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New Horizons

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Former mayor continues to make an impact

By Nick Shinker
Contributing Writer

Anyone who knows the recent history of Omaha also knows the name PJ Morgan and the incredible impact his leadership has had on the city and the state.

From professional careers in insurance and loans, to building apartments and hundreds of homes, to owning several real estate companies, to his volunteer and philanthropic work on numerous boards and civic organizations, to his service as a Nebraska senator, Omaha mayor and his current role as a Douglas County commissioner, Morgan has kept his sleeves rolled up and done whatever was asked of him for more than 50 years.

Like the sleek sports cars he drives, Morgan, 82, shows no signs of slowing down.

Most weekdays you'll find him at his office at TCB Real Estate, ready to go by 7 a.m. He has a large spiral calendar filled with handwritten notes about meetings to attend and places to be. Like a one man band, he answers all his calls himself and follows up with a text or an email. His word is like gold – solid and valuable.

"I wouldn't change anything about my life," Morgan said. "I've always had a job, and I tell schoolkids all the time to like what you're doing and to do the best you can. If you like what you do, it's

really not work.

"Not every day is perfect," he said. "I get stressed if I lose a deal or some plans fall through. There are always peaks and valleys in life. But, all in all, I really enjoy what I have been lucky enough to do."

Paul Morgan Jr. was born in 1940, the son of Paul and Lucille (Cerone) Morgan. Lucille's mother had died when she was 2 years old, and she spent 15 years at St. James Orphanage in Omaha, where she was raised by nuns.

His mother originally worked for the Jubilee Horn Co., a manufacturer of automobile and bicycle horns. His father worked in his mother's beauty shop near 24th and Poppleton Avenue and did some real estate work as well.

When Morgan was young, the family lived near 23rd and Leavenworth and he attended nearby Mason School.

"My parents had a home built for them at 55th and Pacific," he recall. "My mom saw how the contractors worked organizing everything and she learned from it. She became one of very few women builders in the late 1940s."

The family would build a home



and live in it until it was sold, then build another. "We moved 17 times while I was in school," Morgan said. "Our entertainment was driving around looking for lots to buy."

No matter where they lived, there was only one telephone in the house. "When it rang, if it was for me, my mother wouldn't call out, 'Paul!' Paul was always dad. I was Paul Jr., so if it was for me, she'd call out, 'P.J.!' When my friends at school found out, they starting saying, 'Hey Pajamas!' Ever since, the name P.J. just stuck."

Morgan learned respect and the value of hard work from his parents, and he held many jobs as a

youngster. "When I was 11 or 12, I worked at Playland Park selling pop," he recalls. "I was a sacker at Broadmoor Market in Countryside Village for 35 cents an hour. At 13, I worked washing cars and changing tires at a Skelly Gas Station for 50 cents an hour. After that, I made \$1.80 an hour assembling boxcars at the Union Pacific Shops out on Abbott Drive near the airport."

His father was a motorcycle enthusiast and a member of the Cavalier Motorcycle Club, which sparked Morgan's interest in owning and riding motorcycles, which he

--Morgan continued on page 11.

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Growing sport: Pickleball

Pickleball is the fastest growing sport in the United States. Find out more about the different ways to play pickleball on **Page 16**.

Report on impact of caregiver shortages on older adults

Data from USAging shows that existing shortages in the caregiving workforce have grown during the COVID-19 pandemic—posing a significant threat to the ability of older adults to age well in their homes.

Caregiver Needed: How the Nation’s Workforce Shortages Make It Harder to Age Well at Home, a new report from USAging, reveals that many AAAs and their direct care provider partners across the country are facing workforce shortages which threatens their

ability to provide home and community-based services to older adults who depend on them.

The report, based on a survey of AAAs, revealed that 41 percent of AAA survey respondents indicated staff vacancies ranging from five to 15 percent and one-third of AAA respondents reported that they had lost at least half of their volunteer workforce since 2019.

As a result of direct care workforce shortages:

- 99 percent of responding AAAs reported that older adults in their service areas

are experiencing increased social isolation and loneliness;

- 94 percent of AAAs reported that older adults were not receiving services as often as they were needed; and;

- 92 percent reported that some older adults were not able to receive one or more of the services they need at all.

As a result, AAAs are handling larger caseloads and report that they have started or added to the numbers of people on their waiting lists for services.

“Our members are inside the homes of older adults and have seen the impact that missed medical appointments and a lack of needed services have had on older adults. By failing to invest in the caregiving workforce and the essential services they provide, our nation’s leaders are effectively turning their backs on America’s older adults,” Sandy Markwood said.

Around the country, America’s network of AAAs and Title VI Native American Aging Programs are doing all in their power to

address the workforce crisis, but national employment trends and longstanding underinvestment in the social services sector have made it difficult to solve for the problem locally.

“USAging’s members have served as local incubators of ideas that they have used to address the caregiving workforce crisis in their communities,” Markwood said. “Yet they don’t all control the wages they can pay within certain federal and state programs such as Medicaid—and even when they do, it’s difficult to stretch limited funding enough to be truly competitive with retail or private sector jobs that are less stressful than caregiving.”

USAging members reported that one of the biggest challenges facing the Aging Network is the struggle to attract and retain its workforce.

USAging has called on Congress and the Biden Administration to prioritize these workforce shortages along with longer-term training and retention challenges by making much-needed investments in the programs necessary to meet the current and future needs of growing numbers of older adults in this country.

“We need a national strategy to address this crisis, and it needs to include expansion of key programs that support older adults, such as the Older Americans Act and Medicaid home and community-based services programs. Major investments in these two critical programs are priorities of the Biden Administration, yet Congress has not yet followed suit—missing a key opportunity to include investments in the Inflation Reduction Act,” Markwood said. “We knew the growing numbers of older adults would only increase pressure on our aging services and long-term care systems—and we’ve been warning Congress for decades. Now that we are aging rapidly as a country and we’re experiencing widespread workforce issues, the situation is all the more acute because of the lack of that planning. If we want to support people to age well at home, then the nation must invest in the workforce and the hands-on services and supports they require.”

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COURTESY PHOTO

Ron Chvala (right) performs "Circuit Rider" in front of an audience at a luncheon in Kearney.

Film company produced, directed and shot films for 40 years, produces plays

By Ron Petersen

For a message to get across through film it has to be educational and powerful while grabbing the attention from their audience.

The story needs to be meaningful yet entertaining in its own creative way.

The film or video needs to be able to stick and it needs to be unique.

The hidden story needs to be told, which has been Bill Chvala's task throughout his entire life.

"I look for the stories that needs to be told," Bill Chvala said. "It's been a great career."

Bill Chvala, got into film at the University of Nebraska-Omaha where he would later become a producer at KETV NewsWatch 7.

The Omaha native in 1981 partnered with Ron Chvala who founded a film company called Chvala and Company Productions.

Since then, the 77-year-old's company has produced films and videos throughout the United States. Their crews have shot on locations in Europe, the Far East, the South Pacific, Southeast Asia and South America telling the stories of various lives and subjects.

"We have done so many different things and have been around the world," Chvala said. "We were always involved in telling stories for people."

Chvala and Company Productions have shot both motion picture film and video. They have produced,

directed, shot and edited hundreds of hours of films and videos.

The company is based in Omaha, but they have shot films and videos around the world.

"The stories we work on are out in other countries, so that is why we have to travel," Chvala said. "We've been to Africa four times, China, Taiwan, South Korea, Philippines, Fiji twice, Mexico, Canada, Italy, Great Britain, Belgium and France."

Chvala and Company Productions have done a dozen different types of stories including rural life, hunger in South America child abuse, migrant workers in Taiwan, kids at risk on the streets, people who are developmentally disabled, a Hollywood movie poster artist of the fifties, and a cooking show. Productions have taken us inside a nuclear reactor, in corporate board rooms, inside a Fijian hut and in surgery at a major hospital.

They have done work for hundreds of companies and have had a dozen of companies come back to do more work. But every project is different.

"It was always a company that needed to get their message out and to tell their story. We would skip the traditional, industrial film and we went into finding the hidden stories in a company. We tried to portray that through film and video," Chvala said. "We always look for stories that would help reflect the

companies we were serving."

The work of the films produced over the years have been recognized with the dozens of awards they have won along with the various television networks that have picked up some of the films and videos. Everything was going well for Chvala and Company Productions until the COVID pandemic hit in 2020.

Chvala and Company Productions were forced to stop producing films and video, but they found an alternative way to still do storytelling.

"Our work really dropped off, so I went on to write some plays," Chvala said.

Over the last two years, Chvala has produced three plays and plans to build off of them.

"We have a trilogy of stories we plan to tell," Chvala said.

The first play called Circuit Rider was shown in Kearney and later played again in September at the Nebraska Brewing Company in La Vista. The other two plays that have shown are called, Prisoner 285 and Baseball Preacher.

Chvala doesn't have any plans set for the future, but he said they could develop more films and videos based off of the plays.

"It's been pretty successful — we are thinking about adding more plays if we can find more actors," Chvala said. "We will see if it develops into videos."

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New Horizons

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

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:

- Men and women are needed to write greeting cards of encouragement for residents living in skilled care and assisted living facilities.
- The American Cancer Society wants volunteers to help provide food and to perform other duties at its Hope Lodge Nebraska.
- Volunteer quilters are needed to create Busy Lap Blankets for long-term care facility residents.
- The Creighton University Medical Center-Bergan Mercy Hospital wants volunteers to take a dessert cart to new

Moms who recently gave birth and to help out in its mail room.

- The Catholic Charities/St. Martin dePorres Center is looking for volunteers for a variety of duties.
- The Siena Francis House needs volunteers to serve breakfast and lunch.



- Volunteer Connect wants men and women to participate in a focus group.
- The Omaha Girls Rock summer camp is looking for volunteer band coaches, instrument instructors, counselors, and workshop leaders.
- Volunteers are needed to knit/sew baby caps/clothing and prayer shawls.
- Boys Town is looking for volunteers to help out at its Visitors Center and Hall of History Museum.



— VOLUNTEERS — ASSISTING SENIORS

Medicare Open Enrollment period is already underway

Medicare's Annual Open Enrollment period begins on October 15 and runs through December 7.

This is the time of year to review your current Medicare Part D coverage or your Medicare Advantage coverage. By reviewing your coverage, you may be able to save money on your prescription drug costs in 2023.

