



New Horizons

Celebrating 50 Years

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Husker softball coach Rhonda Revelle is still passionate as she enters 34th season

By Leo Adam Biga

Once a perennial regional and national force under Head Coach Rhonda Revelle, Nebraska softball lost its edge from 2015 through 2023. The arrival of native Nebraska superstar Jordy Bahl, who transferred to NU after helping lead Oklahoma to consecutive national titles, raised expectations of a return to glory. But this much anticipated homecoming and revival got spoiled by an injury Bahl suffered in the 2024 season opener that sidelined her the entire year. Then last season a healthy Bahl fulfilled the promise as she broke multiple school hitting records and dominated as a pitcher in leading NU to the super regional. She earned national player of the year honors.

Revelle recently signed a five-year contract extension that will help add to her school record number of wins compiled over 33 years. What she and her players want more than anything is Big Red's first softball national championship. The program has been close in the past. With Bahl, whom Revelle calls "a generational talent," and other key cogs from last season's 43-15 Top 15 club back, along with highly touted newcomers, Husker softball will likely be in the hunt for that elusive first title.

The veteran coach knows she has the talent to win it all. "By the end of the year I really feel that everyone on the team knew we were one



of the best teams in the country and that's really exciting. I've never been somebody that needs to chase things. Not that I don't have aspirations because I do. I still have aspirations of bringing a national title to this program."

Her two-way weapon, Bahl, said straight out, "The goal is to win the national championship. That was our goal last year. I think overall as a team the belief of realizing we're actually capable of that started to catch some steam at the end. I think now it's a total buy-in from everybody, and I think that's going to be the difference in getting us to Oklahoma City (site of the Women's College World Series)."

Bahl likes playing for a coach

who encourages to dream big without getting ahead of yourself. "She's really good at taking it one day at a time," she said of Revelle. "She gives us visuals of the championship banner hanging in our locker room but then she's always good at keeping us present and making sure we're earning it every day."

The veteran coach feels good entering her 34th year.

"I'm not as young as I used to be. I did have a hip replacement this summer. But I feel like I have wisdom I maybe didn't have 30 years ago, so there's give and take. My spirit for coaching I think is at an all time high. It just takes a little while longer for my body to get going."

With at least five more years

to go in Lincoln, Revelle, 63, still loves what she does, especially with Bahl and Co. making Husker softball a contender again and touted recruiting classes itching to make their mark. She hopes her example of still bringing competitive fire inspires fellow older adults to do the same.

"Sometimes you even start to question yourself because there's stigma or opinions about what happens when we reach a certain age," Revelle said. "If we stay bold in how we're trying to live our life then age will not define us. There might be things we need to adjust because of our age and there might be decisions we make because of the way our body feels, but it doesn't have to be that just because you're a certain age you're washed up."

"You know who's taught me that? Young people. There are times when I've made fun of my age and they're like, 'Coach, you're not old.' I must be behaving a certain way that they don't think that. So keep going, keep trying to live your life to your fullest rather than tapping out or giving in. Don't give in."

Bahl can attest to Revelle's drive. "She never actually turns it off. She is softball and all about this team pretty much 24/7. She cares that much about each and every one of us. It's not like that everywhere. It's very infectious. You never know what you're going to get you just

--Revelle continued on page 9.



ENOA is participating in Giving Tuesday 402

Older adults get their steps in at ENOAs 9th annual 'Step Out For Seniors Walk-a-thon'

By Ron Petersen

Older adults from around the area gathered with their family, friends and caregivers for the Eastern Nebraska Office on Aging (ENOA) Step Out For Seniors Walk-a-thon at Benson Park on September 19.

The Step Out For Seniors Walk-a-thon is a fundraiser to help update programming and services at the 19 senior centers in the Eastern Nebraska area.

"We raised over \$14,000 this year, with \$2,000 of that from raffle basket sales," said Christina Ochoa, ENOA nutrition program assistant.

Over the last couple of years, the Step Out For Seniors Walk-a-thon has been growing in popularity. It also helped that this year the Step Out For Seniors Walk-a-thon was on a beautiful day in Nebraska.

"The event went very well — we had more sponsors than we have

--Walk-a-thon continued on page 5.

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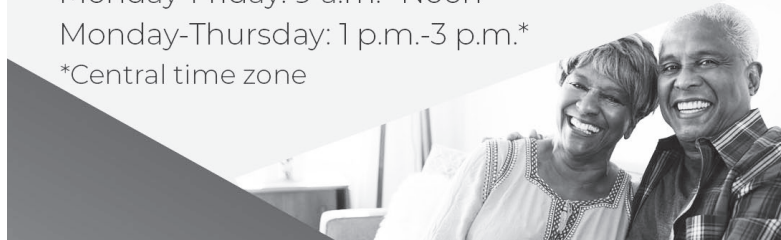
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The many special supplemental benefits for the chronically ill

Many Medicare Beneficiaries who are on both Medicaid and Medicare Advantage are at risk of losing their supplemental benefits unless they qualify for an SSBCI.

Conversely, many Medicare Advantage beneficiaries who did not qualify for extra benefits because they are not on Medicaid may now be able to get extra care and supplemental benefits if they have qualifying chronic conditions.

WHAT IS SSBCI

- SSBCI were introduced and implemented by CMS to allow Medicare Advantage (MA) plans to offer supplemental benefits to certain enrollees who are chronically ill.

- The idea is to allow benefits beyond what Part A, B, or D typically cover — including non-medical services — so long as the benefit helps improve or maintain health or overall function of the chronically ill enrollee.

ELIGIBILITY: WHO QUALIFIES AS “CHRONICALLY ILL”

For someone enrolled in a Medicare Advantage plan to qualify, they must meet all of the following:

Chronic condition(s): They have one or more comorbid and medically complex chronic conditions, which either significantly limit their health or function or are life-threatening.

High risk of adverse outcomes: They are at high risk of hospitalization or other bad health outcomes.

Need for intensive care coordination:

- Plans may identify eligible enrollees via medical records/claims, attestations by providers, or other documentation.

- CMS publishes a non-exhaustive (not complete) list of qualifying chronic conditions; plans must show evidence that the SSBCI benefit they’re offering has a reasonable expectation of improving or maintaining health or overall function.

WHAT DOES SUPPLEMENTAL BENEFITS MEAN?

SSBCI benefits can include items or services not necessarily primarily health related. That is, benefits that traditionally might look more “social” or “non-medical” are allowed,



if they meet the standard of improving or maintaining health or function.

Some benefits that were more loosely allowed are now being tightened. For example, non-health related items are under more scrutiny and may need stronger evidence.

THINGS TO WATCH OUT FOR AND LIMITATIONS

- Variation among plans: What SSBCI are offered, how generous they are, and how eligibility is determined can vary a lot from plan to plan. You’ll need to look at the plan’s “Evidence of Coverage” or Summary of Benefits to understand what is offered in your area. A local independent Licensed Insurance Agent will have these details for you.

- Authorization requirements: Some benefits may require participating in care management or meeting certain criteria; sometimes benefits need doctor’s attestations.

Not all enrollees with chronic conditions will qualify under every plan.

- Availability: These SSBCI are only through Medicare Advantage plans, not through Original Medicare. So, if you’re in a Medicare Advantage plan, check if it offers SSBCI; if not, you won’t have these extras supplemental benefits.

- Budget / caps: Even when available, benefits may have limits (number of services, dollar caps, time limits)

- New Chronic Special Needs Medicare Advantage Plans: Historically, this area has not offered Chronic Special Needs plans, only Dual Special Need plans for those who are on Medicaid and Medicare Advantage. There are now a couple of CNSP plans (Chronic Special Needs Plan) that do not require Medicaid eligibility. It may or may not be beneficial to you. Please work with your local independent agent to learn more.

Each Medicare

Advantage plan has different chronic conditions that the beneficiary must be diagnosed with to qualify for the plan.

