

LINCOLN'S MAGAZINE OF CHOICE
FOR THE SEASONED READER

Fall 2022

55+

**Operation Safe
Harbor Ukraine**

*Steve Glenn's Mission
to Help Others*

PAGE 10

**Ain't Nothin' But
a Hound Dog**

*Susan Larson Rodenburg and
Hound Dog Cycling Adventures
Take the World by the Wheel*

PAGE 6

SAY
WHAT?

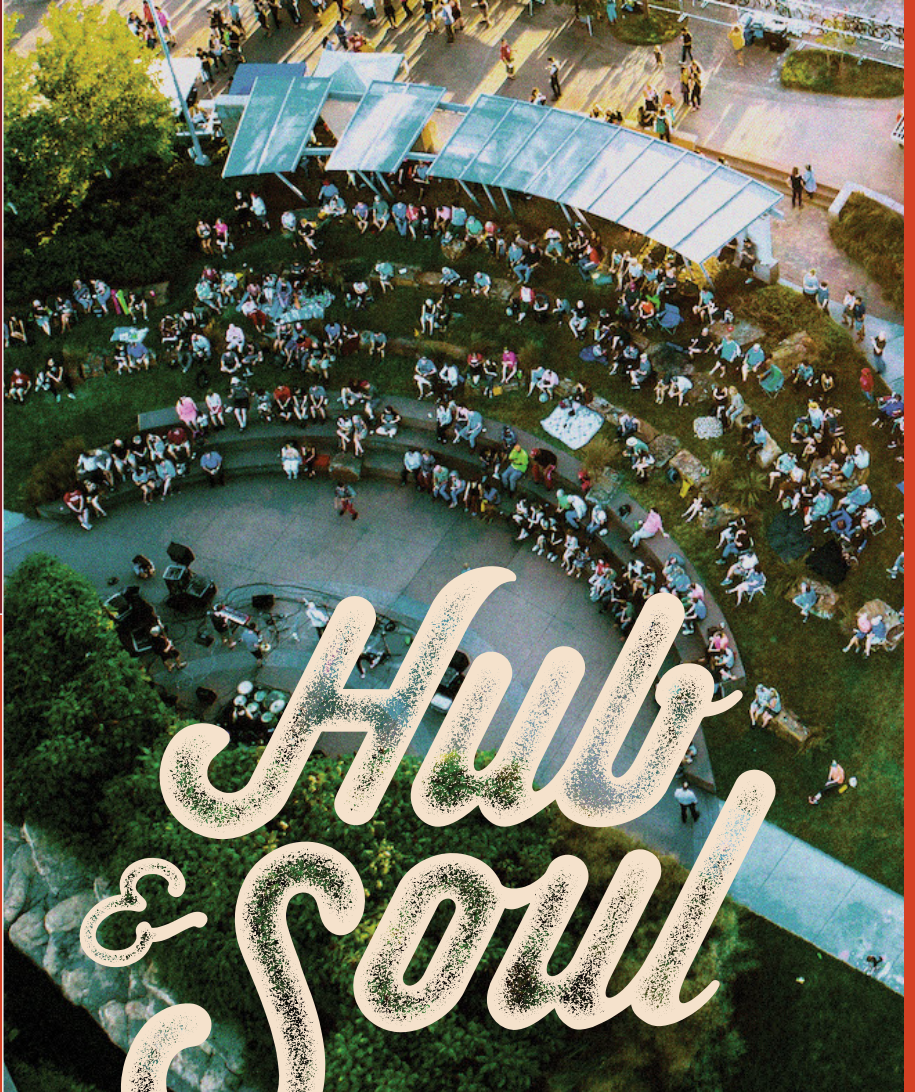
*Complete Hearing Continues Leading
the Charge in Hearing Care — and
Gives Back to the Community by Helping Us
"Hear Together, Give Together"*

PAGE 2

FREE!

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Complete **Hearing**



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THURSDAYS
SEPT. 1 — OCT. 6

5:30 PM – 8:30 PM

Union Plaza Amphitheatre

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Hub & Soul



We're back for our 4th Annual Hub & Soul music series here in Lincoln! Hub & Soul is a free community event designed for people of all ages and backgrounds to celebrate music, local food, and Lincoln's parks.

Our presenting sponsor is Cornhusker Bank! We are grateful for their generosity and dedication to making Lincoln such a great place to live.

HubAndSoul.com

Agonizing procrastination.

Making the decision to move to a retirement community is really hard. Are you too young? Is it too soon? What will you do with all your stuff? You have a lot of reasons to put off the move... and put it off... and put it off.

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Join us for an event and learn about carefree living and the Life Care promise at Eastmont.



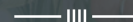
For event schedule
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FALL 2022

A WORD FROM THE EDITOR

Dear 55+ Readers,



Christine Weeks
Publisher



Jacque Genovese
Executive Editor



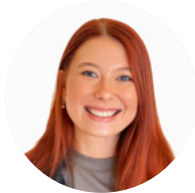
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We're celebrating our first anniversary of publishing 55+ Magazine. Time flies when you're having fun, and I can truly say that all of us at 55+ have been having more fun than we could have ever imagined. From the amazing Lincoln people we've met and have had the privilege to share their fascinating stories with our readers, to showcasing the variety of activities and attractions to experience in this wonderful city, it's been an exciting year!

Speaking of excitement, we've put together our Fall magazine with heart and soul, including international adventure and humanitarianism, mindfulness and spirituality, giving back so others can hear, and of course, a bit of nostalgia.

"Hear Together, Give Together" on page 2 demonstrates the lengths that audiologists are going to give someone the gift of hearing. When it comes to helping others, "Operation Safe Harbor Ukraine" on page 10 exposes the desperate plight that so many women and children are facing with the war in Ukraine and what one Lincoln-based organization did to ensure they were safe.

If you're looking for the ride of your life, then read "Ain't Nothin' but a Hound Dog" on page 6 and consider seeing Europe on two wheels! There's plenty more to read so please enjoy our Fall edition.

So much growth has happened this past year and we couldn't have done it without the support of our readers and advertisers. Thank you for being a part of our journey thus far!