Volunteers Assisting Seniors (VAS) will be available to help you review your plan. VAS provides this service free. Counselors are not insurance agents nor are they compensated in any way.

The counseling you will receive will be unbiased. The objective is to provide

information and assist you in making the best choice for your personal circumstances.

Part D drug and Medicare Advantage plan reviews are being offered and over the phone at 402-444-6617. Limited in person counseling is available. In person counseling will require the wearing of a mask.

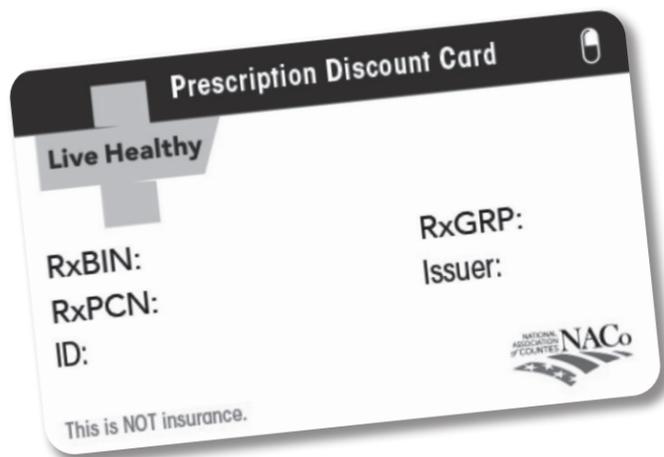
Phone counseling at home sessions will be available daily. Limited evening and weekend appointments are also available. Please call VAS at 402-444-6617 to schedule your in-person or phone session with one of our trained, certified Medicare counselors.

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Intercultural Senior Center

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

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

Participants must be fully vaccinated against COVID-19 to attend the ISC. Men and women are asked to wear a mask and bring their vaccination card with them when visiting the center.

- **November 1, 4:** Flu vaccine offered
- **November 9:** Monthly Health Presentation from Angel's Care Home Health @ 12:30 p.m.
- **November 11:** Center is closed for Veteran's Day
- **November 17:** LGBTQ+ gathering @ 4-6 p.m.
- **November 24, 25:** Center is closed for Thanksgiving

The ISC offers a light breakfast, lunch, fitness classes, programs, and activities. Technology classes are held Tuesdays and Wednesdays @ 10:20 a.m. and Wednesdays and Fridays @ 12:30 p.m.

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 men and women ages 50 and older.

ISC's SAVE bus can bring case management services to your doorstep.

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

Omaha Metro Women's Club

The Metro Women's Club is hosting a luncheon and a program featuring Eileen Wirth, a professor emeritus Creighton University, author of "Famous Women of Omaha, who built Omaha," on Tuesday, November 8 at Charlie's on the Lake restaurant located at 4150 S 144th St.

The menu will feature a choice of teriyaki chicken, chicken over rice, or shrimp.

Reservations – which are \$22 – can be made by calling Ginny at 402-319-1121.

For more information about the luncheon/program or joining the Metro Women's Club, please call Ginny at 402-319-1121.

Linger Longer – in search of ideal holiday dining experiences with family and friends

By Andy Bradley
Contributing Writer

You are excited. For days, you've been looking forward to a relaxing, leisurely, intimate meal with a few close friends or family. The day, time, location and transportation are arranged. The special day arrives, and you're spruced up and ready to go. But within five minutes of stepping foot inside the establishment, your enthusiasm quickly turns to disappointment, even anger. Why? Because you can hardly hear your companions due to the loud music, menus are sticky – or worse – have been replaced by QR readers, and the dining room is so dark you fumble your way to the table. To top it all off, you've made the mistake of arriving at the peak of happy hour, when the excited voices of slightly inebriated men and women pierce the normally subdued dining room.

These exasperating experiences, and others like it, are not at all uncommon, as verified by guests at several Eastern Nebraska Office on Aging (ENOA) senior centers, some residents of Immanuel Village, Kiwanis Club members, and others. As a prelude to the holiday season, which often features special dining excursions with family and friends, New Horizons asked scores of seniors in small group discussions to describe both their miserable experiences and their pleasurable ones. The discussions focused primarily on moderately priced sit-down restaurants, and did not include sports bars or fast food.

But first we probed the frequency of dining out, especially in light of the COVID epidemic. In general, seniors seem to be eating out less than pre-Covid days. Jim Nabors of Bellevue used to dine out weekly before COVID, but has cut back to monthly.

"I still don't want to risk being around those who are unvaccinated," he said.

Other reasons for stepping out less frequently are not necessarily COVID related. They include the higher price of eating out, reluctance of singles to dine out alone, and the overall perceived decline in service quality due to staffing issues. Additional factors impacting dining frequency included lack of transportation, dietary restrictions, and the closures of favorite dining spots.

Some, however, are stepping out as often or more than before COVID, especially seniors who dine routinely with friends and family. As a member of the Supportive Singles group, Connie Heisler of Fremont dines out three times a month, twice for dinner and once for lunch. Typically, eight to twelve members show up, usually frequenting Fremont-area establishments.

Reasons for selecting where to eat included the restaurant's loca-



tion, cuisine, reputation, ambiance, expected attire, and perceived value. Those dining with others often look for menus with wide array of selections that can appeal to everyone in the group.

Service experiences – both positive and negative – topped the list of senior comments. From the time a customer is greeted at the door to the time they pay the tab, the demonstration of friendliness and hospitality from all staff is paramount. It's about "how they make you feel at home, like they want you there," said Ross Winn, who lives at Immanuel Village. Seniors appreciate staff who are "personable and interested in you," said Harold Schmidt, who also lives at Immanuel.

Stellar service can make a person's day – both for the diner and wait staff. Pleased patrons often leave generous tips. Betty Schlapia of Bellevue, who retired from waiting tables after 28 years, took pride in her attentive service, which often resulted in lavish gratuities. Regular customers "would send me gifts for my birthday and Christmas," Schlapia said. "One year for my birthday I made \$200 in tips."

A restaurant's reputation for top-notch service is built through attentive and consistent staff training, and the serious commitment of ownership and management to training, said Karen Buchholz of Omaha, who specialized in customer service at the Port of Seattle. Good service "depends upon the training and it depends upon the trainer," she said.

But friendly and attentive service can also depend upon the attitude and friendliness of the customer, according to Joyce Pasold of Fremont. Sometimes wait staff are new, nervous and lack confidence. "You'd be surprised," she said. "I started smiling and complimenting them. You've got to give them a little encouragement," which goes a long way in turning a potentially negative experience into a positive one. Others acknowledged that rude, demanding and nitpicky customers can adversely affect the service experience as well.

Being rushed by restaurant wait staff and managers can interfere with the dining experience, too, Winn said. "So many times, it's in and out." Those interviewed suggested that table turnover is considered the key to profitability.

Other service blunders, according to those participating in the small-group discussions, include wait staff who do not check back after the meal is served, overly attentive staff, including those who hover around the table, "like every two minutes," said Mary Ann Boles of Omaha. Poor timing of food service also irritates Winn. "I'll take my first bite of salad and here comes the dinner," he said.

Excessively boisterous patrons and loud music, exacerbated by contemporary design featuring open ceilings and concrete floors, are also deterrents to a pleasant dining experience.

"The noise level at a restaurant will decide where my husband and I will go," said Karen Buchholz of Omaha. It's frustrating "if I have to shout at my husband across the table," she said. Some patrons believe blaring music is management's not-so-subtle way of saying they don't want you to sit and linger with your companions.

Other intolerables mentioned by seniors included:

- Cold environments
- Patrons arriving after you who are seated and served before you
- Small print on menus or no menus at all (replaced by QR readers on smart phones)
- Restricted forms of payment, including either no cash or no credit cards accepted
- Impatient and rushed service, including an infinitesimal amount of time to study the menu
- Mixed up orders and cold food
- Inattentive service – good luck with ordering that second drink or extra napkins
- Uneven surfaces, including steps, especially in dark environs (dining rooms that are too light, such as booths adjacent to sunlit windows, can be problematic as well)

- Parents inattentive to fussy infants or rambunctious toddlers
- Diners with raised voices on Facetime or playing videos on their smart phones or tablets
- Tables and patrons cramped like sardines, leaving little room for canes, walkers or wheelchairs

We also asked those interviewed to describe just the opposite – truly special dining experiences. In many cases, seniors mentioned restaurants by name, enthusiastically endorsing those venues that seemed to understand the special dining needs and expectations of seniors. Especially memorable are dining establishments where the long-tenured staff know your name and you know theirs. They are genuinely pleased to greet you, even inquiring why they hadn't seen you for a while. Other patrons appreciate when staff anticipate your drink order, sometimes rushing it to the table before you are seated, especially if you have made reservations. Seniors like being asked where they would like to sit, and hosts who wouldn't dare plop them by the kitchen, service areas, or near tables with rambunctious children and animated adults.

Establishments were praised repeatedly for one or more of these important attributes: Friendly and long tenured staff; lighter fare or senior menus; reasonable prices; soft classical, nostalgic (think Sinatra era) or easy listening music; overall pleasing atmosphere and ambiance, including lighting, artwork, table settings and other decorations; clean tables, floors, restrooms and menus; round or square tables – instead of long rectangular ones – to facilitate communication; ample space and privacy between tables as well as large, handicapped-accessible restrooms; and, of course, expedient, well-timed service.

27 marquee mentions included:

- Applebee's
- Beacon Hill
- Bravo! Italian Kitchen
- Carrabba's
- Cascio's
- Cheddars
- Charlie's on the Lake
- Delicious (Valley)
- El Bees
- Firebirds
- Goldbergs
- Good Evans
- Gringo's Cantina (Fremont)
- Jerico's
- La Hacienda (Fremont)
- LongHorn Steakhouse
- Mel's Diner (Fremont)
- Olive Garden
- Osteria Kayla (Fremont)
- Plank
- Romeo's
- Red Lobster
- Saltgrass Steak House
- Spezia
- Summer Kitchen
- Vincenzo's
- Village I

Please see the ad on page 3

New Horizons Club gains new members

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\$5
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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.

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, 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.

The fear of home downsizing

Home Downsizing. Just the words tend to conjure up images and feelings of overwhelm to the point that



Soucek

After more than 25 years of working with home owners (or their family members) that want or need to sell and move to a smaller home, apartment, or other senior living arrangement, I have witnessed numerous specific and personal needs a person has with the transition to senior living.

