



# New Horizons

Celebrating 50 Years

September 2025 | Vol. 50 | No. 9

## Peter Gros and Rae Wynn-Grant continue 'Wild Kingdom's' six-decade long legacy

By Leo Adam Biga

A staple of American reality television from the early 1960s through the 1980s, Mutual of Omaha's Wild Kingdom, helped put the insurance company and its home city on the map. It also helped inspire the small screen's subsequent nature and wildlife programs. Originally broadcast by NBC, the show went into prime time syndication. By the late '80s no new original episodes were produced though it lived on in reruns and via personal appearances by its hosts. New iterations of the show emerged in the early 2000s before the latest version, Mutual of Omaha's Wild Kingdom Protecting the Wild, launched in 2022.

The legacy, award-winning show grew out of a friendship between former Mutual chairman and CEO V.J. Skutt, a wildlife enthusiast, and St. Louis zoologist Marlin Perkins. That connection first resulted in the '50s reality series Zoo Parade, so it only made sense when Wild Kingdom was conceived Perkins became host. He was soon joined by fellow zoologist Jim Fowler. Setting it apart from the start was the fact its hosts and production team went out into the field to document animals in their natural habitat.



Perkins and Fowler traveled far and wide chronicling stories of wildlife, including endangered species, and efforts to protect and repopulate. In 1985 Perkins stepped aside and wildlife expert and educator Peter Gros teamed with Fowler for a few years before the show went into a long hiatus. After attempts to give it new life with different hosts, Mutual paired Gros with wildlife ecologist Dr. Rae Wynn-Grant for Protecting the Wild, whose third season on NBC debuts in October.

"I especially like the fact I'm a link between the early shows and

the more recent shows and personally have experienced the progress that has been made in so many locations with conservation," said Gros, who called the addition of Wynn-Grant "a real asset."

Gros recently returned to a frequent Wild Kingdom haunt, Australia. "We were there for two weeks straight filming in different locations koalas, platypus, cassowaries and sea turtles. What's really exciting is that in 1985 we filmed a Wild Kingdom show on the Great Barrier Reef about Loggerhead turtles and I was able to dive in the Great Barrier Reef again."

Just as Fowler was much younger than Perkins when he became the latter's wingman, Wynn-Grant is a Millennial and Gros a Baby Boomer. As a Black woman in a white, male-dominated space, she brings diversity and inclusion. Though not the first woman to serve as a Wild Kingdom host, she's the first person of color to do so.

"We complement each other very well," she said of their pairing. "I think having the two of us of different ages, generations, races, genders, backgrounds strengthens the show. It demonstrates ... that two people can be from totally different parts of life and be aligned and work together cooperatively for the common good, and have fun while doing it."

Said Gros, "What's most important about it is we're both on the same page, we both believe in the same things about conservation, wildlife education and affecting as many people as we can with knowledge."

### FOUNDATIONS

Both grew up watching Wild Kingdom and credit it with inspiring them. Gros enjoyed the New York Hudson Valley preserve his

--Wild Kingdom continued on page 9.



## Join, learn, capture today at the Omaha Camera Club

The Omaha Camera Club is an association of people who enjoy taking and making photographic images. The club has been around since 1925, and it is still going strong today. Learn more about the club on **Page 16**.

## Traveling by train can be easier than flying or driving cross-country

By Andy Bradley  
Contributing Writer

I've enjoyed rock and roll since I was a kid. No, not the music. Although I'm good with that. I'm referring to the rhythmic dancing, bouncing and weaving experienced when exploring America by train.

Omaha has offered cross-country train travel, more or less uninterrupted, since the late 1860s. In 1869, you could hop a Union

Pacific Overland Route passenger train down by the Missouri River and jostle along at 25 miles per hour all the way to California or Chicago. In 2025, you can do the same, only in more reliable, faster, smoother and air-conditioned comfort.

I've been a fan of rail travel since the first excursion with my mom on the California Zephyr between Chicago and Omaha in the late

1950s. That train still exists, although the National Passenger Railroad Corporation (i.e., AMTRAK) assumed control of its operation from private railroaders, including Burlington Northern, in the early 70s.

I humiliated my mother on that first journey. A friendly train conductor, simply making polite conversation, asked me how old I was. I answered

--AMTRAK continued on page 8.





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COURTESY PHOTO

**Peachy Keen, Pink and White Granvia strawflowers combine nicely, creating a colorful container garden.**

## Freshen up late season gardens and containers with strawflowers

By Melinda Myers

As summer is winding down and fall approaches, your thoughts may turn to mums, asters, and pansies. Consider changing things up this year by adding deer-resistant strawflowers to your late summer and fall containers and gardens.

Grow strawflowers (*Xerochrysum bracteatum* formerly *Bracteantha*) in full to part sun and moist well-drained soil. They are heat and cold tolerant, grown as annuals in most areas, and short-lived perennials in zones 8 to 10. You'll enjoy continuous blooming and visiting pollinators from spring through summer and into fall until frost. Plant some now to replace fading summer annuals, freshen up your late season garden or create fall containers. The range of flower colors makes them easy to include in your late season displays.

Plant strawflowers in the garden or a container with drainage holes and fill with a quality potting mix. Select a pot, at least 12" in diameter to avoid the plant becoming rootbound and drying out too quickly. Although the flowers look dry, the plants prefer moist well-drained soil. Check containers daily and water thoroughly as needed. Those growing in the garden should be watered thoroughly when the top few inches of soil are crumbly and moist.

Strawflowers unique blossoms look and feel dry to the touch, making them extra fun for kids to grow. This straw-like texture of the flowers inspired the common name. You may also hear them referred to as everlasting flowers since they don't wilt readily when picked and retain their shape and color for years once dried.

Granvias ([suntoryflowers.com](http://suntoryflowers.com)) are larger, vigorous plants with much bigger blooms than other strawflowers, making them excellent thrillers in containers and showy in the garden. You can find these supersized strawflowers in gold, pink, white, Crimson Sun, Harvest Orange, Peachy Keen and Orange Flame.

Set a pot of colorful strawflowers among

your pumpkins, ornamental squash and other fall décor. Combine them in containers and garden beds with other fall favorites like ornamental kale and cabbage, grasses, ornamental peppers, pansies, calibrachoas, and more.

Grow plenty so you'll have enough to enjoy as cut flowers and even more to dry for crafting wreaths, garland, flower spheres, and adding to dried arrangements. Harvest flowers when two to three layers of the petal-like bracts have unfolded but the center is still tightly closed. The flower will continue to open as it dries so waiting too long results in a more open bloom. Harvest regularly to encourage even more flowers.

Recut the stem at an angle and place the strawflower in fresh water and condition in a cool dark place for a few hours or overnight when using in fresh arrangements.

Hang the stems in bundles upside down in a warm dry place when preserving them dried. You may opt to remove the stem and replace it with florist wire if you plan on using the dried strawflowers in a wreath or an arrangement where a stem is needed. As the flower dries, it secures the wire in place. Remove the flowers from the stems once dried if you plan on using just the flowers in crafting projects.

Discover the beauty and many uses of strawflowers this fall. Then, plan on starting out next season growing even more to enjoy all season long.

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



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# Falls Prevention Awareness Week happens in September

For years, NCOA has been committed to changing the trajectory of falls-related injuries by helping older adults gain the confidence and skills needed to prevent a fall.

This continues to be a priority considering falls are the leading cause of fatal and non-fatal injuries among older adults, leading to serious injuries and increased risk of additional falls.

Every year we spearhead Falls Prevention Awareness Week, an awareness and activation campaign that reaches millions of people.

## FALLS PREVENTION AWARENESS WEEK IMPACT REPORT

The 16th Annual Falls Prevention Awareness Week was observed by 40 states and reached over 3 million people through education, falls risk screening, advocacy, digital, and traditional media.

NCOA encouraged state falls prevention coalitions and community organizations to engage with community partners in falls prevention activities.

Community partners include local libraries, senior centers, faith-based organizations, and other sites that are well-known by older adults.

They serve as delivery sites for evidence-based falls prevention programs and help connect older adults to other available services and resources to manage their fall risk factors, demonstrating that falls prevention is truly a team effort.

In 2023, more than 30,000 people completed the Falls Free CheckUp to assess their falls risk and get individualized advice on next steps to prevent falls.

Because low bone mass is common and can put people at higher risk for osteoporosis and falls, this year also marked a partnership with Amgen to study a new Bone Health Education program at senior centers across the country.

FPAW participants gave examples of partnerships that helped them reach more older adults with falls prevention education.

Those included senior centers, local park districts, fire rescue and local hospitals, places of worship, and nursing students.

This report also includes examples of falls prevention awareness activities that can be replicated for the next observance.

*(Information provided by The National Council on Aging).*

# Avoid conflict, rather than people

When people are at odds about beliefs, whether political, social or religious, gatherings of all sorts can be quite a challenge. Reunions of friends, club meetings or business gatherings and even family get can be difficult. I don't know anyone who is free from these conflicts.

