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New Horizons

Standing in the Gap: Sheritha Jones

By Leo Adam Biga

Diversity, equity, inclusion are buzzwords for some, mandates for others. The late photojournalist Rudy Smith became the first full-time Black newsroom staffer at the state's largest newspaper, the Omaha World-Herald, in the 1960s. Few other persons of color joined him over time. Even in this woke era, the newsroom has only two non-whites today, including chief librarian, columnist and editorial board member Sheritha Jones. Her op-eds give voice to diversity and other social justice concerns through her lens as an African American wife, mother and professional.

The Omaha native has been with the paper since 1995. Her experience there mirrors its laissez faire history with diversity. She began in a front desk customer service role while a University of Nebraska at Omaha journalism major, before promoted to newsroom office manager. After graduating with her bachelor's degree, she became photo librarian, then assistant librarian and finally chief librarian.

The opportunity to pen columns only came in 2021, but the desire and ability was always there.



She got props for writing clear back in high school (Omaha Central). Her wordsmith reputation led friends to enlist her help with their papers. The same thing happened in college with classmates she barely knew.

"I understood I was a good writer. I was also a really good editor, but I didn't know that at the time. I had to learn to edit when helping these people because some were not good writers at all. I had to learn to help them but still keep their voice."

Her daughter Ajana Jones followed her on the higher education

path. A North High grad, Ajana attended Metropolitan Community College through Avenue Scholars and now works in culinary and hospitality roles and hopes to start her own catering business. Sheritha fully expects her twin sons, both North High honors students, to follow their sister onto college.

Post-secondary education wasn't a given for Sheritha, who became a first-generation college student in her family. Her mother Robin Smith was a teen mom and didn't finish high school. She did, however, earn her GED. Robin's fondest desire

was for Sheritha to surpass her and as Sheritha progressed through Omaha Public Schools teachers noted her facility for reading and writing. She haunted the W. Dale Clark Library and later the Aframerican Bookstore, dreaming of being a Black fiction author. At Central she took honors classes but didn't study journalism until college, first at the University of Nebraska-Lincoln, before homesickness led her to transfer to UNO. A need to pay off a student led her to the World-Herald.

She attributes her work ethic to her late father Eugene "Gene'O" Persons, who had a liquor, candy, convenience store at 16th and Evans. Known for his generosity to customers and neighbors in need, he also owned restaurants, a limo company and investment properties. The family home was attached to the store, where Jones helped out growing up.

Her mother recently retired from a managerial position at CHI Health Center after years doing shift work at an Omaha factory.

THROUGH THE RANKS

In college Jones worked at OWH and attended school part-time. She

--Jones continued on page 9.

Grandfather, grandson will be able to connect through music in the IGO of Omaha

By Ron Petersen

A cello is a musical instrument with four strings that looks like a large violin. You play the cello with a bow while sitting down and holding it upright between your legs.

To be able to play the cello, you have to have the physical stamina, strength and a great deal of precision, which is what Richard Sherburne and Kobey Sherburne both have.

"I really like the cello because I like the lower tones," Kobey Sherburne said. "The base is very practical."

Richard Sherburne, 76, and his grandson, Kobey Sherburne, 15, both picked up the interest of cello about six years ago, when Kobey agreed to play the instrument for his school orchestra.

Several years of practice later, the two get to perform together in the

same orchestra in The Intergeneration Orchestra of Omaha.

"It's going to be great," Richard said. "I am very proud of Kobey, and it will be a really cool experience."

The Intergeneration Orchestra of Omaha is a unique musical ensemble that consists of musicians that are either age 50 and older or age 25 and younger. There are no minimum or maximum age restrictions in the ensemble.

"You have grandma and grandpa types playing with those in high school and college. It's very unique," Richard said.

Richard first played in the orchestra a year ago and is happy to have his grandson join him on stage this year.

"I just loved it – I really liked the music we put together," Richard said. "It is great being a part of this

--IGO continued on page 8.



Fun way to stay connected with nature: Bird Watching

Birds are some of the best ambassadors from the natural world. There are roughly 10,000 species spread across countless habitats on all seven continents. Learn more about several of the best places to find birds in eastern Nebraska on **Page 16**.

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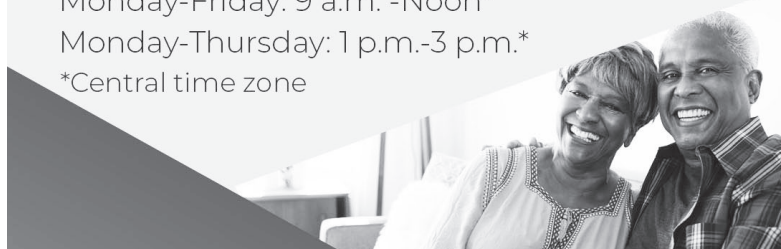
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Pain free in the driver’s seat

A person that Amy Mayer treats regularly for myofascial pain was worried about an upcoming car trip. The woman was concerned



that sitting in the car would increase her rib and hip pain. She asked Amy for advice.

Phillips This was not a new question for Amy.

Most people don’t think about their posture in the car. They just think about driving. They may sit in a way that increases their pain or even sit in a good position without moving. Then they wonder why their pain gets worse,” she said.

Mayer, an Occupational Therapist with over 30 years of experience didn’t plan on developing an expertise on health and well-being through myofascial release when she was preparing for college. She expected to become a Psychologist, but realized that a job sitting inside an office wasn’t what she wanted to do. She learned about Occupational Therapy and was impressed with the variety of things a therapist might do which helped people develop or recover skills needed for daily living and working. After completing Occupational Therapy school in Michigan, she returned to work in a hospital near her hometown in Iowa.

Mayer’s focus on pain management was ignited by an assignment to join the hospital’s committees for ergonomics and pain management. A physician at the hospital was looking for a non – pharmacological approach to pain management. He asked her department to obtain training in what was a newer treatment at the time, myofascial release.

It became clear to her that pain and myofascial work were natural things for an Occupational Therapist to address. “You take the same ideas for mobility and posture and put it in different contexts- driving, sleeping, cooking, getting on the computer, etc.”

She included myofascial work successfully in her traditional work as an Occupational Therapist for years. However, she didn’t start her own private practice with a focus on myofascial release until she reached the age at which



PHILLIPS PHOTO

Amy Mayer demonstrates a good home base driving posture.

some people start planning for retirement.

Mayer moved to Omaha to take a position in the Occupational Therapy program at Creighton University. She held several different positions during the 19 years she was on faculty, among them managing a growing staff in a teaching hospital and teaching management courses. She continued to hone her skills and expertise in myofascial release in a small practice while teaching full time. One day she realized that her students were graduating and starting successful practices using skills she had taught, while she continued to limit her myofascial work to little more than a side job. She left the security of her full-time job and combined her passion and management skills for herself, opening Mayer Wellness & Myofascial Release website in 2018.

Mayer utilizes the John F. Barnes myofascial release method and is also certified in yoga, holistic stress management and natural movement. Her private Occupational Therapy practice focuses on posture, body alignment, ergonomics and how a person moves in daily life to help people reduce or break through pain. When this client and others have come to her with questions about pain while driving or riding in a car she is prepared to guide them as she knows both their individual postural and pain issues and also general principles of pain relief.

Even a new car with multiple adjustments wasn’t enough to help this person sit for more than an hour without pain. Amy noted that not all cars have a lot of adjustability, some people don’t use the adjustability their newer cars have,

and some people aren’t the height or shape that the car seat is designed for. This client, like many others was sitting with her knees higher than her hips because of the shape of the car seat. This position puts a lot of the person’s weight on their lower hip and pelvis and increases the impact of bumps and vibration on that area. Raising the height of the seat and placing a small wedge under her hips helped move her hips higher without changing how safety equipment like the seat belt or head rest worked.

The lumbar curve option on cars is often insufficient or too low for a person depending upon their height. A small towel roll increased the depth of the lumbar support for this client which helped put her pelvis in a good position and made it easier for her to keep her shoulders back instead of sitting with a rounded spine. Another common problem is sitting asymmetrically for long periods of time. This might be sitting with one knee higher than the other which is common in very tall people trying to make room in the seat or habitually leaning on the windowsill or console. This twisting can contribute to irritation of the fascia along one side of the body.

Sitting perfectly, but perfectly still is not ideal either. Amy provided some ideas for stretches in the car and at rest breaks. “No position is bad. The problem arises when we choose a less than ideal position most of the time. Choose a healthy home base and vary from that often.” Her client reported that the changes in how she sat in the car made a 1,320-mile round trip possible. She also used the stretching ideas along with

--Mayer continued on page 3.

Observing the many ways of care-giving

Lately I have noticed “care-giving” in various shapes and sizes. I am not thinking about physical caregiving done by professionals, although this too is essential. I am thinking more about “care” giving. The dictionary definition I am using is “to feel love, concern, or interest.” It also includes “close attention.”

