



A publication of the
Eastern Nebraska
Office on Aging

PSRST STD
U.S. POSTAGE
PAID
OMAHA NE
PERMIT NO. 389

May 2023 | Vol. 48 | No. 5

New Horizons

Hal France's life in music, arts, education still evolving

By Leo Adam Biga

Omaha music man Hal France has enjoyed a long romance with the city's opera, symphony, musical theater and broader arts-culture communities.

It may surprise some that as late as age 19, athletics, not music, captured his heart. He studied piano as a child, but by high school chose football and basketball over music. He even worked construction to improve his physical strength. This, despite growing up in "a very musical family" back East. Both parents performed. His father played various instruments. His mother sang. If not for "an epiphany" that turned him back towards music, he might not have pursued a conducting career, much less come to Nebraska.

Once settled here, he's taken his career in new directions and found a new life partner in Nebraska Commission on Indian Affairs executive director Judi gaiashkibos, whose family he now calls his own.

The New Jersey native is an ardent proponent of the talent found in Nebraska.

"It's been a very nurturing envi-



JIM SCHOLZ PHOTO

ronment for some pretty exceptional talent," France said, referring to Nebraskans who've gone on to fame in music, theater, dance, film, television.

If you know his name, it's likely from his decade (1995-2005) as Opera Omaha artistic director or four years (2008-2012) as Kaneko's founding executive director. Since 2019 he's been an instructor of

musical theater at the University of Nebraska at Omaha, where he's coordinator of the UNO Summer Musical Theatre Academy launched last year. When not building UNO's musical theater program from scratch, he still conducts, including Opera Omaha's staging of *Sweeney Todd* in 2022 and a run of *Showboats* for opera companies from coast to coast.

"I've had some satisfying experiences being more of a builder than a performer of things," he said. "That's probably one of the ways my evolution will continue."

His UNO association goes back years before his current duties, to adjunct instructor in its School of Music. Indeed, his relationship with Omaha dates to 1985, when he began guest conducting for Opera Omaha and other opera companies.

"It was great to be able to go back home to make my debut with the New York City Opera. I was there a number of seasons. That was an exciting time."

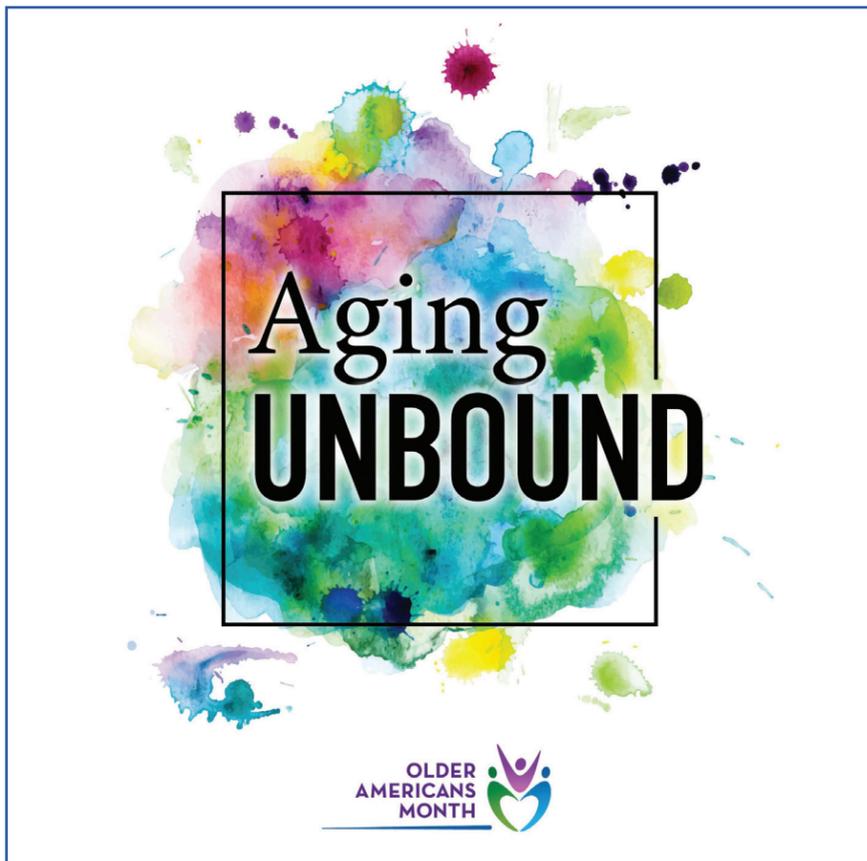
CONVERSION

None of it may have happened if France did not get interested in the anti-Vietnam War movement, which led him back to music, first as a fledgling folkie performing protest songs, then as a classical pianist.

The real aha moment came when, he recalled, "A piano teacher told me, 'You are musical. Not everyone is. You have something to offer.' It wasn't intended to tell me there was

--France continued on page 8.

Older Americans Month



--See more on page 2 & 16.

Bowlers in their 90s have stamina to spare

By Ron Petersen

Like most other bowlers, Gus Boukal aims to keep his ball out of the gutter. But the 95-year-old also must worry about keeping his balance and sustaining stamina while bowling every week.

"I used to bowl twice a week for nearly 30 years but then I got too old," Boukal said. "Bowling keeps you in shape and it's good exercise. You also make a lot of friends and it's a lot of fun."

Gus Boukal is one of the six 90-year-old bowlers who bowl in the "Wins and Losses" bowling league held at Omaha's Mockingbird Lanes, 4870 S. 96th Street. The Tuesday and Thursday league features bowlers who are 90 and over, 32 bowlers who are 80 and older along with an additional 40 bowlers in their 70s.

"It's a great league and it keeps me busy," 90-year-old Jean Jenkins said.

For the past 34 weeks, the bowling center's 32 lanes was used by teams of hand clapping, palm whacking, overjoyed older adults who had a great season.

"Bowling here has been great for exercise and it's a fun thing to do," 92-year-old Duane Siedschlag said. "A lot of these people have been bowling here forever."

Ben Letak, a 91-year-old retired postal clerk, enjoys the atmosphere and the rush he gets from picking up a spare or the occasional strike.

"It's great energy and you get to meet a lot of great people," Letak said.

The other two bowlers in their 90s include Sterling Chase and Don Gyhra.

--Bowling continued on page 9.



Are you 60 years of age or older?

Do you have a problem with:

- debt collections
- homestead exemptions
- Medicare/Medicaid
- reverse mortgages
- being a tenant
- POAs

Legal Aid of Nebraska is here to help!

Legal Aid provides free legal advice and assistance to Nebraska residents 60 years of age and older through our ElderAccessLine.

Reach our ElderAccessLine® toll-free at:

1-800-527-7249

Monday-Friday: 9 a.m. - Noon*

Monday-Thursday: 1 p.m. - 3 p.m.*

*Central time zone



Older Americans Month in 2023: Aging Unbound

The Caregiver Support Program of the Eastern Nebraska Office on Aging is recognizing and celebrating the month of May (as sponsored by the Administration for Community Living) to honor and support caregivers and the persons they provide care for. Currently, the Eastern Nebraska Office on Aging has 92 caregivers in our program of respite and support throughout the 5 counties served by ENOA.

Being a caregiver is clearly challenging, but also a rewarding and loving work. Each season of the year provides opportunities for caregiving activities, but here are some ideas for late Spring and Summer as suggested by the Henry Ford C.A.R.E. Program in Detroit.

- Sit outside, even if only for half an hour. Listen to the sounds of summer (taking into consideration the hearing abilities of your older adult). Sip something cool to drink. Have a bird feeder or bath within view. Put away the cell phones and TV for a while.

- Have summer foods prepared. Are there favorite foods you and your care receiver enjoy? Popsicles, melons, berries, as well as other favorite outdoor snacks, can bring back memories of past summers.

- People watch. Sometimes it's fun to sit outside and just watch people walk or drive by.

- Catch a sunset or a sunrise (if you're early-risers). Just as a picture is worth a thousand words, so is quietly watching the sun

come up or go down.

- Have a barbecue. It's not necessary, or maybe even workable, to have large gatherings for this. Eating outside can be a good way to spend time with your loved one.

- Go to the Park. Watch kids on the playground equipment. Have some ice cream if appropriate.

- Talk about past summers and share some memories if that's possible.

- The person you are caring for, especially if dementia is involved, may not remember any of the activities you do with them the next day, but you and they can enjoy the moment.

For more information and ideas for caregivers, visit this website: www.henryford.com/familycaregivers.

Sell Your House & Downsize Stress Free!

- ✓ Sell your house "as is".
- ✓ Take the things you want. We'll take care of the rest.
- ✓ We pay up to \$1,000 in moving expenses.
- ✓ Close on YOUR Date of Choice

We Work With Hoarding Situations



CONTACT US FOR YOUR FREE COPY!

"A very smooth transaction with a fair market price, I'm glad we didn't go the regular real estate route. Very professional and everything was upfront with no surprises. Thanks for helping me sell my mother's house." Terry E.

Providing Solutions for Home Sellers for more than 25 Years

Home Downsizing Solutions

Call us: (402) 291-5005

www.HomeDownsizing.com



Omaha hosts the 2023 FEI World Cup™ Finals



ALISON HARTWELL PHOTOS

In the photo above, Henrik von Eckermann and King Edward claimed top honors in the Longines FEI Jumping World Cup™ Final Omaha 2023. In the photo below, Isabell Werth (left), Jessica von Bredow-Werndl (middle), and Nanna Skodborg Merrald (right) is pictured at the awards presentation with Lisa Roskens, Omaha Equestrian Foundation Board Chair, Nebraska Governor Jim Pillen, Betsy Juliano, owner of Havensafe Farm, Janet Foy, President of the Ground Jury, and Ingmar de Vos, President of the FEI.



