

LINCOLN'S MAGAZINE OF CHOICE  
FOR THE SEASONED READER

Summer 2022



# A MAN FOR ALL SEASONS

Lynn Johnson's Legacy of Growth

PAGE 2

Pickleball, Anyone?

PAGE 10

Lifelong Learning

A Conversation with  
Dr. Fred Ohles, President Emeritus,  
Nebraska Wesleyan University

PAGE 16

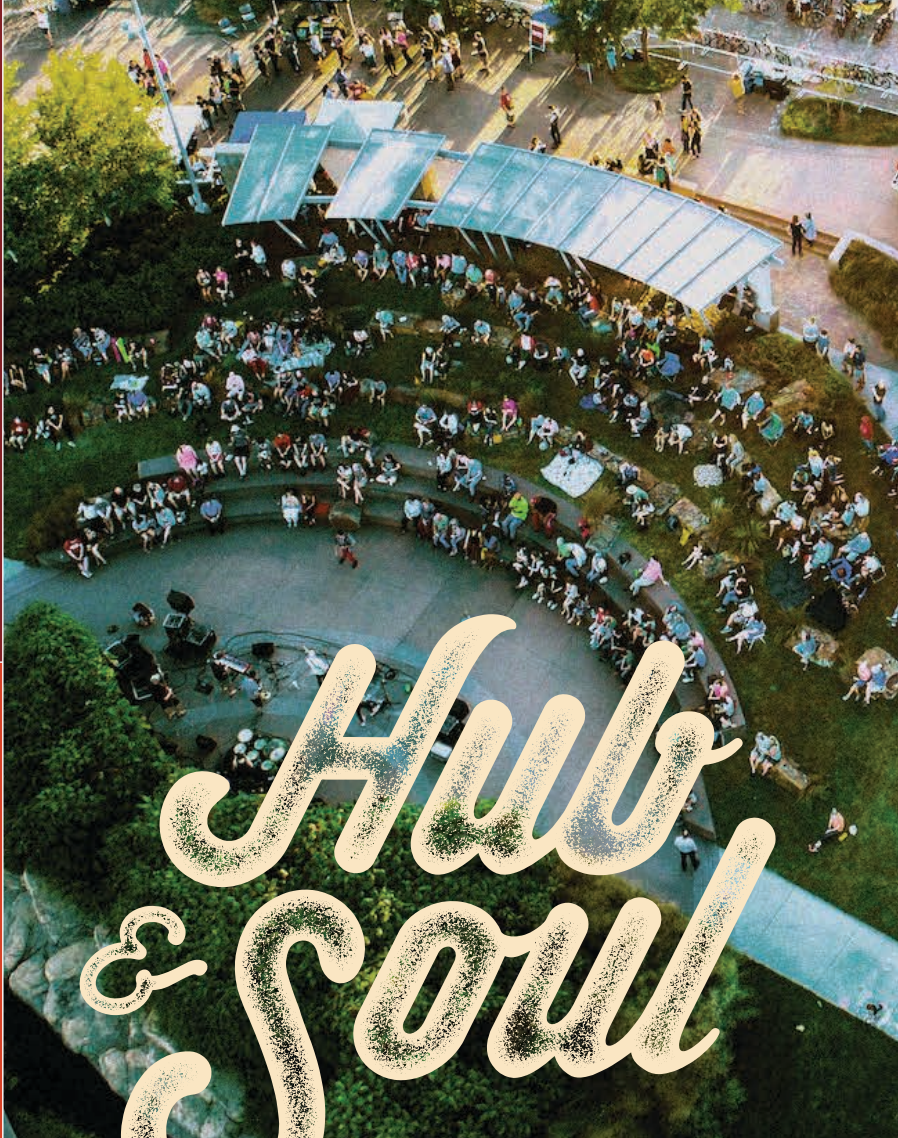
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# Hub & Soul

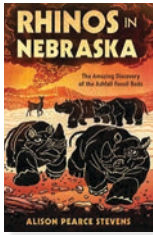


We're back for our 4th Annual Hub & Soul music series here in Lincoln, Nebraska! Hub & Soul is a free community event designed for people of all ages and backgrounds to celebrate music, local food, and Lincoln's parks.

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

[HubAndSoul.com](http://HubAndSoul.com)





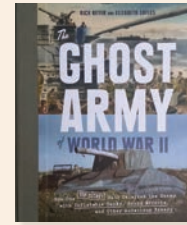
### ***Rhinos in Nebraska: The Amazing Discovery of the Ashfall Fossil Beds***

by Alison Pearce Stevens

It's summer and time to explore. Have you ever been to Ashfall Fossil Beds, three hours northwest of Lincoln? Ashfall is both a National Natural Landmark and a Nebraska State Park. Through clear, enthusiastic writing, *Rhinos in Nebraska* tells the story of 50 years of discoveries at this active dig site.

Most fossil finds "are just bits and pieces," says Stevens, but at Ashfall Fossil Beds, paleontologists have found more than 200 perfectly preserved, intact fossils! See photos in *Rhinos in Nebraska* or visit yourself to see fossils of prehistoric rhinos, horses, and camels, all buried 12 million years ago in volcanic ash at a watering hole. The book, written for a middle grade audience, is easy to read in an afternoon, and will leave you amazed for life.

I highly recommend *Rhinos in Nebraska* for curious people of all ages. *Rhinos in Nebraska* (Henry Holt and Co., 2021, 144 pages) includes ink illustrations by Matt Huynh. Find in Lincoln at Francie & Finch Bookshop, Barnes & Noble, or at Lincoln City Libraries. To plan your trip, visit [Ashfall.unl.edu](http://Ashfall.unl.edu).



### ***The Ghost Army of World War II: How One Top-Secret Unit Deceived the Enemy with Inflatable Tanks, Sound Effects, and Other Audacious Fakery***

by Rick Beyer and Elizabeth Sayles

Sometimes truth is stranger than fiction. This nonfiction history book features photos, maps, artwork, and interviews with veterans of a World War II deception unit, which used inflatable tanks and other illusions to mislead Germans on the battlefields of Europe. Most of the recruits were artists. Highly recommend for readers who love history, stories of World War II, or examples of creativity under fire. (Princeton Architectural Press, 2015, 253 pages) Find at Lincoln City Libraries.