In recent months, I have observed care-giving from both sides. As I wrote in a previous column, I was the beneficiary of care provided by friends and family who called, provided food, visited, sent flowers and encouraged me after my knee replacement.

Since then an old friend/classmate spent weeks in the hospital fighting through serious health problems. Care-giving for me took the form of visits and then letting her friends know how she was doing. Often the visits were short due to her lack of energy but she knew she was not alone. I am happy to report she is in rehab now and our Wisdom Circle was able to meet with her at her facility. We were able to share life experiences and insights with her once again. It was a beautiful expression of care that lifted all of us. When we asked our friend what she needed from us, she indicat-

Conscious Aging

By Nancy Hemesath

ed that calls, texts, and visits were all welcome. She did not decline the offer to bring her some ice cream! All of these distracted her from the limitations she faced within four confining walls.

Another even more dramatic example of care-giving has been recently demonstrated by some close friends of mine. Three sisters learned in November that their brother, much younger than they, had cancer that had already spread from his colon to other organs. Their brother lived alone in Portland with no other immediate family close by. Despite their own physical limitations, the three sisters made several trips to Portland to see their brother and offer support. Through several months of slow decline, they reached out with pictures and texts. As his cancer progressed all three spent weeks in Portland both nearby and then in his home with him. Their care-giving was their expression of love and concern through the gift of attentive presence. It was not easy to witness his slow

painful death but their love for their brother enabled them to be with him until his last breath. There could be no doubt in his mind that he was cared for — that his sisters cared.

The bereaved also need care-givers. The loss of a brother or any loved one leaves a void that is painful. The wounds of grief need to be tended with TLC. As my friends process their experience of grief, they will need listening ears and attention to their wounded hearts. Care-giving does not end the day after the funeral.

As we age, we are exposed to more and more illness and death. We are given the opportunity to be care-givers in simple and profound ways. When we open our eyes, we see we can ease the pain of another. Who among us needs a little care-giving today?

(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.)

AARP Nebraska offers community presentations on fraud prevention

With Americans collectively losing tens of billions of dollars every year to fraud and scams, trained AARP Nebraska volunteers are ready to speak to community groups and organizations about how to recognize and avoid fraud.

“AARP volunteers lay out the scam fundamentals and explain the common elements that make it easier to spot and avoid fraud,” said Devorah Lanner, communica-

tions director for AARP Nebraska. “They also discuss the resources available through the AARP Fraud Watch Network and where to get free support and guidance from fraud specialists if you or a loved one has been targeted.”

To request a fraud presentation in the Omaha metro area, send email to nearp@aarp.org or call AARP Nebraska at 1-866-389-5651.

--Mayer continued from page 2.

self help techniques she learned from Amy for fascia release and posture.

Sitting in the car may not be what comes to mind when you think about myofascial release practitioners, but Occupational Therapist Amy Mayer looks holistically at what her clients are doing in their daily lives. In one of her blog posts on pain

free driving Amy said, “When I’m working with a client and am not seeing the progress I might expect, especially when they are working hard at their good posture and movement habits, we begin to dissect other aspects of (their) life. We drive so much that ... this could be the culprit in slow progression to healing.”

Correct positioning and changing positions frequently in the car can

help reduce a person’s pain but Amy cautions it is only one aspect of treatment.

“If your body can’t tolerate being in a car you have to look at two things. One, is the car set up appropriately? The bigger question remains though. Have you created a body that can’t tolerate different conditions like being in a car? You want to create a body that is resilient to many different conditions,” she said.

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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, chair Zumba, Pinochle, 10 Point Pitch, and bingo, this month for the following:

- **September 8:** Book Club @ 12:15 p.m.
 - **September 12:** Wear a funny hat day
 - **September 20:** Fire & Fall Prevention Presentation @ 11:45 a.m.
 - **September 21:** Mark Irwin performs from Merry-makers @ 11:45 a.m.
 - **September 21:** Jackpot Bingo @ 12:15 p.m.
 - **September 27:** "Craft Day "Learn the Art of Crocheting" @ 12:30 p.m.
 - **September 29:** Tuesday Tappers will be performing @ noon
- Every Wednesday – Chair Volleyball @ 10 a.m.
Every Monday – Card Game: Manipulation @ 10 a.m.
Every Monday – Pickleball @ 10 a.m.
Grab N Go meals are now available.
For more information, contact Barb at 402-444-3091 or barbara.white@cityofomaha.org.

Eclectic Book Review Club

The Eclectic Book Review Club, founded in 1949, is announcing its fall 2023 schedule of author appearances. Each event includes readings and discussion by the noted book's author.

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

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

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

Authors for fall 2023 include:

- September 19- Sean Doolittle, award winning suspense novelist will discuss Device Free Weekend, an intriguing, timely mystery.
- October 17- Pamela Carter Joern writes about the Great Plains with joy and compassion as she shares Toby's Last Resort.
- November 21- Lori Lynn Ahrends, an international speaker in early literacy brings her "Overall Buddies" as she combines storytelling and singing in I'm a Pig.

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Special care providers lighten the burden for the seriously ill

By Andy Bradley
Contributing Writer

The deafening whirl of helicopter rotors signaled the start of a remarkable and improbable journey, as well as the beginning of the end for a very sick man dying of COPD. Dr. Melissa Johnson, a palliative care physician with Bryan Medical Center in Lincoln, tells the stirring story of a bed-ridden hospital patient fighting both terminal illness and simmering anger. For days, Johnson tried everything to



Johnson



Waderich

reach him. He had become silent and sullen and wouldn't engage with the doctor. Finally, exacerbated and reaching for straws, she posed this question: 'When it is your time, where do you want to be?' " The communication barrier collapsed. He said quietly, "My wife and I just built a lake house, and I haven't even seen it. I want to be there."

Johnson continued the story. "I took his wife out of the room, and found out that the lake house was actually in another state. She asked if we could get him there. I said I cannot imagine how, he's just so ill. So I took that back to the team and we talked about it. Well it just so happens that one of my nurses used to be a helicopter nurse, so she called her connections and said, 'I have a big favor to ask. Can you land our helicopter at our hospital, pick up this patient and take him to his lake house?'

"They said 'sure.' So we arranged for hospice in a different state to be waiting for his arrival.

"We got the helicopter crew to take him and his wife and they flew around the property so he could see the whole thing. He landed and he finished his life there. And the only thing he ever said to me was, 'my lake house.' "

Not all stories of medical and social interventions are as dramatic and inspiring as

this. But the work of caring professionals providing that extra layer of support for critically ill and dying patients is nonetheless meaningful and cherished by patient and family alike.

In separate interviews, New Horizons visited two of these purveyors of compassion. Dr. Melissa Johnson works with seriously ill patients in a hospital setting, recently in Omaha and now in Lincoln. Brittany Waderich is a licensed clinical social worker for CHI Health at Home, which provides hospice services for persons with life expectancies of six months or less.

While the two services and professions are similar, there are important differences. According to the Nebraska Hospice and Palliative Care Association (NHPCA), hospice dispatches an interdisciplinary team of doctors, nurses, social workers, chaplains, therapists and volunteers. They provide whole-person care during the last anticipated six months of life.

These Medicare-covered services are provided wherever a dying person calls home, including assisted living and nursing facilities, hospitals, as well as an individual's home. Hospice assesses and addresses physical, social, spiritual and psychological issues to alleviate pain and improve the quality of life of persons in the last six months of life.

Palliative care is similar, but is not intended for persons receiving hospice care. According to the NHPCA, palliative care is focused on providing relief from the symptoms and stress of a serious – not necessarily fatal – illness. Like hospice, palliative care is provided by a specially trained team of doctors, nurses and other specialists. They collaborate with a patient's other doctors to provide an extra layer of support at any age and at any stage in a serious illness. The goal is to improve quality of life for both the patient and the family.

Palliative care and hospice professionals are called upon to announce discouraging medical news to patients and their families. Both Johnson and Waderich said the reactions vary widely, and many progress through traditional stages of grief – denial, anger,

bargaining, depression and acceptance – not necessarily in that order and, nor are all stages experienced.

The first response is normally shock, followed by concerns over family and finances, said Waderich. "A lot of times people will say 'I knew there was something, but I didn't know what it was, didn't know how extreme.'

"So we can see shock, sadness, fear of the unexpected . . . sometimes anger, crying and hopelessness," she said.

Many patients report rarely seeing a doctor or taking medications "and then they're hit with that kind of news, and it's even more shocking because they've been healthy their whole lives."

Professionals help patients and families come to terms with the pronouncement, but acceptance isn't always within reach.

Johnson said, "A lot of my patients do not find acceptance very easily, very readily or for a very long period of time. For me as a clinician, I don't really worry about that because I think there are still a lot of meaningful things that they can accomplish during that time in their life, even if they haven't fully accepted what's happening to them.