Many of us handle this dilemma by simply avoiding certain people. This creates chasms that are even harder to bridge. Alternatively, we may not choose to avoid the people but rather avoid the topics that stir conflict. This can be awkward but may be necessary at times. Unfortunately, this strategy does not lead to stronger relationships.

Another approach, which I prefer, is one I learned when training to be a life coach. I learned about seeing others through a Green Lens. Maria Nemeth taught a framework to look at others in their wholeness with an assumption of each person's innate goodness. With the Green Lens we see others as whole persons who want to contribute to others, who have dreams and goals, and therefore are deserving of dignity and respect.

This requires that we look past the differences and flaws to see the true value of each person.

Of course, all people are not always living up to their

## Conscious Aging

By Nancy Hemesath

innate goodness, including ourselves. When people have suffered abuse or neglect, negative impulses often take over.

"Pain that is not transformed will surely be transmitted." (Richard Rohr).

This does not suggest that the essential goodness is supplanted. It is simply not visible at times.

While some personalities may be difficult because they are acting out of their pain, others may be sincerely following what they believe which is different from our own beliefs. Frequently this happens because people rely on different sources of information.

What if we focused our attention on the essential goodness of every person rather than our differences? When we assume the goodness of others, it is amazing how much we see! By cultivating attention to those parts of a person that are good, we quickly see how much we have in common. Instead of only seeing the person's politics or religious beliefs, we may see some one who cares for family, works hard at a job, volunteers time, has a good sense of humor, or is a good

neighbor.

When we engage with the positives we have in common, the differences start to matter less.

How we show up with others usually predetermines the outcome of the interaction. When we are focused on the good we have in common, relationships improve.

When we enter into conversation wanting 'fix' another's behavior or convince them of our point of view, we are not likely to build a strong positive relationship.

If we engage in our common hopes and dreams with respect, there may be a time when we can discuss the more difficult issues. The key to a positive outcome is to practice seeing through the Green Lens into the goodness of the other's heart. It takes practice but is a skill we can develop.

*(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.)*

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# New Horizons

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# Older adults are frequent cyber targets

By Kelly C. Bourne

The FBI’s Internet Crime Complaint Center (IC3) has collected complaints about fraud and other crimes, including cyber-related crimes, for 25 years. The group publishes an annual report showing crime-related statistics and trends at <https://www.ic3.gov/AnnualReport/Reports>.

The 2024 IC3 report paints a distressing picture for citizens who are 60 years and older. One page shows complaints broken down by age groups.

Of 542,703 incidents reported to the IC3, 27% (147,127) were reported by someone 60 or older.

When viewed by dollars lost, the impact on older people is even more pronounced.

Of roughly \$11.5 billion lost to criminals, \$4.8 billion or 41.9% was lost by someone 60 years or older.

The exact number of incidents and dollars stolen will never be known because many victims don’t report incidents to authorities. The FBI estimates that only about 10% of events are reported to them.

Victims don’t report their losses for many reasons, including:

- Embarrassment prevents some victims from reporting scams to authorities or even telling family members that they’ve been victimized.

No one should feel embarrassment or shame because they were the target of professional criminals.

- Fear of retaliation if they report the crimes. The reality is that most cyber criminals live in foreign countries and have little ability to retaliate against victims that contact authorities.

- Victims aren’t aware that authorities collect these statistics. There are several government agencies that collect details on cyber-crimes and scams.

Among these agencies are the FBI’s Internet Crime Complaint Center ([www.ic3.gov](http://www.ic3.gov)), the Federal Trade Commission (ReportFraud.[ftc.gov](http://ftc.gov)) and the Cybersecurity and Infrastructure Security Agency ([myservices.cis.gov/irf](http://myservices.cis.gov/irf)).

- Many victims don’t realize that reporting their crime helps authorities. Reporting incidents to local and/or federal authorities provides

them with information about patterns of new and existing scams and attacks. Your assistance may help others from becoming victims.

## WHY ARE OLDER PEOPLE THE VICTIMS OF SO MUCH CYBERCRIME?

- They’re perceived by criminals as having significant assets including homes, savings, retirement funds and pensions. In some cases, this is correct, but it’s also true that older people with relatively little money also get scammed.

- Numerous studies have shown that as we age, we become more trusting.

Trusting one another is generally good for society but can put older individuals at a greater risk of being scammed.

- Older people are perceived as being less technically savvy than their children and grandchildren. This isn’t always true, but all age groups need to become more knowledgeable about protecting themselves online.

- Some older adults are (or feel) isolated. They use online social interactions to reduce feelings of loneliness. Unfortunately, scam artists are aware of this tendency and are eager to exploit it.

- As we age our eyesight and hearing aren’t as acute as when we were young.

This can lead to not understanding what’s being said on phone calls or not being able to read warnings that are displayed in very small print.

These issues can cause us to miss potential warnings signs of scams.

## SOME OF THE MOST COMMON THREATS FOR OLDER MEMBERS OF SOCIETY ARE DESCRIBED HERE

- Phishing scams use emails or texts to trick people into revealing personal information.

- Identity Theft

- Grandparent scams impersonate family members claiming that they are in trouble. They claim money is needed immediately to pay for bail or a fine.

- Financial services scams convince victims to invest in opportunities that will likely cost the victims everything they invest.

- Government impersonation scams try to convince people that they are about to be arrested unless they pay a fine or fee immediately.

- Romance scams are when a scammer pretends to develop a close relationship with the victim. Ultimately the crook will ask the victim for gifts or loans.

Cryptocurrency-related complaints were also described in the IC3 report. Cryptocurrency is involved in cybercrime in several ways. The crime can be an investment scam where the victim is convinced to invest in cryptocurrency.

For many kinds of crimes, the victim is coerced into using cryptocurrency as a method of transferring money to the criminals.

Criminals like to be paid in crypto because it’s fast and provides anonymity. The proliferation of crypto ATM machines means that one is nearby for almost everyone. Examples of when criminals want to be paid in cryptocurrency include:

- Extortion
- Tech Support Scams
- Employment scams
- Romance scams
- Government impersonation scams

- Lottery or sweepstakes scams

Steps that older citizens can take to protect themselves include:

- Be skeptical of all phone calls, texts and emails. Be

aware that criminals can “spoof”, i.e. disguise the true source of phone calls, emails and text.

Just because an email says it’s from your bank, Amazon or the IRS doesn’t mean it’s true.

- Educate themselves about technology and scams. There are many free resources to learn more about scams and cybersecurity.

The AARP (American Association of Retired People) Fraud Watch Network offers free resources including a help line, videos, discussion groups and alerts. Other sources include CISA (Cybersecurity & Infrastructure Security Agency), the FTC (Federal Trade Commission), the FBI, the Department of Justice and the Department of Health and Human Services.

- Protect themselves and their accounts by picking stronger passwords, not reusing passwords and setting up multi-factor authentication (MFA) on all accounts.

- Recognize red flags like the following:

- Unsolicited contacts. The IRS, Microsoft and Amazon aren’t going to contact you out of the blue.

- An extreme sense of urgency. Scammers know they are more likely to succeed if they scare their victims by saying something needs to be done immediately.

- Unusual payment methods like gift cards, cryptocurrency, wire transfers and money orders.

- Requests for personal information, especially details that a legitimate organization would already have. Never give out your social security number, bank account numbers, PINs or passwords.

If you feel you’re the victim of cybercrime you should take the following steps:

- Contact your bank and credit card company to prevent additional losses.

- Report all incidents of cybercrime to the FBI IC3.

- Communicate openly with family members about the situation.

- Warn your friends about new scams.

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



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# Senior Center of the Month: Adams Park

By Ron Petersen

Adams Park Senior Center located at 3230 John Creighton Blvd is this month's Senior Center of the Month.

Adams Park Senior Center manager Leo-la Jones has been a manager at the center for 19 years. Jones said that they have a close-knit group of people, and she also noted that it's a place for people to come and go.

"The people make the center great," Jones said.



Adams Park hosts plenty of activities including bingo, pickleball, dominoes and they even have sun rise walks.

While they have plenty of opportunities for activities, they are always looking for more participation.

"We want to do something that the men would want to do with the women," Jones said. "Maybe more walking in the morning."

For more information about the center, please reach out to Jones at 402-444-3237. Located at 3230 John Creighton Blvd., Adams Park is open on Monday, Wednesday and Fridays from 10 a.m. to 3 p.m.

## Programs changing this month at AARP NE Information Center

By Tony Harris  
AARP NE Information Center

Each fall, Medicare gives beneficiaries a golden opportunity: The chance to review and update their coverage during the Open Enrollment period. Yet, many people skip this step—missing out on potential savings and better benefits.

That's why the AARP Nebraska Information Center is hosting a free, in-person program to help you make informed decisions about your Medicare coverage for 2026.

