

A bi-monthly publication for Senior Citizens
published by The Wayne Herald
October 12, 2023

GOLDEN YEARS

Local retired teacher shares advice of love and support

After reaching 100 years of age, a person has acquired many memories and experiences. Jeanette Giese, a retired teacher, has reached this milestone and shared her knowledge and experience through the years.

Giese started teaching after two years of college at Wayne Teachers College. Her first job was for Ainsworth Public Schools as a kindergarten teacher for 32 children. She was only 18-years-old, and when she was hired, the principal's only comment was, "Oh, my!"

There were very supportive parents and they brought treats for all the children.

Giese's third year of teaching was in Norfolk at Washington School. Her uncle, Carl Nuss, informed her there was an opening for a new teacher. She never taught in a country school with all nine grades. It would terrify her. But this new job opportunity was not in a rural school, so she was willing to try.

The administration in Norfolk felt she was a seasoned teacher. There were 10 children in her classroom. She never called her students "kids." Instead, they were "children." She taught for two years in Norfolk.

Her next job was at Wayne in the Hahn Building. Kindergarten was in a new room in the basement. There was a slide that went right into her classroom from the outside. After recess, her students would line up and take turns getting on the slide and sliding into their classroom.

One year, there was a little girl with a scarf on who came to school. She had special needs. The school was not sure what to do, but Giese said, "We'll take her and love her." This girl stayed in her class for two years.

At age 25, Giese got married. Carl Nuss was president of the school board and he allowed her to continue teaching. "Leave her alone. Just because she is married does not mean that she has lost her brain!" he said.

She became the first married teacher

in Wayne.

She taught for five more years. When she became pregnant, she did not teach so she could stay home and love her own babies.

Later, Giese was asked to substitute teach in Wayne at the Catholic School. She told them she did not believe their way, but the school said they did not care. They knew she would be a kind and fair teacher either way. She was also asked to substitute in Wakefield. They allowed her to bring her little girl with her as she taught. Gemma played quietly in the corner and was always good.

Giese says it is nice to have students for every subject. That way, you get to see every child be good at something. If they are not good in math, perhaps they can read like a trooper.

Every child can excel in something, she said. Find it! Maybe the child who is struggling in both math and reading is really good at planting potatoes. A good teacher finds that, she added. This became her philosophy in teaching. It would now be known as discovering and identifying multiple intelligences.

She also liked to have students sing every day, finding the joy in music. Her advice to new teachers- Always be courteous and helpful. Be careful and understand the importance of words. If you have sharp senses, you can teach anything. Try to help students understand material, but "for goodness sake," try to bring something for every child that makes their eyes light up.

As Giese looks at the world today, she states school should be a priority. Children have to be trained. Today's world is so different, but students still need the fundamentals- reading, writing and arithmetic. They also need to be loved. If children feel loved, she said, they can learn.

Giese's loving care was evident through her career. She has definitely made a difference in this world.



Jeanette Giese taught for many years, fostering collaborative learning and fun into her classrooms. Recently, the retired teacher celebrated her 100th birthday with friends, family and other retired teachers.



48 years celebrated

The Wayne Area Association of Retired School Personnel began in 1975. This organization, during its time of operation, focused on supporting active and retired educators in many ways, promoting social interactions between retired educators, conducting community service, encouraging current teachers to continue their education and more. The WAARSP disbanded as a group this year, however, its legacy lives on.



Power Lift & Power Reclining Chairs

See them today!

See for yourself • Relax with ease

DISCOUNT FURNITURE

YOUR FURNITURE HEADQUARTERS
FOR NORTHEAST NEBRASKA

1 1/2 MILES NORTH OF WAYNE

402-375-1885 OR 1-855-375-1885

-- EASY TERMS -- FREE DELIVERY & SET-UP --



*A wonderful home-like Skilled Nursing
Facility & Shamrock Studios Assisted Living
located in Wisner Nebraska*

WISNER 
CARE CENTER

*Continuing
a Legacy of
Quality Care*

Wisner Care Center • 1105 9th St, Wisner, NE 68791

Phone 402-529-3286

VA Certified Nursing Facility

The history of Wayne Area Association of Retired School Personnel

Editorial submitted by
Patricia A. Jenkins Rohde.

On April 8, 1975, a group of 10 retired teachers met with three state officers of the NRTA in the Birch Room of Wayne State College. Four meetings a year were suggested. All retired school personnel were eligible for membership. Dues included: \$2 for national, \$2 for state and a suggested \$1 for local. The newly organized group was known as the Wayne Area Retired Teachers Association.

Officers elected at the first meeting were: President Ray Schriener, Vice President Mildred Jones, Secretary Eleanor Edwards and Treasurer Gladys Reichert. The group decided to strive to promote and serve four purposes.