"So I don't focus a lot on acceptance in counseling. I try to help people focus on the present moment . . . and I don't worry very much about what phase of grief they're in. I can go on living as much as I can without necessarily saying that I have to accept this."

Johnson encourages patients to continue rewarding and meaningful activities and to reflect on how they managed difficult moments in the past. She asks, "What have you been through that's been very traumatic or very difficult? What or who did you look to for support? What did you do to get through? . . . Everybody has their own inner joy and inner compass that I encourage them to look at."

Both palliative and hospice care focus on family dynamics. Waderich encourages family caregivers to take the lead from the patient. Caregivers can ask, "How can I support you and your wishes to make sure that you're maintaining your autonomy and your own

--Support continued on page 5.

Medicare eligible people can review coverage during open enrollment

By Mike Carsey
Volunteers Assisting Seniors
Medicare's Annual Open Enrollment period begins October 15 and ends December 7. This is the time of year to review your current Part D drug plan or Medicare Advantage plan.

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--Support continued from page 4.
dignity?" Waderich added, "The best way to give support to somebody who's sick is to make sure that you're allowing them to call the shots, that they have a say in their own healthcare."

Johnson said getting patient and caregiver on the same wavelength can be challenging. "The patient is the one living through this," she said. "They're going to have their very own individual timeline of grief and acceptance and understanding. And it may be vastly different than the caregiver's."

For example, what a patient wants to know about their condition may differ considerably from what the caregiver needs to know.

"The spouse may want that information very differently than the way the patient's ready to receive it," she said. "The patient may not want a lot of details . . . but the spouse, on the other hand, needs this information. So I think what I could counsel them is to understand that you are two different people living through the same thing."

Patients and families are frequently alarmed by the presence and initial intervention of palliative care or hospice staff. They symbolize the belief that the end is very near. Their first job is to set the family and patient at ease and to correct any misunderstandings they may have about the care. Professionals encourage patients and families to openly express their fears, anxieties

and concerns. "It's fine to have those emotions," Johnson said. "I don't have a watch on. If it takes time to help them, that's fine – help them feel free to express those emotions and to ask questions that are hard to ask doctors, and to have just a better understanding of what is coming, what they need to be prepared for and what they can expect." Both Johnson and Waderich find their work fulfilling, yet emotionally challenging at times. Waderich said, "We have some patients on hospice for a longer time, and we get to know them and love spending time with them. When they pass it is really hard."

But it's rewarding, she added, "just knowing that I was able to be there with them and their family during one of the most difficult times . . . there is crying of course – sometimes on my end, too."

Her most important message – "I just want people to know they don't have to do the hard stuff alone."

Johnson's rewards stem from what patients and families teach her. "I love my job and I love seeing my patients every day. They teach me as much as I help them."

Life lessons learned include "making sure you don't hold grudges; you say things that are important because you might not get to say to them tomorrow; you make amends now; you do the important things now because you're not guaranteed you're going to be able to do them later. So a lot of really hard lessons I've

learned from this job." Not the least of which is never stop expecting the unexpected when advocating for your patients – like a panoramic view from a medical helicopter of a new lake house – a grateful dying man's wish.

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University of Nebraska Medical Center

IRB #: 522-20-FB

Omaha grandmother and educator survives the brink of homelessness

**By Andy Bradley
Contributing Writer**

Imagine this. You live alone. You experience a medical emergency that extends into a lengthy hospital stay, followed by rehabilitation at several care facilities. Upon your release you are eager to return home. Only there is no home. You have been evicted. All your possessions discarded. And you are literally out on the streets.

True story. Happened to a now 78-year-old retired middle school language arts teacher right here in Omaha. Apparently, during Marcia Butler’s recuperation and therapy, neither her landlord nor other creditors had been notified of her condition or her whereabouts. In essence, in their minds, she had vanished, triggering eviction proceedings. And her landlord had no way of notifying her while she was recuperating. No forwarding address left during her incapacitation.

Fortunately, Marcia Butler fell into the good graces of the Stephen Center homeless shelter in South Omaha, and later – Together, Inc., now known as simply Together – a local non-profit that assists persons in the throws of – or on the edge of – homelessness.

Homelessness or the risk of homelessness isn’t limited to our stereotypical images of people on the streets – persons experiencing severe mental illness, chronic alcoholism or drug addiction. According to Susan Carson Moore, a Together housing program coordinator, “These are terrible stereotypes. There is now a trend toward chronic health issues surpassing mental health.” And that trend is more prevalent among persons over 62.

According to a December, 2022, article in the Wall Street Journal, homelessness among persons 50 and older “has been steadily ticking up from 25 percent of the homeless population in 2008 to 36 percent five years later . . . and the portion of homeless persons 65 and older nearly tripled during that period.”

Marcia Butler’s saga mirrors these statistics. She suffered a debilitating

stroke while shopping at Nebraska Furniture Mart in May 2022, leaving her unable to walk and landing her in the ICU for three weeks. Extended rehabilitation followed at two care facilities. But upon discharge, and upon learning she had no townhome to return to, she found herself in the care of the Stephen Center, where she lived for four months.

The Stephen Center, along with Together, collaborated to provide the assistance she so desperately needed. Her Together case manager, Pete Miller, was able to protect her Omaha Public Schools pension and other benefits accrued from decades of teaching. He helped her secure a clean, affordable apartment, and continues to monitor her well-being. Together and Stephen Center staff “came to me on a Wednesday, and we were moving the next Monday,” Butler said of her transition from shelter-life to her own apartment. “Everything just accelerated and we’re flying around. Everybody pitched in and it was a beautiful thing to see.”

Miller also helped arrange apartment furnishings. She was assisted by volunteers from Least of My Brethren, which, among other items, provided a new television for her living room.

Miller agreed homelessness among seniors is becoming more prevalent, and is often caused by escalating living expenses, including rent, utilities, prescriptions and other out-of-pocket healthcare costs. Other contributors include chronic illnesses, as evidenced by Butler’s, diabetes, and inadequate income. These pressures converge to squeeze more seniors out on the street.

Relief in the form of affordable housing is hard to come by. “The affordable housing supply is small and diminishing,” said Miller. Many turn to public assistance for support, but those checks only go so far. Supplemental Security Income (SSI), for example, is a federal aid program that provides monthly payment to persons with disabilities and older adults who have little or no income or

resources. Right now that is capped at \$914 a month.

“How in the devil do you pay rent and buy groceries on \$914 a month,” said Butler. “That is ridiculous. You don’t need to be a CPA to figure that out.”

Before seniors can land permanent housing, intermediate accommodations may be required. With the help of the City of Omaha and Front Porch Investments, Together recently purchased and refurnished an abandoned hotel in downtown Omaha, retrofitting it into units for homeless or near homeless persons over the age of 55. The facility opened January of 2022, and has managed a waiting list ever since, lasting as long as six months.

The hotel-turned-domicile is an example of non-congregate housing – an innovative model based upon similar projects in California and elsewhere.

“In congregate shelters you sometimes have a dorm with 50 beds,” said Tina Murray, Together’s senior director of crisis management. “In a non-congregate shelter people have a room to themselves, they have their own bathroom and microwave.”

Murray and Gerry Ford, Together’s access and housing engagement manager, spoke last month at a day-long Elder Justice Training in Lincoln, sponsored by multiple agencies, including the Nebraska Department of Health and Human Services’ State Unit on Aging.

Because of the new facility’s popularity, “Immediate or fast placement isn’t typical,” said Ford. “You can’t just walk in and get a room.” Candidates must be referred, and “we take referrals from anywhere and everywhere.”

Forty rooms have been rehabbed, and another 18 are planned. Priority is given to older medically-vulnerable persons, although residents must be mobile and able to dress, feed themselves and administer their own medications, said Ford. Two meals are provided daily, and the facility is staffed 24/7. Housing

--Homelessness continued on page 7.



COURTESY PHOTO

Protein is an important part of a healthy diet. Proteins are made up of chemical ‘building blocks’ called amino acids. The human body uses amino acids to build and repair muscles and bones, and to make hormones and enzymes. They can also be used as an energy source.

Protein: Fuel up with food

When you think of protein, you might picture a grill full of meat options or a bowl full of trail mix. Protein is a nutrient that comes in a variety of foods and is essential for keeping our bodies alive and well by rebuilding cells and tissues found in muscles, skin, nails, hair, and bodily organs. Protein needs are individual and are determined by one’s age, gender, activity level, health status.

TYPES OF PROTEIN

The many types of foods that have protein come in a “complete” or “incomplete” form, depending on the amino acids they have, which the pieces that hold protein together. Complete protein food sources contain all of the body’s essential amino acids and mostly come from animals.

Incomplete protein sources are missing 1 or more essential amino acids and come from plants. Two incomplete protein sources of food can be combined to make it a complete protein source.