Even if the enrollee has a listed chronic condition, the enrollee will not necessarily receive the benefit because coverage of the item or service depends on the enrollee being a “chronically ill enrollee” and on the applicable MA plan’s coverage criteria for a specific SSBCI.

Eligibility rules apply to some supplemental benefits. Not all members qualify.

POTENTIALLY ELIGIBLE CONDITIONS

As listed by the Chronic Special Needs Plan from Devoted, Conditions will vary by Medicare Advantage plan.

Top 10 Qualifying conditions:

- Arthritis
- Asthma
- Chronic kidney disease (CKD)

- Chronic obstructive pulmonary disease (COPD)

- Depression
- Diabetes
- High blood pressure, also called hypertension
- High cholesterol
- Osteoporosis (weak bones)

- Severe obesity (Body Mass Index of 40 or higher)

Conditions that affect your bones or joints, like:

- Arthritis, including rheumatoid arthritis or osteoarthritis

- Osteoporosis (weak bones)

Conditions that affect your lungs or breathing, like:

- Asthma
- Emphysema
- Chronic obstructive pulmonary disease (COPD)
- Chronic bronchitis
- Pulmonary fibrosis
- Pulmonary hypertension

Heart conditions, like:

- Cardiac arrhythmias (unusual heart rhythms, like when your heart flutters or “skips a beat”)

- Coronary artery disease
- Chronic heart failure (CHF)

- Atrial fibrillation, also called A-Fib

- Valvular Heart Disease

Conditions that affect your blood vessels, like:

- High blood pressure (hypertension)
- Varicose veins with ulcers

--SSBCI continued on page 3.

Programs changing this month at AARP NE Information Center

By Tony Harris
AARP NE Information Center

This November, we recognize National Veterans and Military Families Month, AARP Nebraska invites the community to an afternoon of history and remembrance.

On November 19 at 1:30 p.m., anyone is invited to attend the AARP Nebraska Information Center’s monthly program, where anyone can learn about Eric Ewing, Executive Director of the Great Plains Black History



Museum, for a compelling presentation on the Tuskegee Airmen—trailblazing pilots who served with distinction during World War II. Ewing will highlight the remarkable contributions of these airmen and share stories of their connections to Nebraska.

Located at 1941 S 42nd St. in Suite 220, the Information Center is open on Tuesdays, Wednesdays and Thursdays from 10 a.m. until 4 p.m.

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

Don’t miss this chance to honor our veterans, learn about a vital chapter of American history, and discover the rich exhibits of the Great Plains Black History Museum.

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

--SSBCI continued from page 2.

- Peripheral vascular disease
- Carotid artery disease
- Aortic aneurysm or abdominal aortic aneurysm
- A history of blood clots in your lungs or other places in your body — doctors may call this deep vein thrombosis, pulmonary embolism, or chronic venous thromboembolic disorder
- A history of stroke (a blood clot in your brain)
- Any form of cancer:
- Not including pre-cancer
- Severe obesity:
- Body Mass Index of 40 or higher
- A long-term infectious disease, like:
- Hepatitis C
- Hepatitis B
- Lyme disease
- Endocrine (hormone) conditions, like:
- Diabetes
- Thyroid problems
- Addison’s Disease
- Cushing’s Syndrome
- Problems with your liver or kidneys, like:
- End-stage liver disease
- Chronic kidney disease (CKD) or chronic kidney failure
- End-stage kidney disease or renal disease, also called ESRD
- Conditions that affect your digestion, like:
- Crohn’s disease
- Colitis
- Inflammatory polyps
- Blood or bone marrow conditions, like:
- High cholesterol
- Aplastic anemia
- Hemophilia
- Sickle-cell disease (not including sickle-cell trait)
- Chronic venous thromboembolic disorder, a condition that causes blood clots
- Conditions that affect your immune system, like:
- Lupus (systemic lupus erythematosus)
- Polyarteritis nodosa, which affects your arteries
- Polymyalgia rheumatica, which causes muscle pain and stiffness
- Polymyositis, which weakens your muscles
- HIV/AIDS
- Brain or neurological conditions, like:
- Alzheimer’s disease or another type of dementia
- Amyotrophic lateral sclerosis (ALS), also called Lou Gehrig’s disease

- Autism spectrum disorder
- Epilepsy or seizure disorder
- Paralysis in one or more of your limbs
- Huntington’s disease
- Multiple sclerosis, or MS
- Parkinson’s disease
- Polyneuropathy
- Spinal stenosis
- Neurologic problems related to a stroke
- Mental or behavioral health conditions,

- like:
- Bipolar disorders
 - Depression (major depressive disorder)
 - Paranoid disorder
 - Schizophrenia or schizoaffective disorder
 - Alcohol or other drug dependence

The Special Supplemental Benefits for the Chronically Ill (SSBCI) program gives Medicare Advantage plans the flexibility to offer extra, often non-medical, benefits that can make a meaningful difference in the lives of people managing serious or ongoing health conditions.

These benefits are designed to help members maintain or improve their health and daily function.

However, eligibility and offerings vary by plan and location, so it’s important for beneficiaries to speak with a local independent licensed insurance agent to understand what’s available to them.

As CMS continues refining the rules for SSBCI, these benefits represent an important step toward a more holistic approach to supporting chronically ill Medicare beneficiaries.

Mary Hiatt is a Retirement & Insurance Advisor and President of Mary the Medicare Lady (A non-government entity.) She is Certified in Long Term Care Programs, Policies, & Partnerships and Annuities. She offers Educational Workshops on Medicare, Long Term Care and more at no charge. She helps retirees convert their 401Ks and IRA’s into guaranteed income streams as well as helping clients get Medicaid with eligible spend-down plans and Funeral Expense Trusts. Not connected with or endorsed by the U.S. government or the federal Medicare program.

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Your email folders may contain gold for a hacker

By Kelly C. Bourne

IDs and passwords are stolen or exposed regularly. On August 29, Google announced a data breach that roughly 2.5 billion Gmail users' data was exposed. This is only a single case of personal data that's been exposed recently. An article on Fox News claims that 19 billion

passwords have been leaked online in a recent 12-month period.

The credentials of email accounts are frequently compromised. If a criminal has access to your email account, a great deal of damage can be done. He can send out emails to your contacts pretending to be you.

Your friends, relatives and

acquaintances can then become victims of investment scams or stranded traveler scams.

They can also be infected with a virus if they open malicious email attachments.

While the above scenarios are bad, a criminal having access to your email account can be worse than most people realize.

Details saved in email accounts can help bad actors commit identity theft. Many email providers, including the no-cost ones, offer enormous amounts of free, online storage.

Gmail offers 15GB of free storage. Neo allows user mailboxes to hold up to 50GB for free. Yahoo offers a whopping one terabyte (1 TB) of free storage space for users.

The danger of free storage space is that since users never run out of space, they typically save every email and attachment they've ever sent or received.

Using your email account as a de facto storage facility can result in all past emails being exposed. Anyone that can access your account can also see your documents, including extremely sensitive ones.

Most people don't realize how much confidential information exists in emails they receive, send and save. Some examples of data that users inadvertently store in their email accounts include:

- Job applications containing social security numbers, salary history, education background, phone numbers and street addresses.

- Financial details like bank names, checking account numbers, mutual fund details and the names of investment advisors.

- Tax returns include social security numbers, salary information, charitable contributions, investment details and bank account specifics.

- W9 forms can reveal social security numbers and income details.

- Medical records disclosing personal and potentially embarrassing medical information. They might also include patient IDs and Medicare or Medicaid ID numbers.

- Legal documents like wills, divorce settlements, child custody agreements and lawsuit settlements containing significant information that most people would like to stay confidential.

- Travel details including past and future travel arrangements as well as passport numbers, credit card numbers and rewards program account numbers.

- It's not unusual for people to include passwords in emails sent to family members and coworkers.