1. To promote the passage of legislation beneficial to active and retired educators.

2. To gather and disseminate information of value to members.

3. To maintain and improve the educational, social, economic and recreational welfare and status of retired educators in the local community, state and nation.

4. To provide opportunity for meaningful interaction with friends from our educational years.

Some activities past and present include:

-Sponsored 55 Alive Mature Driving Programs.

-Private Tutoring at the Juvenile Detention Center.

-Gifts and donations to Haven House in Wayne.

-Read to day care center children.

-Wrote to servicemen during Operation Desert Storm.

-Judged posters for school fairs.

-Presented books to libraries in various towns.

-Two members helped organize the library at Indian Community College in Winnebago.

This information came from Marilyn Leighton of Winside who served as president of the group from 2009-2020.

I conducted my first meeting as president of WAARSP in January of 2011 with the program learning about AARP and its programs. Dr. Ethel Percy Andrus, in 1947, established the National Retired Teachers Association (NRTA) to give retired teachers a voice for pension reform, better housing and health insurance coverage, as well as to support education.

If a goal is realized by a unit or individual whose outstanding work for others is recognized, they can be

nominated to receive the prestigious Andrus Award. At the time our group had about 20 active members who enjoyed meeting every other month, or six times a year.

We met in different locations arranged by the members. Our meetings began with a social hour followed by the business meeting and then the program. Attendees often enjoyed fellowship during lunch served by our host location.

Members of our organization served on committees and gave a report each time we had a meeting. During the past 12 years, our programs have been as varied as the background of each member. Guest speakers from local businesses, representatives of community service organizations, book reviews, videos documenting past history of The Orphan Train and The North Platte Canteen were thought provoking as well as informative.

Serving others is a goal of our group. The "Day of Service" was an individual or a group goal. One of the most rewarding group projects was our involvement in Kids Against Hunger: Mercy Meals, a project of the Orphan Grain Train located in Norfolk.

Equally as important as recognizing a formal "Day of Service" was each member's involvement in community service.

Each member was asked to keep track of the number of hours they volunteered each month in the following categories:

1. Community Events;
2. Blood Mobile;
3. Hospital;
4. Nursing Home;
5. Church Work;
6. Community Service Organizations;
7. Veteran Service Organizations;
8. Neighborhood Service.

In 2021, the value of a volunteer hour was \$28.54, an increase of \$5 from 2015. With the exception of the last two years, our unit has always received the Community Service Award and the Working with Youth Award. We did not turn in a formal report to NARSP the past two years due to the age factor of our membership.

The average age of our 10 members who are aged 85 and above is 91 years and seven months. The average age of two members to be 80 and below is 73 years and one month. One of our members, Jeanette Giese, celebrated her 100th birthday this summer.

Throughout the years, many of our members have been recognized for individual outstanding service to their

community by receiving the Annual Chapter and Rea Unit Community Service Award.

One of the most rewarding projects of NARSP is the practice of awarding two scholarships in the amount of \$1,000 to an active educator that is working toward an advanced degree/endorsement in a related field of education. Each year, as president, I would send an application letter and forms to each superintendent in the communities of Wayne, Winside, Laurel Concord Coleridge, Wakefield, Randolph, Hartington Newcastle and Ponca.

Before mailing each packet, I would call each school and inform the secretary of what I was mailing and would appreciate the superintendents share with all faculty. Each year, we would receive at least one application that was forwarded to the state committee for selection of the scholarship recipients.

I was always so happy to share the news that a teacher from Wakefield was a recipient in 2014 and 2023. A teacher from Winside was chosen in 2019, a teacher from Wayne was cho-

sen in 2020 and a teacher from Ponca was chosen in 2021.

I have served the Wayne Area Association of Retired School Personnel for the past 12 years. I have enjoyed working with and for each member of this organization. Mere acquaintances have grown into sincere friendships as we have traveled this journey together.

We have become family, sharing the highs and lows of life. During our Fourth of July meeting, I told the group I wanted to retire from the presidency and recommended we disband as an official group affiliated with NARSP. Instead, we should become a social group gathering for fellowship and lunch at the Wayne Senior Center. Following Robert's Rules of Order, our group voted unanimously to disband.

I feel so happy to report we gathered Sept. 5 at the Wayne Senior Center for a delicious brunch, and enjoyed each other's company. I hope that you have enjoyed reading the history of WAARSP that was an organization for 48 years.

Respectfully submitted,
Patricia A. Jenkins Rohde



Join the worry-free lifestyle of Kinship Pointe Wayne

- Daily exercise and social activities
- Restaurant-style dining
- Variety of apartment floor plans with utilities, maintenance and housekeeping included
- Dedicated 24/7 care team
- Beautiful common areas for socializing
- Beauty shop



Call 402-375-1500 for a tour!

