

LINCOLN'S MAGAZINE OF CHOICE
FOR THE SEASONED READER

Fall 2021

55+



**There Is No Place
Like Nebraska**

Get to Know University
President Ted Carter, Jr.

PAGE 12

**Tailgate Recipes
That Score Big**

PAGE 20

COVER SPONSOR



LEGACY
RETIREMENT COMMUNITIES

LOVE YOUR
LEGACY

Legacy Retirement Communities have it all. See how they're redefining retirement living. PAGE 4

FREE!
Take one!

LINCOLN CITY GOLF

Grab a friend and sign up for a tee time at one of Lincoln's municipal golf courses! Holmes, Mahoney, Pioneers, Highlands, and Jim Ager courses are waiting for you. Visit lincolncitygolf.org for more information on tee times, leagues, or "Get Ready Golf" lessons.

PIONEERS PARK NATURE CENTER

Get outside and enjoy nature this fall at Pioneers Park Nature Center! Festivals, hikes, classes, and fun run/walks are all on the calendar. Contact PPNC for more information at 402-441-7895.

VISIT THE SUNKEN GARDENS

Even as fall temperatures arrive, Sunken Gardens will put on a show. Open daily from sunrise to sunset, Sunken Gardens is the only Nebraska garden to be listed in the "300 Best Gardens to Visit in the United States and Canada" by National Geographic's "Guide to Public Gardens." The official end of the season is November 6, 2021. The theme is "Ruby Slippers." Free admission.

BikeLNK

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

ADOPT-A-PARK OR ADOPT-A-TRAIL

With your help, the parks and trails in your area can be in tip-top shape year-round! Adopting a facility through Parks & Recreation involves picking up litter in a predetermined park or along a trail section for 1-2 hours per week. This is a perfect opportunity to gather with your friends AND make a difference at the same time. On-site recognition is provided. Application is available at parks.lincoln.ne.gov.

STAY FIT!

Free fitness opportunities abound in and around Lincoln this fall. From instructor-led classes at the Woods Park FitLot, to a variety of wellness programs (in-person and virtual) through Aging Partners, there's something for everyone. More information at parks.lincoln.ne.gov.

FALL in love with
your Lincoln parks!

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FALL 2021

A WORD FROM THE EDITOR

Dear Lincoln 55+ Readers,

Thank you to many of our readers for letting us know that you loved our Summer Edition of Lincoln 55+. Providing the kind of content that you enjoy reading is very important to our team. It's what guides us to bring you stories of interest, things to do, and much more.

We're excited about the articles in our Fall magazine. We were thrilled when we got the opportunity to sit down with Ted Carter, Jr., President of the University of Nebraska, to get his viewpoint on everything from what he loves about being in Lincoln, to the challenges during the pandemic, to the changes he and his team have implemented that will impact students well into the future. Read his interview on page 12.

October is Breast Cancer Awareness Month. It gave me an opportunity to talk with my friend, Diane Brennan, an oncology nurse practitioner and a breast cancer survivor. There are many unknowns when someone is first diagnosed with breast cancer. On page 32, read what Diane learned through her journey and how she is helping other women now.

From how to avoid falling victim to a scam, winterizing your home, and fun activities to get you outdoors and enjoy the Fall weather, there's something for everyone.

We invite you to grab a cup of your favorite coffee or tea, find a comfy setting, and relax while you find joy in our Fall Edition of Lincoln 55+.

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THE INFLUENCE OF AGEISM

LEGACY RETIREMENT COMMUNITIES

BY CORY KIBLER

Of all the “isms” in our world, one we may not hear about or discuss over the dinner table very often is ageism. As with other “isms,” there are outward examples of ageist words and behaviors AND much subtler instances that can perpetuate (often untrue) stereotypes about seniors.

Tracy Haefele, Life Enrichment Associate at Legacy Retirement Communities, likes to highlight an example of ageist language we’ve probably all used: the word “still” in the context of senior living.

“Are you still gardening?” or “Do you still travel?” may seem innocuous at first, but the word “still” makes our question sound more like, “Aren’t you a little old to be gardening or traveling?” That’s the power that even small words carry!

Even trickier is that almost everyone uses ageist language, including seniors themselves. We’ve come to accept that doing certain activities as a senior is dangerous, miraculous, or both. Of course, plenty of 90-year-olds live with youthful vigor, and plenty

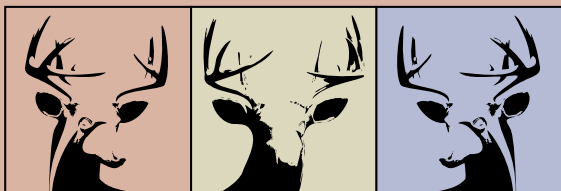
of 30-year-olds lead quiet thoughtful lives. When it comes to what someone may or may not be able to do, age alone just doesn’t help us much.

Our task, then, is to change our assumptions and language around age ... and the best way to do that is to have first-hand experiences that contradict our biases.

It’s another reason why life at Legacy Retirement Communities is so valuable. Every day, residents are empowered to maintain an active lifestyle through any number of activities, and people of all ages grow to view one another as nuanced individuals rather than stereotypes. Seniors get to know high school-aged staff and are heartened to see our future is in good hands. Meanwhile, those younger staff members learn quickly that “senior” isn’t synonymous with “incapable.”

Further, our joy and self-worth rely on so much more than what we can or can’t do, and comparing ourselves to others (or even our younger selves) is a fruitless endeavor. When you discover the intersection of where your abilities and your interests meet, you’ll continue to find fulfillment and stay engaged for yourself as an individual and leave the comparisons behind.

At Legacy Retirement Communities, we’ve found that the best way to experience joy is to focus on our own unique purpose. Not our purpose in any grand or profound way, but rather, our humble purpose in the day before us and the lives around us. What gifts can we offer others? What can we be grateful for? What new things can we learn or experience? These are the questions that lead us to joy, however old or young we feel.



LEGACY

RETIREMENT COMMUNITIES

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



FALL FUN AT YOUR LIBRARIES!

BY GAIL McNAIR

Fingers are crossed as I assemble the list below of fun things available for you and your friends in our libraries. Please note that all future events will depend upon any potential COVID restrictions, but hope springs eternal that all events will be available for you to enjoy.

Plans are in full swing for the **2021 Annual Book Sale** at the Lancaster Event Center. The pre-sale fundraiser is scheduled for Wednesday, October 13, 4:00 - 8:30 p.m. The public sale runs Thursday through Sunday. Set-up will begin on Monday, October 11, and all volunteers are welcome to help to fill the tables with thousands of books of all genres and for all ages. Mark your calendars and join the fun. Visit www.foundationforlcl.org for up-to-date information and to purchase tickets for the fundraiser.