On September 17 at 1:30 p.m., anyone is invited

**AARP**

to attend the AARP Nebraska Information Center's monthly program, where the Representatives from Volunteers Assisting Seniors will explain what's new this year, why reviewing your prescription drug plan is so important, and how to protect yourself from the latest Medicare scams and fraud.

Refreshments will be served, and all are welcome.

Located at 1941 S 42nd St. in suite 220, 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.

### 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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### 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:

- **September 3:** Center Closed for Field Day @ 8:30 a.m.
- **September 12:** Entertainment with Mark Sanford, compliments of Merrymakers @ 11:45 a.m.
- **September 18:** Jackpot Bingo @ 12:15 p.m.
- **September 19:** Center Closed for Walkathon @ 8:30 a.m.
- **September 24:** Craft Day @ 12:30 p.m.
- **September 30:** Team Trivia Challenge @ 12 p.m.

Every Monday – Card Game: Manipulation @ 10 a.m.  
Every Monday – Pickleball @ 10 a.m.  
Every Monday and Friday – Bingocize @ 10 a.m.  
Every Tuesday, Wednesday and Thursday – Kings in the Corner @ 10 a.m.  
Every Wednesday – Chair Volleyball @ 10 a.m.  
Everyday – Card Games @ 10 a.m.  
Grab N Go meals are available.

For more information, contact Barb at 402-444-3091 or [barbara.white@cityofomaha.org](mailto:barbara.white@cityofomaha.org).

### Fontenelle Forest

Celebrate 25 years of community, discovery, and growth at the Katherine and Fred Buffett Forest Learning Center on September 18 from 6-9 p.m. Challenge yourself at nature trivia, encounter raptors and critters up close, bid on exclusive silent auction packages, and unwind with a handcrafted cocktail as you stroll along the serene boardwalk.

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Janet Berry-Johnson

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Constance Rogers

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**\$5**  
Elaine Barnhouse

# Intercultural Senior Center receives Girl Scout cookies



NEW HORIZONS PHOTOS

The DLA (Dual Language Academy) Girl Scout Troop 48353 delivered extra donated boxes of cookies to participants at the Intercultural Senior Center in August. The DLA Girl Scout Troop have been delivering cookies over the last several weeks.



## 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. Join their language classes, technology, jewelry and crafts, and field trip options.

Lunch reservations are due by 9 a.m. A voluntary contribution is suggested for the meal.

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

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

## 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.



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Lincoln

402.802.3301

4230 Pioneer Woods Dr, Suite B Lincoln, NE 68506



Fremont Friendship Center

You'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:

- **September 3:** Music with Julie Couch @ 10:30 a.m.
  - **September 4:** Mobile Library @ 9:30 a.m.
  - **September 4:** Nye Presentation @ 10 a.m.
  - **September 10:** Music with the Links @ 10 a.m.
  - **September 11:** Fremont Police Dept. presentation @ 10 a.m.
  - **September 17:** Music with the Arthrighteous Brothers @ 10 a.m.
  - **September 18:** Early Bird Bingo followed by music with Ben Tomasello @ 9:30 a.m.
  - **September 19:** ENOA Walk-a-thon
  - **September 23:** Board Meeting @ 1:30 p.m.
  - **September 24:** Music with Billy Troy @ 10 a.m.
  - **September 26:** Wheel of Fortune @ 10:30 a.m.
  - **September 30:** Senior Health Hair @ 10 a.m.
- Craft class on Tuesday afternoons @ 1:30 p.m.  
Tai Chi offered every Tuesday and Friday from 9:15-10 a.m.

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

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

Millard Senior Center

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

- **September 1:** Closed for Labor Day
  - **September 3:** Center Closed for Field Day @ 8:30 a.m.
  - **September 4:** Board Meeting @ 9:45 a.m.
  - **September 5:** UNMC students visiting @ 9 a.m.
  - **September 5, 12, 19 & 16:** Sports Swag Day
  - **September 8:** Bunco @ 12:15 p.m.
  - **September 10:** Sewing Club meet to make sun dresses and shorts at home that are donated and distributed to several countries @ 9:30 a.m.
  - **September 19:** ENOA Walk-a-thon
  - **September 22:** Book Club @ 1 p.m.
  - **September 29:** Decorating for Halloween @ 8:30 a.m.
- Karen Robards @ 1 p.m.  
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.

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

Arts and crafts will be held on the third Wednesday of each month. They also provide health and nutrition programs.

For more information, please call Colleen Metz @ 402-444-6333.



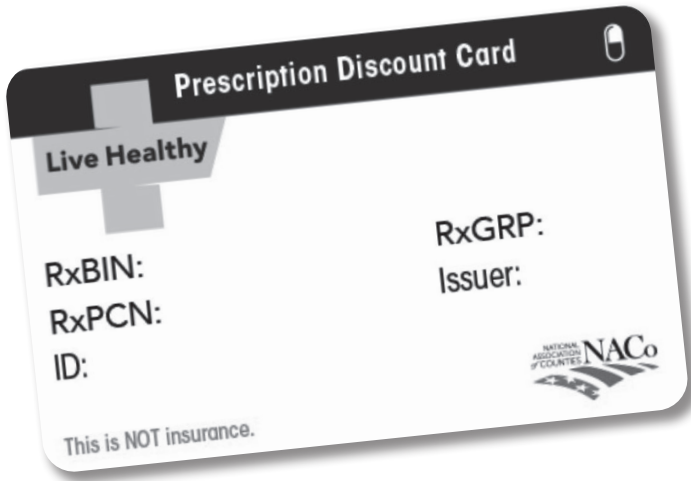
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or visit

**nacorx.org**

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--AMTRAK continued from page 1.

naively, “I’m ten at home, but eight on the train.” My mom had prepped me well to hide my real age to take advantage of lower children’s rates, but admitting my real age wasn’t part of that preparation.

I’ve probably traveled by train several dozen times through the years, including lengthy three-day excursions to the San Francisco Bay area. We’ve also ridden from Orlando to Washington D.C., New York City to Washington, D.C., Kansas City to Los Angeles, Los Angeles to San Francisco, Kansas City to St. Louis, Chicago to Minneapolis and Omaha to Denver. Despite the demise of passenger trains in the 1960s, AMTRAK still offers comfortable trains to these and 500 other cities, large and small. Nebraska cities served, in addition to Omaha, include Lincoln, Hastings, Holdrege and McCook.

Recently, my wife, Jenny, and I boarded the Eastbound AMTRAK at 5 a.m. for Chicago, returning via the westbound AMTRAK five days later. The modest station is at 7th and Pacific Streets, adjacent to the former stately Burlington Station, now home to KETV Channel 7.

AMTRAK is a pleasant and inexpensive way (if traveling by coach) to see the USA. Generally, trains glide right into downtown stations, offer wonderful vistas of the countryside, comfortable seating, and satisfactory food and drink (including alcohol) in the dining and lounge cars.

There are significant drawbacks, however, and first-timers should be forewarned. First, consider yourself lucky if your train is progressing on time. The Zephyr, now the only passenger train that serves Omaha



COURTESY PHOTO

**The lounge car on the California Zephyr features wrap-around glass panels for exceptional 360-degree vistas, especially popular during the slow and winding cruise through the Rockies.**

(once daily in each direction), has about a 50 percent on-time record. Delays can extend from a few minutes to many hours. So, if you need to be somewhere at a specified time, schedule your train ride for the day before.

Second, the rock and roll mentioned above is real. Jostling can be soothing, even fun, like acting the part of a drunken sailor, but can be hazardous as well when walking between cars and can interfere with sound sleep for overnight journeys.

Finally, enjoying breakfast, lunch and dinner in the dining car can be a special experience. We found the flat iron steak dinner on our return trip to be especially flavorful as we enjoyed the passing scenery of the Iowa cornfields and rolling hills. But this is communal dining. Each table is set for four, and, when

traveling solo or as a couple, one never knows with whom you will be seated (an experience we actually enjoy.)

The eastbound train arrived more-or-less on time at 2:30 p.m. in Chicago, about a nine-hour journey. The train heads south through Bellevue and Plattsmouth, where it crosses the Missouri. It generally follows U.S. Hwy. 34 through southern Iowa and Illinois, with brief stops to pick up or drop off a dozen or so passengers in Creston, Osceola, Ottumwa, Mt. Pleasant, Burlington, Galesburg and Princeton (note the absence of larger cities like Des Moines, Iowa City and Davenport.)

A few hours after lunch in the diner, the train races through western suburbs before slowing to a crawl as it guides carefully into Union Station in downtown Chicago.

The arrival via a dark underground passageway and detraining was as chaotic and noisy as I remember it as a kid on our first family vacation to Chicago. As many as 300 passengers are detraining and making their way to the station along the raised concrete platform with luggage in tow. Along the way, sounds of beeping red cab carts and servicing equipment mix with deafening engine noises from the still idling Zephyr, as if exhaling from its nearly 2,500-mile cross-country trek. Other trains positioned on adjoining tracks are revving up in anticipation of their late afternoon departures to destinations unknown, perhaps to New Orleans, Los Angeles or New York City. I remember being thrilled with these intoxicating sights and sounds as a kid, and still enjoy them to this day.