The five main steps to sell your house and downsize

As we grow older, the need and desire for a more comfortable and safer living arrangement increases. That new living arrangement may include a different smaller home, moving in with family, apartment, apartment community, or other senior living arrangement. It



Soucek

may also include staying in the house we're already living in, with modifica-

tions. If you decide that selling our house is the best option, I'd like to cover 5 steps you need to take to sell your house and downsize.

ASSESS YOUR LIVING SITUATION

Before looking for senior living options, it's important to assess your current situation and needs. Take a close look at your health, mobility, and any medical conditions that may require special care.

Do you need help with activities like bathing, dressing, or making meals? Do you need medication management or help with medical equipment?

Make a list of your needs and desires to help you determine what level of care you need now or in the future, which will help determine the type of senior living that would be best for you.

RESEARCH SENIOR LIVING OPTIONS

Once you've determined your needs and preferences, you'll be better prepared to research your senior living options.

Some types of senior living communities include independent living, assisted living, memory care, long term care, and continuing care retirement communities (communities that can

adapt to your needs). Look for options or communities that best fit your needs and preferences, that hopefully are located in areas that you want to be in.

Often times, a knowledgeable senior placement agent can play an important role in helping locate a community that will fit your needs.

PREPARING YOUR HOUSE FOR SALE

Typically, the next step is to get your house ready for sale. This can include decluttering (getting rid of the sometimes decades of "stuff" that has accumulated in the house), making any necessary repairs and updates the house may need, and making the house inviting to potential buyers.

"What do I do with the stuff," is usually the most common statement I hear.

But taking care of the "stuff" and depersonalizing the house, so that the house is inviting to potential buyers are important steps when selling a house in a traditional manner.

If your house hasn't been updated in the last several years, you may need to decide if you will need to find contractors to update the house to what most home buyers expect in the current market, or price the house accordingly if the repairs and updates are not done.

LOCATING THE RIGHT REAL ESTATE PRO

You may want to interview a few different real estate professionals to see what type of service is best for your specific situation. If your house is in great shape or you want and are able to get the house into a "nice" retail condition, and don't mind showings or the other challenges that can go along with listing a house, a great real estate agent may be your best solution.

If you prefer not to have to do any repairs or updates, don't want to handle or deal

with the "stuff" that's not important to you, don't want to get and keep the house in show ready condition, and want more control over the closing date and how long you can stay in the house, a trusted and experienced home buying company may be a great solution.

THE MOVE TO SENIOR LIVING

Once you have the sale of your house taken care of, it's time to make the move.

You can start by creating a moving plan and schedule. This can include going through the house, room by room, and identifying the items you want and have room for, in your new accommodations.

If you have enough "good stuff," that you won't be moving, you may want to contact a local estate sale company to make the most of those items.

When it comes time to pack and move, you and your family will need to determine if you have the abilities and resources for these tasks, or if its best to contact a local move manager and moving company that are specialists when it comes to downsizing and moving to senior living. And, don't forget to notify the utility companies, post office, and others about the change in service.

Downsizing and moving to new accommodations may be challenging, but with the right guidance and resources, can be rewarding and result in a better and more enjoyable life and lifestyle.

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

Interview with a cybercriminal

Recently, Google's Threat Analysis Group (TAG) published a report about a new tactic that cybercriminals are using in spear phishing attacks. Spear phishing is when cybercriminals send targeted emails impersonating someone you trust to try to steal your sensitive information. Now, cybercriminals are impersonating media outlets and luring you in with a fake interview.

This attack starts with an email imperson-

ating a trusted media outlet. In the email, the cybercriminals ask to interview you and prompt you to click a link with the interview questions. If you click the link, you'll be redirected to a malicious website with a login prompt.

Unfortunately, any login credentials that you enter will be sent directly to the cybercriminals.

In the end, they'll be able to access your account for their own malicious goals.

Make a donation to help support the

"Voice for Older Nebraskans!"

Join the **New Horizons Club** today!

Membership includes a subscription to the New Horizons newspaper.

Send to:

New Horizons Club

Eastern Nebraska Office on Aging
4780 South 131st Street
Omaha, NE 68137-1822

I get the New Horizons regularly and don't need to be put on the mailing list.

I would like to start receiving the New Horizons at home. My address is below.

NAME _____

ADDRESS _____

CITY/STATE/ZIP _____

\$5

\$10

\$15

\$25

\$50

Other _____

New Horizons

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

Advertisements appearing in New Horizons do not imply endorsement of the advertiser by the Eastern Nebraska Office on Aging. However, complaints about advertisers will be reviewed and, if warranted, their advertising discontinued. Display and insert advertising rates available on request. Open rates are commissionable, with discounts for extended runs. Circulation is 9,000 through direct mail.

Editor.....Ron Petersen
Ad Mgr.....Mitch Laudenback, 402-444-4148
Contributing Writers.....Nick Schinker, Leo Biga & Andy Bradley

ENOA Board of Governors: Mary Ann Borgeson, Douglas County, chairperson; Angi Burmeister, Sarpy County, vice-chairperson; Lisa Kramer, Washington County, secretary; Pat Tawney, Dodge County, & John Winkler, Cass County.

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

A Caring Community Called HOME!



- No Entrance Fee
- Medicaid Waiver Approved
- All Utilities & Housekeeping Included
- Spacious 1 & 2 Bedroom Apartments



49th & Q Street • 402-731-2118
www.southviewheightsomaha.com

Corrigan Senior Center hosts volleyball game with Bellevue Senior Community Center



NEW HORIZONS PHOTOS

The Corrigan Senior Center, located on 3819 X St., welcomed those from the Bellevue Senior Community Center for a friendly volleyball game. There was plenty of smiles, cheers and laughter as the ball was hit back and forth, on a wonderful Wednesday morning.



AARP NE Information Center is open; New Driver Safety Classes provided

The AARP NE Information Center, located at The Center Mall, Suite 220, reopened in mid-February after a long period of being closed due to the pandemic. The Information Center is open three days a week—Tuesdays, Wednesdays, and Thursdays—from 10 a.m.- 4 p.m.

The Information Center would love to have you visit. They offer coffee or juice—and a good time to just have conversation.

The Information Center has a new and updated set of pamphlets, brochures and many additional new pieces of information that they provide.

Topics of special interest now are those dealing with fraud and scams of older people, caregiving issues and some new community resources. They also have copies of the AARP Magazine. Their “lending library” is up and running. Books may be borrowed and returned when finished, allowing others to enjoy it as well.

The plan is to provide monthly programs beginning in the month of June, as they used to do. The programs will be held at the Information Center. Names of the pro-

gram—and the date—will be provided in the June issue of New Horizons.

The AARP NE Driver Safety program will once again be offering Driver Safety Classes at the Information Center. The dates that are scheduled are as follows—May 17, June 20 August 17, September 21, October 26 and November 16. Registration is required for the classes.

The cost for the Driver Safety Classes is \$20.00 for AARP Members and \$25 for non-members. Payments are due on the date of the class. Cash and Checks will be accepted.

The class hours are 9:45 a.m.- 2 p.m.

Some insurance companies provide a discount on automobile insurance with the completion of the class.

The Driver Safety program will continue to offer classes at various Metropolitan Community College (MCC) locations. Upcoming June class dates are June 13, June 23 and June 30.

For registration and further information and details, please call 402-916-9309 OR 402-210-3471.



We want to hear from you.

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

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

enoa.info@enoa.org



ENOA

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

Driving Research Study



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



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

Contact the Mind & Brain Health Labs:
402-559-6870 or mbhl@unmc.edu

People will be paid for their participation.



IRB #: 522-20-FB

In-Home Care Services provided to help older adults remain in their home

By Ron Petersen

The Eastern Nebraska Office on Aging (ENOA) provides in-home services, including personal care, housekeeping and an emergency response system, for older adults. These services are provided for older adults who are not eligible for in-home services under Medicare or Medicaid and are currently receiving ENOA Care Management services.

Homemaker and personal care services are provided to those who are physically unable to perform housekeeping tasks around the home or personal cares, such as bathing. The Emergency Response System provides a way for older individuals who live alone and need to be able to call for help in an emergency. These services assist older individuals maintain their independence, in a safe environment in their own home.

Clients may reside in any of ENOA's five counties (Douglas, Sarpy, Dodge, Washington and Cass). Clients receive a suggested monthly contribution request for these services based on the person's income.



To qualify for in-home services, a care manager will complete a

long-term care assessment, which will identify what services are needed and the frequency of those services.

Other guidelines include:

- All individuals referred must be 60 years of age or older.
- The individual has no other individual or caregiver available to provide the assistance.

ENOA contracts with agencies that are able to meet all contractual conditions including specified insurance requirements, background screenings, etc.

Personal care assistance may include bathing supervision or assistance with tub or shower, bed bath, if necessary, shampoo, nail cleaning and filing, and bed linen change.

A homemaker can do many different tasks, which include carrying out trash, changing bed linens/make bed, cleaning the bathroom and bedroom, cleaning refrigerator, dusting, grocery shopping, laundry, mopping,

preparing food, vacuuming, washing dishes and washing mirrors.

The Eastern Nebraska Office on Aging Emergency Response System (ERS) is a twenty-four-hour service that summons help for an individual in an emergency. The ERS unit is hooked up through the client's landline phone or cellular mobile unit. Clients receive a neck or a wrist pendant and push the help button at any time in an emergency to connect with the 24/7 response center, which notifies the client's chosen emergency contact.

ENOA gathered responses and comments from clients regarding the effectiveness of the in-home services that are provided. Comments made include:

"I am thankful for all of the services I receive from ENOA."

"I am appreciative of the resources that are extended to me. They are mostly

needed due to my own inability to perform them."

