



LINCOLN'S MAGAZINE OF CHOICE FOR THE SEASONED READER

Summer 2021 | FREE! TAKE ONE

BACK IN ACTION

See how the Innovative Pain & Spine Specialists team keeps people moving. [PAGE 2](#)



**Stay Cool This Summer
With Local Fashion**

[PAGE 10](#)

**Unwind on a Lincoln-Area
Winery Tour**

[PAGE 16](#)





Summer's here, and your parks are waiting!

VISIT THE SUNKEN GARDENS

Open daily from sunrise to sunset, Sunken Gardens is the only Nebraska garden to be listed in the "300 Best Gardens to Visit in the United States and Canada" by National Geographic's "Guide to Public Gardens." Formerly a neighborhood dumpsite, this 1.5 acres was first developed in 1930, and was transformed into an iconic feature of Lincoln. The theme for 2021's plantings is "Ruby Slippers." Free admission.

ADULT WATER FITNESS

Get fit and have fun in the water for free! Group tabata-style classes for all levels of wellness are held weekly at 5 pools: Ballard, Belmont, Eden, Irvingdale, and Woods. Check out parks.lincoln.ne.gov for class times in your area!

FITLOT OUTDOOR FITNESS PARK

Enjoy Lincoln's newest outdoor fitness park located in Woods Park and provided by FitLot and AARP. Use your own body weight on this circuit training facility while enjoying the outdoors. Free classes will be provided this summer! Visit fitlot.org/parks/lincoln to register.

MOVIES IN THE PARK

Grab your blanket or chairs and come out for a free, family-friendly movie in the park! Hosting movies this summer: Antelope Park, Irvingdale Recreation Center, Air Park Recreation Center, Henry Park, and Belmont Park. Visit parks.lincoln.ne.gov for movie titles and show times.

HYDE OBSERVATORY

Open every Saturday year-round, Hyde Observatory is your window on the universe. Check out their three telescopes and see the sky! Free admission. Visit hydeobservatory.info for any updated information.

BIKELNK

No bike? No problem! Use BikeLNK, an automated self-service bicycle rental program in Lincoln. With more than 100 bicycles, including traditional pedal and e-bike pedal assist, you can have access to a bike, anytime! A variety of low-cost passes are available, depending on how long you'd like to cruise. Visit bikelnk.bcycle.com for more info or download the Bcycle app to your smartphone!



**LINCOLN PARKS
FOUNDATION**

We love our parks.

3131 O St, Suite 301, Lincoln, NE • lincolnparks.org

2021 SCHEDULE

AUGUST 26

The UNL Faculty
Jazz All-Stars featuring
Jackie Allen

SEPTEMBER 2

Bottle Tops
Jack Hotel

SEPTEMBER 9

Mesonjixx
The Fey

SEPTEMBER 16

Wildwoods
Lloyd McCarter and
the Honky Tonk Revival

SEPTEMBER 23

23rd Vibration
Jarana

SEPTEMBER 30

Golden Studio
A Ferocious Jungle Cat

Hub & Soul

We're back for our 3rd Annual Hub & Soul music series here in Lincoln, Nebraska!

Hub & Soul is a free community event designed for people of all ages and backgrounds to celebrate music, local food, and our Lincoln parks.

Mark your calendars for:
Thursdays, Aug. 26 – Sept. 30 | 5:30 PM – 8:30 PM
At Union Plaza Amphitheatre – 21st and P Streets

Visit hubandsoul.com for more information.

presented by



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BANK

SUMMER 2021

A WORD FROM THE PUBLISHER

Dear Lincoln 55+ Readers,

When Keith Larsen approached me about taking up the mantle of publishing Lincoln 55+, I was initially daunted, eventually excited, and finally, grateful. It's been such a tremendous blessing to work with the vibrant team of writers, advertisers, readers, and personalities who participate in this publication and in the 55+ community at large. I can't thank Keith enough for this opportunity, and wish him all the best in his next chapter of life.

To bring Lincoln 55+ into its new format as a magazine, I've depended on the mentorship and wisdom of Executive Editor, Jacque Genovese, as I've done for decades. From her years as my boss, when she served as Director of Marketing for Faith Regional Health Services in Norfolk, to today, where she continues to redefine what it means to be elegant, effective, and effortless, her heart and editorial pen have touched every page of this edition, and it shines through.

It's my hope that in the pages and years to come, we can learn to build connections and make the most of our time together. Sit back, pour something refreshing, and enjoy our Summer 2021 issue of Lincoln 55+.



Christine Weeks,
Publisher



Christine Weeks
Publisher



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THE 55+ TEAM

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LEADING WITH UNDERSTANDING

INNOVATIVE PAIN & SPINE SPECIALISTS

Chronic pain is one of the main reasons why people seek medical treatment. Pain is a unique problem and it's a problem that requires, first and foremost, that an appropriate diagnosis be made.

"You can't see pain on an MRI scan, an X-ray, CT scan, or lab test."

– PHILLIP ESSAY, M.D.

"Most of us have lived under a false assumption that if something hurts it will be fixed with surgery. We see a lot of our patients after they have been treated by their family doctor, chiropractor, physical therapist, and sometimes a surgeon," says Phillip Essay, M.D., a pain management physician at Innovative Pain & Spine Specialists in Lincoln. "What we find in the end when they come to us is that the problem was misdiagnosed in the beginning. There was a focus placed on an MRI or X-ray, but in reality their pain was from something completely different. The diagnosis has to be the first step in treating the pain." The experiences of the following two patients will help to explain this further.

AMY'S STORY

When Amy decided to take on a landscaping project at her home, she had no idea her life would be forever changed. She was only 35 at the time, and she approached each day with energy and positivity. With her wheelbarrow full of wet dirt and rocks,

Amy set out to freshen things up. What she didn't expect was that the wheelbarrow would fall on her foot, crushing her bones and damaging her nerves. For years, Amy struggled with chronic pain that wouldn't go away. Her husband, who works in the medical field, helped Amy navigate through various doctors, physical therapists, and occupational therapists – but the pain persisted.

Amy was finally referred to Dr. Zach at Innovative Pain & Spine. He recommended Spinal Cord Stimulation (SCS), a treatment that uses an implantable device to interrupt pain messages being sent to the brain that is used widely in people with leg and back pain. Within six weeks, Amy's pain had been reduced by 90% and she was no longer taking pain medication. Amy is now enjoying time with her family again. She's always eager to tell people that her SCS is the best thing that's happened to her.

DIANE'S STORY

A car accident over a year ago changed Diane's life. The impact from the T-bone crash caused whiplash to her neck. When x-rays showed no fractures to her neck, Diane was told that her pain would simply get better with time, that neck pain was normal after a car crash such as hers. However, when the pain in the left side of her neck continued after a couple of weeks, she sought further treatment. She was referred to a chiropractor and prescribed medications. She was given exercises to perform at home. But still her pain continued. It was then that Diane was referred to Innovative Pain & Spine Specialists.



