

GOLDEN YEARS



History of the dress

Humanities Nebraska speaker Sue McClain presented a program "From This Day Forward" on June 1 in Wayne. McClain shared with a group of approximately 40 persons information on wedding dresses from the early 1900s through the 1970s. She brought with her a number of dresses and talked about the changes in wedding fashions and wedding traditions throughout this time period. Several of those in attendance also brought their wedding attire and shared information and pictures of their wedding day. This presentation was made possible by Humanities Nebraska, the Nebraska Cultural Endowment, and Wayne County Historical Society as part of the HN Speakers Bureau. "From This Day Forward" is one of approximately 300 programs offered through the Humanities Nebraska Speakers Bureau.

Injury recovery tips given for seniors

There is no escaping the fact that the human body changes as it ages. Some changes associated with aging are beneficial, such as increased wisdom and knowledge from past experiences. Others, particularly changes to health and wellness, can be disconcerting.

Generally speaking, recovering from any injury can be a time-consuming process. For those over the age of 60, the process of recovering from injury can be especially lengthy.

According to Restorative Strength, a fitness and personal training service for seniors, elderly adults generally heal from injuries slower than young people. Caring Senior Services says there are a few reasons why healing can be delayed:

- Having diabetes is one of the most common reasons why seniors have delayed healing. The disease can nega-

tively impact wound healing because elevated glucose levels narrow the blood vessels and harden the arteries.

- The inflammatory response in seniors drastically slows down as people age. This response is the first phase when blood vessels expand to let white blood cells and nutrients reach wounds. When delayed, the wounds heal much more slowly.

- Reduced skin elasticity and diminished collagen fibers in seniors can contribute to the body's tissues not being able to return to a normal state after injury.

- Sedentary seniors may have lost muscle mass and flexibility, which help physically active individuals regain mobility after an injury. Bones also may be more brittle, particularly if osteoporosis is present.

Although it's impossible to reverse the hands of time, there are steps seniors can take to recover from injuries more quickly, and potentially avoid them as well.

- Slow and steady physical activity: Exercise, including routine strength-training activities, helps strengthen muscles and bones. According to Pioneer Trace Healthcare & Rehabilitation, when complete bed rest is not advised after an injury, getting up and moving even just a little each day can jump-start recovery. Regular activity prior to any injury also may make the body stronger and more flexible to help reduce the likelihood of injuries.

- Maintain a positive mindset. The mind has a role to play in injury recovery. Minimizing stress levels through meditation, and engaging in positive thinking techniques, can make healing

and therapies more successful. Reducing stress can boost the immune system, which also will offer healing benefits.

- Improve diet. The body needs certain vitamins and minerals to function properly. Eating a well-rounded, healthy diet can provide fuel that facilitates healing.

- Work with a qualified professional. Seniors should not take on exercise or recovery efforts on their own. Exercising the right way and following prescribed guidelines can speed up recovery and potentially prevent future injuries.

Recovery from injury could take longer for seniors. But with exercise, positive thinking and guidance from health professionals, there are ways to speed up the injury recovery process.

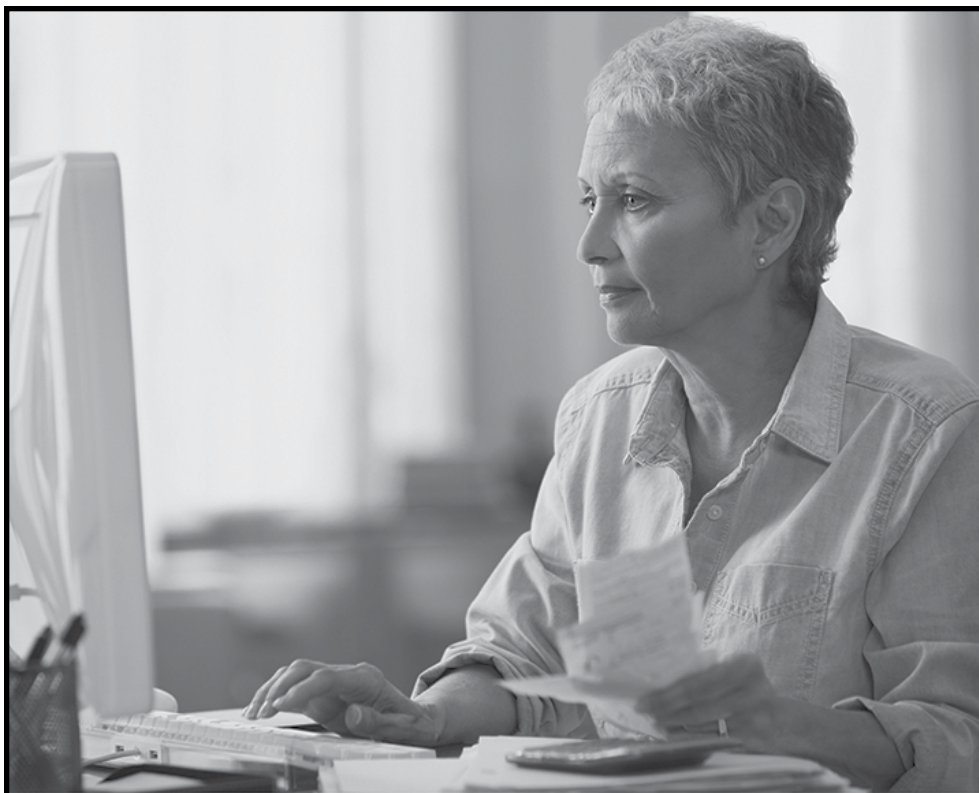
Why it pays for seniors to maintain good credit

The benefits of maintaining good credit include looking more reliable in the eyes of prospective employers and securing lower mortgage interest rates when buying a home. Those rewards can benefit anyone, but they're especially enticing to young people. But what about seniors? Do individuals stand to benefit significantly from maintaining good credit into their golden years?