In addition to the above there can be a significant amount of personal data contained in long forgotten emails that have been sent or received. Everyone has emails that contain candid statements about friends, relatives, neighbors and co-workers. Revealing them would be financially damaging, but it could certainly be embarrassing.

Some of the signs that someone has taken control of your email account include:

- A password that should open the account no longer works.

- Receiving notification texts that your account was signed into when you weren't in the account.

- Friends asking why you're sending them emails asking for money or recommending investments.

- The Sent folder of your account contains emails you didn't send.

- Unusual activity on your social media accounts.

Steps that can be taken to help protect your email account include:

- Use a strong password to protect your account. Strong passwords are at least 12 characters long, and include upper- and lower-case characters, numbers and special characters. A strong password shouldn't be a word found in a dictionary. It shouldn't contain anything about you that can be easily guessed like your favorite sports team, pet's name, birth date, city of birth, name of your high school, etc.

- Setting up MFA (multi-factor authentication) on email accounts can help prevent interlopers from getting access to your accounts. To access an account protected by MFA, you have to enter the correct password as well as an additional 'factor'. Frequently the additional factor is a code that's sent to your smart phone. A criminal that has your password won't be able to log into your email account unless he has access to your phone as well.

- If your email provider notifies you that they've

experienced a data breach, then change your password immediately.

- Companies referred to as data breach service vendors search the Dark Web looking to see if their clients' information has been exposed.

Specific data that these services search for includes email addresses, social security numbers, phone numbers, bank account IDs, medical records, and passwords. If a client's personal information is found online, they'll contact the client. If contacted by the vendor, the client should immediately change any passwords that have been exposed.

- Websites exist that allow people to check to see if their personal information has been exposed by a data breach event.

"Have I Been Pwned", aka HIBP, is a free online service that enables people to see if their email addresses or passwords have been exposed by a data breach.

To take advantage of this service bring up URL <https://haveibeenpwned.com> in an Internet browser, enter your email address and click the "Check" button.

If your email account has been exposed by a data breach a description of the breach, including the hosting platform, date and type of data that was compromised will be listed. Other services like HIBP include BreachAware, LogDog and Kaduu.

- At least twice a year review the contents of your email account and delete anything that no longer needs to be retained. For some email apps you may have to delete emails from the folder they're in and then from the "Trash" folder. These steps don't protect your account, but they will minimize the damage if your account is compromised.

Email has become part of our lives, but it has risks. The risks can be minimized by properly protecting your account and judiciously purging emails that are no longer needed. These preventative steps can be implemented easily by any email user.

Kelly's newest book, "Ransomware, Viruses, Social Engineering and Other Threats: Protecting Your Digital Assets" is available on Amazon and at The Bookworm.

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Step Out For Seniors Walk-a-thon Sponsors



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--Walk-a-thon continued from page 1.
ever had in the history of the walk, and we had several local news outlets came to the walk,” Ochoa said.
Along with the walk around the park, there were other activities planned for those in attendance including line dancing with Lori

Adams, followed by a tai chi demonstration.
“We had more participants than we expected,” Ochoa said.
Throughout the morning older adults had a chance to get massages in the pavilion, play with dogs from the Nebraska Humane Society and receive food from the

Whispering Roots and The Big Garden farm stand.
“It was a beautiful day, and everyone had a great time,” Ochoa said.



NEW HORIZONS PHOTOS
The Step Out For Seniors Walk-a-thon had plenty of entertainment including line dancing with Lori Adams, massages in the Pavillion, a Tai Chi demonstration along with a walk in the park.



La Vista Senior Center

You’re invited to visit the La Vista Senior Center, located at 8116 Park View Blvd. The facility provides activity programs and meals Monday through Friday from 8 a.m. to 5 p.m. Please call 402-331-3455 for general Community Center hours.
Meals are served weekdays at 11:30 a.m. Reservations are due by noon the business day prior to the date the participant wishes to attend and can be made by calling 402-331-3455.
A \$5 contribution is suggested for the meal if you are age 60 and older. If you are under age 60, then the meal cost is \$9.50.
In addition to meals being served daily, the La Vista Senior Center offers a variety of activities such as: Bingo, outings, cooking classes, movies with popcorn, arts and crafts, a variety of card games, quilting, Tai Chi, exercise classes, musical entertainment and various parties.
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• Do you have a story idea for the *New Horizons* newspaper, or would you like to receive a **FREE** copy each month?

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Mental health: Understanding your emotional well-being later in life

As we take more trips around the sun our mental and emotional needs can change. What doesn't change, though? Your mental health is just as important as your physical health.

Because our mental health is mostly unseen, we may brush things aside or try to pin certain symptoms to a physical cause. Racing thoughts and worries may present as heart palpitations or a rapid heartbeat, so our first thought is often to schedule an appointment with a cardiologist—which often produces even more worry.

As we age, challenges like worry, loneliness, and grief are totally normal for older adults. However, if you're experiencing ongoing anxiety and depression, take note—and take a next step to get help: These conditions are treatable, and support is available.

WHAT DEPRESSION CAN LOOK LIKE IN OLDER ADULTS

It's a different world than the one you grew up in, and mental health awareness has certainly come out of the dark corners and into the spotlight. But it's not just a trend or a "young person's problem." Mental health challenges like depression and anxiety have existed as long as people have, affecting all ages.

However, the signs among those 65 and up are a little different, and may include the following:

- Loss of interest in hobbies or social activities
- Changes in appetite or sleep
- Increased irritability or restlessness
- Difficulty concentrating or making decisions
- Feelings of hopelessness or worthlessness

Sometimes depression (whether you are experiencing only one of these symptoms, all of them, or different ones) is mistaken as a normal part of aging, but it's not. It's important to talk to your primary care provider or family doctor if these symptoms persist.

UNDERSTANDING ANXIETY IN OLDER ADULTS

Turn on the news, scroll through social media, or just talk to a friend or your kids and boom—anxiety shows up. With modern

technology has come a raised awareness of everything, everywhere, all at once. But anxiety that sticks around can start affecting your physical health, and it doesn't have to be that way.

Like depression, anxiety may manifest differently as we get older. Here are some of the potential signs:

- Constant or excessive worry, even about routine matters
- Physical symptoms like muscle tension, headaches or stomach issues
- Avoiding certain situations due to fear (i.e. I'm afraid I have cancer, so I'm not going to the doctor for my check-up, or I'm afraid I won't be able to hear or see well, so I'm not going to my friend's social event)
- Difficulty sleeping or relaxing
- Shortness of breath or rapid heartbeat

Anxiety can be linked to changes in healthcare, medications, or major life transitions.

HOW MENTAL HEALTH CAN BE AFFECTED BY LIFE CHANGES

There's a reason depression and anxiety may spike in later life, and why the symptoms present themselves differently than younger adults.

While life changes for twenty-somethings like your adult kids or grandkids can be stressful (getting married, having a baby, buying a house), they're also exciting and expected for that season of life.

But the life changes in the 65 and up crowd are a different kind of "firsts."

First lifelong friend or sibling passes away. First time receiving a cancer diagnosis. First time not going back to work after a decades-long career ends in retirement. First time sleeping alone in your house after a spouse dies.

All of these transitions and changes are huge. And ongoing too: Grief doesn't go away overnight, chronic illness continues to impact your independence, and loneliness intensifies as time goes on. Understandably, your mental health takes a major hit.

You can't avoid these events or the grief, adjustment, and stress that comes with them. But

you can do something about the symptoms of anxiety or depression these life changes may intensify.

STAYING PROACTIVE ABOUT YOUR MENTAL HEALTH

The first step in getting help for normal mental health conditions like depression and anxiety is recognition, but self-awareness that leads to taking that first step is a big leap for many adults over 65.

You might think, "I'm not depressed, I'm just sad my best friend died," or "I'm not anxious, I just worry about my kids and grandkids every waking minute of the day."