"I could see the pain in her face when I first walked into her exam room," Dr. Zach recalls. "There wasn't just the obvious physical pain, but there was emotional pain related to the stress that she would be living with this neck pain forever."

Dr. Zach recommended a treatment called radiofrequency ablation. This is a treatment to target the small joints of the spine that can become inflamed with trauma to the neck or with degenerative changes over time. This procedure involves using small needles to perform a targeted cauterization (burn) of the small nerves that surround the spinal joints. After the procedure, Diane had complete relief of her neck pain.

SO, WHAT IS PAIN?

If you asked 100 people this question, you would get 100 different answers. If you asked a 3-year-old what hurts, she might simply start crying at the thought of an "owie." And if you asked a retired farmer what pain is, he might say, "Pain is in your head."

The point is that pain is subjective and takes on a different meaning and experience for each of us. The American Pain Society defines pain as "an unpleasant emotional and sensory response to a noxious stimulus."

Think about that.

An emotional and sensory response.

Pain certainly affects our physical abilities. It decreases our mobility. It might limit our physical function.

But pain also affects our relationships, our ability to think, and it makes us tired physically and emotionally. Pain leads to loss of work, decreased productivity, and causes tremendous economic burden. Our hope is that you find the right diagnosis which will lead to less pain in your life.



WHAT IS A PAIN MANAGEMENT DOCTOR?

Again, many people would not be able to answer this question. The specialty of pain medicine has evolved over the last several decades. According to Dr. Phillip Essay, "A pain management doctor is someone that understands the complexity of pain. Pain is not always obvious on an X-ray or MRI. As pain doctors, we utilize various treatments to help us identify the source of the pain with an ultimate goal of improving the quality of life and function of each individual patient."

So when patients come to see a pain specialist at Innovative Pain & Spine, the doctors do not necessarily see that patient as a 50-year-old female with back pain. Rather, that patient is a 50-year-old hair stylist who cries not because of the physical pain but because that pain prevents her from being able to dance with her 6' 5" husband. It is important to identify both the physical and emotional component of pain. How does pain affect her function? How does pain interfere with her quality of life?

"We can't treat or make a prognosis or do any of the right things unless we have the diagnosis first," Dr. Essay adds.

"All of the testimonials and success stories happen because step one was done right. That's what sets us apart from anyone else who tries to treat pain. That's a big part of what we do as pain specialists."

Restore function and improve your life today. Reach out to Innovative Pain & Spine Specialists at 402.413.5010 or innovativepainnebraska.com.

BEGINNER'S LUCK

AN INTERVIEW WITH ANN RINGLEIN,
LINCOLN RUNNING CO.

No luck needed to sign up for this year's 18th Annual Beginner's Luck running program!

Beginner's Luck is a fun, eight-week clinic designed to assist people of **all ages, shapes, sizes, and fitness levels**. Participants will start a running program and/or prepare for the 5K run held the last night of class. According to Ann Ringlein, manager of Lincoln Running Co. and founder of Beginner's Luck, the running program provides a safe, non-intimidating, and inclusive space for those who don't currently run but have an interest in running – an introduction to running of sorts.

For the past 37 years, Ann's primary goal has been to get people moving. She started the Beginner's Luck clinic in 2003 because she wanted others to experience how much running brings to life. "Running is about just you for a while, but then you begin to realize how much more it brings to you," Ann says. "Things like better health, friendships, improved coping mechanisms, being a part of a group, and a sense of accomplishment, to name just a few."

GETTING STARTED

Signing up and getting here is the first step, according to Ann. Motivation follows action. Ann, along with volunteers and speakers, will all be waiting to guide you through how to start a running program. Classes are every Wednesday beginning June 9 and ending July 28 from 6:30-7:30 p.m. in the commons area at Lincoln Southwest High School. The cost for the program is \$35.

Each class begins with a presentation on various topics relevant to running led by local professionals in nutrition, physical therapy, motivational speaking, cardiology, orthopedics, and running shoes and apparel. Following the presentation, instructions on how to run and setting realistic expectations based on age, weight, and fitness level are reviewed prior to participants being divided into groups and the workout starting.

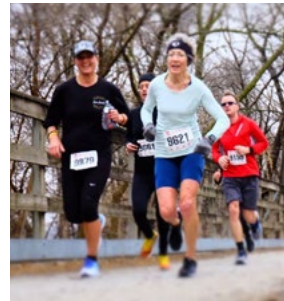
Yes, it will be challenging at first but each week gets easier as participants feel stronger and able to do more than the week before.

Three basic principles emphasized with Beginner's Luck participants are:

Don't run as far
as you think you should.

Don't run as fast
as you think you should.

Run more frequently
than you think you should.



Ann notes that smaller consistencies more often should be the goal rather than farther, faster, and harder. **Walking or a walk/run combination may be the starting point for some and that is perfectly acceptable.**

For Ann, the rewards have been many over the past 18 years of leading Beginner's Luck. She has witnessed individual physical and emotional transformations, first-time participants become volunteers, and the development of lifelong friendships and a sense of community. She enthusiastically encourages anyone with an interest in running to register for Beginner's Luck at getmeregistered.com or call Ann Ringlein at (402) 474-4557. It's never too late to start a running program.

Walk, run, jog, hike, trot, dance, or skip.

Whatever you do, Wilderness Park has room for it. With over 31 miles of trails, this bridge to nature on Lincoln's western edge is ready for you.

Learn more about the campaign to improve Wilderness Park's bridges, signage, and trails at LincolnParks.org.



**WILDERNESS
PARK**

IT'S YOUR WILDERNESS.

LIBRARIES, AMAZON & YOU

BY GAIL McNAIR, FOUNDATION
FOR LINCOLN CITY LIBRARIES

The pandemic has taught us that online options, especially and including reading options, are important today and in the future. As Library supporters, I thought you would be interested in the information that was printed in the Washington Post by Geoffrey A. Fowler, their technology columnist. His article revealed that Amazon has become a “publishing powerhouse” and it “won’t sell downloadable versions of its more than 10,000 E-books or tens of thousands of audiobooks” to libraries. Amazon publishes books under their “own brands, including Lake Union, Thomas & Mercer and Audible,” making titles published by these companies potentially not available to libraries, including authors, like “Mindy Kaling, Dean Koontz, Trevor North” and more.

Libraries aren’t asking Amazon to donate access to books. Libraries typically pay more for E-books and audio books than for print books and then, after specified downloads, they disappear and must be re-purchased. In contrast, libraries receive a discount on print books that stay on the shelf until the library determines whether to keep it. Many book publishers allow authors to decide “how to distribute their work,” including selling to Libraries. “Amazon is the only big publisher that flat-out blocks digital collections.” Amazon sells some print books to libraries, but online versions have been off-limits.

