

LINCOLN'S MAGAZINE OF CHOICE
FOR THE SEASONED READER

Spring 2022

55+



A Life of Serving

A Conversation With
Charles "Pooch" Roper
of Roper & Sons

PAGE 6

A Slice of Life

Carmen & Tony Messineo's
Recipe for Living, Loving,
and Leading Well

PAGE 12

PUT SOME SPRING
IN YOUR STEP

COVER SPONSOR



LEGACY
RETIREMENT COMMUNITIES

A Day in the Life at Legacy Terrace PAGE 2

FREE!
Take one!

Spring has sprung!

TWILIGHT ON THE TRAILS

Throughout the spring at Pioneers Park Nature Center

Check out the nighttime stroll opportunities throughout the season at the Nature Center. Visit lincoln.ne.gov, keyword Nature Center for dates and registration.

HAMANN ROSE GARDEN SPRING CLEAN-UP

Saturday, April 9, 2022 at 1:00 PM

Participate in a "Learn and Do" spring maintenance program at Hamann Rose Garden! Learn about proper spring pruning and maintenance techniques for various types of roses including hybrid teas, miniature roses, climbing roses, and shrub roses. Call 402-441-7847 to register.

MOTHER'S DAY BIRD WALK

Sunday, May 8, 2022

May is Migratory Bird Month and Mother's Day is May 8. Celebrate both with a bird walk at Pioneers Park Nature Center. Take a short hike in Flemming Woods and explore the trails. Bring your own binoculars or request to borrow a pair.

PRAIRIE TO PRAIRIE: A RUN-BIKE-RUN

Sunday, May 22, 2022

Join us for a new, non-competitive event supporting prairies and outdoor recreation! Come run, then bike, and run some more from Pioneers Park Nature Center's Prairie to Spring Creek Prairie Audubon Center. Tackle the event on your own or form a team. Early bird registration by May 14 (\$40/individual, \$50/two-person team), includes a free t-shirt.

This fundraising event for the Prairie Corridor is made possible through a partnership with Lincoln Parks and Recreation, Lincoln Parks Foundation, Solidago Conservancy, and Spring Creek Prairie Audubon Center.

HAPPY TRAILS TO YOU!

Enjoy 134 miles of trails this spring and explore our community! Want a plan to follow? Visit the Great Plains Trails Network website at gptn.org for information about their annual Trail-A-Thon... and by the end of the year, you will have explored 79 miles of trails! Each month a different route will be explored. You may choose to follow this plan or rearrange it to create a plan that fits your schedule.



**LINCOLN PARKS
FOUNDATION**

**3131 O Street, Suite 301, Lincoln, NE
lincolnparks.org**

What's new at Piedmont Clinic?

The providers at our newest Bluestem Health location are some of our favorite people. Schedule today and meet your care team.

Reba Cooksley
DNP, APRN-NP

Reba is passionate about working with diabetic and hypertensive patients.



Andrew Shahan ▶
MD, US Air Force

Dr. Shahan understands military and veteran healthcare.



Bluestem Health Piedmont Clinic is located inside Bryan Medical Center East Campus.

Jeff Baker ▶
APRN-NP

Jeff enjoys earning his patients' trust and teaching them how to improve their quality of life.



Bluestem Health

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bluestemlincoln.com

SPRING 2022



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A WORD FROM THE EDITOR

Dear Lincoln 55+ Readers,

I think Spring is a beautiful season. From the sights and sounds of birds chirping and flowers blooming once again, to the acknowledgment of our own life cycles that we move through year after year. It's amazing to look back at all that you have accomplished at this point in your life, and to look forward to what awaits you in the future. Our Spring Edition of 55+ features two uniquely different stories about iconic trailblazers who have dedicated their lives to serving the Lincoln community, and seem to have no intentions of slowing down.

"A Legacy of Serving" on page 6 covers the life of Charles "Pooch" Roper, a third-generation owner of Roper & Sons. From his early years through more than 70 years in the funeral business, you will be impressed by Pooch's desire to care for others when they need it most. On the other side of the spectrum is "A Slice of Life" on page 12. It's a classic, made-for-movies story about Tony and Carmen Messineo, owners of Valentino's, and their love for each other, their family, and their dream of owning a business that went from one small restaurant to a corporation with a brand well-known for its great food throughout Nebraska. It's a taste of life that will make you want to 'mangia.'

As you look forward to your season in life, you should feel really excited about the variety of activities to do, places to visit, and experiences to be had. Read about how Tabitha is building the first-of-its-kind, intergenerational community right here in Lincoln in "Tabitha – A Leader in Innovative Care for Seniors" on page 10. We've also included articles for caregivers when it comes to caring for themselves, finding the right time to sell your home, and so much more in our Spring magazine.

I'm excited by the fact that people are living longer with a quality of life that is empowering. Staying active, biking the trails around Lincoln, and working well past your 80s, if you choose, is the new norm for us. So, go live your life to the fullest!

Godita la vita!

Jacque Genovese
Executive Editor

IN THIS EDITION

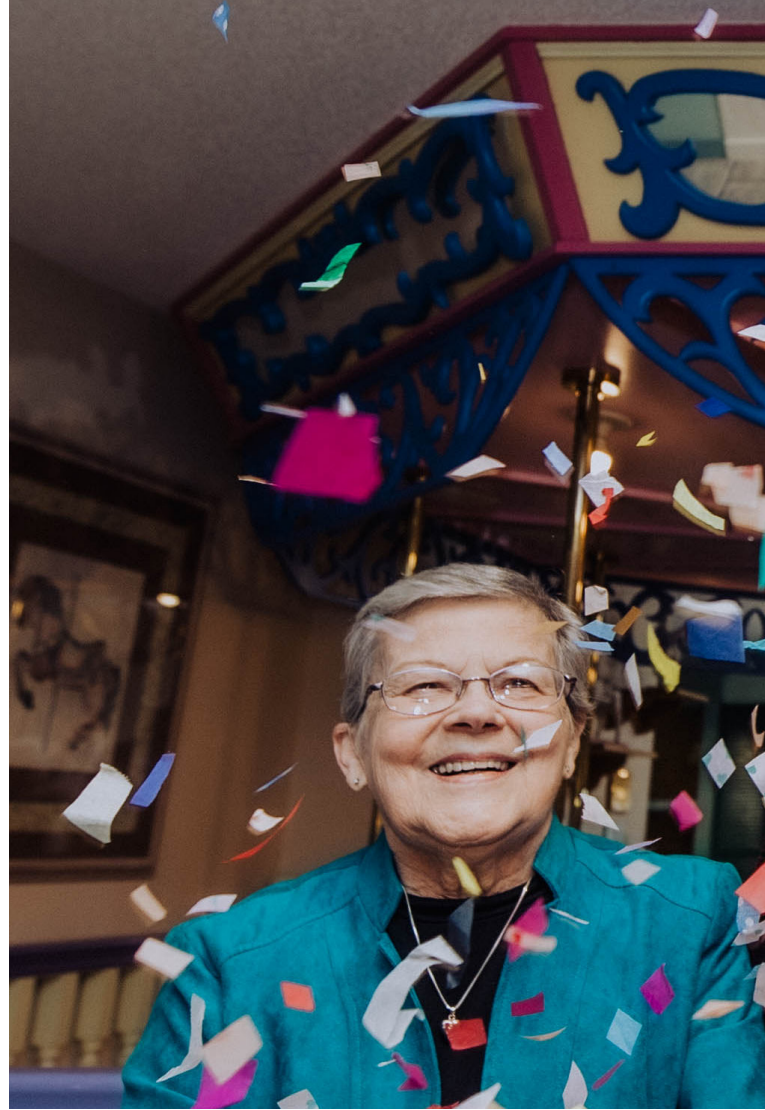
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A DAY IN THE LIFE AT LEGACY TERRACE