Emotional well-being is just as critical as managing physical conditions. But until we recognize the way those conditions are impacting our entire well-being—physical, mental, spiritual, emotional—we probably won't make the changes necessary.

There are small, simple ways to support your mental wellness every day and make the tiny changes that lead to bigger health gains. Spoiler alert—you might not need to take any pills.

That being said, medications are sometimes necessary, and they can be life-changing in many ways. Be sure to discuss your options with your doctor, and don't rule out the possibility of seeking extra help in managing anxiety and depression that is impacting your quality of life.

With or without medications, prioritizing these simple, everyday steps towards better mental health can make a major difference:

- Stay socially connected with friends, family, or community groups.
- Try mindfulness practices or deep breathing exercises.
- Seek out hobbies and creative outlets.
- Talk to a counselor or therapist if you need support.

Good news. Many insurance plans, including Medicare Advantage, cover a variety of mental health services.

YOU DON'T HAVE TO NAVIGATE THINGS ON YOUR OWN

Whatever happens next in your mental health

--Mental Health continued on page 7.

Page 6 • New Horizons • November 2025

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 \$5 contribution is suggested for the meal.

This month's activities will include:

- **Everyday:** Sip and Chat @ 9 a.m.
- **November 5:** Merry Maker's presents music with Mike McCracken @ 10:30 a.m.

- **November 6:** Presentation from Nye @10 a.m.
- **November 11:** Center Closed for Veteran's Day
- **November 12:** Music with Johnny Johnson @10:30 a.m.

- **November 13:** Nutrition Minute @10:15 a.m.
- **November 19:** Music with Billy Troy @10 a.m.
- **November 20:** Volunteers Assisting Seniors will be here to help with Open Enrollment for Medicare Part D @ 9 a.m.

- **November 26:** Music with Larry Marik @10:30 a.m.
- **November 27 & 28:** Center Closed for Thanksgiving Break

Craft class on Tuesday afternoons @ 1:30 p.m.
Tai Chi offered every Tuesday and Friday from 9:15-10 a.m.

If you can't stay for lunch with our friends and you currently participate in any activity at the center, you may now order a Grab-n-Go meal to take home for your lunch. Grab-n-Go meals must be reserved the day before by noon and the person ordering the lunch must come in to the center to pick it up at 11 a.m. The number of Grab-n-Go lunches are limited to a first come first serve basis. Suggested donation is \$5.

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

Respite Across the Lifespan

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

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

Omaha Fire Department

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

To have a free smoke and/or carbon monoxide detector installed inside your home, send your name, address, and telephone number to: Omaha Fire Department for Smoke/Carbon and monoxide requests at 1516 Jackson St. Omaha NE, 68102.

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

--Mental Health continued from page 6.

journey, you don't have to do it alone. Sit down, take a few deep breaths, and read these reminders to ground yourself in making mental health a priority in your 60s and beyond.

- You deserve to feel well—mentally and emotionally—as you age.
- Help is available, and it's a sign of strength to ask for it.
- Ask your primary care provider about resources like wellness classes, social

activities, and behavioral health referrals. Regular check-ins with your provider are a great place to start the conversation.

- Pay attention to how you're feeling and don't hesitate to speak up.

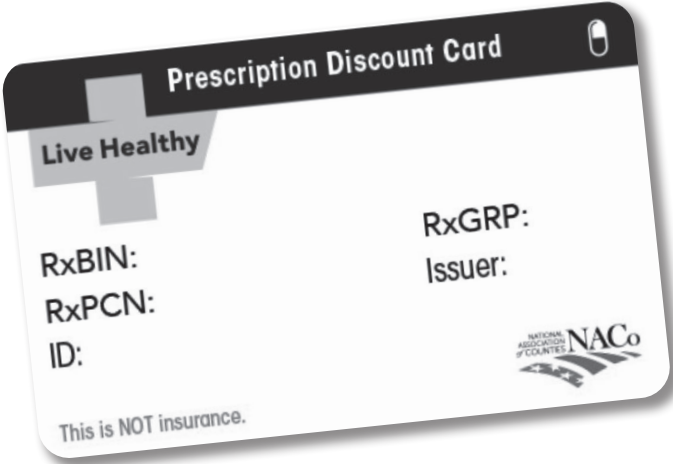
A Word from ArchWell Health: Wherever you are on the memory loss journey, you are not alone. The compassionate team at ArchWell Health is always ready to assist caregivers and older adults with their primary care needs.



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with the

FREE
Douglas County
Prescription
Discount Card



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Discounts are only available at participating pharmacies.

Older adults connect at Senior Life Program through the Salvation Army Omaha Kroc Center

By Ron Petersen

Older adults are invited to experience a thriving community designed for seniors who cherish active living and social connections.

The Senior Life Program at the Salvation Army Omaha Kroc Center, is not just a club, but it's a place where adults can come together through arts, crafts, games and more.

"It is a great place to meet other seniors and make new friends," Senior life specialist, Janet Miller said. "Loneliness is a serious problem for seniors that live alone."

The Senior Life Program has plenty of opportunities for older adults to come together.



COURTESY PHOTO

Senior Life Program goal is to armor older adults with the knowledge and tools to live a healthy and meaningful life which will be measured by participation, member feedback and survey responses.

Each month, they offer a variety of presentations, classes and events that are tailored for older adults.

There is different luncheons to attend, fitness, aquatics, strength training, walking, musical perfor-

mances from Merrymakers performers, senior games, field trips to points of interest and more.

The Senior Life Program is even home to a Christian based workplace.

"We offer church services on Sundays, and some other religious instruction done by our Ministry department," Miller said.

Not only do older adults play games, listen to music and enjoy each other's company, but it is a place for socialization.

"We are always looking for more seniors to join," Miller said. "Our senior community continues to draw in new people and welcomes them. Our group is eager to involve new individuals into the programs we offer."

To get involved in the Senior Life Program, visit the Salvation Army Omaha Kroc Center to learn about membership options.



COURTESY PHOTO

The Senior Life Program hosts weekly events along with the regular games, crafts and fitness classes. They even had a Fall Senior Games in September.

Florence Senior Center

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

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

There will be a painting workshop with Kim Darling at 9 a.m. every Wednesday in November and December.

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

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

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



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--Revelle continued from page 1.

know it’s going to be full of passion and always from the heart.”

Personal engagement is a Revelle strong suit, said Bahl. “When I got injured I never felt the care and love from Coach Revelle change even though I was out for the season. She made me feel just as important and part of what our team was doing and what our goals were. That was pretty incredible to feel.”

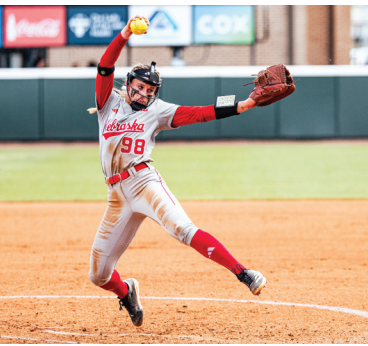
A JOURNEY IN ATHLETICS

Like her players, Revelle grew up around sports. Home was Eugene Oregon. “My dad was a real sportsman and a really good athlete himself,” Revelle said. “Because I didn’t have any siblings until I was 13 it was he and I playing catch or shooting hoops or doing whatever. I think that’s what my competitiveness grew out of. There weren’t a lot of opportunities for girls to compete. I wanted to be involved in sports so much that I became the bat girl for his fast-pitch softball team. I’d go to practice and shag balls and do this and that, try to mimic the pitchers. I really fell in love with the game.”

Revelle began her collegiate playing career at Oregon in the 1980s. When Duck head coach Nancy Plantz left to accept the NU job, Revelle followed, becoming team captain. NU women’s sport administrator Nancy Hibner was a mentor and confidante. After graduating Revelle drove a school bus and sold insurance but wanted to remain in the game. She took assistant college coaching jobs in Nebraska and California. She was at San Jose State when a search committee led by Hibner hired her as Husker head coach in 1992.