Some of the items that need to be considered are timing, locating the right new home, apartment, or other senior facility, a move manager and/or moving company, selling the house you're currently in, including what to do with all the "stuff" in the house, and making this all happen with minimal stress.

One of the first primary issues is timing. If a person is just looking to sell a house and move to a smaller house or independent living community, this may be a one to three (or more) year process.

Many home owners think about repairs and updates a house needs or should have addressed to get the house ready to put on the market, as well as taking care of all the "stuff" that may have accumulated in the house.

Finding the right new home, apartment, or apartment community may also take some time, especially if a person wants a ground level apartment, or one that takes pets, and in a particular part of town.

If someone has a health emergency, then this timeline to find the right place to move to is pushed rapidly forward.

Finding the right apartment or senior living community is also very important. Sometimes the best communities or facilities are not always the closest or most convenient to family members, doctors, or other services that a person would like.

It may be much more important to find a community or facility that provides the best care and services for your needs, instead of focusing solely on how close it is to family or friends.

One issue I hear from sellers moving to senior living probably more than anything else, is "what do I do with all this stuff." If a person has lived in a house for 20, 30, 40 years or more, it's understandable that a lot of "stuff" has accumulated.

It most likely took a lot of years to accumulate the stuff you have, so don't feel you need to complete a project like this all at one time.

Taking small steps like starting with one room and labeling items that you know you want to keep or know you can part with is a start.

Moving from where you are now to a smaller home or apartment is a big change, but if you've done some pre-move planning, it doesn't have to be stressful.

Creating a floor plan of where you are moving to, so that you know what can be moved and where it will go, can help. Knowing what you can and want to take with you can then help with parting with items that you know you don't want or can't take with you.

Moving resources available range from those that

just pick up and move furniture and items already boxed up, to companies that will do everything to move you, so that the only thing you need to do is literally get yourself to your new dwelling.

Lastly, what to do with your house? There are options. Do you keep the house as an investment property? Do you sell the house and use the proceeds to buy a smaller home or buy into a community? Do you use the sale proceeds to invest as part of a retirement plan? Do you sell the house and turn your equity into a monthly income stream?

What you do with your house and how you sell will be determined by your specific situation and how best your house can help you achieve your goals.

For all the above items, the key to getting repairs and updates completed, getting the "stuff" taken care of, finding the right new home, apartment, or other senior living arrangement, and getting moved from point A to point B, is having the right "team" to assist you. Just know that there are local resources for each step of the process to help make the transition to a smaller home or apartment as stress free as possible.

If you'd like additional information about downsizing or downsizing resources, just call my office at (402) 450-0199.

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

Participants needed for UNMC's study on scam vulnerability

Nearly one-third of Americans have fallen victim to a scam. During the past decade, there has been a significant increase in solicitations targeting older adults.

Elder fraud and abuse are impacting older adults' life quality and longevity. Frauds and scams may come in the form of solicitations via phone calls, emails, letters, computer pop ups, etc.

These solicitations may ask for donations, assistance, or advertise unnecessary or non-existent services or products.

The goal is to take advantage of vulnerable individuals. Older adults are vulnerable due to loneliness, a desire to help, or due to declines in judgment that puts them at risk for suboptimal decision making.

The Division of Neuropsychology in the

Department of Neurological Sciences at the University of Nebraska Medical Center is conducting a federally funded research project on how changes in practical judgment and problem-solving skills may impact older adults in terms of scam and fraud.

Researchers are recruiting individuals ages 60 to 90, with or without cognitive impairment to examine the role of cognition, brain structures, and genetic factors on susceptibility to scam and fraud victimization. The study involves one or two visits and doesn't require any follow up visits.

Participants will undergo a brain imaging study (MRI), cognitive testing, and genetic testing with compensation for their time.

To learn more, contact Erica Aflagah, PhD at 402-559-3158 or wnl@unmc.edu.

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The best way to merge lanes, drive safely around the metro

By Ron Petersen

Drivers who merge at last minute, might cause some blood to boil, but they are allowed to do so.

There seems to be construction nearly year-around all around the eastern Nebraska area, which slows down traffic and tests the patience of those who have to deal with slow traffic on a daily basis. When it comes to merging and avoiding traffic cones, depending on the situation, the best option is to read the signs along with driving with the flow of traffic.

“According to NDOT (Nebraska Department of Transportation): As you see the ‘lane closed ahead’ sign and traffic backing up, stay in your current lane up to the point of merge. Then take turns with other drivers to safely and smoothly ease into the remaining lane. When traffic is heavy and slow, it is much safer for motorists to remain in their current lane until the point where traffic can orderly take turns merging,” Omaha’s Vision Zero Coordinator, Jeff Sobczyk said. “NDOT describes the following situation: When traffic is moving at highway speeds and there are no backups, it makes sense to move sooner to the lane that will remain open through construction.”

One way to merge that could fix this issue is the “zipper merge” method.

The “zipper merge” occurs when motorists use both lanes of traffic until reaching the defined merge area, and then alternate in “zipper” fashion into the open lane. This is also referred to as a “late merge.”

The method is used to reduce differences in speeds between two lanes, reduce the overall length of traffic backup, reduce congestion on freeway interchanges and create a sense of fairness and equity that all lanes are moving at the same rate.

“It is a very effective tool that has a significant impact on safety and efficiency,” Sobczyk said.

No matter what method of merging people use, drivers should always be aware of their surroundings and to act accordingly.

“If you know what you are doing is safe, legal, and appropriate based on the



When using the “zipper method,” drivers are encouraged to turn on their blinker and wait until somebody in the next lane lets them in, or to stay in their lane and wait for all the people to get out of the way before zooming to the front of the line and merging when the lane closes.

given time and circumstances, you should not have to worry about the reaction of other drivers. Over time, zipper merging needs to become the norm due to the benefits it provides,” Sobczyk said. “More consistent and long-term education about the practice is needed. It is a paradigm shift in how we have always thought about merging, change takes time.”

Not only should people merge with precaution through construction zones, but it is even more important to drive slowly.

“Slow down through construction areas as well as anywhere people are present,” Sobczyk said. “The speed you are traveling has been proven to be one the most significant factors in determining if a person hit by a car survives or is killed. There are countless studies that show if a person driving a car hits a person going 20 mph, that person has an 80% chance of walking away alive.”

Whether it’s speeding, road rage, or being overly aggressive, drivers need to drive safely and to be distraction-free at all times.

“Being alert to the built environment around you is vital to safety for all road users. Driving through dense urbanized parts of Omaha provides different challenges than driving on a 4-lane suburban road,” Sobczyk said. “The City of Omaha is committed to being a Vision Zero city. What that means is we are no longer accepting death and serious injuries as a natural and inevitable by-product of our transportation system. We are committed to doing what is necessary over time to create and support a safety culture that will reduce

the number of severe and fatal crashes to zero. This will be done through a Safe Systems Model. Through this model, we seek to have safer streets, safer road users, safer speeds, safer vehicles, and enhanced post-crash care. This approach addresses the safety of all road users regardless of age (those that drive, bike, walk, ride transit, and all other modes).”

To learn more about the “zipper merge” method, visit the Nebraska Department of Transportation website at <https://dot.nebraska.gov/news-media/transportation-tidbits/zipper-merge/>.

Omaha Computer Users Group

You’re invited to join the Omaha Computer Users Group (OCUG), an organization dedicated to helping men and women age 50 and older learn about their computers regardless of their skill level.

OCUG has recently started to meet again, since the Covid-19 has settled down.

OCUG meets the third Saturday of each month from 10 a.m. to 12 p.m. at the Swanson Branch Library, 9101 W. Dodge Rd.

Participants will have access to a projector connected to a computer with Microsoft Windows 10 to show users how to solve their computer problems.

For more information, please call Phill Sherbon at 402-333-652



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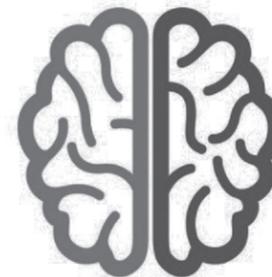
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Ralston Senior Center

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

- **November 2, 16 & 23:** Bingo @ 12:15 p.m.
- **November 9:** Board meeting @ 10 a.m.
- **November 10:** Bingo from 1 to 3 p.m.
- **November 30:** Music by Joyce Torchia sponsored by the Merrymakers @ 12 p.m.

Lunch is catered in on Wednesdays @ 11:30 a.m. A \$4.50 contribution is normally suggested for the meal. Reservations are due by noon on Tuesday. Play games and bingo after lunch. Contact Diane @ 402-885-8895 for reservations.

Obtain an annual Ralston Senior Center membership for \$10. A current membership is \$5 for the remaining calendar year.

Participants are needed to play cards and other games on the second and fourth Thursday morning of each month. Call Ron Wilson at 402-734-3421 for more information.

The center may be used on weekends for various activities such as weddings, memorial services, anniversaries, family reunions, birthdays, baby showers, wedding showers, etc. On days the Ralston Public Schools are closed due to the weather, the Ralston Senior Center will also be closed.

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

BBB Torch Awards honor ethical business practices

The Florence Home Healthcare Center received the 2022 Better Business Bureau (BBB) Torch Award for Ethics at a luncheon in September, at the Embassy Suites Conference Center in La Vista. These awards focus on demonstrated ethical business practices with key stakeholders, including customers, employees and community at large, rather than a company's growth, profitability or popularity. The Torch Award winners were chosen by an independent panel of judges consisting of metro Omaha business and charity leaders and members of the academic community.

"BBB's Torch Award winners have shown that ethics and integrity are core values of their organization," stated Jim Hegarty, President and CEO of the BBB Serving Nebraska, South Dakota, The Kansas Plains and Southwest Iowa. "The 2022 BBB Torch Award winners join an elite group of organizations that realize dealing fairly and honestly with employees, customers and partners are central to profitability and growth. They serve as role models for all businesses located in the metro Omaha, and the Better Business Bureau Foundation is pleased to honor them with this prestigious award."



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Exercising after the age of 65

By Elisabeth Thompson

Aging is oftentimes associated with stiff knees, a slowed pace, and overall limitations on comfort and mobility. We tend to hold the idea that when you turn 65, and the senior discount hits, your physical abilities are predestined to diminish.