LEGACY RETIREMENT COMMUNITIES

When you walk through the doors of Legacy Terrace, a retirement community nestled into the historic Havelock area, you're greeted with smiling faces that make you feel at home. As you step onto Main Street, you mix in with the hustle and bustle of residents and employees alike, taking time to catch up with each other, stopping at their Post Office box or on their way to the Grand Dining Room for their morning cup of coffee and a piping-hot breakfast. You catch yourself humming along to "Yesterday" by the Beatles as it plays over the speakers on your way to see where that mouth-watering scent of freshly-popped popcorn is coming from. As you step into the retro-style ice cream parlor, you find the culprit. You grab a bag and get a soft-serve twist cone as well. It'd be a shame to pass it up. It is there for you after all.

Every day can be as busy as you'd like at Legacy Terrace. You surely don't want to miss the class on 'Traveling through the Great Tetons' or the Pitch Tournament in the Iron Horse Saloon followed by Happy Hour. Of course, you have to make time to stop by the Legacy Shoppe to get a gift for your grandson's birthday, but not without bumping into the executive director who's always ready with a corny joke that will make anyone laugh.



You look forward to dinner with friends in the Grand Dining Room. As you sit down and open the menu, you're excited to see what the entrees are tonight. Executive Chef Paula has a knack for cooking foods that remind you of something "mom used to make."

After dinner, you look forward to the live music in the dining room and meandering back to your apartment. As you walk in, you can instantly tell that housekeeping stopped by – a spotless home never gets old! Life is good at Legacy Terrace.

With independent and assisted living options, Legacy Terrace provides superior care and countless reasons to love life.



Legacy Retirement Communities offers four unique locations in Lincoln. Feel free to stop in and visit anytime.

The Legacy

5600 Pioneers Blvd. Lincoln, NE 68506
(402) 436-3000

Legacy Terrace

5700 Fremont St. Lincoln, NE 68507
(402) 464-5700

Legacy Estates

7200 Van Dorn St. Lincoln, NE 68506
(402) 484-8888

Legacy Arbors Memory Care

3777 N 58th St. Lincoln, NE 68507
(402) 466-3777



LEGACY

RETIREMENT COMMUNITIES

**LEARN MORE AT
LEGACYRETIREMENT.COM**

BE "IN THE KNOW" ABOUT EXTENDED CARE



**KERRY ANDERSON,
ANDERSON WEALTH & RETIREMENT**

In your retirement strategy, you've likely put a good deal of thought into putting away enough money to enjoy your life once you've put the daily grind in the rearview mirror. Like many, you've probably planned and prepared for the pursuit of your personal interests and favorite activities, maintaining your

current lifestyle (or perhaps even improving upon it a bit) and maybe even experiencing some travel.

However, it's also important to anticipate other needs as well. While you may be already thinking about your health insurance (including Medicare) it's important to remember that you may at some point during your retirement years require some sort of extended care.

Extended care costs vary state by state and region by region. The 2020 national average for care in a skilled care facility (single occupancy in a nursing home) was \$105,850 a year. The national average for care in an assisted living center (single occupancy) was \$51,600 a year. Home health aides cost a median \$24 per hour,



but that rate may increase when a licensed nurse is required.¹ If you're thinking "that adds up," you're right.

According to the U.S. Department of Health and Human Services, nearly



Americans turning 65 are going to require some sort of extended care.²

The good news is that just as you are strategizing for the good life, you also have choices when it comes to thinking about extended care. Being "in the know" about available extended care funding options suited to your specific situation can help you formulate a comprehensive retirement strategy and potentially spare you and your family significant added expense and stress.

*Kerry Anderson is owner of Anderson Wealth & Retirement in Lincoln, NE and has 29 years of experience in the financial services industry. He can be contacted at **402-265-5753** or at andersonwealthgroup.com.*

Sources:

¹ US Department of Health and Human Services, February 18, 2020

² GenWorth.com, 2021



HELP IMPROVE LIVES

Now in Lincoln: Studies for the Entire Family

Meridian is currently seeking people of all ages to join clinical trials in Lincoln. Beyond helping advance medicine, you may also get study-related care and exams from a local doctor at no cost, learn about new medicines in development, and get paid for participating (amounts differ for each study).

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- ▶ UTI
- ▶ RSV Vaccine
- ▶ EBV Vaccine
- ▶ COVID-19 Vaccine
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- ▶ Studies for healthy adults and children

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NEW! Even if you can't join a current study, you may be able to refer someone who can. You can **get paid up to \$25 for each successful referral** made to Meridian. **Call for details.**



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Clinical Research

Meridian Clinical Research

4600 Valley Rd.
Lincoln, NE 68510

A LEGACY OF SERVING

A CONVERSATION WITH
CHARLES “POOCH” ROPER
OF ROPER & SONS FUNERAL HOME

One of the many wonderful things about assembling this publication is the opportunity to hear stories from all over our community — memories, anecdotes, tidbits, and yarns. They are frequently joyful, often humorous, and sometimes bittersweet. We strive to share what is special and preserve what is worth remembering. In many ways, we try our best to do what the Roper family of Roper & Sons Funeral Home have been doing in Lincoln since 1901: honoring good lives and good moments, so that they live on, even as life’s seasons change. We had the privilege of sitting down with Charles “Pooch” Roper, the third-generation owner of Roper & Sons Funeral Home, and his son, Tom, a fourth-generation owner, to learn more about their family’s legacy.

Charles — who earned the nickname “Pooch” in the earliest of his 93 years — still enjoys showing up at the office. His level of dedication and responsibility to families and employees are qualities that have identified Roper & Sons as compassionate and caring. We wondered about his work in the funeral industry over the years and all that he has accomplished so we could share it with our readers.

Pooch, have you lived in Lincoln your entire life?

Pooch: I was born here in Lincoln. My parents separated when I was about 8-years-old. My mother moved us out to Crawford, Nebraska to be closer to her family. She was from a family of ranchers out



in the Sandhills, and it was a beautiful place to be raised. They take care of you; but if you get out of line, they let you know about that, too!

After high school, I moved back to Lincoln to work for my dad. At that time, the mortuary was downtown, near 13th and N Streets. I actually lived in the mortuary and drove the ambulance as I attended classes at the University of Nebraska. My uncle Max was managing the funeral home and my dad handled the treasury and finances.

How did your career progress after college?

Pooch: After I graduated from the University, I was sent to Chicago to a management school for a few months. My time in Chicago was good, but I was happy to return back to Lincoln.

In 1953, I went to mortuary school in San Francisco for one year. During the time I was there, I got a call from my dad who said I had a surprise waiting for me. “You’re up next to be drafted.” I figured my time was coming, but I still had 3 months left of school and I wanted to finish it out. Luckily, I was able to get a deferment for 3 months, and then I enlisted in the Air Force.