Our return trip was highlighted by our brief stay in the private, quiet and comfortable Metropolitan Lounge in Union Station, reserved for sleeping car passengers as they wait for the “all aboard!” announcement for their train.

We normally don’t have the wherewithal to afford a bedroom on board, but AMTRAK now offers an upgrade option where coach pas-

sengers can bid for unused first-class accommodations (not unlike the seat upgrade option offered by Southwest Airlines). Our minimum bid was accepted both ways, so for a couple hundred extra bucks round trip, we enjoyed complimentary meals in the diner, free alcohol and soft drinks, and spacious private seating for two, which folds into a bunk bed for night travel.

We also enjoyed a personal concierge (otherwise known as a car attendant), who helped us on and off the train and would provide a form of room service if we chose not to eat in the diner.

We left Chicago on-time at 2 p.m. and pulled into Omaha exactly on time at 11 p.m.

Our train coasted at the federally-mandated speed limit of 79 mph along most of the route, which made sailing past small towns and cars along Highway 34 feel almost like a thrill ride. (Imagine if these long-distance routes actually had 100 mph-plus high-speed rail, like most trains in Europe, Japan, or even the Northeast corridor between D.C. and Boston.)

Delays are frequent and unpredictable. A few days after our on-time pre-midnight arrival in Omaha, the westbound CZ didn’t limp into Omaha until after sunrise. Late arriving trains can be caused by slow freight traffic using the same tracks, equipment malfunctions, inclement weather, and even crossing accidents. Less than a week after our trip, the speeding Zephyr rammed and killed a bicyclist at 33rd and Cornhusker Hwy. in Lincoln, causing a three-hour delay.

In addition to possible (probable?) delays, AMTRAK travel can be a bit more daunting for those with mobility issues. (Consider the rocking and rolling identified above.) Most seats and bedrooms are on the second floor of these handsome bi-level trains, which require navigating up and down a narrow staircase. However, when requested, seating is available downstairs and travel attendants, known as red caps, can whisk you in their carts from the station to your assigned car (not unlike sky-caps in airports). Car attendants can assist from there, including positioning wheelchair ramps to bridge the gap from the platform to the train car.

Despite its drawbacks, AMTRAK can be a reasonable alternative for seniors who want to avoid the hustle and bustle of modern airports, long and pricy commuter transport from hotels to city centers, and the nerve-racking, white-knuckle hassle of high-speed interstate driving.

Instead, it can be refreshing to see the country up close and personal (the route through Colorado traverses some of the most spectacular scenery anywhere), while meeting a few new friends along the way. So, whether you’re cruising to Chicago, or all the way to the San Francisco Bay area, or places large and small in between, consider AMTRAK for your next excursion.

“All aboard!”

9<sup>th</sup> ANNUAL



SEPTEMBER 19, 2025

CELEBRATE OLDER NEBRASKANS

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LIFESTYLE EXPO

HEALTH INFORMATION

FOOD AND DRINK

WHISPERING ROOTS FARM STAND

Exclusive Baskets day of the Walk-a-thon!

Don't miss your chance to grab one-of-a-kind baskets, available only at the event. Must be present to win!

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 19 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.

Whispering Roots will have a Farm Stand and Farmer's Market vouchers will be accepted.

Register NOW \$5 per person/if pre-registered before September 19, 2025, \$10 day of walkathon.

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

STEP OUT FOR SENIORS WALKATHON

2025

BENSON PARK

7028 Military Avenue | Omaha, NE

Friday, September 19, 2025

@ 9:00 am

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

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*--Wild Kingdom continued from page 1.*

forester grandfather cared for – 3,600 acres of trees and wildlife, including deer, ducks and geese they raised and in some cases released. He sampled college before becoming a ski and sailing bum. He got a rude awakening when the military draft landed him in Vietnam. Back home he worked as an oil field roustabout. Thinking it was time to settle down he nearly took a sales job before a friend invited him to consider working at the Marine World/Africa USA theme park.

“I was pretty much hard-wired by then knowing I wanted to pursue a career in wildlife and conservation, and the opportunity was there,” he recalled. “I would be the first one there in the morning and the last one to leave at night. I completed my certification there and then almost immediately after graduating went to work for Resorts International in their division with free roaming animal displays. It worked out very well.”

Mentors played a big role in advancing his career.

“I was so lucky to have veterinarians from UC Davis, San Diego Zoo and San Francisco Zoo take me under their wings and let me work alongside them to learn the medical and science side of the business as well as the free roaming animal display and behavioral side of the business. Once I joined the American Zoo Association as a professional fellow I pursued my education learning about the breeding of endangered species and the Survival Species Program. That really opened more doors for me.”

His “single biggest break” came with his design of an exotic display of land animals in a park with waterways. “My idea was to cage the people in a large Colorado river raft and turn the animals loose on islands. It was a fairly unique concept. My team and I were able to make it a very comfortable free roaming display which became a successful location for animals, some endangered, to reproduce. The public learned through a lecture tour from the raft about conservation issues in preserving wildlife.”

One display featured the world’s largest liter of tigers. That distinction earned an invite on The Tonight Show Starring Johnny Carson. Also guesting that night was Fowler, who recruited Gros to join Wild Kingdom. A few weeks later Gros



*COURTESY PHOTO*  
**Wild Kingdom adventures have taken Peter Gros around the world (Africa, the Amazon, Siberia, China).**

found himself knee deep in the Louisiana Bayou to film his first segment.

Decades after Gros established himself in the field and became a familiar face to viewers of Wild Kingdom, Wynn-Grant grew up a fan of the show in her native California. Unlike Gros, who came of age in the great outdoors, Wynn-Grant was a city girl. Even so, she dreamed of being a wildlife TV host.

“Almost all of my upbringing was in urban spaces and although my family traveled a lot, we traveled to urban places. I have never gone hiking or camping or fishing or to a national park or any of those things with my family. So I was about 20 when I had my first deeply immersive experience in nature. I think this part of my story is extremely important because I want kids to know that you don’t have to have experience with something to love it. I knew I loved nature and wildlife before I experienced nature and wildlife.”

It wasn’t until college she discovered she could combine her passion for nature with a science communication degree. Her work as a wildlife ecologist brought her to East Central Africa. She later developed the Going Wild podcast, which she also hosts. In 2024 she published her memoir, *Wild Life*.

A sense of wanderlust that asserted itself early on in life has served her well.

“Even when I was a teenager and much too young to travel the world by myself, it’s what I wanted to do. I never, ever, in my whole life felt worried about going anywhere alone, no matter how distant or remote. It’s always been in me. Now the pace of travel with Wild Kingdom is very rapid. That’s taken getting used to.”

Before ever joining the Wild Kingdom family she researched mountain lions, grizzly bears, black bears, lions and lemurs. She became a research fellow with

the National Geographic Society and research faculty member at the University of California-Santa Barbara.

“How incredible it is to have wished and dreamed of such a gigantic life and career goal and to have it now. If I could have made myself a wildlife show host all by myself, I would have done that decades ago. But I was given this opportunity by Mutual of Omaha.”

**REPRESENTATION**

So when the Mutual team tasked with reviving Wild Kingdom went looking for someone who checked the science, communication and diversity boxes, she said, “They found me and I couldn’t be more grateful.”

While she’s felt supported on her journey she’s also encountered pushback related to gender and race.

“Fortunately I’ve gotten nothing but support from everyone in my life about my career choice. I think I was especially supported since I went about ... investing in a scholarly science education. It gave me a lot to fall back on. But I also faced some challenges with isolation, racism and social difficulty of being one of few, if any, Black women in the spaces.”

She advocates having more representation in the areas she’s professionally involved in.

“It’s very important to me to include and engage the Black community in conservation science and the natural sciences. I believe there are so many Black children in America who do not know they want to be scientists because they don’t have experience in science and don’t see enough Black representation. I was one of those kids. I knew I wanted to be a nature show host, but I didn’t actually believe it was possible. There was only one kind of nature show host for the two decades I was growing up, and it sent a clear message that it would never be me.

With America’s need for more young people studying STEM and preparing for careers in science, she supports efforts to build interest and ease barriers to entry. “I think education is a wonderful way into a STEM career – it’s what worked for me. But I also believe we should do more to empower folks to realize there are many pathways into a STEM career, and some of them don’t include formal education. I want people, especially Black folks to realize that whatever their natural

strengths are can make them eligible to make major contributions in STEM.”

**EDUCATION**

She appreciates the forum the iconic show provides to be an ambassador for wildlife conservation. “I am so proud of Wild Kingdom because it has been nothing but a positive, educational program for over 60 years,” she said. “It never became sloppy or compromised and I’d argue that today it’s stronger than ever. I have been asked to host reality shows that have an adventure aspect to them but I’ve always declined. In my heart I was holding out for a show with dignity. To be included as a co-host for Wild Kingdom is the biggest honor for that very reason.”