PROTEIN FOODS

- Meat (Chicken, Beef, Turkey, Pork)
- Eggs, Nuts/Seeds
- Milk, Cheese, Yogurt
- Fish (Salmon, Tuna, Cod, Shrimp, Tilapia)
- Beans/Lentils
- Soy (complete protein)
- Whole Grains (Quinoa and buckwheat are both complete proteins)

SUPPLEMENTS

Protein powders, bars, and supplements are commonly available. These can be convenient options when protein needs are high and/or if someone is unable to meet their protein needs from the foods listed above (high performance athlete, inability to chew/swallow, growing/developmental years, pregnancy, low appetite, and/or bodily injury or illness).

PROTEIN PRO TIPS

- Aim to include the protein foods listed above before considering protein supplements to include as many whole, nutrient-dense foods into your day of eating.

- Getting the adequate amount of protein in your meals and snacks can be achievable by aiming to have it at various times throughout the day.

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

--Homelessness continued from page 6.

specialists help residents transition to permanent housing. Stays have ranged from 30 days to 18 months, but there is no maximum length of stay, as long as residents are working with their case managers to seek permanent housing – housing that Marcia Butler now enjoys.

Now that Butler is comfortably settled into her new apartment, she continues to receive

housekeeping services, home delivered meals and other supports through the Eastern Nebraska Office on Aging. She eagerly anticipates the next phase of her life. “I know in my spirit there is another journey. But I’m not sure what it is yet.”

She hinted that her three grandchildren, who lost their mother to COVID, may re-enter her life, possibly moving to Omaha from Atlanta.

For now, “I’ll patiently wait until I know what to do.”

Omaha Community Playhouse

Are you interested in learning about the ins and outs of acting, playwriting, directing, and improv?

In Encore!, senior adults will learn the ins and outs of acting, playwriting, directing, and improv. With a host of life experiences, students in this class will have the opportunity to share their own stories and write original monologues which they’ll perform. There will be a final showcase the evening of our last session.

Each class will be on Tuesdays, September 12 through October 31 from 10-11 a.m.

The final showcase for both classes will be on October 31 at 6:30 p.m.

The class is free to anyone over the age of 50. Interested in learning more or registering? Visit their website: Henry Fonda Classes & Workshops for Adults at Omaha Community Playhouse (omahaplayhouse.com)

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How It Works



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2. Call or Donate Online



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2023-2024 Intergeneration Orchestra of Omaha



Conductor: Mark Bensen
Project Director: Chris Gillette
Assistant Project Director: Kristine Hendrickson

Flute
Benita Fichter*
Cathryn Jordan*
Felicity Ferrante

Oboe
Kristine Wolfe*

Clarinet
Alan Stanek*
Tom Osika*

Bass Clarinet
Mike Murphy*

Alto Saxophone
Butch Wilcher*
Bennett Schliesser

Tenor Saxophone
Tommy Casart

Baritone Saxophone
Lexi Hanson

Trumpet
Dave Black*
Ken Bisgrove*
Araya Grotelueschen

Horn
Shelly Smith*

Trombone
Mike Rinehart*
Grant Magnuson*
Paul Shultz*

Tuba
Patrick Trudell

Guitar
John Hendrickson*

Piano
Eamon Hajek-Jones

Bass
Tariq Douglas

Drum Set
Chris Casart*

Percussion
Nathan Herd

Violin I
Mary Thomsen*
Judy Beasley*
Felicity Meyer
Isabella Hajek-Jones

Violin II
Cheri Moore*
Karen Benson*
David Brown
Maple Sheridan
Annalise Naber

Viola
Isaac Aufrecht
Trinity Cranny
Chris Curtis

Cello
Doug Fowler*
Richard Sherburne*
Spencer Feldman
Brayden Simpson
Kobey Sherburne

Vocalists
Carolyn Jordan*
Fred Totten*



* Musicians 50 & over



NEW HORIZONS PHOTO

Richard Sherburne (right) and Kobey Sherburne will perform with the The Intergeneration Orchestra of Omaha for the first time on Sept. 17 at Gene Leahy Mall.

--IGO continued from page 1.

orchestra.”

Richard and Kobey have practiced countless hours together and while they have one performance together under their belt, they are using the familiarity when it comes to playing the cello together.

“It’s pretty cool – playing in the orchestra and then practicing at home will be pretty helpful doing it together,” Kobey said.

Rehearsals for the Intergeneration Orchestra of Omaha started in August as they prepared for concerts that start in September. The first concert is at Gene Leahy Mall on September 17.

IGO 39TH SEASON

September 17
Gene Leahy Mall
1001 Douglas St.
Omaha, NE 68102

October 15
Maple Ridge Retirement
3525 N 167th Cir
Omaha, NE 68116

November 19
Crown Pointe
2820 S 80th St.
Omaha, NE 68124

February 18
Douglas County Health Center
4102 Woolworth Ave
Omaha, NE 68105

March 24
Pacific Springs
805 S 173rd Plaza
Omaha, NE 68118

April 14
Spring Pops & Pie
Jewish Community Center
333 S 132nd St.
Omaha, NE 68154

All concerts will begin at 2 p.m.

Ralston Senior Center

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

- September 6, 13 & 20: Bingo @ 12:15 p.m.
 - September 13: Board meeting @ 10 a.m.
 - September 14 & 28: Bingo @ 1 p.m.
 - September 13: The Merrymakers present music by Merrymaker’s Tim Javorsky @ noon
- 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. Play games and bingo after lunch. Contact Diane @ 402-885-8895 for reservations.

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

The Ralston Senior Center will host a double deck pinochle every Friday from 9:30 a.m. – 2 p.m.

Obtain an annual Ralston Senior Center membership for \$10.

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

The center may be used on weekends for various activities such as weddings, memorial services, anniversaries, family reunions, birthdays, baby showers, wedding showers, etc.

For more information, please call Darla @ 402-651-5009 or 402-331-1529.



CELEBRATE OLDER NEBRASKANS
JOIN US FOR A MORNING OF FUN
LIFESTYLE EXPO
HEALTH INFORMATION
FOOD AND DRINK

SEPTEMBER 8, 2023

STEP OUT FOR SENIORS WALKATHON

The Eastern Nebraska Office on Aging (ENOA) Nutrition Division and the City of Omaha Parks and Recreation are proud to sponsor this event.



The walkathon is a fundraiser to help update programming and services at the 21 senior centers in the Eastern Nebraska area. All ages are welcome at the walkathon.

Sign-in begins at 8:30am and the walk will start at 9:00am. There will also be a Lifestyle Exposition showcasing a wide variety of products and services.

Register NOW \$5 per person/if pre-registered before September 8, 2023, \$10 day of walkathon.

Registration forms can be obtained at any senior center and at enoa.org.

STEP OUT FOR SENIORS WALKATHON 2023

BENSON PARK
7028 Military Avenue | Omaha, NE
Friday, September 8, 2023
@ 9:00 am

For more information Contact
Christina Ochoa, 402-444-6513
christina.ochoa@enoa.org

--Jones continued from page 1.

said she and her workmates were known as “the lovely ladies of the lobby,” adding, “People would come in and place ads or in memoirs or pay their subscription.”

She didn’t see herself pursuing a journalism career. She was stuck on being a fiction writer, indulging that interest in English Lit and creative writing classes. A news writing and reporting class made her think seriously about working in media. “My teacher, Jeff Gauger, was assistant managing editor at the World-Herald. I could tell by the grades I got he liked my writing.” In need of a newsroom officer manager, he asked Jones to apply. She did and got the job.

“I wasn’t a reporter. I delivered faxes, made copies, passed out the mail, directed calls, made sure all the office equipment was working and set up cubicles for new staff. So I was in the newsroom but not doing actual newsroom work.”

She first helped contribute to the paper’s content as photo librarian, gatekeeping half a million hard copy images. “Working with the photos is where I first learned to do research. The captions provided a wealth of information. I learned something new and historical every single day. Not a lot of people can say that about their job.”

Her “friend and mentor” Rudy Smith was there for every Black staffer.

“Even though a soft spoken older man, he had a commanding presence and he got all of our respect. He would come over and talk to us, deliberately ... just letting you know, we’re both here together navigating these waters – you’re not alone. After retiring, he was back in the newsroom working on his book and said, ‘Wow, you are the only Black person left. Good for you for holding on, but that’s a shame.’”

Earlier in her career, she was part of the team that archived the newspaper. Colleagues took print stories and entered them in the database. “As photo librarian,” she said, “I entered the photos that ran with those stories, making the layout look the way it looked in the paper.”

As librarian she does research for the newsroom. “I might have to look up past stories or pull together a timeline of events to help them put a current story together.” At her disposal is an archive of material going back to the paper’s founding in 1885.

She likes thinking of herself as “guardian and gatekeeper” of the archive. “It feels empowering. I feel like I hold the keys.”