When I returned to Lincoln, I worked in all aspects of the funeral business – embalming, working with families, directing funerals, as well as performing management responsibilities of hiring, firing, and so on. I even helped design and build Roper’s main chapel here on O Street with my cousin Reg, one of Max’s sons. We’ve built four additions to this location since then.

Do any of your sons work with you?

Pooch: I have four sons: my twin sons Tom and Mark work with me in the funeral business. In this day and age, you don't find many companies in which fourth-generation children choose to stay and work in a family's business. It's pretty special that I've been lucky to work with them for all these years.

Tom, how did you get started working with your dad?

Tom: I was living in Colorado shortly after high school. I did various jobs — a ski instructor, painter, etc. — for a couple of years before moving back to Lincoln. In the early years of working together, you could say I had some maturing to do. Pooch was always consistent and kind, allowing me to come into my own. Pooch is about as honest a man as you can possibly find and I try to follow that model. He taught me to work hard and try to make him proud.

Pooch: I am really proud of Tom. When he first started, it was a little tough. We started him in the crematory and he tried to burn the place down. One day, after he had just started, he came to me and said, "Dad, I'm not making enough money." I said, "Tom, I've got you in charge of the crematory." He looked at me, then walked out.

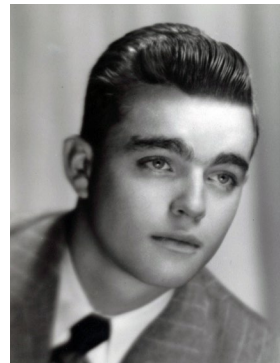
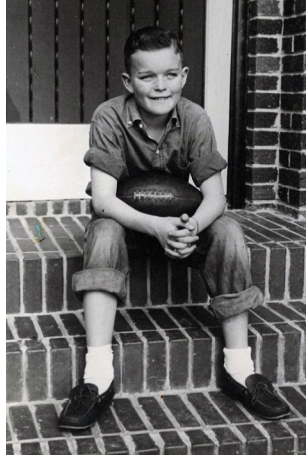
Pooch can't contain his laughter at this recollection.

What kept you positive and going over all these years?

Pooch: The hours were not good, which can be hard on a family. I can't tell you how many family dinners I had to leave — nights, weekends, and holidays. What kept me going was that I felt I could help people. This is the greatest reward for being in this business.

What has it been like running a business in Lincoln?

Pooch: Lincoln is great. When I first came here, the population of Lincoln was about 60,000. That



number grew to 90,000 and we figured that would be as large as it would get. It's really become a "big, little town."

What do you want the Lincoln community to know about Roper & Sons?

Pooch: We're here to help and we try to do a great job. We're very ethical and try to do things the right way. If you don't do people right, the word gets around.

Roper & Sons Funeral Home has been in business for 120 years. It's been an honor to interview Pooch Roper who has contributed to the success of this business for 70 years of his life. Well done, Pooch!





CAREGIVERS: ARE YOU CARING FOR YOURSELF?

GET TO KNOW COUNTRYHOUSE LINCOLN

All caregivers need support. CountryHouse Lincoln knows this well and wants to help caregivers take care of their own health and well-being. Check out top tips from our experts below for inspiration and ideas to get help.

Take time for yourself.

Your health and happiness matters! Prevent burnout by building in time just for you each day. Whether it's a few minutes or a couple hours, schedule time to focus on what brings you joy.

Consider a day stay.

Take a much-deserved break from caregiving for a day. Planning a day stay for your loved one ensures they're safe and receiving expert care, so you can enjoy peace of mind and focus on yourself. A day stay at CountryHouse Lincoln includes home-cooked meals and engaging activities — all in a welcoming community designed exclusively for those with memory care needs.

Look into respite stays.

If overnight or longer-term support is needed, consider a respite stay. Respite stays are available at assisted living and memory care communities and can be for a couple days, a few weeks, or even months. The expert care provided during a respite stay is a great option if you're taking a trip, need an extended break, or if the person you're caring for just had a medical procedure and needs help with recovery. During respite stays at CountryHouse Lincoln, we're dedicated to helping your loved one feel at home and experience moments of joy each day.

Connect with other caregivers.

One of the best ways to stay happy and healthy is to connect with people who understand what it means to be a caregiver. Talk to your friends and family or join a dedicated caregiver support group.

Make the most of community events.

Events are another great way to meet new people and form meaningful connections. If you're caring for someone with dementia, email info@countryhouse.net.

Learn more about CountryHouse Lincoln.

If you have any questions or want to learn more about our welcoming community, the experts at our three Lincoln communities are here to help. **Visit countryhouse.net.**

“I made the right choice for my parents AND for me!”

Nancy, Daughter of residents in Lincoln

Nancy's parents recently moved into CountryHouse, and right away she appreciated the homelike atmosphere and welcoming community. If she has any questions or her parents need accommodations, Nancy knows she can count on the expert staff.

“I feel comfortable and at ease knowing that the staff is caring for my folks with fun, helpfulness, compassion, understanding and expertise.”

Discover care exclusively designed for those with Alzheimer's or other types of dementia.

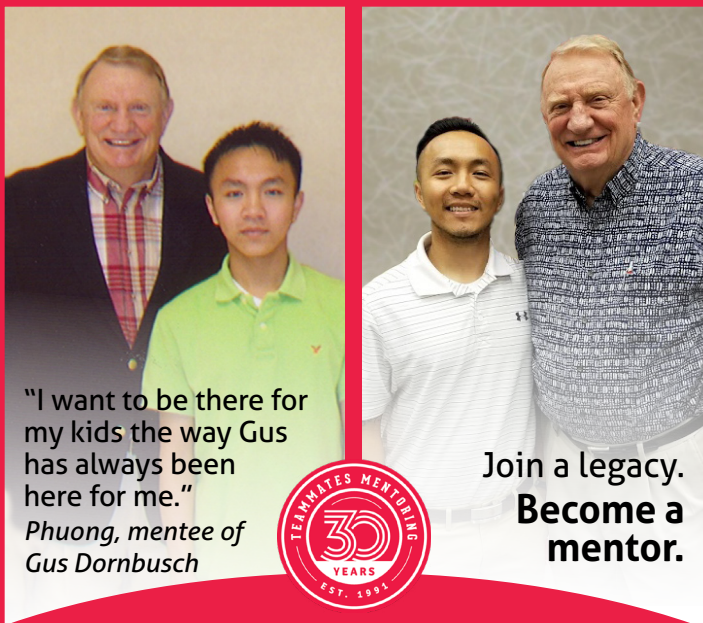


Schedule a tour of one of our CountryHouse communities in Lincoln!



CountryHouse.net or 402-853-7809

25th & Old Cheney | 84th & Pine Lake | 70th & O



“I want to be there for my kids the way Gus has always been here for me.”

Phuong, mentee of Gus Dornbusch



Join a legacy. Become a mentor.

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MENTORING
of LINCOLN

LincolnTeamMates.org
402-436-1990



CHANGING SPACES SRS

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ChangingSpacesSRS.com



TABITHA: A LEADER IN INNOVATIVE CARE FOR SENIORS

For 135+ years, nonprofit Tabitha has been providing comprehensive healthcare services for seniors across Nebraska. Tabitha continues to lead the way, evolving to suit the needs of the communities they are invited to service with fresh ideas. Here are a few examples of their groundbreaking work.