According to the credit reporting agency Experian, senior citizens tend to have the best credit scores of any consumer demographic. That could be a byproduct of years of financial discipline, and there are many benefits to maintaining that discipline into retirement.

Home buying and borrowing

Buying a home is often considered a big financial step forward for young people, but that doesn't mean aging men and women are completely out of the real estate market. In its 2020 "State of the Nation's Housing" report, the Joint Center for Housing Studies of Harvard University reported that the share of homeowners age 65 and over with housing debt doubled to 42 percent between 1989 and 2019. In addition, 27 percent of homeowners age 80 and over were carrying mortgage debt in 2019. Maintaining strong credit after retirement can help



homeowners who still have mortgage debt get better terms if they choose to refinance their mortgages. Even seniors who have paid off their mortgages can benefit from maintaining good credit if they decide to downsize to a smaller home but cannot afford to simply buy

the new home outright.

Rewards

Retirement is often associated with travel, recreation and leisure. Such pursuits can be more affordable when seniors utilize rewards-based credit cards that help them finance vacations,

weekend getaways and other expenses associated with traveling. Seniors who maintain strong credit ratings into their golden years may have more access to the best travel-based rewards cards than those whose credit scores dip in retirement.

Unforeseen expenses

No one knows what's around the corner, but savvy seniors recognize the importance of planning for the unknown. The COVID-19 pandemic seemingly came out of nowhere, and among its many ripple effects was the sudden job loss experienced by seniors. The JCHS report found that 21 percent of homeowners age 65 and over had reported loss of employment income related to the pandemic. Unforeseen medical expenses also can compromise seniors' financial freedom. Maintaining a strong credit rating into older adulthood can help seniors navigate such financial uncertainty more smoothly. Such a strategy can help seniors secure low-interest loans or credit cards that can help them pay down sudden, unforeseen expenses without getting into significant debt.

The importance of a strong credit rating is often emphasized to young people. However, a strong credit rating can be equally beneficial for seniors.

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100 Years Ago This Month: Historical events from June 2024

The month of June has been home to many historical events over the years. Here's a look at some that helped to shape the world in June 1924.

- Austrian Chancellor Ignaz Seipel is shot by a disgruntled worker on June 1. Seipel survives after a bullet is extracted from his lung.

- The Chicago radio station WDAP is rechristened "WGN" on June 1 after it is purchased by the Chicago Tribune. The station's new moniker refers to the newspaper's slogan, "World's Greatest Newspaper." Both the WGN station and a television station of the same name continue to be operated out of Chicago today.

- The Indian Citizenship Act is signed into law on June 2 in the United States. The law recognizes all Native

Americans who had been born in the United States or its territories as U.S. citizens.

- Influential novelist Franz Kafka dies in Austria on June 3. Kafka, only 40 at the time of his death, suffered from laryngeal tuberculosis and died from starvation after eating became too painful. Kafka, now considered a literary giant of the twentieth century, was a relative unknown at the time of his death.

- The German Reichstag approves the Dawes Plan on June 6. The plan staggers German reparations payments that were mandated in the aftermath of World War I.

- The United States enacts the Clarke-McNary Act on June 7. The act facilitates the purchase of land to expand the country's National Forest System.

- Geologist and mountaineer Noel Odell watches British mountain climbers George Mallory and Andrew Irvine ascend from their base camp at Mount Everest on June 8. Mallory and Irvine are never again seen alive, and no trace of either man is discovered until 1999, when Mallory's body is discovered at an altitude of more than 26,000 feet.

- Ecuador extends the right to vote to women on June 9, becoming the first country in South America to do so.

- The Newton Gang carries out the largest train robbery in American history on June 12. The gang makes off with more than \$3 million (the equivalent of roughly \$54 million in 2024) after stopping mail train number 57 near Rondout, Illinois.

- The International Football Association Board legalizes the scoring of a goal by corner kick on June 14.

- On June 16, Italian Fascist politician Cesare Rossi surrenders to police in connection with the kidnapping of socialist and Italian Chamber of Deputies member Giacomo Matteotti earlier in the month. Matteotti's body is ultimately

found in August and signs suggest he was beaten to death. Though Rossi ultimately serves ample prison time for anti-fascist activities, he is not arrested for his involvement in Matteotti's murder until 1947.

- The Grand National Assembly of Turkey passes the Surname Act on June 21. The act requires every Turkish citizen to have a surname.

- Fritz Haarmann is arrested in Hanover, Germany, on June 23. Prior to his arrest, Haarmann was seen stalking boys, and a subsequent search of his apartment uncovers evidence that Haarmann is a serial killer. Sometimes referred to as the "Butcher of Hanover,"

Haarmann is ultimately found guilty of murdering 24 young men and boys and is executed by guillotine in April 1925.

- Publisher William Randolph Hearst launches the New York Daily Mirror on June 24. Hearst launches the paper to compete against the New York Daily News.

- Brothers Jesse Barnes of the Boston Braves and Virgil Barnes of the New York Giants toe the rubber against one another on June 26. The game marks the first pitching matchup between brothers in Major League Baseball history.

- American President Calvin Coolidge's 16-year-old son, Calvin, Jr., plays tennis on the White House tennis court on June 30. The president's

son plays wearing tennis shoes but no socks and develops a blister on his toe

that develops into sepsis. The younger Coolidge passes away on July 7.



