. We often wrote about them in the New Horizons.

As a young journalist, the freedom to tell these stories was eye-opening and life changing. We visited some of the most at-risk people in the community – frail older adults who were often alone in the world – who were so thankful to be supported by ENOA – to be visited by ENOA case managers and helped in innumerable ways. They generously shared their stories and taught us lessons about the importance of human connections and the life-saving role that governmental agencies play in people’s lives.

While the New Horizons covered the services that ENOA provided in its five-county region, we also produced special sections on health care legislation, alcoholism and older adults, homelessness and other topics. These were often reported and written by our interns from UNO’s journalism program. We offered one of the few paid internships and a chance to have your byline on meaningful articles, so it was considered one of the best internship programs for aspiring journalists. For several years, we featured four-page special sections that the interns produced as their semester-ending projects.

From the first days interviewing the flood victim in Sarpy County, and for 13 years after, it was a

life-changing time that led to many lasting friendships and cherished memories representing an agency that does so much good in the community.

- Bob Whitmore  
New Horizons editor,  
1984 to 1988



**JEFF REINHARDT**

Happy 50th birthday or should I say anniversary to the New Horizons. It was my honor and pleasure to be the publication’s editor from 1988 through 2022.

I have dozens of great memories and countless people to thank beginning with George Reinhardt,

my Dad. After retiring from Mutual of Omaha, Dad joined the New Horizons staff as a volunteer contributing writer. When the Eastern Nebraska Office on Aging promoted Bob Whitmore from New Horizons editor to the agency’s director of public affairs, Dad encouraged me to apply for the vacated position.

Whitmore is the next person I want to thank. His decision to hire me in July 1988 began the best 34 years of my career. Bob was a great leader in the agency, a mentor and role model for me, and a friend for life. He and his wife, Nancy, a former New Horizons staffer herself, came from Indianapolis to Omaha to help me celebrate my retirement in 2022. What a great surprise that was.

Bev Griffith, Dennis Loose, and Trish Bergman served as the agency’s executive director during my tenure with ENOA. They let me do my job with little interference and a lot of support.

Mitch Laudenback, who serves today as the agency’s director of public affairs and the New Horizons’ advertising manager, was my right-hand man during our two decades-plus working together at ENOA. His artistic skills and computer knowledge were invaluable.

I can’t say enough about the contributions of Nick Schinker and Leo Biga, the two best freelance writers in Omaha.

I want to thank the ENOA staff. The citizens of Douglas, Sarpy, Dodge, Cass, and Washington counties have been and continue to be served by an amazing group of social service professionals who also happen to be some of the best people I’ve ever met.

I learned so much from the men and women we featured in the New Horizons, and I thank them for allowing us to share their stories.

I’m a huge sports fan, and among my favorite New Horizons profile subjects were Hall of Fame baseball announcers Denny Matthews (Kansas City Royals) and Ernie Harwell (Detroit Tigers). That list of favorites also includes Negro Leagues baseball legend Buck O’Neil and Baltimore Orioles’ public address announcer (and Omaha native) Rex Barney. I also appreciate the time I spent interviewing and photographing Harry Burnside who retired in Omaha after a colorful career which included a stint as a bagman for Chicago crime boss Al Capone.

Good luck to Editor Ron Petersen as the New Horizons begins its second half century of informing, educating, and entertaining its readers.

In closing, I hope each of you enjoys many years of good health and happiness. Stay safe and be well.

- Jeff Reinhardt  
New Horizons editor,  
1988 to 2022



## Join the 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 18 hours of additional training a year.

For more information call 402-444-6536, and ask for Marsha Peters at Ext. 1039 or Sharon Greco at Ext. 1002



State of Nebraska  
Department of Health  
and Human Services  
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Ombudsman Program





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# Medicare doesn't cover long-term care after 100 days

This article is the first in a series on Long Term Care.

As life expectancy continues to climb, more Americans are facing a question that few are prepared to answer: "What happens when I need long-term care?" Long-term care (LTC) is no longer an issue for the distant future—it's an urgent reality. More than half of all individuals will require some form of long-term care in their lifetime. Yet, many are caught off guard, unsure of where to turn or how to prepare.

A February 2000 report prepared by the U.S. Senate Special Committee on Aging described long-term care as "... differing from other types of health care in that the goal of long-term care is not to cure an illness, but to allow an individual to attain and maintain an optimal level of functioning."

Long-term care pertains to the organization, financing, and delivery of sustained medical and human services to people in need. With an aging population and an increasing number of retirees, the demand for long-term care services is expected to skyrocket in the coming years.

## MORE THAN NURSING HOMES: THE MANY FACES OF LONG-TERM CARE

For many, long-term care conjures images of nursing homes. But in reality, it takes many different forms, tailored to the needs of individuals with varying levels of dependency. Care can be provided:

- At home, allowing individuals to remain in familiar surroundings.
- In community settings, offering social interaction and essential services.
- In assisted living facilities, balancing independence with on-site support.
- In skilled nursing facilities, providing around-the-clock medical care.

While nursing homes are essential for those requiring intensive care, the majority of Americans prefer aging in place, receiving care at home for as long as possible. The challenge? Ensuring that care is accessible and affordable.