What can we, as library supporters, do to ensure equal access to books with our library card rather than our credit card? One obvious, but not popular way, is not to shop with Amazon. Not purchasing books, either

print or Kindle versions, from Amazon might be the better option— an individual choice. Asking authors to require Amazon to sell to Libraries is possible, as they may not be aware of Amazon’s practice. New York and Rhode Island have begun the process that “would require Amazon (and everybody else) to sell e-books to Libraries with reasonable terms.” A Maryland bill has already been approved by their General Assembly – its own “library e-book bill.”

Equal Access = Libraries is one of our mantras! Libraries provide the link that connects our citizens with books, jobs, and the world. As Americans, it’s our right and privilege to enjoy the benefits of our Libraries! “We need products that are made fairly, serve our needs and are equitably distributed.” Libraries are here for all of us!”

*(Reprinted in part: Washington Post, March 10, 2021
Want to borrow that e-book from the library? Sorry,
Amazon won’t let you. By Geoffrey A. Fowler.)*

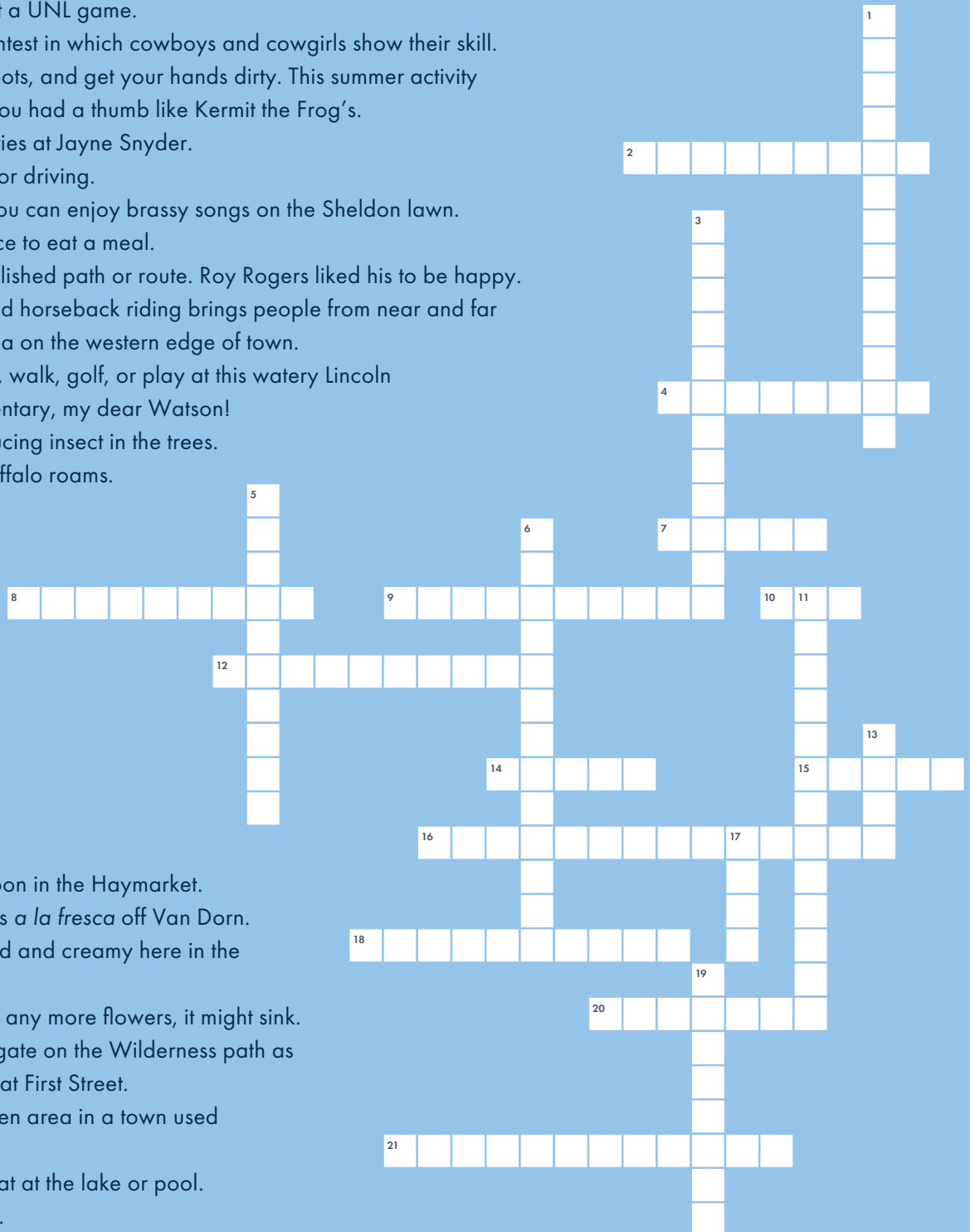


SUMMER IN LINCOLN

CROSSWORD

ACROSS

- 2 Historical district for dining, shopping, shows, and more.
- 4 Something to yell at a UNL game.
- 7 An exhibition or contest in which cowboys and cowgirls show their skill.
- 8 Get back to your roots, and get your hands dirty. This summer activity might be easier if you had a thumb like Kermit the Frog's.
- 9 Summer concert series at Jayne Snyder.
- 10 A golf implement for driving.
- 12 Some Tuesdays, you can enjoy brassy songs on the Sheldon lawn.
- 14 A summertime place to eat a meal.
- 15 A marked or established path or route. Roy Rogers liked his to be happy.
- 16 Hiking, cycling, and horseback riding brings people from near and far to explore this area on the western edge of town.
- 18 Play ball, fish, run, walk, golf, or play at this watery Lincoln destination. Elementary, my dear Watson!
- 20 Shrill sound-producing insect in the trees.
- 21 Where the iron buffalo roams.



DOWN

- 1 Saturdays before noon in the Haymarket.
- 3 Theatre and concerts *a la fresca* off Van Dorn.
- 5 Grab something cold and creamy here in the Creamery Building.
- 6 If this attraction had any more flowers, it might sink.
- 11 A large, masonry gate on the Wilderness path as you cross Calvert at First Street.
- 13 A large public green area in a town used for recreation.
- 17 To deliberately float at the lake or pool.
- 19 America's pastime.

Find the answers to this puzzle at 55lnk.com!

COOL FASHION FOR SUMMER

Q&A WITH STEPHANIE JOHNSON,
THREE DAUGHTERS BOUTIQUE

I don't know about you, but it felt like fashion and what-not-to wear took on a whole new meaning when COVID-19 forced many of us to work from home. Initially, most people gleefully welcomed the idea of showing up on Zoom calls wearing anything that looked like work attire from the waist up, but from the waist down it was a mish-mash of yoga pants, sweat pants, and pajama bottoms. As time went on, even that standard began to lose its marginal professionalism.