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How to stay mentally sharp after retirement

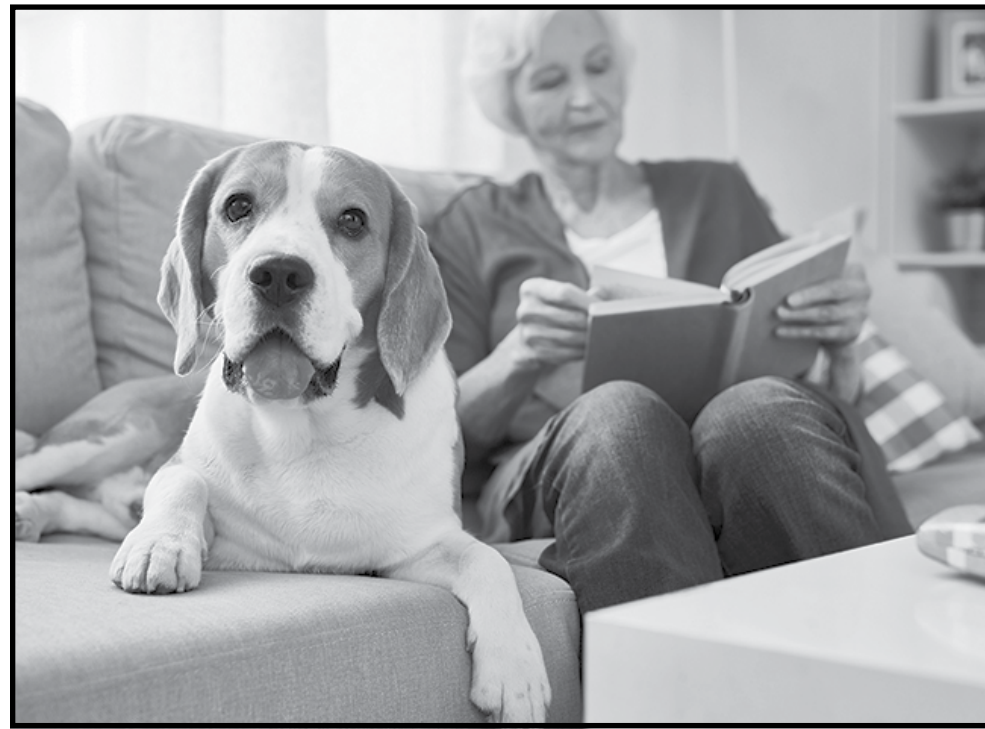
If asked to describe how they envision retirement, many professionals might reference travel, time spent with grandchildren and various recreational pursuits. Few, if any, would mention cognitive decline. However, cognitive decline poses a significant threat to aging men and women, especially during retirement.

Researchers have long since recognized that certain cognitive abilities begin to decline with advanced age, even among elderly individuals who are healthy. However, despite that decline, the Centers for Disease Control and Prevention notes that dementias like Alzheimer's disease are not an inevitable part of aging. In fact, the CDC estimates that as many as 40 percent of dementia cases may be prevented or delayed. In addition, the CDC reports that it's not uncommon for routine memory, skills and knowledge to stabilize or even improve as the brain ages.

That's good news for retirees who want to spend their post-work life pursuing their passions and hobbies. Individuals also can embrace some strategies to stay mentally sharp in retirement.

- Consider delaying retirement. Even if early retirement is a dream, it might

be better to work a little longer than you had planned. A 2021 study published in the journal *SSM - Population*



Health found that postponed retirement is beneficial to cognitive function for all genders, races/ethnicities, educational levels, and professional status. The study

reported that individuals who waited until age 67 to retire experienced less cognitive decline than those who retired



prior to turning 67.

- Make exercise part of your retirement routine. A lack of structure may seem enticing to individuals who have

spent decades working. However, many retirees find that little structure loses its appeal quickly after calling it quits. When creating a new routine in retirement, include regular exercise. According to the Mayo Clinic, studies indicate that people who are physically active are less likely to experience a decline in their mental function. So daily exercise not only gives retirees something to do, but also benefits their brains.

- Enroll in an adult education course. A 2014 study published in the journal *JAMA Neurology* examined the association between lifetime intellectual enrichment and cognitive decline in the older population. The study's authors found that higher levels of late-life cognitive activity were associated with higher levels of cognition. The study's authors concluded that lifetime intellectual enrichment might delay the onset of cognitive impairment. Retirees can look into adult learning programs at local colleges and universities to see if anything piques their interest.

Retirement can be everything professionals hope it will be, especially for those who make a concerted effort to maintain optimal cognitive function after they call it a career.



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Five common identity theft scams are revealed

Consumers can never let their guard down when it comes to identity theft. Personal information is much more accessible in an increasingly digital world. Consequently, instances of identity theft and consumer fraud continue to grow.

- The Identity Theft Research Center (ITRC) reported a record number of data compromises in the United States in 2021, amounting to a 68 percent increase over 2020.
- The Federal Trade Commission's Consumer Sentinel Network received more than 5.7 million reports of fraud and identity theft in 2021.



- In Canada, there are 12 victims of identity theft per every 100,000 residents and 52 victims of ID fraud.
 - Many North Americans have been victims of COVID-19-related fraud, including scams involving fake testing, vaccines and treatments, and charities.
- The FTC says identity theft is when someone uses your personal or financial information without your consent. Commonly stolen data includes addresses, credit card numbers, bank account information, Social Security numbers, or medical insurance numbers.

