



UNIVERSITY OF NEBRASKA AT OMAHA GERONTOLOGY

Do You Have The Cour**AGE** to Care?



A Pioneering Area Agency on Aging

Aging Partners
1005 "O" Street
Lincoln, NE 68508
402-441-7070 (main office number)
800-247-0938 (toll free)
Aging.lincoln.ne.gov

Contact:
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Public Information
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Aging Partners Programs and Services

Personal and Family Services

Aging Partners is dedicated to the well-being, security and independence of people age 60 and over. Our Aging and Disability Resource Center (ADRC) provides information to anyone with a disability regardless of age. Personal assistance, advocacy, counseling, social work, care management and service coordination are Aging Partners specialties. Our office is an important starting point for obtaining information, determining alternatives and arranging services:

- Care Management Services
- Caregiver Support Services
- Medicaid Waiver Services
- Senior Care Options
- Resource Listings for Assisted Living and Nursing Facilities

- Health Insurance and Financial Guidance
- Legal Counseling

Aging Partners Senior Centers

Providing information, activities and opportunities related to aging. Enroll in Health and Fitness classes, enjoy recreational activities and learn about Aging Partners' programs and services at your local center. In Lincoln, we have five senior centers:

- Asian Center, 144 N. 44th St., Suite A, 402-477-3446
- Belmont Center, 1234 Judson St., 402-441-7990
- Downtown Center, 1005 "O" St., 402-441-7154
- Lake Street Center, 2400 S. 11th St., 402-441-7157
- Northeast Center, 6310 Platte Ave., 402-441-7151

There are four senior centers in rural Lancaster County communities. Call 402-416-7693 for more information:

- Bennet Senior Center, 970 Monroe St., in Bennet
- Firth Senior Center, 311 Nemaha St., in Firth
- Hickman Senior Center, 115 Locust St., in Hickman
- Waverly Senior Center, 13820 Guildford St.

Senior Center Transportation Services

Senior Centers are community meeting places for activities and information about healthy and active aging. They provide safe, affordable curb-to-curb transportation to the center nearest you for daily programs, meals, or for shopping assistance, community programs and events. Call 402-441-8453.

Home Handyman (minor home repairs)

Our mission is to support older adults' choice to live independently and retain home ownership. Home Handyman provides minor home repairs and maintenance including mowing, leaky faucets, painting, broken light fixtures and heavy housework services. Call 402-441-7030.

Lifeline Personal Emergency Response System

When you experience a fall, medical issue or other emergency, every second counts. Aging Partners' Lifeline Medical Alert personal emergency response system provides simple, fast access to emergency response help 24 hours a day, 365 day a year. Call 402-441-8816.

Durable Medical Equipment

This service provides items that address short- and long-term needs. We have various lightly used and/or new in-the-box items in stock including crutches, walkers, canes, wheelchairs, bath chairs and toilet risers. Call 402-441-3025.

Food Programs

Nutritious lunches are served at the Senior Centers. Call the senior center of your choice (see above listing) and make a lunch reservation two days in advance. Suggested contribution is \$4 for seniors age 60 and over or an \$8 fee for guests under age 60. To-go options are available: a shelf-stable Handy Meal or the sack lunch for the same contribution as the hot meals.

Senior Farmers Market Coupon Program

Farmers Market coupons are available for low-income seniors to purchase fresh produce. Must be a senior citizen (age 60 and over) and meet income guidelines. Funds are limited. Call 402-441-7158 or (800) 247-0938.

Income Tax Assistance

Free assistance by AARP tax consultants at the Downtown Center by appointment from February through April each year. Beginning in late January, you may call 402-441-7158 to make your appointment.

Fitness Center

555 S. 9th St.

402-441-7575

Aging Partners' Fitness Center, located at 555 S. 9th St. (northwest corner of 9th and "J" streets), is open Monday through Friday from 8 a.m. to 4 p.m., offering new cardio and strength training equipment, free weights, as well as balance and other exercise aids. For age 60 and over, there is a \$10 suggested monthly contribution to use the Fitness Center, and a \$15 fee for under age 60.

Aging Partners Health and Fitness also offers a variety of classes with a \$4 per class suggested contribution for age 60 and over or a \$5 per class fee for under age 60. Preregistration is required for all classes by calling 402-441-7575. Classes include Chair Tai Chi, Qigong, Dynamic Movement, Chair Yoga, Fit and Strong and a variety of classes to help avoid falls, including the popular "Stepping On – Building Confidence and Reducing Falls" class. For more information on Aging Partners Health and Fitness or to register for classes, call 402-441-7575.

UNMC Health Clinics

University of Nebraska Medical Center Health Clinic services are available to people age 60 years and over. Clinics are conducted Wednesdays from 9:30 a.m. to 1:30 p.m. at the Vermeer Education Center, 4000 S. 84th St., and on Thursdays from 9:30 a.m. to 1:30 p.m. at the Downtown Senior Center, 1005 "O" St. Services available include comprehensive foot care; blood glucose, blood pressure, cholesterol, and osteoporosis screenings; ear wax removal and health promotion education. No appointments necessary. Clinic schedule and services are limited during the summer months.

Multi-County Programs

Aging Partners also provides services and operates senior centers in these neighboring counties:

- Butler County Senior Services, 402-367-6131
- Fillmore County Senior Services, 402-759-4922
- Polk County Senior Services, 402-764-2252
- Saline County Aging Services, 402-821-3330
- Seward County Aging Services, 402-761-3593
- York County Aging Services, 402-362-7626