She’s served under a series of ADs, including Bill Byrne and Tom Osborne, whom she studied from afar. Volleyball coach Terry Pettit advised her. Coming back to take the job made sense as she’d fallen in love with her adopted home state. “I really did connect right away when I got to Nebraska as a student-athlete. I love the connections in the community and what Nebraska and the university’s all about.”

Over time she’s seen women’s athletics go from widely inequitable facilities, resources and opportunities to more of a level playing field with men. Traveling to road games years ago meant



NEBRASKA ATHLETICS PHOTO

Jordyn Bahl, pitcher for the Nebraska Cornhuskers, was named NFCA National Player of the Year in 2025.

renting station wagons from the university carpool rather than going by motor-coach or plane.

“I don’t know that we as players ever saw it as challenges. I think we just kept looking for opportunity.

I remember my junior year we had one sweatshirt each. We got another sweatshirt for winning the Big 8 tournament and it literally doubled our wardrobe. I think about that now and how many sweatshirts we have and it’s almost laughable.

“So much has changed. I think it’s important players know the history. They need to know from where they came and the work that came before them and the work that’s going to come after them. At a 50-year program celebration this past spring I said there’s always piles of dirt to be moved, so whether you’re from the ‘70s group or the ‘80s group or the 2000s group, there’s always progress to be made. So what pile of dirt are you responsible for moving?”

Some things never change, she said, “like that desire and passion to compete and to be part of a team, winning championships, being the best you can, developing your skills.”

“It’s all the external things that have changed.”

The collegiate sports landscape has a slew of new factors that didn’t exist even a few years ago, from NIL and revenue sharing to 24/7 news cycles and social media platforms. “Oh, brother,” she said.

What’s remained constant, she said, is “the people part.” “What every human being longs for is connection. It might just look different. It’s my job as a 63-year-old to know what helps a 20-year-old connect. You have to stay curious and one of the ways you stay curious is by being a lifelong learner.”

LEADING BY EXAMPLE

Husker head women’s basketball coach Amy Wil-

liams admires how Revelle operates. “She has an ability to stay laser-focused on the things that really matter – her relationships with her players and the people around her. I think what makes coach Revelle tick is her desire to be a transformational coach that impacts the people around her to be their best. She is also one of the most intensely competitive people I know.”

Revelle knows a leader when she sees one. “I always say the best leaders lead themselves. Well, everybody can see Jordy Bahl’s competitiveness. Nobody can question her motives, her work, her desire because of how disciplined she is and how she leads her own life. Then you add in she’s very articulate and a very deep thinker and when she speaks you want to listen. That adds a whole other element to her leadership. Then you put her in a team setting and you watch her go until her body won’t go any longer. It makes you want to follow and run through a wall, too.”

Revelle shares the same long-term goal as Bahl. “She doesn’t want Nebraska softball to just be good while she’s here, she wants to leave it in a great position to go on and still thrive after she’s done.”

The tenor of a program is determined by its culture and at Nebraska Revelle’s created a close one. “A vibrant and positive culture is first and foremost and you can’t take a day off because if you do there will be potholes. It’s like anything, if you don’t maintain it, nurture it, it’s going to suffer. In a 30-plus year career there’s been moments when our culture has suffered. But I’ll tell you in the last several years there’s not a day we’ve taken off from our culture.”

That culture strives to engender “a feeling that people are valued, heard, connected.” Added Revelle, “I always tell our team, we may not have the shiniest objects and the biggest house but as long as we have love in the house things are usually healthy. We’re high character, we’re hard working, blue collar, developers. We come in and we expect all of us to work to get better. We’re a working culture, not entitled at all. We’re a please and thank you culture.”

Culture extends to whom-ever Husker softball interacts with. “We appreciate when athletic department support staff love working

with us because of the way we treat them. We love it when we go to hotels and staff say we really enjoyed having your team because they’re so polite. Everything matters.”

The master of Nebraska football culture, Tom Osborne, likes what he’s seen from Revelle.

“The thing that stands out is consistency. She works hard and has competitive teams year after year. She is positive and cares about her players and doesn’t get too high or too low and I think her players appreciate the way they’re treated. I have never heard a negative word about Rhonda over her long career and that is rare in coaching ranks.”

Revelle leads the nation’s longest-tenured staff. Pitching coaching and former Husker great Lori Sippel has been there for the whole ride.

“Our core values are very much aligned as far as how we live our lives, how we conduct our business, how we go about our work, the respect we have for one another, how we treat people,” Revelle said of Sippel, her other longtime assistant Diane Miller and their “young buck” colleague Olivia Ferrell.

Terry Pettit remains close to Revelle and said her ability to “keep things in perspective” pays big dividends. “She prioritizes the relationships and well-being of her players and staff above all else. She has done something no other head coach, to my knowledge, has done at Nebraska – raised money to endow scholarships for Nebraska softball. She takes tremendous pride in being able to represent the university. She is the ultimate Husker coach.”

Revelle, who is single and without children, has managed all this as Husker athletics leadership has undergone multiple regime shifts.

“As you go through ebbs and flows and changes you keep your head down, you stay in your lane, you work to do your best every day.”

Having the right attitude helps. “It’s not, what can I get? It’s – what can I give? When we work from that paradigm and look for what’s right in situations versus what’s wrong then you tend to just keep moving through life. I just want to be sure we do the best here and that we’re still relevant in a space where we’re competitive. I always want to be a value-add. I

don’t want to be, ‘Oh, we’re just keeping Rhonda around because she’s been here forever.’ ”

THE BIG PICTURE

Revelle’s big picture outlook serves her well.

“I’m not personally defined by what Nebraska softball does. I’m more defined by my mission statement – working hard everyday to have positive impact. A positive impact can be reflected on the scoreboard but it’s more reflected in the hearts and souls of people on the inside out. Call me old-school but I still want our players to find joy. I know a lot of other things go on but they picked up this game because they loved it. I want them to be able to feel that, too.”

It’s why she preaches to players to keep distractions to a minimum, otherwise “you miss the moment and a lot of the specialness of it.”

Make no mistake, she said, “We’re really trying to restore Nebraska softball to a long history of real success. Once we started to build something and it was special and people seemed to value what we were doing, you feel an awesome responsibility to want to continue to give back.”

Only a couple of offers to leave ever tempted her “to hit pause.” Once, years ago, when the Alabama job opened and then when the Oregon job opened.

“But at the end of the day this is where I want to be and this is where my heart is. If I would have gone somewhere else and won a national title it would have been great but there’s something special about doing that at your alma mater.”

Coaching is such a lifestyle that it’s hard to compare to anything else, she said, so she hasn’t given much thought to retirement. “I hope Nebraska softball is healthy, dynamic, relevant and successful enough that I can make that decision rather than have it made for me. There is part of me where I just want to walk out of my office, turn off the lights, and be done – no fanfare, no announcing a year in advance, no farewell tour because I’ve never wanted this program to be about me, I want it to be about Nebraska softball.”

Bahl and her teammates were thrilled when Revelle re-upped for another five years.

“Everybody’s excited for her. She deserves it. She’s the face of Nebraska softball for sure,” said Bahl.

Millard Senior Center

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

- **November 5:** Board Meeting @ 9:30 a.m.
- **November 6:** Senior Hands Only CPR class @ 10 a.m.
- **November 7:** Veterans Celebration @ 11 a.m.
- **November 10:** Bunco @ 12:15 p.m.
- **November 11:** Center Closed for Veterans Day
- **November 12:** Sewing Club meet to make sun dresses and shorts at home that are donated and distributed to several countries @ 9:30 a.m.
- **November 12:** P.A.W.S (Puzzles & Words with Seniors) @ 9:45 a.m.
- **November 18:** Pie Day
- **November 19:** Wreath making class @ 8:30 a.m.
- **November 24:** Book Club: "Frozen River" by Ariel Lawhon @ 1 p.m.