All along, she said, “I was pining to write, but I did not see any way to do that in the library. We were not revenue generators. We were background.”

She was content staying in her lane with a family to support. “My husband and I graduated UNO in 2002. I did not want to rock the boat in terms of the stability we had with my full-time job with benefits.” Her husband Justin Jones worked at Charles Drew Health Centers before



COURTESY PHOTO

Omaha World-Herald librarian and columnist Sheritha Jones currently writes about pay inequities that work against women and minorities, leaving them less able to support their families and build wealth.

opening his own practice, Worthy Dental.

With the transition from print to online, she felt compelled not to be a casualty of this leaner, meaner media landscape in which generating revenue is everything. “No one can really be a background person anymore,” she said. “It was not until 2021 I understood that a non-revenue generating employee, though instrumental in producing content, is at the top of the list to get rid of. The value is not seen.”

Despite the changing news culture, she said, “I don’t think journalism is dying, but it is absolutely shifting. People still want news and information. They want to know about legislation, their community, local politics and crime. We provide readers a steady stream of news along with a fountain of facts and features. We do that as staff and resources decrease, and we do it because we love it. I am very proud of the people that show up here everyday to do that work.”

HAVING HER SAY, LIFTING HER VOICE

When an editor challenged her to monetize the treasure trove she controls as chief librarian, she said, “that’s when I began using my research skills to produce the online history column ‘Back in the Day.’” Response to it was good enough she was asked to create another history-based column, “Reminisce,” which runs both online and in print. “Management told me they want to give me more of a presence.”

“Reminisce” has proved even more popular in terms of traffic and feedback. “I’m able to tell stories through photos. Being the photo librarian for all those years I’ve gotten very good at telling a story through photos.” In writing copy to provide context for pics, she said, “You’ve got to be concise with your point. You’ve got to have facts.”

In addition to the history columns, she was asked to join the paper’s editorial board. “We have these meetings where we discuss what the staff editorial for the week is going to be. We brainstorm and give feedback or pointers or advice to the editor writing it.

Then one day the assistant managing editor said, ‘What do you want to write?’ And off we went.”

Her columns cover topics ranging from Malcolm X’s induction into the Nebraska Hall of Fame to the need to teach Black history in

schools to the disproportionate risks Black infants and mothers face in childbirth to the wage gap Black women experience. She injects personal anecdotes to illustrate her points.

In a piece about Black women seeking reproductive justice, Jones wrote:

“I grew up in a poor, predominately African American neighborhood where girls got pregnant at a young age ... These girls were and continue to be unheard and unprotected by society as a whole ... Poverty is a major contributor to maternal death and closely correlates with higher infant mortality rates ... The reasons are multiple; structural racism, cultural bias and people simply not listening to Black patients. And in some instances ... poverty isn’t the only factor for the bias, but race always is.

“The young girls in my neighborhood have limited access to healthcare and a lack of choices for effective birth control. Furthermore, schools in impoverished neighborhoods often have ineffective or inadequate sex education.”

It was only when she began writing op-eds, she said, she felt she’d arrived as a journalist. “I’m still small in this little world trying to make a big voice.” A poster on her desk reads, “I am the messenger and the message of diversity,” which she said serves as a reminder “I am that here because it is lacking here.”

Two of her 2022 columns were Great Plains Journalism Awards finalists.

She values her platform. “It’s very important to me. My friends and family read the paper now where a few of them did not before. I’m writing with a voice that hasn’t been present in the paper in a while and from the opinion perspective, at all. There are people that want to hear my opinions as an African American woman who grew up in Omaha, went to high school and college, started a family and career. I’m not trying to force anything on anyone. I’m not trying to speak from a position of knowing it all. I’m saying this is my experience, this is what I see.”

Even writing op-eds, she said, “It has to be factual, you can’t just pull this out of anywhere. You also can’t just blather on – you need to have a point.”

Part of an effective editorial section’s function is to represent different points of view. Not surprisingly, editorial team members often disagree.

“Editorial board meetings are discussions that take you down different avenues,” she said. “Whatever the topic, the writer gets a little bit from each person and then you put it all together.” When it comes to Black issues, she said, “Everyone doesn’t get it.” After all, her colleagues lead “very different lives.”

She said in one meeting a white colleague misunderstood what white privilege is. “I was explaining it’s not about money. That’s not the privilege. The privilege is the color or your skin. That’s the currency

you have that I don’t. That’s what inspired me to write that column.” In her piece, she shared memories of an uncle minding his own business getting hassled and detained by police mere yards from home when white men causing a disturbance nearby got a free pass.

She wrote: “Today, my sons have the same problem — their skin color. They drink milkshakes, wear hoodies ... but in this world, they can be seen as a threat just for being. And though they have all the legal rights afforded everyone else in this country, their skin color puts them at a disadvantage. If their dark skin is the disadvantage, then those with white skin must have the advantage — the privilege. The term white privilege stirs up defensiveness in some people. Some may think, there’s no way that that white family living in my North Omaha neighborhood had any privilege. Our struggles were the same. True. But white privilege is not about a persons’ status or station in life. It’s not economic. It’s not an individual issue, it’s a systemic issue. And that issue started when America started.

“It has and continues to exist because of historic biases. It’s a built-in advantage ... separate from one’s level of income or effort. It does not have to be earned. It’s the privilege of being favored by any form of authority ... It’s the privilege of being able to learn about your race in school. White history is taught as the core curriculum, Black history ... as an elective. As a parent of Black children, I have the privilege of explaining ‘the rules for being Black in America. These rules are complicated and extensive, but can be lifesaving in certain situations.’”

MORE TO SAY

Jones is eager to tackle many more topics. “Other things I would like to write about are the lack of African American male teachers in schools and the increased amount of Black and brown children in juvenile detention and why that is. I don’t have any answers for either one of those. But sometimes it’s important to just put the question out there and let intelligent people with answers offer solutions.”

She still dreams of writing fiction. “I would like to write something on my own from a fiction perspective but still about Omaha or people I’ve known or experiences I’ve had here.”

Though The Omaha Star newspaper has an 85-year history of Black women journalists and the city’s home to other Black women media professionals, she’s not intersected with them.

“I have a wonderful group of women friends I share my writing with. They offer their opinions and stories.

But they’re primarily healthcare workers, Sadly I don’t have a group of African American women writers. That is something I would like to have.”

Follow her at <https://omaha.com/users/profile/sjones6/>.

Do Space relocates temporarily, makes more room for Omaha gathering place

By Ron Petersen

During the summer, Do Space moved into its new building (Milton R. Abrahams Branch, Omaha Public Library) located on 90th and Fort.

The collaboration between Do Space and Omaha Public Library is a new beginning, which will benefit both organizations.

“The collaboration between Omaha Public Library and Do Space makes sense,” Do Space director, Krystal Rider said. “Do Space is the first of its kind to provide a technology library in the United States. That’s the value we add to the Omaha Public Library system.”

The move to the new location has allowed work to be done on the new central library location at 72nd and Dodge.

But for now, Do Space is settled in the Abrahams branch with computers, and everything set up for use.

“Our library system offers a few public computers – but Omaha Public Library doesn’t have what Do Space has available,” Rider said. “We are bringing technology and software that’s never existed to this space. We have a digital de-



COURTESY PHOTO

Do Space is a one-of-a-kind concept: It’s a community technology library, a digital workshop, and an innovation playground filled with new opportunities for people to learn, grow, explore and create.

sign studio that houses a bunch of software that has never been seen before in the Abrahams Library. We are seeing more people utilizing the software.”

Do Space is a 501c3 non-profit community center for technology, digital library, education, and small makerspace featuring 3D printing technology in Omaha.

It’s a community technology library, a digital workshop, and an innovation playground filled with

new opportunities to learn, grow, explore and create.

“Do Space is headed for sustainable technology,” Rider said. “It’s about making sure folks have a place to gather and discuss technology, sustainability and the right to repair. We wanted to make sure there was a hub for that.”

Do Space offers many programs including the Cyber Seniors Program, which is offered to those who have questions about devices, and

any passwords.

Every Thursday from 9 a.m. to 12 p.m., Do Space offers a chance for older adults to learn about Windows 10, while also learning how to check your email.

“We have some technology mentors that come to help with computer or phone issues,” Rider said. “We’ve seen a group of individuals come together to build a community, as well as getting their devices fixed. We often see the same folks every week. It’s beautiful to see.”

While Do Space has moved out of its 14,000 square foot building and into a 1,600 square foot space, they have been getting creative with how they reach out to the community.

“We now have a distributive programs model – Do Space will actually come out to the community,” Rider said. “If there is a group of folks that are getting together and have a request for us to come out, we will bring out technology to them. They get to play with technology they haven’t had any experience with before. We also have one-on-one mentorship instructors at no cost that will provide tips or assistance with technology.”



NEED TECH HELP?