KINSHIP POINTE
Independent Living and Assisted Living

1500 Vintage Hill Drive, Wayne, NE 68787
www.KinshipPointe.com

Balance caregiving and working

Even though thousands of trained professionals play vital roles in the care of the aging population, many of the unsung heroes of long-term care are the unpaid or informal caregivers who step in to provide assistance to someone they love.

A 2019 study published in the journal Geriatric Nursing found approximately 16.6 percent of the United States population age 18 and older self-identify as

informal caregivers who provide care for adults with health conditions and disabilities. Assistance needs range from "old age" care requirements for Alzheimer's disease and related dementias to impaired mobility assistance. Furthermore, Assisting Hands Home Care says roughly six in 10 family caregivers also work full- or part-time.

While it can be a noble effort to step in and provide care to a friend or fam-

ily member, caregiving can be time-consuming and emotionally and physically demanding, particularly for those who also are balancing careers and families.

The Centers for Disease Control and Prevention indicates while some aspects of caregiving can be rewarding, caregivers may be at increased risk for negative health consequences, such as depression and difficulty maintaining healthy lifestyles. These effects may be exacerbated by stresses at work.

The challenges of managing caregiving and a career can be challenging, but it is possible to perform both roles successfully.

- Use company assistance or benefits. Some companies have policies in place that enable a person to handle certain aspects of caregiving more effectively. These can include unpaid Family and Medical Leave Act leave, employee assistance counseling programs, flex time, and even telecommuting capabilities to coordinate work around caregiving.

- Speak with your employer. Employees should be honest with their human resources departments or supervisors about their roles as caregivers. Honest communication can help the employers understand the situations and perhaps find workarounds to satisfy all needs.

- Get organized. Create a shareable family calendar so that everyone stays up-to-date about caregiving schedules, family appointments, work responsibilities and other pertinent events. Seeing responsibilities spelled out can help all parties involved divide time accordingly.

- Develop a safety net. Reach out to trusted friends or reliable neighbors who can step in during emergencies when work schedules cannot immediately be adjusted.

- Practice self-care. Self-care is crucial to ensuring a person has the energy to provide quality care to a loved one as while simultaneously navigating his or her career. Take breaks as needed.

- Consider professional care services. Relying on a home care agency or a skilled nursing facility can be a solution when a person needs to simultaneously work and care for a family member. Individuals also can look into respite care, which is a temporary care situation that enables informal caregivers to get a break for a set time. Respite care is offered through various assisted living facilities.

Informal caregivers can explore various tips for balancing careers with caregiving.



Come be a snowbird with us!



The Heritage at Fountain Point

Assisted Living | Memory Support



Call for a tour today! 402-204-5669

HeritageCommunities.com

Assisted Living in Norfolk  MadisonHouseSL



Welcome Home!

“Madison House provides great accommodations for individuals looking for Assisted Living options here in Norfolk. The staff is very friendly and the residents are always happy when I am there. I would highly recommend them!”

— Jeremy S.



MADISON HOUSE
Assisted Living Community

MadisonHouseAL.com | 1120 N. 1st St., Norfolk, NE 68701

We have availability! Schedule your tour today. **(402) 644-1048**

The pros and cons of early retirement

Retirement is a milestone that is often the byproduct of decades of hard work. Though a growing number of working professionals have

and more about pivoting to a second career. In fact, a recent report from the Employee Benefit Research Institute indicated that 74 percent of workers



no intention of ever retiring, the vast majority of adults look forward to the day when they can call it a career. Life after a 9-5 seems to allow for more days of sleeping in, taking vacations, spending time with loved ones, rediscovering old passions and finding new habits to enjoy.

The prospect of early retirement is enticing to millions of people. Though retiring early may seem like a no brainer for individuals in position to do so, a careful consideration of the pros and cons of early retirement can ensure people make the best decision. For each person, the factors that affect this decision differ greatly. But the pointers below may offer general support for all grappling with the choices laid out before them.

Benefits of early retirement

For many people, early retirement is less about finding a beach to relax on

plan to get a new job after they retire. In such instances, early retirement is often about turning a long-time passion into a second career. That can help adults achieve a lifelong dream, making it one of the better reasons to retire early.

Another advantage to retiring early is the chance to spend more quality time with family. One study from the American Psychological Association found more than half of working professionals now check work emails after work hours, including on week-ends.

Forty-four percent even check their email while on vacation. Early retirement enables individuals to escape that round-the-clock career commitment, affording retirees a chance to spend more unfiltered quality time with the people they love most.

Retiring early also provides an

opportunity to escape a daily grind that many people have indicated has become increasingly burdensome in recent years.

The 2021 Work and Well-Being Survey from the American Psychological Association found that 79 percent of the roughly 1,500 adults surveyed had experienced work-related stress in the month prior to participating. Work is a leading cause of stress for many people, and stress has been linked to a host of health problems. Individuals who can retire early can benefit from less stress in their lives.