Tai Chi on Mondays and Fridays @ 9:30 a.m.
Bingo every Tuesday and Friday @ 12 p.m.
Sportswear Fridays. Wear your favorite team attire every Friday.
Hand-N-Foot Wednesdays @ 8:30 a.m.
MahJongg Wednesdays @ 1 p.m.
Chair Volleyball Thursdays @ 9:30 a.m.
Dominoes Thursdays @ 12:30 p.m.
For more information, please call 402-546-1270.

Keeping an attitude of gratitude all year long

November is traditionally the month of giving thanks, particularly on Thanksgiving Day. I would suggest that we use this time as more than pro forma lip service. Rather let us create an attitude of gratitude throughout the whole year.

A life lived in gratitude is radically different from the mannerly habit of saying thank you. For example, if you had a friend who always said thank you when you picked up the tab for lunch but never offered to return the favor, you might wonder if the gratitude is authentic or presumptuous.

As I have aged, I have noticed that I am less presumptuous about all the blessings in my life than when I was in my thirties and forties. In my younger years, I expected my body to function well and assumed I had many years ahead of me. Now I am aware that each morning is a gift of another day. As I fill my pill containers every two weeks, I am grateful I have been given a couple more weeks.

When I look at obituaries, I notice those younger than I that no longer have the gift of life. This may sound morose but I find it

Conscious Aging
By Nancy Hemesath

gives me the opportunity to be grateful. Within the spirit of gratitude comes a sense of responsibility. "To whom much is given, much is expected."

Cherishing the gift of time encourages me not to fritter it away. I do not think I have to be busy every moment but I do want something to show for another day lived. I don't want to be the older person who is a weight on society but one who continues to give back, albeit in small ways. I ask myself each evening if anyone is better off because of something I have done that day.

Generosity is a sister to gratitude. Persons with grateful hearts do not hoard their time, money or talent. Rather they look for ways to spread good fortune around. Such opportunities are boundless even for people with few material resources. It means keeping our eyes open to see the needs of those around us. Rather than isolating ourselves, it means engaging with our neigh-

bors across the street or across the hallway. A word of appreciation for their giftedness (flowers, door decoration, friendliness) is a way to enhance our own gratitude. Genuine interest in another's story is a way of enriching our own lives as we affirm theirs. There is great wealth in stories shared by those who have lived long and interesting lives.

Certainly, as we age, some gifts and opportunities diminish. Although this can be difficult, it need not destroy the joy that is born in a grateful heart. Maybe this November, and especially Thanksgiving Day, we can practice celebrating what we do have and spread the joy around.

(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.)

ENOA thanks Conagra Brands



COURTESY PHOTO

The Eastern Nebraska Office on Aging (ENOA) would like to say, "Thank you," to Conagra Brands for the Nourish Our Community Grant. The Conagra Brands Foundation sponsored 1,380 Meals on Wheels lunches in September in support of Hunger Action Month.

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Taking a look back at an old New Horizons newspapers: November 1979

Focus on Employment

On October 4th, the Eastern Nebraska Office on Aging and the Nebraska Commission on Aging sponsored the first Governor's Conference on Older Workers in Omaha. The purpose of the conference was to provide information to employers and to agency personnel on the benefits and the special considerations that are involved in employing older workers.

Representatives from successful elderly employment programs addressed the conference. Also present were professionals who discussed matters such as job design, age discrimination, training, insurance, job evaluations and health and psychological aspects of the job setting and duties.

This issue of NEW HORIZONS is devoted in part to that conference and will look at several of the subjects that were brought forth which might be helpful to older persons working or seeking work in the eastern Nebraska area.



These four people, in their late 60's or early 70's, are employees of Bankers Life and Casualty Company. They appear on the cover of a booklet in which Bankers explains its experience with workers over age 65. See page 3 of this paper for the full story.

COURTESY PHOTO

In this November 1979 issue of the New Horizons, Early Harvey, the Eastern Nebraska Office on Agings (ENOA) and New Horizons encouraged older adults to continue to work in their 60s and 70s.

The La Vista Senior Center hosts a fabulous magician



COURTESY PHOTOS

In September, the La Vista Senior Center located at 8116 Park View Blvd., hosted the great magician: The Amazing Lindy (Steve Lindeman). In the photo on the left, Terri Q. had to sign a dollar bill with her name. Then she was told she could win a prize if she drew the correct card, she was then shown the cards to see what she didn't win. In the end she won a lemon. When the Amazing Lindy cut it open, there was the dollar bill she had signed inside. This was just one of the great tricks apart of the show.

Super Crossword

CLEAR COMMUNICATION

- ACROSS
- 1 NATO has a special one for spelling out words

9 Architectural wings

13 Provo people

20 In a lying, faceup position

21 Sticky stuff

22 Kind of energy

23 Moniker for novelist Ernest

25 Dig up

26 Apt. overseer

27 Yoko of music and art

28 Singer Waters

30 Puente of mambo

31 Road coater

34 Weed B- —

36 Marriott, e.g.

39 Doesn't lack

42 Often-dried fruit

44 Diarist Anaïs

46 "Caveman diet"

47 Messy room-mate on "The Odd Couple"

51 Dune locale

56 Chicago hub

57 Dot on some transit maps

59 Gave a coif

60 Suffer ruin

62 Admonish

65 "Hello" singer

66 Cast off skin

68 1992 Guns N' Roses hit

70 Extinction target

73 Civil rights icon Parks

76 Hoagies

77 Extinction targets

78 Method of measuring ocean depth

83 Boy actor in 1937's "Elephant Boy"

85 Raccoon kin

86 Alluring attributes

89 "No doubt!"

93 Trig topics

95 Dependent

97 — -ground missile

98 Barely beats

101 Doing certain ballroom moves

103 Spanish bar appetizers

105 Born, to Luc

106 Plant pouch

107 — Zedong

108 Very thin material for book pages

113 Steelers' gp.

115 Mu — pork

117 Normandy city

118 Doctrine

120 Internet ID

122 Symbol of innocence

126 One revising something

129 Portrayer of Jax Teller on "Sons of Anarchy"

133 Act as arbiter

134 Symbol of innocence

135 Brazil's largest city

136 Soul

137 Amly skilled

138 Apt word spelled out by the first letters of eight answers in this puzzle

5 Le Duc — (1992-97 president of Vietnam)

6 Nectar lover

7 Sailors' saint

8 Knotting up

9 Ovum

10 Actor Rob

11 Averse (to)

12 Whale's

13 half-rise out of the water

14 "Sn" element

15 Suffix with prop-

16 Shrubland

17 Sunny lobbies

18 Mafia's Frank

19 "Danke —"

24 Around 12 p.m.

29 Greek H's

32 In a new way

33 Backboard attachment

35 Sentra maker

37 Grasslands

38 Actor sharing top billing

39 Backboard attachment

40 Tennis' Arthur

41 Injury vestige softly

43 Yak it up

45 "That's false!"

48 Pupil of Plato

49 French noble

50 Rule for homework time, perhaps

52 Operated by water under pressure

53 Brand of fat substitute

54 Ignited anew

55 Blissful sites

58 Bakery buys

61 Hoagie

63 Coll. in Dallas

64 Waness

67 Football's Flutie

69 Hollywood's Morales

70 Praline bit

71 Cut-rate, in adspcak

72 Thick carpets

74 Show filmed at 30 Rock

75 Hebrew month

79 Daytime nap

80 "How — Your Mother"

81 Pitcher Ryan

82 African nation whose capital is Conakry

84 Boil briefly

87 Very angry

88 — -Caps

90 Hat edge

91 Italian peak

92 African nation whose capital is Lomé

94 Lava or Dial

96 NFL scores

99 Stymied

100 Sticky stuff

102 Some small batteries

104 Japanese green tea

108 "Veni," translated

109 Monikers

110 Skillful feats

111 Naval type

112 Fixed-up building

114 Brittle

116 Arm bones

119 Like giraffes

121 Emmy winner

123 "Sometimes you feel like —"

124 African nation whose capital is Bamako

125 Coll. hotshot

127 Football's Marino

128 Lister's abbr.

130 Caviar source

131 "Yoo- —!"