## MEDICAL VS. NON-MEDICAL CARE: WHAT'S THE



## DIFFERENCE?

Long-term care isn't just about medical treatment—it's about supporting daily life. Medical long-term care focuses on managing chronic conditions such as heart disease and Alzheimer's. This can include rehabilitation after an injury, medication management, or ongoing treatments for degenerative conditions.

But a significant portion of LTC is non-medical care, often referred to as custodial care. Many individuals don't require intensive medical attention but need help with daily tasks—bathing, dressing, preparing meals, or simply moving around safely. It's these fundamental services that often determine whether a person can remain at home or if they require a higher level of care.

**Medical Long-Term Care:** In absolute medical terms, long-term care is chronic care with the aim of management, control of symptoms, and maintenance of function. Chronic care differs from acute care, which is medical care aimed at treating physical problems directly in an attempt to permanently cure or control them.

From a medical perspective, long-term medical care includes treatment for or application of the following:

- falls, fractures, and injuries
- pulmonary and cardiovascular disorders
- psychiatric disorders
- kidney and liver malfunction
- prescription drug treatment
- lab work
- surgeries
- similar medical issues.

Medical LTC might include medical support services for people with degenerative conditions such as Parkinson's disease or stroke; those with prolonged illnesses such as cancer or heart disease; or people with cognitive disorders like Alzheimer's disease.

**Nonmedical Long-Term Care:** Long-term care also has a nonmedical scope. Many individuals requiring long-term care are not, in fact, ill. Long-term care on the non-medical front is more like custodial care. Its purpose is to assist people with support services for daily tasks such as bathing, grooming, eating, dressing, and similar activities. Other, less personal long-term custodial care needs may involve tasks such as preparing meals, running errands, and performing household chores. Custodial care may be provided by people without special professional skills or training. Custodial care is intended to maintain and support an existing level of well-being and to preserve health and prevent its further decline. Its primary focus is on helping with activities of daily living (ADLs) and instrumental activities of daily living (IADLs).

## ACTIVITIES OF DAILY LIVING (ADLS)

These ordinary activities are called activities of daily living or ADLs. ADLs are the basics of self-care. The extent to which one is able or unable to perform ADLs is considered one of the most reliable ways to assess the need for long-term care services.

The following are considered fundamental self-care ADLs:

- bathing
- maintaining continence
- eating
- toileting
- dressing
- transferring (getting out of a bed or chair)

Private insurance policies and Medicaid rely on ADL measures as triggers for benefits. An insurance policy or Medicaid guidelines will specify the number of ADLs for which assistance is required—typically two out of six—for LTC benefits or payments to begin. All insurance policies must list the ADLs that trigger benefits. Cognitive impairment also triggers long-term care, often involving loss of functional or physical abilities.

**Instrumental Activities of Daily Living (IADLs):** The following tasks are typically considered IADLs:

- using the telephone
- traveling
- shopping

--Medicare continued on page 11.



## 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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# MEDICARE EXPLAINED

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# More than a hobby: Quilting and patchwork can act as therapy

By Ron Petersen

As a technique, quilting has been used for a diverse range of objects, from clothing to intricate objects such as pincushions.

Along with patchwork, quilting is most often associated with its use for bedding. But quilts are not only practical objects.

“Quilting is relaxing – it takes you away from what is going on in the world,” The Sampler Quilt Shop owner, Deb Cox said. “It’s comforting, but it takes a lot of thinking.”

Quilting is a method of stitching layers of material together. Although there are some variations, a quilt usually means a bed cover made of two layers of fabric with a layer of padding in between, held together by lines of stitching.

The stitches are usually based on a pattern or design.

Although quilting can just use a basic running stitch or backstitch, each stitch has to be made individually to ensure it catches all the layers within the quilt. Where the stitching is laid down in decorative patterns, it can be extremely fine work.

Although closely linked to quilting, patchwork is a different needlework technique, with its own distinct history. Patchwork or ‘pierced work’ involves sewing together pieces of fabric to form a flat design.

Locals have the accessibility to work on quilting and do patchwork at stores around the Omaha area.

“We will see a plethora



COURTESY PHOTOS  
Quilting and patchwork offers a sanctuary of self-expression and skill development, where patience and precision are honed.



of people come in to buy fabrics and needles, but they will also come use our sewing machines,” Fabric Bash owner, Cathy Thayer said. “We have plenty of women and men who quilt. We see younger generations coming to our classes as well.”

Not only are you able to buy supplies, but there are multiple classes offered for those looking to get into the hobby.

“There’s quilts everywhere. We hold classes every month to get people engaged in it, because everyone needs a quilt,” Cox said. “It’s a big community – I’ve seen more

people getting involved in quilting over the last couple of years.”

Not only can quilting help get people involved in the community, but it provides cognitive stimulation through activities like pattern selection, color coordination, and fine motor skills, which can help improve memory, focus, and overall cognitive function.

“Quilting uses every aspect of your brain and to the creative part to keeping your fingers active, and quilting can be done by everyone,” Thayer said. “You are never too old to try anything new.”

--Medicare continued from page 10.

- preparing meals
- housework
- taking medicine
- managing money

A person’s level of IADL abilities is used as a measurement of functionality. Unlike activities of daily living, which represent the fundamentals of self-care, IADLs are not considered necessary for basic functioning, and do not trigger Long Term Care benefits on most insurance policies.