With gratitude,

Jacque Genovese
Executive Editor

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HEAR TOGETHER, GIVE TOGETHER

Complete Hearing Gives The Gift of Sound to the Lincoln Community

Hearing is one of the senses that we often take for granted. That's because most people lose their hearing gradually over time. We often don't notice how much harder it is to follow conversations, engage with soft spoken children or even hear the ding of our coffee maker. For someone like Stephanie, her story is like so many that the doctors at Complete Hearing hear all too often. Her hearing had been decreasing in her good ear and, after multiple ear surgeries on her bad ear, she was in need of hearing aids. Stephanie struggled with not being able to hear, especially during COVID when masks and plexiglass were everywhere, including at her work. Unfortunately, Stephanie's insurance plan didn't cover the cost of the hearing aids and it was a big investment for her and her family.

The Center for Medicare Advocacy notes that hearing loss affects more than 40 million Americans, including two-thirds of all adults over age 70. It is the third most common chronic health condition, trailing behind heart disease and arthritis and is more common than cancer and diabetes. In addition, hearing loss is one of the leading risk factors for developing dementia.



2021
Winner,
Sarah

According to the Hearing Health Foundation, 20% of people with hearing loss don't pursue hearing aids due to cost. Ensuring that people of all ages with hearing difficulties have access to proper care and the tools they need to improve their hearing is a mission that the doctors at Complete Hearing fight for, every day.

Six years ago, Complete Hearing launched Hear Together, Give Together, a program where family and friends can nominate someone who needs hearing aids, but is struggling to afford to pay for them. Dr. Miller says, "Despite the many resources we have access to, some patients do not qualify for them. This is a way to provide for a need that encompasses not only the patient, but their loved ones as well."

Every nomination for the Hear Together, Give Together program receives a free consultation with a doctor at Complete Hearing. From the nominees, one individual is selected and voted on by the entire staff, whom they feel is deserving of the devices.

In 2021, Stephanie was the recipient of Hear Together, Give Together. She is grateful for being nominated by her friend, Sarah, and says that having the new hearing aids has changed her life in so many wonderful ways.

If you know someone who is deserving of new hearing aids, we encourage you to share their story and why they should be the recipient in 2022. Visit complete-hearing.com for details. Nominations will be accepted through November 30, 2022.

1

How to Nominate
Someone for
**Hear Together
Give Together**

Think of someone really
deserving. Then head to
[complete-hearing.com/
hear-together-give-together](https://complete-hearing.com/hear-together-give-together).

2

Share their story.
Tell us why they
could use a pair
of hearing aids.

3

Submit your
nomination by
November 30, 2022.

Expansion + Holistic Healthcare

In 2021, Complete Hearing finished an expansion of its clinic space at 4200 Pioneer Woods Drive in Lincoln to accommodate its vision of broadening its scope of services and to offer holistic healthcare to patients. According to Dr. Sandra Miller, an audiologist and co-owner of Complete Hearing, their holistic approach to care follows best practice guidelines, meaning that their doctors go well beyond a hearing test to ensure the patient's plan of care looks at the overall wellness. This includes partnering with that person's primary physician and other specialists to achieve the best outcomes.



Specialty Services

Bringing together various specialists also allows the doctors at Complete Hearing to provide integrated healthcare to their patients. Specialists like Dr. Timothy Tesmer who specializes in ear, nose, and throat disorders, offering Cognivue that screens for cognitive impairment, and partnering with the American Institute of Balance to provide patients with balance assessment and treatment, have been new additions to their services.

They also work with physical therapists, nutritionists, and counselors. Studies have shown a connection of good nutrition and how it may help to slow the progression of hearing loss and cognitive decline.

An Experienced Team of Audiologists

Complete Hearing's team of doctors brings years of experience to their patients. They are dedicated to providing evidence-based hearing and balance services that impact the lives of their patients.

Their team of audiologists includes:



Dr. Sandra Miller
Co-owner



Dr. Meghanne Wetta
Co-owner



Dr. Macy Schott-Miller



Dr. Tom Asper



Dr. Desiree Su

"The goal of offering specialized services and partnering with other healthcare professionals is to manage our patients holistically. We offer our patients a continuum of care that goes well beyond a simple hearing test or dispensing of a device."

— DR. SANDRA MILLER

WHY MEDICARE SHOULD BE PART OF YOUR RETIREMENT STRATEGY



**KERRY ANDERSON,
ANDERSON WEALTH & RETIREMENT**

Medicare takes a little time to understand.

As you approach age 65, familiarize yourself with its coverage options, costs, and limitations.

Certain features of Medicare can affect health care costs and coverage.

Some retirees may do okay with original Medicare (Parts A and B), others might find it lacking and decide to supplement original Medicare with Part C, Part D, or Medigap coverage. In some cases, that may mean paying more for health care than you initially figured.

How much do Medicare Part A and Part B cost, and what do they cover?

Part A is usually provided with no charge; Part B is not. Part A is hospital insurance and covers up to 100 days of hospital care, home health care, nursing home care, and hospice care. Part B covers doctor visits, outpatient procedures, and lab work. You pay for Part B with monthly premiums.¹

It's best to prepare for the copays and deductibles linked to original Medicare. In addition, original Medicare does not cover dental, vision, or hearing care, nor prescription medicines or health care services outside the U.S. It pays for no more than 100 consecutive days of skilled nursing home care. These out-of-pocket costs may lead you to look for supplemental Medicare coverage as a way of paying for extended care.^{2,3}



Medigap policies help Medicare recipients with some of these copays and deductibles.

Sold by private companies, these health care policies can pay a share of certain out-of-pocket medical costs (i.e., costs greater than what original Medicare covers for you). You must have original Medicare coverage in place to purchase one. The Medigap policies being sold today do not offer prescription drug coverage.⁴

Part D plans cover some (but certainly, not all) prescription drug expenses. Monthly premiums are averaging \$33.37 this year for these standalone plans, which are offered by private insurers. Part D plans currently have yearly deductibles of no more than \$480.⁵

Creating a Medicare strategy is integral to your retirement preparation.

Should you try original Medicare for a while? Should you enroll in a Part C HMO with the goal of managing your overall out-of-pocket health care expenses? There is also the matter of eldercare and the potential need for interim coverage if you retire prior to 65. Discuss your concerns about Medicare in your next conversation with your financial professional.

Kerry Anderson is owner of Anderson Wealth & Retirement in Lincoln, NE and has over 30 years of experience in the financial services industry. If you wish to arrange a meeting or would like to discuss anything pertaining to this article, Mr. Anderson can be contacted at 402-265-5753 or at andersonwealthgroup.com.