## SUMMER READS

BOOK REVIEWS  
BY LINDA STEPHEN

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*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 [Linda@UnfoldingCommunications.com](mailto:Linda@UnfoldingCommunications.com).*

# SUMMER 2022



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## A WORD FROM THE EDITOR

Dear Lincoln 55+ Readers,

Summer may be my favorite season. The sun is in full glory when I awake in the morning, the grass is green, flowers are blooming, and it's still light enough in the evening to walk my dog at 9:00 p.m. How can I not be smiling? It's the little things in life that bring me joy.

What else brings me joy are the beautiful parks in Lincoln! In this edition, we salute the incredible leadership of Lynn Johnson, the Director of Lincoln Parks & Recreation, who is retiring in June after 22 years. Read about some of the changes and expansions to Lincoln's parks that have come about because of Lynn's vision over the years, on page 2.

Fred Ohles, past president of Nebraska Wesleyan University, takes us down memory lane as he shares his journey to finishing out his "first act" in education and what he has written for his "second act" in retirement. Read more on page 16.

If you've been considering the idea of downsizing to a smaller home or to a retirement community, then you'll definitely want to read "Changing Spaces" on page 6. Jeannine Bryant has spent her career guiding seniors through the relocation process and provides a helpful approach that can make the transition a whole lot easier.

We've assembled some great reads in our Summer Edition of 55+ that we hope you will find inspiring and informative. And, you can thank Fred for the crossword puzzle.

This summer, make time to create lasting memories with family and friends. You'll be happy you did!

Jacque Genovese  
Executive Editor



## IN THIS EDITION

- 2 **A Man for All Seasons: Lynn Johnson's Legacy of Growth** —  
*Lincoln Parks Foundation*
- 4 **Navigating Retirement Pitfalls** — *Kerry Anderson*
- 6 **Changing Spaces** — *A Conversation with Jeannine Bryant*
- 8 **Can I Believe in God and Still Accept Science?** —  
*Rev. Richard Randolph, Ph.D.*
- 10 **Pickleball, Anyone?**
- 12 **Mentoring Is Rewarding** — *SCORE Mentoring*
- 14 **Burma Shave Signs** — *Cliff Lowell*
- 16 **Lifelong Learning** — *A Conversation With Dr. Fred Ohles,  
President Emeritus, Nebraska Wesleyan University*
- 19 **Bored? Not Me** — *Jo Ann Wagner*
- 20 **Embrace the Journey** — *Bill Budler*
- 22 **Let the Good Times Grow at the Lancaster County Super Fair**
- 24 **Tips to Spot a Scam** — *Better Business Bureau of Nebraska*
- 28 **The Benefits of Pet Therapy** — *Allison Hunter-Frederick*



# A MAN FOR ALL SEASONS

## LYNN JOHNSON'S LEGACY OF GROWTH

Longtime Lincoln Parks and Recreation Director Lynn Johnson retired June 1. During his 22-year tenure, Lynn provided strong leadership that resulted in new parks, trails, and recreation opportunities in Lincoln.

Lynn led a department that today includes 133 parks, 134 miles of trails, 92 playgrounds, more than 80,000 street trees, nine public pools, six recreation centers, five golf courses, four dog runs, and a nature center.

Partnering with the Lincoln Parks Foundation, Lynn led a team of dedicated staff and passionate volunteers to plan, design, and raise funds for many projects, programs, and facilities across the community.

**Now it's our time to thank and celebrate the legacy of Lynn Johnson!**



## 2005

**Sunken Gardens** has been the backdrop to decades of memorable occasions for Lincoln families.



## 2011

**Sherman Field** provides a historic setting for the young stars of Lincoln to hone their baseball skills.



## 2012

**Union Plaza** is a three-block urban park oasis where families can celebrate and discover native Nebraska.





2018



**Four Dog Runs**

Woof woof, bark bark,  
yip yip, arf, howl howl!



2021

**Air Park Community Center**  
will anchor a campus for all Air Park  
families and will include the Williams  
Branch Library, recreation programs,  
and community activities.

2022



**Cascade Fountain**

was built to honor retired educators  
in 1975, and is now restored and  
rededicated.

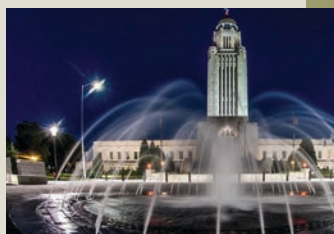


2017

**Woods Tennis Center**

draws kids and adults  
from across the  
community to learn the  
life sport of tennis.

2016



**Nebraska's Centennial Mall**

recognizes and celebrates the legacy  
of Nebraska families – past, present,  
and future.

THANK  
YOU

for everything you've done to make  
Lincoln a better place to walk, cycle,  
run, play, and live, Lynn. We  
congratulate you on your retirement  
and look forward to what's to come!

# NAVIGATING RETIREMENT PITFALLS



**KERRY ANDERSON,  
ANDERSON WEALTH & RETIREMENT**

From time to time, classic financial missteps have been known to plague **retirees**. Calling them “missteps” may be a bit harsh, as not all of them represent errors in judgment. Either way, becoming aware of these potential pitfalls may help you to avoid falling into them in the future.

## Managing Social Security

Social Security benefits are structured to rise about 8% for every year you delay receiving them after your full retirement age. Is waiting a few years to apply for benefits an idea you might consider? Filing for your monthly benefits before you reach your full retirement age can mean comparatively smaller monthly payments.

## Planning for Potential Extended Care Costs

According to the U.S. Department of Health and Human Services, 7 out of 10 Americans turning 65 are going to require some sort of extended care.

## Understanding Longevity

Actuaries at Social Security Administration project that around a third of today’s 65-year-olds will live to age 90, with about one in seven living 95 years or longer. The prospect of a 20 or 30-year retirement is not only reasonable, but it should be expected.