Intergenerational Living and Neighboring

Tabitha is gearing up to offer an innovative approach to living, the first-of-its-kind in the country—\$26 million, state-of-the-art InterGenerational (InterGen) Living Community. InterGen will be home to two distinct groups: independent seniors (55+) and Bryan College of Health Sciences students. According to Tabitha President and CEO Christie Hinrichs, InterGen is one of the most innovative strategies Tabitha has ever taken on in the organization’s history.

Fulfilling the common needs of seniors and students, in an uncommon manner, is the approach of this InterGen neighborhood. This type of community addresses three major challenges: 1) loneliness across generations, 2) lack of moderately-priced housing, and 3) shortage of healthcare workers.

“Intergenerational living and purposeful neighboring have the power to change how the world approaches senior living,” said Hinrichs. “Loneliness is deadly, and our research shows that college-age students report an even higher degree of loneliness than seniors. That is

why this matters so much—joy and gratitude will be felt across generations as wisdom, talents, and stories are shared from one generation to the other.”

The InterGen community will be built at the corner of 48th and “L” Streets, in the heart of Lincoln, with easy and walkable access to “O” Street and the Bryan College campus. The 150,000-square-foot, 4-story community will have a mix of 128 micro, studio, one- and two-bedroom apartments. Some amenities offered include underground parking, rooftop terrace, fire pit, and dog run. These spaces are designed to bring neighbors together.

Tabitha will formally break ground this spring. The project is slated to open in late summer or early fall of 2023.



“I have seen the benefits of older generations interacting with younger people. It can become too easy for seniors to disengage with the younger generation and yet so many of us really enjoy getting to spend time with those younger than us. The fact that the Intergenerational Community will have nursing students is very exciting to me.”

– Pat Meierhenry, former Tabitha Hospice nurse and future resident



Tabitha Meals on Wheels Targets Senior Food Insecurity for 55 Years

For 450 Lincoln area recipients, Tabitha Meals on Wheels delivers nutritious meals daily, allowing residents to remain independent at home.

Approximately 25% of seniors require food assistance, and 81% of program recipients need financial support to continue receiving daily meals.

Equally important is the fact that seniors look forward to the visits.

So much more than just a lunch delivery. Tabitha Meals on Wheels volunteers provide a safety check and a friendly visit. Genevive's family is especially grateful for

this help. When Susan, a volunteer, knocked to deliver her daily meal, there was no answer. Concerned, Susan called Tabitha, who sent for assistance. Genevive was found on the floor, having recently suffered a stroke and unable to call for help. Susan and Tabitha Meals on Wheels saved her life that day.

There is always a need for people to get involved with this life-line program, either by donating their time to deliver meals or donating to cover the cost of the meals. Your support makes a difference. To learn how you can help, visit Tabitha.org/MarchForMeals.

As the state's quality award-winning Senior Care expert, nonprofit Tabitha empowers people to live joyfully, age gratefully. Supporting friends and neighbors for over 135 years throughout much of Nebraska, Tabitha offers a range of services from results-driven rehabilitation, accessible at-home health care, innovative living communities, and compassionate hospice services.

Tabitha is Your Answer for Senior Care.
Learn more at Tabitha.org.



A SLICE OF LIFE

A CONVERSATION
WITH CARMEN &
TONY MESSINEO

If you enjoy a great love story that includes pizza and pasta, family, and a commitment to giving back

to the community, then we've got one. We met up with Tony and Carmen Messineo, owners of Valentino's, to find out how they took one small restaurant and turned it into their life's dream.

We need to start at the very beginning – when Tony met Carmen. It was a meeting of chance, like in a movie. Tony, who grew up in Lincoln, was home from seminary school where he was studying to become a Catholic priest.

Carmen Monaco grew up in Omaha, where her father co-owned the Monaco-Vitale Fruit and Vegetable business in the Old Market. One day, the Monaco's met up with some friends in Lincoln for dinner at Tony & Luigi's, owned by Tony Alessio, the uncle of Tony [Messineo]. Tony [Alessio], who knew Monaco's friends, extended an invitation for all to come to his home. That's when Tony and Carmen first met, but because he was going to school at the seminary, neither gave it another thought.

"When I first met Tony, I thought 'hands off' because he was studying to be a priest," Carmen said. "About six months later, my cousin called and said that Tony had left the seminary. I felt a little guilty about that," she said with a sheepish grin.

"I knew that day I met her that God had different plans for me in life," Tony added with a big smile.

Their love story was set in motion from there, and has continued through all of life's tests of owning a family business. Here's what they shared about their journey, lessons learned, and family.

How did you get started at Valentino's?

Carmen: We bought Valentino's in 1972, when I was pregnant with Anthony.

Tony: I graduated from the University of Nebraska in 1965 and went to work at Tony & Luigi's for about six years. About that time, the owners of Valentino's restaurant were ready to retire. When the opportunity to purchase Valentino's was presented to us, my brother Ronnie and I, along with Carmen, jumped at the chance.

How did the expansion of restaurants happen over the years?

Tony: When we first started out, there was one company-owned store. Then about five years after we purchased Valentino's, we made a decision to franchise – we had a great name and felt it would be relatively easy to franchise our brand. Today, we have 17 corporate stores and 18 franchise stores throughout Nebraska. We still own the corporation and corporate stores but aren't direct owners of the franchise stores.

When we first bought the restaurant, it was a sit-down dining room where you ordered the pizzas and pastas from the kitchen. But the dining room was so small, it forced Lincolniters to purchase carry-out. That was the advent of carry-out, and now it is 60% of our business. We also got into the buffet business.

What has been the best part of owning a business in Lincoln?

Tony: The best part has been the interaction with our employees and customers, developing relationships over the years.

Carmen: Our customers come up and tell us how Val's was a huge part of their lives.

Tony: Family memories so often have food as the centerpoint. People got engaged at Valentino's. Couples had their reception or prenuptial dinner here. When we look back, that's been the most enjoyable. Secondly, it's what we've been able to do with our success. We try to give back to the community, that's what counts.

How has Valentino's, and your family, been involved in the Lincoln community?

Carmen: People would ask us to donate or serve on a committee.

Tony: We started small, sponsoring events as they came to us. Now we have a committee that makes those decisions. Everyone in Lincoln knows that Val's is here for them.

When Carmen and I look back on our lives and the beautiful family we have, we thank God every day.

"It's been fun seeing our kids, and grandkids now, get involved. It's family that makes the business successful."

- TONY AND CARMEN



What advice would you give someone starting out in business?

Tony: I would tell them this:

- 1 Establish your culture and make sure everyone lives by those principles.
- 2 Set very high standards and don't compromise, no matter what.
- 3 You can't do it by yourself.
- 4 You are going to make mistakes; learn from them and survive them.
- 5 You have to have the support of your family.

If you're suddenly in the mood for some delicious pizza or pasta from Valentino's, rest assured that your food is being made with heart and love. Read more of their story online at 55lnk.com.



SWING INTO SPRING

If your golf clubs are screaming "FORE!" from the basement or garage where they've sat idle over the past winter months, it's time to take a drive ... to your nearest golf course and enjoy a round with friends. Lincoln boasts some of the most beautiful private and public golf courses in the state. If the fairways have been calling your name, or if you are thinking about taking up the game, it's time to get out there and tee it up!