1. Medicare.gov, 2022

2. Medicare.gov, 2022

3. Medicare.gov, 2022

4. Medicare.gov, 2022

5. MedicareInteractive.org, 2022

RAISING HOPE

A CONVERSATION WITH DR. TOM OSBORNE

Tom Osborne is a college football legend, but Nebraskans know that his contributions extend far past the field bearing his name. Beyond thousands of athletes, Dr. Osborne has influenced tens of thousands of young people through TeamMates Mentoring Program, co-founded in 1991 with his wife, Nancy.

The result is increased hope. 89% of TeamMates youth report higher levels of hope because of their TeamMate. The cumulative effect of that hope is Dr. Osborne's greatest gift to the community.

From 22 matches between Husker football players and LPS middle-schoolers, to thousands of matches in over 100 Nebraska districts and four other states, TeamMates is now a nationally recognized in-school mentoring program. Lincoln's chapter served nearly 1,250 youth last school year.

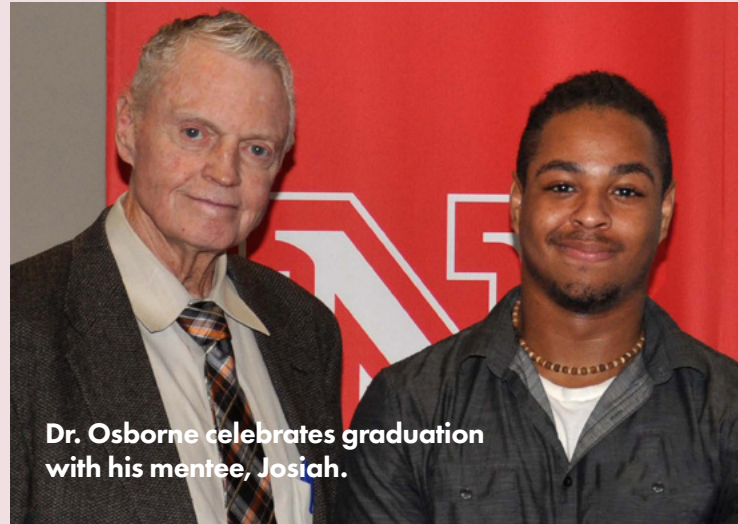
Q: Dr. Osborne, you are a TeamMates mentor. I hear you'll be re-matched this fall?

Tom: Yeah. One of the young guys I've mentored for years graduated. I'll stay with him as a post-secondary mentor, but I'd like to start with a young person, a high school sophomore. I can make another three years. [Laughs]

Q: Why do you continue mentoring?

Tom: Sometimes when we get older, we think we'll kick back. Nothing's wrong with that, but you can lose your purpose. If you can inject a sense of doing something significant for another, it helps.

Some of the most effective mentors we have are older people like me. I'm 85. We have life experience; we've been there, done that. We need all types of mentors. There are hundreds of Lincoln students waiting for a TeamMate.



Dr. Osborne celebrates graduation with his mentee, Josiah.

Q: Why are mentors especially needed now?

Tom: It's a difficult time to be a young person, particularly these last two years. Kids have been disconnected from support and social interaction. Many have lost ground emotionally and academically. Having an unconditional adult is really important, probably more now than ever. TeamMates' graduation rates are consistently very high. Most importantly, our mentees are hopeful about their futures. Hope is the greatest single indicator of living a constructive, successful life.

Q: What do you think mentors gain?

Tom: Many of the most important things we do don't hit the front page. Purpose and meaning come from serving. When you mentor, you do something for somebody you have no obligation to serve. You give them hope. There is a ripple effect because you'll make the life of their children better and their children's children better. As far as I know, that's the best way to change the culture.

Learn more about mentoring at LincolnTeamMates.org.

TEAMMATES[™]
MENTORING
of LINCOLN



AIN'T NOTHIN' BUT A HOUND DOG

A CONVERSATION BETWEEN JACQUE GENOVESE AND SUSAN LARSON RODENBURG OF HOUND DOG CYCLING ADVENTURES

For 30 years, Susan and Rich Rodenburg successfully owned and operated Tour de Nebraska. In 2017, they sold their company and set out to create cycling adventures throughout Europe. Here's their story as told by Susan.

Jacque: How did you get started in cycling?

Susan: In 1985, I met Rich, the owner of Bike Pedalers in Lincoln. I was there to purchase a racing bike so I could compete in triathlons. Turns out, I not only found the perfect bike, but also my future husband!

Early in our marriage, we became very active in the development of the Great Plains Trails Network. Rich and I were charter board members. Today Lincoln has one of the best trail networks in the country with 135 miles of trails.

Jacque: How did Tour de Nebraska come about?

Susan: In 1988, sitting around with several of our friends, we came up with the idea of starting a 5-day circle tour and named it Tour de Nebraska, in homage to Tour de France. During our 30 years operating Tour de Nebraska, it grew from 11 people to around 500 people in 2017.

Why did you start another cycling company at this stage of your lives?

Susan: Early in our marriage, we had several bicycle adventures in Europe, riding in France, Italy, and Switzerland. Europe has the culture and infrastructure that supports safe opportunities for cyclists and pedestrians, beautiful scenery, and hospitality in the rural areas.

After selling Tour de Nebraska, we had time to create our own European cycling tours, the result being Hound Dog Cycling Adventures. The name was inspired by our love for our Basset Hounds: Sophie, Elsie, and Josie – all of them had been ambassadors of our cycling businesses.

Jacque: How is Hound Dog Cycling Adventures different?

Susan: We only take 20 people on our tours in Europe because a small group provides the benefits of getting to know each other better and to explore on your own. We work with the local outfitters in those countries because the locals know the best off-the-beaten routes and excursions. Our guides are with us 24/7 and they add so much more to our overall experience. We want to be able to see first hand the small villages so that we can truly experience the culture, people, history, and architecture that are so unique to Europe.

Jacque: How did you develop a following for the tours?

Susan: We started by inviting people who had been on Tour de Nebraska and it's grown from there.

Jacque: Which countries have you cycled through?

Susan: The first tour was in 2018 along the Danube River Trail. We rode through Germany, Austria, Slovakia, and Hungary on a “boat and bike” tour. In 2019, we cycled through The Netherlands.

Earlier this year, we rode the Camino de Santiago coastal route through Portugal and Spain – about 200 miles in six days, another unique and meaningful experience.

Jacque: You also toured Ireland this year. What did you see there?

Susan: We spent two days in Dublin, then headed to the west coast where we rode the Cliffs of Moher and other scenic areas. We also wrapped in a music element, spending time in local pubs where local musicians shared their talent. Rich is very musical and brought his harmonica, and our son, Jack, a musician, packed his ukulele.

Jacque: Where do you stay on the tours?