For more information

about any of these services, call ENOA at 402-444-6536.

Want to stay home, but can't do it alone?

Stay safely in your home AND make sure you get the care you need - with Immanuel Pathways. You will have a team of caregivers and someone to manage and coordinate ALL your services.

For complete program details call 402.991.0330 or visit Immanuel.com

Immanuel Pathways PACE®: Program for All-Inclusive Care for the Elderly
PACE participants may be fully and personally liable for the costs of unauthorized or out-of-PAACE program services. Emergency services are covered. Participants may disenroll at any time.

Serving select zip codes in Douglas, Sarpy, Washington, Dodge, Cass counties
 5755 Sorensen Parkway | Omaha, NE 68152



CHARLES E. DORWART Dorwart Law Office

41 years of legal experience

- Wills • Living Trusts • Probate
- Healthcare and Financial Powers of Attorney
- Medicaid Planning
- In-home consultations
- Free Initial consultation



7305 Main Street, Ralston, Nebraska 68127
 Office: (402) 558-1404
cdorwartjd@dorwartlaw.com
www.dorwartlaw.com

Gerontology research study

The University of Nebraska Omaha's Department of Gerontology needs older caregivers for an individual with mild cognitive impairment, Alzheimer's disease, or frontotemporal dementia for a research study titled *Characterizing Risk Factors for Burden in Caregivers to Individuals with Alzheimer's Disease and Frontotemporal Dementia*.

The study will examine differences in burdens for caregivers who provide support to recipients with frontotemporal dementia and Alzheimer's disease. Although caring for patients with both types of dementia can result in caregiver burden, it may be caused by different behavioral and psychological issues.

Men and women will be excluded from the study if they have a neurological or psychiatric disease, abuse drugs or alcohol, have vision, hearing, cognitive, or motor difficulties, are pregnant or breastfeeding.

For more information, contact Naomi Adjei at 402-554-5961 or ABELabUNO@gmail.com.

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.

We need your support!

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

ENOA

- \$30 = 7 meals or 1.5 hours of in-home homemaker services or 1 bath aide service for frail older adults.
- \$75 = 17 meals or 3.66 hours of in-home homemaker services or 3 bath aide services for frail older adults.
- \$150 = 35 meals or 7.3 hours of in-home homemaker services or 7 bath aide services for frail older adults.
- \$300 = 70 meals or 14.63 hours of in-home homemaker services or 14 bath aide services for frail older adults.
- Other amount (please designate) _____
- Please contact me. I would like to learn more about how to include the Eastern Nebraska Office on Aging in my estate planning.

Traditional funding sources are making it more difficult for ENOA to fulfill its mission. Partnership opportunities are available to businesses and individuals wanting to help us. These opportunities include volunteering, memorials, honorariums, gift annuities, and other contributions.

These gifts are tax exempt.

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____



Please mail your donation with this form to:
Eastern Nebraska Office on Aging
 Attention: Carol Gleason
 4780 S. 131st Street
 Omaha, NE 68137-1822
 (402) 444-6536

Please see the ad on page 3

New Horizons Club gains new members

\$35

Michaela Brandt

\$25

Lois Leimbach
Lynne Elwood

\$10

Paul Goetz
Kate McGill
Meg Noyes

\$5

William, Barbara Majerak
Peter Gage Jr.
Kathleen Koons

Camelot Friendship Center

You're invited to visit the Camelot Friendship Center, 9270 Cady Ave., for regular activities, which include chair yoga, card games, Tai Chi, chair Zumba, Pinochle, 10 Point Pitch, cornhole, and bingo, this month for the following:

- **May 8:** ENOA Presentation @ 11:45 a.m.
 - **May 12:** Annual May Tea @ 11 a.m.
 - **May 17:** Craft Class – “Learn how to make Mexican Tin Art” @ 12:30 p.m.
 - **May 19:** Music by Ben Tomasello compliments of Merry-makers @ 11:45 a.m.
 - **May 29:** Camelot is closed
- Every Wednesday – Chair Volleyball @ 10 a.m.
Friday Bingo is played the first and last Fridays at 12:30 p.m. – Special “fill” prize.
For more information, contact Barb at 402-444-3091 or barbara.white@cityofomaha.org.

Balancing nutrition and portion sizes

Before you eat, think about what goes on your plate or in your cup or bowl. Foods like vegetables, fruits, whole grains, low-fat dairy products, and lean protein foods contain the nutrients you need without too many calories.

Eat the right amount of calories for you. Everyone has a personal calorie limit. Staying within yours can help you get to or maintain a healthy weight.

People who are successful at managing their weight have found ways to keep track of how much they eat in a day, even if they don't count every calorie. Your calorie limit is determined by your gender, height and weight.

To find your ideal calorie limit, visit resources such as ChooseMyPlate.com/SuperTracker.

TIPS AND TRICKS

- **Eat off** smaller plates, bowls, and cups.
- **Sip Smarter:** Aim for 8 glasses of water a day or other calorie-free beverages
- **Take Your Time:** Be mindful when eating. Eat slowly, enjoy the taste and textures, and pay attention to how you feel.
- **Choose healthier** options and watch portion sizes when eating out.
- **Satisfy your sweet tooth** in a healthy way. Fruits are a sweet and healthy treat that can satisfy your sweet tooth without adding too many

calories to your diet.

PORTION SIZES

Your plate should be composed of the 5 major food groups, vegetables, fruits, protein, grains and dairy. Half of your plate should be fruits and vegetables, a quarter of the plate dedicated to protein, a quarter for grains and a cup for the dairy group.

A serving size is a guideline or standard unit of measure. A portion size is the actual number of servings that one consumes. MyPlate shows the 5 food groups in relative portion sizes to the plate they are using.

THE 5 FOOD GROUPS

FRUITS

What Counts? Any fresh, canned, frozen, or dried fruit or 100% fruit juice.

Recommended Daily Amount: Between 1-2 cups per day.

What is 1 Cup? In general, 1 cup of 100% fruit juice or fruit, or 1/2 cup of dried fruit can be considered as 1 cup of fruit from the Fruit Group.

VEGETABLES

What Counts? Any raw or cooked; fresh, frozen, canned, or dried/dehydrated vegetable or 100% vegetable juice.

5 Subgroups: Dark-green vegetables, starchy vegetables, red and orange vegetables, beans and peas, and other vegetables.

Recommended Weekly Amount: Between 1-6 cups per week.

What is 1 Cup? 2 cups of raw leafy vegetables or 1 cup of raw or cooked vegetables or 100% vegetable juice.

GRAINS

What Counts? Any food made from wheat, rice, oats, cornmeal, barely or other cereal grain. Examples of grain products include bread, pasta, oat, oatmeal, and cereal.

Whole vs Refined Grains: Whole grains have not been processed and still contain the entire grain kernel.

Refined Grains have

been milled, a process in which the bran and germ are removed. This milling process also removes the dietary fiber, iron, and many B vitamins.

Recommended Daily Amount: Between 3-8 ounces. At least half of all grains consumed should be whole grains.

What is 1 ounce? 1 slice of bread, 1/2 cooked rice, cooked pasta, or cooked cereal.

PROTEIN

What Counts? Any food made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts, and seeds.

Recommended Daily Amount: Between 2-6.5 ounces per day.

What is 1 ounce? 1 ounce of meat, poultry, or fish, 1/4 cup cooked beans, 1 egg, 1 tablespoon natural peanut butter, or 1/2 ounce nuts or seeds.

Selection Tips: Choose lean or low fat options, select seafood rich in omega-3 fatty acids, limit processed meats, choose unsalted nuts and seeds.

DAIRY

What Counts? Any fluid milk products and many foods made from milk.

Recommended Daily Amount: Between 2-3 cups per day.

What is 1 cup? 1 cup of milk, yogurt, or soymilk, 1.5 ounces of natural cheese, or 2 ounces of processed cheese.

Selection Tips: Choose fat-free or low-fat yogurt and cheese, limit sweetened milk products.

Other Calcium Choices: Kale leaves, calcium fortified juices, cereals, breads and other foods, canned fish, soybeans, and other soy products.

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

Come join us as a Senior Companion and bring a smile to a fellow senior in your community!



Eastern Nebraska Office on Aging
Serving older adults since 1974 • enoa.org
ENOA

For information to become a Senior Companion Volunteer, call 402-444-6536.

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.

Easily lifting someone from the floor

Do you have a very close family member (dad, mom, spouse, brother, sister) who needs care assistance? Does your loved one occasionally slide out of bed or out of their chair and end up on the floor? Does it happen when your loved one is being transferred or just on their own? When you try and get your loved one up from the ground, is it very difficult because it is almost like dead weight?

The answer to all these questions for me was “yes.”

My dad has vascular Parkinson’s and he was living in his home with a caregiver. I would get a call, usually at night when more transfers were occurring from his chair to eventually getting him to bed.

“David, could you come over and help get your dad off the floor so he could make it to bed?”

When they were able to reach me, I would come over and get him up. It was super difficult and my back didn’t feel the greatest when I was done, but it got my dad to bed. If they couldn’t



reach me, they would call the fire department to come over and pick him up.

I’m not sure how much longer the fire department is willing to do this. Some municipalities have announced there would be charging approximately \$750 for this, but not billable to insurance.

I knew there had to be a solution. The solution happened to be introduced to me just a couple months after it seemed best for my dad to be taken care of in a nursing home.

The solution, which is phenomenal is Raizer. It was introduced to me by a company named Uplift out of Denmark.

It works perfectly for a person who has fallen and cannot get up. Your loved one is raised comfortably up to a sitting or almost stand-

ing position in a way that supports the entire body throughout the process. This way of lifting shows consideration for the importance of being helped up in a dignified and safe way.

Since being introduced, I have heard from and seen hundreds of people living at home, in an Assisted Living Facilities or in a Senior Care Centers use this successfully and easily.