Despite its importance, long-term care remains one of the most expensive and overlooked aspects of aging. Home care, assisted living, and skilled nursing facilities come with hefty price tags, often leaving families struggling to cover costs. Medicare does not cover long-term care after 100 days, leaving Medicaid and private insurance as the primary options.

## THE TIME TO PLAN IS NOW

Long-term care is not just a personal is-

sue—it’s a societal challenge. Whether for yourself, a parent, or a loved one, having a plan in place can make all the difference. Understanding care options, exploring financial resources, and starting the conversation early can help ensure a future with dignity and security. After all, aging is inevitable. But facing it unprepared doesn’t have to be.

Mary Hiatt is a Retirement & Insurance Advisor and President of Mary the Medicare Lady (A non-government entity.) She offers Educational Workshops on Medicare, Drug Savings, and more at no charge. 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. See [www.hiattagency.com](http://www.hiattagency.com) or contact licensed independent agent [mary@hiattagency.com](mailto:mary@hiattagency.com) or call or text 402 672 9449 for more information.

# King Crossword

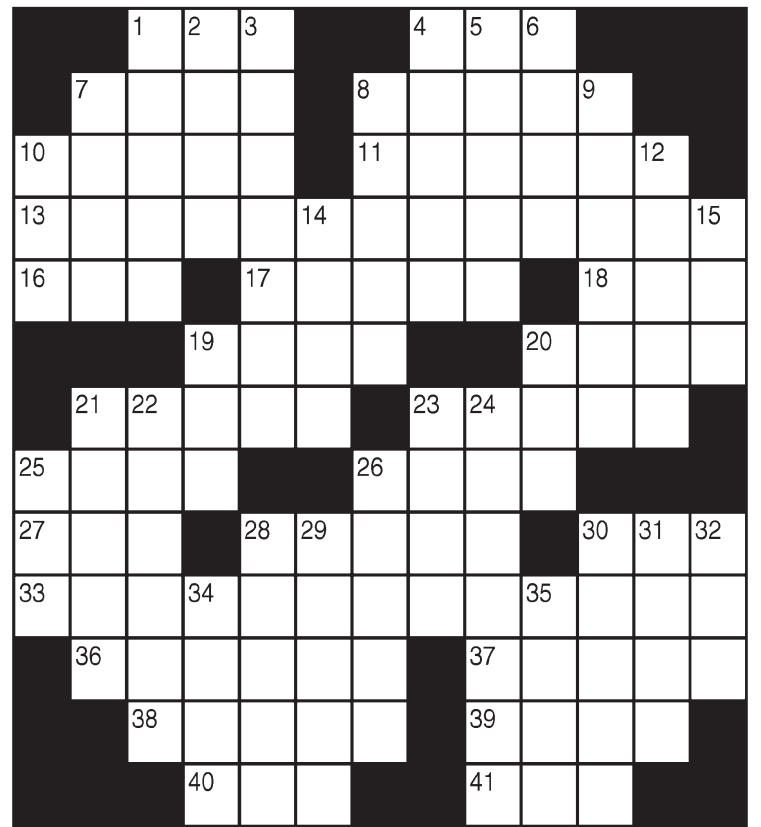
## ACROSS

- "Bow-wow!"
- Dol. fractions
- Ornamental jug
- Ballet bends
- Resident of Tabriz
- Limber
- Goes on
- Sault – Marie
- Quarterback Tom
- La-la lead-in
- Cat call
- Antelope's playmate
- Map feature
- Goethe play
- Thor's father
- Sax range
- Consumer protection agcy.
- Ryan's daugh-

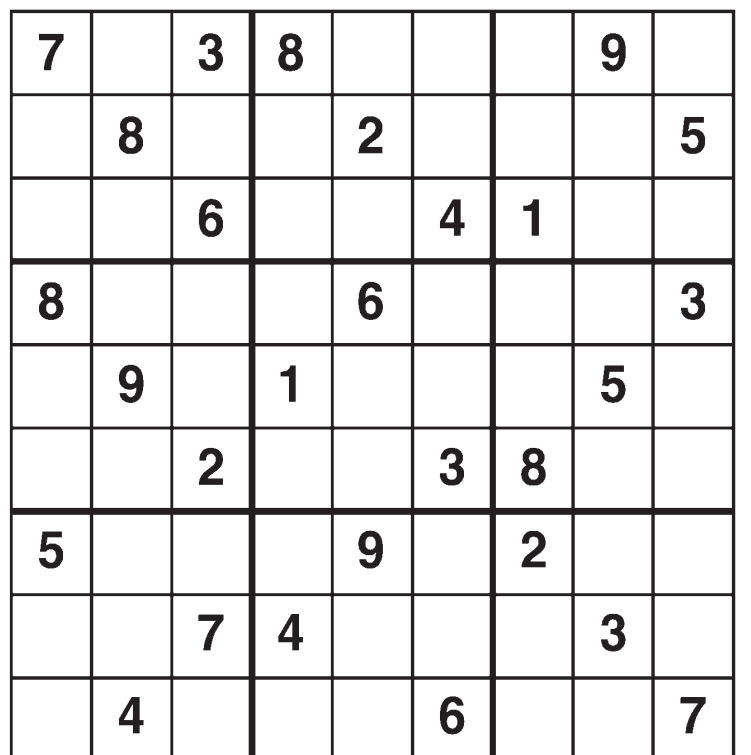
- ter
- Ninny
- Refuses to answer
- Italian ice cream
- Paris school
- Turkish coins
- Modern money
- Lith., once
- Compass dir.