Susan: We stay at small, boutique hotels located in the heart of the villages we visit so we can walk, eat, and explore on our own. In Portugal and Spain, we stayed at 1,000-year-old castles, something you cannot do in the US.

Jacque: How far do you ride each day?

Susan: We cycle anywhere from 20 to 45 miles a day, which allows time for us to linger in the rural villages we ride through and yet have plenty of energy to enjoy our overnight towns. Our local outfitters provide either hybrids or ebikes for our group so people do not have to ship their bikes. All we have to do is pedal and enjoy the ride.

Jacque: Do you manage all of the arrangements?

Susan: We work with Executive Travel of Lincoln to arrange for local outfitters, cycling routes, flights,

hotel accommodations, and meals – the basic accommodations and services with plenty of time for people to explore on their own.

Jacque: What’s on your map next year?

Susan: In July of 2023, we will travel to Denmark. We were inspired to go to Denmark because it is very cycling-oriented, much like The Netherlands.

Jacque: What has been the most rewarding part of Hound Dog Cycling Adventures?

Susan: I feel so grateful that I am in a place in my life where I have the opportunity to go on these trips and invite my friends to come along with us. The opportunity to experience different countries and cultures from the seat of a bicycle is incredible, and I highly recommend it for anyone.



If you love the idea of touring around Europe on a bicycle, then Hound Dog Cycling Adventures needs to be on your bucket list. To learn more, visit hounddogcycling.com.



RELIGIOUS FAITH STRENGTHENED BY SCIENCE

BY REV. RICHARD RANDOLPH, PH.D., SENIOR PASTOR, CHRIST UNITED METHODIST CHURCH

In the Summer issue of 55+, I talked about three different ways in which science and faith could relate to one another. In this article, I will discuss how the wave/particle duality in quantum mechanics has actually strengthened and deepened my faith as a Christian.

Growing up in the Christian faith, I didn't think much about the Christian claim that Jesus was both fully human and fully Divine. In Divinity School, this became a real stumbling block for me. We tend to draw a sharp dichotomy between the Divine and the human; the sacred and the physical; how can they be both. I wrote several papers on the topic. Ultimately, one of my professors said, "It's just a mystery. We can't explain it or fully understand it. We must just accept this doctrine on faith."

I'm not the only person who struggles with this "mystery." Outside the Christian faith, the claim that Jesus was both fully Divine and fully human is just a show-stopper. My Muslim friends find this claim completely nonsensical.

I never really resolved this dilemma of faith throughout my early ministry. While in school for my doctorate, I took a course on science and religion and began to learn about quantum physics. One of the classic issues in quantum physics is called the "wave-particle light duality." Light takes on two completely different forms, depending upon the experiment being performed. When light is shone through two slits in a metal plate and then captured by a photographic plate immediately behind the metal plate, light clearly looks like a wave. On the other hand, when light is bounced off of a metal plate, the ricochet clearly looks like a bunch of particles. Reflecting on this theory, I realized that it could offer a metaphor as I tried to understand, and accept, that Jesus could be both fully human and fully Divine at the same time.

I have worked from the perspective of Christianity because that is my faith-tradition, which I know best. At the same time, I believe that most of what I have claimed would be reasonable within other religious traditions.

Have questions? Contact Richard Randolph at Christ United Methodist Church by email at richard.randolph@christumclinc.org, or by phone at 402-489-9618. Read his full article at 55lnk.com.



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Talk to your doctor

If you've recently been diagnosed with breast cancer, talk to your provider about a referral to the Bryan Breast Cancer Multidisciplinary Clinic.

Learn more at:

bryanhealth.org/breast-cancer

Questions?

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at 402-481-7900**





OPERATION SAFE HARBOR UKRAINE

Images and stories about the war in Ukraine and the devastation the people have experienced have been in our local news since the invasion began. Christine Weeks had an opportunity to talk with Steve Glenn, Chairman of Executive Travel in Lincoln, about his ongoing efforts with Operation Safe Harbor Ukraine.

Christine: Steve, why did you decide to help?

Steve: Like many people, I was aghast that Russia would invade Ukraine. I had to do something. I'm kind of a disrupter and don't like to use the regular channels. I wanted to see where the help was needed the most without working through levels of corporate decision-making.

Christine: How did you get started?

Steve: I'm in the travel business, so finding available hotels was the first step. My main focus was to provide safety for the women and children refugees. We decided to rent hotel rooms in Warsaw to provide these families with a safe harbor, and that's how we came up with the name Operation Safe Harbor Ukraine. In two days, we rented 50 rooms, developed

a website and launched it, and sent two employees there to figure out how we could fill the hotel and make people feel safe. We hoped that in 30 days the war would be over, but that didn't happen; as of August 2022, we are in our fifth month at the hotel.

We also sent about 70 volunteers over to help get the refugees settled, learn what was going on there, and come back and share that information with their families and communities. Their stories continue to help raise funds to support our efforts.

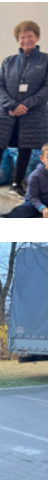
Christine: What are you able to provide families in your care?

Steve: We provide families with a private room and three meals a day. We had to pull some strings with the hotel to get the rooms because the whole city was sold out. The Polish people have been very welcoming, putting refugees in their homes, and the government has given them a small, monthly stipend. The hotel has that same willingness to help people through this process.

Christine: How long do families stay?

Steve: Originally, families stayed about six weeks, but now they only stay three weeks. We help prepare them for their next stage of life.

Getting them settled down from the trauma they have experienced is important. We had one lady come



to us with her three children, and her husband had just been killed two days earlier. She couldn't think or even function. About one-third of the people came to us ill from walking 14 days in the snow, and we had COVID go through the hotel. We weren't initially prepared for medical care, but were able to get doctors and nurses from the U.S. to come over to provide healthcare services.

We also help families register for temporary citizenship, get visas to go to other countries, and offer English and Polish language lessons.

Christine: What are the financial responsibilities for Operation Safe Harbor Ukraine?

Steve: Each month, it costs about \$75,000 for hotel rooms and \$40,000 for meals. We've been blessed by so many donations and hundreds of people have volunteered their time.

Locally, we've had businesses and families provide support to Operation Safe Harbor Ukraine. They know exactly how their donation is being used, and I think that is what has made a difference. We've already helped 600 Ukrainians. We're also assisting a Norfolk, NE organization sponsor families to come live there.

Christine: How can readers get involved?