Crooked Creek Golf Club

18 holes
333 S 134th Street
(402) 489-7899

Fairways At Lincoln

9 holes
375 Fletcher Avenue
(402) 476-1012

Hidden Valley Golf Club

18 holes
10501 Pine Lake Road
(402) 483-2532

Highlands Golf Course

18 Holes
5501 NW 12th Street
(402) 441-6081

Holmes Golf Course

18 Holes
3701 S 70th Street
(402) 441-8960

Jim Ager Golf Course

9 Holes
3761 Normal Boulevard
(402) 441-8963

Knolls Golf Course

18 Holes
2201 Old Cheney Road
(402) 423-1776

Mahoney Golf Course

18 holes
7900 Adams Street
(402) 441-8969

Pine Lake Golf Course

9 holes
6601 S 84th Street
(402) 488-7105

Pioneers Golf Course

18 holes
3403 W Van Dorn Street
(402) 441-8966

NuMark Golf Course

9 holes
9001 Pioneers Blvd
(402) 441-8966

Wellington Greens Golf Course

9 holes
7600 Old Post Road
(402) 440-7033





GRANDMAS AND GRANDPAS NEEDED

**55 and older? Want to make a difference?
Become a classroom grandparent!**

Volunteers serve in Community Action Head Start classrooms to provide extra support as a caring grandparent figure. Volunteers receive an hourly stipend, meals while on duty, transportation reimbursement, and training.

To get started, contact Sam Bates at (402) 875-9320 or sbates@communityactionatwork.org



**AmeriCorps
Seniors**



EARTHFUEL: LINCOLN'S CITY COMPOST

Do you subscribe to yard waste collection in Lincoln? If not, you can call your garbage collector to add yard waste removal to your services! This service is offered from April 1 - November 30 because this is when leaves and grass are banned from going into the landfill due to state regulations.

What happens to your yard waste?

Once your yard waste has been picked up at the curb, it arrives at the Bluff Road Solid Waste Management Facility at 6001 Bluff Road. This is where the Bluff Road Composting facility takes yard waste and makes it into EarthFuel compost! Operators at this facility use a recipe to build a long row called a windrow. With the right recipe of yard waste (leaves, grass, and mulch), moisture, and turning the pile, many small microbes will start to break down the yard waste into nutrient-rich organic matter. This organic matter is dark in color, has a rich, earthy smell, and is soil-like in texture.

Once it reaches this stage, the organic matter is tested by a lab to make sure it has achieved a stable form to use in gardens, lawns, or general planning efforts.

What really is EarthFuel compost?

Well, it's not dirt, soil, or mulch. Compost is actually a soil additive that's full of organic matter. When it's mixed with soil it creates a nutrient rich amendment that keeps your landscape healthy. The organic matter in the compost helps to feed the small organisms that live inside your soil. These small organisms can then produce substances that bind soil particles together, creating structures called aggregates. The aggregates create more airspace in your soil structure allowing for more water retention, more microorganism activity, deeper plant roots, and reduced risk for plant disease. Adding compost full of organic matter helps keep your plants and soils healthy.

You can use EarthFuel compost in many different locations such as in your garden, flowerbed, or over the top of your yard. Always make sure to mix your compost with existing soil. Compost is a soil additive and not a soil replacement.

The Do's and Don'ts of Yard Waste Disposal



DON'T place your yard waste in a plastic bag. The yard waste is going to be made into compost. It is best to use paper bags.



DO clean your backyard of all litter, trash, toys, and other items before you rake; we seem to find quite a few dogs' tennis balls in the compost piles.



DO ensure that branches are one inch in diameter (circumference of your thumb) or less; these are okay to place in your yard waste container. If they are any larger than that, they need to be cut and bundled for your garbage collector to pick them up. You can also bring branches to the North 48th Street Transfer Station for a fee.

Branches larger than one inch in diameter do not belong in your yard waste bin because they hurt the machinery that turns your yard waste into EarthFuel compost.



If you only use compost, it's like you're feeding your soil too much of a good thing — and the plants and soil can become sick. When compost is added to your landscaping within a mixture, it helps to increase fertility, water infiltration, and helps to save you money as you won't need to use as many fertilizers or pesticides.

EarthFuel compost may be obtained for no cost at the North 48th Street Transfer Station (5101 North 48th Street). This site is only for small vehicles and/or trailers that do not exceed 60 square feet of cargo area. The material is available on a first come, first served basis. Individuals must self-load the compost by hand. To purchase larger quantities of EarthFuel compost, visit the Bluff Road Solid Waste Management Facility. The cargo area must be larger than 60 square feet to be purchased and loaded at this facility. Call 402-441-8215 for additional questions and availability.

If you'd like more information or help with figuring out how to use EarthFuel compost, you can access our website at lincoln.ne.gov/compost. For additional compost questions, you are always welcome to call our hotline at 402-441-8215.

We are EarthFuel. Your local compost, landscape, and top-layer-of-the-earth educators!



FINDING CAMARADERIE AT WILLARD COMMUNITY CENTER

BY RANDY BRETZ

Dave's retired, and he'd just moved to Lincoln to be closer to family. A chance meeting as he put some food in the "Blessing Box" outside the Willard Community Center resulted in a group of new friends, a reason to get out of the house, and a little fun playing bingo as well.

Thanks to a grant from the Nebraska Presbyterian Foundation, the Willard Community Center at Folsom and B streets on Lincoln's west side, now has several activities focused on senior citizens.

"We knew there was a need for seniors in our neighborhood," commented Janelle Soderling, "and the grant from the Presbyterian Foundation helped us get something started."

Soderling is Executive Director of the Center and is always looking for ways to serve the community.

"The funds have helped with our general operating expenses, to establish some regular senior activities, and even to make it possible for our Center to be a polling place," added Soderling. In addition to Dave, the group includes Liz and Mary, two retired preschool teachers who now regularly coordinate a monthly meal for seniors.

Randy Bretz is a contributing writer for 55+.



The Willard Community Center is a hub of activity from morning until night including preschool programs, before and after school programs, scouting activities, meetings and family activities, family gardens on the property, and now regular activities for seniors thanks to the grant from the Nebraska Presbyterian Foundation. Check it out at Willard Community Center.



There's no ifs, ands or butts about it...

A colonoscopy can prevent colon cancer, so you can create more memories with loved ones.



Colon cancer is one of the **most common** cancers — and one of the **most preventable**, if precancerous polyps are found early.

- A colonoscopy can detect and remove polyps **before** they become cancer.
- Get a colonoscopy at **age 45 or sooner** if you have a family history or symptoms.
- Colon cancer can be deadly if it isn't detected until later stages.
- **Talk to your doctor** or schedule a colonoscopy with a gastroenterologist today.

 **Get the facts.**

 **See a colonoscopy.**

 **Save your life.**

bryanhealth.org/colonoscopy

Need a doctor?
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Bryan  Health

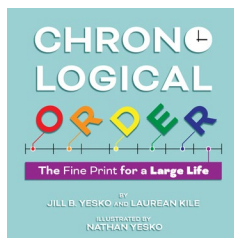
SPRINGTIME READS

BOOK REVIEWS BY LINDA STEPHEN



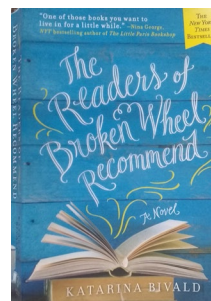
Blackbird House by Alice Hoffman

This collection of short stories is perfect for anyone who has only short periods to read. Blackbird House is the story of a house, its inhabitants, and their relation to the land over 200 years on the wild cape of Massachusetts. The first story takes place in 1778, when a fisherman and his two sons are lost at sea in a great spring storm. The last story brings a cancer survivor from the city to visit – and stay. Through the years, the fruit orchards and fields of sweet peas planted by the first widow grow whether tended to or not. I recommend this haunting book for those who love glimpses of the decisions that form or break families.