Below are some details about the Raizer:

ERGONOMIC BENEFITS

Raizer, the state-of-the-art lifting chair, is used by personnel in all categories of elderly care facilities, hospitals in many public buildings, and hotels & recreational building, as well as for ambulance services and all personnel working with lifting and moving of individuals with reduced mobility in general.

PATIENT HANDLING

Injuries are unfortunately common for caregiving staff within the healthcare indus-

try and are often caused by manually lifting and transfer of patients or impaired persons. Liftup Inc. is glad to be a part of “safe patient handling,” with the lifting chair, Raizer.

It is safe equipment which is used rather than people to transfer, move, and reposition patients in all health care facilities to reduce workplace injuries.

EASY TO TRANSPORT

Raizer is to be disassembled after use and thus easily transported and used anywhere and in any situation. This innovative aid for lifting and moving allows the assistant to help a fallen person to sit or stand in a few minutes (including the assembly) from arrival on site.

SIMPLE HANDLING

Raizer is carried disassembled to the place where it is to be used and is battery operated via a remote control.

EXCLUSIVE DESIGN

Liftup has cooperated with a partner in design and

innovation during the development process to achieve the exclusive expression of the Raizer. All the materials are carefully selected with focus on stability and durability and in consideration of both the helper and the fallen person.

Pricing and features available in Nebraska and Iowa:

RAIZER II

- Battery operated
- Remote control
- Easy to assemble: 4 identical legs, 2 identical headrests – correct assembly every time
- Intuitive sound and LED indicators for correct assembly
- Carry bag and trolley
- New surface materials makes it possible to disinfect the Raizer II
- New position of seatbelt and it can be removed to wash

RAIZER M

- All-manual, lifting chair.
- Protect your independent living lifestyle and never need caretaking from outside sources.

(David Kohll of Kohll’s RX)

THE ANSWER IS

“Cedarhurst.”

How can I make more friends? What’s the solution to boredom? How do I prepare for the unknown ahead? How can I stick to a healthier diet? How do I offload my household chores and free up my time? What should my plan be?

When you’ve got questions, call **(402) 206-2693** and find your answers about assisted living and memory care at Cedarhurst of La Vista.

97th Plaza • La Vista, NE • 68128
CedarhurstLaVista.com

LIVING STRONG, CLEAR AND FOCUSED
HOW YOU LIKE TO FACE EACH DAY



cedarhurst
SENIOR LIVING

--France continued from page 1. any career waiting for me, just that I was a musical person and therefore someone who had a reason to pursue music. She really instilled a love of piano and vocal music in me. She set me on my journey and I am so grateful for that.”

That “spark” convinced him he owed it to himself to develop whatever talent he possessed.

“Because I was such a late starter I enjoyed making fast progress. It made me feel hopeful. In a very short time I eclipsed the program I was in at the University of Vermont. I applied to other schools. I went to Northwestern, then to the Aspen Music Festival (Colorado). I had a teacher out in Los Angeles. It was ridiculously late for me to be a concert pianist. Then I got thrown into playing *The Magic Flute* at an opera house in Aspen. Something about not being in a practice room all by myself but playing in a room filled with people was very exciting to me.”

The exposure took France to Lincoln Center. “Within a year I was working with all these incredible people. I just sort of followed it through.”

The conducting path began with an invitation to attend Juilliard School of Music.

Along the way, he married opera singer Sylvia McNair. The couple later divorced.

Opera became his niche, though of late he’s explored musical theater, a genre that’s long “fascinated” him.

“I love the passionate nature of opera. I respond to it. I love the chemistry of song and words and the endless challenge about how to make a singing voice a great tool of communication for both words and emotions. I really like trying to make stories seem real to people. Musical theater is a little easier to do that with because it’s more colloquial and less complex. I like that connection that happens with people. Opera makes that connection more challenging, but it’s possible. I’ve experienced it.”

France feels that the grand expressions of these forms help get him out of his shell.

“I’m pretty introverted. Opera and musical theater are obviously quite extroverted activities. Introverts are sometimes drawn to things that give them release to be something that’s not easy on their own. Opera and musical theater became these great vehicles for me to be more visceral and outward.”

France feels he’s an example of how one’s path only becomes clear through trial and error.

“Fortunately for me, the discovery that I could use my musical skills in other ways, like playing rehearsals for opera, saved me from a big crash on the concert pianist front. I never won any competitions. I never would have succeeded in that field.”

When he gave up that pipe dream, he turned all his energies to conducting. “The lesson”, he said, is you can transform yourself and be

something you don’t expect. My life has shown me you can’t necessarily do that without an awful lot of help and I was privileged in that I had a lot of family support. I had the means to be able to do all of these things. And yet I worked very hard. There was no guarantee. Hard work was a big part of it. Crazy luck is another big part of it. But it turned out to be a good thing for me. And I went as far as I went.”

His luck included having an “in” with a major music director-conductor.

“My mom was a choral singer in a regional choir whose very ambitious music director, John Nelson, took them to New York every year. Eventually they did the American premiere of Hector Berlioz’s *Les Troyens* at Carnegie Hall. Around the time I was converting from sports to music, Nelson used to come to our house. He later became a mentor, very close friend and someone I modeled myself after. I probably am a conductor largely because of that connection.”

Once France’s conversion from jockey to artist was complete, he said, “I went to being at the piano for hours a day, which made my family very happy.”

As his career blossomed, he said, “I had an unusual amount of support for doing what I chose to do.”

His three sisters all pursued creative careers.

France came to Omaha by way of the Houston Opera Company, where a mentor, John DeMain, was the artistic director there as well as at Opera Omaha.

“One year John couldn’t come up to Omaha, so he sent me,” recalled France, whose work with the company led to him being offered the AD role.

He’s guest conducted a half dozen or so works for Opera Omaha since leaving in 2005.

DEVELOPMENT

Though not an academic by nature, France has found an artistic home at UNO, where he sees his job as creating a framework for talent to find its mark.

“You never know what makes that difference. Even the most focused people need support from others.

People develop when given an opportunity to get really passionately involved in something and realize it’s something they could be good at. That’s what we hope to do for people in our musical theater program.”

France knows from experience what it’s like “to have an experience that resonates with you in way that it leads you to your next step in life.”

“Every time you take a step out you jump into a bigger pool. If you’re really interested in doing something you love, there’s really no other way except to take those leaps into those bigger pools. Sometimes, those experiences have to happen under fire, in a pressure situation of getting a show ready. All those things have kept me going



JIM SCHOLZ PHOTO

Hal France (right) and Broadway performer and Omaha Native, Q Smith, led a workshop with the 2022 UNO Theatre Summer Musical Theatre Academy.

over the years. I’m really happy to pass it on to others.”

He values the sense of “community and opportunity” he feels a part of in Omaha. “It’s a very collaborative space where you can meet a lot of different people and do a lot of interesting things.”

He brings his sports experience to everything he does. “I learned a lot doing sports. It’s been very good preparation for what I went on to doing. No matter what role you play in an enterprise or production one of the essential things is really how you make other people feel and how you contribute to a group effort. And that’s teamwork. That’s also the thing that holds art together. There’s no question that spirit can take a B project and make it an A project. That’s the thing to be nurtured and that’s the thing I’ve enjoyed.

“It’s great to build things. When you’re doing art and you can be side by side with someone who’s working a two-by-four that’s a really good thing. It’s great to bring you down to earth.”

The musical theater program he’s building at UNO incorporates all those lessons as college students get a chance to grow their performing and technical skills.

He’s embraced the “very demanding” task of creating a program. “I really wasn’t that well-versed in the ways universities work. There’s some challenges there for me coming from the private, nonprofit sector to going into a big state system. But I’ve found that like anywhere you need to build spirit and a sense of belief in people. A lot of people have helped me.”

He’s “proud” of the quality musical theater projects college students and staff produce at UNO.

Meanwhile, the Academy serving high school students is a response, he said, “to what I and others have always recognized – that there’s a great amount of musical theater talent and interest in the schools, where there are some excellent programs.”

Academy students are selected “based entirely on ability and potential,” he said, “because talent is an intangible thing and not everybody is already fully formed in their high school years.”

“Potential is something we are able to identify and we want to support that because this is as much a

becoming program as it is a having arrived program.”

Support from UNO, the Omaha Public Schools and private donors, he said, make the Academy a “tuition free experience with an all professional staff made up of people who have a love of working with young people and developing young talent.”

“A key part of this is that community partnership. It’s so important to the university and what it’s trying to do. It’s of great interest to me.”

France brings Nebraska talent back from Broadway to work with students. Omaha native Q Smith and her husband Lawrence Stallings, both Broadway veterans, are doing a week-long residency with students this spring.

Omaha native Vincent J. Orduna, a former New York theater professional now based in Seattle, is directing the Academy’s culminating event, a production of *Footloose* scheduled for July.

Music director Tyler Gruttemeyer and choreographer Domanic Brown teach at South High and work across the metro.

“The work we do is the work of collaboration,” France said. “I think of theater as a very rare laboratory where people interact in ways you can’t quite describe on paper. It’s very human. The values that, make a country, a state, any community great are the same values that make a cast and a crew great. Mutual respect, ownership, commitment, responsibility.”

Grounded

The self-described workaholic admits to being “a little restless, so I have moved around a bit – I don’t necessarily stay long with each thing that I do.” He’s been in Omaha longer than any of his previous career stops. Now that he’s 70, he said he’s open to “maybe not repeating the frenetic and sometimes obsessive challenges ... but to finding something a little simpler and liberated than what I’ve done in the past.”

Thanks to his relationship with Judi gaiashkibos, he sees things from a new lens.