Said Gros, “I love sharing the knowledge I have learned over the years.” He does that not only through the show but via speaking engagements. He’s impressed by how informed today’s audiences are. “The questions are very deep and the persons asking them have done a lot of research. I think this generation is much more educated about the importance of wildlife conservation.”

Kingdom’s relevance is brought home to him, he said, every time the show features “species once on the brink of extinction now making a comeback due to man’s interventions.” Added Gros, “We are creating hope, we’re letting our viewers see that what seemed liked a hopeless situation for some species in the past are now recovering.”

Like Wynn-Grant he believes youth engagement is key. “The earlier we connect young people with the natural world I think the more they’re going to be interested in knowing what they can do to save it as they get older.” He led an expedition of American school kids to study the Peruvian rainforest.

The pair applaud the educational programming and research at centers like Omaha’s Henry Doorly Zoo & Aquarium, where each has visited.

“The conservation work being done behind the scenes at the Omaha zoo is out of this world,” said Wynn-Grant, who said it contains “some of the most impressive laboratories and conservation spaces I’ve ever seen.” She came there earlier this year for a Wild Kingdom segment on the zoo’s work with Puerto

Rican crested toads. The show filmed a team that re-introduced the toads to their native habitat.

**LOOKING BACK AND AHEAD**

In step with the late Fowler and Perkins, Gros is having too much fun to consider retiring even though he’s in his 70s. “Jim Fowler was still working, doing shows in his 80s and so was Marlin Perkins,” said Gros. “There’s still pretty much nothing I’ve done throughout my career that I can’t continue to do.” That includes diving in Australia reattaching reefs and crawling down a bat cave in Puerto Rico where snakes hang from limbs and catch the bats flying out. “I still have a long road ahead of me to continue to help educate people through our show.”

Besides, he’s reluctant to give up a gig this good. “I consider myself one of the most fortunate people in the world to have this job. I’m fortunate, too, that I love what I do, that I have had the health to continue to do it for a very long time, and to share the legacy Mutual of Omaha started in the 1960s.”

Wynn-Grant’s scientific background lends itself to her doing laboratory scenes but she roughs it sometimes, too, such as a recent tree climbing scene she did in the rainforests of Puerto Rico.

Gros’ career has spanned the show’s transition from film and analog to video and digital technology. Producers are mindful of leaving as little footprint as possible on the natural habitats cast and crew visit. He said it’s easier being less intrusive now “with the use of long lenses, heat sensing cameras and drones,” all of which allow for “capturing wildlife behavior in a very natural and undisturbed state.”

Perhaps the biggest thrill for the show’s hosts and makers is learning of its enduring impact. Just like it did Gros and Wynn-Grant, it’s inspired others to dedicate their lives to the natural sciences and wildlife conservation.

“When we’re filming and meeting young biologists and scientists on location one of the first things out of their mouths is, ‘I used to watch Wild Kingdom and it made me want to pursue my career.’ We hear that so often. There’s nothing we’d rather hear than we’ve affected people’s career decision to help save wildlife.”





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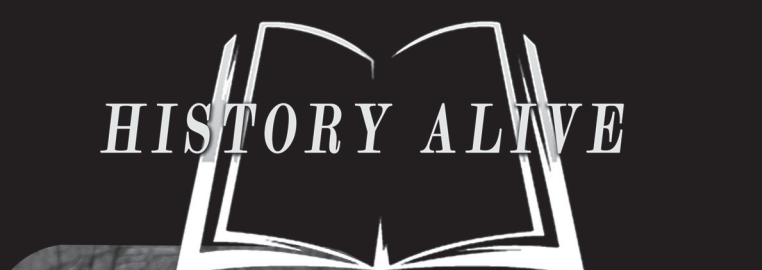
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# Walking for good health

Sure, you know that “Walking is good for you.” But what does that really mean? The research is in, and some of the benefits of walking might surprise you.

Start taking steps to move more and reap the harvest of good health that a consistent effort to walk more will bring you. Great news. Whether you break your walking into several shorter events across the day or love to take a long walk on a longer pier, moving more can have great impact on your overall health.

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**Weight Management:** Combined with healthy eating, physical activity is key to any plan for long-lasting weight control. Keeping your weight within healthy limits can lower your risks of type 2 diabetes, heart disease, stroke, cancer, sleep apnea, and osteoarthritis.

**Control Blood Pressure:**

Physical activity strengthens the heart so it can pump more blood with less effort and with less pressure on the arteries. Staying fit is just as effective as some medications in keeping down blood pressure levels.

**Decrease Risk of Heart Attack:** Exercise such as brisk walking for three hours a week — or just half an hour a day — is associated with a 30% to 40% lower risk of heart disease in women.

**Boost “Healthy” Cholesterol:** The level of high-density lipoproteins (HDL). Physical activity helps reduce low-density lipoproteins (LDL or “lousy” cholesterol) in the blood, which can cause plaque buildup along the artery walls — a major cause of heart attacks and strokes.

**Lower Stroke Risk:** Regular, moderate exercise equivalent to brisk walking for an hour a day, five days

a week, can cut the risk of stroke in half, according to a Harvard study.

**Reduce Risk of Breast Cancer & Type 2 Diabetes:** People at high risk of diabetes cut their risk in half by combining consistent exercise like walking with lower fat intake and a 5% to 7% weight loss.

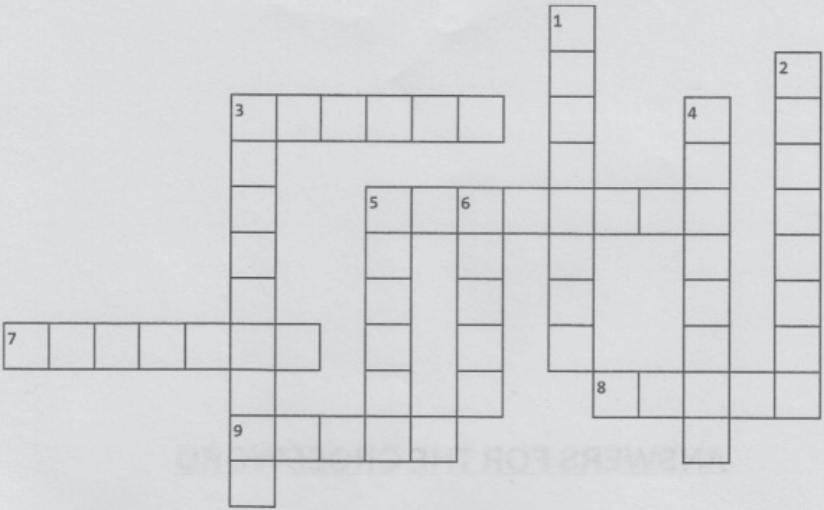
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*Submitted by Karen Rehm, worksite wellness specialist. To contact Karen at 402-483-1077 or send an email to krehm36@gmail.com.*

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

## Caregiver Crossword



### Across

3. card game where players try to avoid certain cards to keep their score low

5. word game using tiles with letters placed on board to form words

7. game with rectangular tiles marked with dots to be matched end to end

8. board game where players move pieces around the board sending players back home

9. Two-player strategy game involving kings, queens and pawns

### Down

1. card game with a unique scoring board, often played with 2 players

2. real estate game where players buy and trade properties and charge rent

3. children's game where players jump on numbered squares on the ground

4. game jumping over pieces, often played on red and black board

5. card game often played in teams of two, with a trump suit

6. Two player card game where players try to form sets and runs of cards


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.




Taking a look back at an old New Horizons newspapers: September



### Shirley's Carefree Tours®

#### THE PERSONAL TOUCH

A SPECIAL MESSAGE FROM SHIRLEY: "When I plan a tour I have one important thing in mind — That is to give A GOOD VALUE TOUR and that you will have the opportunity to see everything in the area we are touring. By having PLANNED MEALS, I have the control of time and we can do and see more. The restaurants I choose have been classified as small excursions within themselves."



I will continue doing cruises and tours to Hawaii. (See Tour Numbers 19 and 20 BELOW).

Shirley's Carefree Tours, will be a private enterprise completely owned and directed by me. Shirley's Carefree Tours, with the **Personal Touch**, will still be **One of a Kind Tour** complete with all expenses including transportation, first class accommodations, sight-seeing, tips, baggage handling, and **almost all of the meals**. The 1980 tour schedule is designed for the enjoyment of all age groups, young and the young of heart, single men or women and couples. There is something about coach travel that helps strangers to become friends and very often remain friends long after the vacation ends.