Steve: We're there to provide hope for the refugees

because when they come to us they have no hope. They've been bombed out of their homes, some of their family members have been killed, and they no longer have a job. They come with tears of gratitude and don't understand why people in Nebraska would care about them. Life is about showing up, and that's what Nebraskans do.

"Because of your organization, I was able to get a job, find an apartment, and now I am self-sustaining in Warsaw."

- A UKRAINIAN REFUGEE

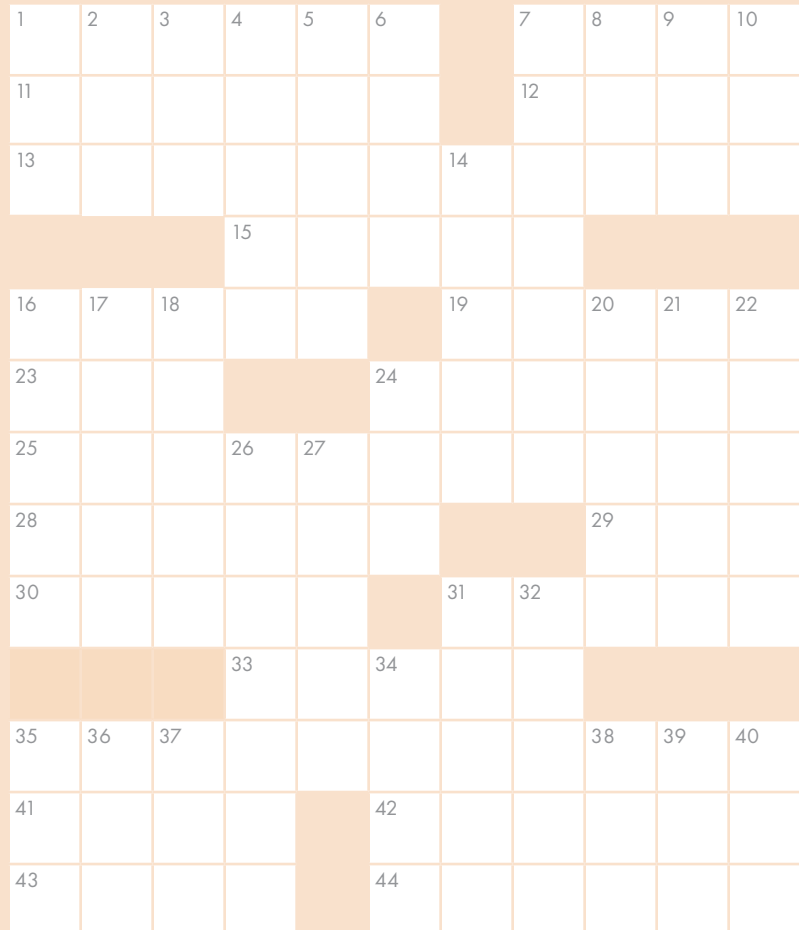
To learn more about how you can help, go to our website – operationsafeharborukraine.com.

AN AUTUMN LEAF

CROSSWORD PUZZLE BY FRED OHLES

ACROSS

- 1 Elbows out, hands on hips
- 7 Partners of guys
- 11 Tax payers, yearly
- 12 Soothing lotion
- 13 Fall - get off balance
- 15 "See you in court if you don't like it"
- 16 Buddy who was Barnaby Jones
- 19 Let out slowly, like air
- 23 Lose power entirely
- 24 Way to take many medicines
- 25 Fall - descend
- 28 Footnote remark, usually abbreviated, but not here
- 29 Chicken famed General
- 30 Manufacturer's planning dept.
- 31 Word with house or thumb
- 33 Bank robber James
- 35 Fall - lose a war
- 41 "Hey, I heard you. Lay off!"
- 42 Environment
- 43 Governor Ricketts
- 44 "We have permission to proceed"



DOWN

- 1 Back of the boat
- 2 Seoul-based car maker
- 3 Variety
- 4 Reagan's second Attorney General
- 5 German shaver brand
- 6 Bone prefix
- 7 What an outdoor warden enforces
- 8 White linen
- 9 Texter's jollity sign
- 10 Get a glimpse
- 14 Eclipse dark region
- 16 Lawn trimmer
- 17 Plant and animal life in an area

- 18 Four-door car
- 20 Make very happy
- 21 Mom on "Family Ties"
- 22 Cyclonic vacuum cleaner brand
- 24 Italian pasta suffix
- 26 Funny line we have all heard
- 27 Give more breadth
- 31 Jet pilot's pressurized pants
- 32 Fishing rods go-alongs
- 34 640 acres: Abbr.
- 35 Blow on the head

- 36 Barely manage (with "out")
- 37 Camp bed
- 38 Fjord-like inlet
- 39 Hosp. brain monitor
- 40 Pair of singers

**For answer key,
please visit 55LNK.com.**



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Richard, Husband of a CountryHouse resident

As his wife of 50 years began to need more care than he could give, Richard did his research. He knew he had found her new home when he walked into CountryHouse and felt immediately at ease.

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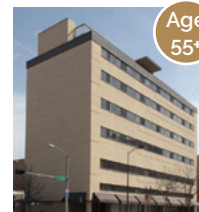
Right here in Lincoln!
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ChangingSpacesSRS.com

Lincoln Housing Authority

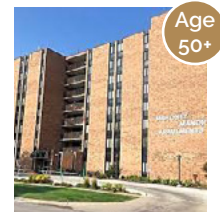
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HAVE BOOKS, WILL TRAVEL!

BY GAIL McNAIR

For many of us who grew up in rural America, bookmobiles were our first connection to libraries. The bookmobile idea is attributed to Mary Titcomb, who in 1905 believed that by going mobile, we could reach more people, make more friends, and share our love of books. Lincoln City Libraries (LCL) has a proud legacy of bookmobile service!

LCL Bookmobile service began in 1975. Over the past several years, bookmobile services have expanded to include books, computers, internet workstations, DVDs, and so much more. Often seniors experience mobility and transportation issues, so they depend upon bookmobiles for books and technology services. An 80-year-old Senior Center patron was encouraged to sign-up for his first Library Card. He checked out books and when he returned them, related that “he didn’t even know he liked to read.” He’s been a weekly patron ever since.

Bookmobile service is often the only opportunity for many young children and families to take advantage of library services due to economic challenges, location issues, and working parents. Bookmobile

visits to daycare sites enable children to participate in the summer reading programs and avoid the “summer slide” — the loss of reading skills over the summer.