“She’s a really strong Native American woman and a complete dynamo of human, civil rights and good things,” he said. “A lover of music and the arts. A wonderful mom and grandmother. Being part of her family has been an amazing blessing to me. My life in Nebraska has been enhanced by our partnership and is the reason I’m still here.”

Now that he has a deeper understanding of representation, France said, “I really would like to see diversity, equity, inclusion be more of the world I’ve been privileged to be in because it has a long ways to go. It has been a remarkably privileged space and by that I mean white privilege. Anything I can contribute to make it less, so I would like to. That’s one of the reasons I really like UNO because it does offer that opportunity and we try to model that here.”



NEW HORIZONS PHOTO

The bowlers in their 90s who compete in the “Wins and Losses” bowling league from left to right, include: Duane Siedschlag (92), Gus Boukal (95), Jean Jenkins (90), Ben Letak (91) and Don Gyhra (90). Not Pictured: Sterling Chase (93).

--Bowling continued from page 1.

A few lanes away, is where perfect games were being bowled.

Bob Ford and Dennis Stoltenberg each added a perfect game to their lifetime bowling career as they both bowled a 300 during their time in the “Wins and Losses” bowling league this year.

“It was pretty special to be able to bowl a 300 game this year,” Stoltenberg said.

Dennis Stoltenberg, 76, who has bowled at the national level several times, said he enjoys bowling in the Tuesday and Thursday league because of competition.

“If you get an honored score then

you can report it to USBC (United States Bowling Congress) and it goes on your record,” Stoltenberg said. “I also enjoy the socialization aspect.”

Bob Ford who turned 79-years-old this year, bowled a perfect game, which is number nine in his lifetime.

“I was happy to bowl a 300 game this year,” Ford said. “It was great to see the reactions of people around me.”

While bowlers try and do their best, Ford said it’s all about the positive impact and community that they developed when it comes to the “Wins and Losses” bowling league.

“It’s all about the comradery that



NEW HORIZONS PHOTO

Bob Ford (left) and Dennis Stoltenberg each bowled a 300 game in the “Wins and Losses” bowling league in 2023.

is involved in bowling. It doesn’t bother me if I lose, as long as I enjoyed bowling with the people I

bowled with or the people I bowled against,” he said. “We’ve enjoyed it and it’s been fun.”

Millard Senior Center

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

- **May 4:** Beginners Crocheting Class @ 9:30 a.m.
 - **May 5:** Cinco De Mayo Celebration @ 9 a.m.
 - **May 5:** Honoring all of the ladies and mother’s who come to the senior center @ 11 a.m.
 - **May 8:** THEOS (To Help Each Other Socially) @ 12:30 p.m.
 - **May 10:** Board Meeting @ 9:30 a.m.
 - **May 10:** African Dress group @ 10 a.m.
 - **May 16:** Musician Ben Tomasello @ 10 a.m.
 - **May 22:** Book Club: “The swimmer’s” by Julie Otsuka lead by Chris @ 1 p.m.
 - **May 30:** Doing a craft from a key chain @ 9 a.m.
- Hand-n-foot being led by Lee C Wednesdays @ 9 a.m.
 MahJongg Wednesdays @ 1 p.m.
 Chair Volleyball Thursdays @ 10 a.m.
 Dominoes Thursdays @ 12:30 p.m.
 For more information, please call 402-546-1270.

Help Sleep Research

The CAPACITY Lab in the Department of Gerontology at UNO is seeking participants for a research study. The purpose of the study is to learn about the effects of the environment on sleep.

What would you do?

- Take a series of in-person surveys about your sleep quality and home environment. This will take about 1 hour.
- Do you qualify? We are looking for people who: Live in Nebraska. Are aged 60 years or older Additional qualifications apply. You may have to take a screening survey. Compensation is available.



Care Management Services

Eastern Nebraska Office on Aging



There’s no place like home!

Are you age 60 or older and feeling like you might need some help?

If so, the **Care Management Program** at the **Eastern Nebraska Office on Aging** is here to help! ENOA’s trained Care Managers can help guide you in finding the services and resources you want and need to safely remain in your home as long as possible!



We are here to help!

Call us at:

402-444-6536

Ask for “**Information and Assistance**”

for more details about Care Management services.



ENOA

Volunteer Connect offers a variety of opportunities

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

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

- Royal Oaks Assisted Living looking for volunteers to do a variety of things book clubs, gardening, arts.
- Fremont Area Habitat for Humanity construction projects and the Homestore.
- Intercultural Center Volunteers to teach the craft of tatting.
- Intercultural Center Early English/English teachers from 10:20 AM-11:20 AM. M-F.
- Quilters to create 'Busy Lap Blankets' for individuals in long-term care and assisted living facilities.
- Volunteers to write a greeting card of

encouragement to residents in skilled care and assisted living facilities.

- Siena Francis House, volunteers to assist with serving breakfast and lunch.
- Tip Top Thrift Shop always needs volunteers on Thursday, Friday, or Saturday from 10 a.m. to 1 p.m. or 1 to 4 p.m. Tip Top is located at 5910 Maple Street in downtown Benson. The volunteers would be stocking the Shop and waiting on customers.



- Volunteers Assisting Seniors VAS Volunteers are needed to provide nonbiased Medicare Counseling and Homestead Exemption Application Assistance through Volunteers Assisting Seniors.
- Volunteers willing to create cards of encouragement that are given to residents in skilled care and assisted living facilities, meals on wheels clients.

Affordable Connectivity Program

The Affordable Connectivity Program is an FCC program that helps connect families and households struggling to afford internet service.

The benefit provides:

- Up to \$30/month discount for internet service;
- Up to \$75/month discount for households on qualifying Tribal lands; and
- A one-time discount of up to \$100 for a laptop, desktop computer, or tablet purchased through a participating provider.

A household is eligible for the Affordable Connectivity Program if the household income is at or below 200% of the Federal Poverty Guidelines, or if a member of the household meets at least one criteria:

- Participates in any of the following assistance programs: SNAP, Medicaid, Federal Public Housing Assistance, Veterans Pension or Survivor Benefits, SSI, WIC, or Lifeline;
- Participates in any of the following Tribal specific programs: Bureau of Indian Affairs General Assistance, Tribal TANF, Food Distribution Program on Indian Reservations, or Tribal Head Start (income based);
- Participates in the Free and Reduced-Price School Lunch Program or the School Breakfast Program, including through the USDA Community Eligibility Provision;
- Received a Federal Pell Grant during the current award year; or
- Meets the eligibility criteria for a participating broadband provider's existing low-income internet program.

Fremont Friendship Center

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

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

This month's activities will include:

- **May 2:** Craft Class (Small Canvas and Easel) @ 1:30 p.m.
- **May 3:** Special Music with The Links @ 10 a.m.
- **May 4:** Merry Maker's Presents-John Worsham @ 10:30 a.m.
- **May 5:** Wheel of Fortune @ 10:30 a.m.
- **May 9:** The Big Give. Your gift gives back to the center all year. Your donations help pay for all of entertainment, programs, needed supplies and prizes.
- **May 9:** Blood Pressure Clinic with Angel Home Health Care @ 10 a.m.
- **May 9:** Craft Class (Art Journaling) @ 1:30 p.m.
- **May 10:** Music with Ben Tomisello @ 10:30 a.m.
- **May 11:** Mobile Library @ 9:30 a.m.
- **May 11:** Merry Maker's Presents, John Worsham for Special Music @ 10:30 a.m.
- **May 16:** Craft Class (Button Bouquet) @ 1:30 p.m.
- **May 17:** Special Music with Pam Kragt @ 10:30 a.m.
- **May 18:** Older American's Month celebration with Fremont Methodist Health. The panel will discuss medication safety, keeping the brain active, palliative care, hospice care and health directive @ 10 a.m.
- **May 24:** Special Music with Billy Troy @ 10 a.m.
- **May 30:** Craft Class (Kleenex Jars) @ 1:30 p.m.
- **May 31:** Special Music with Jerry Stingley @ 10:30 a.m.

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

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

Omaha Fire Department

The Omaha Fire Department's Public Education and Affairs Department will install free smoke and/or carbon monoxide detectors inside the residences of area homeowners.

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

Live Healthy

SPEND LESS
on your prescriptions

with the

FREE
Douglas
County
Prescription
Discount Card



FREE enrollment for Douglas County residents of all ages who are without prescription drug coverage.

AVERAGE SAVINGS OF 20%!

- No age requirements.
- No income requirements.
- Unlimited use for the whole family.
- No claim forms to fill out and no annual fee to pay.

This program is offered in a joint effort of Douglas County and the National Association of Counties (NACo).



For more information
call **1-877-321-2652**

or visit

nacorx.org

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

A button to save your bacon

This was the first time in her life Florence would be living alone. She was worried about who could help her if she fell or



needed help, but she had a plan. The only question was finding a Phillips provider and figuring out which Personal Emergency Response System would work best in her home.

In a recent interview with Susan Wickey of Premier Alert Systems and her client who goes by Florence, Susan said that she was impressed with Florence's pro active decision.

"Most people wait until after a fall or accident to learn about Personal Emergency Response Systems, despite how long the safety systems, usually shown as a button that you push when you fall, have been around."

Florence explained she believes that anybody who lives alone should have a way to get help. She said that she sees the device which is a monthly rental, is like car insurance.

"You need to have it, but if you don't need it, that is great," Florence said.

Florence was familiar with systems that use phone service to obtain help from her work as a healthcare provider. Prior to her own retirement, she had often recommended them. She was even on many people's phone lists to be notified in case the button was activated. She didn't need to experience a fall or medical emergency herself to know that anything can happen to any person.

When her husband passed away and she no longer had someone to rely on to get help, she knew what would make her safer.