Chronological Order: The Fine Print for a Large Life by Jill B. Yesko and Laurean Kile

This life manual offers stories and checklists to help the reader be happy, healthy, and organized at any age. Written by two certified professional organizers who have helped thousands of seniors and families to downsize, move, declutter, sort photos and more, *Chronological Order* includes hints and resources for creating an intentional life map – including personal, financial, and home, for each decade. The authors share their personal mistakes, tragedies, and lessons learned. Paperback or eBook. See more ideas at www.chronologicalorder.info.



The Readers of Broken Wheel Recommend by Katarina Bivaldo

This novel features Sara, a young book nerd from Sweden, who travels to a small town in Iowa to meet her book-loving pen pal Amy. Sara arrives on the day of Amy's funeral. The town welcomes her to stay in Amy's house. She proceeds to open a bookshop in an empty storefront. This delightful, quirky book is a celebration of friendships, community, and all who love to read.

Linda Stephen is an artist, writer, and editor in Lincoln. Her origami picture book "The Day We Went to the Park" won the 2021 Nebraska Book Award – Illustration Honor.

Contact at Linda@UnfoldingCommunications.com.

SPRING EVERYWHERE

CROSSWORD PUZZLE BY FRED OHLES

ACROSS

- 1 High or red status
- 6 Put in paper again
- 11 Pugilist
- 12 "When We Were Young" singer
- 13 Springs in the air
- 15 Calif.'s ocean
- 16 Rd. to good life?
- 17 Colony animals
- 19 ____-Hill, Publisher
- 22 Spa sounds
- 26 Springs in the earth
- 28 Beer flavorers
- 29 Put on adhesive strips anew
- 30 The ____ the limit
- 31 Go flying
- 35 Airt. checkers
- 38 Springs in the mattress
- 41 Yrly. recurrence
- 42 What the devil wears (movie)
- 43 Gov't debt instrument
- 44 Lay out a new land chart

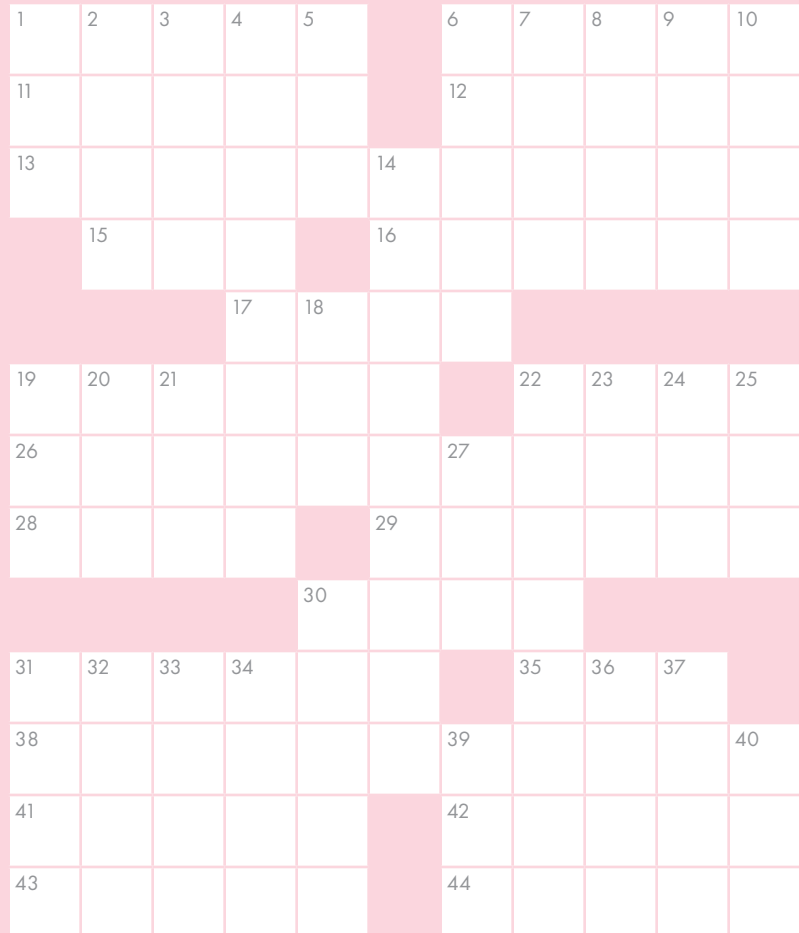
DOWN

- 1 Tummy muscles
- 2 Sandhills river
- 3 Kamala Harris today in SF
- 4 Soccer disqualifiers
- 5 Uno, due, ____ (Ital.)
- 6 Indian princes
- 7 College URL enders
- 8 Cognac name
- 9 European peaks
- 10 Fit inside one another
- 14 Mingled at a trade show
- 18 ____ in needle-nosed
- 19 Dashboard indic.

- 20 Dove sound
- 21 Meas. of economic vitality
- 22 Paint and canvas provisioner
- 23 Obama's prize legisl.
- 24 Aware, in hippy speak
- 25 Omaha - KC Direction
- 27 Street reversal
- 30 LPS Superintendent Joel
- 31 Rat follower

- 32 Diagram with circles
- 33 ____ small measure
- 34 Play it ____ lies
- 36 Old name for Thailand
- 37 Actor Alan in M*A*S*H
- 39 EMT's technique
- 40 Maple syrup source

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





SUMMER 2022 CLASSES AND SHOWS

Christ Lincoln (4325 Sumner St)

Questions? info@tafk.org • Scholarships available

For more specific program descriptions and to register, visit our website TAFK.ORG

SUMMER CLASSES



MONDAY, JUNE 6TH - FRIDAY, JUNE 10TH

- Fairy Tale Forest (Ages 5-10): 9:00am - 12:00pm \$150
- Broadway's Fairy Tales (Ages 8-15): 12:30pm - 3:30pm \$150

MONDAY, JUNE 20TH - FRIDAY, JUNE 24TH

- Sing Sophie Sing (Ages 5-10): 9:00am - 12:00pm \$150
- Broadway Out West (Ages 8-15): 12:30pm - 3:30pm \$150

MONDAY, JUNE 27TH - FRIDAY, JULY 1ST

- Soda Shop Shimmy (Ages 5-10): 9:00am - 12:00pm \$150
- Rock'n Around Broadway (Ages 8-15): 12:30pm - 3:30pm \$150

TUESDAY, JULY 5TH - FRIDAY, JULY 8TH

- Create Your Own Show (Ages 5-10): 9:00am - 12:00pm \$125
- Become A Playwright (Ages 8-15): 12:30pm - 3:30pm \$125

Performances for all summer classes will take place the final hour of the final day of each class.