Here we are, a year later, trying to come out of the leisure-wear coma and begin doing things again – back to working in the office, comfortably dining out, and attending events. I have always loved fashion but last year was more like anything goes, so I figured the smart thing to do would be to ask my friend, and someone I trust, about what's cool this summer. Local

businesswoman, Stephanie Johnson, owner of Three Daughters Boutique in Lincoln's Haymarket, and store manager, Maggie McGowan, were more than excited to share the latest fashion trends and offer suggestions about how to pull off the new styles with confidence since a lot of us may still be suffering from "loungewear disorder."

Here's some advice Stephanie and Maggie offered to our readers.



What are "must have" trends for summer?

Matching or monochromatic sets are big again, i.e. jackets, pants, and tops all match and work as a set, unlike what we have been seeing over the past few years of mix-and-match items of different colors and patterns. Another return look is the one piece jumper, like what the gas station attendant used to wear back in the day, but it's trendy now.

What can we expect to see with colors and patterns?

According to Leatrice Eiseman, Executive Director of the Pantone Color Institute, you can expect to see earthy neutrals, sand, and peachy colors, core classics of black and grey, and bold colors like these:



What trend surprised you the most?

You've heard the saying, "Everything comes back?" Welcome back scrunchies, banana clips, and Crocs! Some of you may still have these items stuffed way back in your closet that you've been saving (or wearing), so dig them out!

A high-waisted jean that has a 9 inch to 11 inch rise has a lot of women thinking they can't do this style, but it can be very flattering if you know how to wear it with the right top. Try it tucked in!

With pant bottoms, anything goes right now – kick flare, skinny leg, wide leg, bell bottom, straight leg, or pipe leg. If you feel good in it, you should wear it.

What accessories are in?

Dainty accessories, mixing metals, and chain necklaces are being shown. Omega necklaces are back, too.

How do you think this past year impacted designers?

Some of the smaller designers didn't survive the shutdown, while larger designers made adjustments to the COVID lifestyle – creating luxury loungewear, clothing with comfort in mind, and offering items at lower prices.

What other advice do you have for the 55+ reader?

Age appropriate clothing is your best guide. A skirt length at age 20 isn't appropriate at age 60. Bright tie-dye items may need a rest. Most importantly, wear what you are comfortable in.

A lot of people have had their colors done, which is great. Before you buy a whole new wardrobe, make sure you are wearing the right makeup as this can allow you to wear a broader range of colors. Also, don't discard pieces in your closet that maybe you love but you don't think goes with your color palette. Consider reinventing them with a different shade of lipstick or a fun piece of jewelry that is your color.

We're very conscious about sustainability and where material comes from. Spend money on shoes so you treat your feet nicely, and on staple pieces. Spend less on trendy items. Combine an inexpensive top from Target with a nice pair of boutique jeans and great shoes to create an outfit that looks like a million bucks.

Take an honest friend with you shopping, or shop at a boutique that you trust will tell you what looks good on you.

Whether you're looking to add a new top to go with existing jeans or pants, want new outfits for that summer vacation that you couldn't go on last year, or need a fun, new dress for your niece's upcoming wedding, it's time to wake up from that sleepy lifestyle and feel alive again!



Find a fresh look with Stephanie and Maggie at Three Daughters Boutique, 311 N 8th St #102, or visit [3daughtersboutique.com](https://www.3daughtersboutique.com).

** Adobe Fashion Color Trend Report, New York Fashion Week 2021, [pantone.com](https://www.pantone.com)*

EATING. IT'S A SOCIAL THING.

BY RANDALL S. JONES, AGING PARTNERS

During this past COVID year, I've changed my lifestyle in many ways. Some of the changes, like working from home, have been enjoyable. Other changes made me realize how important it is to be with friends and family. Now that COVID restrictions are lessening, it's exciting to eat out once again. I guess I took it for granted.



I greatly missed those times when I was able to share a meal with my wife or family in a restaurant. Eating has always been a social thing for me. Even as a young adult, my favorite time to talk with friends was over a banana cream pie at The Pantry, or dates over pizza at Val's. It's one of those activities that people around the world, in all cultures, enjoy together. We eat and share intimate ideas; discuss and debate contrasting opinions; get insight into the latest news; or talk about the latest baseball standings.

I have friends who have had to eat alone in their homes for months during COVID. One of the loneliest things to do is to eat alone. But the sky is clearing, and we can soon expect to again experience what we've been missing.

It can't be overstated that nutrition plays a key role in our health, especially as we age. Good nutrition helps us stay healthy, helps support good balance, and improves our overall disposition. When you eat with friends or family, you also significantly impact your brain health in a very positive way.

Eating together helps reduce our isolation, it gets us outdoors, and provides an opportunity to share and to support others. It's amazing the things you learn from others at the table. My parents would tell me that the only time I talked was at the dinner table.

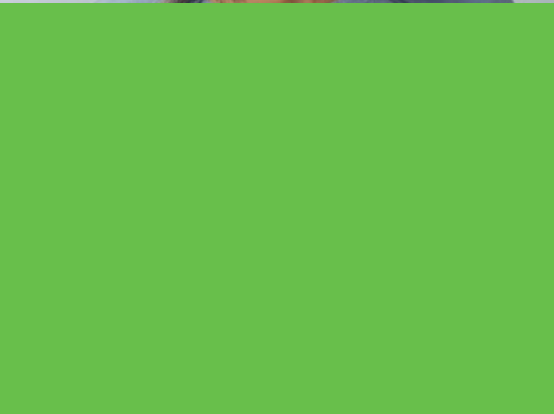
Need a good place to go and socialize and share a meal? Aging Partners provides hot lunches at our eight senior centers in Lincoln and Lancaster County. These centers provide nutritious, senior-friendly meals that really taste good! It provides an opportunity to socialize with others and reduce loneliness. And the cost is very reasonable – for those over age 60, it's a voluntary contribution.

Aging Partners' meals are prepared to meet your nutritional requirements. Each meal supplies at least one-third of the U.S. Dietary Reference Intake for older adults. We consider what you eat to be an investment in your overall good health.

So, what do you say? Let's get social and share secrets at the lunch table. But you have to swear to keep 'em to yourself!