## Managing Income / Withdrawals

You may have heard of the “4% rule,” a guideline stating that you should take out only about 4% of your retirement savings annually. Each person’s situation is unique but having some guidelines can help you prepare.

## Managing Taxes

Some people enter retirement with investments in both taxable and tax-advantaged accounts. Which accounts should you draw money from first? To answer this question, you may want to consider having a qualified financial professional review your financial situation so they can better understand your needs, goals, and risk tolerance.

This article is for informational purposes only and is not a replacement for real-life advice, so make sure to consult your tax, legal, and accounting professionals before modifying your investment strategy for tax considerations.

## Managing Other Costs

There is no “financial aid” program for retirement. A financial professional can help you review your anticipated income and costs before you commit to a long-term strategy, and help you make balanced decisions.

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

1. Social Security Administration, 2021

2. GenWorth.com, 2021

3. LongevityIllustrator.org, 2021



We  
**organize,**

**research**  
the items

**& run**  
the estate sale



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TK, age 8  
Mentee of Shari Rector

"I'm thrilled to be celebrating TK's graduation!"  
Shari Rector



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Foundation**

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Paid Social Media (Non-Profit)



Christine Weeks,  
CEO / Founder



[weareleanor.com](http://weareleanor.com)

# CHANGING SPACES

## A CARING TEAM TO HELP YOU MOVE INTO YOUR NEXT PHASE OF LIFE

Moving at any age is difficult, especially when you are older. For seniors who have lived in their home for decades and have made the decision to move, they can feel completely overwhelmed with what goes, what doesn't, packing it all up, and moving it. That's

why Changing Spaces in Lincoln is there to reassure families they don't have to do it alone.

We asked owner Jeannine Bryant to share with our readers the senior relocation services that Changing Spaces provides and how they assist families with "detaching" from items without feelings of guilt.



### What is Changing Spaces?

The heart of our business is helping people through the "move out to the move in" process. They know they need to get rid of half or more of their belongings and they don't know where to start. It's physically and logistically a challenge, but also emotional for them. We come in with a lot of compassion and guide them through that process, from start to finish. We also do estate sales and online auctions when they have items to be sold.

### What is the typical age of your clients?

Our clients are 55 years or older, with a majority of them in their 70s to 90s. They have lived in their home 20 to 40+ years, raised their kids, and are now ready to downsize to a townhome or retirement community.

### Explain the "move out to move in" process?

Our team helps our clients determine what existing furniture will fit best in their new place. We go through cabinets and closets to determine what smaller items get moved. We bring the boxes and do all of the packing. We're not the movers, but we're onsite and manage the move day for our clients. We start the unpacking process and settling clients at their new residence. Then we come back the next day to finish unpacking and we take all the boxes with us.

### What happens to the items left behind?

After the move, any items left behind can be sold at an estate sale or online auction. About half of the estate sales and online auctions that we do come from people we have helped move. The other half of the estate sale business is from families whose loved ones have passed away.

### What is the most important part of this process?

The impact it has on a family or a couple leaving the home they've lived in for decades, relocating to a new place and settling in, and starting a new chapter in their lives – it's a big change. We understand how having a group of caring and compassionate professionals by their side can be very beneficial.







### What drives your passion to help seniors?

I really love working with older adults and have compassion for the precarious situation that they are in sometimes. It's a very vulnerable time and we're helping them get through it.

### Tell us about the books you've written.

I've authored two books, available on Amazon. I wrote *Ready to Rightsize* for people who don't live in Lincoln but we can still help them. It's a step-by-step guide to rightsizing and moving. If you are a senior (or you love a senior), this book is the essential guide to rightsizing and moving.

*Keep the Memories, Not the Stuff* is an honest, direct yet caring approach to our loved one's stuff and the memories attached to it. I talk about the mourning process, and that the amount of things we keep has nothing to do with how much we love them and miss them.

---

Stuff, love, and memories are not the same thing. We say, "keep the best, let go of the rest."

**- Jeannine Bryant**



There's no question that Jeannine is in the right business. Her love for seniors goes back to her childhood, growing up in a small town and spending time with them. It's what she loves most about her business of 12 years – caring for seniors every day. Jeannine, her husband Todd, and their two children live in Lincoln. Learn more at [changingspacesrs.com](http://changingspacesrs.com) or call 402-483-0555.



# CAN I BELIEVE IN GOD AND STILL ACCEPT SCIENCE?

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

For many people, modern science makes it difficult, if not impossible to accept religious faith. Science permeates the way we think and see the world, today. So, how does a person of faith come to terms with science? Is there a way in which faith and science can relate with one another?

In his book, *Religion and Science*,<sup>1</sup> the scientist-theologian Ian Barbour struggled with these questions. Barbour identified a typology of different ways in which persons might relate science and faith together. For my purposes, three of the categories identified by Barbour are important:

## 1 Conflict

For many people, there is an ongoing war between science and religion. These people – who locate

themselves both inside and outside the Church – see science and religion as bitter rivals, with no possibility of reconciliation. This approach assumes that science and religion have two competing views of reality that are mutually exclusive. Ironically, proponents of this view can be divided into two sub-categories.

At one extreme is “**scientific materialism.**” This position holds that physical matter and energy are the only fundamental realities of the universe. Therefore, the scientific method is the only reliable path to genuine knowledge. Religious insight is not knowledge at all, but rather meaningless expressions of emotion or preference devoid of cognitive significance.

At the other extreme is “**biblical literalism.**” This position holds that scripture is literally true and inerrant in all aspects. Consequently, if there is a conflict between scientific results and scripture, then the science must be wrong. In the twentieth century, this led to “creation science,” an attempt to conduct science within the rigid parameters set by a literal, word-for-word reading of the scriptures.

Both scientific materialism and biblical literalism abuse scientific inquiry. On the one hand, scientific materialists start with science, but then make broad philosophical and theological claims that cannot be

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<sup>1</sup> Ian Barbour, *Religion and Science, Historical and Contemporary Issues* (New York: HarperCollins, 1997). I draw heavily from Barbour’s Chapter 4 in what follows. I call Barbour a “scientist-theologian” because he had an earned Ph.D. in Physics and also a M.Div. in theology. Barbour was ordained in the United Church of Christ.

supported by the science. On the other hand, biblical literalists start from theology and then try to make broad scientific claims based only on scientific data and theories that fit within their narrow interpretation of scripture.