Though thieves can gather information by intercepting it through digital channels or simply by stealing mail or

going through trash, many times people inadvertently share personal information with scammers themselves. Here's a look at five common scams.

Phone scams

Phone scams may involve telemarketers trying to sell you something in exchange for personal information given over the phone, as well as people impersonating government agencies or credit card companies. "Please confirm account information" or "We'll need your financial information to process" are some of the phrases these scams utilize. Never give out personal information over the phone unless you've confirmed the individual you're speaking to is legitimate.

Text links

The Pew Research Center says 81 percent of adult mobile phone users use text messages regularly. Scammers utilize text messages to try to gain information. The text includes a link to a site that will request personal information. Do not respond to such texts and avoid clicking on the links.

Phishing emails

Phishing emails look like they are coming from legitimate sources, but they often contain malware that can infiltrate computers and other devices to steal identity data. Phishing increased during the COVID-19 lockdowns as more people were working from home, according to the ITRC.

Older individuals long have been targets of criminals. Seniors are now being called, emailed or even visited in person by scammers claiming to represent Medicare. Perpetrators of this scam offer new services or new chipped Medicare cards in exchange for verification of Medicare identification numbers. Medicare numbers should be carefully guarded, and seniors should keep in mind it's highly unlikely Medicare rep-

Medicare card verification

resentatives will contact them in this way.

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Data breaches

It's not just a home computer or phone breach you need to worry about. According to ARAG Legal, security experts indicate many major companies are being breached. By the time it's discovered that data was stolen, your personal information, which usually includes credit card numbers, email

addresses and home addresses, has been circulating for some time. While it's impossible for private citizens to prevent this type of data breach, a credit monitoring service can alert consumers if their information shows up where it seemingly doesn't belong.

Identity theft is an ever-present threat and consumers must exercise due diligence to protect their personal information.

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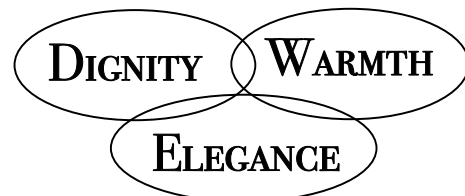
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Five ways to show seniors they're appreciated

Senior citizens account for a significant percentage of the overall population. Estimates from the U.S. Census Bureau released in 2020 indicate the nation's 65-and-older population had grown by more than one-third over the preceding decade. By 2050, the number of senior citizens is expected to be close to 90 million. As of 2021, Statistics Canada reported there were roughly 7.1 million persons age 65 and older living in Canada.

People are living longer than ever, and as individuals age, the demand for senior services continues to grow — as does the need to be patient and respect the elderly. There are many ways to show seniors just how much they're appreciated.

Help with chores. Lend a hand with chores around the house that may have grown difficult for seniors. This can include mowing the lawn, weeding garden beds, shoveling snow, raking leaves, or even taking the garbage pails in and out on collection days.

Visit more often. Frequent visits are one of the simplest ways to show seniors you care. Whether seniors live in a private home or managed care facility, visitors brighten their days, especially if

they no longer get out and about as frequently as they once did. Spending time together and sharing stories can bring smiles to the faces of older adults.

Plan activities with seniors in mind. When organizing parties and special events, consider the needs of seniors on the guest list. Add music from their era to playlists or DJ requests. Seat seniors with mobility issues near exits and rest-

rooms. Make sure to arrange for photos with the guest of honor to keep family history alive.

Thank seniors. Find any reason to thank a senior. Perhaps someone served in the military or volunteered their time with children. Celebrate accomplishments big and small with a simple "thank you."

Prepare a meal. Invite a special senior

over for a home-cooked meal with the family. Make it a regular occurrence on the calendar. If he or she cannot get out easily, bring a hot meal over to his or her place, instead.

Simple gestures of gratitude and appreciation can brighten a senior's day and let that person know he or she has not been forgotten.

The healing power of nature

Being in good health and avoiding various diseases often comes down to a combination of factors. Individuals may be aware that nutrition and exercise play important roles in personal well-being, but it appears that nature may provide its own medicinal benefits as well.

A number of studies have examined the potential healing components of being in nature. The World Health Organization released a report in 2023 titled "Green and Blue Spaces and Mental Health," which indicated that time in nature improves mood, mindsets and mental health. This occurs regardless of whether that nature was "country"

regions or urban areas. The following are some of the ways nature can have a healing effect.

- Immunity protection: Trees and plants emit aromatic compounds called phytoncides. When inhaled, these compounds can ignite healthy biological changes similar to the concepts of aromatherapy. When people walk in forests or other green areas, they often experience changes in the blood that are associated with protection against cancer, improved immunity and lower blood pressure, says Dr. Qing Li, a professor at the Nippon Medical School in Tokyo.

- Get a brain break: When spending time in nature, attention is focused on the scenery, the animals and the rest of the environment. This may help quiet the rush of thoughts in the head that clutters the ability to think freely.

- Reduce stress: Stress is a catalyst for a number of adverse health conditions. The Mayo Clinic says stress can cause headache, muscle tension, fatigue, changes in sex drive, and a weaker immune system, among other things. Being outside in nature and away from work and home responsibilities can help reduce stress levels. Dr. Mathew McGlothlin, senior medical director with WellMed Medical Group, says being in nature provides stress relief.

- Get vitamin D: The body naturally produces vitamin D from sun exposure.

The National Institutes of Health says it is optimal to have sun exposure for five to 30 minutes a day, most days a week, to absorb UVB rays and effectively make



vitamin D. Vitamin D is a nutrient the body needs to build and maintain strong bones. Vitamin D also regulates many other cellular functions in the body, and may be able to prevent cognitive decline.