**Your health.
Your neighborhood.**

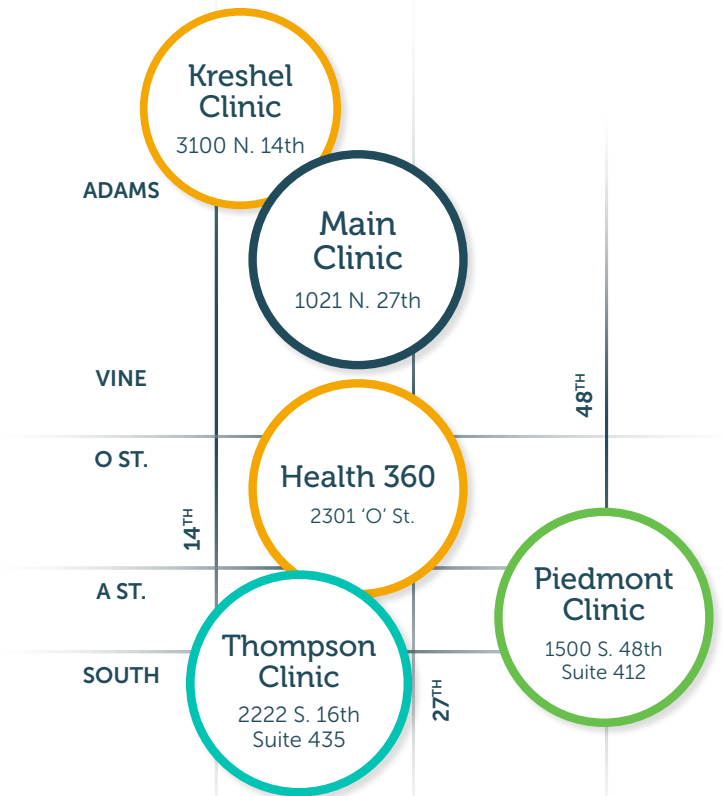


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THE RECIPE BOX

BY GARY BRIENZO

It sat on the bottom shelf of the curio cabinet, the foot-square wooden recipe box seldom opened since my mom's passing several years ago. I'd acquired it from my sister, keeper of our family photos and traditions, and remember looking at it briefly when it first arrived. But even good memories can hurt, so it had been some time since I'd flipped through its age-yellowed cards.

That changed one day when a beam of afternoon light fell across the recipe box, reminding me it was still there. Something about the day, with the inviting sunlight that filled the room and gave me courage, drew me to it. I lifted the box, wiping away many months of dust and working harder than I'd expected to pry loose the heavy lid. And then I opened it, freeing more memories and reflections than Pandora's famous box.

I could tell at once that the cards, many of them stained as most good recipes are, didn't hold her best-kept secrets. Some were glued-down clippings she'd found in a magazine or newspaper. But there was still much here to cherish. Card after card was

filled with her effusive handwriting, looping letters that conveyed the joyful resilience this woman raised in the depths of the Great Depression never lost.

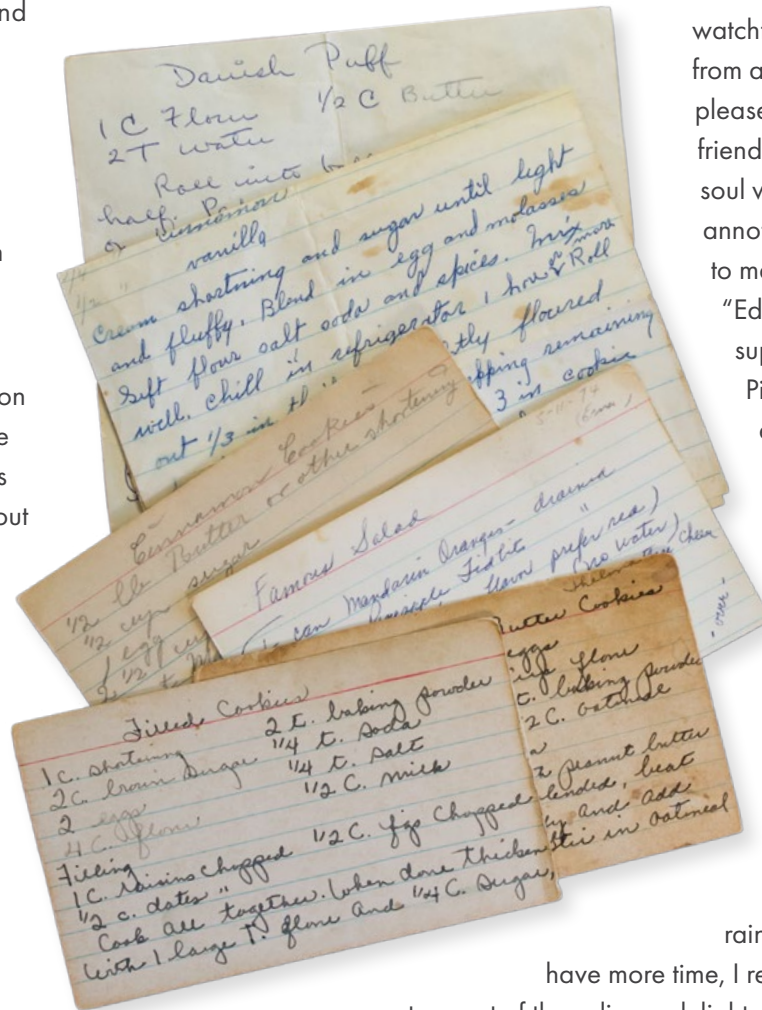
The selection of recipes also told a story of its own, in its organization, for example, into categories of salad, soup, main dishes, and dessert. Even the ideas torn from the back of packages and boxes bore witness

to a cook who was ever watchful for a suggestion, from any source, that might please her family and friends. More of her cook's soul was revealed in the annotations she'd made to many of the cards:

"Edith's apple cake—super!" or "Rhubarb Pies—excellent," or even one torn directly from a magazine and offered without comment, in a sort of commendation of its own, "Karl Malden's Stuffed Cabbage."

Closing the recipe box and storing it away again for a snowy or a rainy day when I might

have more time, I realized I might never try most of the culinary delights held there. But I also knew it didn't really matter. The small box was crammed with stories and countless memories, ones that could spring to life with the simple opening of a wooden lid. And it was an ageless bridge from one person, one generation, to the next, any time I was ready to cross.



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UNCORK LINCOLN

Picture this: scenic landscapes dotted with fields of vines, tasty bites, warm sunshine, and an excellent glass (or two) of wine! The eight wineries featured on the map can provide all of this and more. Our wine tour is the perfect way to enjoy summer weekends in Nebraska. You can explore a new area, support local wineries, tap your toes to live music, and enjoy Nebraska-produced wines all within 45 minutes or less from home.

Cheers to a great summer and fabulous wine!