132 1995-2006 TV channel

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19
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117							118				119		120	121		122	123	124
126					127	128			129		130				131	132		
133									134					135				
136									137					138				

This Month's Crossword Puzzle

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

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

River City Theatre Organ Society

The River City Theatre Organ Society is hosting its annual concert at the Rose Theater, 2001 Farnam St., on Sunday, November 2 at 2 p.m.

Theatre pipe organist Nick Renkosik will be the featured guest performer. The concert will include a Buster Keaton Silent comedy "One Week" accompanied by the organist.

Tickets are available at the door the day of the concert for \$20.

For more information, log on to rctos.com (Events) or call 402-421-1356.

Senior Center of the Month: Bellevue

By Ron Petersen

The Bellevue Senior Center located at 109 W 22nd St. in Bellevue is this month's Senior Center of the Month.

Bellevue Senior Center manager Kathy Van Den Top and assistant man-



ager, Dawn Jaixen have been at the senior center for more than 10 years.

Van Den Top said the people are the best thing about the senior center.

"The center is a second home to so many – and like family, I've seen how they will pitch in and help each other," Van Den Top said. "It might be as simple as getting coffee for someone or spending a morning driving someone to their chemo appointments. They show up for each other."

Bellevue has plenty of activities each month including Tai Chi, bridge, bingo,

crafts, exercise classes and more entertainment.

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

"As far as day-to-day, we need to find ways to get more seniors in the doors," Van Den Top said. "Many assisted living places offer the same activities we do right where they live. This could be more educational classes, different activities and more entertainment."

For more information about the center, please reach out to Van Den Top at 402-293-3041. The Bellevue Senior Center is open Monday through Fridays from 8 a.m. to 4 p.m.

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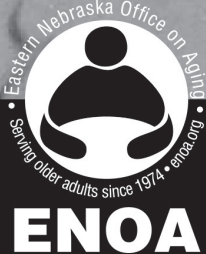


ENOA

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Email: enoa.volunteer@enoa.org

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



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

First United Methodist Church

First United Methodist Church has some excellent adult curriculums available. They are free for any Christian group which would like to study prayer, discipleship and beliefs.

Call First United Methodist Church at 402-556-6262 if you wish to receive more information about the list of the studies available.

Creighton Research Study

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

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

This study requires three in-person visits at Creighton University.

If you are interested, please call Rashelle Hoffman at 402-280-5691 or email movecoglab@creighton.edu.



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Healthy holiday eating

The holidays are a great time for friends and family to come together for fun times and lots of food. At the same time, it can become difficult to maintain waistlines during this when surrounded by amazing holiday food and treats. This guide will give you some ideas on how to stay on track with your personal goals throughout the holiday season.

When attending holiday parties try any of the following healthy tips so you can fully enjoy your time while staying in control of your eating.

- Do not leave the house on an empty stomach – it promotes overeating.
- Avoid standing near the food table, a sure-fire way to overindulge.

- Limit your drinking; alcohol increases hunger and lowers willpower.
- Listen to your stomach; reduce your portion sizes and stop eating when you feel satisfied rather than stuffed.

A big advantage to hosting any holiday meal is being able to control what will be served. It can be easy to find substitutes for high-fat and calorie ingredients and replace them with healthier choices. To help you resist the urge to snack while cooking, keep your mouth occupied with a piece of sugar-free gum or sip tea to reduce your urge to sample while you cook. Also, by preparing foods on a full stomach you will not be quite as tempted to taste what you are making.

Cocktails and beverages can play a huge part during the holidays. Remember that some mixed drinks have as many calories as a dessert, but it is okay to indulge in some holiday spirits. Try to keep the following suggestions in mind:

- Pace yourself; drink water or seltzer between drinks. The more you drink, the more the temptation to snack increases.
- Try ice water with lemon or non-cafeinated soft drinks.
- Consume mixed drinks with diet soda, club soda or tonic water.

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

Grateful Hearts: A Thanksgiving reflection for our golden years

By Lois Jordan

As the crisp autumn air settles in and the trees don their golden robes, we are once again reminded that Thanksgiving is more than a feast—it's a celebration of gratitude, memories, and the cherished company of loved ones.

For many of us, Thanksgiving brings a flood of traditions: The aroma of roasting turkey, the sound of laughter around the dinner table, and the simple joy of sharing stories from years past. These moments are the threads that weave our rich tapestry of life—a testament to the resilience, wisdom, and love that have carried us through many seasons.

In our golden years, gratitude often takes on a deeper meaning. We give thanks not just for the big milestones, but also for the quieter gifts: a phone call from a grandchild, the beauty of a fall morning, or the comfort of a favorite recipe made from memory. These are the blessings that nourish the soul.

This Thanksgiving, let's take a moment to reflect on the journey we've walked, the friendships that have enriched our lives, and the strength we've found in both joy and challenge. Whether you're gathered with family or celebrating more quietly, know that your stories, your wisdom, and your presence are deeply valued.

If you're able, consider reaching out to someone who may be alone this season—a neighbor, a friend, or someone new in your community. Sometimes, a kind word or shared meal is the greatest gift of all.

From all of us at Florence Home, Royale Oaks, and House of Hope Assisted Living and Memory Care to each of you, we wish you a Thanksgiving filled with warmth, love, and lasting memories.

Happy Thanksgiving.

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

Older adults compete in Salvation Army Kroc Center Senior Games



NEW HORIZONS PHOTO

Older adults at the Salvationa Army Kroc Center competed in the Fall Senior Games held in September. The week included activities in the pool, games in the gym and it finished with an awards luncheon.

Intercultural Senior Center

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

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

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

Come and exercise at the ISC. It's never too late to learn and have fun. Join their language classes, technology, jewelry and crafts, and field trip options.

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

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

For more information, please call 402-444-6529 or visit the ISC website at interculturalseniorcenter.org.

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is reported

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LOVED ONES.**

**INSTALL
SMOKE ALARMS.**

**MAKE A FIRE
ESCAPE PLAN.**

Elder Access Line

Legal Aid of Nebraska operates a free telephone access line for Nebraskans ages 60 and older.

Information is offered to help the state’s older men and women with questions on topics like bankruptcy, Homestead Exemptions, powers of attorney, Medicare, Medicaid, and Section 8 housing.

The number for the Elder Access Line is 402-827-5656 in Omaha and 1-800-527-7249 statewide.

This service is available to Nebraskans ages 60 and older regardless of income, race, or ethnicity.

The Legal Aid of Nebraska hours of operation are 9 a.m. to noon and 1 to 3 p.m. Monday through Thursday, and 9 a.m. to noon on Friday.

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ENOA’s Caregiver Support Program theme: ‘Games Through the Years’

COURTESY PHOTOS

In honor of this year’s Caregiver Support Program (CSP) theme, “Games Through the Years” the Eastern Nebraska Office on Aging (ENOA) held a competition for ENOA CSP caregivers who took part in completing miscellaneous puzzles (i.e. word searches, Sudoku, crosswords, etc.).

The origins of word searches can be traced back to the late 1960s. Norman E. Gibat, an American puzzle creator, is often credited with developing the first word search puzzle in 1968. He called it a “Word Cross” puzzle, and it was published in the Selenby Digest, a small puzzle magazine he produced.

ENOA CSP “Games Through the Years” competition winners included Caregiver Earmon Wilcher, and his wife, Marquita; Caregiver Terri Cubrich; and Caregiver Elaine Davee (photo taken with her Case Manager, Jan Anderson).

For more information on the Caregiver Support Program, call the Eastern Nebraska Office on Aging at 402-444-6536.