- Inspires exercise: People may be more inclined to be physically active while outdoors. Hiking, cycling, swimming, and even strolls in the park all make the outdoors more fun. Exercise promotes heart health and helps people maintain a healthy weight.

Nature can have a healing effect, and more time outdoors can promote mental and physical well-being.



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Signs of unsafe driving in older drivers

A license to drive has long been symbolic of independence. Teenage drivers long for the day they earn their licenses and can take to the road without mom or dad riding shotgun, while aging drivers want to keep driving as long as possible so they can come and go as they please in their golden years.

There's no formula drivers and their families can employ to determine when it's time to take the car keys away from senior citizens. Thankfully, fatal collisions involving older drivers have declined considerably in recent decades. According to the Insurance Institute for Highway Safety, collision-related fatalities among drivers ages 70 and older declined by 15 percent between 1997 and 2018. A host of factors have no doubt contributed to that decline, including lane-assist technology and forward collision warning systems that have become standard offerings on many modern vehicles.

As much as technology has helped make driving safer for everyone, aging drivers should still keep an eye out for certain signs that may indicate their skills behind the wheel are diminishing and potentially compromising their ability to drive safely. According to AARP, the following are warning signs

of unsafe driving.

- Delayed response to unexpected situations: Frequent close calls and narrowly avoiding collisions when other



drivers stop suddenly indicate reduced response time that can put aging drivers at an elevated risk of being involved in an accident.

- Becoming easily distracted while driving: Distracted driving has become a

significant concern in recent decades, but it's often associated with young drivers. However, aging drivers who are easily distracted also pose a safety risk to them-

selves and other motorists.

- Decrease in confidence while driving: Only drivers will know if they feel confident enough to drive safely, and it's vital that aging drivers be honest with themselves when assessing how they

feel when driving.

• Having difficulty moving into or maintaining the correct lane of traffic: Lane-assist technology can help drivers recognize how often they're staying in the correct lane of traffic. When the warning bell goes off frequently, it might be time for older drivers to reconsider if it's safe for them to be behind the wheel.

• Hitting curbs when making right turns or backing up: Hitting curbs when turning or backing up indicates drivers may be having difficulty controlling their vehicles and/or seeing the road, both of which indicate it's no longer safe for drivers to get behind the wheel.

• Getting scrapes or dents on car, garage or mailbox: These signs also indicate drivers are having trouble controlling their vehicles.

• Driving too fast or too slow for road conditions: This indicates drivers are not as alert to their surroundings as they need to be to stay safe on the road.

It's not easy for aging drivers to relinquish their drivers' licenses. Learning to recognize potential warning signs of unsafe driving can help aging drivers make the safest decisions for themselves, their passengers and their fellow motorists.

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Great holiday gifts for retirees who can't wait to travel

Retirement provides a chance for adults who have worked throughout their lives to take a step back, relax and enjoy the fruits of their labors. Though the most indelible image associated with retirement might once have been a rocking chair, modern retirees like to get up and go, and holiday shoppers can take that joie de vivre into consideration as they look for the perfect gift for retirees who can't wait to fly the friendly skies or hit the open road.

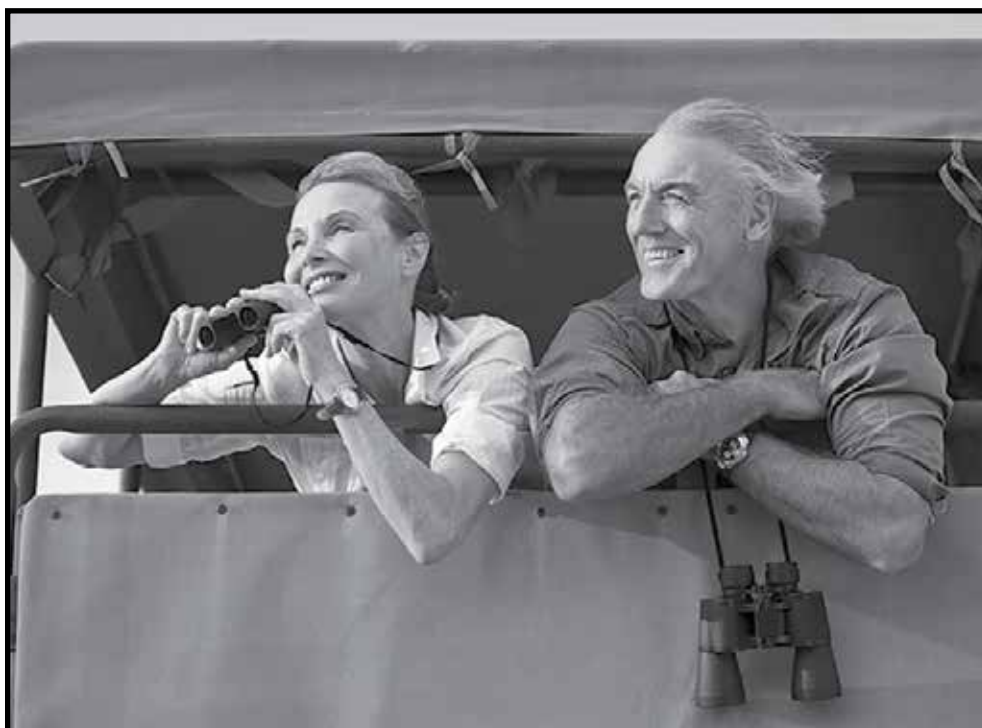
Maps

It might seem simple, but roadmaps can be an ideal gift for retirees. A recent poll from RBC Wealth Management found that 63 percent of Americans age

seniors enjoy movie night under the stars or watch their favorite teams even when they're far from home. This can be an especially good gift for retirees who are anxious to gas up their RV and leave home behind for a few weeks.