Florence chose to call Premier Alert Systems because she heard that Susan made house calls and she wanted to support a local company. Susan went to her home and helped her figure out what type of device would best meet her needs. There are several options to think about. The systems can be used with land lines or cellular signal. A person needs to consider how the switch or button is worn. Some



PHILLIPS PHOTO

Susan Wickey demonstrates several buttons and the base unit she takes on a home visit.

devices are activated only by pushing the button while others can also self activate by detecting a fall. When Florence chose her options, Susan went back and installed the equipment. The personal touch was what Florence was looking for.

"This was so much better for me than just getting a box of equipment in the mail," Florence said.

Susan said that every customer is different and that going into the home helps her evaluate the environment her customer is using.

She is glad to provide options like cell based service, GPS, lock boxes, and/or fall detection, but not if it is something that wouldn't work well for that person. She uses the home visit to confirm that the pendant or button that a person wears can communicate with the base station from every point in a person's home.

When the alert system is activated, a person from a 24 hour call center can see the name and recorded details about the person. They call out first through a speaker phone that is part of the base. If there is no response a 911 call is placed. Florence explained she also provided a list of people who should be notified.

Susan added that she counsels customers to make sure that a person on the list has a medical power of attorney. That way someone can insure a person's wishes are known if necessary. Susan can add

other helpful information to the notes the responder provides to 911 such as a lock box code to make it easier for emergency crews to enter the home. Florence uses stairs to the garage so her file includes a note to look in the stairwell if she isn't in her home.

Since getting her alert system almost 6 years ago, Florence has used it two times for emergencies. One of those times she had fainted. When she awoke she was on the floor. She could hear the call center operator calling her name, but she couldn't speak loudly enough to be heard herself.

She was comforted that "before she knew it, 911 responders were coming into the room."

When asked if she ever accidentally pushed it, she laughed and said she had. She was exercising and accidentally activated it. When she heard the call center operator calling her name from the base, she said she was OK and what she was doing. They both had a good laugh about her being on the floor on purpose and it wasn't a big deal.

Florence believed in personal emergency response systems enough to encourage their use when she was working. It seemed natural to her to make sure she had one in place for herself just in case anything happened.

She shared, "It is well worth it for the peace of mind for me and my family and it has saved my bacon a few times."

King Crossword

- ACROSS**
- 1 Niger neighbor
 - 5 Existed
 - 8 Close
 - 12 Timber wolf
 - 13 Rocker Rose
 - 14 — Christian Andersen
 - 15 Modern taxi rival
 - 16 Museum-funding org.
 - 17 Verdi opera
 - 18 Anne who married Henry VIII
 - 20 Funhouse feature
 - 22 Extinct bird
 - 23 Documentarian Burns
 - 24 Island near Java
 - 27 Gymnast's move
 - 32 Brit. record label
 - 33 Continent north of Afr.
 - 34 Bar cubes
 - 35 Olympic skating gold medalist Tara
 - 38 Grand tale
 - 39 "Today" rival, briefly
 - 40 "Fresh Air" airer
 - 42 Honeydews
 - 45 Jerry of the Grateful Dead
 - 49 Golf bag item
 - 50 Frazier foe
 - 52 "Heavens!"
 - 53 Spanish ayes
 - 54 Charged bit
 - 55 Mature
 - 56 Try out
 - 57 Schlep
 - 58 Get lippy
 - 8 "Doctor Zhivago" star
 - 9 Tress holder
 - 10 Nullify
 - 11 Despot
 - 19 "Hey!"
 - 21 Annoy
 - 24 — canto
 - 25 Parisian pal
 - 26 Makeup kit item
 - 28 Arctic seabird
 - 29 Shrinking in fear
 - 30 Here, in Dijon
 - 31 Chest muscle
 - 36 "Leave that to me!"
 - 37 Indian bread
 - 38 Goofs
 - 41 Ma's mate
 - 42 Fine spray
 - 43 Canal of song
 - 44 Go yachting
 - 46 — Pet
 - 47 Rapsallions
 - 48 Pro votes
 - 51 Singer Rawls
- DOWN**
- 1 Golf bag item
 - 2 Vagrant
 - 3 Genesis shepherd
 - 4 Moolah
 - 5 Hopefuls
 - 6 Chopping tool
 - 7 Bridge coup

1	2	3	4	5	6	7	8	9	10	11
12				13			14			
15				16			17			
18			19			20	21			
		22				23				
24	25	26		27	28	29			30	31
32				33				34		
35			36	37				38		
		39				40	41			
42	43			44		45		46	47	48
49				50	51			52		
53				54				55		
56				57				58		

© 2023 King Features Synd., Inc.

This Month's Crossword Puzzle

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

Volunteers needed for research study

The Aging Brain and Emotion Lab at the University of Nebraska at Omaha is looking for healthy adults and caregivers to an older adult with a chronic disease (e.g., dementia, cancer, cardiovascular disease) to participate in a research study.

Participating in this study will involve an online, at home component (7 hours over 4 days), and one in person visit (2 hours, 30 minutes), which will take place at the University of Nebraska Medical Center (UNMC).

Compensation for study participation is available.

The experiment involves completing online questionnaires, interview and computer tasks, taking samples of saliva for hormone analyses, blood draws for DNA methylation analyses and undergoing brain imaging.

To be eligible for the study, you must be 19-90 years of age, have comprehension of written and spoken English, mobility to travel to the UNO campus, and have completed a minimum of two years of high school or higher.

You are not eligible for the study if you have a diagnosis of a neurological or psychiatric disease (e.g., stroke), history of drug abuse, vision, hearing, cognitive or motor difficulties, or if you are currently pregnant, have metal implanted in your body, or are taking an antidepressant medication or glucocorticoid-based oral medication or cream (e.g., cortisone).

For more information about the study, please contact: Janelle Beadle, Ph.D. at the Aging Brain and Emotion Lab (402-554-5961) or by email at (ABELabUNO@gmail.com).

Ralston Senior Center

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

- **May 3, 17 & 24:** Bingo @ 12:15 p.m.
- **May 5, 12, 19 & 26:** Double deck @ 9:30 a.m.
- **May 10:** Board meeting @ 10 a.m.
- **May 10:** Book club @ 1:30 p.m.
- **May 11:** Bingo @ 1 p.m.
- **May 25:** Bingo @ 1 p.m.
- **May 31:** The Merry-makers present music by Mark Sanford @ noon

• **April 27:** Bingo @ 1 p.m.

Lunch is catered in on Wednesdays @ 11:30 a.m. A \$5 contribution is normally suggested for the meal. Reservations are due by noon on Tuesday. Play games and bingo after lunch. Contact Diane @ 402-885-8895 for reservations.

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

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

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

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

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

Lift yourself up enjoy more independence



LIFT CHAIRS

Discover Golden

The world's #1 manufacturer of power lift recliners. Take a seat, get a lift, try them all out!

You can choose from a wide array of luxurious fabrics. Upgrade with Deluxe Therapeutic Heat & Massage and so much more.

Relax and enjoy your independence.

Delivery available.

**All \$199 off
through the
end of May.**

Learn more today.
Call
402.408.1990
KohllsRx.com/lift



SCOOTERS AND POWER WHEELCHAIRS

When it comes to mobility solutions, **Golden** electric scooters and power wheelchairs are in a class of their own.

With different models that will cater to your specific needs, there is a scooter or power wheelchair for every budget and application.

Take it for a test drive in our huge Millard showroom!



Tech Tip

Maximize your phone's ion-lithium battery life by following these tips:

• **Do partial charging**—avoid full charge cycles (0-100%) and overnight charging. Charge your phone when you have used about half the charge and end charging at 80-90%.

• **Avoid idle charges**—do not charge overnight or in a cradle during the day.

• **Avoid parasitic loads**—draining the battery significantly at the same time as being charged.

Mental Health Forum

May is Mental Health Awareness Month.

A Mental Health Matters Forum will be held at Pacific Hills Lutheran Church, 1110 South 90th Street, on Wednesday, May 10 at 7 pm.

The Kim Foundation will give a presentation on how to maintain mental health, information on mental illness and suicide prevention. Providers from Community Alliance, Lutheran Family Services, NAMI, and Alanon will have information booths. Learn about mental health and resources in our community.

Mental Health Matters every day.

For questions contact Marilyn Wegehaupt, 402-334-2896

Kohll's Rx

www.KohllsRx.com/lift

On sale at all Kohll's locations in Omaha, Lincoln and Southwest Iowa.

Sale Ends May 31st

Fitness for older adults

By Paula Crozier

We all know that as we age, we get a bit slower, a bit more tired and a bit more achy after activity, but then we see older adults who are in marathons, triathalons and weightlifting and we know we need to do more, but what?

We all become more active in the spring, and May is the perfect month to say, "Get out there, just do it!" So here's the four exercises that the National Institute on Aging say we all should be able to do.

Think Presidential Physical Fitness test. Remember that one?

The one that had you hang for as long as you could doing a chin up while all the other kids in your school stood staring and betting on your demise?

Well, there's one for older adults too! Although as we age we express some functional decline and frailty, you can start wherever you are and increase strength, flexibility, balance and endurance.

A study by the National Institute on Aging in Functional Fitness in adults, showed that doing only 30 minutes a day 5 days a week in exercise like walking, gardening and bicycling, led to immediate health benefits.

Each area of functional fitness is in relation to each other. For instance, Take Strength and Endurance. A 30 minute walk where you focus on deep breathing as you walk, regardless of speed increases your lung capacity (endurance) and strengthens muscles because they are being used.

Doing Tai Chi, Yoga or calling it simple stretches increases flexibility, strengthens

weak muscles by movement and increases endurance from opening up the "kinked" areas for increased oxygen. All these factors lead to an increase in our ability to balance better because our muscles are recalling (muscle memory) our ability to move and hold ourselves up.