Senior Tech Time at Gere Branch Library continues to be very helpful and popular with seniors. Help is available in person or over the phone by calling Gere Branch Library, 402-441-8560, to make an appointment. Brenda has many stories where seniors have been helped to access electronic options in our libraries. (bealey@lincoln.ne.gov)

Home Outreach by Mail delivers library materials directly to the homes of individuals who are temporarily or permanently unable to travel to a library location. There is no charge or age limit for the service. Call 402-441-8537 to register.

Adult book groups, **Book Talks**, meet regularly at Bethany and South Branch Libraries. All adults are welcome and no registration is required for as many or as few sessions as you prefer. The group meets at Bethany Branch every Friday at 10 a.m. South Branch group meets every Thursday at 6:30 p.m. during the fall and winter.

If you love True Crime and local mysteries, **Once Upon a Crime**, is the group for you. It meets every second Tuesday at 6:30 p.m. at Gere Branch Library. Join library staff for all things criminal, where they discuss their current obsessions. Be sure to bring your favorite stories to share and get sentenced to FUN!

If Mystery Fiction is your passion, **Just Desserts** discussion group meets at Bennett Martin Public Library on the last Thursday of the month, January through October, at 6:45 p.m.

Please check Lincoln Libraries website, lincolnlibraries.org, for schedule updates and changes. Looking forward to seeing you at the Library!

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



You've had nights like this.

Lots on your mind and sleep won't come. That's when you remember— it's Wednesday, and there is something you can't miss on Wednesdays. Someone you can't miss. You grab your lanyard, get in the car, drive the ten minutes it takes, park and step inside. The sounds and smells are unmistakable: school. And there they are, coming down the hall toward you and you see it— the change in their stride. And you feel your own chest lift and the day shifts. It's your TeamMate.

Be there.

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- Intentional adult-youth matching
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- Year-round support
- Ongoing informal education opportunities
- The chance to be a part of a legacy

WHAT YOU BRING

- **STRENGTHS**
- **STABILITY**
- **HOPE**
- **STORIES**
- **CONNECTION**

"The whole TeamMates formula of showing up every week, it's not a hard thing to do. You just have to be open to want to learn about another person. I think I have probably learned more from my TeamMate than he's learned from me."

— JON, AGE 58

"I just get to listen and be there for my TeamMate. I would have loved that when I was in middle school. I really would have."

— JULIE, AGE 62

"We've developed a close relationship, a history together, and that is a powerful thing. I hadn't considered how much I'd enjoy stepping inside the schools my TeamMate attended. It's comfortable and invigorating."

— GAYLA, AGE 75

Right now, a young person is taking their imperfect steps, hoping to share their journey with a caring, adventurous adult like you. Call today!

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of LINCOLN

402-436-1990 or visit:
lincolnteammates.org to apply

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Going to an appointment at the hospital can be a less than optimal experience. It may involve parking in a large, far away garage, searching for the correct entrance, navigating hallways, and a long wait time.

At AMI you can expect...

- A short walk from the parking lot to the entrance
- A brief wait time in our remodeled waiting area
- Same day results for many exams

PERSONAL TOUCH

While hospitals have many departments, AMI focuses on diagnostic imaging services and offers a caring personal experience. For example, AMI not only offers a traditional MRI, but Lincoln's only high-field open MRI and a large-bore 3T HD MRI, which is ideal for patients with claustrophobia and other unique needs.

AMI also takes pride in their Women's Center that specializes in women's imaging. Mammograms and other procedures are made as relaxing as possible thanks to the all-female staff and private, spa-like setting. AMI is also home to the Mammo Party — a great way for women to get their annual screenings while having fun with their friends.

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OUR GUARANTEE: Patient satisfaction is important to Advanced Medical Imaging. Comments about the quality of service provided are encouraged and can be sent to ourguarantee@AMImaging.com



SOUNDS LIKE SOMETHING SPECIAL

COMPLETE HEARING CHANGES THE CONVERSATION ABOUT HEARING CARE

SPECIALIZED DOCTORS = SPECIALIZED CARE

According to the World Health Organization, hearing loss affects 430 million people worldwide. For the past ten years, Complete Hearing has been providing individualized care for patients with hearing difficulties in Lincoln and the surrounding area. Their team of audiologists – Dr. Sandra Miller, Dr. Meghanne Wetta, and Dr. Macy Schott-Miller – are dedicated to providing state-of-the-art hearing services that impact the lives of their patients.

EXPANSION OFFERS NEW SERVICES

Complete Hearing is nearing completion of a 1,000 sq.ft. building expansion at its current location in Lincoln. When completed, the additional space will be a center that offers a holistic approach to hearing services, well beyond hearing aids.



New specialty services will include:

TESMER ENT

Timothy Tesmer, M.D., an Otolaryngologist in Lincoln, will provide evaluation and management of specified Ear, Nose, and Throat (ENT) Disorders for all ages.

BALANCE ASSESSMENT AND TREATMENT

Currently, patients are screened for unsteadiness and positional dizziness. By partnering with the American Institute of Balance, patients will be able to receive certified diagnostic and rehabilitative care on site.

COGNITIVE SCREENINGS

With 40% of dementia cases being preventable through lifestyle factors, including hearing well, Complete Hearing addresses the effects of hearing loss on brain function through the use of Cognivue – the first digital screener for cognitive impairment.

Other holistic specialties will include physical therapy, acupuncture, nutrition, counseling, and massage therapy.

BENEFITS TO PATIENTS

The Doctors at Complete Hearing don't just assess a patient's hearing; they look at the history, current symptoms, and overall well-being of the patient.

Working Together



Dr. Tim Tesmer

The Team



We're All Ears!

Sounds Great!

Rendering of Consultation Room ▶



Recent studies have shown a connection of good nutrition and how it may help to slow the progression of hearing loss and cognitive decline. Acupuncture has also shown to reduce stress resulting in some relief for patients experiencing tinnitus. By adding these complementary services, patients will have access to more comprehensive care and resources. According to Dr. Sandra Miller, this expansion will allow their doctors to provide a continuum of care by referring patients for additional services they may benefit from, all within one location.

“Our 10-year vision is to bring like partners together to collaborate in the care of our patients,” said Dr. Miller.

“These specialists are pieces to our puzzle that will allow us to provide a more holistic approach to care. In essence, Complete Care from a Complete Team for the best patient outcomes.”

- DR. SANDRA MILLER

Complete Hearing is located at 4200 Pioneer Woods Drive in Lincoln. Learn more about their comprehensive approach to hearing care at complete-hearing.com.

PERSONALLY SPEAKING

A CONVERSATION WITH TED CARTER, JR.,
PRESIDENT, UNIVERSITY OF NEBRASKA

It's inspiring to know that someone who never imagined themselves even living in the Midwest, let alone Lincoln, Nebraska – the place we call home – has become one of our greatest ambassadors in such a short period of time. After nearly 20 months at the helm of the University of Nebraska, it has become clear that recruiting Ted Carter was the right choice at the right time.