Lifetime pass to world-renowned parks

All United States citizens or permanent residents are eligible for the National Parks and Federal Recreational Lands Senior Pass, which provides access to more than 2,000 recreation sites across the country. Those sites are managed by federal agencies like the National Park Service, the U.S. Fish & Wildlife Service, the Bureau of Land Management, and



50 and older say travel is an important retirement goal. Roadmaps of their own country or a foreign country can help seniors plan their dream vacations. Seniors can study maps and create their own routes as they visit popular tourist attractions and find lesser known locales along the way.

Vouchers/gift cards

Airline vouchers can inspire retirees to take to the skies and visit locales that have long taken up real estate on their bucket lists. If seniors prefer to take to the open road, hotel vouchers or Visa gift cards that can be spent anywhere that accepts credit cards can help pay for gas, meals or entry to popular parks and tourist attractions.

Projector and portable screen

Retirees may want to get away from it all, but that doesn't mean they have to leave everything behind. A projector and portable screen can let on-the-go

the Bureau of Reclamation, among others. A similar system is in place in Canada, where adults age 65 and up can gain unlimited admission for a full year to more than 80 Parks Canada locations across the country.

Tablet

Of course, retirees may still want to enjoy some of the comforts of home while they're off in parts unknown. A new tablet can help traveling retirees read the latest bestsellers and stay in touch with family and friends via video conferencing apps like Zoom. Many campgrounds and hotels now provide free WiFi to guests, so a tablet can be just what on-the-go retirees need to stay connected to life back home.

Holiday shoppers can make the season bright for their favorite retirees who can't wait to spend their newfound free time traveling the world.



End of an era

After 52 years of early morning baking, Sue and Vel Temme (above) have decided to retire and sell Vel's Bakery. Vel brought the bakery in 1972 after having worked at a bakery in Lincoln. The location was already a bakery before he bought it. Several pieces of equipment in the building, including the oven, have stood the test of time and have been in use for many decades. The bakery served as more than a place to purchase donuts, rolls and other baked goods. Breakfast was served six days a week and area residents used the bakery as a gathering place to discuss all the relevant local news. (below) A group of men who regularly come for coffee, often squeeze in another chair for the late-comer. Plans call for the building to remain a bakery after renovations take place.



How does voting-by-mail work?

Each Election Day, Americans vote and thus take part in a fundamental principle of democracy. Elections take place on various levels, from local governments to presidential elections.

Until recently, in order to cast a ballot for a particular election, most voters had to physically appear at their respective



polling locations and submit their votes in person. Mail-in voting, also known as absentee voting, was frowned upon and not widely available. It first arose during the Civil War, when soldiers were given the opportunity to cast ballots from the battlefield. Absentee voting later became an issue during World War II, when Congress passed laws in 1942 and 1944 enabling soldiers stationed overseas to participate in elections. More recently, during the 1980s, more states made

absentee voting available, and it is no longer uncommon for voters to be mailed ballots and submit them before Election Day. According to MIT, the movement to vote-by-mail reached new levels with the 2020 elections, which occurred during the COVID-19 pandemic.

Some attest that mail-in-voting enables many individuals who would not normally be able to physically make it to the polls on Election Day to cast votes. Mail-in balloting works in different ways. The United States has universal vote-by-mail and absentee balloting. With the former, ballots are mailed to all voters. In the latter, voters must request an absentee ballot.

In terms of a requested absentee ballot, a voter must write, call or request a ballot online. Upon receipt, the voter will make his or her choice, and then place the sealed ballot in a security envelope provided with the ballot. The voter signs the outside of the second envelope to certify that he or she is a registered voter. When the election authority receives the ballot, it certifies the registration of the voter and that the address matches the one on record with the election authority. On Election Day, the mail ballots are added into the results of the votes with

those from people who visited the polls in person.

According to the Brookings Institution, a nonprofit organization based in Washington, D.C. that works to improve policy and governance at local, national and global levels, there is no partisan advantage to either party related to voting by mail. Also, absentee ballots benefit senior citizens as well as low-income people and those without access to transportation.

Despite some news stories in recent years that may lead people to believe mail-in votes come with risk, the Brennan Center for Justice at New York University says there is no evidence that mail balloting increases electoral fraud, as there are several anti-fraud protections built into the process.

Mail-in voting is an option for many people across the U.S. It is secure and convenient for many voters.



Explaining precision agriculture

Few, if any, aspects of life in the 21st century have not been touched by technology. Advancements in technology have affected everything from the way students learn in the classroom to how senior citizens connect with their grandchildren. Technological advancements also have left their mark on industry, including the agricultural sector.

Modern agriculture bears some similarities to farming of past eras. Technology has affected the agricultural sector for centuries, and modern farmers know that's no different today. One of the more recent developments in the agricultural sector is the rise of precision agriculture, a farming management concept that can pay dividends for generations to come.

What is precision agriculture?

Precision agriculture (PA) is rooted in improving crop yields through the utilization of technology. PA is designed to help the agricultural sector maximize resources and improve yields and the quality of crops. That's a critically important function as the world population continues to grow and the demand for food increases as a result.

What are some examples of PA technology?

Sensors are a prime example of PA technology that helps make farms more efficient and productive. Sensors serve various functions by helping farmers gather data on the availability of water in soil, the level of compaction in soil, leaf temperature, insect and disease infestation, and other areas.