Let's face it. When we were younger, we were able to do more. Stressors came and went and maybe we used negative reactors to treat our stress, over eating, drinking, smoking, and sleep it all off. These all created cortisol, a hormone released from stress that allows our body to increase its need to metabolize sugar, which in turn creates diabetes. Our body becomes more acidic in Ph balancing which creates a need for more cortisol, which then releases more sugar and we become tired, exhausted, "over worked."

Here's the deal though. We can regain some of our past youthful indulgences for our body. A walk with music we enjoyed from our college days might just do the trick. Our brain believes whatever we tell it, and going for a walk or gardening, or bicycling, or cleaning a garage, or detailing a car all bring back those "wonder years" where the sun and the music made all things possible. So get out and do something. Anything and enjoy the time and the sunshine and the music.

Talk to your doctor and get some good exercise in, breathing deeply, closing your eyes and looking up at the sun with your sunhat on. Stretch those arms and legs and enjoy. Because being fit isn't over yet. We still have it in us.

New Cassel Retirement Center will honor U.S. Military Veterans in May

It is said that freedom and security are like oxygen... when you have enough of them, you pay no attention to them. But when you don't have them, you can think of nothing else. Our veterans have long provided the oxygen... freedom, and security that allows millions and millions of people, not just in the United States but across the world, to be safe, raise their children, dream their dreams, and live their lives. We salute the veterans who served years ago and made our oxygen possible. We are grateful for what you have done for us—your sacrifice will never be forgotten.

New Cassel Retirement Center will salute over 30 veterans at "Honoring Our Veterans" on May 10 at 2 p.m. in the New Cassel Auditorium.

These men and women put their lives on the line to protect our country and provide each of us with our freedom. On this special day, we all come together to say, "Thank you!" from the youngest to the oldest, we all owe our veterans more than we could ever afford

to give. At least we can say "thank you" and give them a memorable day!" said Cindy Petrich, New Cassel Foundation President.

Our event will encompass posting of the colors, a guest speaker, a "thank you" to our veterans and spouses of veterans, and the playing of Taps.

New Cassel Retirement Center welcomes Denny Esch, Vietnam Veteran, 2-14th 25th ID.

Esch was born in 1948 in Spalding, Nebraska and is the 3rd oldest in his family of 11. After graduating from Spalding Academy in 1966, he was drafted in 1968.

Esch served our great country in Vietnam. He was wounded three times between 1968 and March 1970 when he sacrificed his limb.

Esch graduated from Creighton University with a BSBA and Law Degree. He was employed by Haskins and Sells, a Big 8 Accounting and Tax Firm, for two years and then became the controller for a meat firm and worked there for 30 years.

Esch served on the St.

Augustine School Board, is active in his family's farming operations, and is a proud member of VFW Post 2704.

Esch has been married to Kathy Good, his sweetheart, for 49 years. Denny and Kathy are members of St. Leo Catholic Church. Together, they have raised six children and are proud grandparents to six grandchildren.

Join New Cassel Retirement Center and say "thank you" to the New Cassel Retirement Center and Franciscan Adult Day Center veterans who served all of us in WWII, the Korean War, the Vietnam War, and the Gulf War.

American National Bank is the proud sponsor of this event. American Legion Post #1 will Post the Colors, play Taps, and conduct a rifle salute.

For more information, get in touch with Cindy Petrich, President of the New Cassel Foundation, at 402-390-5317 with any questions or donations to New Cassel Retirement Center or Franciscan Adult Day Center.

ENOA is recruiting volunteers to become Ombudsman Advocates

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

ENOA's Ombudsman advocates visit residents in local long-term care facilities and assisted living communities to protect the residents' rights, well-being, and quality of life.

Long-term Care Ombudsmen advocates must complete 24 hours of initial classroom training and 18 hours of additional training every two years.

The next Ombudsman training for volunteers will be June 20, 21, and 22.

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

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

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

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

Respite Across the Lifespan

Life can bring on stress for many of us. Finding ways to relieve stress are 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.

 American Red Cross

FREE SMOKE ALARMS



To request free smoke alarms:
1-833-422-1751

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.

Corrigan Senior Center

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

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

Happy Hands meets on Tuesdays @ 9 a.m. The group crochets, knits, etc. for family members, friends, and NICU babies.

A Ceramic group meets on Wednesdays at 12:30 p.m.

Bingo is played every Monday and Thursday at 12:30 p.m.

Call 402-731-7210 for more information.

Eclectic Book Review Club

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

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

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

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

Live life to the fullest, we'll take care of the rest.



**Florence Home
Healthcare Center**



**Royale Oaks
Assisted Living**



House of Hope
Assisted Living and Memory Care



Gerimed Pharmacy

**Providing the very best care for
Nebraskans for over 117 years.**

Midwest Geriatrics, Inc

Omahaseniorcare.org 402-827-6000

ADRC Nebraska Aging and Disability Resource Center



The Aging and Disability Resource Center is the first stop for information related to aging or living with a disability.

Call us for
information about
connecting you
to services in
your area.

- Nebraskans age 60 and older.
- Nebraskans of all ages with disabilities.
- Serving the populations of Dodge, Washington, Sarpy, Cass, and Douglas.

In Eastern Nebraska, you can contact
ADRC at 402-444-6536,
(toll free) 1-844-843-6364
or adrcnebraska.org

Reflection, giving thanks for the life

Conscious Aging

By Nancy Hemesath

A friend of mine recently celebrated 60 years of marriage in a joyous gathering with her children and grandchildren. Her husband's fragile health was a reminder to savor the moment while giving thanks for the richness of the years. The event meant so much to her and her family.

The marking of birthdays, anniversaries, weddings, funerals, baptisms, bar and bat mitzvahs and other life milestones are not empty gestures but opportunities to pause, reflect, and give thanks for the life that we might typically take for granted. Marking the passage of time on these special occasions grounds us in our history and nudges us to look forward.

Each time a child is celebrated on his/her birthday an important message is communicated.

"The day you were born was a special day and we see you, recognize you and give thanks for your life. You are important!"

This message is important and we symbolize it by the gifts and cake.

As adults, birthdays are still meant to celebrate the gift of unique lives. Unfortunately, some of us regret birthdays because they remind us that we are no longer as young as we once were, a result of our society's infatuation with youth. Birthdays that allow us to remember and give

thanks are days of blessing. How lovely it is to be honored by friends and family one day each year!

Similarly, anniversaries mark the faithfulness of long-term relationships. The bumps and stresses along the way fade in our memories when love is still alive. Each anniversary is personal to the couple, the only people who know what compromises, forgivenesses, and healings have allowed the relationship to remain intact. The milestone anniversaries, 25th, 50th, and 60th are best celebrated by the community of family and friends who were touched by this union.

Other life transitions are marked by many traditions and rituals that honor the persons involved. Weddings are a community celebration to rejoice with the couple who are publicly proclaiming their love. Whether it is a simple ceremony or an elaborate affair, this is a life changing moment that touches the lives of family and friends going forward. It is an event of joy for all involved.

Funerals are occasions to mark the end of a life. Funerals are not for the deceased but for those

who survive. I am always saddened when I hear of someone who has directed their survivors not to have a funeral. Those left behind are robbed of the opportunity to support one another while celebrating a life. A good funeral goes a long way to promote a healthy, healing grief process.

How humdrum our lives would be without all these life celebrations. It is neither childish nor smart for us older adults to ignore our birthdays and anniversaries. It is so important to remind ourselves and others that we are still here and our lives matter. If others do not initiate the greetings, remind them and do something for yourself—a glass of wine, a dinner out, a bouquet of flowers. Do not do what I did when I was seven years old. I got up on my birthday and when no one immediately wished me a happy birthday, I stood in the corner and cried. Don't be like me. Speak up and celebrate life.

(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.)

Characterizing risk factors in caregivers who serve those with Alzheimer's Disease

The Department of Gerontology at the University of Nebraska at Omaha is looking for individuals who are 50 years and older that are currently serving as an unpaid, family caregiver to an individual with Mild Cognitive Impairment, Alzheimer's Disease or Frontotemporal Dementia.

The study will involve one virtual visit for one hour and will be conducted over the internet. Compensation for study participation is available. The experiment involves completing online questionnaires, interviews and computer tasks.

To be eligible for the study, you must be 50 years of age or older and currently serving as an unpaid family caregiver to an individual who is 40 years of age or older with Mild Cognitive Impairment,

Frontotemporal Dementia, or Alzheimer's disease, for five hours a week or more, for at least six months.

In addition, to be eligible you should have comprehension of written and spoken English and have completed a minimum of two years of high school or higher.

You are not eligible for the study if you have a diagnosis of a neurological or psychiatric disease (e.g., stroke), history of drug abuse, vision, hearing, cognitive, or motor difficulties, or if you are currently pregnant.

For more information about the study, please contact: Naomi Adjei at the Aging Brain and Emotion Lab (402-554-5961) in the Department of Gerontology at the University of Nebraska at Omaha or by email at ABELabUNO@gmail.com.

Flaherty Senior Consulting

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

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

Upcoming meeting dates and locations are:

• **May 9, July 11, Sept. 12, Nov. 14**
St. Vincent de Paul Church
14330 Eagle Run Dr.

• **June 21, Aug. 16, Oct. 18, Dec. 13**
St. Timothy Lutheran Church
93rd and Dodge streets

• **June 1, Aug. 3, Oct. 5, Dec. 7**
The Servite Center of Compassion
72nd St. and Ames Cr.

• **May 20, July 22, Sept. 23, Nov. 18**
Faith Westwood
United Methodist Church
4814 Oaks Ln.