Disadvantages to retiring early

Retiring early can seem like a dream, but it could turn into a nightmare for people whose finances are not as robust as they need to be to support a lengthy retirement.

One report from the Boston College Center for Retirement Research found that around 50 percent of working families face a significant decline in their standard of living during retirement. Life expectancy has been on the rise in developed countries since 1900,

so retiring too early carries some significant financial risk for people who have saved but not necessarily saved enough.

Retiring early also could make people more vulnerable to cognitive decline than they would be if they keep working. One study from researchers at Scotland's University of St. Andrews found people who wait until age 67 to retire experience less cognitive decline than people who retire prior to turning 67. Everyday work tasks make social skills, keeping on a schedule and more a priority.

Out-of-pocket medical costs are another significant disadvantage to retiring early. Employer-sponsored medical insurance tends to cost individuals less than private plans, which is a significant consideration for individuals at a point in their lives when they may need to visit doctors more often.

Early retirement has its advantages and disadvantages. Individuals must consider both to make the best decision for them.



Come Travel with Us

Get ready to celebrate the holidays like never before in San Antonio. Experience the Alamo, Riverwalk, Hill Country, LBJ Ranch, Austin, and more. Call Kaki to reserve your spot before this trip sells out.

At age 50 or better and with a qualified account, you can enjoy special travel offers, free movies, and more. Call us now to sign up. With SNB's Century Club, we take the worry out of travel and we always make new friends.



The STATE NEBRASKA BANK & TRUST
Century Club

HISTORY • PEOPLE • COMMUNITY SINCE 1892
122 Main St. 1010 Main St. Wayne (402) 375-1130 statenebank.com



Hillcrest Care Center & Assisted Living



The mission of the Hillcrest Care Center and Assisted Living is to provide support, care, and rehabilitation in an environment where each person feels at home.

For more information on Hillcrest Care Center & Assisted Living contact 402-256-3961 • Laurel, NE • hillcrestcarecenter.wordpress.com

How empty nesters can overcome boredom

Raising children is a significant responsibility. Parents know there is no such thing as a day off, which is why the first day they come home to an empty nest can be so confounding. After roughly two busy and likely hectic

decades or more of looking after their children, parents whose sons or daughters have left home for the first time may experience feelings of sadness and loss.

That is not unusual, as the Mayo Clinic notes it's a phenomenon known as "empty nest syndrome." Though it is not a clinical diagnosis, empty nest syndrome can be a difficult hurdle to overcome, especially for parents who find themselves suddenly bored after years of being so busy. Empty nesters looking to banish boredom can consider these strategies.

- Give your home a new look. Parents go to great lengths to make their homes welcoming safe havens for their children. Moms and dads often joke that, between play rooms and study areas, kids get the bulk of the real estate under their roofs. Now the children have moved out, parents can take back that space and refresh their homes. A home adapted for empty nesters will look quite different from one designed for families with young

children. So a renovation or redesign can provide plenty of work that can fill idle time and instill a sense of excitement about the future.

- Become a weekend road warrior. Newly minted empty nesters are likely still working full-time. But now there is no soccer practices or band recitals taking up valuable real estate on your weekend schedule, Saturdays and Sundays can provide perfect opportunities to travel. Plan routine weekend getaways, choosing different locales for each trip. Visit a city one weekend and devote a subsequent trip to the great outdoors.

- Reconnect with old friends. Some individuals experiencing empty nest syndrome may be hesitant to admit they are experiencing feelings of sadness and loneliness. But a recent Sky Mobile study of parents of teenagers in England found that 47 percent were fretting about having an empty nest.

So it is likely that old friends and fellow parents are experiencing feelings



Clarkson Community Care Center is a small non-profit nursing home located in Clarkson, Nebraska. With an overall grade of A+, this facility has the prestigious distinction of being one of the 10 best facilities in Nebraska.



CLARKSON Community Care Center

212 Sunrise Drive • Clarkson, NE 68629
402-892-3494



Providence Community Pharmacy

Open Monday-Friday
9:00am- 6:00pm.

Saturdays
9:00am- 2:00pm

Friendly Faces

Convenient Drive-Thru

Curbside Deliveries

803 Providence Rd. Suite 101 | 402-375-8862 | providencecommunitypharmacy.com

associated with empty nest syndrome. Reaching out to old friends is a great way to reconnect and can provide an outlet to discuss feelings parents might be hesitant to share with others. But empty nesters who experience significant feelings of sadness and loneliness are urged to speak with a health care professional as well.

- Replace kids' activities with your own. After years of toting kids from one extracurricular activity to another, empty nesters can now do the same for themselves. Visit local community centers and libraries and ask about classes for adults. Many offer classes on everything from crafts to sports. Adults also can research continuing education programs at local colleges and universities if they are interested in a career change or pursuing an advanced degree for personal enrichment.