Weather modeling is another component of PA that can help farms be more cost-effective and efficient. Whereas in years past many farms would need to manually assess certain variables to determine when to harvest, weather modeling technology has enabled some farmers to generate remote readings, saving time and money.

How does PA help farmers?

Each situation is unique, but the principles of PA can help farmers access a wealth of information. It might have been possible to access such information in the past, but PA has sped up the process and made it more hands-off, allowing farmers to save both time and money. PA technology can help farmers maintain accurate records of their farms; inform their decisions; make it easier to detect and identify problems, sometimes before they escalate into larger issues; and avoid potentially costly mistakes.

Technology has left no industry untouched. The growth of precision agriculture is a testament to the influence that technology is having on a vital sector of the global economy.

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Alzheimer's disease and the various dementias

Dementia is an umbrella term that alludes to various conditions arising from damage to brain cells that affect the cells' ability to communicate. This damage can affect a person's ability to think clearly and his or her behavior and emotions, says the Alzheimer's Association. There are several types of dementia, and Alzheimer's disease is one of them.

It is important to recognize that dementia is not a normal part of aging. Many conditions contribute to dementia. Alzheimer's disease (AD) is the most common form of dementia, accounting for between 60 and 80 percent of all diagnoses, says the Alzheimer's Society. The symptoms of dementia include:

- memory loss that can include both short-term and long-term memory issues
- difficulties with thinking, problem-solving or language that are severe enough to impact daily activities
- changes in mood or behavior

Symptoms of AD can overlap with other types of dementia. However, unlike other dementias that may affect only one part of the brain, AD generally affects most of the brain. The most common early symptom of AD is difficulty remembering new information. That's because AD typically affects the part of the brain associated with learning first, says the Alzheimer's Association. As the disease progresses, which it's bound to do because it is degenerative, symptoms become more severe. Disorientation, confusion and behavioral changes may become more pronounced. Over time, even speaking, walking and swallowing can become difficult due to changes to the brain.

The National Institute on Aging says abnormal buildup of proteins known as amyloid plaque and tau tangles are implicated in dementia occurrence. People with AD also may experience a loss of connections between neurons in the brain. Neurons are responsible for transmitting messages between different parts of the brain, and from the brain to muscles and organs in the body.

AD is not the only type of dementia. Here's a look at some lesser known forms of the disease.

- **Vascular dementia:** After AD, vascular dementia is the next most common form of the condition. Vascular dementia occurs when there is trouble with the blood supply to the brain, which often occurs after a stroke.

- **Dementia with Lewy Bodies:** This dementia is linked to the presence of Lewy bodies, which are clumps of proteins in the brain. Symptoms of this dementia mimic both Alzheimer's and Parkinson's disease, which can make it hard to diagnose.

- **Frontotemporal dementia:** This dementia affects the frontotemporal lobes, impacting language, thinking and behavior.

- **Mixed dementia:** This occurs when two or more dementias are happening at



the same time. AD and vascular dementia usually are responsible for mixed dementia.

A visit to the doctor is warranted whenever personality, memory and language issues present. It can take time to diagnose dementias, so any symptoms that adversely affect the brain should be reported to a physician immediately.



Wedding festivities

Lorita Tompkins (right) serves wedding cake to those in attendance at recent Humanities Nebraska presentation of "From this Day Forward". Tompkins is a member of the Wayne Historical Society which helped bring the event to Wayne.



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Considerations for seniors looking to go back to school

The picture of a traditional college student is one in his or her late teens or early 20s. However, a deeper look may reveal that college student demographics are more diverse than one might imagine. In fact, senior citizens can rest assured that if they plan to return to the

Elder Guru, just over 0.3 percent of university students are over 65. Even though that is a low number in the grand scheme of things, it is an indication that seniors have a presence on college campuses. And that number is expected to rise. Universities are increasing efforts

school may want to know.

- Incentives are available. Many schools are looking to expand their elder student body populations by making it easier for them to go to school. That means seniors may be able to attend for little to no cost through tuition waivers and discounts. Speak with an admissions officer about your options.

- Lay the foundation for a new career. A survey from the Rand Corporation found that 39 percent of workers age 65 and older who were currently employed had previously retired at some point. Going back to school may provide a foundation for new skills that can make it easier to advance in a second career. Heading back to classes also can help people stay competitive in a current job.

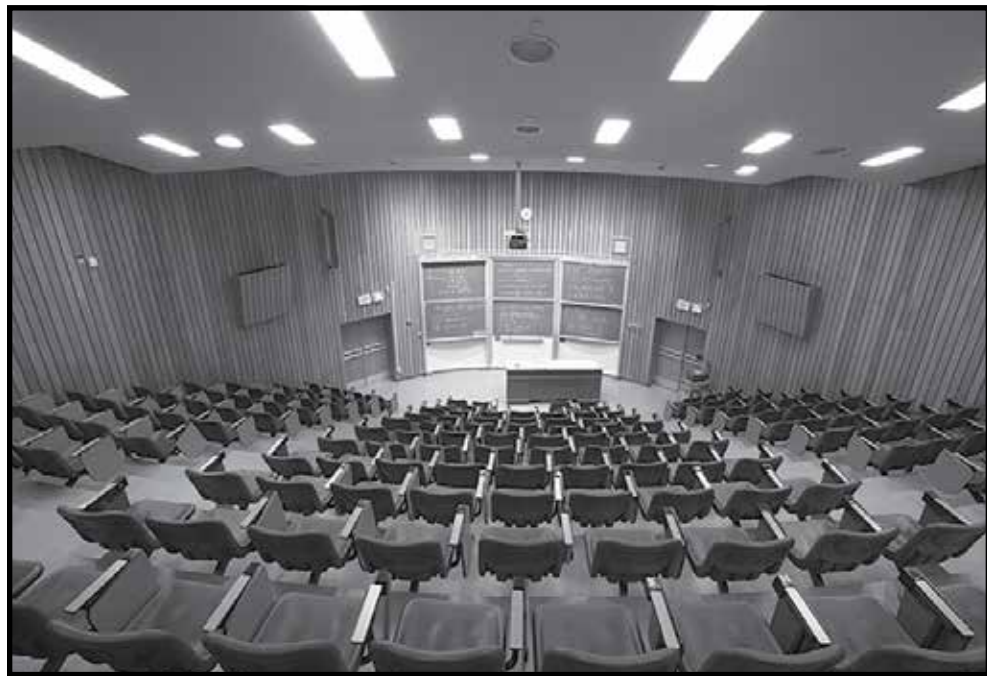
- Engage and socialize. Going back to school provides seniors with an opportunity to engage with their peers and