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

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

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

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

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

La Vista Senior Center

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

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

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

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

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

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

This Month's
Crossword Answers

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

This Month's
Sudoku Answers

Volunteers Assisting Seniors (VAS) provides assistance with Homestead Exemption Program

By Mike Carsey
Volunteers Assisting Seniors

The Nebraska Homestead Exemption program offers eligible property owners reduced property taxes. To determine eligibility, a property owner must complete and submit the Nebraska Homestead Exemption application and income statement to your County Assessor's Office until June 30.

The percentage of property tax relief for which you may be eligible is determined by a sliding scale. You may be eligible if:

- You are over 65.
- Single and have income below \$48,601.



VOLUNTEERS ASSISTING SENIORS

• Married, closely related, or widowed and have income less than \$57,701.

You are a Disabled Veteran or a Disabled Individual:

• Single and have income below \$52,801.

• Married, closely related, or widowed and have income below \$61,601.

First time applicants should request an application form packet from their County Assessor's Office.

Volunteers Assisting

Seniors (VAS) helps clients with this program by providing trained and experienced Homestead Exemption volunteers to assist in completing the forms necessary to file for property tax relief through Nebraska Homestead Exemption Program.

Appointments can be scheduled from March 13 to June 29. Call Volunteers Assisting Seniors, 402-444-6617 to schedule your appointment or receive more information.

Volunteers Assisting Seniors 402-444-6617.

1941 South 42nd Street, Suite 312 Omaha, Ne. 68105 (The old Center Mall on the corner of 42nd and Center) www.vas-nebraska.org.

CLASSIFIEDS

Please call 402-444-4148
or 402-444-6654
to place your ad

OLD STUFF WANTED

(before 1975)

Military, political, toys, jewelry, fountain pens, pottery, kitchen ware, postcards, photos, books, and other old paper, old clothes, garden stuff, tools, old household, etc.

Call anytime

402-397-0254 or 402-250-9389

deFreeze Manor

Subsidized housing for those age 62 and over with incomes under \$33,300 (1 person) or \$38,050 (two persons)

2669 Dodge
Omaha, NE
402-345-0622



I AM COLLECTING

- War relics
- Omaha Police Department badges
- South Omaha Police Department badges

Call 402-551-9038

Connect with ENOA on LinkedIn.

Durham Booth Manor

"A great place to live!"

1 bedroom apartments for low income* seniors age 62+.

- HUD-subsidized rent
- Utilities included
- Secure access
- Near bus line & Bemis Park
- Computer center

Call today for details!

Durham Booth Manor
923 N. 38th St
Omaha, NE 68131
402-898-5880



Senior Citizens (62+)

Accepting applications for HUD-subsidized apartments in Papillion & Bellevue.

Bellewood Courts
1002 Bellewood Court
Bellevue (402) 292-3300
Bellewood@KimballMgmt.com

Monarch Villas
201 Cedar Dale Road
Papillion (402) 331-6882
Monarch@KimballMgmt.com



Managed by Kimball Management, Inc.
PO Box 460967
Papillion, NE 68046
www.kimballmgmt.com

We do business in accordance with the Fair Housing Law.



GET RID OF IT!

Haul away, garage, basement, rental clean out...

Johansen Brothers

Call Frank

402-312-4000

TOP CASH PAID

Best & honest prices paid for:

Vintage, Sterling, Turquoise, & Costume jewelry, old watches, old quilts, vintage toys, old postcards, advertising items, military items, pottery, and antique buttons. Also buying estates & partial estates.

Call Bev at 402-339-2856

Find us on Facebook

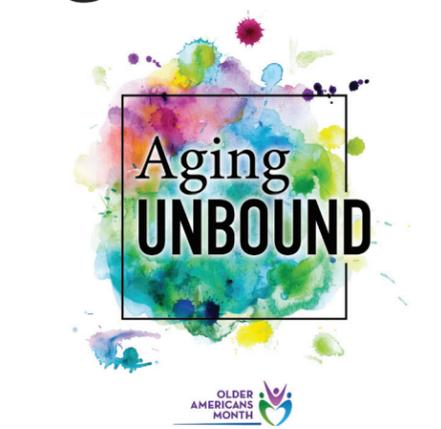
ENOA

Celebrating Older Americans Month

Established in 1963, Older Americans Month (OAM) is celebrated every May. Led by the Administration for Community Living (ACL), OAM is a time for us to acknowledge the contributions and achievements of older Americans, highlight important trends, and strengthen our commitment to honoring our older citizens.

This year's theme, *Aging Unbound*, offers an opportunity to explore a wide range of aging experiences and to promote the importance of enjoying independence and fulfillment by paving our own paths as we age.

This May, join us as we recognize



the 60th anniversary of OAM and challenge the narrative on aging. Here are some ways we can all participate in Aging Unbound:

- **Embrace the opportunity to**

change. Find a new passion, go on an adventure, and push boundaries by not letting age define your limits. Invite creativity and purpose into your life by trying new activities in your community to bring in more growth, joy, and energy.

- **Explore the rewards of growing older.** With age comes knowledge, which provides insight and confidence to understand and experience the world more deeply. Continue to grow that knowledge through reading, listening, classes, and creative activities.

- **Stay engaged in your community.** Everyone benefits when everyone is connected and involved. Stay

active by volunteering, working, mentoring, participating in social clubs, and taking part in activities at your local senior center or elsewhere in the community.

- **Form relationships.** As an essential ingredient of well-being, relationships can enhance your quality of life by introducing new ideas and unique perspectives. Invest time with people to discover deeper connections with family, friends, and community members.

For more information, visit the official OAM website, follow ACL on Twitter and Facebook, and join the conversation using #OlderAmericansMonth.

Nebraska Caregiver Coalition announces presentation of 2023 Educational Webinar Series for the Family Caregiver

The Nebraska Caregiver Coalition is pleased to announce the second presentation for 2023 from the series of four virtual workshops, designed to provide training, education, support, and resources for family caregivers.

The upcoming educational workshop is titled, "Advanced Directives, Why Everyone Needs Them & The Caregiver Organizer, a

Beneficial Tool for Caregivers" presented by Margaret Schaefer, JD and Suzy Campbell. The presentation will be held via Zoom on Tuesday, May 9 from 12 p.m.-1 p.m.

Margaret Schaefer, JD, Legal Aid of Nebraska, will discuss how to start the difficult conversations with loved ones, and share legal resources available for organization and communication

for caregivers. Margaret Schaefer is the Managing Attorney of the Centralized Intake Unit.

Schaefer manages the intake hotlines and provides advice and assistance to callers on a wide variety of legal issues.

She received her JD at Hastings College of Law in 1991. Schaefer has been an attorney with Legal Aid since 2005.

Suzy Campbell will be sharing about the Caregiver Organizer. It is a very valuable tool for caregivers where all the information can be organized so it is easily accessible. There are sections about contacts, personal info, medical, confidential, legal, end of life, resources, and tips and ideas.

Campbell was a caregiver for her father the last six years of his life, for her sister for a time before her death, and then became the caregiver for her husband for the last 16 years of his life.

Campbell worked for Aging Partners for 28 years, and while there she and a group of five other family caregivers and Suzy formed the "Caregiver Chicks". This group developed the

Caregiver Organizer so essential information about a recipient of care would be readily available.

To register for the event, visit: <https://go.unl.edu/caregivers>. Additional 2023 presentations will be announced at the same link provided. There is no cost to attend any of these sessions, however registration is required.

The Nebraska Caregiver Coalition focuses on the needs and interests of caregivers of all backgrounds. Its goal is to develop and implement a statewide caregiver awareness program for State Senators, plan and implement statewide grassroots engagement, and identify resources and partnerships to develop and coordinate Nebraska Caregiver Coalition activities.



COLLEGE OF PUBLIC AFFAIRS AND COMMUNITY SERVICE



Patel et al. (2019). Symptom burden among community-dwelling older in the United States. *Journal of the American Geriatrics Society* 67(2), 22

9TH BIENNIAL

Aging with Passion & Purpose
Conference

AGE-FRIENDLY COMMUNITIES

May 05, 2023

9:00 A.M. to 4:00 P.M. (CST)

Save the date!

Learners will discover collaborative approaches and techniques for assisting and supporting communities, policies, services, settings, and structures and developing livable spaces for people of all ages and abilities.

SCHEDULED SPEAKERS

Jeff Ahl, arCUREtecture

Ashton Applewhite, Anti-Ageism Activist

Shannon Guzman, AARP

Roger O'Sullivan, Institute of Public Health in Ireland

Anthony Warrior, Nebraska Indian Community College

Steven Wengel, University of Nebraska Medical Center

Target audience: older adults and their families, friends, and care partners as well as multidisciplinary providers of care, researchers, and educators. Delivered virtually. Includes CEUs.

FOR MORE INFORMATION:

unoaging@unomaha.edu

The University of Nebraska does not discriminate based on race, color, ethnicity, national origin, sex, pregnancy, sexual orientation, gender identity, religion, disability, age, genetic information, veteran status, marital status, and/or political affiliation in its education programs or activities, including admissions and employment. The University prohibits any form of retaliation being taken against anyone for reporting discrimination, harassment, or retaliation for otherwise engaging in protected activity. UNO is an AA/EEO/ADA institution. For Title IX concerns, please contact the Title IX Coordinator (phone: 402.554.2120). For ADA/504 accommodations or assistance, please call the ADA/504 Coordinator (phone 402.554.2463) or the Accessibility Services Center (phone: 402.554.2872). UICTEMP2022

UNIVERSITY OF
Nebraska
Omaha

Intercultural Senior Center

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

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

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

The ISC is inviting those to visit their annual "Cinco de Mayo" celebration on May 5th and Mother's Day on May 15th at 12 p.m.

Merrymakers will give a musical performance by Ben Tomasello at 12:30 p.m. on May 24th.

ISC will be closed Monday, May 29th in Observance of Memorial Day.

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

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

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

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