Daniel Liberman, a professor of evolutionary biology at Harvard, has challenged this notion. In fact, he contends that the most problematic idea surrounding exercise is that it is normal to see a decrease in physical aptitude as you age. The concept of retirement is a facet of the modern Western world that grants us permission to take it easy in our later years. Liberman urges us to consider that retirement

didn't exist in the Stone Age; in fact, until recently it still didn't as hunter-gatherer grandparents often worked overtime to provide for their children and grandchildren. Thus, we have evolved to sustain physical activity throughout our entire lifespan.

Opposing evolution and omitting exercise in our later years deprives us of the anti-aging benefits stimulated by activity. According to a Harvard Alumni Study conducted by Ralph Paffenbarger, Harvard alumni who maintained an active lifestyle had nearly 50 percent lower mortality rates than those classmates who did not.

Not only does getting active have positive physical implications, but mental as

well. New research suggests that modest weight training keeps your brain sharp and functionally younger.

Most of all, Liberman wants us to ditch the mentality that age equals frailty. This false belief has resulted in older adults halting exercise all together and inadvertently self-sabotaging.

Giving up on exercise, and more importantly ourselves, will spiral into the inevitable loss of strength and muscle mass.

Whether it be running a marathon, or a brisk walk around the block, staying active in big and small ways is highly impactful. So, the next time you want to blame being stiff on old age, try getting up and getting out there.



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Retired stockbroker leaves his mark

By Michael Kelly

It's said that Bruce Haney, "knows everyone in town." True or not, his wide circle of friends and acquaintances certainly started early – along an Omaha brick street with 50 kids.

That was in the 1940s and '50s on South 33rd Street between Martha and Arbor, near Hanscom Park. Fifty children on one street in that old Irish-Catholic neighborhood, he insists, was no exaggeration.

"At one point," he recalled, "I counted them all."

Today at 87, he enjoys a lifetime of memories that include three years in the Navy, a half-century as a stockbroker and decades of leadership in Catholic education. Good-humored, well-traveled and socially astute, Haney has succeeded in life by building trusted relationships.

"Bruce has been a terrific networker," attorney John Cavanaugh said. "He's a great storyteller who keeps tabs on people and just has a tremendous way of extending friendship to a lot of people. He's very engaging."

"His public persona is 'the life of the party,'" son Ryan Haney said, who partnered with and then succeeded his father as an Omaha financial adviser. "He likes talking to everybody, and he has multi-generational clients. He holds on to relationships for a long time."

Bruce E. Haney's achievements are many. He has been called the founder of Skutt Catholic High School. He also chaired the committee that led, in the early 1990s, to the first parochial secondary school in decades built west of the 72nd Street corridor.

A professional accomplishment when affiliated with Piper Jaffray Hopwood & Co. was to become financial adviser to the Omaha Public Power District board of directors. He handled three bond issues of around \$200 million each and is proud that refinancing the debts at lower rates saved the public millions.

He has led a big life, though it started small – about three pounds at birth and hospitalized for five months. A sister, Patricia, had died weeks after birth. But Haney got well and enjoyed a lively childhood with five siblings. In an era of telephone party lines, milk delivery and "The Green Hornet" on radio, Haney grew up in a two-story frame house with a windowed, third-story attic and attended nearby Our Lady of Lourdes School.

When he was 7, comedians Abbott and Costello came to town as part of their national war bond drive.

A neighbor boy, Jerry Young, 12, boldly invited them to his "backyard circus," where they performed their famous "Who's on First?" About 2,000 attendees, including Father Flanagan of Boys Town, paid a dime each and \$273 was raised for the American Red Cross.



Courtesy Photo

Bruce Haney (left) and his wife Marlene Pfingsten, celebrated their 50th wedding anniversary at St. Robert Church community room in January 2017.

At age 9, Haney appeared in a 1944 newspaper photo of kids attending a Creighton University summer camp – the first of his hundreds of times in the Omaha World-Herald. When he was 10, he rode streetcars three miles to downtown and joined in the festivities of World-War II's V-E and V-J Days.

"Big, happy celebrations," he recalled. "Quite a time to be alive."

The same year, he also held the door for the Omaha Knights hockey team at Aksarben Coliseum, which got him into games for free. He met teenager and future legend Gordie Howe.

From boyhood on, Bruce made money. At 11, he mowed lawns, and at 13, he froze Kool-Aid in small paper cups with sticks in them and sold "cupsickles." Profits helped pay for his education at Creighton Prep. Meanwhile, he recalls with a laugh, the music teacher suggested he "just mouth the lyrics."

At 16, he drove a dump truck for the streetcar company, and he soon drove a delivery van around town for the Rucker Candy Co. At 17, when the Missouri River Flood of 1952 threatened downtown Omaha, Bruce was among seniors let out of school to volunteer filling sandbags.

His college education was interrupted when he signed up for the Navy during the Korean War. The fighting ended with a cease-fire in the summer of 1953, and the young seaman remained on the other side of the world. The USS Mazama survived a scary storm in the Atlantic – listing to 44 degrees, he said, with lots of ammunition on board.

"With 200-some sailors on board," he said, "everyone got seasick except three of us from Nebraska."

He served two years of active duty and returned to Omaha in the Navy reserve while he resumed, under the GI Bill, a Creighton business major. He worked summers at the Storz Brewery and graduated from college in 1959.

He started his investment career with a small firm, and said he worked unpaid for three months to prove his worth and get hired. His father, Cleve Haney, who handled

advertising for the Skinner Macaroni Co., introduced him to businessmen, some of whom became Bruce's clients.

While Cleve was with Bozell and Jacobs advertising, he asked wife Claire to try out six small pasta recipes weekly with the family. That led to an ad campaign, more Skinner sales and a popular cookbook, "What's For Dinner, Mrs. Skinner?"

Years later, struggling with weight, Bruce quipped in the newspaper: "With six pasta dishes for dinner every Friday, a job in a candy store in high school and a brewery in college, my body never had a chance."

His Storz Brewery connection with Art Storz Jr., son of the CEO, led in 1962 to another relationship – with the new University of Nebraska football coach, Bob Devaney, and his assistants. Art invited them to events at the brewery and provided free cases of beer "to go."

Haney soon was invited to practices and was welcome in the coaches' locker room after games. He and a couple of friends started the tradition of coaches showing game films weekly in Omaha.

Another big event occurred in 1964: At a Catholic singles club, Bruce beheld a charming, smart brunette and felt an immediate attraction. Marlene Pfingsten was dating his brother, Terry Haney, but when Bruce learned they weren't going steady, he "cut in" and asked her out.

A graduate of the College of St. Mary, she taught English, art, speech and religion at Holy Name High School, where she also directed plays. She and a teacher friend spent the summer working and seeing the sites in San Francisco, but dating Haney resumed in the fall.

"I was drawn to him right away," she said now, "and I admired that he was a person of integrity. My family was always dead-serious, and I always thought he was funny."

How funny? A couple of years later, he proposed to her – not on bended knee but in his car in the parking lot of the old Marchio's Restaurant on South 13th Street. When she said yes, he

slipped a ring onto her finger – a cigar band.

He soon replaced it with a diamond ring, and they married in late January, 1967, just before his 32nd birthday. (She was 26.) News of their nuptials made the society page.

Over the next few years, they had four children – Lisa, Matthew, Janet and Ryan. Each birth was announced in the Omaha World-Herald, with columnist Robert McMorris humorously noting what the stockbroker called the latest "dividend" of the "Haney-Pfingsten merger."

Haney had started his career at 24 when the Dow-Jones Index stood at just 620. In later years, reporters occasionally called Haney to comment on the market's ups and downs. He has always advised clients to "buy and hold," counting on the market in the long run. He was correct – it rose well past the 30,000 thresholds but this year dropped back below it. (In 2002, he was quoted in the Wall Street Journal.)

In addition to mentions in McMorris' column or in business news, Haney once was featured in The World-Herald for his colorful Victorian kaleidoscope – installed above the family's dining-room table after the roof and ceiling were cut open. He had planned it without telling Marlene, and he quips that when she learned of it, "she went through the roof."

The kaleidoscope, which drew visits from aficionados in other states, was a prime example of Bruce's affection for things new, humorous and unusual. Whenever possible, he makes life joyful. For decades, he has arranged for a priest to celebrate Christmas Eve Mass for family friends at the Haney home.

Meanwhile, his career flourished. In 1977, the Omaha Public Power District board voted 4-3 to award Haney and the Piper Jaffray firm a contract as its financial adviser. Board member John P. "Red" Munnely, a friend of Haney's, provided the deciding vote, which led to a brief flap five years later.

"Munnely's Relationship With Adviser Questioned," read a 1982 World-Herald headline. The article quoted a former OPPD division manager as saying that Haney had bought numerous meals for Munnely at the Omaha Press Club and that the contract had been awarded because of their friendship.

"If Bruce Haney would have been working for Smith, Jones and Company," the former manager complained, "Smith Jones would have been entirely irrelevant to the situation. It was whoever Bruce Haney was working for."

Haney dismissed the criticism as that of a disgruntled former employee and noted that Munnely had provided only one vote.

Haney said today that the contract certainly was prestigious, and no doubt raised his public profile as a

--Haney continued to page 10.

--Haney continued from page 9. stockbroker. He also had become active nationally in his profession, serving on the Investment Banking Committee of the Securities Industry Association – meaning he was a part-time lobbyist.

That led to frequent trips to Washington, D.C. Cavanaugh, who served in Congress from 1973-77 as a member of the House Banking Committee, recalls discussing legislation with Haney, and said the stockbroker through the years stayed in touch with political leaders, some of whom became his friends. (The Haney's younger daughter was named after Janet Leahy, wife of then-Mayor Gene Leahy, a woman Marlene greatly admired.)

The Haney's met many people in New York, including celebrities like Chinese-born watercolorist Dong Kingman, who became a dear friend and visited Omaha. The artist was so beloved by the owners of the Stage Deli in Manhattan that they always picked up the check for Kingman and his guests.

Among the Haney's memorable trips was one to China and another to the Holy Land with Bishop Blase Cupich, a native Omahan and now a Cardinal and archbishop of Chicago. For their service to the Catholic church, Bruce and Marlene were honored as Knights and Ladies of the Holy Sepulcher.

The Haney kids recall vacation drives with their parents to Colorado and elsewhere in the family van, which they called "the Green Machine." In 1986, they flew to New York and heard President Ronald Reagan speak on Governor's Island for the 100th anniversary of the Statue of Liberty.