Newly minted empty nesters can look at their empty nest as an opportunity to engage in activities that pique their interests after years of catering to the needs and wants of their children.

The basics of early-onset Alzheimer's

The National Institute on Aging defines Alzheimer's disease as a brain disorder that slowly destroys memory and an individual's ability to think. The majority of individuals diagnosed with Alzheimer's disease are 60 and older, which can give the impression that the disorder is exclusive to the elderly. However, younger adults are not immune to the disease, and a small percentage of individuals under 60 could be diagnosed with early-onset Alzheimer's.

The prevalence of early-onset Alzheimer's (sometimes referred to as "young-onset Alzheimer's") is unknown. However, early-onset Alzheimer's can affect every aspect of a young person's life, including their relationships, finances and ability to live independently. Such consequences underscore the significance of greater recognition of the condition and what it entails.

What is early-onset Alzheimer's disease?

The experts at Johns Hopkins Medicine note that Alzheimer's disease is the most common form of dementia and it most often affects older individuals. But in rare cases individuals under 60 can develop Alzheimer's, and Johns Hopkins notes such instances generally affect people in their 40s and 50s. Most types of early-onset Alzheimer's disease are the same, but cases may be categorized as common or genetic Alzheimer's.

· **Common:** Johns Hopkins notes that most people with early-onset Alzheimer's have the common form of the disease, which progresses in much the same way as it does in older individuals.

· **Genetic:** In rare cases, a young person may be diagnosed with genetic, or familial, Alzheimer's. The United Kingdom-based Alzheimer's Society notes that this is caused by genetic mutations that run in families. The risk that this mutation will be passed from parents to children is 50%. Individuals who develop genetic Alzheimer's typically have lengthy family histories of the disease and may know several relatives, in addition to a parent, who were affected at a similar age.

What are the risk factors for early-onset Alzheimer's?

Though people who develop early-onset Alzheimer's disease are most likely to be diagnosed with the common form of the condition, family history of the disease remains the only known risk factor.

What are the symptoms of early-onset Alzheimer's?

The Alzheimer's Association® notes that health care providers do not generally look for Alzheimer's in young people, which can make the process of diagnosing the condition long and frustrating. Symptoms are often attributed to other factors, such as stress. However, Johns Hopkins reports that the presence of these symptoms could indicate a person is in the early stages of early-onset Alzheimer's:

- Forgetting important things, particularly newly learned information or important dates;
- Asking for the same information again and again
- Trouble solving basic problems, such as keeping track of bills or following a favorite recipe;
- Losing track of the date or time of year;
- Losing track of where you are and how you got there;
- Trouble with depth perception or other vision problems;
- Trouble joining conversations or finding the right word for something;
- Misplacing things and not being able to retrace your steps to find it;
- Increasingly poor judgment;
- Withdrawal from work and social situations;
- Changes in mood and personality.

Symptoms such as memory loss and behavioral changes, including severe mood swings, are some of the signs that present as early-onset Alzheimer's progresses.

Early-onset Alzheimer's is a rare dis-

order. But its effects can be just as significant as forms of the disease that affect older individuals.



We're by your side so your loved one can stay at *home*.

Call (800) 732-2577 or visit [HomeInstead.com/104](https://www.HomeInstead.com/104)



To us, it's personal

PERSONAL CARE | MEMORY CARE | HOSPICE SUPPORT | MEALS AND NUTRITION

Each Home Instead Franchise is independently owned and operated. © 2021 Home Instead, Inc.

Wayne
Country View
Care and Rehabilitation

OFFERING OUTPATIENT THERAPY

CONTINUE YOUR
THERAPY TREATMENT
AFTER RETURNING
HOME.

402-375-1922

Marci Woehler, Therapy Director



Providence Medical Center Swing Bed Services

Providing an environment of
Healing on your road to recovery.

When Swing Bed Services Can Be Used:

Swing Bed is another level of care where skilled nursing care and therapy services are provided on a daily basis. This type of care can give patients more time in the hospital to recover following an illness or surgery.

Patients must meet certain criteria to qualify for this level of care.

Swing Bed Services Can Include:

- Skilled Nursing Services
- Social Work and Discharge Planning
- Physical, Occupational, and Speech Therapy
- Intravenous (IV) antibiotic therapy and (IV) medication administration
- Nutritional services from a registered dietitian
- Complex wound care services
- Respiratory Therapy

For more information or to schedule a tour call Providence Medical Center Social Services at

402-375-7938

Each Patient is Provided Quality Comfort and Care During Their Stay

Private Patient Room

24/7 Nursing Coverage

Regular visits from your provider

Medical and Pharmacy staff on call 24/7

Behavioral Health Services available

Quiet time for you to rest from 2 -3p.m. daily

Daily activities to choose from

Whirlpool tub available

Home cooked meals and snacks

Free Wi-Fi to stay in touch with friends and family

1200 Providence Road, Wayne, NE | 402-375-3800

How to handle selling a home when moving into an assisted living facility

Families must make a number of important decisions when an aging relative decides the time is right to move into an assisted living facility. Such facilities help older individuals who are having troubling living independently. In addition to finding the right facility for a loved one, many families have to decide what to do with their aging loved one's home.