## DOWN

- Not dozing
- Actress Russo
- Thrown beach toy
- Tipped off, with "in"
- In one's cups
- Aug. follower
- Part of Q.E.D.
- "Hogwash!"
- Schedules
- " – a deal!"
- Heron's kin
- Jog
- Listener
- ISP choice
- Pair with an air
- Luggage attachment
- Jefferson's coin
- Chimney part
- Withdrawal charges
- Frequently
- A Musketeer
- Despots
- Perfume ingredient
- Earlier, in verse
- Normandy battle site
- "Thar – blows!"
- Yale students
- Hosp. areas



## This Month's Crossword Puzzle



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



# Spring into action: A seasonal guide to decluttering, letting go

**By Lesley Brandt**  
**The Move Coordinators**

As the days grow longer and the air fills with the promise of spring, many of us feel the urge to refresh our homes and start anew. For seniors, spring is the perfect season to embrace change — whether that means simplifying your space, preparing for a move, or making daily life more manageable.

Decluttering isn't about getting rid of things; it's about creating space for what truly matters. Whether you plan to downsize soon or want to enjoy a more organized home, this seasonal guide will help you take small, manageable steps toward letting go and moving forward with confidence.

## WHY SPRING IS THE PERFECT TIME TO DECLUTTER

Spring symbolizes renewal, making it the ideal time to refresh your living space. The moderate temperatures

allow open windows, fresh air, and comfortable sorting sessions. Plus, many non-profit organizations and donation centers ramp up their spring initiatives, making it easier to find new homes for items you no longer need. Decluttering can also be a practical necessity.

Over time, our homes accumulate more than we realize — old paperwork, unused kitchen gadgets, and clothing that no longer fits our lifestyle.

Simplifying your space can make daily tasks easier, reduce stress, and even improve safety by removing excess clutter that could be hazardous.

## STEP 1: START SMALL AND SET REALISTIC GOALS

One of the biggest hurdles in decluttering is tackling everything at once.

This can lead to frustration and burnout. Instead, focus on starting small and setting achievable goals.

Try These Small-Step Approaches:

- **The One-Drawer Rule** – Choose a single drawer to declutter each day. It might be a junk drawer in the kitchen, a nightstand, or a desk. Completing one small area builds confidence and momentum while giving you a sense of accomplishment by seeing the visual results.
- **The 10-Minute Challenge** – Set a timer for 10 minutes and sort through a specific area. If you feel energized after the timer goes off, keep going.
- **The Four-Box Method:** When sorting items, have four labeled boxes or bags: trash/recycle, give, sell, and donate. If you keep an item, move it to the appropriate space within your home. Make quick decisions to prevent second-guessing.

## STEP 2: FOCUS ON THE AREAS THAT MATTER MOST

Decluttering can feel overwhelming, so start with the spaces that will impact your daily life. Remember each room's purpose and

only keep items that support that purpose.

- Where to Begin:
- **Closets and Wardrobes** – Many of us hold on to clothes that no longer fit or suit our needs. Keep what you love and donate or repurpose the rest. If you haven't worn something in the past year, consider letting it go.
  - **Kitchen and Pantry** – Expired food, duplicate utensils, and unused appliances occupy valuable space. Donate non-perishable items to a local food bank to simplify your kitchen for easy meal prep.
  - **Paperwork and Documents** – Old receipts, outdated insurance policies, and unnecessary paperwork can create clutter. Organize important documents in a secure place and shred what's no longer needed.
  - **Storage Spaces (Garages, Attics, Basements)** – These areas collect years of unused items. Consider whether certain items are truly worth keeping or if they're taking up space. Cleaning out these areas can be daunting and may require several passes.

## STEP 3: LETTING GO WITH PURPOSE

Letting go of belongings can be difficult, especially when items hold sentimental value. The key is to find ways to repurpose, donate, or honor these items rather than simply discarding them.

Meaningful Ways to Let Go:

- **Gift Special Items to Loved Ones** – If you have heirlooms, family keepsakes, or meaningful furniture, consider passing them down now rather than later. Seeing a loved one cherish your item can make parting

with it more manageable. Ask first, however, to see if the loved one wants and has room for the special item. Their answer will determine the next step.

- **Digitize Memories** – Old photographs, letters, and documents can be scanned and stored digitally, reducing physical clutter while preserving the memories.
- **Donate to Meaningful Causes** – Knowing your items will go to someone in need can make letting go feel more fulfilling. Consider donating clothing, furniture, and household goods to local non-profits, shelters, or organizations that support veterans or families in need.

## STEP 4: CREATE A PLAN FOR THE FUTURE

Decluttering isn't a one-time event — it's an ongoing process, a journey. As you progress, consider developing habits that keep your home clutter-free and organized. Once you know what you have, you'll better determine your needs.

Tips for Maintaining a Simplified Home:

- **Ask the questions:** Do I need this item? Do I use this item? Do I love this item? For an item to remain in your home, the answer must be "yes" to at least two of these questions. Promptly remove an item if the answer is "no."
- **Schedule Seasonal Check-Ins** – Use the changing seasons as a reminder to assess your belongings and clear out unnecessary items.
- **Make Decisions with Your Future in Mind** – If you're considering a move in the coming years, consider what you truly want to take with you and start letting go of excess now.