## 2 Independence

Also known as “two worlds,” this approach sees science and religion as using their own distinct data, methodology, and paradigms of inquiry to examine completely different “worlds” or spheres of knowledge. Science explores the physical world, while religion explores the spiritual domain. As such, there is no interaction between the two endeavors.

It is as though science and religion are hermetically sealed and separated from one another.

By preserving the distinctive character of both science and religious reflection, independence avoids the inherent flaws in either scientific materialism or biblical literalism. Yet, this very emphasis on the distinctive character of both science and religion is also a serious problem. We do not experience life as neatly divided into separate boxes for religion and science. Rather, we experience the physical and the spiritual together, as an interconnected unity. Anyone, who has held an infant, watched a brilliant sunset, or stood in awe before a magnificent oak, will acknowledge that the spiritual and physical worlds should not be hermetically separated.

## 3 Dialogue

This approach assumes that there are areas where scientists and persons of faith can enter into constructive dialogue with one another. Scientists

explore *how* the physical world operates, whereas theologians and other persons of faith explore the deeper meaning of *why* the physical world is as it is: For instance, physicists hope to understand **how** the universe originated, but it is up to theologians and persons of faith to explain **why** there is a universe at all. Similarly, geneticists can explain how genes work, but persons of faith can contribute to the **ethical use** of that knowledge.

As a Christian, I have relied heavily on the dialogue method to relate science to my faith. For instance, the wave/particle duality in quantum mechanics holds, counter-intuitively, that light may be conceived as having the characteristics of both a wave and a particle.

In my faith pilgrimage, this quantum duality helped me accept the Christian claim that Jesus was simultaneously both human and divine. That is, quantum mechanics strengthened by Christian faith.

Religious faith can sometimes contribute to scientific research, as well, although usually this happens through ethics. Some years ago, I was invited by NASA to serve on a multi-year study group. Our task was to explore the “origin, extent, and future of life” from philosophical and faith perspectives. In my essay for the project, I wrote on astrobiology from a Christian ethical perspective.<sup>2</sup>

**Have questions?** Contact Richard Randolph at Christ United Methodist Church by email at [richard.randolph@christumclinc.org](mailto:richard.randolph@christumclinc.org), or by phone at 402-489-9618.



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2 See Richard Randolph, “‘God’s Preferential Option for Life:’ A Christian Perspective on Astrobiology,” in *Exploring the Origin, Extent, and Future of Life: Philosophical, Theological and Ethical Perspectives*, ed. Connie Bertka (Cambridge, England: Cambridge University Press, 2008).



# PICKLEBALL, ANYONE?

You've heard about it; maybe you've even played the game. Pickleball has grown in popularity over the years, especially among people 55 years and older. So this gave us an excellent opportunity to educate ourselves, and our readers, about the game and why so many people love playing pickleball.

## What's the Story?

Pickleball is a peculiar name, for sure. Turns out the game was created in 1965 by three friends from Washington state – Congressman Joel Pritchard, Bill Bell, and Barney McCallum. While vacationing on Bainbridge Island (near Seattle), they were looking for something their families could do together. There was an old badminton court on the property, but not enough rackets, so they improvised using ping pong paddles and a wiffle ball. After weeks of trial and error, the net was lowered to 36 inches to make it more engaging and rules for playing the game were developed using badminton as a guide.

There are two stories as to how the name pickleball came about. One thought is that Pritchard's wife, Joan, says the name came from the term "pickle boat." A pickle boat is the last boat to finish a race. In rowing, the pickle boat is usually made up of leftover oarsmen from other teams. The other theory is that it was named after Pritchard's dog, Pickles. Both are original!

## Why do people love pickleball?

Interestingly, pickleball is the fastest growing sport in the U.S., according to the Sports and Fitness Industry Association. In 2021, USA Pickleball reported their membership reached 53,000 members. At the 2021 Margaritaville USA Pickleball National Championships, over 2,300 players registered, the largest tournament in the world to date. Locally, Pickleball Lincoln (PLI) offers memberships, round robins, lessons, and more.

The interest and growth in pickleball may be due to the fact it is easy to learn for all ages and is gentle on the joints, unlike tennis or racquetball. Within only a few games, players can get the hang of it.

Pickleball is an inexpensive sport that only requires basic equipment. It is played on a small court which makes it so enjoyable. It can improve hand-eye coordination, test your reflexes, and best of all, the social aspect of pickleball is an environment of fun competition and socializing!

Now that we know more about the game, we're excited to go check it out. People say that if you play pickleball, you will be hard-pressed to put the racket down once you start — pickleball just may be the sport for you and your friends. We've even listed where to find pickleball courts around the Lincoln area!





## INDOOR COURTS

**F Street Rec. Center**  
1225 F Street  
(402) 441-7951

**Genesis-East Lincoln**  
1305 S. 70th Street  
(402) 483-2322

**Calvert Rec. Center**  
4500 Stockwell St.  
(402) 441-8480

**Genesis-Racquet Club**  
5300 Old Cheney Rd.  
(402) 423-2511

## OUTDOOR COURTS

**Ballard Park**  
N. 66th & Kearney Ave.  
PLI net box (4 nets)

**Peterson Park**  
4400 Southwood Dr.  
10 dedicated courts

**Henry Park**  
S. 44th & Prescott Ave.  
PLI net box (4 nets)

**Seng Park**  
(aka University Place Park)  
49th & Garland  
PLI net box (4 nets)

**Eden Park**  
S. 45th & Antelope Creek Rd.  
PLI net box (4 nets)

**Roberts Park**  
56th & Sumner  
PLI net box (4 nets)

Hours and prices may vary between locations.



# MENTORING IS REWARDING

BY DIANE SIEFKES

SCORE Lincoln works with small business owners to help them grow, and mentors are vital to our continued success. Gary Pickering, a longtime local businessman, has been a SCORE mentor since 2018. Learn what Gary says about mentoring.