Janet Haney, a longtime public relations-marketing consultant in San Francisco, has written humorously of a 2003 "misadventure" at Lake Powell in Arizona when she and her siblings were adults. The family rented a 60-foot houseboat, endured close calls, and teased their Navy-veteran father that his

experience on the sea was of no help.

"Everything that could go wrong did go wrong," said Janet. Despite that, "Mom and Dad have always encouraged us to travel, and we have done so."

Matthew Haney, who lives in Minneapolis with wife Katie and runs his own IT business, especially has made traveling a part of his life – this year, for example, he took part in a "rickshaw run" in India. Lisa, of Council Bluffs, is a politically active mother of five children and two stepchildren, with one grandchild. She is also, says Janet, "a great cook and a very talented artist."

Ryan, who lives in Omaha with wife Jen and their two sons, cherishes altar-boy memories when his dad would arise at 6 a.m. to take him to church and then go out for breakfast, "just the two of us."

Bruce loves his hometown but also holds a special love for New York. "When 9/11 happened," Ryan said, "it was one of the few times I saw him weep openly."

Just as his children are talented, so was the family Bruce grew up in. Terry Haney succeeded in the insurance business, and the late Roger Haney in commercial real estate, both in Omaha; Tom Haney was an attorney in Phoenix.

Their sister Norma married, raised a family and was active in the Wichita community. The beloved oldest sibling, Colleen Haney, flew overseas as a stewardess and purser for TWA, admired and envied for her glamorous lifestyle during a golden age of flying. Not only was her death tragic, but it also caused Bruce in his early 40s to look at his own frequent socializing, which he says included too much drinking. With Marlene's support, he said, "I got help."

In all the years since then, he said, he has avoided alcohol. "I never missed it, and I haven't even been tempted to drink. I must have had the Lord on my side."

Bruce has received various accolades. In 1991, a financial-industry magazine, Research, inducted him into the national Broker Hall of Fame. An article noted among other accomplishments that he had graduated from the Securities Institute at the Wharton School of Finance in Philadelphia. He also was named "man of the year" by the Omaha Business Men's As-

sociation, which got its start, like Bruce, during the Great Depression. Its weekly luncheons lasted 86 years until 2019, when the festive, final one was held at a mortuary – not for the club's funeral, he said, but for a "FUN-eral."

Speaking of fun, at the old Birchwood Club in North Omaha in 1957 when he was only 22, Haney attended the first Omaha Press Club Show. For nearly six decades until the annual event ended in 2016, the event poked fun at politicians and other public figures – and Bruce Haney was the only person to attend every show, which raised money for journalism scholarships.

He has sat on various boards, including one at the College of St. Mary, where Marlene had served as alumnae president and then as fulltime director of the alumnae affairs. Bruce was board chairman of the old Ryan High School near 60th and L Streets in the 1980s when the School Sisters of St. Francis cited declining enrollment and financial losses as reasons, they had to close the school.

Archbishop Daniel Sheehan asked the Archbishop's Committee on Educational Development what should be done. With the city's westward growth, committee member Haney replied, the answer seemed obvious – build a Catholic high school in west Omaha. That idea became controversial, with older schools fearing (needlessly, because they since have done well) a new school's negative effect on their enrollments.

Catholic leaders Tom Burke and John Micek ran a \$25 million education fund drive, including \$500,000 for each of the legacy schools.

Haney became chairman of the New High School Committee and found the old Horeis farm south of 156th Street and West Center Road as the site for a 53-acre campus. He also became the first board chairman. (The Rev. John Flynn, superintendent of Catholic schools, called him its founder.)

The school was named for V.J. and Angela Skutt, the former CEO of Mutual of Omaha and his wife. The Mutual of Omaha Foundation and the Criss Foundation each donated \$2 million.

Now in its 30th year, with 730 students, the coeducational Skutt Catholic this year was named a National Blue Ribbon School. Jeremy Moore, the school president, called Haney a visionary. (The Rev. James Gilg was the founding principal, and Moore said Kurt Strawhecker and the late Tim Moylan also were founders.)

Inducting Haney into the school's Hall of Fame in 2020, Moore noted that "for seven years, Bruce was committed to building the new school, finding land, helping with the design and seeing the project through."

He also has started various scholarships, such as the Founders' Fund at Skutt Catholic (which he initiated with a \$100,000 gift), and privately has helped individual students in

need. In recent years, Moore said, Bruce and Marlene have donated interactive touch screens so that visitors can call up information on Skutt's many championships and achievements in sports and other areas.

Bruce, named Creighton Prep's "alumnus of the year" in 1995 (shortly after Skutt Catholic opened), has called his involvement in creating the west Omaha school the crowning jewel of his volunteer efforts.

In 2010, when son and partner Ryan Haney was well into his career, Bruce retired at 75 from the Haney Financial Group and UBS Financial Services. Haney is proud that some clients, including high school classmates, became millionaires while investing with him.

Dan Burns, who became director of the pharmacy department at Bergan Mercy Hospital, helped Bruce plan their 70th-anniversary Prep reunion in October – a class of 119 that at last count numbered 43 living. The reason for Bruce's professional and personal success, Burns said, "is his personality, absolutely."

Bruce and Marlene have stayed active in retirement, enjoying meals at their regular Table 13 at Brother Sebastian's. Among projects in recent years:

- Arranging for World War II veterans at the New Cassel Retirement Center to tell their memories on video. The Haney's also have provided for "vitals machines" for twice-daily health checks of residents. Cindy Petrich, a Desert Storm combat veteran in the early 1990s and now president of the New Cassel Foundation, presented the couple the 2019 "Spirit of St. Francis Award."

- Providing for a St. Robert Church memorial to the first-ever playing of "On Eagle's Wings." About 600 parishioners attended a Mass concelebrated by the composer, the Rev. Michael Joncas of St. Paul, Minn. He was a seminarian at the time he wrote the hymn for the 1976 funeral of an Omaha friend's father.

Said the Rev. Steven Stillmunks, retired St. Robert's pastor: "Bruce has been a beacon of support for causes that touch and help people."

Though slowed by recent health issues, Bruce Haney retains enthusiasm for helping others and for making people laugh. Marlene, looking back at their 55 years of marriage, mentioned the thousands of wonderful people they have met in Omaha as well as in their travels. "The trips," she said, "have been a lot of fun."

Quipped Bruce: "Yes, life has been a trip."

Mike Kelly retired in 2018 after 48 years as a reporter and columnist for the Omaha World-Herald.

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--Morgan continued from page 1.

continued to do until about a year ago.

He also became interested in auto racing, and said he attended racing schools in the U.S. and Europe.

"I was hoping to drive professionally, but you needed a lot of money," he said, "and a name like Andretti."

In 1961, at 21 years old, Morgan went to work at Twin City Plaza for Standard Life and Accident Insurance Co. out of Oklahoma City. His job was helping people secure FHA loans to buy homes.

"The first home I bought was in Twin City," he said. "I put \$400 down and my payment was \$89 a month."

Two years later, he was named temporary president of Standard, and stayed with the company 17 more years.

In 1967, Morgan founded the P.J. Morgan Company and developed it into one of the largest real estate firms in Nebraska, with more than \$200 million (1970's value) worth of real estate management and sales.

In 1969, Morgan ran for his first political office – the Omaha City Council – and lost by 900 votes. One year later, he won election to the Nebraska Legislature, followed by his election as a Douglas County Commissioner in 1973. That same year, he was named Outstanding Young Omahan by the U.S. Junior Chamber, also known as the Jaycees; and Outstanding Young Nebraskan in 1974.

He said the assassinations of John F. Kennedy, Martin Luther King Jr. and Robert Kennedy in the 1960s had a profound impact that drew him to public service.

In particular, Morgan said, it was the response by Robert Kennedy to a question in an interview not long before his death about how he would like his obituary to read. Kennedy replied:

"Something about the fact that I made some contribution to either my country, or those who were less well off. I think back to what Camus wrote about the fact that perhaps this world is a world in which children suffer, but we can lessen the number of suffering children, and if you do not do this, then who will do this? I'd like to feel that I'd done something to lessen that suffering."

Morgan said he was moved at the time and has

never forgotten that quote. "When he said, 'If not you, then who?' that definitely struck a chord with me."

In the 1980s, Morgan served on the board of governors for the University of Nebraska Medical Center (UNMC) and was involved in the merger of Clarkson Hospital and UNMC. He was also appointed to the Omaha Airport Authority, where he served as chairperson for five years.

Morgan ran for mayor and was elected in 1989. As mayor, his administration was responsible for developing more affordable housing than ever in Omaha history. He also served as an active ambassador for the city, promoting economic development in Omaha on a national level.

During his time as mayor, Morgan helped persuade the College World Series to enter into an unprecedented multiyear relationship with Omaha. His administration initiated drug-free school zones and enhanced the Omaha Police Gang Unit – both of which inspired a rare mayoral appearance on "This Week with David Brinkley," White House meetings with former President George H.W. Bush, and his invitation to speak at the 1992 Republican National Convention in Houston.

"My approval rating as mayor the first time was 82 percent," he said proudly. "It stayed in the 70s and 80s during my tenure. I think a lot of it was due to transparency. We were out there and we were visible. I took the doors off the mayor's office. I took every call that came to me, and I still do to this day. I look people in the eye."

Calling it "a good job out of the spotlight," Morgan went on to become president, CEO and vice chairman at Nebraska-based Duncan Aviation, one of the world's largest privately-owned aircraft maintenance and restoration organizations. In 1996, he re-established P.J. Morgan Real Estate, which he sold to his employees in 2019. He now owns TCB Real Estate, focusing on real estate management and business consulting services. The company name acknowledges his admiration for Elvis Presley by adopting the singer's lightning bolt symbol and the initials TCB, for Presley's motto "Taking Care of Business." Morgan was elected as

Douglas County Commissioner for District 6 in 2010. In 2017, he was inducted into the Omaha Business Hall of Fame. His civic service includes Division Chairman for United Way's annual fund drive and serving on United Way's governing board. He has also served as Education Chairperson for the Nebraska American Cancer Society, president of the Young Presidents Organization and president of the Independent Free Appraisers; and as a board member of the Salvation Army and the Greater Omaha Chamber of Commerce.