**PER PERSON RATES SHOWN BELOW. RATES ON TOURS OF 2 DAYS OR MORE ARE PER PERSON, DOUBLE OCCUPANCY.**

13. **DES MOINES AND ELK HORN, IOWA...**Sept. 18...Salisbury House, Governor's Mansion, State Capitol, Historical Building. World's only operative Danish Windmill, Danish smorgasbord dinner. **ALL MEALS. \$38.00**

14. **KANSAS CITY, MISSOURI...**Oct. 2...Crown Center and Country Club Plaza, Unity Church home of lifesize carving of THE LAST SUPPER by Domenic Zappia. Completely narrated. Al Stephenson's Apple-Farm Restaurant, Swiss Chalet Restaurant at St. Joseph, Mo. for dinner on return trip. \$39.00

15. **AMANA COLONIES...**October 10...Guided tour of the Seven Villages, Factories, Winery, Amana Society Farm Museum, Woolen Mill Store, General Store, Meat Market, The Clock Factory, Dinner at the DUGOUT owned by Bill Zuber who was a famous pitcher in Major Leagues. \$44.00

17. **FLORIDA...**Nov. 13-18...(Six days)—The same tour I did last year. Fly Via Eastern Airlines and see Florida by Motorcoach — Miami to Ft. Meyers, 3-hour Everglades Jungle Cruise — Tampa — Busch Gardens — Cypress Gardens — Orlando, Florida — Sea World — Kennedy Space Center and Walt Disney World. **TOTAL OF 14 MEALS INCLUDING A LUAU.** Land portion \$394.00 plus lowest available airfare. Includes all admissions and sight-seeing. "SUPER-SAVER-PLANE TICKETS STILL AVAILABLE."

19. **CARIBBEAN CRUISE ON THE S.S. VOLENDAM...**Holland America Cruise, Inc. January 2, 1981 — January 11, 1981. (9 days) Antigua (St. Johns), Santa Domingo, St. Maarten (Philipsburg) and St. Thomas (Charlotte). Delux cabins, All Meals included. Different show every night. (No tipping please!) Guaranteed price.

20. **HAWAII...**March 9 to 19, 1981. Hawaiian tour operator — "Trade Winds Of Hawaii". Round trip Via United Airlines — Polynesian Cultural Center, **ALL ADMISSIONS — SIGHTSEEING — DELUXE ACCOMMODATIONS — MOST MEALS.** Islands visited — HILO, KONA, MAUI AND HONOLULU.

Allied Tour and Travel Licensed Broker M C-12881

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I have circled numbers for itinerary on Tours that I wish to receive.

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COURTESY PHOTO

In 1980, the New Horizons started to run a monthly message from Shirley. Shirley discussed the best ways to travel and what to look forward to when doing a cruise or a tour. It was also during this time, when Andy Bradley took over as the editor of the New Horizons.

The beauty and comfort of autumn

By Lois Jordan

As the days grow shorter and the air turns crisp, autumn arrives with its familiar warmth and charm. Trees transform into a spectacular display of gold, red, and orange, reminding us of the beauty in change. Nowhere are the changes in the season more evident, beautiful, and heart-warming than in the Midwest. A simple walk outdoors becomes a treat for the senses – crunching leaves underfoot, the scent of woodsmoke in the air, and the gentle chill that invites a cozy sweater or blanket.

Autumn is also a season of comfort. Many of us have fond memories of family traditions: raking leaves into piles, carving pumpkins, watching football, or gathering around the table for warm soups and fresh-baked pies.

This is the time to bring out favorite recipes, savor a cup of hot cider, and share

stories with friends and loved ones.

For individuals in retirement, autumn can be a season of reflection and connection. It's an excellent time to write letters, call old friends, or try a new hobby like painting the colorful landscapes outside your window. Community events, like fall festivals, craft fairs, and football parties, offer opportunities to enjoy the season and meet new people.

As autumn reminds us, every season of life has its own unique beauty. So take a moment to step outside, breathe in the crisp air, and let the season's colors and comforts bring a smile to your day.

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

King Crossword

- ACROSS**

1 Screen star Lamarr

5 Abrupt turn

8 Wild party

12 Half a sextet

13 Equi-

14 Tennis great Arthur

15 Crystal-tapping sound

16 Solicit

18 Funnel-shaped bloom

20 Herrings' cousins

21 Squealer

22 Chemical suffix

23 Montana city

26 Scare badly

30 Buckeyes' sch.

31 Tibetan bovine

32 "Ulalume" writer

33 Dress store section

36 Broadway duds

38 Cat doc

39 Life story

40 Madonna role

43 "Cutie," e.g.

47 Peevish

49 Actor Jannings

50 "No —!" ("Sure thing!")

51 Quibble

52 Sandwich option

53 "Auld Lang —"

54 Away from SSW

55 Ladies of Spain (Abbr.)

11 Coop group

17 "— It Romantic?"

19 Scot's refusal

22 "A spider!"

23 Jazzy style

24 Exploit

25 Boy king

26 Mas' mates

27 Wall St. debut

28 Dandy guy

29 "You bet!"

31 However

34 ICU hookup

35 Pond duck

36 In shape

37 Hermits

39 Davis of "Jezebel"

40 Actor Omar

41 Quite

42 Lay — the line

43 Nabokov novel

44 Love god

45 "— 18" (Uris novel)

46 Right angles

48 Raggedy doll
- DOWN**

1 URL opener

2 Toledo's lake

3 Force

4 Dairy case buy

5 "Hush!"

6 On the Aegean, say

7 Inherited

8 Tub user

9 China setting

10 Not barefoot

1	2	3	4		5	6	7		8	9	10	11
12					13				14			
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This Month's Crossword Puzzle

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

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



# Shopping around for a Medigap policy

Did you know that you can shop for a Medicare Supplement/Medigap policy any time of the year and possibly get a better price?

You might be thinking, “But my policy with XYZ company has paid for everything and I’ve never had a problem.” Yes, and that’s exactly how ALL Medigap policies work!

Medigap policies are standardized and must follow federal and state laws designed to protect you. These plans are named by letters, such as F, G or N. All plans with the same letter offer the same basic benefits, no matter which company you buy the policy from. The only difference is price.

For example, when you have a Medigap Plan G, your claim goes to Medicare, Medicare determines if it’s a covered service and what they’ll pay. Medicare pays 80% of the approved amount, and your Medigap plan pays 20%, after you’ve paid your \$257 annual deductible. That’s it. The insurance company doesn’t decide what’s covered, Medicare does.

The cost of Medigap policies can vary widely depending on the insurance company, the plan, and where you live. So, should

you just choose the cheapest option? Not necessarily.

When shopping for a Medigap policy, work with an experienced and independent agent to consider the company’s

- Number of years they’ve offered this plan in your state
- Number of lives on this plan
- History of price increases
- Loss ratio. The minimum required loss ratio for Medicare Supplement is 65%, but you’ll see most companies in the 75-95% range.

### **GUARANTEED ISSUE**

In some cases, an insurance company must sell you a Medigap, even if you have health issues. You’re guaranteed the right to buy a Medigap policy when:

- You’re in your Medigap Open Enrollment Period (Turning 65)
  - You’re Medicare eligible and you’ve lost group health coverage
  - If your Medicare Advantage plan leaves the market
  - If you qualified for Medicare Advantage “Trial Right” and wish to return to Original Medicare
- If you buy a Medigap



policy when you have a guaranteed issue right, the insurance company must cover all your pre-existing health conditions without a waiting period.

### **SWITCHING MEDIGAP POLICIES**

Outside of these periods, you can still apply to change Medigap policies, but you’ll go through underwriting and could be denied based on your health history. So why do people switch? Usually, to save money.

A common misconception is that people think they got a price increase because they used their plan. Price hikes are typically due to rising costs and aging policyholders in the company’s risk pool.

Plan F has the second largest share of Medigap enrollment, covering 36% of Medigap policyholders. Plan F can no longer be sold to new beneficiaries who turned 65 on or after

January 1, 2020 due to a change in law (Plan C also is no longer available as of that date because it also covered the Part B deductible).

In 2025, the Part B deductible is \$257. Most folks on Plan F are going to be paying far more than \$257 annually in premiums to avoid paying that deductible. So, if you think you can pass underwriting, it’s a good idea to see if you can save money with Plan G or Plan N. “But my policy with XYZ company has paid for everything and I’ve never had a problem.” Yes, and that’s exactly how ALL Medigap policies work! (Have you heard this somewhere before?) The only difference is price.

Plan G is the most popular Medigap policy, accounting for 39% of all policyholders, Plan G is the most comprehensive policy available to new policyholders, covering the Part A deductible and all cost sharing for Part A and B covered services, but not the Part B deductible.

Plan N has the third largest share of Medigap enrollment, but at a much smaller percentage, only 10%. Plan N is similar to Plan G, except that there are Part B copayments for some office visits and some emergency room visits, and it does not cover Part B excess charges.