## What is SCORE?

SCORE's mission is to foster vibrant business communities and I help by sharing my experience.

## What do you do as a SCORE mentor?

I help people with their business. I provide insight by offering an objective opinion to help the business owner process their 'best' next steps.

## Explain the application and on-boarding process?

It's an easy online application, online modules to understand the mentoring process, then three co-mentoring sessions before flying solo. Other volunteers have different criteria to meet. Each volunteer works with a coach to help them figure out how to navigate the SCORE system and take the next steps.

## Describe your time commitment to SCORE?

I spend roughly three hours per week.

## How does SCORE provide opportunities for lifelong learning?

Every client is an opportunity to learn about details of another business area.



Gary Pickering

## What is your favorite memory from your time at SCORE?

I have so many "success" stories, but I particularly remember one client who was working from home moving to their storefront. That was a great day!

## How have you benefited from this experience?

Knowing I played even a small part in the success of someone's business just makes me feel good. And every client I work with offers the potential for that feeling.

---

Audrey Hepburn said it best, "As you grow older, you will discover that you have two hands: one for helping yourself, the other for helping others."

---

SCORE Lincoln is looking for volunteers like Gary to help small business owners in our city succeed. Do you have an extra hand? Visit our website, [Lincoln.score.org](http://Lincoln.score.org), and become a volunteer.





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# BURMA SHAVE SIGNS BY CLIFF LOWELL

If you were born by 1960 and did any traveling, you surely recall seeing signs along highways advertising Burma Shave cream. In the early 1920s, Clinton Odell and chemist Carl Norden created Burma Shave for the Burma Vita Company. Clinton's son, Allen, sold jars door to door. Then he suggested installing small advertising signs along highways. Two sets of them were placed near Minneapolis. The idea spread and a staff of carpenters, painters, and installers were hired to place the signs along highways in all but four states in the U.S.

The signs featured driving safety, marriage, and shaving messages. At first they didn't rhyme. When they did, drivers were delighted by their humor advising men what could happen if their chins became bristly. "He played a sax; had no B.O. But, his whiskers scratched so she let him go." The depression-era public needed those laughs and Burma Vita appreciated a great increase in sales.

Advance men selected open, rural spots for the locations of signs and then visited farmers who owned the land, offering them free Burma Shave products and a yearly lease of \$25 to install sets of signs on their property. Most farmers welcomed that additional income.

Leonard Odell unknowingly put up a set of signs that included the farmer's name. "Old MacDonald on the farm shaved so hard he broke his arm." He went back to remove them but the farmer resisted. He and his neighbors were enjoying them!

Teachers used the signs to teach reading. Some children were coming to school able to read because they and their parents had practiced with the signs.

Allen was having a difficult time coming up with new rhymes, so the company decided to have an annual contest. "As you drive, play this game. Compose a jingle with this name." Thousands of people sent in poems, all of them hoping theirs would be chosen and they'd receive the promised \$100 prize.

I've read these signs since I was a kid. Now that I shave, I'm glad I did.

**'TWOULD BE FUN  
TO GO BY AIR  
IF WE COULD PUT  
THESE SIGNS UP THERE.**

**HIS FACE WAS SMOOTH  
AND COOL AS ICE;  
AND OG, LOUISE!  
HE SMELLED SO NICE.**

**PAST SCHOOL HOUSES  
TAKE IT SLOW.  
LET OUR LITTLE  
SHAVERS GROW.**

**DON'T  
SMOOCH**

**OUT BY THE  
GARDEN GATE**

**LOVE MAY  
BE BLIND**

**BUT THE  
NEIGHBORS  
AIN'T**

**Burma-Shave**

**AT SCHOOL ZONES  
HEAD INSTRUCTIONS.  
PROTECT OUR LITTLE  
TAX DEDUCTIONS.**

**CATTLE CROSSING  
MEANS GO SLOW.  
THAT OLD BULL IS  
SOME COW'S BEAUX.**

The company put out signs that read, "Free offer, free offer; rip a fender off your car. Mail it in for a half-pound jar." They received old, rusty, wrecked – even toy car, ones. Each donor received a jar of Burma Shave and the Odells profited from the publicity.

Their next ad gimmick was "Free, free, a trip to Mars for sending us 900 jars." Customers of a grocer in Appleton, WI, helped him acquire the jars. The Odells thought they'd send him to the Mars Candy Company in Chicago, but the company that owned the grocery chain arranged for him to go to Moers (pronounced Mars), Germany where a celebration was held for him and his family.

Although the jingles were called the most successful advertising method in history, Burma Shave was losing its popularity. Costs of maintaining and replacing signs had become too expensive. Automobiles were traveling too fast for people to read them – signs were prohibited from the interstates. In 1963, the firm was sold to Phillip Morris, Inc. Some 35,000 signs across most of the United States were removed. Goofy signs pushed the product. Speed and Freeways finally got it. The Odells were asked to provide a set of signs for the Smithsonian Institute. They chose "In this vale of toil and sin, your head grows bald but not your chin."

So, if you don't know whose signs these are, you can't have traveled very far.

*Cliff Lowell is a contributing writer for 55+.*





# LIFELONG LEARNING

A CONVERSATION BETWEEN  
CHRISTINE WEEKS AND DR. FRED OHLES,  
PRESIDENT EMERITUS, NEBRASKA  
WESLEYAN UNIVERSITY

*On June 28, 2019, Fred Ohles packed up the remaining items in his office and took a final stroll around the campus of Nebraska Wesleyan University as President, a position he had served with enthusiasm and gratitude for 12 years. Fred didn't see his last day as an ending, but rather as the first entry on the next page in his multi-chaptered life and career. Christine Weeks, the publisher of Lincoln 55+, had the great fortune of meeting Fred through their mutual membership in Rotary Club #14, and they instantly bonded over a love for the written word. In his usual gracious way, Fred agreed to share his story, and to reveal how he's making the most of retirement.*

**Christine: Fred, I know you traveled a lot in your career but I don't think I know where you are from.**

Fred: My earliest days were in Minneapolis, MN where I was born. My father was a teacher and we moved a lot. I lived all over the country, including: Massachusetts, Iowa, Minnesota, Ohio, and New York.