SUMMER SHOWS



ARISTOCATS KIDS (AGES 5-10)

Monday, July 11th - Friday, July 15th; 9:00am - 3:30pm \$275

Performances: Friday, July 15th at 4:00pm & 7:00pm



MARY POPPINS JUNIOR (AGES 8-15)

Monday, July 18th - Friday, July 29th; 9:00am - 3:30pm \$425

Performances, Friday, July 29th 4:00pm & 7:00pm

THE VOICE STUDIO

MONDAY, JUNE 13TH - FRIDAY, JUNE 17TH

- Vocal Performance Class (Ages 7-12); 9:00am - 12:00pm \$200
Brunch Performance: Saturday, June 18th 11:00am
- Vocal Performance Class (Ages 10-15); 12:30pm - 3:30pm \$200
Lunch Performance: Saturday, June 18th 1:30pm

The Voice Studio also offers private lessons in voice and piano during the summer. Email info@tafk.org to schedule.

LOCATION:



THEATRE ARTS FOR KIDS WISH FISH PROGRAM

Theatre Arts For Kids believes that theatre is for all the fish in the sea!

Theatre Arts For Kids is dedicated to creating inclusive opportunities for children with disabilities and challenges of all kinds to experience the benefits of theatre. The **Wish Fish** program pairs a veteran TAFK student/Builder's Club member (mentor) with a child with a disability or challenge (buddy). The Builders Club mentors are dedicated to the success of each child in the **Wish Fish** program! They gain valuable experience learning about the uniqueness of each child they have the opportunity to work with while gaining leadership skills and compassion among many other incredible assets.

"Being on stage with my buddy was the best experience of my life. He was having so much fun and was doing all of the dance moves. Having this opportunity filled my heart with joy."

-TAFK Mentor

Wish Fish students have the unique opportunity to experience ANY TAFK class or workshop alongside their peers! The **Wish Fish** program formalizes a mentorship program that has been naturally building throughout the years at Theatre Arts For Kids.

The Wish Fish program has served hundreds of children with disabilities and challenges such as the following.

- Downs Syndrome
- Hearing Impairment
- Executive Functioning Disorder
- Autism
- Asperger's Syndrome
- Dyslexia
- Depression
- Literacy Deficits
- ADHD
- Speech/Language Impairment
- Developmental Delay
- Physical Disabilities



The TAFK Kiwanis Builders Club raises funds annually to offer scholarships as needed to TAFK's Wish Fish students. This program is also made possible in part by the generous support of the Nebraska Arts Council, The Nebraska Cultural Endowment and the Lincoln Center Kiwanis Club.



COVID POLICIES

Theatre Arts For Kids requires proof of full vaccination or a negative test in addition to daily screening and masking for all students, staff and audience.

ST. PATRICK'S DAY BRINGS THOUGHTS OF LIMERICKS

BY CLIFF LOWELL

When I grew up, I don't remember doing much on St. Pat's Day. We surely made green paper shamrocks, and had an image or two of leprechauns and a pot of gold at school, but there was no corned beef and cabbage in our home diet. One thing I do recall was writing limericks which are associated with our Irish heritage. Here are some I created and/or like.

There was a young man from Lincoln
whose eyelids were always a blinkin'.

He met a young miss who gave him a kiss
because she thought he was winkin'.

A guy whose home was in Wahoo
shouted to one and all, "Yahoo!"

I must also mention he got our attention
covering his body with tattoo.

My home was once claimed by a mouse.
I set traps all over the house.

The hunt sadly ended as I hadn't intended
to catch the big toe of my spouse.

Did you hear 'bout the young man from Poole
who didn't go out as a rule.

But he met a young lass who thought he had
class, until he called, riding his mule.

Who knows of the young lady from Gibbon
who was sent to the store for some ribbon?

She bought fancy lace and fell in disgrace
with only her scanties and bib on.

An old guy who lived in Eagle
walked with a dangerous wiggle.

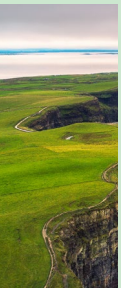
Folks who thought he would fall, gave him a
cane and all, including a guide dog — a beagle.

There was a shy man named Barney
who courted a lady from Kearney.

He wooed and he caught her, but all that he
taught her was his word was a lot of bull-arney.

There once was a boy named Nate
who kissed his sweetheart by the gate.

He found out the next day in an embarrassing way,
Love is blind, but the neighbors — they ain't.



THESE BOOTS ARE MADE FOR WALKING

BY JO ANN WAGNER

Snow in the winter required boots to go outside. I had rubber boots, also called overshoes, that fit over my shoes. They let in snow and cold air at the top and sometimes cracked at the bottom, also letting in snow that melted from the warmth of my feet. My brother's boots had buckles that allowed them to fit tighter on his legs. They weren't attractive, but they were more practical than what I wore.

I thought it was the greatest invention ever when snow boots came out. I loved putting my feet into the furry insides that kept my feet much warmer. They weren't perfect if it was really cold, but they were so much better than the boots I'd worn before.

Now boots have become more stylish, sometimes shaped to squish your toes, but not the less attractive foot-shaped boot I had to wear. I recently saw boots like I used to wear in all seasons advertised as "rain boots." I couldn't help thinking if they only knew that those had been the kind of boots we'd had to wear through snow as well as rain.

When I was young, tennis shoes became popular. They were more comfortable than the less flexible, harder shoes we had been wearing. Though we called them tennis shoes, they were worn for any activity. Originally white, they gradually became available in more colors.



That was followed by name brand tennis shoes that were given different names, such as running shoes. What we had been so pleased to have as tennis shoes became the generics that others looked down upon as they sported Adidas, Nike, Reebok and other name brands.

Life was so much simpler when we didn't try to outdo each other. We simply were glad when we had boots that kept our feet warm and tennis shoes that were comfortable.

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



SELL MY HOME NOW OR WAIT?

BY BILL BUDLER

A senior homeowner recently asked me, “Should I sell my home now, or wait for an even higher price?” She is blessed with good health and feels she can stay in her family home for a while longer. Like many, the equity in her home represents a large portion of her retirement resources.

The booming real estate market has driven home values to new heights. Historically, low interest rates over the last five years have allowed buyers to qualify for larger mortgages. The pandemic has more people working from home, creating the need for home office space or a place for a remote classroom. Low interest rates and an increased demand have fueled a seller’s market and higher prices.

The pandemic and the economy have contributed to unsustainable, high inflation rates not seen in over 30 years. To combat this, the Federal Reserve’s only weapon is to raise interest rates.

Most buyers are borrowing money. Higher mortgage interest rates make for higher payments and reduces the price range for most buyers. Current mortgage rates have been hovering around 3% APR. Let’s say a buyer today qualifies for a \$250,000 home. With just a couple of points higher interest rate, that same buyer may only qualify for a \$200,000 home. The higher rates can push buyers into lower price range homes, or out of the market all together. Reducing the number of qualified buyers can have a calming effect on a seller’s market.

So, to answer my senior homeowner’s question to sell now or wait? With complete accuracy we can see what the real estate market has been like. And we have a pretty good idea what it’s like today. But nobody knows exactly what the future holds.

**Yes, now is a good time.
Wait? Only time will tell.**



Bill Budler is a Seniors Real Estate Specialist® with BancWise Realty and a contributing writer for Lincoln 55+ magazine.



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THE PSYCHOLOGICAL BENEFITS OF OWNING A CAT

BY ALLISON HUNTER-FREDERICK

Pets can bring us unconditional love and companionship. Here are five ways that cats can improve our psychological health.