CYBER SENIORS

THURSDAYS 9:30 am-12:30 pm

Cyber Seniors is a tech help program held specifically for our senior community members. Bring your questions and devices to Do Space and get help from our super-savvy volunteers in a relaxed environment. Cyber Seniors is entirely FREE of charge with no registration required.



hello@dospace.org

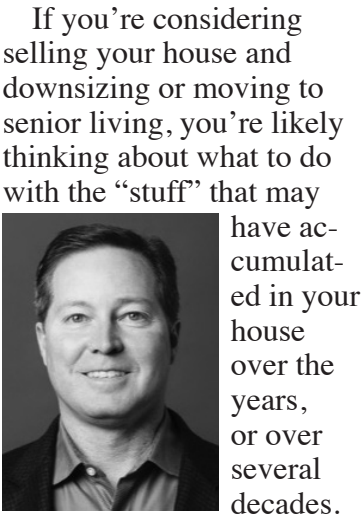


402.819.4022



5111 N 90th Street
Omaha, NE 68134

Do I have enough ‘stuff’ to have an estate sale?



Soucek One of the most common items I hear when talking to home owners that want to downsize is, “I’m thinking about having an estate sale to sell the items I don’t need or want.” Although this is a common thought to have, I’d like to discuss some of the realities of estate sales and options to take care of the “stuff” in your house.

FIRST, WHAT IS DOWNSIZING

In general, downsizing is a process that involves sorting and decluttering your belongings to fit into a smaller living space. It can be a task that is both challenging and provide a sense of accomplishment. Its creating a balance of what to keep, donate, sell if possible, or discard.

Assessing Belongings: Initially, you will want to conduct a thorough assessment of your belongings. This could involve labeling or creating a list of items into categories such as: Must keep, sentimental items, and non-essential items.

Determining Value: It’s important to identify items that are of value, both

monetary and sentimental. Items like antiques, collectibles, artwork, and some furniture might be suitable for an estate sale. However, if items have sentimental value and cannot be replaced, you will want to carefully consider selling those.

THE ESTATE SALE OPTION

An estate sale can be a great way to sell your belongings when downsizing. These sales are typically conducted by professionals who manage the process from start to finish.

Inventory: Do you have enough inventory for an estate sale? It’s very common for most estate sale companies to only work with sales where there is at least \$10,000 to \$15,000 of inventory. Because of the time and effort that goes into having a successful sale (for the estate sale company as well as the home owner) having enough value in inventory is essential.

Preparing For The Sale: Estate sale professionals assist in organizing, pricing, and presenting items to potential buyers. They also handle marketing, advertising, and managing the event itself, which can be at the house, online, or a combination of both. For the home owner, this relieves the stress of handling all of the details that can come with an estate sale.

OTHER OPTIONS FOR YOUR “STUFF”

What about situations where there’s not enough

inventory to have an estate sale?

Some home owners decide that they still want to try to sell what they can by having a garage sale. This can be financially successful, but you will need to consider the time and effort of organizing all of the items, pricing the items, marketing the event, and what it takes (especially time) to actually have the sale.

AVAILABLE RESOURCES FOR YOUR “STUFF”

Although this subject may initially seem like a daunting aspect of a transition to a new living arrangement, it doesn’t have to be with the right resources.

There are great estate sale and other companies that help with a person’s belongings and the transition to a smaller living arrangement.

There are services that can assist with packing & moving, finding the right senior living community, and provide the right real estate solutions.

If you have questions on this subject and/or I can be of assistance, just call or text me at 402-450-0199.

Ben Soucek is an author of the book Home Downsizing Secrets, and the owner and founder of Home Downsizing Solutions, a company that specializes in helping home owners transition from their current house to a new home, apartment, or other senior living community for more than 25 years.

Flexible thinking about aging

By April Hauf
Director of Social Services at Florence Home

Whether you are 20, 45, or 70, it’s important to remain flexible in the ways we are thinking about older adults. We are all aging and the more aware we are of ageism the more we can do to stop this. You may not even be aware that ageism exists but it’s all around us.

A belief, action, or comment may even come from an older adult. Major societal and culture changes can be made to help this social barrier and problem. Ageism is a prejudice or discrimination based on a person’s age.

Some people are not aware they are being ageist and this is just a belief or attitude that has been passed onto them. Avoid talking to elders in baby talk, refrain

from calling them cute or honey or dear and call them by their preferred name. Avoid talking loud, slow and talk normally as you would to anyone else in a regular conversation and adjust your tone as necessary for hearing impairments.

Someone experiencing ageism may have negative effects on their overall well being including increased symptoms of depression and anxiety.

There are a few things we can all do to help combat this issue. First and foremost is to recognize it and to create awareness to others.

Remember, we all benefit when older adults are engaged, remain as independent as possible, and continue to be included in all areas of their care. In the end we all want to be treated with respect no matter what age we are.

King Crossword

- ACROSS

1 Cuts off

5 Cookout, briefly

8 Gridlock sound

12 Jacob's brother

13 Actress Lucy

14 In — land

15 Goatee's spot

16 Here (Fr.)

17 Saharan

18 Submit

20 Give temporarily

22 Blue blood

26 Tour vehicles

29 Toe count

30 Actress Hagen

31 Sciences' partner

32 Auction signal

33 Urban haze

34 Vitamin stat

35 Architect I.M. —

36 Stinging insects

37 Administrative
- worker

40 Lean to one side

41 Redacted

45 Poker variety

47 — Victor

49 Art Deco master

50 Carton sealer

51 Texas tea

52 Albacore, e.g.

53 Cold War initials

54 '60s war zone

55 Once around the sun
- 8 Mel of many voices

9 Hearing aids?

10 Inventor Whitney

11 Knee protector

19 1040 org.

21 Many millennia

23 Unemotional

24 Perched on

25 Labels

26 Biting remark

27 Pakistani language

28 New companies

32 Uncharged particle

33 Full feeling

35 Crony

36 Bankroll

38 Duck down

39 Kingdom

42 Loyal

43 Sicilian spouter

44 Beloved

45 R-V link

46 Prof's helpers

48 Spy org.
- DOWN

1 Nobelist

2 Job-safety org.

3 Ache

4 Ice cream parlor orders

5 Russian pancakes

6 Pen name

7 Took part in a bee

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

This Month’s Crossword Puzzle

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

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

Volunteer Connect offers a variety of opportunities

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

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

- Quilters to create 'Busy Lap Blankets' for Duet residents, at their Winter Extravaganza.
- Knitter to create knit prayer shawls, hats mittens, for Duet residents.
- Volunteers to write greeting cards of encouragement to residents in skilled care assisted living facilities and Meal of Wheels recipients.
- Bellevue Senior Center is desperately looking for one/two Bingo Callers, Monday, Wednesday, and Friday 12:30 - 2:30 p.m. Volunteers for occasional assistance with Lunch service 11 a.m - 1 p.m.

- Fremont Area Habitat for Humanity construction projects and the Homestore.
- Siena Francis House, volunteers to assist with serving breakfast and lunch.
- Omaha EITC Coalition needs volunteers in various roles in advance financial empowerment.
- Tip Top Thrift Shop always needs



volunteers on Thursday, Friday, or Saturday from 10 a.m. to 1 p.m. or 1-4 p.m. Tip Top is located at 5910 Maple Street in downtown Benson. Volunteers will stock the shop and wait on customers.

- Volunteers Assisting Seniors VAS Volunteers are needed to provide nonbiased Medicare Counseling and Homestead Exemption Application Assistance through Volunteers Assisting Seniors. Free training is provided.

Flaherty Senior Consulting

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

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

Upcoming meeting dates and locations are:

- **Sept. 12, Nov. 14**
St. Vincent de Paul Church
14330 Eagle Run Dr.
- **Oct. 18, Dec. 13**
St. Timothy Lutheran Church
93rd and Dodge streets
- **Oct. 5, Dec. 7**
The Servite Center of Compassion
72nd St. and Ames Cr.
- **Sept. 23, Nov. 18**
Faith Westwood
United Methodist Church
4814 Oaks Ln.

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

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

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

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

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

Corrigan Senior Center

You're invited to visit the Corrigan Senior Center, 3819 X St. this month for a variety of activities.

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

On September 1, Corrigan will host a Labor Day Party @ 11 a.m. There will also be a Wear Your Favorite College Colors Day as well.

On September 12, Monthly breakfast event @ 9 a.m.
On September 21, Mega Bingo @ 12:30 p.m.
On September 25, Prize Bingo @ 12:30 p.m.
Bingo is played every Monday and Thursday at 12:30 p.m.

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

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

Call 402-731-7210 for more information.

Lifestyle Health Alliance

The Lifestyle Health Alliance is sponsoring a community event called *Healthy for a Lifetime* on Saturday, September 23 from 9 a.m. to 5 p.m. at the CHI Health Center Omaha, 455 N. 10th St.