**C: Where did you land for college?**

F: I went to Carleton College in Northfield, MN where I majored in history. I went on to Brandeis University in Massachusetts where I obtained my Masters and Ph.D. in 1977 and 1981, respectively.

**C: What was your experience like in Germany?**

F: I went to Germany to study political censorship in the early 1800s, which required me to review various police reports, court proceedings, etc. that were all written in a German script that is no longer used, though I did get good at reading it. Marburg was where they archived the records of the censorship committee employed by the Electoral Prince who ruled that part of Germany. Archived in this building were items dating back centuries, including a document written by Martin Luther, and a giant red wax seal on an edict with the signature of Emperor Barbarossa from the 12th Century!

**C: What was the first position you held after college?**

F: I wanted to be a professor and started out working as a part-time teaching assistant at Brandeis, then at Boston College, for two years each. In 1981, I took a job teaching the History of Germany in Melbourne, Australia. I was hired for a temporary teaching position for a year and a half and the best part of moving to Melbourne was meeting my wife, Rosemary.

**C: I always enjoy a good love story. Tell us how you met.**

F: We met at the International House at the University of Melbourne. Speaking of international, Rosemary grew up in Kuala Lumpur, Malaysia. Her mother was Chinese and her father was Portuguese, Filipino, and Indian.



While in Melbourne, we enjoyed going to the theater together, where I felt very lucky to be holding season passes to two different theaters.

Soon after returning to the US, we got engaged, and I accepted a teaching job at Upsala College in East Orange, NJ. During that time, we got married. Our marriage license is in Malay, so I honestly can't tell you what it says.

I do have a funny story about having an interracial family and the births of our daughters Erika and Andrea. When Andrea was born in Washington, D.C., the census taker came into the room and saw me holding Andrea and wrote down "Caucasian" on the birth certificate. Erika was born in Minnesota and when the census taker came into the room, she looked at Rosemary, then at Erika, and wrote down "Asian." So, we have one of each!

**C: I know you made a lasting impact at Nebraska Wesleyan. Can you tell us what you are most proud of during your time there?**

F: I'm proud of so many things:

- The faculty and the deans developed the Archway Curriculum which is a national model for how to teach the liberal arts.
- We built Acklie Hall of Science and expanded the boundary of the campus in the process.
- We ran the largest funding campaign in the school's history.

- We changed athletic conferences and in doing so, the Iowa Conference changed its name to the American Rivers Conference.
- Our Men's Basketball team won the Division III national championship in 2018.

---

"What has brought me the most joy in my career has been working with our students and watching their successes; talking with them; having visits with student government leaders; going to their plays."

**- FRED OHLES**

---

**C: Since retiring, what have you been up to?**

F: I've been keeping busy doing projects such as:

- Organizing and partnering with Rosemary as co-mentors of a Council of Independent Colleges program, the Presidential Vocation and Institutional Mission Seminar.
- Writing a full length, two-act play, "Drawn Back." It'll have a reading in the fall. I'm also starting a few one-act plays, one is a spoof called "Beautiful People."
- Creating and publishing crossword puzzles. I've had two crossword puzzles in the Wall Street Journal and one in the Los Angeles Times that appeared in Lincoln Journal Star, and, of course, Lincoln 55+!

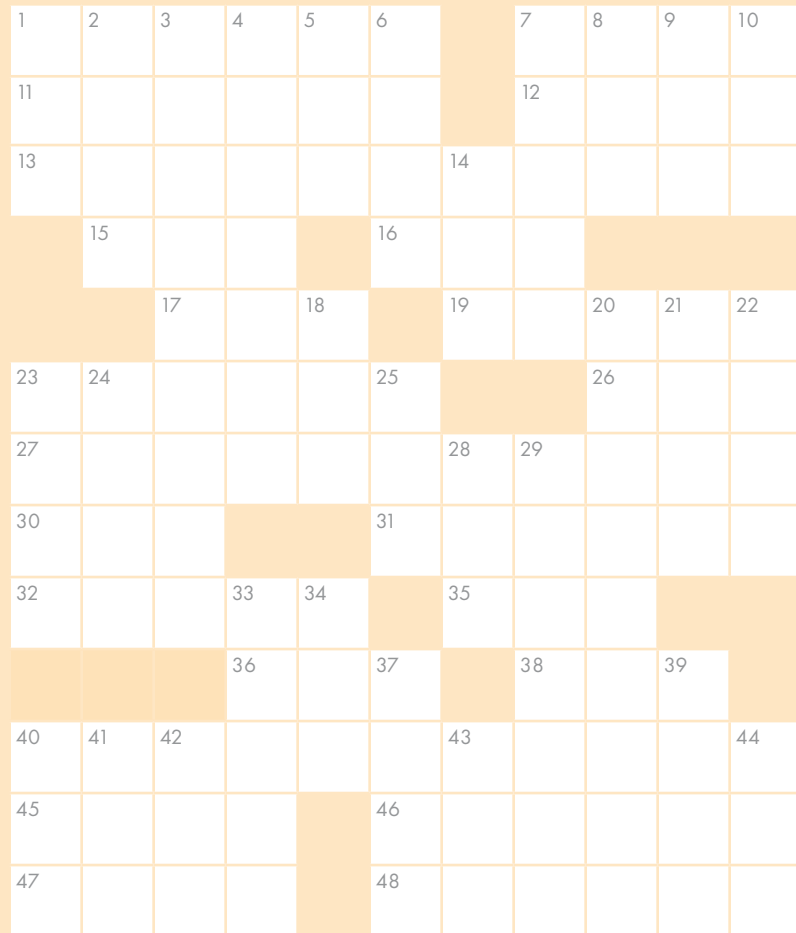
**Looks like Fred has his act together, and we applaud him for that! Find one of his crossword puzzles by turning the page.**