Morgan and his second wife, Annie, recently celebrated their 40th wedding anniversary. He and his first wife, Kay (Noble), had two children, Kim, and Paul Jr., who died in 1990. He and Annie have a daughter, Alyse, and two stepchildren, Jay Lund and Julie, and a total of seven grandchildren. While his list of accomplishments is long and most likely incomplete, Morgan does single out a few.

"The team I had in the mayor's office helped me do significant things," he said. "We worked so hard to improve public safety and increase affordable housing. I have always been lucky to have great people working with me."

He is also proud that, as a state senator, he introduced the bill to add prestige license plates.

"People doubted it at the time, but that bill has brought in so much money to the state since it was passed," he said.

Morgan said it's important for people to accept not only compliments but responsibility for mistakes. It's a sign of true leadership. "If someone sends me an email saying they're unhappy with what I'm doing or the County Board is doing, I send them back my cell phone number so we can talk," he said.

Visibility and transparency remain important, he said. He believes they are two reasons he is up for reelection November 8 – and for the fourth time is running unopposed.

"What drives me? I really enjoy working," he said. "I'm excited to go to work in the morning. I still lay my clothes out at night in anticipation. I work hard, and I think I do a good job."

That is why Morgan has no reason to slow down.

King Crossword

- ACROSS**
- 1 Listening device
 - 4 Iota
 - 7 Bright star
 - 11 Shapeless mass
 - 13 Get older
 - 14 Eden evictee
 - 15 U2 lead singer
 - 16 Sailor
 - 17 Air outlet
 - 18 Attempts
 - 20 Judicial garb
 - 22 Gaiety
 - 24 "Weeping" tree
 - 28 Macaroon ingredient
 - 32 Wilderness Road pioneer
 - 33 Unoriginal one
 - 34 Actress Arthur
 - 36 Hindu royal
 - 37 Gold-loving king
 - 39 Country named for an imaginary line
 - 41 Eye, slangily
 - 43 Tax form ID
- DOWN**
- 44 One of the Fab Four
 - 46 Cairo's nation
 - 50 Hoosegow
 - 53 Perched
 - 55 Slithery
 - 56 Shrek, for one
 - 57 Part of TNT
 - 58 Dance move
 - 59 Pitch
 - 60 Chatter
 - 61 Wedding words
 - 19 Day light?
 - 21 Clothing protector
 - 23 Gist
 - 25 Burden
 - 26 — account (never)
 - 27 Dam
 - 28 Bivouac
 - 29 Mayberry moppet
 - 30 Give up
 - 31 Golf prop
 - 35 Rm. coolers
 - 38 Salty expanse
 - 40 Exploit
 - 42 Out of practice
 - 45 Zhivago's love
 - 47 Bigfoot's cousin
 - 48 Begged
 - 49 Printing error
 - 50 Scribble (down)
 - 51 Past
 - 52 Apr. check cashier
 - 54 Gratuity

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		
59						60				61		

This Month's Crossword Puzzle

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

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

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:

- **November 1:** Craft class (Turkey Canvas with Easel) @ 1:30 p.m.

- **November 2:** Special music with Joe Taylor provided by Merry Maker's @ 10:30 a.m.

- **November 3:** Nye- "Medicare" @ 10 a.m.

- **November 8:** SHIP will talk about Medicare vs. Medicare Advantage @ 10 a.m.

- **November 8:** Craft class (Christmas cards) @ 1:30 p.m.

- **November 9:** Bill Chrastil entertainment @ 6:30-8 p.m.

- **November 10:** Early Bird Poker Bingo followed by music from Jim Kreikemeir @ 9:30 a.m.

- **November 11:** Center is closed for Veteran's Day

- **November 15:** Craft class (tassel agenda) @ 1:30 p.m.

- **November 16:** Music with Billy Troy @ 10 a.m.

- **November 17:** Thanksgiving Bingo followed by a presentation from the Senior Companion Program @ 10 a.m.

- **November 22:** Board Meeting @ 1:30 p.m.

- **November 23:** Music by John Worsham @ 10:30 a.m.

- **November 29:** Craft class (art journaling) @ 1:30 p.m.

- **November 30:** Music by Kim Eames @ 10:30 a.m.

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

UNMC will host 'Free Day Friday' every month

Adults in the community can work out at Engage Wellness for free on the first Friday every month, with "Free Day Friday."

UNMC's Engage Wellness is Omaha's only medical fitness and whole-person wellness program for adults, that is affiliated with a leading academic health sciences center. UNMC is open to adults 19 years and up, and specialize in developing programs for people with

chronic conditions. Go work out with their state-of-the-art exercise equipment, participate in one of our group exercise classes and play Pickleball. All participants will be required to sign a waiver prior to participating.

In the event of inclement weather, "Free Day Friday" may be cancelled. It is recommended to call in advance.

For more information call 402-552-7210 or email engage@unmc.edu.

Bring each other joy and peace

Last week I attended the funeral of an 88-year-old friend. As in all meaningful funerals and celebrations of life, there were many stories shared. My friend was an accomplished violinist, a visionary and a ball of energy.

She left her positive mark on so many lives. As her health and cognition declined, she continued to share her humor and warmth, qualities that made her ever so endearing to those around her. She aged so well.

Aging well is not a given. Some of us become crotchety and unpleasant. Others of us display qualities that indicate interior growth and maturity. Even as the body is declining, the spirit can grow to be stronger and more beautiful. Do you wonder, as I do, what we will be like as we get older? There are some qualities that are hallmarks of a growing inner maturity.

First, there is the ability to listen to others without injecting one's own opinion. To listen deeply to another requires us to put aside our ego for the time being. We do not compete to get the upper hand or win the argument but truly listen to another's point of view. We do not need

to surrender our own truth when willing to listen to another's perspective. It is not for us to correct them but to learn. Interestingly when the other feels heard, they are more likely to be

panic. We learn to trust in the ultimate goodness of life. We have healed from physical and emotional hurts and know "this too will pass."

Fourthly, we know we

Conscious Aging

By Nancy Hemesath

open to our opinions as well.

Secondly, we are more patient with the journey of others. Because we have reflected on our own journey with its detours and dead-ends, we know that we most appreciate the people who stood by us as we made our own path. We realize it is not our job to fix another, and we let go of trying to be in control. We are less judgmental and more supportive. To trust another to find their own way is the great gift we can give, especially to those younger than ourselves.

Thirdly, true maturity results in our becoming more adaptable and flexible when life does not go as we have planned. Because we have lived through many ups and downs, we know that we have the resilience to meet the challenges we face. There is no need to

have matured when we are able to shift our attention away from all that is negative in our lives and in the world. We know there is darkness and we do not deny it but realize light is even stronger. Because we consciously look for the light in our lives, we do not reside in bitterness and resentment. We have learned to focus on the good that brings us joy and peace.

Life becomes ever fuller when we do what one author suggests, "Become hunters and gatherers of goodness." If we do this this our last day will be our best day—like my 88-year-old friend.

(Hemesath is the owner of Encore Coaching. She is dedicated to supporting people in their Third Chapter of Life and is available for presentations. Contact her at nanhemesath@gmail.com.)

AAA: Holiday travelers are booking earlier this year due to higher prices

Although the summer travel season just came to an end, Nebraskans are already beginning to lock in their plans for the holidays. When AAA (AAA-The Auto Club Group) fielded a travel survey in the summer, a quarter (25%) of Nebraska travelers had plans to take a trip during the holidays.

Of those, 2-in-5 (41%) said they would book earlier than in years past, due to higher travel prices.

According to AAA's survey, almost half (47%) of Thanksgiving travelers will finalize plans by the end of the month. Meanwhile, over 2-in-5 (42%) of Christmas travelers will finalize plans by the end of October.

When Thanksgiving travel plans would be finalized:

- 12% before September
- 35% September
- 27% October
- 26% November
- 0% unsure

When Christmas travel plans would be finalized:

- 10% before September
- 21% September
- 11% October
- 36% November
- 19% December
- 3% unsure

"Travelers expecting to fly this Thanksgiving should start locking in those plans now," said Debbie Haas, Vice President of Travel for AAA – The Auto Club Group. "Airline staffing shortages have resulted in fewer flights and higher prices. As we get closer to the holidays, airfares are likely to get even more expensive as flights fill up. Our best advice is simple. Book early. This will increase the odds of finding the flight you want at a competitive price."

WHY 43% OF AREA TRAVELERS WILL AVOID AIR TRAVEL

Three-in-five (57%) of travelers plan to take at least one flight during the holiday season. Of those not planning a flight, 38% say it's because their destination is close enough that a flight is not required. The second-largest share (30%) blame the cost of airfare being higher than last year. Meanwhile, 15% are concerned about delayed or canceled flights and 13% are still worried about contracting COVID-19 on a plane.

According to AAA's survey, 38% of Nebraskans are more likely to purchase travel insurance now than before the pandemic began.

AAA's advice for booking a flight:

- Book early for the best combination of availability and price.

Omaha Senior Living Series

Never a sales pitch, only the truth!

FREE SEMINARS

Join us for a monthly series of candid conversations focused on providing answers to questions and solutions to challenges facing Omaha mature homeowners.

Assisted Living Options

Come listen to our Panelists to sort out the issues and give you the TRUTH!

Nov. 30, 2022
1:30-2:30 p.m.

LOCATION:

Millard Public Library

13214 Westwood Lane
Omaha, NE 68144

Call 402-201-8051

to reserve your seat!



Hosted by: Bud & Jane Thomsen

No Barriers to Broadway

Perhaps one of the harder parts of growing older is that sense of missing out on things you once enjoyed.

Maybe your hearing's not what it used to be. Or you can't see as well as you once did. Perhaps you're using a walker now, or even a wheelchair. But the good news? None of those challenges should stop you from enjoying the incredible shows at the Orpheum Theater or Holland Performing Arts Center.

Desiree Walsh Spencer works at Pacific Springs Assisted Living Center. She arranges outings for residents at least once a month, and she often brings them to the Holland or Orpheum.

"They have no problem with wheelchairs or walkers. The restrooms are right there," Desiree said. "We love the times and variety of shows. 'CATS' was huge. We can't wait for 'Fiddler on the Roof,' plus we enjoy a lot of the music performances."

Desiree's groups are generally aged 75 to 90, and she says they are thrilled

just to be out again. She said the mask requirement at Omaha Performing Arts (O-pa) makes their outings possible.

"Even the folks who grumble about it understand that it's what we have to do."