Participants will have an opportunity to learn how to improve and maintain their health at all stages of life while avoiding or reversing chronic health conditions, such as heart disease, high blood pressure, and diabetes without drugs or surgery.

Guest speakers will include Milton Mills, Elizabeth Swenor, Koushik Reddy, Micah Yu, Ella Magers and Shane Martin, along with a food and cooking demonstration by Melissa Sherlock and Shane Martin.

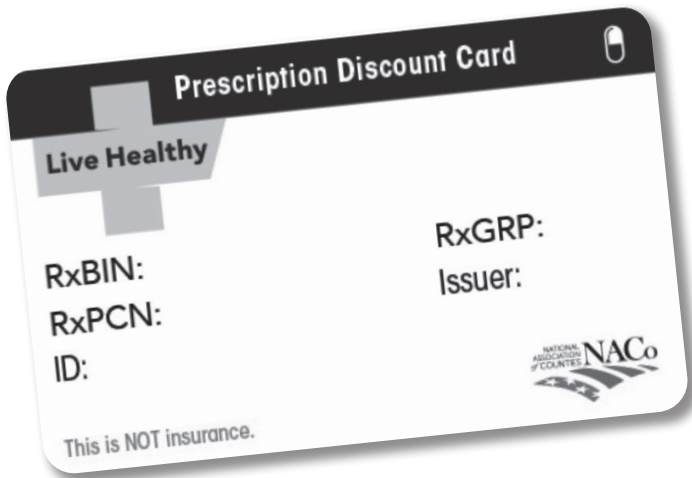
For more information, go to healthyforalifetime.org.

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For more information
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Discounts are only available at participating pharmacies.

Books boost brain power

When was the last time you experienced “being lost in a book,” the euphoria of being immersed in a new world? In reading, there are no beginners, amateurs or pros: whether your shelves at home are overflowing with novels, you’ve started a few audiobooks, or you haven’t picked up a book in years, anyone can enjoy a story at their own pace. And here’s the best part: when made into a consistent hobby, reading contributes to great health and uplifted well-being in many ways.

It may sound like fiction, but here are the facts:

When you read, your brain delights. According to Healthline, the way your brain functions while reading is like an exercise—so like lifting weights, the more you read, the stronger your brain gets. This exercise doesn’t just pay off while you’re deep in a book; reading enhances memory and hones decision-making skills, which makes reading the perfect hobby for older adults—or anyone—who wants to sharpen their cognition as they age. Books also aid in the relief of stress and depression. In fact, just 30 minutes of reading soothes any stress symptoms just as well as yoga or humor would.

When you listen, your mind opens. Don’t let anyone tell you “audiobooks are cheat-

ing,” or “you have to read a book to truly understand it,” because a study done by the Journal of Neuroscience concluded that listening to a novel versus reading one stimulate the same areas of the brain!

Audiobooks can improve literary skills, particularly in children and teenagers, but anyone is able to reap the rewarding benefits of amplified language comprehension and new vocabulary additions. Listening to audiobooks before bed can also improve your sleep, helping you nod off without the eye strain of reading from an e-reader.

When you focus, your world opens up. In short, reading boosts empathy, thus allowing you to better understand and relate to the people around you. The long answer: literacy has massive impacts on society, and enables people to resist and reduce inequalities, bring positive change to their and their children’s lives, and inspire them to take an active stance in their community. Reading a book about a topic that challenges you may grant you the ability to see things from a new perspective, and the more your own point of view expands, the more accepting our mind—and society—becomes.

This health tip is brought to you by Tabitha. To learn more, visit us at Tabitha.org or call 800-288-0147 | 308-389-6002.

Programs changing this month at AARP NE Information Center

By Tony Harris
AARP NE Information Center



In September, the AARP Information Center will be offering a program presented on Wednesday, September 20 at 1:30 p.m.

The topic will be about how Volunteers Assisting Seniors can help you during the 2023 Open Enrollment period. Volunteers Assisting Seniors are experts in the world of Medicare and Medicaid and Homestead Exemption. This seemed like a very much needed program to have before Open Enrollment Season begins in mid-October. The presenter will be Toni Roberts, Executive Director of Volunteers Assisting Seniors. This agency has specially trained staff and volunteers who know a great deal about these crucial topics.

You do not need to be a

member of AARP to attend the program – and there is no charge.

To register for this and other AARP Nebraska programs, please visit aarp.org/neevents.

Also in September, AARP Driver Safety will offer a class at the AARP Information Center. The class will be held on Thursday, September 21. The cost for AARP Members is \$20.00 and the cost for non-members is \$25.00. The class runs for 4 hours – from 10 a.m. – 2 p.m. Many insurance companies provide a discount on your vehicle insurance for completing the class. Check with your insurance carrier. To register for the September class, call 402-916-9309 or 402-210-3472.

The AARP NE Informa-

tion Center continues to provide a lending library with books of all kinds. They will gladly lend you a book or two and only ask that you return it upon reading.

The Information Center hosted an Omaha Advocacy Committee meeting in August, which was very well attended in-person as well as on Zoom. AARP is involved in advocating for seniors in many ways and follows the Legislature’s work carefully, supporting legislation that is of value to seniors. During this meeting, they received updates on various Legislative Resolutions that will take place over the fall before the next session begins in January.

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

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

Sokol Omaha Polka Hall of Fame induction ceremony scheduled

The Sokol Omaha Polka Hall of Fame will host its annual dance and induction ceremony on Sunday, Sept. 10 at The Admiral Theater, 13th and Martha streets. The doors will open at 2 p.m.

This year, Galen Beck, Jan Lhotak, Bill Scott, Leonard R. Siedlik (Lenny Rich), Bob Zyblut, Herman (Hermie) Franzlueb-

bers and Raynold Woita will be inducted.

Dance to the sounds of The Jim Kucera Band from from 3 to 5 p.m. The induction ceremony follows from 5 to 6:30 p.m.

Food and beverages will also be available.

For more information, please go online to www.sokolomahapolka.com.

ENOA is recruiting volunteers to become Ombudsman Advocates

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

ENOA’s Ombudsman advocates visit residents 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 advocates must complete 20 hours of initial classroom training and 18 hours per year after the first year to remain certified.

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

Before being assigned to a long-term care facility or an assisted living community, new volunteers will make four visits to a site with an experienced Ombudsman Advocate to learn more about what the program entails. After a three-month probationary period, the new volunteers are certified as Ombudsman Advocates. Certified Ombudsman Advocates will be assigned to a long-term care facility or an assisted living community where they’ll visit for two hours a week to meet with administrators, residents, and the residents’ family members to address concerns.

For more information about ENOA’s Long-term Care Ombudsman Program, please call Marsha Peters at 402-444-6536.

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.



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from a house fire

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a fire injury
is reported

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INSTALL SMOKE ALARMS.

MAKE A FIRE ESCAPE PLAN.

Thoughts on flu shot season, the new Covid booster, RSV vaccine and more

By David Kohll, Pharm.D

For the first time this fall, there will be three different vaccines against the biggest respiratory virus threats: A new Covid booster, the yearly flu shot and Respiratory Syncytial Virus (RSV) vaccines for older adults.

Americans are urged to get the vaccines ahead of what many believe could be an intense winter respiratory season, especially after several years of unpredictable

viral activity.

The updated Covid vaccine that will target the XBB virus variant has not been approved, but it is expected to be approved around mid-September. The manufacturers of the new covid booster that targets the XBB virus variant are Pfizer, Moderna and Novavax.

RSV, or respiratory syncytial virus, and flu usually spread between Halloween and the end of spring. Covid

cases and hospitalizations are already ticking up — well before a typical respiratory virus season.

According to the CDC, RSV hospitalizes are up to 160,000 people 65 and older each year, leading to up to 10,000 deaths.

Covid-related hospitalizations were up 12.5% over the past two weeks, according to the Centers for Disease Control and Prevention. A new Covid variant

called EG.5, a version of the once dominant XBB variant, is spreading in the U.S. It's still unknown whether EG.5 will be responsible for a Covid surge in the coming months.

Different from previous years, it's likely this year that just one Covid booster will be recommended through the season. It's hopeful that the new updated monovalent boosters that will become available will

retain good activity against that omicron subvariant.

Flu shots will also be recommended this fall, there seems to be a of cases of influenza in the Southern Hemisphere right now, which could be an indication of what's to come in our part of the world.

Last year, flu season peaked earlier than usual, then quickly fell.

Still, health experts urge people to get the shots when they're available and not worry too much about timing. Therefore, getting your new covid booter, RSV vaccination and influenza vaccination at the same time might be convenient in providing good protection against each of these viruses. Some people may even opt for the new pneumonia vaccine Prevnar 20 recently approved. There is not a contraindication to get all four of these vaccinations at the same time.

(David Kohll of Kohll's RX)

6 Vaccines Seniors Should Consider

Vaccines become particularly important during the elder years when risks to certain diseases climb higher.