SEWARD

1 DEER SPRINGS WINERY

16255 Adams St., Lincoln
deerspringswinery.com

2 CAPITOL VIEW WINERY & VINEYARDS

2361 Wittstruck Rd., Roca
capitolviewwinery.com

3 JAMES ARTHUR VINEYARDS

2001 W. Raymond Rd., Raymond
jamesarthurvineyards.com

4 WINDCREST WINERY

3110 W. Branched Oak Rd., Raymond
www.windcrestwinery.com

5 GLACIAL TILL VINEYARD & WINERY

344 S. 2nd Rd., Palmyra
glaciantillvineyard.com

6 JUNTO WINERY

1356 182nd St., Seward
juntowine.com

7 CELLAR 426 WINERY

1402 Dennis Dean Rd., Ashland
cellar426.com

8 WHISPERING WINDS VINEYARDS & TASTING ROOM

5025 Lindberg St., Lincoln



RAYMOND



ASHLAND



34

80

LINCOLN



34

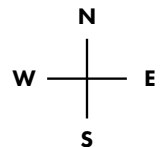


ROCA



PALMYRA

77



BOOK REVIEW

KEEP THE MEMORIES, NOT THE STUFF

BY JEANNINE BRYANT

REVIEWED BY LINDA STEPHEN

There are many books and TV shows about how to clean out our closets or basements – to sort through our own stuff or our children’s things. But what about when you have to sort through an entire house that belonged to a parent or a sibling or a spouse who has died? How do we part with the items or collections that our loved one treasured?

Lincoln business leader and author Jeannine Bryant’s new book *Keep the Memories, Not the Stuff* provides a helping hand and a step-by-step process for how to prioritize what items to keep. She shares thoughtful insights into the grieving process, our attachment to stuff, and the process of letting go. Bryant’s company, Changing Spaces SRS, has worked with hundreds of seniors and their families in Lincoln as they downsize or clear out a home.

“The brutal reality is that people die, and their stuff must go somewhere,” Bryant says.

One easy option many people choose is to put things in storage. Bryant recommends strongly against that. “Try to keep only items you intend to DISPLAY or USE,” she advises. “If you think something is lovely, but it will end up in storage because you have no place for it, don’t take it!”

Keep the Memories, Not the Stuff will help readers to choose how and when to let go of keepsake items and in so doing gain a new perspective on life, love, and memories. Learn tips for sorting through boxes of photos or other collections.

This book is for anyone who has ever faced emptying out a loved one’s home or struggled with deciding which and how many items to keep from the past. Bryant shows that our legacy, what we *really* leave behind, is so much more than our stuff.

MEET THE AUTHOR on June 16 at 6:30 p.m. She will be at First Plymouth Church for a book talk and for questions— in person or on Zoom.

Keep the Memories, Not the Stuff is 91 pages. Bryant’s first book, *Ready to Rightsize?* was published in 2019.

Keep the Memories, Not the Stuff and *Ready to Rightsize?* are available to check out at Lincoln City Libraries. Find your own copies at Francie & Finch Bookshop, 130 S. 13th St. in downtown Lincoln, or at Changing Spaces SRS, 5621 S. 50th St., Ste. 4.

Linda Stephen is an artist and author in Lincoln. Contact her at Linda@UnfoldingCommunications.com.



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DO YOU NEED A REAL ESTATE AGENT IN A SELLER'S MARKET?

BY BILL BUDLER

One seller recently received 17 offers on his house! The average time on the market for Lincoln homes is just two days, many sell in just one. Another seller got \$21,000 over his asking price. There are many more buyers than sellers right now creating perhaps the strongest seller's market in modern history. It's a great time to sell your home if you are ready and willing.

But do you still need a professional realtor, even in this red-hot market?

A For-Sale-By-Owner (FSBO) yard sign only costs a few dollars at the hardware store. There are even some websites where you can post your house for sale. Put your house up for sale and you will get some lookers. Keep in mind, however, not every prospect is a qualified buyer. That seller with 17 offers likely had over thirty sets of prospects through their house. Do you just stick that sign in the yard and let anyone who wanders by walk through your home? What about COVID-19 precautions? Scheduling and managing all those appointments can be very challenging.

The average written offer consists of around 24 pages of legal documents.

The seller with 17 offers had over 400 pages to study before deciding which one, if any, to accept.



Each contract had to be carefully evaluated for their financial elements, like the net proceeds, type of financing or cash purchase, and closing costs. Additionally, you need to consider terms of purchase, closing dates, contingencies, potential obstacles, requests and demands from the potential buyer, and inspections required. Perhaps most importantly, determine the likelihood of the transaction actually reaching closing. No small task for an inexperienced FSBO seller.

What happens if you accept an offer way over your asking price only to find out later that the appraisal does not support that price? What are your options? What are the buyer's options? Is it time to start over or can the deal be saved? What is an FHA escape clause? How does an escalation addendum impact an offer? And what does the section about inspections mean?

After accepting an offer, now it's time to track all the moving parts through the inspections, repairs, and dealing with the lenders and title company. Riding shotgun to keep the process on track for a positive outcome is important.

YES, working with a realtor is a great idea, especially in this market.

*Bill Budler, Seniors Real Estate Specialist
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* Updated information about nursing homes: usnews.com/bnh



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"SCENT-SATIONAL" MEMORIES

BY JO ANN WAGNER

Pleasant scents from my youth still bring warm and comforting thoughts when I think of them.

Springtime brought fragrant lilacs to grace my room.

The smell of freshly plowed earth in the spring had an aroma to it that I can best describe as the taste of a raw potato.

I loved the fresh, clean scent of the air after rain on a spring or summer day. I seldom notice it in the city now. I wonder if small town and country people still experience it regularly.

"I loved to sit on the porch swing inhaling that scent. The freshness was much like sleeping on clean sheets that had hung on our clothesline. Pure luxury!"

Walking out our back door on a hot summer night, I loved the bouquet of petunias. My mother had a large flower garden, and probably eight by 15 feet of it was filled with petunias that came up every year.

I enjoyed the crisp, pungent odor of burning autumn leaves. I'd rake them into a pile, jump into them and play, rake them back into a pile, and wait for my parents to burn them. In small towns the odor was a fairly frequent one in the fall on calm days.


Sometimes I smelled a pleasant aroma outside my house when I came home from school. I knew freshly baked cinnamon rolls awaited. If the rolls were still warm, they were an especially wonderful treat. My mother never frosted them. We thought they were great just as they were, and they disappeared rapidly.

One pleasant smell that continues to this day is the tempting odor of popcorn. Walking into a movie theater then presented us with the begging plea of the popcorn to buy some. Of course, that was out of the question. Just getting to go to a movie was our treat. Popcorn was too expensive to buy at the theater. Once in a while we had it at home. Now when I catch a whiff of popcorn, it still calls out to me.

At Christmas there was nothing like a freshly cut pine tree to give the house a festive atmosphere. I loved to hold a branch up to my nose to get the full benefit. In later years, allergies prevented us from having a just-cut tree.