Carter came to Nebraska from the U.S. Naval Academy, his alma mater, where he served as

superintendent. Under his leadership, the Naval Academy achieved a No. 1 national ranking and new records in student success and diversity. Carter previously was president of the U.S. Naval War College in Newport, R.I. A retired Vice Admiral with 38 years of service, Carter has logged more than 6,300 flying hours and holds the American record for carrier-arrested landings.

As president, Carter leads a four-campus university system that enrolls nearly 52,000 students and employs 16,000 faculty and staff on campuses

in Lincoln, Omaha, and Kearney, plus academic divisions and research and extension centers across the state. He serves as chief spokesman and chief executive officer for the system, which operates on a \$2.8 billion annual budget and includes a flagship Big Ten institution, a world-renowned academic

health sciences center, Division I athletics programs, and preeminent institutes focused on water and agriculture, national security and defense, infectious disease, and early childhood education.

We asked President Carter to share with our readers how his time thus far in Lincoln has impacted the University and him personally.

What attracted you to the role of President of the University of Nebraska?

What really drew me here was the mission of higher education. I have to admit I wasn't looking for Nebraska – Nebraska kind of found me.

It was really the Leadership Pillars in the job description – there are nine of them – that inspired me. Whoever wrote them did a phenomenal job. My wife and I felt they described a little bit of my leadership philosophy at the Naval Academy and at the War College. Once I got into the job – which was pre-pandemic – I was very excited, I liked what I saw. The diversity, the uniqueness of each campus between the Med Center in Omaha, the metropolitan campus in Omaha, the flagship campus here in Lincoln, and the rural campus out in Kearney – all of that was super attractive to me. It was important to me in terms of the state and business development. As a sports fan all my life, I'm very familiar with the legends here in Nebraska. So all of that was a draw.

Did your career as a Vice Admiral in the Navy and Superintendent of the U.S. Naval Academy prepare you for leading the University during a pandemic?

The emerging pandemic, the challenges that went with that, my background in strategic and military planning – all helped to put us [University of Nebraska] in a place where we were able to shift the dynamic. We have tremendous staff and leadership at all campuses. We made five major decisions in May 2020 in preparation for the upcoming first session that fall –



from the Nebraska Promise, to the changing of the schedule, to the changing of online course costs, to stating we were going to be open, and a tuition freeze. When you add that all up, most universities would take four or five years to get through that and we did it in a period of weeks.

Were there risks involved in implementing these strategies?

There was risk involved. The Nebraska Promise, for example, where we offered free tuition for families who make \$60,000 or less caused people to question how we could afford to do that. The answer was we can't afford NOT to do it. If we hadn't done this, along with some of the other things we did, we would have likely lost enrollment somewhere in the 5-10% range. Instead, we were the only major Midwestern university that actually grew during the pandemic, even in double digits in first-generation students and underserved minorities.

We also plan to attract out-of-state students to come to Nebraska through a new program called the New Nebraskan at UNK. Basically, it's a scholarship program that gets students about the same tuition as in-state. There is a migration happening as you might expect. Populations are leaving cities like New York, Seattle, and Los Angeles, and we need them to go farther than Denver, Austin, or Jacksonville, Florida. Our strategy to attract them to Nebraska is three simple words: affordability, accessibility, and growth. People can resonate with that. This is going to be the trend for higher education and we [University] have already made the pivot. Most institutions are raising tuition; we froze it. That was one of the five strategies. We were the first in the country to say "No" and to freeze tuition for not one but two years.

CONTINUED ON PAGE 14



How to be a Nebraska Ambassador

Contributions don't always equate to cash or money. Volunteering your time and being involved go a long way. There are many programs people can be a part of at the University of Nebraska that support our students and overall mission. Becoming an ambassador for the University, as well as the state, involves supporting what we do, and learning more about what the University does and our many diverse programs.

- Sign up to become a University of Nebraska Advocate by visiting www.nebraska.edu/advocates. By joining the team, you will be among the first to know about legislative developments that impact the University and how and when to get engaged in voicing your support to elected leaders.
- It is important to understand what Nebraska Extension does in all 93 counties of the state. The research that stems from Extension is very unique to Nebraska and is there to support farmers and ranchers. The results of what comes out of Nebraska's Extension impact our top industry, agriculture.
- One of the things that is going to be so important for the University, in addition to Nebraska Extension, is what it does with 4-H – creating pathways and opportunities for kids. This is probably the most participatory state in 4-H of any state in the nation (88-90% of all grade school children touch 4-H).

Anyone can become an ambassador for the University of Nebraska by talking about what we have here. "What I'm really proud of and excited about is that when I travel outside the state and wear my 'N' lapel pin, I get stopped," President Carter said. "There are Nebraska fans everywhere." **GO BIG RED!**

The University of Nebraska is already the best value in every category, as well as the best value of any member of the Big Ten. We're really here for the benefit of the state because 80% of our graduates, no matter where they come from, stay in Nebraska.

What impact does the University of Nebraska have on the state economically?

If anyone from the Nebraska Legislature asks, "What's the value of the University of Nebraska?" I want to be able to show them. The millions of dollars in funding given to the University is returned sevenfold, in the billions of dollars.

The Medical Center in Omaha is world-class, one of the Top 10 medical schools in the country. We're top in a lot of different areas that people don't really think about such as architecture and law. We have a space law program that's one-of-a-kind in the country. Our research numbers are going way up. We're about to get a significant grant from USDA for creating the "farm of the future" which will put us at the top of the list for agriculture, farming, and ag-tech innovation. There's a lot of cool stuff going on.

We received a Federal Grant for the National Strategic Research Institute, one of only 14 University-Affiliated Research Centers in the country conducting exclusive research for the Department of Defense. The next project is to secure funding for the largest Biocontainment Center in the country. Called Project NExT, this will really take Nebraska to the next level. If we had the NExT project [biocontainment center] in full operation when COVID-19 hit, we likely would have been able to reduce COVID loss of life in this nation by at least one-third, if not more. That's how impactful that can be.

This state is remarkable in how it does public-private partnerships. I've not heard or seen another state do it as well as Nebraska does. It's unique and one of the high gold standards we have here.

What are some things you want readers to know about the University of Nebraska?

We have a real opportunity to elevate Nebraska. We're coming out of the pandemic strong, with an incredible sense of hope and opportunity, and we are going to take a well-thought-out, five-year strategy and mechanize it. I want Nebraska to be successful, not just downtown Lincoln, not just Husker football, not just what we have in Omaha, but in how the university impacts the entire state.

Affordability, accessibility, growth – when I say growth, I'm not just talking about enrollment and graduation rates. I'm talking about the growth and success of our students. Closing the attainment gap which is the number usually measured for students that are white vs. students of color. We have a very wide attainment gap here in the state of Nebraska, one of the highest in the country. The demographics of our state are changing – 40% of high school graduates will be students of color by the year 2040. We're laser-focused on how we close that gap between these two cohorts and make that a success story. That will be the future workforce of Nebraska.