LCL’s Bookmobile is scheduled to be on-the-road 250 days in the year. LCL is expanding service by purchasing two vehicles to replace an aging, larger vehicle with mechanical issues. The smaller vehicles will be able to visit smaller sites, previously impossible to reach, almost double the sites visited, and provide consistent service to area citizens.

Bookmobile stops with on-board computer usage are critically important for patrons in areas without computers or internet access. These stops enable customers to check email, access job information, search the catalog, or explore personal interests.

These are just examples of how vital the LCL Bookmobile service is to ensuring equal access to our libraries, our educational system, technology, and community for each citizen of Lincoln and Lancaster County, especially those who are most in need and most vulnerable.

To learn more about the LCL Bookmobile schedule, visit lincolnlibraries.org/locations/lie-d-bookmobile/.

Gail McNair is the Executive Director of the Foundation for Lincoln City Libraries and a contributing writer for 55+.

MINDFULNESS

BY KARLA JENSEN

In my experience, defining mindfulness is akin to pinning down other complex notions like freedom or love. As a social scientist and teacher, I know my tendency is to gather all available sources to explain something, when sometimes a simple approach could be better. Mindfulness is the basic human ability to be purposefully present where we are, focus on what we are doing, and recognize what we are feeling. It's this awareness that helps us acknowledge, and accept, things for what they are.

I find the research about the benefits of mindfulness compelling.

It's been empirically demonstrated that, with practice, mindfulness cultivates open-minded curiosity, trains us to skillfully respond to our environment, lowers stress and increases resilience, reduces chronic pain, and helps us develop compassion for ourselves and others.



These outcomes, combined with the fact that mindfulness doesn't cost anything or have any drug interactions, has led me and countless others to ask, "How can I get some of that present-moment awareness?" The answer is simple: practice coming back to the present moment again and again with meditation.

A go-to mindfulness meditation is to focus, really focus, on your breathing. The first time I tried mindfulness in earnest I was shocked by the limits of my attention span. Following my teacher's instructions, I dutifully paid attention to my breath — nothing else. *Breathe in, out, in, out, in, out* — then *bam*! An upcoming appointment popped into my head. And per my teacher's instructions, when I noticed my focus wavering, I brought my awareness back to breathing *in, out, in, out* — then *bam*! A conversation with a colleague earlier in the day replayed. And on that pattern went. Why was this so difficult?

My frustration softened when I learned that the mind's default mode is autopilot — planning, remembering, worrying, problem-solving — and not actually being aware of my point of focus. So that's where practice comes in. A few minutes of strengthening my mindfulness muscle each day helps me be more fully aware of my thoughts, so I can be truly present in the world. That's the beauty of it.

Just like the practice of attending to the breath, when we notice we've veered from paying attention to what we are doing, we simply begin again.

We can cultivate moment-to-moment awareness by engaging in a host of practices on our own or in a group, including meditations like attending to the breath or scanning the body, or engaging in moving meditations yoga or tai chi, or simply (but mindfully) walking. The principle is the same: to return focus to the present moment. Although each person's experience is unique, in my own mindfulness journey, as well as what my students share, the more we practice, the more easily we can change unwanted habits, re-calculate thoughts or actions when something goes off course, and more fully appreciate what is right in front of us.

Mindfulness won't magically erase all ills and worries. However, with practice, responses to challenging situations or difficult people become healthier as the ability to notice to modify thoughts and actions becomes stronger. This simple "superpower" as many have called it, enhances curiosity, concentration, and perspective-taking – all valuable skills when connecting with ourselves, each other, and the world.

Karla Jensen is a professor of Communication Studies and Contemplative Practices; she is also certified to teach meditation and yoga. She invites readers to investigate mindfulness by checking out reputable organizations and authors who support this practice.



Here's to the Heroes.

The teachers, caregivers, neighbors, friends – the list is endless. They brighten our bad days and bolster our good ones.

Know someone who has shown selfless service and a commitment to give back to others during the past year? On Sept. 29, Roper & Sons is honoring everyday heroes who make our lives better.

Nominations will be accepted through Sept. 22, 2022. Nominees will be guests of Roper & Sons at the Hub & Soul Night on Thursday, Sept. 29, 2022 and will receive complimentary dinner and drink.

The winner of Here's to the Heroes Award will be announced that evening and will receive a monetary prize.

Nominate your hero at
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A CHILD'S VIEW OF PERMS

BY JO ANN WAGNER

When I was young, my mother decided I needed a permanent to control my unruly waves and cowlick.

Going to a beauty shop in those days was rare, even for adults (at least in the small town where I grew up). So Mom bought Tonette home permanents for me.

The people who made these home permanents knew kids wouldn't want to sit still long enough to have this done, so they included a sheet of paper dolls and dresses in the box. They didn't seem to know that all little girls didn't like to play with dolls.

Unwillingly, I cut them out. If I cut in the wrong place or cut off a tab, oh well. I think there were four little tabs that held the dress to the doll, one on each shoulder and one at each side. Since I didn't enjoy playing with dolls in the first place, I didn't care to do the cutting or playing. In fact, I think I threw them away as soon as we were done with the permanent.

Back to the perm. Mom would gather a little bit of hair, dip a paper in a solution, put the paper around



the hair, then wind the curl up to my head as tight as she could. Then she'd place a little plastic cap on top of the curler. When Mom had my entire head covered with curlers, she poured a solution over my head while I held it over the sink. Most of the excess solution went down the drain. I wrapped a towel around my neck to keep what remained from running down onto my clothes. Then I had to wait until the curlers could be taken out. I don't know how long it was, but it seemed waaaay too long for me.

I didn't like the stench of the permanent. It was right up there with the outhouse in its strength and unpleasantness. And I didn't like the resulting curls that tangled and sometimes made it impossible for me to brush or comb through. Not that it mattered.



Jo Ann Wagner is a contributing writer for Lincoln 55+ magazine.



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For more information about the Lifespan Respite Services Program, becoming a respite provider, or any other respite-related questions, please call: 866-RESPITE (737-7483) or (402) 471-9188 or visit the Nebraska Lifespan Respite Network website at respite.ne.gov.

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A PAPER BOY MAKES MORNING DELIVERIES

BY CLIFF LOWELL

My son, Craig, had an Omaha World Herald delivery route in Minden, Nebraska. He delivered papers early each morning. On Sundays, when he had more customers and the papers were much thicker, I helped him. Three-year-old Leanne often went with us.

We put feature pages inside the news sections and counted just enough for 66 customers. We were short one for us. We loaded them in the middle of the front and back seats of our car and headed eastward.