I'm so glad all of these wonderful scents still bring me joy today.





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DISH

WHAT'S NEXT?

BY JACQUE GENOVESE

After years working in a fulfilling and successful career in healthcare marketing, I found myself one day thinking about what else was out there that I might also enjoy doing. I had accumulated valuable management experience over the years that I felt would benefit me in other industries. It took me a few years of contemplating the idea of walking away to do something else; I knew the decision would be life changing.

“When the time felt right, I wrapped that security blanket of knowledge and experience around me and, at the young age of 65, I took a leap of faith and walked away from a job I loved doing, that paid very well, and ventured out into the unknown.”

The first couple of months after leaving my demanding job felt amazing. I had plenty of time to research new opportunities and take an inventory of jobs I was interested in doing, and those I categorized as “No Thank You” jobs. I love learning about new things and that is what I enjoyed most about my previous career. No day was ever the same. I plugged those must-haves into my job search. Meanwhile, my friends were determined to support me in what seemed to them as a hasty departure from reality. I thought



otherwise. I was experiencing a reawakening and I didn't want to let that opportunity pass me by.

One day, as if the Goddess of Careers had heard my inner thoughts, I got a call from a long-time friend about a job. Well, not just any friend. This lovely person had worked for me at one time early on in her career and had gone on to own a very successful branding and marketing agency. She had a client her company was working with and asked if I wanted to help her team. Of course, I jumped at the idea as it sounded fun. Besides, my business suits, heels, and strategic-thinking brain had been on hiatus longer than I could remember throughout my entire career!

Fast forward to today – 4 years later – that job my friend offered me turned out to be everything and more than I was looking for on my new journey. I love the “full circle of life” opportunity that I have been given, working for my dear friend, Christine, and with a great team of colleagues. I couldn't have imagined the diverse clients that I would get to work with when I said “Yes” that day, but this job has brought me so much joy and personal gratification knowing that I am helping businesses tell their stories. Plus, I'm wearing another hat at work – Executive Editor, and I love how it looks on me!

I feel like I was in the right place at the right time for this to happen. My advice: if you want to make a change, at any age, don't be afraid to take that leap. Even though it was scary at first, it gave me a new-found sense of strength and purpose, and I'm loving where I landed.

THERE'S NO PLACE LIKE HOME

BY KARLA FREESE, HOME CARE PARTNERS

"There's no place like home." **What does this mean?**

For most of us, comfort and familiarity. What it must also mean is safety. Many times accessibility is a huge factor in deciding whether or not it is safe to stay or return to your space. Now is a great time to get a Free Home Safety Evaluation from Home Care Partners. We support seniors who want to remain in their residence with additional safe guidance to create lifelong spaces.

Often families who are considering investing in remodels or modifications and bringing in support will compare it to the alternative, moving. The average cost of care per month in Lincoln for assisted living is \$4,755 and \$8,076 for Skilled Nursing (Genworth.com).

If your goal is to stay home and maintain independence, start looking now at how you can invest to make your home more livable. There are many smartly designed features that are attractive and stylish as well as functional, to help you create a sustainable residence today that supports your needs tomorrow.

What does a home evaluation look like?

The consultation assesses room-by-room to make recommendations that create increased safety and independence. The first thing we look at is your entrance.

- How many steps are there?
- Are there grab bars? (You'd be surprised at how many guests will use these.)
- Is there a double handrail?
- Is there technology such as a video doorbell that notifies when visitors come and go?

- Is there a threshold? If so, can it be beveled making it easier to navigate in and out?
- Is the door too narrow? Could you add swing-clear hinges or remove an interior door?

We then review your day, and how safe and easy it is for you to do your activities of daily living. We look at finding creative and safe solutions to overcome obstacles. For example, placement of items such as your microwave on a counter vs. over the stove.

How can we reduce the risk by simply "moving" items to a more practical place that fits your current abilities? We look at organizing, adding chairs to sit down, moving clothing to lower racks, and placing dishes at a more manageable and safe height.

Simple items to think about:

- D-shaped pulls rather than knobs
- A lever on a faucet
- Extra lighting or motion-sensor options
- Non-slip surfaces

Where do most falls happen? The bathroom.

Falls are the second leading cause of accidental injury deaths. Don't wait for a fall to happen. We encourage fall prevention strategies such as grab bars with correct installation and testing. Keep in mind, grab bars are safest when they are horizontal and to the floor rather than at a diagonal. Other considerations include handheld shower heads, chairs or transfer benches, zero or minimal threshold, toilet rails, or Toilevator (a toilet base riser that adds 3.5" in height to your existing toilet).

It's garage sale season! Now is a great time to downsize and simplify. Declutter, clear pathways, remove throw rugs, write down the stories, then bless and release your items now instead of later so you can see the joy they will bring to others.

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Nancy, Daughter of residents in Lincoln

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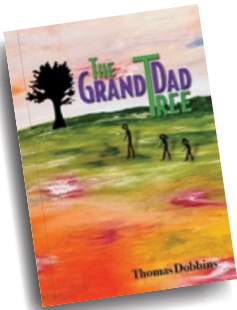
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ANTIQUUE VALUES

COLLECTING AND EVALUATING ANTIQUE CAST IRON DOORSTOPS

BY TOM BASSETT

Figural iron doorstops became popular in the U.S. after the Civil War and remained popular for the next 50 years. Propping open one's front door in this age of air conditioning doesn't seem like a good idea. Not so 100 years ago. Fresh air and a cool breeze were more than welcome prior to air-conditioned homes. Rather than wedge a piece of wood or some other item under the door, why not have a stylish iron doorstop?

As with most antique items, condition of a doorstop is very important. Most were painted and serious collectors grade those items by their rarity and the percentage of original paint. A doorstop with only 50 percent of its original paint may be valued far below a similar doorstop with 90 percent original paint. The doorstops pictured here have between 85 percent and 98 percent of original paint. If a doorstop is marked Taiwan or China or looks brand new, it probably is not old and has little collector's value.

Many antique iron doorstops are worth between \$50 and \$200. Some are worth over \$1,000. Again, rarity and condition are of great importance.

Hubley is a company that made lots of doorstops. Their name is imprinted on the backside of many of their creations. Doorstops are often eight inches high or less. Larger doorstops are usually scarcer and have a higher value. Among the most common subjects are baskets of flowers, dogs, cats, and sailing ships among others.

Happy hunting – I hope you have a box full of these in your attic.

Tom Bassett is a member of the New England Appraisers Association.



**Fireside Cat
by Hubley**
\$150



Lilies
10 inches tall,
\$250



Ship's Anchor
7 inches tall
\$750



**Footmen
by Hubley**
"Fish," 12 inches,
\$2000+

A STORM BOUND VISITOR

BY CLIFF LOWELL

The summer day in June, 1941, had been very warm. The sky was filled with haze. A bank of clouds hung in the north until evening when they advanced. Lightning whipped the cloud herds as thunder reverberated like stampeding hooves. The sun disappeared.