Outside of work, what do you like to do in your free time?

Lynda and I like to travel. I also enjoy running and ran in the Lincoln Half Marathon. I try to keep TV to a minimum but I do enjoy watching football and other sports. I'm even considering strapping on my skates again and playing hockey like I did in college.

My wife, Lynda, and I have lived everywhere in the world, overseas twice. Our son was born in Japan and our daughter in San Diego. We've lived in all four corners of the country, from my home state of Rhode Island, to Florida, to a lot of time in the Norfolk, Virginia area, and even the Seattle and San Diego areas. We moved 21 or 22 times but never to the middle of the country. I've said this publicly many times that every single day we have been here has been a validation that we are where we are supposed to be.



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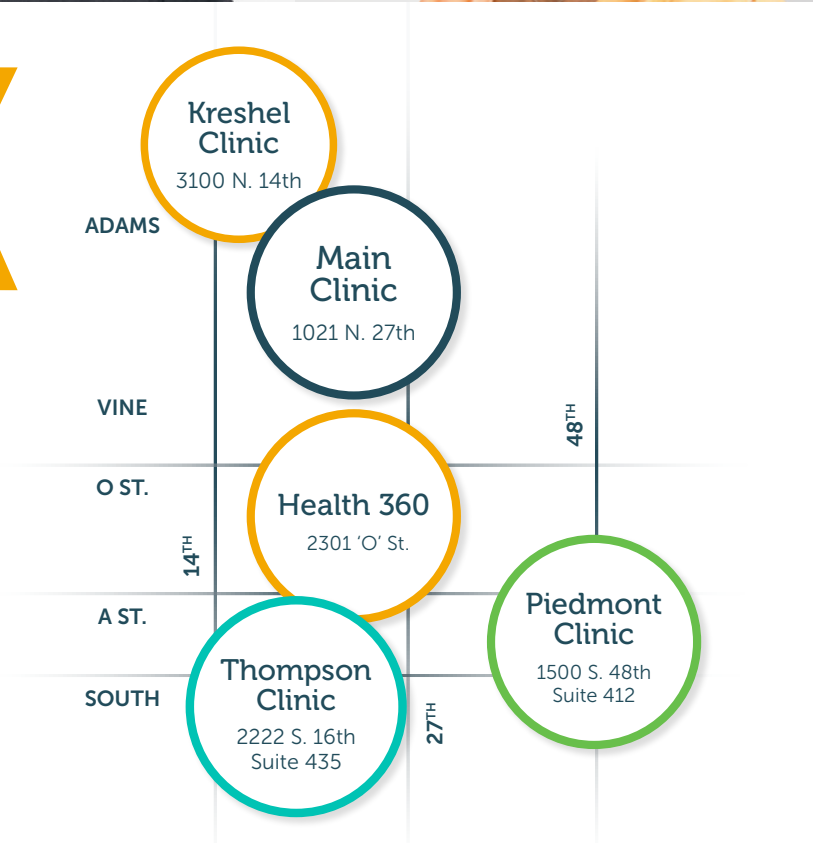


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Ceresco, ~30 minutes north of Lincoln
hillside-orchard.com

2 ROCA BERRY FARM

Roca, ~30 minutes south of Lincoln
rocaberryfarm.com

3 BLOOM WHERE YOU'RE PLANTED

Avoca, ~45 minutes east of Lincoln
bloompumpkinpatch.com

4 VALA'S PUMPKIN PATCH

Gretna, ~30 minutes northeast of Lincoln
valaspumpkinpatch.com

5 ARBOR DAY FARM

Nebraska City, ~1 hour southeast of Lincoln
arbordayfarm.org

6 KIMMEL ORCHARD & VINEYARD

Nebraska City, ~1 hour southeast of Lincoln
kimmelorchard.org

7 BELLEVUE BERRY FARM

Bellevue, ~1 hour northeast of Lincoln
bellevueberryfarm.com

8 SKINNY BONES PUMPKIN PATCH

Blair, ~1 hour 10 minutes northeast of Lincoln
skinnybonespumpkinpatch.com



Fall into fun
and leave your
cares in summer.

9 HARVEST MOON

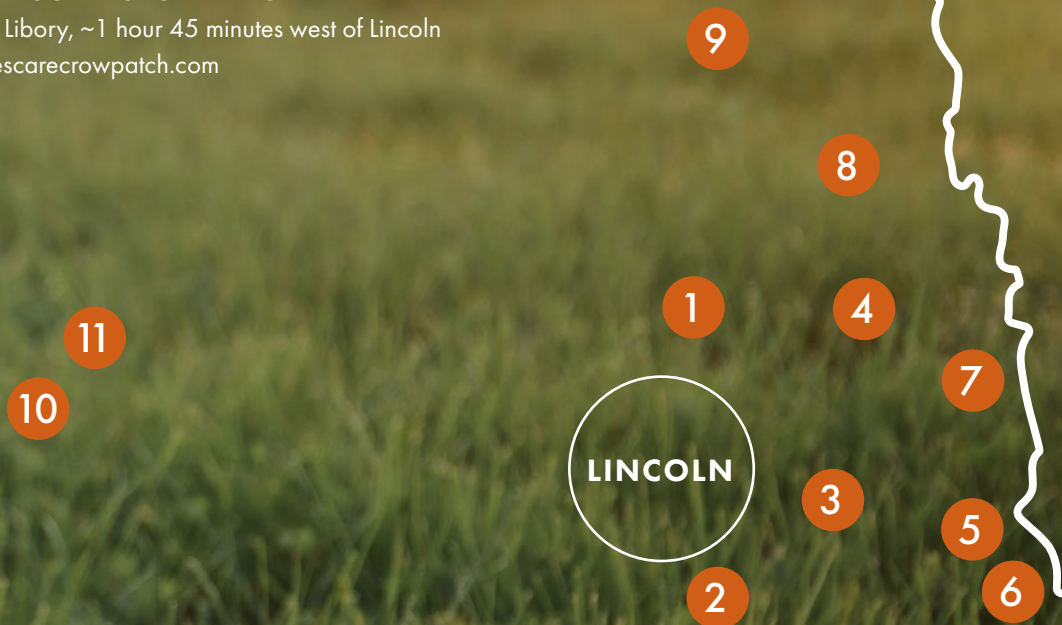
Oakland, ~1 hour 30 minutes north of Lincoln
harvestmoonOakland.org

10 HELGOTH'S PUMPKIN PATCH

St. Libory, ~1 hour 45 minutes west of Lincoln
helgothspumpkinpatch.com

11 THE SCARECROW PATCH

St. Libory, ~1 hour 45 minutes west of Lincoln
thescarecrowpatch.com



There is something so spectacular about the Fall season. Leaves evolve from various shades of green to yellow, then to orange and red as they shed from their branches and float gracefully to the ground in preparation for winter.