Aging individuals with companions such as a spouse or a live-in partner may not need to sell their house if that person will not be moving to the assisted living facility with them. However, many partners choose to move as well, and family members may need to sell their current home in order to pay for their loved one to stay at an assisted living facility. The senior care experts at Caring.com note that selling a home when a loved one decides to move into an assisted living facility can present some emotional aspects that will not necessarily be present when selling one's own home. In recognition of that and some additional difficulties associated with this unique situation,

Caring.com offers the following tips to help families navigate the process as smoothly as possible.

- Consider assigning someone power of attorney. Individuals move into assisted living facilities for a number of reasons, so not everyone will do so because of diminishing cognitive abilities. However, Caring.com notes selling the home of a loved one diagnosed with dementia can present unique challenges, as only a homeowner can transfer a home to a new owner. In such instances, someone may need to step in and assume power of attorney. Contact an elder law attorney to facilitate that process, if necessary. Such professionals also can provide insight into laws that can help families determine if it's best to sell the home or hold onto it if proceeds from a potential sale are not needed to pay for a facility. Arrange for power of attorney or even a guardianship prior to putting a home on the market.

- Discuss the situation and the sale. Aging individuals should be given ample time to process the idea of sell-



ing their homes before moving into an assisted living facility. Homeowners make untold sacrifices to buy and maintain their homes, so the decision to sell could elicit a range of emotions that aging individuals have a right to process before a "For Sale" sign is erected in the front yard. Caring.com recommends maintaining an open and honest dialogue about what can be achieved by selling the home and how their quality of life will benefit from moving to the assisted living facility.

- Sort through belongings. Caring.com notes the significance of allowing aging relatives to take special items with them into the assisted living facility. It will be impossible to take a lifetime's worth of possessions into such a facility, but sort through belongings with your aging family member and do everything possible to ensure that especially meaningful

items can make the move. Remaining items can be donated, sold, given to younger loved ones, or discarded.

- Make sure all relevant parties remain in the loop. If one person accepts power of attorney or a similar level of responsibility, that person should ensure all interested parties remain in the loop about the sale process. Aging adults without diminished mental faculties should be routinely updated on the sale process. Keeping all interested parties in the loop reduces the risk of objections or other problems when the sale is set to go through.

Selling a home before moving into an assisted living facility presents some unique challenges that families can tackle together to ensure the process goes smoothly.

**we give you peace
of mind, which gives
us peace of mind.**
simple human sense

Northeast Nebraska Insurance Agency

Wayne 375-2696 • Wakefield 287-9150 • Laurel 256-9138 • Pender 385-6500

Auto-Owners
INSURANCE
LIFE • HOME • CAR • BUSINESS



Aging with Dignity, 
Caring with Quality

Our staff takes pride in providing quality care in a supportive, personal and considerate manner. We offer skilled nursing and assisted living facilities with many onsite amenities. You can rest assured your loved one is in capable, caring hands with us.



Come and take a tour by calling us at **402-287-2244** or visit us online at www.wakefieldcarecenter.com



WAKEFIELD
HEALTH CARE CENTER

306 Ash St.
Wakefield, NE

How caregivers can alleviate stress

Serving as a caregiver for a friend or loved one can be both rewarding and taxing at the same time. The senior hous-

ing authority A Place for Mom indicates that 41 million Americans offer unpaid caregiving services, and that number is

expected to increase as the aging population grows in the coming decades. Formal caregivers are paid care provid-

ers in a home or care setting. However, an informal caregiver is an unpaid individual that assists others with activities of daily living as well as medical tasks.

Whether one is a formal or informal caregiver, researchers have long known that caregiving can adversely affect a caregiver's mental and physical health. The AARP Public Policy Institute says 17 percent of caregivers feel their health in general has gotten worse due to caregiving responsibilities. The National Alliance for Caregiving and AARP also indicate older caregivers caring for persons age 65 and older report a higher degree of physical strain.

The fatigue that arises from caring for another individual is often referred to as caregiver burnout. Since caregiving takes place over several years, the impact can escalate over time. Caregiver stress is directly related to burnout. One of the first steps to take is recognizing the signs of caregiver burnout so that action can be taken to improve the situation.