The sun was coming up and there was a gentle breeze. Birds were singing praises to a wonderful fall day. Pink, orange, red, and violet colored the clouds beautifully.

Craig dropped the first paper behind a screen door and brought back three large beautiful leaves for Leanne.

We continued along the route with Craig delivering on one side of the streets and I, on the other. A bunny froze on a lawn as Craig circled around it.

A small dog on my side of the street was worrying about the paper, unaware of a more interesting diversion on the other side.

We stopped at the paper distributor's home. Craig rummaged through papers in his pickup and found one for us.

Now the clouds had golden edges matching the yellow leaves of a cottonwood tree that shivered in the breeze and flashed sequined reflections.

A dog, disturbed by the opening of a screen door, barked a warning. Another one took up the alarm and followed Craig menacingly until the owner appeared to reprimand it.

We continued to the outskirts of town.

"Look! Milkweeds!" Craig said as he returned to the car and handed Leanne some pods he had picked. One was partly open. The layers of seeds inside looked like brown mottled feathers of a tiny pheasant hen that had crawled inside to hide. We watched some loose fluff touched by the breeze tiptoe across the road like ballerinas.

I let Craig out to make deliveries close to home where my wife, Lona, was making breakfast.

"I'm hungry," Alyssa said. "I'll set the table."

Craig soon joined us.



Cliff Lowell is a contributing writer for Lincoln 55+ magazine.

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Lincoln Funny-Five+

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Pumpkin Pi.

Eleanor

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Christine Weeks,
CEO / Founder



weareeleanor.com



Nebraskaland Magazine / Nebraska Game and Parks Commission

RUSTIC CABIN: THE PERFECT FALL GETAWAY

BY JULIE THOMAS, Ph.D.

I recently spied a “Rustic Cabin” scented candle while waiting in a check-out line. I lifted the candle to my nose and hoped for the Minnesota-lake-smell of a rustic cabin my family visited every year. That cabin provided adequate sleeping arrangements for the six of us and an open kitchen/living/dining area. Pull-string light switches and a single faucet at the kitchen sink completed the cabin amenities. Restroom and shower facilities were a short footpath away. In a word—that rustic cabin was perfect. Dad had access to fishing, Mom had two reading chairs (indoors and outdoors), and we kids had a safe, outdoor play area.

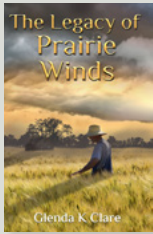
Our days were defined by a few rules—though we essentially had resort-wide freedom—and our parents seemed as excited about those sandy feet and nature collections as we were. These were the glory days of my childhood.

While your children and grandchildren might expect a commercialized vacation—with rides and shows—what if they grow up with no expectation

of a “Rustic Cabin” scented candle? As parents and grandparents, we have a legacy opportunity to insure our children’s excitement about the natural world and fond memories of outdoor experiences. There’s no need to wait until next summer—when there’s potential for a Fall getaway in one of Nebraska’s state parks. Three state parks are located within an hour or two’s drive from Lincoln: Eugene Mahoney State Park, Platte River State Park, and Ponca State Park. All three parks boast colorful fall foliage, a range of cabin options (rustic and modern), hiking/biking trails, wildlife viewing, and safe outdoor play areas. Check <http://outdoornebraska.gov/> to make cabin or camp site reservations and to see about additional activities (such as catch-and-release fishing, kayaking, horseback riding, or special naturalist programs).

You may find that an outdoor
Fall getaway to encourage
your children’s sense of
wonder will also renew your
own delight in nature.

Julie Thomas, Ph.D., is a retired science education professor from the University of Nebraska-Lincoln and a contributing writer for 55+.



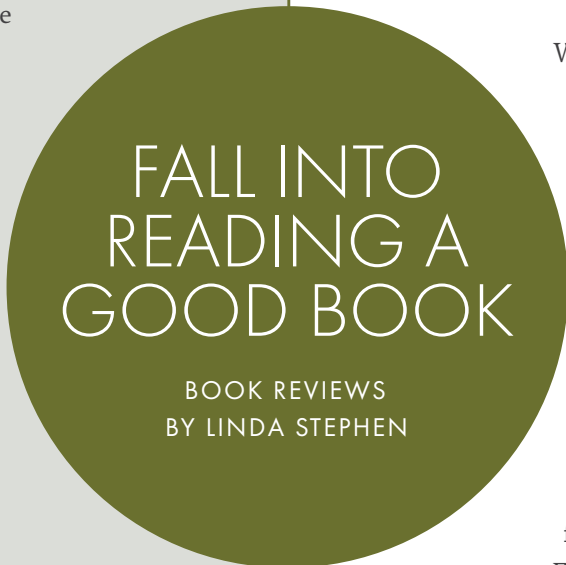
The Legacy of Prairie Winds

by Glenda K. Clare

Lincoln has a new historical fiction author writing about Nebraska. Glenda Clare is retired from teaching at Irving Middle School in Lincoln. She previously taught English and Speech in Norfolk, Pierce, and Raymond. Clare wrote her first novel during the pandemic.

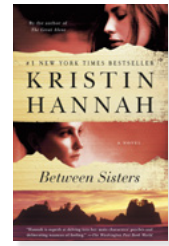
The book is a historical romance inspired by Clare's great-grandparents and other relatives from 1880 through 1971. Her great-grandfather Johann left Germany when he was 16 to work for a farmer in Elgin, Nebraska, located in Antelope County. For five years, he lived in a barn and worked for his sponsor before buying his own land. *The Legacy of Prairie Winds* covers Johann's courting Helena of Norfolk, learning to survive in the Sandhills, the Great Depression, the Dust Bowl, the Spanish flu, and more.

Nebraska readers will enjoy mentions of Oakdale, Oldenburg, Norfolk, Neligh, and Garland, which was called Germantown before World War I. I found some of the portrayals to be trite such as describing a young lady and "the beauty of her porcelain skin." Find at Francie & Finch Bookshop or online (Blossom Spring Publishing, 2022, 414 pages, \$12.12 paperback). Learn more at GKClareAuthor.com.



FALL INTO READING A GOOD BOOK

BOOK REVIEWS
BY LINDA STEPHEN



Between Sisters

by Kristin Hannah

This tender story about estranged sisters covers how their mother's abandonment impacts their adult lives. One sister is a highly successful big-city attorney with no friends. Another sister is a single mother working at a resort in a small town and has had the same supportive friends since high school. Then, one sister gets cancer.