Vegetable gardens and fields of corn begin to wither. Pumpkin patches are smothered with all sizes and

shapes of pumpkins just waiting to be picked for baking pies and breads, or carved for Halloween. Apple orchards are ripe and ready to be made into cider.

If you're looking for a reason to get outside and expand your sights and senses, we've put together a list of places that are sure to fill you with wonderment.

NAVIGATING THIS RED-HOT REAL ESTATE MARKET

BY BILL BUDLER

Do you want that house so bad that you are willing to take the house as-is, without any further inspections or repairs?

Maybe, offer to buy it without even seeing it?

Pay thousands of dollars more than their asking price?

Ignore the appraisal value and make up any difference in cash?

Sounds pretty extreme, but this red-hot seller's market has created a real challenge for home buyers. Their offer may be just one of dozens of offers that the seller receives. So, buyers are trying all sorts of ways to make their offer stand out in the crowd. But when does it become unreasonable, and the cost and the risks grow too great? That's a question that every buyer must answer.

Today, it has become almost commonplace for the buyer to gamble on any potential repairs by offering to purchase the house in 'as-is' condition and waive their right to conduct third-party inspections. It is important to thoroughly understand the risks and potential costs that come with such a strategy.

How much is too much to pay? A recent news story reported that home sales were bringing an average of 25% above asking prices. The principal of supply and demand is driving up real estate prices. Whenever there are more buyers than sellers you can expect price increases. Even professional appraisers are challenged to determine accurate values due to today's rapid price increases. Ultimately it is the

market that will determine values. Just keep in mind that prices can go up, and they can go down as well.


Work with your Realtor® to draft a creative offer. Make it convenient for the seller to do business with you. Perhaps offer to be flexible on the closing date. Include a clause that you will pay for professional cleaning once the seller moves out, one less thing they have to deal with. Do they need help in disposing of personal property? What if you paid their movers? Or offered a short-term lease back option? Sometimes convenience is preferred over money.

The bottom line is that we are experiencing an extraordinary seller's market. It is driven by high buyer demand and fueled by incredibly low interest rates. How long it may last is anyone's guess.

It is worth a word of caution not to get too caught up in the feeding frenzy of today's market and make decisions you may regret later.



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



At Roper & Sons Funeral Home, we understand that a funeral or memorial service for your loved one is a positive first step in the grieving process. In the days, weeks, and months following a service, people continue to need others to lean on for understanding, encouragement, and guidance.

Our goal is to address the healing of our community as a whole, providing grief support services in response to a need, while striving to change the way we as a culture view grief. That is why Roper and Sons offers a common place and a comforting environment for expressing emotions through each phase of the grieving process.

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Our grief support groups are led by Melissa Thorne, LIMHP, LADC, a Grief Therapist at Roper & Sons, and are free to the public.

To learn more about grief counseling and support options, contact us directly at info@roperandsons.com or call 402-476-1225.

FRESH IDEAS FOR TAILGATING BITES

Fall is here and excitement is in the air! With football season kicking off and other outdoor sports that beckon enthusiastic spectators, our thoughts can't avoid what we all love to do – tailgate!

No matter what event you plan to attend, or host at your home, some extra thought will go into which delicious bites you decide to serve. Try one of these recipes and your tailgating friends will love 'em.

For more great recipes, go to 55lnk.com, or share your favorite recipe at hello@55lnk.com and we'll add it to our website!

SLOW COOKER SALSA CHICKEN

- 2 pounds boneless, skinless chicken thighs, trimmed
- Salt and pepper
- 1 cup jarred salsa
- Juice of 1 lime
- ¼ cup chopped cilantro
- 2 tablespoons chili powder
- 1 teaspoon cumin
- 1 tablespoon honey
- 3 cloves garlic, minced
- Cooked rice or warmed tortillas, optional

① Mist a slow cooker with cooking spray. Season chicken with salt and pepper and place in slow cooker. In a large bowl, mix remaining ingredients except for optional rice or tortillas. Pour over chicken; turn to coat. Cover and cook on low until chicken is falling-apart tender, 3 to 5 hours.

② Turn slow cooker to warm and, using two forks, shred chicken. Serve over rice or with warmed tortillas, if desired.

Serves 6. From Lacey Houseman, myrecipes.com

SHAWN'S FAMOUS AVOCADO SLAW

- 2 jalapeños (diced)
- 6 garlic cloves (diced)
- 1 bunch of cilantro (chopped)
- 1 bunch of green onions (thinly sliced)
- 2 packages of angel hair shredded cabbage
- 4 avocados (cubed)
- 4-5 limes (halved and squeezed)
- A pinch of pepper
- A pinch of sea salt

① Mix jalapeños, garlic, cilantro, and green onions. Toss cabbage with the above ingredients in a large bowl. Wet cabbage mixture with 4 of the 5 freshly squeezed lime halves. Fold in cubed avocados, and sprinkle with salt and pepper. Finish the dish with more fresh lime to taste.

② Serve with tortilla chips, over chicken, or as a solo slaw.

Serves 10-15. From Shawn Gudgel. *Mother and grandmother of Lincolniters.*



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WINDOW MEMORIES

BY JO ANN WAGNER

Before air conditioning, on summer nights I'd lie with my head at the foot of my bed, facing the window. My room was on the second floor of our house and the heat in the attic continued to hold the heat in my room long after the sun went down. As I watched the moon come up through the trees, I listened to cicadas, crickets, and corn growing. I learned that crickets chirp faster when it's hotter and slower when it's cooler. When we'd had a lot of rain, frogs from the nearby creek serenaded me to sleep.

Every autumn as the winds grew colder, my father brought out his really tall ladder. My mother washed the storm windows we'd stored in a shed. Dad climbed up to every window to remove the screen and replace it with a clean storm window. The storm windows were necessary to keep us from freezing in our old house, built just after the turn of the century.

Every spring the process was reversed, except that the storm windows didn't need to be washed. Eventually my parents replaced the outer screen and storm windows with a combination window that had a screen on the outside and a storm window on the inside. By opening the inside windows, we could push buttons on the combination window from inside the

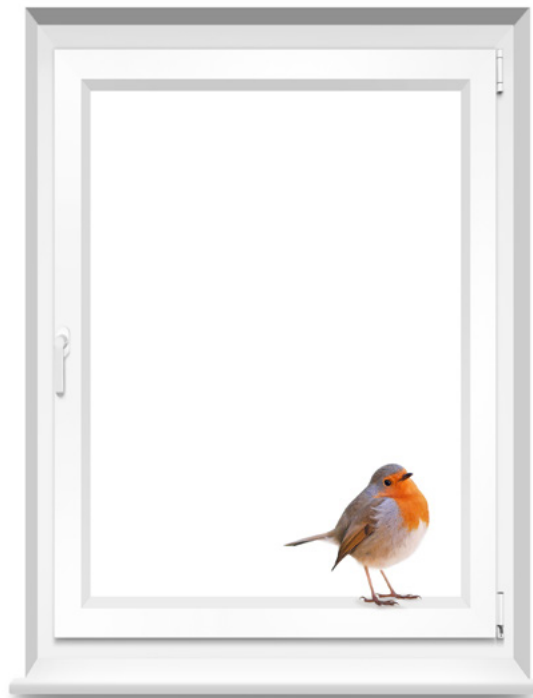
house, to move the storm window up to let air through the screen that remained. This was so much easier than having to replace windows twice a year.