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Flaherty Senior Consulting

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

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

Upcoming meeting dates and locations are:

• Nov. 11, Jan. 13, March 10, May 12, July 14, Sept. 8, Nov. 10
St. Vincent de Paul Church
14330 Eagle Run Dr.

• Nov. 15, Jan. 24, March 28, May 16, July 25, Sept. 26, Nov. 28
Faith Westwood
United Methodist Church
4814 Oaks Ln.

• Dec. 4, Feb. 5, April 2, June 4, Aug. 6, Oct. 1, Dec. 3
The Servite Center of Compassion
72nd St. and Ames Cr.

• Dec. 17, Feb. 18, April 15, June 17, Aug. 19, Oct. 21, Dec. 16
St. Timothy Lutheran Church
93rd and Dodge streets

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

For more information, email Nancy at flahertyconsulting@cox.net or call/text her at 402-312-9324.

Camelot Friendship Center

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

- November 6: "Medicare Information" presentation with Lily Walker @11:45 a.m.
- November 10: "My Ol' Friend" presentation with Katie McEvoy @11:45 a.m.
- November 11: Center Closed for Veteran's Day
- November 13: "Aging Adults" presentation with Bianca Corral @10 a.m.
- November 14: Camelot's First Ever "CHILI COOK OFF" @11:30 a.m.
- November 20: Jackpot Bingo @ 12:15 p.m.
- November 21: Entertainment with Billy Chrastil from Merrymakers/Dreamweavers @11:45 a.m.
- November 26, 27 & 28: Center Closed for Thanksgiving

Every Monday – Card Game: Manipulation @ 10 a.m.
Every Monday – Pickleball @ 10 a.m.
Every Monday and Friday – Bingocize @ 10 a.m.
Every Tuesday, Wednesday and Thursday – Kings in the Corner @ 10 a.m.
Every Wednesday – Chair Volleyball @ 10 a.m.
Everyday – Card Games @ 10 a.m.
Grab N Go meals are available.
For more information, contact Barb at 402-444-3091 or barbara.white@cityofomaha.org.

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

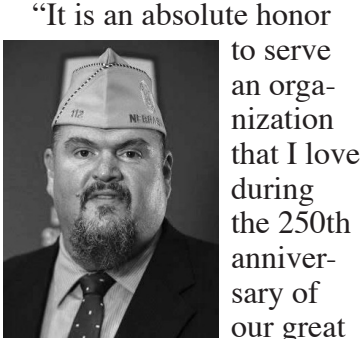
This Month's
Sudoku Answers

ALPHABET	ELLS	UTAHANS
SUPINELY	GOOP	KINETIC
PAPAH	EMINGWAY	UNEARTH
SUPT	ONO	ETHEL
TAR	GON	HOTELCHAIN
HAS	FIG	NIN
OSCAR	MADISON	SEASHORE
OHARE	BUSSTOP	STYLED
PERISH	CHASTISE	ADELE
SHED	NOVEMBER	RAIN
PEST	ROSA	SUBS
ECHOS	SOUNDING	SABU
COATI	GLAMOURS	ILLBET
ANGLES	RELIANT	AIRTO
NOISE	SOUT	TANGODANCING
TAPAS	NEE	SAC
INDIA	PAPER	AFC
CAEN	TENET	URL
AMENDER	CHARLIE	HUNNAM
MEDIATE	HALO	SAOPAULO
ESSENCE	ABLE	PHONETIC

This Month's
Crossword Answers

ENOA staff member, Chris Casey elected National Vice Commander

Chris Casey of Blair was elected the National Vice Commander (Midwest Region) for the Sons of The American Legion.



Casey said, "It is an absolute honor to serve an organization that I love during the 250th anniversary of our great nation," Chris Casey said. "Our 400,000 plus members are a driving force for good across this country. We take great pride in carrying out our mission to support The American Legion, veterans, active-duty military, and children and youth programs in our communities. I am guided by my grandfather's service and am thankful that I get the opportunity to model servant leadership for my children."

Casey is a member of Benson Squadron 112. His eligibility is through his grandfather, David L. Harvey, a United States Air Force Vietnam veteran,

who served from 1953-1969.

Casey served as the Nebraska Detachment Commander from 2021 to 2023. He served on the national level as a member of the Membership Training & Development Committee, as the Midwest Region Membership Chairman on the Membership & Squadron Activities Committee, and as Chairman of the Americanism Commission.

A native of Omaha, Casey graduated from Omaha Northwest High School in 1996 and earned a Bachelor of Science in Secondary Education from the University of Nebraska at Omaha in 2006. He began his professional career as a special education teacher at his former high school before transitioning to Goodwill Industries, where he supported youth with disabilities in developing workforce readiness skills. He later joined the Nebraska Department of Health & Human Services, rising to the role of supervisor in the Omaha Service Coordination office.

Casey went on to help

establish the Nebraska Supreme Court's Office of Public Guardianship, where he served as an Associate Public Guardian for north-east Nebraska.

For the past nine years, Casey has served at the the Eastern Nebraska Office on Aging's Blair satellite office as an Information and Assistance Community Resource Specialist. In this role, he connects older adults with vital resources that support independent living and coordinates the Meals on Wheels program in the Blair area.

"He is amazing in his dedication to whatever he does," former ENOA Executive Director, Dennis Loose said. "Having a young man like Chris so dedicated to an organization that supports veterans has special meaning to me. My guess is he will continue to rise in the National organization, he is a rare find."

The Department and Detachment of Nebraska wished Casey a successful year as the National Vice Commander.

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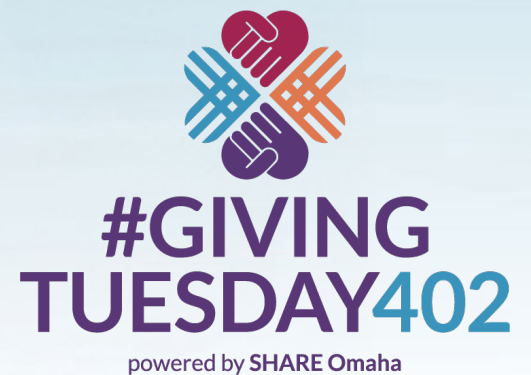
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ENOA



ENOA is participating in Giving Tuesday 402!



\$25 Offer Hope

Your gift of \$25 covers one month of Personal Emergency Response service for an older adult. With the press of a button, they gain access to immediate help, 24/7 — bringing safety, security, and peace of mind.

\$50 Nourish Lives

Your gift of \$50 provides one week of Meals on Wheels for an older adult. That means five days of healthy meals, friendly visits, and the comfort of knowing someone cares.

\$75 Lifts Spirits

With your gift of \$75, an older adult enjoys a week of meals, activities, and companionship at a senior center - helping them stay nourished, engaged, and connected

\$125 Restore Dignity

Your gift of \$125 provides an older adult with a full month of bathing assistance — helping them stay clean, healthy, and comfortable while preserving independence and self-confidence.

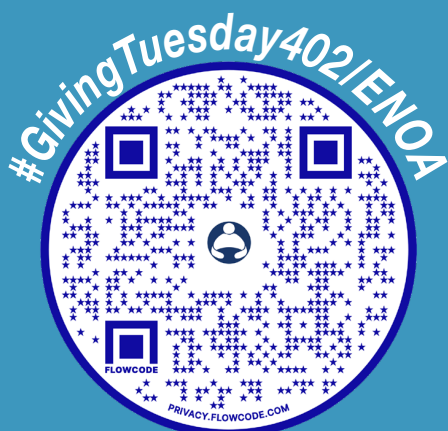
\$175 Relieve Caregivers

Your gift of \$175 helps provide respite care for an older adult, giving caregivers a much needed break to recharge, rest, and care for themselves while knowing their loved one is safe and supported.

\$250 Hope In Crisis

Your generous donation helps provide urgent relief and essential support to individuals facing unexpected emergencies — offering hope, safety, and a path to stability when it's needed most.

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