For older patients in assisted living or those in larger, more populated care settings, vaccinations are even more important, as exposure risk to communicable diseases are higher.

As we age, the immune system declines in its ability to fight off infections, which makes seniors more vulnerable.

Seniors should consider these six important vaccines:

1. COVID-19 vaccine
2. Influenza (flu)a vaccine
3. Respiratory Syncytial Virus (RSV)
4. Pneumonia vaccine
5. Shingles vaccine
6. Tetanus and pertussis



Talk to your doctor or pharmacist who can assess your risk for diseases and help you to determine what is best for your preventive health.

To schedule an on site vaccination clinic for your workplace or facility contact:

Patrick S. Fahey, MBA, FACMPE

Corporate and ALF/ILF/DDO Vaccination Clinic Coordinator
Kohll's Rx | 12741 Q Street | Omaha, NE 68137
(M) 402-290-1628 | pfahey@Kohlls.com

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2915 Leavenworth, Omaha
5002 Dodge Street, Omaha
12741 Q Street, Millard
808 N. 27th Street, Lincoln
403 Main Street, Malvern, Iowa

Millard Senior Center

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

- **September 6:** Board Meeting @ 9:30 a.m.
- **September 11:** THEOS (To Help Each Other Socially) @ 12:30 p.m.
- **September 13:** Field Day @ 9:30 a.m.
- **September 13:** Making sundresses @ 9:30 a.m.
- **September 15:** Making Fall Center pieces
- **September 16:** Bring in Mexican Food to celebrate first day of Hispanic Heritage Month
- **September 18:** Starting on Monday's Spanish class @ 10:15 a.m.
- **September 20:** P.A.W.S will begin @ 10 a.m.
- **September 25:** Book Club, Ginny McBlaine is an author and will be talking to the book club @ 1 p.m.
- Tai Chi on Mondays and Fridays @ 9:30 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.

Fremont Friendship Center

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

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

- This month's activities will include:
- **September 4:** Closed for Labor Day
 - **September 6:** Music with Pam Kragt @ 10:30 a.m.
 - **September 6:** Craft Show Sign-Up begins
 - **September 7:** Nutrition Presentation with Mariah, from Nye @ 10 a.m.
 - **September 8:** Center is closed for ENOA WALK-A-THON

- **September 13:** Music with Billy Troy @ 10 a.m.
- **September 14:** Library Book Mobile @ 9:30 a.m.
- **September 14:** Sing-a-long with Jeanne @ 10 a.m.
- **September 18:** Computer Classes begin with Midland Students
- **September 20:** Merry Maker's Presents, Music with Kim Eames @ 10:30 a.m.
- **September 21:** "Lighthouse" Presentation w/ St. Croix Hospice @ 10 a.m.
- **September 26:** Board Meeting @ 1:30 p.m.
- **September 27:** Music with John Worsham @ 10:30 a.m.
- **September 28:** Health Care Panel: Question and Answer Time @ 10 a.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 reserve 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.

La Vista Senior Center

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

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

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

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

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

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

This Month's
Sudoku Answers

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

This Month's
Crossword Answers

Acknowledging Healthy Aging Month

Healthy Aging Month is observed during the month of September. This observance raises awareness on the physical and mental health of older adults and serves as a reminder that as we age, our minds and bodies change. It is important to maintain a healthy lifestyle to help deal with those changes and to help prevent some common age-related health problems.

You can take a proactive approach to aging by adopting healthy habits and behaviors, managing existing health conditions, and staying connected to your community.

Consider practicing the tips below to help you stay active and independent as you age.

• **Eat and Drink Healthy.** Dietary needs may change as you age. A healthy eating plan includes nutritious foods that are low in cholesterol, fat, and

artificial ingredients. You should also drink plenty of liquids, especially water, to stay hydrated. Eat nutrient dense foods like fruits, vegetables, whole grains, lean meats, and low-fat dairy products.

• **Move More, Sit Less.** Staying active can help you prevent, delay, and manage chronic diseases, improve balance and stamina, reduce the risk of falling, and improve brain health. Aim for moderate physical activity, like walking, at least 150 minutes a week and muscle strengthening activities, like carrying groceries, at least 2 days a week. Always consult with your doctor before starting a new exercise regimen.

• **Get Regular Check-ups.** It is vital to go to the doctor for regular health screenings for healthy aging. Regular checkups help doctors catch chronic diseases early and can help

patients reduce risk factors for disease, such as high blood pressure and cholesterol levels. In some cases, regular checkups have been linked to improved quality of life and feelings of well-

ness.

• **Be Aware of Changes in Brain Health.** Everyone's brain changes as they age, but dementia is not a normal part of aging. There are a variety of healthy behaviors that can be done to reduce age-related cognitive decline or manage dementia. Engaging in social and intellectually stimulating activities, getting enough sleep, and not smoking are a few actions you can take. See your doctor if you have questions about memory or brain health.

(Information provided by the United States Department of Homeland Security).

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ENOA

As birds migrate north in the spring, locals can take notes and follow along

By Ron Petersen

Looking for a fun hobby you can do anywhere, anytime, without spending much cash up front? You can't go wrong with birding, commonly known as bird watching.

"Bird watching gives you an opportunity to explore wonderful natural areas and it's an easy way to get exercise," Former Audubon Society of Omaha president, Bob Wells said. "Once you get into it, you won't be able to stop, plus it doesn't cost much at all."

Bird watching consists of seeking birds at different locations around town, doing the research and connecting with local birders.

"There are really good places in eastern Nebraska to go to, including Fontenelle Forest because it is very accessible," Wells said.

Fontenelle Forest, located in Bellevue, is one of Nebraska's oldest conservation organizations and one of the largest private nature centers in the nation.

Fontenelle Forest provides a place where people can experience and enjoy the quiet wild of nature through 2,100 acres of for-



LYNETTE HAHNE PHOTO

Birdwatching, or birding, is the observing of birds, either as a recreational activity or as a form of citizen science. A birdwatcher may observe by using their naked eye, by using a visual enhancement device like binoculars or a telescope, by listening for bird sounds, or by watching public webcams.

est, prairie and wetlands along the Missouri River in the geographically significant Loess Hills.

Fontenelle Forest is the perfect place to see hundreds of species of birds because birds are attracted to green spaces and water.

"Fontenelle Forest has everything you need, including a forested area and water," Wells said. "There

is also accessible trails that might only take you an hour to walk around."

If there is a green space around the area, that means there's a chance you could see different species of birds.

"Just take a look at Google Maps and look at all of the green spaces," Wells said. "You can see birds in the spring and fall when

they migrate."

There are many other locations around eastern Nebraska that attract hundreds of species of birds including Lake Flanagan, Zorinsky Lake, Standing Bear Lake, Chalco Hills Recreation Area, Pacific Preserve, Neale Woods, Boyer Chute National Wildlife Refuge and Heron Haven Nature Center.

"Heron Haven is a great place to watch the birds and various animals in nature," Heron Haven Nature Center treasurer, Sam Bennett said.

Bennett, who have been birding for years, said it can be tricky to find different species of birds, but the best bird watchers know every color and sound when it

comes to the birds.

"It's an adrenaline rush if you see a rare bird that shows up, which normally isn't in the area. Serious bird watchers will see up to 300 species of birds because they will travel around the state to see them," Bennett said. "You also get to connect with nature — I found the trails to help clear the mind and relax. It makes me feel calm."

If you or anyone you know who want to get into birding, visit the Audubon Society of Omaha or Fontenelle Forest website to get started. Audubon Society of Omaha or Fontenelle Forest will get you connected and they will also help you with other resources.

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"The only way you can learn about bird watching is by participating with others who are involved with bird watching," Wells said. "It's a pretty large community and it's a real active community."

Whatever your goal, you'll be rewarded by the sights and sounds of beautiful and interesting feathered creatures, especially come spring and fall. Even if it starts with acquiring a bird feeder.

"Buy bird feeders and good quality bird seed, then sit by the window. It's a really good way to get into it, but make sure you clean the bird feeders," Wells laughed.



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Intercultural Senior Center

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

The Intercultural Senior Center facility – open weekdays from 8 a.m. to 4:30 p.m. – offers programs and activities from 8 a.m. to 3 p.m. from Monday to Friday.

The ISC offers a light breakfast, lunch, crafts, health presentations, fitness, language classes, technology, book club, photography club, chair volleyball, gardening and more.

September marks the beginning of the Hispanic Heritage Month and the ISC Blooming Years dancers will perform on September 8 at 7 p.m. at Turner Park, during the Opera Outdoors event organized by Opera Omaha. The performance is free and open to the public.

Lunch reservations are due by 9 a.m. A voluntary contribution is suggested for the meal. Please call 402-444-6529 for reservations.

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

ISC's SAVE bus (Sustenance Assistance Vitality Engagement), can bring case management services to your doorstep.

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