Curtains hung inside our windows. In keeping with tradition, my mother washed these curtains once a year. Once they were washed, we dried them on the curtain stretcher. My mother's curtain stretcher consisted of a wooden frame with pins around the edges that stuck out. It was easily adjusted to different sizes for different sized windows. When the curtain was wet, we pulled and stretched the curtain, hooking the edges over the pins. I didn't like doing this, because all too often I'd prick my fingers in the process.

Once the curtain dried, it was much easier to push it off the pins from behind without endangering fingers.

Windows have certainly come a long way since I was young.

Some modern windows flip so we can wash the outside from inside our home. I wonder if self-washing windows will be next.



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



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BOOK REVIEW

LOVE IS A FILING CABINET

BY JEANNE KERN, LINCOLN AUTHOR

REVIEWED BY LINDA STEPHEN

If you are looking for a light, fast romance novel – or bucket list inspiration, I recommend Jeanne Kern’s newest book *Love Is a Filing Cabinet* (January 2021, The Wild Rose Press, 260 pages). The book covers family, sisters, our roles at work and home, daring to find our strengths, and missteps on the way to long-term love. It’s a fun read for any time.

Kern sold the book to a New York publisher at age 80. This is her first novel; it took her 20 years to write, edit, rewrite, and get published. Find online, at JeanneKern.com or at Francie & Finch Bookshop in downtown Lincoln.

What is on your bucket list? What are you doing today to get you closer?

OTHER BOOKS YOU MIGHT ENJOY READING

[A Window Opens](#) by Elisabeth Egan

This realistic novel of a working mother of young children is set in the New York metro. My friend gave me this book because the main character Alice loves books and has a lot on her plate. Alice is a working mother trying to balance volunteer work, caregiving for a sick parent, taking care of young children, and

paid work that she loves. When Alice’s husband quits his law job to start his own firm, she decides to go back to work full time. Alice finds a high-paying job with a large startup company envisioning the future of bookstores and books, but the company increasingly intrudes on her home time – and then “pivots” to a new industry. Meanwhile, her life at home is falling apart.



[A Window Opens](#) (2015, Simon & Schuster, 370 pages) is about family, work, prestige, values, and how we balance competing responsibilities.

Before moving to Lincoln, like the character, I worked in New York for technology startups and commuted home an hour or so by train each night. The author is the book’s editor at *Glamour*, so is writing from experience.

[Blue Shoe](#) by Anne Lamott

By memoirist Anne Lamott (*Traveling Mercies*), this realistic novel is set near San Francisco and is full of flawed characters, including parents with addictions.

The main character Mattie is a newly divorced mother of two children. I enjoy Lamott’s insights on people and the strength and grace that her character finds through friends, her children, and her church. *Blue Shoe* (291 pages) was published in 2002 by Penguin Putnam.

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

SKIN CARE FOR MEN

Men, we need to have a talk – about skin care. You may think that only women spend money on the latest-and-greatest skin care products, but guess again. According to a 2018 AARP article, the men’s skin care market was projected to exceed \$60 billion by 2020. Even if you didn’t have a skin care regimen in the past, it’s not too late to implement one now.

SKIN CARE IS IMPORTANT

Do you rely on your morning shower to do a good job of cleansing your face? The truth is, for a long time, many men haven’t given a thought or worry about caring for their facial skin. Rugged skin was thought to be a manly attribute, right? Not so much anymore. Good skin care can be very effective in addressing many concerns, such as acne, wrinkles, and even sun damage.

Using the same soap you use to cleanse your body doesn’t work for your face. It can strip away natural oils and the skin’s protective barrier. Instead, use a facial cleanser that has moisturizing ingredients. It’s important to wash your face in the morning and again before bedtime to remove all of the yuk that has accumulated in your pores throughout the day. Follow your washings with a good moisturizer that has an SPF for protection.

This is a non-negotiable routine – like brushing your teeth or wiping off your golf ball before you putt. It takes minutes to do it and you’ll thank us for making your skin look more youthful.

WHICH PRODUCTS DO I NEED?

There are a lot of skin care products for men on the market. If you are just starting out, you will want the following basics:

- **Daily Facial Cleanser**
- **Daily Moisturizer with sunscreen**
- **Night Cream with properties that boost collagen and reduce fine lines**

Once you get used to using these basic skin care products, you may even feel adventurous enough to apply a masque!

If you feel like a fish out of water walking into a store to purchase these products, take your significant other with you or schedule a facial where you get your haircut and let them give you a treatment and a 101 class on products.

Either way, it’s time to start taking care of your skin!



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ANTIQUUE VALUES

COLLECTING PHOTO POSTCARDS

BY TOM BASSETT

Once upon a time nearly everyone sent and received postcards. They were inexpensive to purchase, and postage was likewise quite inexpensive. From most collectors' point of view, cards that pre-date 1930 are of the greatest interest. Pre-1920 postcards are even better.

One type of postcard stands out as one of the most sought after. They are called Actual Photo Postcards (APPC). Most are black and white and depict a unique scene. Because they are actual photos and have been made into a postcard, there are an unlimited variety of topics. Some of the most common are family gatherings, a bride, children, school chums, and people showing off their new car or horse and buggy.

There are a number of reasons that people enjoy collecting APPCs. One is that it shows life as it was a century ago. We can see how people dressed, the jewelry ladies wore, a favorite pet, children by an old-fashioned Christmas tree, a favorite bicycle or motorcycle, one's house, a soldier, an automobile, a town's new courthouse, or its first fire truck.

The more unique the scene that is depicted, the greater the value. If the photo contains an early auto or motorcycle, the value may be \$5 to \$15. A firetruck may be \$20 and up; a famous person is \$15 and up; a small-town street scene is \$5 and up; and a disaster, for example a train wreck, can be \$10 and up. A card with a photo by Solomon Butcher is particularly rare and worth \$5 and up.

Better check out that box of postcards in the closet. Happy Hunting!

Tom Bassett is a resident of Lincoln and a member of the New England Appraisers Association. He is a contributing writer for Lincoln 55+ magazine.

**Four Stylish Ladies
(1908) \$10 to \$15**



**The Seward High School
Band (1910) \$25**



**The Nebraska State Prison
Baseball Team (c. 1915) \$40**



COUNTY FAIRS IN THE 1930s

BY CLIFF LOWELL

Our county fairs were held at the end of August during the week before schools started. My family went just once during the five days of each fair.