Omaha Performing Arts oversees management of the Orpheum, the Holland, and Steelhouse Omaha, a new live music venue opening in 2023. One of O-pa's core values is inclusion, and championing accessibility for all.

"We want to ensure that patrons of all abilities have a positive experience at our venues," O-pa president, Joan Squires said. "We are constantly evaluating if we need to make changes that might benefit our guests."

Both locations offer accessible and transfer seating, accessible parking adjacent to the venues, and accessible restrooms.

"The restrooms are so efficient – and it's a big deal," Desiree said. "I've had people share how important it is for them to have time

to get through the restroom lines and back to their seats. It makes their visit so much more comfortable."

Both venues also provide resources for people who are deaf or who have vision impairments.

Both offer Assistive Listening Devices, and the Orpheum has hearing loop technology, which wirelessly transmits sound to hearing aids. Select Broadway matinees offer American Sign Language interpretation and Outlook Nebraska audio descriptions. Both options are also available for other performances upon request with advance notice. With notice, program books are available in large print or even in Braille.

Service dogs, guide dogs, and service miniature horses are welcome. Plus, the newest offering for select Broadway shows is called "GalaPro." GalaPro is essentially closed captioning on your smartphone.

If you have any questions about these options, email ticketomaha@o-pa.org, or call 402-345-0606.

Free interactive courses

State Unit on Aging, GetSetUp working to bridge digital divide

The Nebraska State Unit on Aging, serving Nebraskans ages 60 and older, and GetSetUp, a virtual social learning platform designed specifically for older adults, have partnered to help bridge the digital divide and combat social isolation for Nebraskans. The partnership provides live interactive classes by older adults and for older adults from the comfort of their own homes.

"We are excited to offer access to these classes to Nebraskans," said Cynthia Brammeier, the administrator for the State Unit on Aging. "There is a growing need for digital literacy. Once people are comfortable with their device, the learning opportunities are limitless."

As broadband internet access expands across the state, the need for older adults to learn using digital devices is becoming critical for healthy aging. The Nebraska State Unit on Aging is sponsoring these online training opportunities for adults ages 60 and older to learn in a safe environment how to effectively use their smartphones, laptops, or tablets to reach out to family and friends more easily, meet with their doctors over telehealth, learn a new skill, socialize, and more.

Two live interactive starter classes are recommended, including *Getting Comfortable with Your Device – A Cell Phone, Tablet, or Laptop* and *New Member Orientation*, which helps users find and sign up for other classes on the GetSetUp website.

GetSetUp's customized platform offers an interface for older adults to learn, create, and share safely. The platform addresses social determinants of health by helping older adults stay connected to the tools they need to age in place.

Older men and women who learn how to utilize their tech devices can stay connected with family and interact with others more efficiently. More than 4.4 million adults use this platform, which features 4,000 classes that promote digital literacy, socialization, health and wellness, and new learning experiences.

Classes shift weekly and are available around the clock in multiple languages including Spanish and Mandarin.

"We hear learner feedback daily about how technology is helping to connect older adults not only to friends and family but also to opportunities to learn and age healthier," said GoSetUp President and Co-Founder Lawrence Kosick. "GetSetUp empowers older adults to utilize their technology devices in a safe environment that connects them with a vibrant community of peers that are passionate about similar topics. No matter where learners are, social learning with friends is just a click away."

Older Nebraskans can access these services online at getsetup.io/partner/Nebraska.

Camelot Friendship Center

You're invited to visit the Camelot Friendship Center, 9270 Cady Ave., this month for the following:

- **November 8, 29:** Bingo @ 12:15 p.m.
- **November 7:** Genealogy and Family Stories Class @ 12 p.m.
- **November 9:** Craft Day (fall gnome) @ 12:30 p.m.
- **November 11:** Center is closed for Veteran's Day
- **November 14:** Humana "Happy Habits" @ 12 p.m.
- **November 17:** Jackpot Bingo @ 12:15 p.m.
- **November 18:** Karaoke @ 12 p.m.
- **November 22:** Music by Kim Eames @ 11:45 a.m.
- **November 24, 25:** Center is closed for Thanksgiving

The first and last Friday of each month is Bingo Day @ 12:15 p.m. (along with regular bingo times on Tuesday and Thursdays).

Other regular activities include chair yoga, card games, Tai Chi, chair volleyball, chair Zumba, cornhole, and bingo.

Lunch is served weekdays at 11:30 a.m. A \$4.25 contribution is requested. Reservations, which are due a day in advance, can be made by calling 402-444-3091.

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

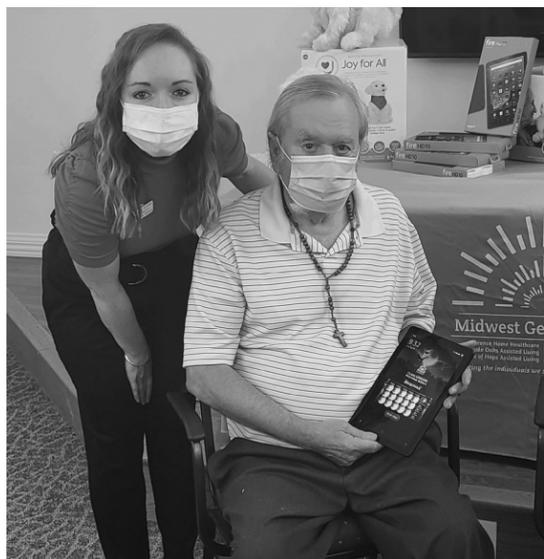
Omaha nursing home residents gifted robotic pets and tablets

Older adult residents of Florence Home Health Care Center, Royale Oaks Assisted Living and House of Hope Assisted Living and Memory Care in Omaha, had their wish for ten robotic pets and ten tablets granted, thanks to national nonprofit Twilight Wish Foundation in August.

Studies have shown that using robotic, lifelike pets in dementia care contributes to a reduction in loneliness and anxiety for those seniors. In addition, communicative technologies such as tablets allow seniors to have more face time with their families which is beneficial on many levels, especially during COVID and times of isolation. Many of these residents are Veterans who have served in wartime, and these items will benefit them and improve their quality of life.

"We are not only fighting a COVID pandemic but also a pandemic of loneliness among older adults in which both robotic pets and tablets may help provide some relief or a reduction in unwanted symptoms," states April Hauf, Director of Social Service, Florence Home Healthcare Center. "With the addition of robotic pets, we hope and expect to see a reduction in stress levels and improved moods, as well as providing both comfort and companionship to combat loneliness."

Twilight Wish Foundation is a national nonprofit charitable organization whose mission is to honor and enrich the lives of seniors through intergenerational wish granting celebrations. Since our founding in 2003, Twilight Wish has granted over 4,661 individual wishes to seniors throughout the



Courtesy Photo

Robotic pets and tablets were granted to residents of Florence Home Health Care Center, Royale Oaks Assisted Living and House of Hope Assisted Living and Memory Care.

U.S. Twilight Wish grants wishes to seniors who are over 65 years old and have an income of less than 200% of poverty level or who are residents of a nursing facility and cannot make their own wishes come true.

Florence Home Healthcare Center, Royale Oaks Assisted Living and House of Hope Assisted Living and Memory Care inspire the individuals they serve to live life to its fullest. Founded in 1906, our legacy has always been to provide the best quality care for older adults in the Omaha area. Learn more at www.omahaseniorcare.org or call 402-827-6000.

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:

• **Nov. 8**

St. Vincent de Paul Church
14330 Eagle Run Dr.

• **Nov. 16**

St. Timothy Lutheran Church
93rd and Dodge streets

• **Dec. 1**

The Servite Center of Compassion
72nd St. and Ames Cr.

• **Nov. 19**

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.

Stair lift accessibility solutions to make stairs a little safer

Getting up and down your stairs can be easily accomplished with a stair lift. It will allow you to take control of your stairs, giving your family members peace of mind, and giving you a greater sense of independence in the home you love.

A stairlift is a piece of assistive technology, consisting of a chair that carries you safely up and down stairs, on a rail that is secured to your stair treads. Stair chair lifts prevent falls, help avoid tripping hazards and remove the significant barrier of the stairs (whether straight or curved), so you can enjoy the full use of your home.

DOES A STAIR LIFT TAKE UP MUCH SPACE?

Stairlift brands that have vertical rails allow for installation close to the wall. That means there is maximum free space on the stairs for other family members. The Bruno Elan stair lift installs the closest to the wall of any in the industry.

HOW IS A STAIR LIFT POWERED?

Stairlifts are generally battery operated and work even during a power outage. They only require a standard

wall outlet to accommodate the continuous charge battery.

HOW MUCH DOES A STAIR LIFT COST?

New straight and curved stairlift prices vary depending on factors including the stairway configuration, length of stairway, type of stairlift, and power options. You can usually get a local free quote based on your unique home and needs. For a straight rail, I've seen prices range from \$2,500 to \$3,700. For curved, I've seen prices range from \$7,000 to \$25,000 depending on configuration.

IS A STAIR CHAIR LIFT EASILY REMOVED?

Generally, stairlifts can be easily removed if you are moving or no longer need it—often with little evidence the chair lift was ever there. Lifts are installed onto the stair treads, not the wall.

No structural modifications are needed.

IS FINANCING AVAILABLE?

Stairlifts are a great option to avoid the cost of remodeling or moving. They are not covered under health insurance or Medicare; however, many stair chair lift dealers offer financing plans.

IS THERE GREASE OR GEARS EXPOSED?

Bruno's chair lifts feature a sleek vertical rail with a covered gear rack; you don't need to worry about ex-

posed grease attracting dirt, pet fur or children's fingers! There are other brands that don't require grease, but the gears are exposed, so things such as pet fur can get caught in the gears.

ARE USED STAIR LIFTS AN OPTION?

Yes, but I would recommend only having a used stairlift installed by a certified dealer. Most dealers will not install a used chair lift if it's over 5 years old.

IS IT AN OPTION TO RENT A STAIRLIFT?

Experienced dealers will rent a stairlift, but keep in mind there will likely be an install fee. Usually, an arrangement can be made if the chair lift rental can be turned into a purchase.

Some popular styles of stairlifts include:

- Bruno Elan Stair Lift
- Bruno Elite Curved Stair Lift
- Bruno Elite Straight Stair Lift

Other things to consider when evaluating a stairlift and the answers you should expect:

Did the dealer have a showroom to test a variety of stairlifts?