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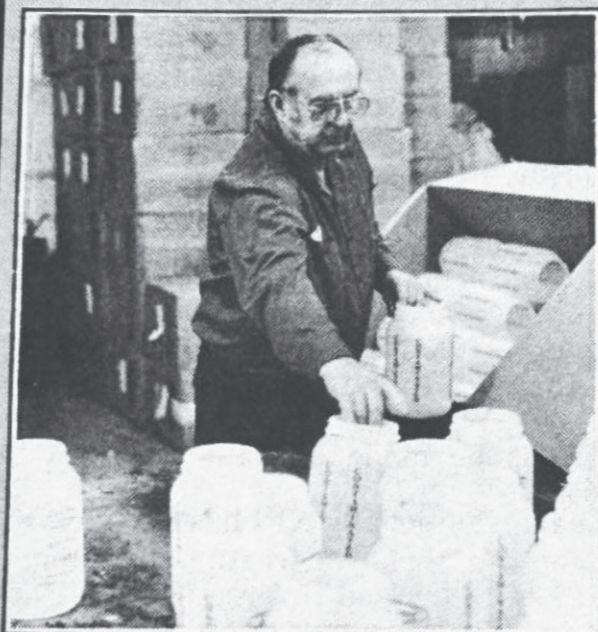
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# Taking a look back at old New Horizons newspapers: March

Page 4 New Horizons March, 1983



**ABOVE:** Maxine Pugh takes newly-imprinted bottles off the conveyor. According to her boss, Maxine "has revived a lot of the morale in my shop."  
**RIGHT:** Helene Summers operates the silkscreen machine.  
**LEFT:** Owner Dick Curzon takes plastic jars off the conveyor and boxes them.

Midwest Bottling Co. owner:

*Older workers  
give added  
dimension of  
stability*

NEW HORIZONS PHOTO

In the March of 1983 issue of the New Horizons, an article was published about how older workers give an added dimension of stability, written by the owner of Midwest Bottling Company.

## Programs changing this month at AARP NE Information Center

By Tony Harris  
AARP NE Information Center

On March 19 at 1:30 p.m., everyone is invited to attend the AARP Nebraska Information Center's monthly program to hear about the Salvation Army Kroc Center in Omaha.

The Kroc Center offers a variety of classes and pro-

grams for older adults and they will be joined by Janet Miller, the Kroc Center's Senior Life Specialist, who will tell us more about these amazing opportunities.

The Information Center is open on Tuesdays, Wednesdays and Thursdays from 10

a.m. until 4 p.m.

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

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



### Eclectic Book Review Club

The Eclectic Book Review Club, founded in 1949, is announcing its Spring 2025 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.

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

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

Authors for spring 2025 include:

- March 18- The Women by Kristin Hannah will be reviewed by Amy Mather, Partnerships Manager for the Omaha Public Library.

- April 15- Carolina Hotchandani is an author, poet, and the Goodrich Assistant Professor of English at the University of Nebraska-Omaha. She will share her poetry book The Book Eaters. This debut book has been recognized with the Nebraska Book Award for Poetry.

- May 20- Timothy Schaffert, a professor of creative writing and the author of numerous books will present his most recent title, The Titanic Survivors Book Club. This tale focuses on the life-changing power of books, following the Titanic librarian whose survival upends the course of his life.

### Creighton Research Study

Creighton University is looking to learn about the use of mobile health technology to improve daily walking using virtual visits.

You will be randomly selected to receive a 12-week virtual program focused on improving your physical activity.

The study requires two assessments with 12 weeks between visits. Financial compensation is provided for your time.

Do you qualify? They are looking for adults 50-85 years of age and adults that have mild memory impairment.

You may not be qualified if you have an unstable heart condition or any known neurological diagnosis (Parkinson's Disease, Multiple Sclerosis).

If you are interested in knowing more about this research study, please call 402-280-5691 or email [movecoglab@creighton.edu](mailto:movecoglab@creighton.edu).



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**EVERY 40 MINUTES**  
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is reported

**PROTECT YOUR  
LOVED ONES.**

**INSTALL  
SMOKE ALARMS.**

**MAKE A FIRE  
ESCAPE PLAN.**



# Be aware of ransomware attacks

By Kelly C. Bourne

Ransomware is a cybercrime that encrypts files and devices, preventing them from being used. Desktop computers, laptops, smart phones, servers, entire networks and other electronic devices can be locked up by a ransomware attack. Ransomware attacks have been launched against individuals, small businesses, large corporations, government institutions, non-profits, schools and hospitals.

To regain access to their files or devices victims must pay a ransom. Ransom payments must be made in cryptocurrency like Bitcoin, so the criminals remain anonymous. Victims expect that after paying the ransom the criminals will provide a key to unlock the files or devices. Unfortunately, there is no guarantee that the key will be provided. Sources differ widely, but some say as many as 35% of victims who pay the ransom never receive a decryption key.

Ransomware is expensive

for corporations and other victims. Wired magazine reported that over one billion dollars was paid in ransom in 2023. For large organizations the average ransom in 2024 was almost 2.75 million dollars according to several sources. Whether or not the ransom is paid, victims can spend millions on related costs like restoring the data, consultant fees, lawyers, new security software, fines and PR costs. Money spent on ransom isn't available for salaries, raises, bonuses, expansion, or new technology. A business that experiences ransomware-related losses won't grow as much and could even go bankrupt.