I used to go to the school exhibit first to see what the students had won on art and classwork submitted by their teachers. Since school supplies were used to create the entries, students didn't always get to keep all their prize money. It was used to replenish the materials used.

The open class exhibits of clothing and quilts, fancy stitchery, crafts, foods, garden produce, and farm crops, and a tour of the 4-H building with similar exhibits were always interesting. New farm machinery was displayed. Children liked to sit on the seats of the tractors and self-propelled combines. A walk through the livestock barns followed.

Sometimes my family would buy lunch at a rural church food stand, but we usually packed a lunch featuring fried chicken and ate in our car.

Dad would never stay for evening events, so we watched the afternoon grandstand show. We didn't buy tickets to sit in the shade in the covered bleachers. Instead, we watched from a fenced area beside it.

I marveled at the musical talents of small bands, the antics of clowns, the abilities of trained animals, the litheness of acrobats and trapeze artists, and the dancing girls in their sparkling, sequined outfits.

After the fair was over I tried to imitate some of the entertainers' actions. I became very adept at balancing a jar lid containing water on my forehead while I bent over backward to lie on the

floor and then get up again. (The real entertainer had used a glass of water.)

I remembered some of the comedians' jokes. One man told how a rainstorm had come up quickly. He said, "It - got - damp - quick!" My brother liked to tell what another man shared. He asked if we knew how to get Chile when listening to a radio. "Go upstairs on a cold day, put on your BVDs, and open the window."

As we walked through the midway before going home, we children might get to choose one ride, usually the Ferris wheel or merry-go-round. If we had any money left, we'd try our luck at one of the booths.

I won a little monkey that was placed on the top of the kitchen cupboard by the clock. "That will remind us not to monkey with the clock," I was told.

One day when the clock was taken down to be rewound, the monkey was knocked to the floor and broken.

*This is an excerpt from Clifford E. Lowell's book, **The Early Years.***

Cliff is a contributing writer for Lincoln 55+ magazine.



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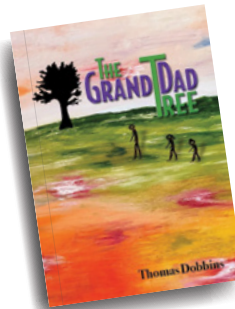
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BREAST CANCER:

Two Words That Can Change Your Life



A CONVERSATION WITH DIANE
BRENNAN, MSN, APRN-NP

Breast cancer touches so many lives, including my friend, Diane Brennan, MSN, APRN-NP, an

oncology advanced nurse practitioner

in Omaha. While there is a lot of valuable information from organizations about breast cancer, this interview focuses on Diane's experience as a breast cancer survivor and how she is able to help her patients cope with a breast cancer diagnosis.

Diane, when were you first diagnosed with breast cancer?

It was 2005. I was in my 40s and premenopausal at the time. I was a cardiology nurse practitioner then.

What thoughts and emotions did you go through at that time?

When I was first diagnosed, it was an absolute emotional roller coaster, as it is for anyone who is diagnosed. It's just a shock and your mind takes you to dark places and the worst possible scenarios sometimes. That said, you just need to take a deep breath because often breast cancer is caught early and easily treated. There is an urgency to address the problem and get answers quickly, but it's important to get information from multiple reliable sources, like your oncologist.

You mentioned you worried about "collateral damage." What do you mean?

Yes, there is this guilt associated with bringing your family into this disarray, like the financial concerns, your job, and roles of other people in your life. The anxiety, the uncertainty of it all – you don't want to drag everyone through it. Some women have children to worry about as well.

There's also anger associated with breast cancer. There are gene mutations which are familial in origin that do make you at high risk. But for the most part, there aren't a lot of behaviors that lead to someone getting breast cancer. You find yourself asking, "Why me?"

What information would have been helpful at the time?

I didn't have a lot of knowledge about breast cancer in the beginning. Here are some helpful tips I've learned through my journey.

- Look for resources, like ProjectPink'd in Omaha, Susan G Komen, and the American Cancer Society. Don't just Google breast cancer because you can get misinformation.
- Social media groups can offer support and fellowship. Medical advice should be from your healthcare provider. No two breast cancer cases are exactly alike.
- For your consultation, it's good to write down questions to ask, bring someone with you, take notes, and even request permission to record the discussion so you remember everything.
- Menopause complicates things. The medications used in estrogen-dependent tumors worsens some of the menopausal symptoms.
- If you are considering different types of breast reconstruction, ask to see photos from surgeons. It's important to get a realistic appreciation of what you can expect from the procedure to help in the decision making.
- Do your homework. Not everyone needs extensive surgery. Survival rates are similar with lumpectomy plus radiation vs. a mastectomy. Factors to consider include size and location of the tumor in the breast. Your doctor can help you in the decision-making process.



What is the most common concern of your patients?

There is confusion about chemotherapy. In some cases we directly test the tumor to determine if a patient would benefit from chemotherapy or not. In our office we determine if chemotherapy is indicated. We have an education session to help patients understand the chemo medications, side effects they may experience, and when to notify their doctor.

What are some myths or bad information you could dispel?

- While breast cancer can occur at any age, most breast cancers are diagnosed after age 50.
- Any persistent lump or skin change needs to be evaluated.
- Gender doesn't matter.
- A negative family history of breast cancer doesn't exclude you from a breast cancer diagnosis.
- Follow screening guidelines for mammograms and monthly self-breast exams, including women who have had any type of breast surgery.

What advice do you give your patients when they are first diagnosed?

Take a breath. It's important to get your family and support system in place, and gather as much information as you can to make the right decision for you. Remember: people are well meaning and offer helpful advice. Give yourself permission to do this on your own terms.

In addition, there's a component, almost like PTSD, with breast cancer. Once you're diagnosed, you're always diagnosed. It will always be a part of you. It can cause you anxiety or it may give you strength.

Advancements in research continue to give hope to anyone who is diagnosed with breast cancer.

Clinical Trials and Therapies

Patients who are diagnosed with breast cancer have better odds for recovery and are living longer because there are more clinical trials being conducted and therapies developed.

If you have advanced stage breast cancer, discuss with your provider options such as enrolling in a clinical trial.

Read more about clinical trials online at 55lnk.com.