- Yes.
- How smooth did the ride feel?
- It must be smooth. No bumps.

How experienced is the installer?

- Must be over 12 years.

David Kohll of Kohll's RX



We are Looking for Dedicated Home Care Agencies



Who want to support family caregivers who are in need of Respite Services.

If you are interested in becoming a Provider,

Please contact: **Mike Osberg**

ENOA Caregiver Support Program Coordinator

402-444-6596, Ext. 1075



**Eastern Nebraska
Office on Aging**

**Caregiver
Support Program**

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.

Its 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.

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

**This Month's
Crossword Answers**

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

**This Month's
Sudoku Answers**

HHS team applauds work of UNMC, Nebraska Medicine

During a recent visit to Omaha, the U.S. Department of Health and Human Services Region 7 team praised the work of UNMC and Nebraska Medicine for its national preparedness, collaboration, commitment to sustainability and knowledge sharing.

The HHS team, which included Region 7 Director Joseph Palm, visited the med center campus and toured the Davis Global Center, the national Training, Simulation and Quarantine Center, the Fred & Pamela Buffett Cancer Center and the Nebraska State Public Health Lab. The team also learned more about the National Emerging Special Pathogen Training & Education Center (NETEC), the Regional Disaster Health Response System, Air Force C-STARS Omaha, iEXCEL and UNMC's nursing and public health training programs.

"The UNMC/Nebraska Medicine biocontainment and quarantine units are known worldwide because of their work handling patients with Ebola virus disease and COVID-19, but to see it up close is truly impressive," said Palm, who has extensive public health experience. "The foundation for this work, of course, is a first-rate research and clinical care center created by UNMC and Nebraska Medicine.

"This entire operation is an incredible commitment to the security of the United States of America and provides a largely unseen and unheralded security layer for the nation."

HHS officials said the work has brought more than \$500 million in research grants and contracts to UNMC from the National Institutes of Health over the past five years. It has led UNMC researchers to be part of a federal study on how COVID-19 affects children. (The research will track 20,000 people over four years to better understand long COVID).

It has also secured the campus as one of two pilot sites to develop a regional disaster health response system to build a partnership for disaster health response and enhance HHS National Disaster Medical Systems training and improve medical surge capacity.

This led to an agreement with HHS to train upwards of 6,000 public health service officers across the nation, who can then deploy to regions where they may be exposed to such health threats as COVID-19, smallpox and other acute respiratory syndromes.

"The entire nation relies on what has been built here," said Palm, who applauded the staff members who train, and keep training, to handle the worst possible situations. "It's a task almost no one wants to take on and frankly few places are able to take on."

CDR Kimberly Davids, PharmD, senior public health advisor for the HHS Office of the Assistant Secretary for Health, said the med center has been a longstanding partner with HHS and a "leader not only for the region but for the nation."

Millard Senior Center

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

- **November 3:** UNMC hosts health fair @ 9 a.m.
 - **November 8:** Checking vitals by Remington Heights @ 10 a.m.
 - **November 9:** Making clothes to be sent to Haiti and to the Orphan Grain Train @ 10 a.m.
 - **November 9:** Board Meeting @ 9:30 a.m.
 - **November 10:** Dominoes @ 12:30 p.m.
 - **November 14:** THEOS (To Help Widow/Widower Socially) @ 12:30 p.m.
 - **November 17:** American Senior Benefits/Michael Hoyt to discuss any medicare changes @ 9:45 a.m.
 - **November 28:** Book Club "How Iceland changed the world" by Egill Bjarnason @ 1 p.m.
 - **November 30:** Decorating the Millard Senior Center at Montclair for Christmas @ 12 p.m.
- Line dance Thursdays @ 9 a.m.
Chair volleyball Thursdays @ 10 a.m.
- Millard Senior Center at Montclair will be closed on Veteran's Day (November 11), and Thanksgiving (November 24, 25).

For more information, please call 402-546-1270.

Volunteers needed for research

The Vascular Research Lab (VRL) at the University of Nebraska at Omaha is conducting two research projects and are currently recruiting volunteers. These studies include researching how uninterrupted and interrupted sedentary behaviors impact vascular function in healthy older adults and investigating how an antioxidant supplement can affect the vascular function in adults who have peripheral artery disease.

The VRL also offers a Vascular Fitness Assessment package for individuals who are interested in learning about their vascular health and how they can make lifestyle changes. Volunteers are needed to participate in a study titled Impacts of mitochondria-targeted antioxidant on leg function, leg blood flow and skeletal muscle mitochondrial function in peripheral artery disease patients.

Peripheral artery disease (PAD) is caused by blockages (plaque) that obstruct blood flow to the legs. These blockages can cause discomfort, numb-

ness, cramping, and pain during activity and sometimes during rest, also known as claudication. Supplements, such as mitochondrial-targeted antioxidant (Mito-Q), may increase blood vessel relaxation capacity, blood flow, increase antioxidant capacity, and increase oxygen transfer capacity to your muscles and other tissues.

The Vascular Research Lab at the University of Nebraska at Omaha will be examining the effects of Mito-Q on blood flow in the legs and arms, how much oxygen is getting to your muscles, antioxidant capacity, walking ability, and other vascular parameters. There will be two study visits.

You will be compensated for your time in this research study. Eligibility includes a diagnosis of stage I or II PAD, 50-85 years of age, must have a history of chronic claudication and must have claudication that limits daily activities.

To learn more about the research projects, contact Michael F. Allen at 402-350-0625.

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Pickleball is one of the fastest growing sports in the United States. There are multiple pickleball leagues held at Praire Lane Park and other parks around Omaha throughout the summer.

Pickleball popularity continues to grow in eastern Nebraska

By Ron Petersen

The sport of pickleball, which is a combination of tennis, badminton and ping-pong is one of the fastest growing sports in the United States.

It's a social yet competitive activity for people of all ages to participate in.

"It's a game for seniors, but younger people are helping grow the game because they are realizing how much fun it is," Pickleball Omaha President, Kent Knudson said. "I have knees that need to be replaced, so even with bad knees I've still been playing the sport. I don't move as fast but it's a smaller court and you do have more time to react. It's quite a finesse game. You can have people who don't move well at all, but they can place their shots so much and that's why it's gaining popularity for us old timers."

In a game of pickleball, each point starts off by someone serving cross-court underhanded with an upward arc movement and hitting the ball while it is below your belly button.

There is a two-bounce rule, so the opponent returning has to let it bounce once before they hit it.

Once they return the ball to the serving side, the person receiving the ball has to then let it bounce once.

After that it is fair game and can be hit in the air or bounce once to win the point. There are usually at least four players on the court and split into two teams.

Games are normally played to 11 points, and they have to be decided by two or more points. Tournament games may be up to 15 or 21 points depending on the tournament.

While the point system is like ping-pong, players use a paddle to hit an oversized whiffle ball. Pickleball is played on a badminton size – 20 by 44 feet – court allowing athletes to not have to move as much as they would so in a tennis match.

"It is not as taxing as other sports and pickleball is also easy to pick up," Knudson said. "I've been playing golf for 40 years and I still can't break a 100, it's not as easy to pick up unless you are dedicated. Pickleball, you can pick up and it's very fun because you can find out how you can hit some great shots. It's very contagious and it can be addicting. It's convenient—you can play as long as you want, and you could only play for an hour or two. If you want, you can sit out between games and take a break and then go in the next one."

With the help of popularity, there are dozens of pickleball leagues around eastern Nebraska for people to join or compete in.

According to the Sports & Fitness Industry Association's 2022 Pickleball Report, which surveyed 18,000 Americans on their participation in 100 sports and activities, about 17 percent of players are 65 and older, while a third are under 25.

"It's been one of the fastest growing sports," Recreation Supervisor for City of Omaha Parks and Recreation Department, Shane Wampler said. "When I first started with the city at Montclair Community Center, we had maybe four or five people play pickleball, but now we have 15-20 people playing three or four days of week with people waiting. We've been running tournaments in town for about five years."

There are multiple sites around Omaha designed just for pickleball

with pickleball courts being located at Praire Lane Park, Meadow Lane Park and Miller Park. There are pickleball courts also located in indoor facilities and private country clubs, such as Happy Hollow Club and Omaha Country Club.

"We do a lot of programming at night. In our gym everyone is a retiree during the day. When I run those tournaments, we will have people in there 19-22-year-old range to people in their 80s. It's definitely trending younger than it was five years ago," Wampler said. "It's a gateway for people who want to stay active but can't play tennis anymore."

Sue Sloboth, who has been the Director of Tennis at Champions Run for 13 years, has seen popularity come from those people in their 30s, 40s, and 50s, but she has seen even more participation come from older adults.

"It's a good activity for seniors," Sue Sloboth said. "A lot of people have curiosity about it, it's very popular and there's not a ton of running."

Champions Run doesn't have any pickleball courts, but there are lines within the tennis courts to hold pickleball games.

While tennis is the main focus, there are pickleball leagues held at country clubs, which helps the sport grow even more.

"It's having a huge impact, particularly on seniors. Some folks who have played tennis in the past are transitioning to pickleball if they get to a point where the tennis court is getting to be too big in terms of mobility, trying to cover it. I do think that pickleball is much easier to play immediately. You don't have to learn a whole bunch

of skills before going out and playing a game. If you've played any kind of ping pong, you can probably step onto a pickleball court and within 10-15 minutes you could be playing a game," Sloboth said. "It grows every year—there's more people playing, but we have a mix of younger adults and middle age adults. Half of our group are seniors, but we try to introduce pickleball to all of our kids."

With the response of pickleball becoming the fastest growing sport, the city of Omaha has looked to grow with it.

"Pickleball has grown tremendously—it's grown in our community centers and our parks as well. We are looking at turning tennis courts into pickleball courts," Recreation Manager for City of Omaha Parks and Recreation Department, Chris Haberling said. "We've seen the demand, we've seen the increase in participation, and we are trying to help accommodate that by making more pickleball space. We've also started to paint pickleball lines in tennis courts for dual stripped tennis and pickleball. We've added those lines to 10-12 courts around the city. We are expanding and we are trying to help with demand that have been brought to us and we're going to make enough space for people to play pickleball."

Pickleball might not be for everyone, but it might be worth giving it a try.

"It's a really good game," Sloboth said. "One of the best things about it is the social aspect. Being able to meet different people and to compete. There's more interactions, there's rapid games and then you get to rotate and play with someone else. It's very fun."