The majority of ransomware attacks begin in the following ways:

- Phishing emails that have an infected attachment or a dangerous link in the email's body.
- Pop-ups ads seen in Internet browsers can install malware, including ransomware, if clicked.
- Many individuals and

organizations have installed remote access tools on computers so work can be done remotely. These access methods can be exploited by criminals.

- Users or employees viewing websites that have malware on them. In many cases legitimate websites have been infected.
- Installing pirated software or infected applications onto their computer or smart phone.

To pay the ransom or not to pay it is a critical decision. Some factors that must be considered before deciding are:

- Law enforcement agencies advise victims not to pay because doing so encourages criminal activity.
- There's no guarantee that paying the ransom will get your files or computers unlocked.
- If computer files weren't previously backed up it might be impossible to recover without paying the ransom.
- Time critical situations like hospitals or production facilities may require that the systems be restored as quickly as possible even if it means paying a criminal.
- In some countries it's illegal to pay ransom to get files unlocked.
- Organizations that pay ransom are likely to be targeted again. One source says 80% of organizations that pay ransoms are hit with another attack.

Recovering from a ran-

somware attack can be time-consuming and expensive. Actions that are typically taken include:

- Ensuring that all malware, not just the ransomware, gets removed from the system is critical. It's common for ransomware to be accompanied by other malicious software.
- Rebuilding a computer or entire network takes time. Recently created backups can speed up the process significantly.
- Breach notifications to customers, clients, patients, etc. may be required if personally identifiable information (PII) has been compromised.
- Expose of PII may result in lawsuits from affected individuals or fines from government agencies.
- The organization must identify how the ransomware got onto the system so future similar attacks can be avoided.

Some steps that can help avoid becoming a victim of ransomware are:

- Keep all software updated since updates frequently contain security fixes. This includes operating systems, smart phones, browsers, applications and anti-virus tools. If possible, have updates installed automatically.
- Install reputable anti-virus software onto computers and phones.
- Install firewalls to protect computers from suspicious activity to and from the Internet.
- Install email filtering so users see fewer spam and phishing emails.
- Activate pop-up blockers in browsers so users aren't bothered by pop-up ads.
- User training can teach employees not to open phishing email attachments or click on suspicious links.
- Limit access and permissions that users have. This can prevent ransomware from spreading from one computer to every device on the network.
- Regularly backing up data won't prevent ransomware attacks but will make recovering from them easier.
- Even people that aren't the direct target of ransomware can still be affected by it.
- Some ransomware attacks disclose individuals' personal data like social security numbers, account numbers, passwords and email addresses. This can

result in becoming the victim of identity theft or account takeover attacks.

- When businesses are attacked it threatens their health or survival. The worst scenario could shut the company down. Less severe scenarios could result in employees being laid off. One study showed that almost 40% of organizations let some employees go after a ransomware attack.
- Hospitals, schools and local governments are frequent targets of ransomware. Patients, students and citizens depending on them for services are impacted.
- Companies that provide goods and services to individuals and other organizations can be crippled by ransomware attacks. The impact on the supply chain attacks can impact thousands. Businesses like retailers, airlines, hotels, casinos and entertainment venues can't operate normally during an attack or while recovering from one. This can impact consumers throughout the country.

## THE FUTURE OF RANSOMWARE

- Some cybercriminals are applying artificial intelligence (AI) to make their attacks more likely to succeed and more damaging to victims.
  - Internet of Things (IoT) devices like smart TVs, HVAC systems, printers, security cameras have been impacted by ransomware and other types of attacks. As more IoT devices come online this threat is certain to increase.
  - A new variation of ransomware called multi-extortion ransomware also steals an organization's data. Unless a second ransom is paid the stolen data is sold or exposed publicly.
  - Ransomware as a Service (RaaS) is a business model where the creators of ransomware allow other criminals to use it in return for a share of the profits. This results in the ransomware attacking a greater number of victims.
- Ransomware is a threat to computers and smart phones around the world. The most important steps that people can take to protect themselves are to keep your computers, including smart phones, updated. Another important protection is to be extremely cautious when opening email attachments or clicking on links in emails.

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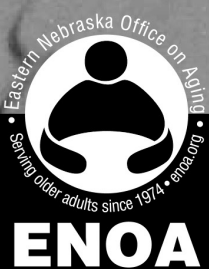
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## Flaherty Senior Consulting

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:

• **March 11, May 13,  
July 8, Sept. 9, Nov. 11**  
St. Vincent de Paul Church  
14330 Eagle Run Dr.

• **March 22, May 17,  
July 26, Sept. 27, Nov. 29**  
Faith Westwood  
United Methodist Church  
4814 Oaks Ln.

• **April 3, June 5,  
Aug. 7, Oct. 2, Dec. 4**  
The Servite Center of Compassion  
72nd St. and Ames Cr.

• **April 16, June 18,  
Aug. 20, Oct. 15, Dec. 17**  
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.

## Research Study

The University of Nebraska Medical Center is looking to understand the nutrition and the health of the community.

Participation in the survey may provide valuable insights that may guide efforts to enhance the quality of life for everyone, especially older adults in Nebraska. Risks include breach of confidentiality and privacy and stress-induced questions.