If the amount a doctor or other health care provider is legally permitted to charge is higher than the Medicare approved amount, the difference is called the excess charge. The excess charges are currently capped at \$20 for a doctor visit and \$50 for a visit to the emergency room. Certain services may result in higher out-of-pocket costs. Plan N would also be subject to excess charges from providers who do not accept Medicare. This means you may face an additional charge of up to 15% more than the Medicare-approved charge. Depending on what part of the country you live in, Oncologists, Endocrinologists, Pain Management Docs, Ophthalmologists, Psychotherapists, and Physical Therapy are all providers that tend to charge the extra 15%, which can be many thousands of dollars annually.

### **ANOTHER OPTION:**

### **INNOVATIVE PLAN G**

A popular alternative for those who want to keep their lifetime of premium increases in check is the Innovative Plan G. This plan is currently offered by only one company.

It acts like a High-Deductible Plan G the first 3 calendar years with lower premiums and then converts to a Plan G at the 1st of the 3rd calendar year. But all future price increases are based on that lower rate. As an added safety measure, the Deductible Discount Rider can be removed from the policy at any time prior to the deductible elimination date. (Effective the 1st of the following month.) At that time the benefits will be that of Plan G at the current Plan G premium.

### **THINKING OF SHOPPING FOR A NEW POLICY?**

It’s smart to check prices if:

- You’re on a Plan F and in good health
- Your current insurer has had large price increases
- You want to avoid being in a closed risk pool

Just keep in mind that underwriting applies unless you qualify for guaranteed issue. The carrier will run a prescription drug and health data check before approving your application.

### **A WORD OF CAUTION**

Recently, two companies, Ace and Allstate, announced that they are exiting the Medigap market. If you’re already with either of them, you can keep your policy, but your risk pool is now closed. This could mean higher rate increases down the road.

*Mary Hiatt is a Retirement & Insurance Advisor and President of Mary the Medicare Lady (A non-government entity.) She is Certified in Long Term Care Programs, Policies, & Partnerships and Annuities. She offers Educational Workshops on Medicare, Long Term Care and more at no charge. She works with reputable estate planning Attorneys to help her clients get Medicaid. 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.*



## 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  
Long-Term Care  
Ombudsman Program





# A look at grandparents: Why we love them today

Whether they go by the traditional Grandpa or Grammy, or something more trendy like Gigi or Popci, becoming a grandparent is a joyful milestone for many older adults.

The American Grandparents Association says that 43% of grandparents move into the role in their 50s, while 37% get started in their 40s. In fact, you might be surprised to hear the average age of American grandparents is 48.

From providing financial to emotional support to social interactions across the miles and down the street, grandparents are contributing in big and small ways – and they cherish the opportunity to do it all. An AARP survey says that 73% of grandparents enjoy their role and rate their performance as high (in 2011, that number was 63%).

### ANYONE CAN BE A GRANDPARENT

Before we talk more about all those contributions, let’s be clear: you don’t have to wait until your child has a child of their own to become a grandparent.

Adoptive grandparents are grandparents too. And even if you don’t have any children at all – biological or adopted – you can be an honorary grandparent.

You can step in for the young family next door who just moved 500 miles away from their extended family.

You can step in for the college students at church or the local food pantry where you volunteer, providing hugs or a listening ear or a home-cooked meal (no one’s ever too old to love the sunshine, stories, and strength a grandparent role

model offers).

If you enjoy the little ones, see if a local church, school, or daycare center needs part-time workers or volunteers. Love being a mentor to the younger generations? Consider becoming a foster grandparent through this AmeriCorps program.

### BEING A GRANDPARENT IS GOOD FOR YOUR HEALTH

One of the best things about grandparent relationships is that the benefits go both ways. Most kids – and kids at heart – love having a grandparent in their life just as much as grandparents love being in theirs, and this has increased life expectancy overall.

Modern grandparents now have the opportunity to build relationships for a longer time because of this boost in longevity. That means being a grandparent looks like everything from gaming together over a distance or sitting on the sidelines at soccer, to babysitting for Mom & Dad’s date night or serving as primary caregiver (about 32.7% of grandparents living with their grandchildren under the age of 18 were responsible for their care, says the US Census Bureau).

It might drain their time and bank accounts more than fill them, but value isn’t always measured in time or money:

- Among households 1 to 5 miles apart, Cornell researchers say, grandparents gave 186 hours of help and \$800 of financial support on average, while receiving 104 hours and \$500.
- According to a survey conducted by The Senior List, grandparents reported

spending nearly \$4,000 a year on their grandchildren, and 10% reported spending more than \$10,000.

• Another finding from the same survey said 63% of grandparents make monetary sacrifices for the happiness of their grandchildren, while 26% opt to live more conservatively so they can help support their grandchildren.

### WELCOME TO THE NEW GENERATION OF GRANDPARENTING

Embracing culture, celebrating heritage, and accepting identities: in addition to living longer, and giving more time and treasure, today’s grandparents are rolling with societal changes while maintaining connections to their own family’s history.

According to AARP, one-third of grandparents surveyed have grandchildren of a different race or ethnicity than their own – and they believe that teaching an appreciation of their cultural backgrounds is a beautiful thing. In fact, 7 in 10 grandparents actively encourage the grandchildren who have a different heritage to learn about it.

Today’s grandparents are inclusive too: Many are willing to embrace their grandchildren’s different sexualities, with a majority saying they’d support an LGBT grandchild – compared to grandparents of previous generations.

*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.*

## Don’t sail with these scammers

Cybercriminals are targeting travelers by using online advertisements as part of a scam, also known as “malvertising”. If you book an ocean cruise and have questions about your reservation, you probably search Google to find a customer service phone number. The top search result is a sponsored Google Ad that appears legitimate, and even contains a phone number.

If you call the number in

the ad, you are connected to an “agent” who claims to have found a much cheaper deal for your trip. They offer to cancel and rebook it at the lower rate, but they will need your credit card number to secure the deal for you. However, this person doesn’t work for the cruise line. The ad is fake, and the number you called connects you to a cybercriminal. They don’t actually want to help you with your travel

plans, but they do want to steal your credit card number and money.

Beware of big discounts or prices that are suspiciously low. If a deal seems too good to be true, it probably is. Remember that anyone can purchase Google Ads, including cybercriminals. Just because an ad looks official doesn’t mean it’s safe to click.

For more information, visit KnowBe4.com.

## 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 edben-nett@unmc.edu or 402-559-5732 to find out more about respite services and to locate resources in your area.



As a Seniors Real Estate Specialist®

Are you seeking senior living options, but not sure where to begin?

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Jan Nicola | 402-720-5413 SRES

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American Red Cross

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Or visit  
redcross.org/smokealarmNE  
redcross.org/smokealarmIA



To help reduce the number of home fire-related injuries and fatalities, the American Red cross, will be installing free smoke alarms to those who register.

### FIRE FACTS

2 MINUTES  
to get out  
of your house

7 TIMES A DAY  
someone dies  
from a house fire

EVERY 40 MINUTES  
a fire injury  
is reported

PROTECT YOUR LOVED ONES.

INSTALL SMOKE ALARMS.

MAKE A FIRE ESCAPE PLAN.



# The importance of sleep hygiene for older adults

Here’s a not-so-funny irony of aging: As we get older, we have more time to sleep but more trouble sleeping. In fact, many seniors struggle to get a decent night’s sleep. The reasons include insomnia, sleep apnea, and other sleep disorders in older adults. And don’t forget frequent trips to the bathroom.

Older adults may no longer sleep like babies, but they still need as much sleep as other adults — that’s 7-9 hours per night. Let’s look at how sleep patterns change with age.

### SENIOR SLEEP PATTERNS

Older adults have different sleep patterns than other

people. People in their 60s and beyond tend to:

- Sleep less, often just 6½ to 7 hours per night
- Have a harder time falling asleep
- Wake up 3-4 times a night, on average
- Spend less time in deep sleep (which helps you feel refreshed in the morning)

On top of all that, our circadian clocks – which control when we get sleepy –shift as we age. That’s why older adults are often up at dawn and ready for bed an hour or two before twenty-something adults.

### WHY SLEEP MATTERS

Sleep is one of the most important things you can do each day, along with eat-

ing right and getting plenty of exercise. While you’re asleep, your body goes to work to repair itself and prepare for the day ahead.

Here are a few ways good sleep improves senior health:

- Your cardiovascular system slows down. That reduces the risk of heart problems.
- Your pancreas regulates your blood sugar better. That reduces the risk of type 2 diabetes.
- Your brain makes new neural connections. That helps you learn better and form long-term memories.
- Your body produces proteins called cytokines. That helps you fight infections.
- Your body produces a natural appetite suppressor called leptin. That can help you avoid overeating during the day.

And, of course, you don’t wake up grumpy.

### TIPS FOR BETTER SLEEP IN SENIORS

Fortunately, there are ways to improve sleep quality among seniors. The trick is to improve sleep hygiene,

which includes both where you sleep and how you behave.

Let’s start with your sleep environment. People tend to sleep best in a dark, cool room. In fact, experts recommend a bedroom temperature of 65-68 degrees fahrenheit. A cooler temperature signals to your body that it’s time to sleep. Also, a cooler temperature encourages more deep sleep.