Written by the author of *Firefly Lane*, this book is rich in the nuances of family and friend relationships. I received the book from a friend who has cancer. I recommend for those who enjoy deep character studies, recognition of the value of motherhood, and the lesson that love comes from accepting each other's flaws. *Between Sisters* is available at Francie & Finch Bookshop and wherever books are sold (480 pages, \$17.00 paperback, \$13.99 ebook).

Linda Stephen is an artist, writer and editor. See story time and origami events at Eiseley Library (9/10), Harvest Moon Festival (9/10), Gere Library (9/17), Lauritzen Gardens (10/8-9) and more at Facebook.com/LindaStephenOrigamiArt.

Contact at Linda@UnfoldingCommunications.com.

FALL IS A GREAT TIME FOR PLANTING

BY JUSTIN EVERTSON

Most people think of garden and landscape planting as primarily a spring activity, after the doldrums of winter have passed and we're all anxious to be outside and do things in the garden. Spring is a great time for planting most things, but fall is a terrific time for planting and has several advantages over spring.

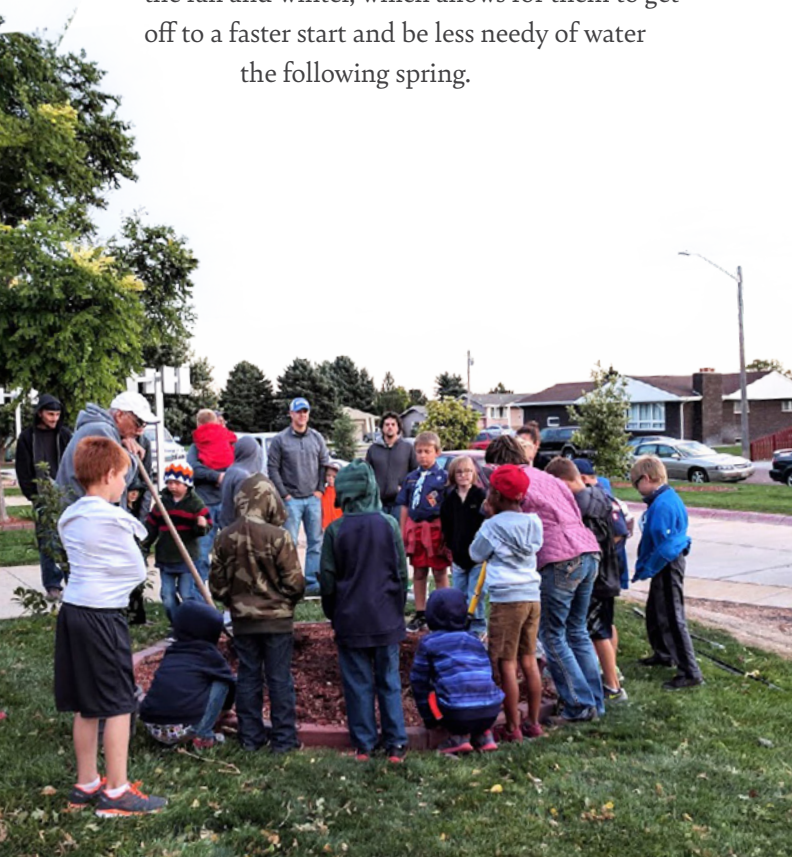
One of the most important advantages of fall planting is that most plants are dormant or are going dormant and will have much lower water requirements to survive over the coming months. But just because the tops are dormant doesn't mean the root systems are dormant and most fall-planted trees, shrubs and perennials will be able to do some root establishment over the fall and winter, which allows for them to get off to a faster start and be less needy of water the following spring.

Here are a few things to keep in mind about fall planting:

- 1 Deciduous trees and shrubs do especially well with fall planting with the best time being October and November. However, the window can be extended into December if the ground is not frozen. Water new plants well at planting time and that is often enough until spring. However, if it's a warm and dry winter, it would be wise to put some water on the new plants a time or two.
- 2 Evergreen trees and shrubs are better to be planted in late summer and early fall, from early September to mid-October so that they have a bit more of a window for root establishment before winter cold sets in. Be ready to do some occasional watering if the winter weather is abnormally dry.
- 3 Herbaceous perennials, including native grasses and flowers, can also be planted in late summer and with the best window from early September to mid-October. Generally speaking, the larger the plant and root system is at planting time, the more likely it is to survive the winter. Some very small perennials can dry out easily over winter if planted late.

The best two things about fall planting is that there's less of a need for supplemental water to get plants established and fall planting can help free up time to do the other spring chores that pile up including cleanup, planting, watering, and weeding. Give fall planting a try!

Justin Evertson is the Green Infrastructure Coordinator for the Nebraska Forest Service & Nebraska Statewide Arboretum.



RAINY MAKES THE BLUES DISAPPEAR

BY ALLISON HUNTER-FREDERICK

I regularly hear this excited cry whenever my cat, Rainy, and I start our therapy cat rounds. As a therapy team, we have visited seniors, college students, and children. Rainy seems to offer warmth and support when it is most needed as you will read about in some of our encounters.

SENIORS

A woman in rehab shared details about her cat and asked me to tell her stories about Rainy. When our visit ended, she told me we had made her day.

A man in an apartment complex decided he needed a cat again and then paid a hefty pet deposit so he could.

A gentleman in assisted living often became depressed about his health and the news. His face lit up whenever we visited, and he called Rainy his favorite cat.

My most bittersweet memory is of a long-time cat lover whom I saw decline in health. Rainy curled up beside her in bed the day before the woman passed away.

STUDENTS

The first time I was invited to bring Rainy to campus, I was asked to speak about the benefits of therapy cats. Minutes after students arrived, it

became clear that their attention was on Rainy and not my slides. They asked questions about her, and petted and held her. On our subsequent visits, students have sat with us and told me about their exams and career paths. Some have also told me about their cats back home, who they thought might make good therapy cats. A favorite memory is of an international student who held Rainy during the entirety of her break between exams.

CHILDREN

When students didn't know which book to select from the provided pile, I had Rainy put her paw on one. And when students struggled with a word, Rainy would cover part of the word to help them sound it out. One boy liked reading to Rainy so much that his parents set up Zoom sessions with us at the beginning of the pandemic. Knowing that Rainy loved children, I took her with me to the local Bright Lights Summer Learning Program this past July where I taught a class about cat behavior. The students loved the hands-on experience!

Rainy has served as an ambassador of happiness in many situations. If you're interested in becoming involved in pet therapy with your cat, please contact me at allisontalkspets@gmail.com.





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