Do you qualify? They are looking for adults 65 years of age and older, adults who live independently, speak English and they must live in Nebraska.

If you are interested please call 402-836-9283 or email Emily Frankel at efrankel@unomaha.edu.

## 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.

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

This Month's  
Sudoku Answers

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

This Month's  
Crossword Answers

# How do we win the battle against the winter blues?

Imagine opening the curtains on a winter morning, seeing nothing but a sea of twinkling white snow coating the earth. At first, the sight is peaceful, perhaps even nostalgic—that is, until you step out into sub-zero temperatures to scoop your piled-high driveway, the car windshield is next-level iced over and you can't quite tell if the snowplows have come by your neighborhood roads yet. Unfortunately, the coldest seasons don't just bring poor weather, they can also manifest negative emotions in your life.

What's the scientific explanation for my "winter blues?" The psychologically accurate and fittingly named term is Seasonal Affective Disorder (SAD). SAD inflicts general sadness, sleep pattern changes, anxiety, and feelings of hopelessness, dread or guilt onto its victims. SAD is a close relative with depression, as they share many symptoms, but a good rule of thumb to differentiate between the two is remembering that depression is year-round, while SAD only visits during the changing of the seasons. Other symptoms to keep an eye out for—whether in yourself or a loved one who may be living with SAD—are oversleeping, withdrawing socially or increased irritability.

Does seasonal depression affect everyone? SAD wreaks havoc on ten million Americans per year, with women—specifically young adults—getting the worst of it. Additionally, the farther you are from the equator, the shorter your days will be

in winter—thus, you're more at risk to be struck with SAD. It's also crucial to keep an eye out for SAD in seniors, since some folks may attribute symptoms like brain fog, loss of interest in activities and restlessness to cognitive decline. However, as we age, precise and accurate care becomes much more important.

What are simplest fixes to get rid of these frumpy feelings? While antidepressants or light therapy—sitting near a "light box" of 10,000 lux of light—are options to cure SAD, you don't need to visit a doctor or purchase a \$30 desktop tool to feel better. Easy (and free) ways to combat SAD include bundling up and going for walks, drinking your favorite warm beverages, spending time with loved ones, or testing out a new hobby or mentally stimulating activity. However, the best treatment is spending time outside or close to a window on sunny winter days—natural daylight gives you a healthy dose of vitamin D and uplifting feelings that might make your SAD feel a little less dark.

Everyone has good and bad days, but when the bad days start to outnumber the good ones, consider seeing a therapist or professional who can help you let the light back into your life. Life's beauty transcends the seasons—you deserve to feel empowered to live joyfully, age gratefully no matter the time of year.

*This health tip is brought to you by Tabitha. To learn more, visit us at Tabitha.org or call 308-389-6002.*

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Here's a look at some of the stories New Horizons has covered over the years.

A publication of the Eastern Nebraska Office on Aging  
Feb. 2021  
Vol. 46  
No. 2

# New Horizons

## Terri Sanders

In 2020, Terri Sanders became publisher of *The Omaha Star*, Nebraska's only Black-owned newspaper. Terri is also the mother of Symone Sanders, the national spokeswoman for United States Vice-President Kamala Harris. Leo Adam Biga's profile of Terri Sanders begins on page 8.

<b>Blair landmark</b>	<b>What's inside</b>
<p>The Tower of the Four Winds opened in Blair, Neb., in 1987 to honor Nebraska author John G. Neihardt and Black Elk, an Oglala Lakota medicine man. See page 16.</p>	<p>COVID-19's impact will linger... 2 Addressing your driving safety... 3 Hemesath's 'Conscious Aging'... 5 Diner's Choice program expands... 5 Look out for vaccine scammers... 7 An up-close look at the hand... 12 Make lilacs part of your garden... 12 Aging with Passion &amp; Purpose... 14 History's most stressful years... 15 Changes in transportation program... 16</p>

A publication of the Eastern Nebraska Office on Aging  
April 2021  
Vol. 46  
No. 4

# New Horizons

## Alexander Payne

Film director, screenwriter, producer, and Omaha native Alexander Payne celebrated his 60th birthday recently. Payne has won two Academy Awards for Best Adapted Screenplay and has been nominated three times for a Best Director Oscar. Leo Adam Biga examines Payne's life, times, and career beginning on page 8.

<b>COVID vaccine</b>	<b>What's inside</b>
<p>Douglas County Health Department Senior Epidemiologist Dr. Anne O'Keefe discusses the COVID-19 vaccine, why it's safe, and why it's important for older adults to receive it as soon as possible. See page 5.</p>	<p>April activities at the ISO... 2 Online password security... 2 Get help receiving stimulus checks... 2 April is National Volunteer Month... 4 Homestead Exemption information... 6 Legal advice during the pandemic... 6 Nancy Hemesath's 'Conscious Aging'... 7 Do Good Week April 19 to 24... 12 Indoor gardening advice... 12 Technology for people with vision loss... 14</p>

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# New Horizons

## John Cook

John Cook has been the head volleyball coach at the University of Nebraska since 2000. During his tenure in Lincoln, Cook has been named Conference Coach of the Year seven times, the Big Red has won 630 matches, 12 conference championships, and NCAA titles in 2000, 2006, 2016, and 2017. Leo Adam Biga's profile of Cook begins on page 8.