younger students. Returning to school may expose older adults to new experiences, technologies and customs they may otherwise never have enjoyed.

- Embrace the excitement of a new environment and its challenges. Heading back to college can be challenging, which is something seniors looking for mental stimulation may enjoy. Senior Finance Advisor reports that heading back to school and lifelong learning has been linked to better health, improved financial situations and even a reduced risk of dementia.

- Staying informed. Going back to school can enable seniors to stay technologically informed and learn about movements and other factors that are helping to shape the modern world.

Seniors have many reasons to return to the college classroom, and such a pursuit can pay numerous dividends.



classroom, they're likely to find students around their age.

to include seniors as important parts of their student bodies. Here are some things seniors considering going back to

According to the senior citizen resource

Nebraska Public Media expands FM radio coverage

Nebraska Public Media is expanding its FM radio coverage beginning with the addition of a new transmitter near Falls City and plans for additional radio coverage upgrades near Columbus, Broken Bow and McCook in the coming years.

Expanded service will give more listeners access to news and music. It also provides more access to public safety information, including alerts from the Nebraska State Patrol, Nebraska Emergency Management Agency and the National Weather Service during times of severe weather.

"New full-power transmitters are a rare opportunity from the FCC to grow our signal and service," said Mark Leonard, Nebraska Public Media general manager/CEO. "These new stations will allow us to reach more Nebraskans so they can listen to the local and NPR news central to our identity."

The new station in Falls City, KQNE 89.9 FM, will increase coverage from

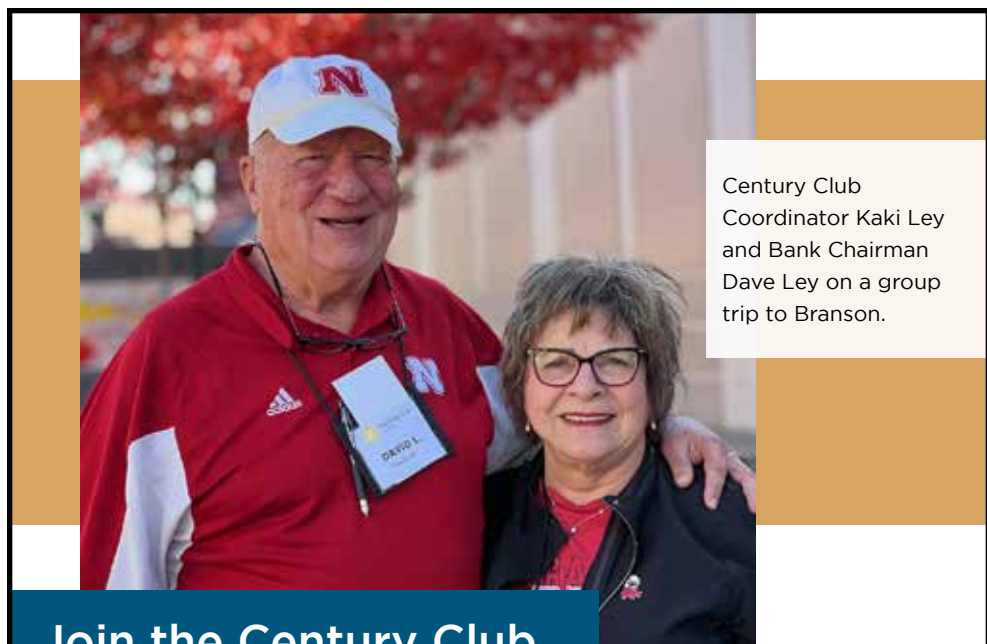
62 watts to 3.2 kilowatts. Call letters and frequencies will be KGNE 89.3 FM in Broken Bow, KUNE 88.7 FM in Columbus and KNNE 90.7 in McCook.

The current translator broadcasting radio in Falls City will be turned off this week and the new signal will be launched. After installation, coverage will include the Nemaha and Richardson County communities of Rulo, Preston, Falls City, Salem, Dawson, Humboldt, Howe, Nemaha, Stella, Shubert, Barada and Verdon.

This improvement to the radio signal does not affect television coverage.

Listeners can hear live radio anytime online at NebraskaPublicMedia.org or by downloading the Nebraska Public Media App on mobile devices. To learn more, visit NebraskaPublicMedia.org/apps.

For the most up-to-date information, call the Nebraska Public Media Help Desk at 800-698-3426 or email customerservice@nebraskapublicmedia.org for assistance.



Century Club Coordinator Kaki Ley and Bank Chairman Dave Ley on a group trip to Branson.

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