

Neighbor to Neighbor volunteers will be hosts of a free health fair on Wednesday, October 10, in Auburn.

The fair is from 1 to 2:30 p.m. at the First United Methodist Church Fellowship Hall at 1205 L Street. Please use the east parking lot entrance.

Screenings will be offered, information will be provided and questions will be answered on a variety of health-related topics. Some of the information is of particular relevance to persons ages 50 years and older. However, adults of all ages are welcome.

Neighbor to Neighbor volunteers have served Nemaha County's senior citizens with transportation and non-medical daily living assistance since 1996.

"Even though Neighbor to Neighbor does not provide medical care, this Health Fair is a way for us to help seniors, as well as younger adults, to take care of themselves physically. Whether a person is 85, 65 or only 45, good health is one of the major determinants of enjoyment of life," said Margaret Hoffmeyer, interim board president

Attendees will be able to visit one-on-one with representatives of several Nemaha County organizations that provide health-related services. There is no admission fee and no charge for any of the services offered at the fair.

Participating organizations include Nemaha County Hospital, Good Samaritan Home Health, University of Nebraska-Lincoln (UNL) Extension and the Southeast District Health Department. Services to be offered include: sleep apnea screening, blood pressure checks, men's cancer information, body mass index and fat percentage measurements, fitness assessment, diabetic education, demonstrations of remote vital signs monitoring equipment, demonstration of automated pill dispenser, breast cancer education, emergency preparedness guidance, nutrition information and recipes.

Mary Ann Holland will answer questions about Medicare coverage, enrollment, costs and prescription medicine benefits. She is a UNL Extension educator and trained Nebraska Senior Health Insurance Information Program (SHIIP) professional.

Holland reminds seniors that open enrollment for Medicare Part D and Medicare health plans is from Monday, Oct. 15 to Friday, Dec. 7.

There are 29 plan comparison events scheduled in Southeast Nebraska from mid-October through early December. There are events in Auburn Tuesday, Oct. 30 and Friday, Nov. 16. More information is forthcoming.

Neighbor to Neighbor personnel will also be available to explain how volunteers are matched with a senior citizen or disabled individual in need of help with non-medical housekeeping tasks or transportation. Merri Johnson, Neighbor to Neighbor project director, said the organization hoped to make the mini-health fair an annual event. Questions about this year's event may be directed to her by calling 402-274-4277.