A car sped north, the driver hoping to reach his destination before the rain muddied the roads. We shooed the chickens into their house and closed barn doors as I watched the approaching storm. The wind struck, bobbing the trees erratically, buffeting my clothes and tossing my hair. I hurried inside as the first big spattering drops fell. Dad finally dashed in from the barn where he'd been finishing the chores.

Night came early. After supper we engaged ourselves in various activities. When the rain stopped, Dad, who'd been reading the paper, said, "There's a car going south! What fool would be out driving on a night like this? He'll never make it at that speed."

We watched the car lights zigzag pendulously across the slippery road. "He's stopped," my brother said. "Looks like he's in the ditch."

The car lights were extinguished and we saw someone with a flashlight walk toward our farm home. Dad answered the expected knock at the back door. When he opened it, he saw a big man with greying hair and a great expansive waist.

"I'm Jerry Adams," he said as Dad let him in. "I was headed to Ravenna, but must have taken a wrong turn and the storm slowed me down. I sat in my car until it stopped. Then I decided I couldn't go on. I was headed back to the gravel road when I ran part way into the ditch south of here."

"When I saw you going north," Dad said, "I knew you wouldn't get far. No sense trying to get you going again tonight. Might even get the tractor stuck. Better spend the night here."

Mr. Adams slipped out of his mud-encrusted shoes and Dad brought him some slippers to wear.

While he was fed and coffeeed, he told us his story. "I'm a former heavy-weight wrestler. I manage other wrestlers and was headed to spend some time with John Pesek, your local champion."

Dad had seen some of Pesek's bouts. We listened spellbound as Jerry regaled us with John's prowess. It seemed he could win a bout almost effortlessly. Mr. Adams hadn't been as lucky.

We finally went off to bed. Mr. Adams in the spare upstairs room. When he came down in the morning, he had breakfast. Then he and Dad rode the tractor to his car. They soon had it back on the road. Dad admonished him to drive slowly and redirected him to Ravenna.

When Dad returned to the house, he had a leopard skin, a flashlight, and a pair of pants Jerry had given him for his help. The pants were several sizes too big for Dad to wear.

Excerpted from *The Early Years*
by Clifford E. Lowell.



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A LIVING LEGACY

12 THINGS YOU DON'T KNOW ABOUT LEGACY RETIREMENT COMMUNITIES

Legacy Retirement Communities has been a part of the Lincoln community for 25 years. As a company that's homegrown in Lincoln and continues to stay local today, there's a consistent, wonderful message that gets to be told over and over again: Legacy Retirement Communities is locally owned and operated, providing options for Independent Living, Assisted Living, and Memory Care. But there's more to Legacy Retirement Communities than meets the eye.



LEGACY
RETIREMENT COMMUNITIES



LEGACY WELL-BEING

1 Residents enjoy all activities centered around four areas of well-being: Physical, Social, Mind, and Community. Studies suggest that focusing on overall wellness results in longevity, better quality of life, and even wards off dementia and Alzheimer's.

FROM-SCRATCH COOKING

2 One of our missions is to provide residents with top-notch nutrition. Legacy chefs knew this could be achieved through facilitating a farm-to-table approach when preparing meals. Dinner is served almost entirely from scratch, allowing for the highest quality of food.

SENSO PLATFORM

3 Residents can use the Senso platform, a scientifically based, dual-tasking fall reduction and cognitive training platform designed to support independence. The think and move integrated, fun and easy-to-use equipment simultaneously improves physical and cognitive function through interactive motor training activities and gaming. The platform sensors dynamically capture all of the vital data with easy to understand results that ensure improved cognitive and activity levels for all users.

LONGEVITY OF EMPLOYEES

4 Thirty-two percent of the company's full-time employees have been with the company for 10+ years. You can always expect to run into a familiar face at any of our locations.

CERTIFIED ALZHEIMER'S DISEASE AND DEMENTIA CARE TRAINER ON STAFF

5 Michele Carlson, the activity director at Legacy Arbors, is one of the only Certified Alzheimer's Disease and Dementia Care trainers in the state. She is instrumental in the education of all staff in learning the signs of Dementia and Alzheimer's and teaching techniques to best care for those with the disease.

WE SHOP LOCAL

6

Legacy Retirement Communities supports Lincoln businesses by working exclusively with local vendors on all aspects of operations for their three campuses including banking, pharmaceutical, contractors, food distributors, and even local farmer's markets.

FULFILLING BUCKET LIST ADVENTURES

9

Within the last five years, the Enrichment team at Legacy Retirement Communities has helped residents cross off items on their bucket list. Some items in particular were riding an elephant, skydiving, hot air ballooning, duck racing, and even experiencing the simple joy of nuzzling a pony.



EMPLOYEE WELLNESS PROGRAM

10

Employees can enjoy coordinated activities and events throughout the year that cover several areas of well-being: Physical, Career, Social, Financial, and Community. The company believes that to do your best, you have to be at your best, and this can be achieved through staying in tune with these five areas of well-being. Employees also enjoy fitness reimbursement, prizes, and extra time off earned through the program.

24/7 FITNESS

7

Everyone enjoys options and flexibility when it comes to their schedules, including workout times. A full spectrum workout is designed for each individual's needs and goals, including cardio, strength, and balance training.



EXPERTISE IN CARE

11

At the helm of their nursing department is Barb Scott, BSN, RN who is board certified in gerontological nursing by the American Nurses Credentialing Center. Scott serves as the Director of Clinical Operations for Legacy Retirement Communities and applies her knowledge base to enhance the lives of Legacy residents by focusing on healthy aging.

FOODNET DONOR

8

Our company believes that no food should go to waste. We've made a commitment to donate any leftover food to the FoodNet organization in Lincoln, where the food will be enjoyed by those in need, rather than going to the landfill.

RETIREMENT LIVING ADVISORS

12

Legacy Retirement Communities believes in serving the individual first. Each location has two retirement living advisors to assist you and your loved one on just about anything when it comes to retirement living – downsizing, cost, how to navigate the conversation, and more.

Our company values family, compassion, integrity, community, and quality. Employees and residents alike live out those values every day. Legacy Retirement Communities continues to provide Lincoln, Nebraska with award-winning elegance, superior care, and countless reasons to live an enriched life. With four unique locations, the company has been voted Best of Lincoln for 22 years in a row, garnering awards for enrichment, care, and resident engagement from national and international management organizations, including Argentum. From independent living to assisted living and memory care, Legacy Retirement Communities offers a world-class experience for its residents and employees.



LEGACY
RETIREMENT COMMUNITIES



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