# IT'S SUMMER WHEN...

CROSSWORD PUZZLE BY FRED OHLES

## ACROSS

- 1 Like many fireplaces nowadays
- 7 Café connection pt.
- 11 The bull in the fight
- 12 "\_\_\_ old cowhand,  
from the Rio Grande"
- 13 It's summer when...
- 15 French land on water
- 16 Homer Simpson's  
next-door neighbor
- 17 AOL or Allo
- 19 Dupe, not orig.
- 23 Bother a lot
- 26 Condominium grp.
- 27 It's summer when...
- 30 *Blueberries for* \_\_\_\_\_
- 31 Goes on the ice
- 32 "See what you think"
- 35 "Xanadu" rockers, for short
- 36 "There's \_\_\_ in team"
- 38 Our Navy letters
- 40 It's summer when...
- 45 French girl friend
- 46 Estadio cries
- 47 Continue a long time
- 48 Sounded hoarse



## DOWN

- 1 H.S. diploma equivalent
- 2 Jai \_\_\_
- 3 Making a good impression
- 4 Comes up short against
- 5 Flatow on NPR
- 6 Raggedly separated
- 7 Oscar, wrote "*The Importance of Being Earnest*"
- 8 "What I think" by texter
- 9 Summer air mover
- 10 Gerund finish
- 14 Always, poetically
- 18 Women's grp. supporting  
Cotley College
- 20 Image altering software
- 21 Debauched geezer
- 22 Cereal grains
- 23 "Hey there!" quietly
- 24 Tesla type veh.
- 25 *Treasure Island* initials
- 28 50s pres.
- 29 Snaps a hand to the temple
- 33 Using ink
- 34 Address lines
- 37 Composer Stravinsky
- 39 With 42 Down "O \_\_\_," (famous  
Italian tune)
- 40 Children's game
- 41 Angry rock
- 42 See 39 down
- 43 She in Brazil
- 44 Licensed talk event (with "X")

**For answer key,  
please visit [55LNK.com](http://55LNK.com).**



# BORED? NOT ME

BY JO ANN WAGNER

"I'm bored. What can I do?" I found myself asking my mother this question in the heat of the summer until I learned not to. Without school, I had a lot of time on my hands.

When I asked, my mother found extra chores for me to do. That wasn't what I wanted. I wanted to find something fun to do. Hoeing the garden, dusting the house, practicing my accordion, cleaning my room – those things didn't count. It didn't take me too long to figure out that my mother didn't feel obligated to entertain me. Nor was getting in trouble an option.

One day a week a retired man who lived out in the country brought bats, balls, and a couple gloves into town to the new ball diamond. Kids came in from the country when they could. We chose teams and played. That was the only organized activity around.

My mother took me to the library in Norfolk quite frequently, so I had access to the books I loved to read. There was a school across the street with a swing set where I spent many hours swinging until my hands were callused. On the positive side, I learned that being bored has some benefits.

I spent time looking at clouds in the sky, watching as one shape changed into another. My mind was free to wander where it might. It was calm and relaxing.



Sometimes I climbed a crabapple tree, feeling the freedom of being out of sight.

---

I dreamed of being the first woman president. I thought of my heroine, Nancy Drew, and how she could solve mysteries as a teen. I believed that I, too, had limitless possibilities.

---

I searched among the clover in our yard for four-leafed clovers. When I got frustrated if I couldn't find any, I'd tear one leaf on a three-leafed clover in half, and voila! I had a four-leafed clover.

I learned to entertain myself, largely as a result of being bored. Electronics have taken boredom away from the younger generations. What a loss!

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



# EMBRACE THE JOURNEY

BY BILL BUDLER

For most seniors, our family home has been a traditional house. The type you see along seemingly endless neighborhood streets. Each home is surrounded by its own yard. The property lines are defined by a friendly neighbor fence. The various architectural designs and sizes reflect the style and needs of each family. It's our own little piece of the world.

As the children move out in pursuit of their own lives, the bedrooms begin to sit empty. The maintenance becomes more laborious. The stairs are more challenging with each passing year. The yard work is no longer as enjoyable. And dealing with the snow and ice, well that is a task best left for a younger back. There comes a time when we begin to consider a change in lifestyle.

The current real estate market makes it a great time to sell the family home. It is probably worth more money today than it ever has been in history. But what's next? Health situations may lead you toward one of the many

assisted living facilities offering a variety of care levels. Or is downsizing to a townhome or condominium a better option? That lifestyle can be very appealing. Especially having a Homeowner's Association providing lawn care, sharing the maintenance, and of course, handling the snow removal. The big question: should you buy or rent? The challenge today is a limited availability of either option.

For a positive outcome in today's hyperactive real estate market, it is more important than ever to utilize the assistance of an experienced professional. Along the way there will be many important decisions to make. Lots of emotions. Dozens of details. Through it all, embrace the journey and enjoy the next chapter of life.



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



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# LET THE GOOD TIMES GROW AT THE LANCASTER COUNTY SUPER FAIR

From farm animals, to motorsports, to funnel cakes, to carnival rides, families can find so much fun packed into 10 days at the Lancaster County Super Fair that you'll have to plan at least two visits to experience it all!

From July 28 – Aug 6, 2022, the Lancaster Event Center Fairgrounds turns into THE family place to be for the summer with unique entertainment, agriculture, and educational experiences for the whole family to enjoy. We've rounded up some highlights to help you make plans today.

## ALL 10 DAYS

- Puppy Pals Comedic Stunt Dog Show – as seen on *America's Got Talent!*
- NoWear BMX Stunt Bike Show – returning fan favorite!
- Carnival Rides
- Euro-bungee Trampoline
- Favorite Fair Foods
- A-Z Exotic Animal Petting Zoo
- Pony Rides

## FIRST 4 DAYS, JULY 28-31

- 5,000 4-H/FFA livestock animals, horse shows, and static exhibits
- Fun at the Farm Ag Educational Experience
- Enhanced Family Fun Zone
- Kids' Scavenger Hunt
- Cookie Eating Contest - July 28
- Watermelon Feed - July 29
- Figure 8 Races - July 29
- Demolition Derby - July 30
- Cinnamon Roll Contest - July 30
- Princesses & Heroes Meet n' Greet - July 30
- Hispanic Cultural Festival - July 31

## 2ND WEEK

- Mutton Bustin' - Aug 2
- Open-Class Barrel Horse Races - Aug 3 & 6
- Bluestem Miniature Horse Show - Aug 5
- Monster Trucks (with premier league of professional drivers) - Aug 5 & 6
- Lancaster Cornhole Tourney - Aug 5 & 6
- Super Craft Fair - Aug 5 & 6
- Open-Class Livestock Animals - Aug 6

See the full 10-day schedule at [SuperFair.org](http://SuperFair.org).