The Mayo Clinic says signs of caregiver stress include:

- Worrying all the time
- Feeling tired often
- Changes in sleep

See STRESS, page 4B



Retirement celebration

Those in the judicial system, friends and family members gathered in the Wayne County Courtroom recently for a retirement party for Deb Allemann-Dannelly. Deb has served the Clerk of the District Court for more than 20 years. She retired early in September and thanked those she has worked with for their support and encouragement.

PRAIRIE BREEZE
ASSISTED LIVING

“The newest in comfortable living for the seasoned citizen.”

<ul style="list-style-type: none"> ■ Three home cooked meals per day plus scheduled snacks ■ Daily wellness checks ■ Assistance with activities of daily living and personal care ■ Assistance with administration of medication ■ Weekly housekeeping ■ Weekly laundry ■ Cable & television hook-ups ■ Assistance with care planning schedule 	<ul style="list-style-type: none"> ■ Assistance in arranging medical care ■ Coordination of therapies, if needed ■ Social and leisure activities ■ Scheduled courtesy transportation ■ 24-hour staff ■ Assistance with whirlpool or shower ■ Garage stall rental available ■ Much more . . .
--	--

Stop by and see the comforts yourself!

One Mazour Dr. (Hwy. 16 & Slaughter Ave.)
Pender, Nebraska • Phone 402-385-2088



*We are Proud to be
a Campus of Care*



PARK VIEW HAVEN NURSING HOME

309 N. Madison, Coleridge, NE 68727

Visit us on our website at: www.parkviewhaven.org

402-283-4224

Care With a Loving Touch

*Check out our
Affordable
Rates*

THE EMBERS ASSISTED LIVING

509 W. Cedar, Coleridge, NE 68727

Visit us on our website at: www.theembers.org

402-283-5020

DIGNITY

WARMTH

ELEGANCE

Stop In & See For Yourself

Signs it could be time to move to an assisted living facility

Assisted living facilities provide a vital service to families across the globe. In fact, more than 800,000 people in the United States are currently living in assisted living facilities, according to a 2023 report from Zippia, an online recruitment service that gathers information from the Bureau of Labor Statistics and its own internal data.

The decision to move oneself or an aging relative into an assisted living facility is complicated. Though such facilities typically offer an excellent standard of care, it can still be bittersweet for an individual to leave his or her home. It also can be difficult to identify when is the best time to make such a transition. Though each individual case is unique, the following are some indicators that the time might be right to move oneself or an aging loved one into an assisted living facility.

· **Emotional challenges:** The National Council on Aging notes that certain emotional challenges may indicate the time is right for an individual to move into an assisted living facility. The NCOA encourages individuals making such a decision independent of others to ask themselves if they are experiencing feelings of loneliness or depression. Assisted living facilities can provide much-needed

social interaction that seniors may not be getting at home. If feelings of loneliness or depression are present, then the time might be right to make the move to an assisted living facility.

· **Physical challenges:** Many individuals move into assisted living facilities because the physical challenges of daily life have become too significant to handle alone. The NCOA notes that individuals who are feeling overwhelmed by tasks such as buying groceries, cooking and cleaning may benefit from moving into assisted living facilities that handle such tasks for them.

· **Issues with hygiene:** The presence of additional challenges related to hygiene also may suggest a move to an assisted living facility may be beneficial. Staff at assisted living facilities can help adults who are struggling to bathe, dress themselves or use a restroom on their own. Family members can look for signs that a loved one's personal hygiene has taken a turn for the worse. Issues with hygiene can be a byproduct of depression, and poor hygiene also can increase risk for infection and illness.

· **Injuries:** The NCOA notes falls or near-falls are another potential sign that a person can benefit from moving to an assisted living facility. Falls can hurt

anyone, but they can be especially damaging to aging adults. For example, the National Institutes of Health report that falls may result in loss of independence, chronic pain and reduced quality of life. Assisted living facilities are often equipped with features to reduce risk of falls, such as grab bars in showers and bathrooms and even along corridor walls. In addition, assisted living facilities may be housed in single-story buildings or equipped with elevators, which

means residents won't be forced to navigate potentially dangerous staircases at any point during the day. Staff also can respond quickly if residents experience a fall, providing much-needed assistance that seniors living alone or with an aging spouse may not get at home.

Various signs may indicate the time is right for individuals to move into an assisted living facility so they can more safely navigate daily life.



We provide **solutions** for all your **hearing and communication needs.**

Katie M. Gamerl, Au.D.
Doctor of Audiology



Call today! 402-371-2724

605 Iron Horse Drive | Suite 2 | Norfolk, NE 68701

NorfolkAudiology.com

SHORT-TERM REHABILITATION | SKILLED NURSING



Sometimes heroes don't wear capes, they simply wear a smile... and their superpowers are patience, empathy, and compassion.

At Heritage of Emerson, we know heroes. Our team members are committed to making a positive difference in the lives of those they serve and care for. So whether you are in need of rehabilitation or skilled nursing...
...you'll always find heroic care here.