<b>Dean</b>	<b>Author</b>
<p>The dean of UNMC's College of Nursing since 2011, Dr. Julianne Sebastian will step down from the post next year. Page 6.</p>	<p>Omaha clinical social worker Mindy Crouch has written a book to help children and families cope with dementia. Page 11.</p>

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# New Horizons

## Omaha arts

In 2002, Joan Squires became president of Omaha Performing Arts, the entity that coordinates programming and manages the Holland Center and the Orpheum Theater. Prior to coming to Nebraska, Squires worked with orchestras in Cleveland, Tampa, Houston, Milwaukee, Salt Lake City, and Phoenix. Nick Schinker chronicles Joan's life and career beginning on page 8.

**Serving older Nebraskans for 45 years**

Since 1974, the Eastern Nebraska Office on Aging has provided a variety of programs and services in Douglas, Sarpy, Dodge, Cass, and Washington counties. This year, the agency celebrates 45 years of keeping older Nebraskans living in their own homes with dignity and independence for as long as possible.

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# New Horizons

## Anchor

A Sidney, Nebraska native and a University of Nebraska-Lincoln graduate, John Knickely has anchored the newscasts at WOWT in Omaha since 1992. Leo Adam Biga's profile of Knickely begins on page 10.

<b>Roses</b>	<b>Consultant</b>
<p>Debra Haug of Baker's Supermarket's (left) and Alis Smidt, who coordinates ENOA's Meals on Wheels program, with some of the 100 roses Baker's donated for delivery to meals recipients on Valentine's Day. See page 15.</p>	<p>Nancy Fisherty of Fisherty Senior Consulting, specializes in helping caregivers of persons with dementia and other issues facing older adults. Learn more about Nancy and her Omaha practice. See page 20.</p>

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# New Horizons

## Omaha's own

John Beasley was born and still lives in Omaha. Beasley had a variety of 'regular jobs' before beginning a full-time acting career in his mid-40s. He's appeared in several theatrical productions, movies, and TV shows. Since 2012, Beasley's played Baron Balentine in TV Land's *The Soul Man*. Leo Adam Biga's profile of Beasley begins on page 10.

<b>Bouncing back</b>	<b>Great vibe</b>
<p>A different way to treat Parkinson's disease has given Judy Johnston a new lease on life. Meet Judy and read her remarkable story. See page 3.</p>	<p>More than 2,900 fun lovers took part in the Omaha Color Vibe 5K Sunday, April 17 in downtown Omaha. ENOA received part of the proceeds. See page 20.</p>

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# New Horizons

## Dr. Tom Osborne: Nebraska leader on and off the field

After winning 255 games, 13 conference championships, and three national titles as head football coach at the University of Nebraska (1973 to 1997), Tom Osborne served three terms in the United States House of Representatives (2001 to 2007), and was NFL's athletic director from 2007 to 2013. Leo Adam Biga's profile of this 1999 College Football Hall of Fame inductee begins on page 10.

<b>Runner</b>	<b>What's inside</b>
<p>Bruce Deines, age 69, has participated in all 36 Omaha Corporate Cups, an annual 10K race that raises funds for the American Lung Association. See page 9.</p>	<p>Outlook may influence longevity... 2 Medicare Part D enrollment sites... 3 Hope Lodge will help cancer patients... 4 'Read It &amp; Eat' reviews cookbooks... 6 Alzheimer's stemming U.S. Latinos... 6 National Family Caregivers Month... 8 Cooking your Thanksgiving turkey... 15 iXCEL is coming to UNMC... 16 Check the safety of your water... 17 UNO gerontologist honored... 19</p>

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# New Horizons

## Steamroller

Chip Davis founded Mannheim Steamroller – a fusion of rock and classical music – in 1974. The Omaha-based orchestra has sold more than 50 million units including 9,000,000 copies of Mannheim Steamroller Christmas. A University of Michigan grad and the father of three, Davis' career has also featured touring with the Norman Luboff Choir, writing books and advertising jingles, helping to develop a record label – American Gramophone – and creating a line of food products. Leo Adam Biga chronicles Davis' life and times beginning on page 10.

<b>Nonagenarian</b>	<b>Inspiration</b>
<p>A United States Army veteran who served in the Korean War, Herb Brown, age 91, has delivered Meals on Wheels for ENOA since 2006. See page 9.</p>	<p>Marcia Bredar has overcome polio and post-polio syndrome to live a productive life as an Omaha attorney and a community volunteer. See page 18.</p>

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# New Horizons

## Gerontology

Nick Schinker takes an in-depth look at the University of Nebraska at Omaha's Department of Gerontology and the role gerontology is playing in today's changing world. Members of the UNO gerontology faculty and staff are seen here at their annual start of the semester picnic. Page 10.

<b>Safety</b>	<b>Since 1943</b>
<p>During the week of Sept. 22 to 26, volunteers will install safety equipment in the homes of 10 older adults identified by the Eastern Nebraska Office on Aging as part of the nationwide Good Samaritan Society's Founder's Day Service Project. Page 3.</p>	<p>Tom and Margaret Mahoney, both age 92, celebrated their 71st wedding anniversary this summer. The Mahoneys have six children, nine grandchildren, two great grandchildren, and a third great grandchild on the way. Page 20.</p>