STRESS

Interacting with a cat can lower our stress. Cornell University's College of Veterinarian Medicine reported on a study that used university students as subjects and found that the students' cortisol (stress) levels were decreased by petting a cat. Science has also shown that spending time with a cat can increase the production of serotonin, a chemical that boosts our positive feelings.

LONELINESS

Cats can reduce the feeling of loneliness by fulfilling our need for companionship. In a poll conducted in

the United Kingdom in 2020, cat owners cited the following ways their cats reduced their loneliness: they petted and played with their cats, talked to their cats, saw their cats as family and prioritized their needs over their own, and believed that their cats knew how to cheer them up when they were sad.

SOCIALIZING

Owning a cat can help people with their relationships. Researchers surveyed nearly 2,700 men and women in four cities and reported that respondents said that being a pet owner was the third most common way that they would meet people in their neighborhoods. Pets make good icebreakers and give owners a shared interest to bond over.

SELF-ESTEEM

Studies are mixed as to whether cat owners have a higher self-esteem than those without. One report said that compared to dog owners, cat owners are more open to new experiences, but are also less outgoing and more dissatisfied. In contrast, another report said that cats can make people feel better after being rejected. The bottom line is that when our cats serve as an emotional support, they help us cope better with struggles, and thereby boost our self-esteem.

LOSS

Owning a cat can help people cope with the loss of a loved one. While one way to manage grief is to seek face-to-face support, for some people support from their cat is more readily available. It can be easier to work out one's feelings with our cat because cats don't judge but serve as a quiet presence.

Allison Hunter-Frederick is a Cat Behavior Consultant & Trainer. Learn more at allisonhelpscats.com.



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THE LPS ATHLETICS GOLDEN CARD FOR SENIORS

BY KEITH LARSON

Grandparents and Lincoln retirees are often looking for enjoyable (and low-cost) activities in town. At the same time, athletes at Lincoln Public Schools would very much enjoy seeing more people at their events and hearing our cheers. If you like getting out to watch sports activities, the LPS Athletics Golden Card is just the ticket (bee's knees?) for you.

Our Lincoln Public Schools Athletic Department has a 100% free Golden Card Program for Lincoln residents over 60 years old. The card, personalized with your name, offers free entry for all regular sports events during the year. You can cheer on your grandchildren or children of your friends through their high school years including junior varsity games. Perhaps you will spot an upcoming star who will go on to play for Nebraska.

You and your Golden Card will be welcomed with a wave and a free pass while others are paying \$6 or more for entry to various events. You can use the dollars you save to enjoy some popcorn or other treats.

To get your card, each person must come, with an identification card, to the district office at 5905 O Street, or any high school in their main offices. Make sure your spouse or friends come along to confirm their ID. Open hours at each location are usually 7:30 a.m. to 4:30 p.m. each weekday. Masking is currently and may be required to enter the building.



The Golden Card does not include District playoff games, but you will have many opportunities in many sports throughout each season:

- Spring sports – baseball, track, and soccer
- Fall sports – football, volleyball, and softball
- Winter sports – basketball, wrestling, swimming, and diving

You can find the LPS Sports Calendar of Events at HeartlandAthleticConference.org and click on the school you want. Be sure to create a bookmark. It is nice to know that each event includes a map. Schools include Lincoln High, East, Northeast, North Star, Southeast, and Southwest. Parking at events is always free but is on a first come, first served basis. If needed, look for Handicap Parking which is available at most locations.

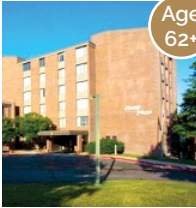
The Golden Card is good for the life of the owner. So ... live long and enjoy!

*Information provided to
former Lincoln 55+ publisher
Keith Larsen by the LPS
Athletic Department.*



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GRANDPARENTS ARE THE GREEN EXPERTS

BY JULIE THOMAS, PHD, RETIRED SCIENCE EDUCATION PROFESSOR FROM THE UNIVERSITY OF NEBRASKA-LINCOLN

What do you do when your cell phone or computer starts acting up? You likely turn to a young child as your ready expert — just as I do. Though these little technology gurus (aged 6 and up) are amazing, some argue they are in serious need of our knowledge and appreciation of everything green. Today, children's nature exploration and outdoor play time averages four to seven minutes a day. We remember hours of outdoor play — if only after our parents prompted us: "You kids get outside!"

In "Last Child in the Woods," Richard Louv worried about a nature deficit or increasing divide between children and nature. Science and education research studies, however, suggest nature and outdoor free play (like climbing trees, playing catch, or collecting

bugs) naturally help to improve children's academic success and general well-being.

Thus, we can play a key role in helping our grandkids unplug from media and plug-into nature. Consider the following ideas for finding time for nature with your busy little technology guru.

- 1 Keep a blanket in the car.** Be ready for impromptu opportunities to pick up a take-out meal and have a picnic in a Lincoln area park.
- 2 Introduce a game of "I Spy."** You know the rules. You supply vague clues with "I see something . . ." and encourage their noticing and thinking via warm/cold responses.
- 3 Introduce the idea of a nature museum** — a display area, such as a table top or old tackle box, for found nature objects. Perhaps your grandkids will curate their own natural objects!
- 4 Stash flashlights near the door.** When dinner is over you will be ready to head outdoors for a novel neighborhood hike and chance to identify night sounds, like owls.

For more help with ideas about how to prompt your grandkids to notice and engage with nature, you can look to TheGreenHour.org.

Julie Thomas is a contributing writer for 55+.

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A WORLD OF MUSIC IN BENNETT MARTIN LIBRARY

BY GAIL MCNAIR

For many, our musical journey began with the Beatles and Motown. For some, Elvis was their “first,” while others sang along with Bing Crosby. No matter the genre, music has been a staple throughout our lives. A song can trigger a memory, make you cry, or elicit most any human emotion. Numerous studies over the years have proven that as we age, music continues to play an important role in our quality of life. Memory can be improved by listening to music. Actively participating in music has proven to improve blood pressure, relieve pain, trigger our immune system, and create new communities to enjoy as we grow older together.

You’re invited to visit the Polley Music Library, located on the second floor of Bennett Martin Public Library. This unique collection, established 39 years ago through a gift from Lillian Polley, includes sheet music, recorded music, books about music and by musicians, and much more. The collection has grown over the years thanks to generous individuals who contribute from their own musical libraries. The Polley’s future is secure thanks to an endowment established by Lincoln’s own pianist extraordinaire and music educator, MarySue Harris, who wanted to ensure that this collection remains “in perpetuity” for generations that follow.

If you’re a professional, a music lover, or a “wannabe,” FUN awaits you in the Polley! Scott Scholz, the curator, is expanding programming to include public performances. The current ukulele lending program will expand to include guitars, hopefully in April.

Scott recognizes that the “Polley serves lots of patrons who are returning to music later in life or just beginning.”

You’re never too old to have fun with music! Scott is also creating songwriting and composing clubs as “a way for people at all levels of writing music to support one another; all styles and ages are welcome.”

If you’re interested in joining a Listening Club — an opportunity to talk about your musical interest — or learning about additional programs and performances, please contact Scott at 402-441-8527 or sscholz@lincoln.ne.gov. Lincoln’s musical journey has a bright future in the Polley.

P.S. You can also access the collection via the internet. Enjoy!

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

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