Motorsport and carnival ride tickets go on sale 6/1 and can be purchased at [SuperFair.org](http://SuperFair.org) or at the Lancaster Event Center Fairgrounds office at 84th & Havelock.

Free Fair Gate Admission tickets can be picked up at the following Lincoln locations July 1 through Aug 6: U-Stop Shops, Russ's Market, Super Saver, and West Gate Bank. Otherwise, Fair Gate Admission is \$3 person/day. Parking is \$5/car/day.



*Plenty of Fun for 2 Visits!*

**ALL 10 DAYS**

**FREE Puppy Pals**  
National comedic stunt dog show  
as seen on *Animal Control* & *Today*

Rides & More Rides

**FREE NoWear BMX Stunt Bike Show**

Pony Rides | Eurobungee | A-Z Exotic Animal Petting Zoo | Favorite Fair Foods

**FIRST 4 DAYS**

5,000+ animal & static exhibits

Cinnamon Roll Contest July 30  
**FREE to enter!**

Show N Shine Car Show July 31  
First 25 entries **FREE**

Family Fun Zone | Figure 8 Races July 29 | Demolition Derby July 30 | Live Music July 29-31

**2ND WEEK**

- Horse Shows
- Mutton Bustin Aug 2
- Super Craft Fair Aug 5 & 6
- Food Truck Battle Aug 5 & 6
- Live Music Aug 5 & 6
- Open Class Livestock Aug 6

**NEW Monster Trucks**  
Aug 5 & 6

**LANCASTER COUNTY Super Fair**  
July 28 - Aug 6, 2022  
Lancaster Event Center Fairgrounds  
Lincoln | 84th & Havelock

See full schedule at [SuperFair.org](http://SuperFair.org)

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

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## TIPS TO SPOT A SCAM

BETTER BUSINESS BUREAU OF NEBRASKA

No matter your age, no one is immune to scams. In the most recent 2021 BBB Scam Tracker Risk Report, online purchase scams were the riskiest scams for all age groups, with people aged 65+ reporting a higher median loss (\$200) than all other age groups. Regardless of the type of scam, BBB recommends the following precautions to avoid becoming a victim.

**Watch out for phone fraud.** The Federal Trade Commission reports that fraudulent telemarketers often direct their calls at older adults. Scammers will claim to be with a government agent or pose as a bank employee. They may sound friendly and courteous or aggressive and threatening. They may even have a caller ID to match their claims.

However, caller IDs can be easily spoofed and government agencies do not make unsolicited calls. It is vital to cultivate a healthy distrust for unsolicited callers and avoid sharing personal information. Never feel pressured to act. When in doubt, hang

up the phone and call the official source to verify unexpected or unusual claims. You can also reduce the number of unsolicited calls by registering your phone number with the National Do-Not-Call registry at 1-888-382-1222 or [Donotcall.gov](https://www.donotcall.gov).

**Know the red flags. Most scammers use common tactics to get your money or personal information. Keep an eye out for the following too-good-to-be-true claims:**

- “Free,” “low cost,” or “buy one, get one” deal
- Request for unusual payment types (i.e. prepaid debit cards or wired funds)
- Claims that you only pay postage or administrative fees
- Deals that must be secured with a credit card or bank account information
- Sure-fire investment opportunities
- Charities that send 100% of your donation directly to the victims

**Guard your personal information carefully.**

Never share your personal information with a stranger on the phone, in an email, on a social media network, or otherwise. Keep careful records of your transactions by reviewing your bank and credit card statements regularly. Check them for accuracy and then shred any documents that include personal information.

If you or a loved one has been the victim of a scam that targets older adults, report it at [BBB.org/ScamTracker](https://www.bbb.org/ScamTracker).



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# THE BENEFITS OF PET THERAPY

BY ALLISON HUNTER-FREDERICK

My cat Rainy and I are a therapy cat team. Therapy animals bring happiness and comfort to retirement centers, classrooms, libraries, and other facilities. These animals are pets that have undergone training and have been both certified and insured by a therapy animal organization.

While pets, in general, are good for the mental, emotional, and physical health of their owners, therapy animals benefit people who can't or don't own pets, or who don't have access to their pets in a particular situation. Some people might miss having a pet and will appreciate the chance to visit with one, while others might miss their pet at home and so a therapy animal serves as a reminder of what is waiting for them. Alternatively, some people appreciate the friendliness of a therapy animal and decide to adopt or foster an animal.

There are numerous other benefits specific to therapy animals. For example, they can help improve verbal communication and self-esteem, motor skills and joint movement, social and empathetic skills, and willingness to join activities and interact with others.

As a therapy team, Rainy and I have visited seniors in various living situations, students and staff on a college campus, and children in a library. I'll briefly explain these here.

## CHILDREN

Research shows that children with low self-esteem are more willing to interact with animals than with people. Children find it more fun to read to animals because animals don't laugh at or correct a child's mistakes.

## STUDENTS

While nothing can stop the constant juggling of classes, assignments, and tests, a therapy animal can alleviate some of that resulting stress. Students often find themselves calmer about facing another school day after a visit from a therapy animal.

## SENIORS

According to the website Disabled World, therapy pets are valuable to the elderly and when interacting with people with dementia because they stimulate both memory and forgotten emotions. A representative from a local hospice says that pet therapy teams provide comfort, peace, and soothing companionship.

*If you're interested in helping meet the need for cat therapy visits, contact me at [allisontalkspets@gmail.com](mailto:allisontalkspets@gmail.com).*



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