Whether the room is quiet or not is up to you. Some people prefer total quiet, but others do better with “white noise” from a sound machine.

What about your mattress? Research shows that a medium-firm mattress works well, especially if you suffer from low back pain.

Just as important as your sleep environment is your behavior before you go to bed. Try these proven tips:

- Stick to a regular bedtime.
- Avoid late-afternoon naps.
- Skip the caffeine in the afternoon and evening.

• Don’t smoke or vape — period.

• Avoid large meals and alcohol late in the evening.

• Get plenty of exercise, but not late in the day.

• Keep TVs, computers, and mobile devices out of the bedroom.

• Wind down before bed. Take a bath, listen to relaxing music, or read a book (but maybe not a heart-pounding thriller!).

If nothing is working for you, don’t lie in bed and worry. Instead, get up, do something relaxing, and try again later.

An occasional bad night is normal. If you often have trouble sleeping, talk with your ArchWell Health provider. As an expert in senior healthcare, he or she can help you figure out what’s wrong and how to fix it.

*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.*



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from 1:00-3:00pm

**September Activities:** **3rd-** Picture Memory; **5th-** History Trivia & ice cream; **8th-** Speaker & Bingo; **10th-** Make wall décor; **12th-** Canvas Art; **15th-** Play Scrabble; **17th-** Paint a Paris scene; **19th-** Guest Speaker; **22nd-** Speaker & Bingo; **24th-** Play Jeopardy; **26th-** Make greeting cards; **29th-** Play a group game

**Beautiful Savior Senior Activity Center**  
**7706 S. 96th St. La Vista, NE 68128**

Have questions? Contact Dawna Nikiema,  
Beautiful Savior’s Senior Activity Center Director,  
at 402.331.7376 or [sac@bslcomaha.org](mailto:sac@bslcomaha.org).

# Find support during blood cancer awareness month

Close your eyes. Think of 1.6 million people. It’s hard, right?

1.6 million would fill every seat in approximately twenty-five pro football stadiums. An average city bus would have to make 27,000 trips to transport them all.

And that’s how many people are currently living with or in remission from blood cancers in the United States—1.6 million of our children, parents, grandparents, siblings, friends, and neighbors.

This Blood Cancer Awareness Month, we honor them—and all those caring for, raising funds for, advocating for, and researching for them. It all adds up to change the course of healthcare and the future of the diseases. It’s a vision that fuels all those who support, donate, and fundraise for research, patient support and resources, and healthcare advocacy.

It’s both a beacon of hope and a rallying cry to bring people together in pursuit of this ambitious goal.

With the support of generous donors and volunteers, we’ve made massive strides.

But the reality is that the number of new patients continues to grow—an average of 189,589 new cases of blood cancer were diagnosed in the US each year from 2015 to 2019.

That’s a new blood cancer diagnosis approximately every three minutes.

The staggering number of new diagnoses is a stark reminder that there’s still work to be done.

Patients and survivors: Learn more about our personalized support. If you or a loved one are facing blood cancer, remember that you are not alone.

Personalized support from highly trained oncology social workers and nurses, who assist through treatment, social challenges, and connection to financial assistance. Whether you have questions about treatment options, managing side effects, or simply need someone to talk to, our team of compassionate oncology professionals is just a call or click away.

One on one consultations with registered dietitians, who provide oncology nutrition education. Eating well

helps people with cancer feel better, stay stronger, and better tolerate the side effects of treatment. Good nutrition also helps the body replace blood cells and healthy tissues that are damaged as a result of cancer treatment.

Assistance from Clinical Trial Oncology Nurses, who guide patients through the entire clinical trial process.

Clinical trials can be the best options for some patients and pave the way for groundbreaking discoveries that can change the course of blood cancer treatment.

A variety of additional resources. From emotional support to practical guidance, we’re dedicated to helping you lead a full life beyond your diagnosis.

During Blood Cancer Awareness Month in September, you can organize or participate in various fundraising activities to support research and provide assistance to those affected by blood cancers.

*(Information provided by The Leukemia & Lymphoma Society).*







**Music makes life more fun!**

Studies show learning an instrument **reduces stress** and **increases happiness**. If you’ve been looking to try something new and invigorating that’s good for you, here’s your sign — take up an instrument and enroll in lessons at the Omaha Conservatory today!

**SIGN UP AT OMAHACM.ORG** @omacconservatory | 402.932.4978



SCAN THE CODE TO SIGN UP!



Flaherty Senior Consulting

Join Flaherty Senior Consulting for a series of Solutions Group gatherings that will address the questions and challenges caregivers face.

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

Upcoming meeting dates and locations are:

- Sept. 9, Nov. 11  
St. Vincent de Paul Church  
14330 Eagle Run Dr.
- Sept. 27, Nov. 29  
Faith Westwood  
United Methodist Church  
4814 Oaks Ln.
- Oct. 2, Dec. 4  
The Servite Center of Compassion  
72nd St. and Ames Cr.
- 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.

Creighton Research Study

The School of Pharmacy and Health Professions at Creighton University is conducting a research study, is looking for older adults with sarcopenia.

The goal of this research study is to provide evidence for the use of internal and external cues to optimize resistance training within rehabilitation.

This study requires three in-person visits at Creighton University. Sessions will last 1.5-2 hours each and each session will be separated by seven days.

You may qualify if you are 60-95 years of age, are physically independent and if you have reduced muscle mass.

You should not be in this study if you have known neurological, circulatory, or edema pathology. Or if you have had a lower extremity injury or surgical intervention within the last six months, if you have participated in a structured resistance training program within the last 12 months or if you have severe cognitive impairment.

If you are interested, please call Rashelle Hoffman at 402-280-569 or email movecoglab@creighton.edu.

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.

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

This Month's  
Sudoku Answers

H	E	D	Y		Z	A	G		B	A	S	H
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This Month's  
Crossword Answers

Books can 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.

When you listen, your mind opens. Don’t let anyone tell you “audiobooks are cheating,” 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. Next time you open a book, remember the gifts you’re giving yourself: A sharpened mind, better understanding skills, better sleep and perhaps even a better life. That’s truly something to celebrate.

*This health tip is brought to you by Tabitha.*

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# Older adults look through the lens at the Omaha Camera Club

By Ron Petersen

Being a photographer is more than just a hobby, it's about seeing the world in a way that other people don't and being able to show the world how you see it.

People around Omaha do this and get to compare pictures with each other through the Omaha Camera Club.

"There's so many different areas of photography you can improve in," Omaha Camera Club President, Steve Walling said. "We are here to help you improve in the hobby."

In 1925, the Omaha Cam-

era Club was formed to promote the art and technique of photography and at the end of its first year, the club had about 100 members.

In the early years of the Omaha Camera Club, the club members took many field trips.

Some of these trips were to Blair, Fremont, Lincoln, and Nebraska City. The club also had annual picnics with their families and club members.

The founding members had a simple objective – to bring a few co-workers together and talk cameras for an hour or so. The Club met at the Willa Cather Library



COURTESY PHOTO  
Steve Walling, the Omaha Camera Club President, is among 64 photographers who travel around the state to capture unbelievable images.

and by the end of 1925, members were meeting

regularly and entering prints in monthly competitions.

These days, the Omaha Camera Club meet twice a month at the Nebraska Methodist College, which includes a competition where photographers get to have their photos judged for awards and then the club has a learning program from expert guest speakers outside the club.

"We have friendly competitions within the club," Walling said. "There is a lot of great photos from around the state of Nebraska."

The Club provides an informal, friendly, and supportive environment for

photographers at all levels of experience and with interests in all types of photographic imagery.

The club offers a means for members to develop and improve their photographic skills, to share ideas and knowledge, and to promote an interest in photography throughout the community through exhibitions and public events.

To be a part of the club, you need to become a member.

"It's a great place for people to get together and enjoy the passion of photography," Walling said. "The great part about the club is when we go over photographs and get critiques from others. We have a lot of people that can show you things when it comes to taking a photo or making a photo better. We are there to help give advice to help improve photography. We also introduce you to a different genre of photography like wildlife, light painting, landscape and more."

Most of the members are older adults, but the Omaha Camera Club is always looking for more people to join.

"We are looking for more members that enjoy photography – when I became the president in 2023, we were at around 50 members, but now we have 64 members," Walling said. "If you are passionate about photography or would like to be with a group of people that are willing to help you in your journey, then this is the perfect place for you."

The Omaha Camera Club will celebrate 100 years of continuous service to the community this year on September 12 at Hot Shops Art Center, with an open house where people can meet the club members, as well as view award-winning photography from current and former members.

"It seems almost surreal to imagine that this club has endured throughout the last 100 years," Walling said. "I guess it shows the passion that still exists in those of us that see this form of art as still exciting and innovative, as it most surely was 100 years ago."

For more information about the Omaha Camera Club, visit their website at [omahacameraclub.net](http://omahacameraclub.net).



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