Visit us to find out more or apply online to be part of our team!

Emerson, NE | (402) 695-2683 | www.heritage-emerson.com

Proud Members of Vetter Senior Living

Tailor-made gifts for on-the-go seniors

Seniors and older adults did not seem to get the memo regarding inflation. As the world continues to navigate a cost-of-living increase, internal data from Bank of America indicates that Baby Boomers (people born between 1946 and 1964) and Traditionalists (individuals born between 1928 and 1945) are spending more while younger generations are cutting back. Between May 2021 and May 2022, spending by Traditionalists increased by more than 5 percent while Baby Boomer spending rose by 2.2%. That uptick occurred while younger generations' spending fell by 1.5%.

Seniors seem to be on the go, and that's something holiday shoppers can keep in mind as they look for gifts for their aging parents, grandparents and others. With that in mind, shoppers can consider these gifts that align well with the lifestyles of seniors who are out and about and making the most of their free time.

· Golf clubs or additional golf gear: Data from the National Golf

Foundation indicated that more than 34 million people in the United States played golf in 2019, and 15% of those players were 65 and over. A new set of custom-fit clubs can help seniors take their game to the next level. Such clubs can be expensive, so they make a great tandem gift from children and grandchildren who pool their resources. If new clubs are not necessary or too costly, a single club, such as a new driver or putter, makes for a great gift as well. Gear like a new golf bag, new spikes and new course-friendly attire also makes a great gift for seniors who love the links.

· Travel gifts: The 2023 AARP Travel Trends survey found that 85% of older travelers rank travel in their top three priorities for discretionary spending. The appeal of travel has not worn off for modern seniors, and shoppers can keep that in mind this holiday season. New luggage, travel miles earned through a credit card, unique experiences at senior travelers' next destination, air tags that can keep track of luggage and a world travel adapter

that can convert plugs in any country across the globe are just a few of the many travel gifts shoppers can give on-the-go seniors this December.

· Exercise gear: The National Council on Aging notes that adults who exercise after turning 65 continue to reap the same rewards that improve quality of life among younger men and women. In addition to boosting immunity, exercising after 65 continues to improve mood so long as seniors stay the course. Exercise gear, including attire and appropriate footwear, can reduce injury risk and help seniors feel more comfortable while

breaking a sweat.

· Spa session: All that activity is good for the body, but so is a little post-activity rest and relaxation. A day at the spa, where seniors can get a massage, take a mental break and address minor aches and pains can be just the thing seniors need to recover in time for their next excursion.

Any number of gifts can make this holiday season even more special for modern seniors who continue to get up and go each day.

STRESS (Continued from page 2B)

- Gaining or losing weight
- Becoming easily irked or angry
- Losing interest in activities once enjoyed
- Feeling sad or depressed
- Experiencing frequent headaches, pains or other health problems
- Misusing drugs or alcohol, including prescriptions
- Missing your own medical appointments or other appointments

Caregivers need to put themselves first at times in order to help avoid health complications that can come from the stress and demand of caregiving. Make use of these caregiver stress management tips, courtesy of the Mayo Clinic and Penn Medicine.

· Ask for help. Figure out ways that others can help out and then be sure to let them know and accept anything that is provided.

· Do the best you can. Every caregiver feels they are not doing enough at some point in time. Do whatever you can manage and know that it is adequate.

· Set small goals. Categorize responsibilities into smaller, more manageable tasks. Make lists of what is most important and tackle those goals, moving on as needed.

· Reach out to a support group. There are support groups for many different types of needs, including caregiver support. People who are experiencing the same highs and lows as you can offer advice or just be there to listen.

· Find ways to rest and sleep. Many caregivers are sleep deprived. If sleeping has become an issue, discuss potential remedies with your own doctor.

· Look into respite care help. Taking a break from caregiving can do wonders. Certain adult care centers and skilled nursing homes offer temporary respite care services for informal caregivers. A loved one can be dropped off for a night or two, giving you a rest. This also is an option if you want to go on vacation.

Caregivers may feel burdened by stress. There are options available to manage it.



Home Health
Medical Equipment, Inc.

2614 West Norfolk Avenue • Norfolk, NE 68701
1-800-672-0036 • 371-6550
Branch Locations in O'Neill, Ainsworth & Valentine

**We Provide Service
To All Of Northeast &
North Central Nebraska**

Everything For The Home Care Patient Including:

- Oxygen/Respiratory Equipment
- Nursing Scrubs
- Walking Aids
- Wheelchairs
- Hospital Beds
- Incontinence Supplies
- Life Chairs
- Much More Medical Equipment & Supplies
- Complete Service Department



Stanton Health Center

Where Our Motto is Not "No", But "How"

301 17th Street • Stanton, NE 68779 • 402-439-2111

www.stantonhealthcare.com