NOT EVERYONE IS NEBRASKA NICE: DON'T GET SCAMMED

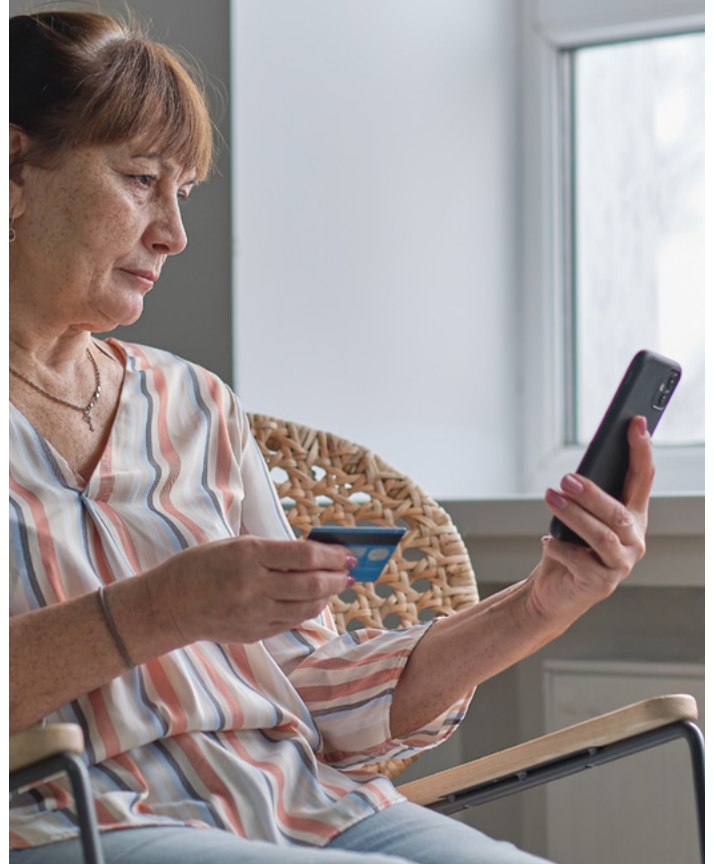
Information in this article is from the Preventing Senior Fraud booklet, distributed by the Office of the Attorney General, Nebraska Department of Justice. Read on for scam descriptions, along with warning signs, and what to do if you believe you are being, or have been, scammed.

IMPOSTOR SCAMS

Someone poses as a friend or relative, via email or phone, in desperate need of money due to something being terribly wrong, for example a car wreck or kidnapping. Others claim to work for a government agency and indicate your taxes are unpaid and you are at risk of being arrested and/or you are about to lose your benefits. Still other impostor scams allege you've won money, prizes, or claim to be computer tech support and viruses have been detected on your device.

Warning Signs:

- ✗ You are asked to send money immediately by gift card or wire transfer and are discouraged from using a credit card or check.
- ✗ The caller asks for access to your computer or wants confidential information such as your Social Security Number, date of birth, bank account, or credit card numbers.
- ✗ The caller is insistent and wants to stay on the line while you follow through with what they want you to do.



What You Should Do:

- ✓ Resist pressure to make an immediate decision.
- ✓ Call the friend or family member on another line to determine if they are truly in trouble.
- ✓ If you suspect a scam, hang up.
- ✓ NEVER give personal information over the phone or computer unless you initiated the contact or have a prior relationship with the person you are corresponding with.
- ✓ Don't "confirm" personal information either. It's a trick!
- ✓ Don't agree to any "free gift" offer if you are required to pay additional fees (i.e. administrative, registration, or shipping).
- ✓ Don't send cash by overnight mail, wire transfer, gift card, messenger, or prepaid card. If it is a scam, your money will be gone with no way to dispute fraudulent charges.

HOME REPAIR SCAMS

Someone claiming to be a repair expert or contractor offers you a “deal” because they are working in the area and have “extra material.” Be skeptical!

Warning Signs:

- ✗ The special offer is available that day only.
- ✗ The “contractor” is unable to show proper identification and refuses to provide an estimate or references.
- ✗ You are pressured to make a decision immediately.
- ✗ Upfront payment is demanded for services not yet done or incomplete services.
- ✗ A small repair suddenly becomes a major problem.

What You Should Do:

- ✓ Refuse to purchase services from any contractor who shows up uninvited to your home.
- ✓ Never agree to have work done on the spot.
- ✓ Use a local, well-established contractor who can provide references you can contact.
- ✓ Shop around and get several competitive bids in writing.
- ✓ Do not pay the full amount upfront.
- ✓ Do not pay with cash.
- ✓ Check qualifications like registration and licensing on the Nebraska Department of Labor’s website at www.dol.nebraska.gov or by calling (402) 471-2239.

Other scams include identity theft, foreign lottery promotions, charity fraud, bogus business and job opportunities, and investment schemes.

Unfortunately, those who scam give us good reason to be cautious and maybe even a bit suspicious. However, being aware and well informed will improve your chances of not falling prey to a scammer.

KEEP THESE TIPS IN MIND

- If it sounds too good to be true, it probably is.
- Everyone is a potential victim - including seniors.
- Seniors may be targeted more because they are perceived by scam artists to have more free time or may be more trusting.
- Be direct, even rude if you have to. Hang up or shut the door on unwanted solicitations.
- Free is free. If you are asked to pay for something that is free, walk away.
- Wiring money is just like sending cash. Once you send it, it is gone for good.
- Ask a friend, relative, or trusted advisor if you have doubts.
- Review your financial statements often.
- Shred personal and financial information.
- Call law enforcement immediately if you think you have been victimized.
- If someone offers to help you recover your losses from a scam “for a small fee” it is probably the scammer coming back for more.

GEAR UP FOR WINTER BY STARTING THIS FALL

BY RANDALL S. JONES

Living in Nebraska it's a safe bet that winter will be cold. Why not start your winter preparation by taking care of things at home this fall? Our Aging Partners Home Handyman program suggests the following tips to help you make sure you're doing what you can to gear-up for the winter months:

- Clean your gutters one last time after the leaves have fallen. A little bit of work done now might save you a lot of work later from overflowing gutters and ice dams on your roof.
- After the leaves have fallen, get them raked and off your grass. Leaving them (pun intended) can damage the lawn over the winter due to insects and breakdown of the leaves themselves.
- Disconnect and take your garden hoses inside to prevent frozen pipes.
- Turn your garden over and add composted manure. Turning the garden soil in the fall allows moisture to penetrate the ground further. Adding composted manure in the fall gives it additional time to breakdown and mix in with your soil.
- Check the foundation of your home for cracks and seal appropriately, if needed. It helps keep critters out and the home warm during winter.
- Clean your dryer vents to improve dryer performance.
- Trim bushes and trees after leaves have fallen.
- Clean up brush and grasses around the house foundation. If you limit areas where mice might be outside, you can reduce the possibility of them "upgrading" to your home.
- Remove window air conditioning units and store them for the winter.

- Set up a call-list of neighbors, friends, and family to contact every so often during the winter. It's important to do this all the time, but especially when it's too cold to be out and about. We are all in this together!

If you'd like to inquire about our Home Handyman program and determine if you qualify for assistance, call 402-441-8815.

Randall S. Jones is with Aging Partners and is a contributing writer for Lincoln 55+ magazine.



Prepare Your Home Before You Leave for the Winter

Before you head to sunshine and no snow for the winter, don't forget to prepare your home for when you're gone for several months. Here are some helpful reminders to ensure you don't come back in the spring to find any major problems.

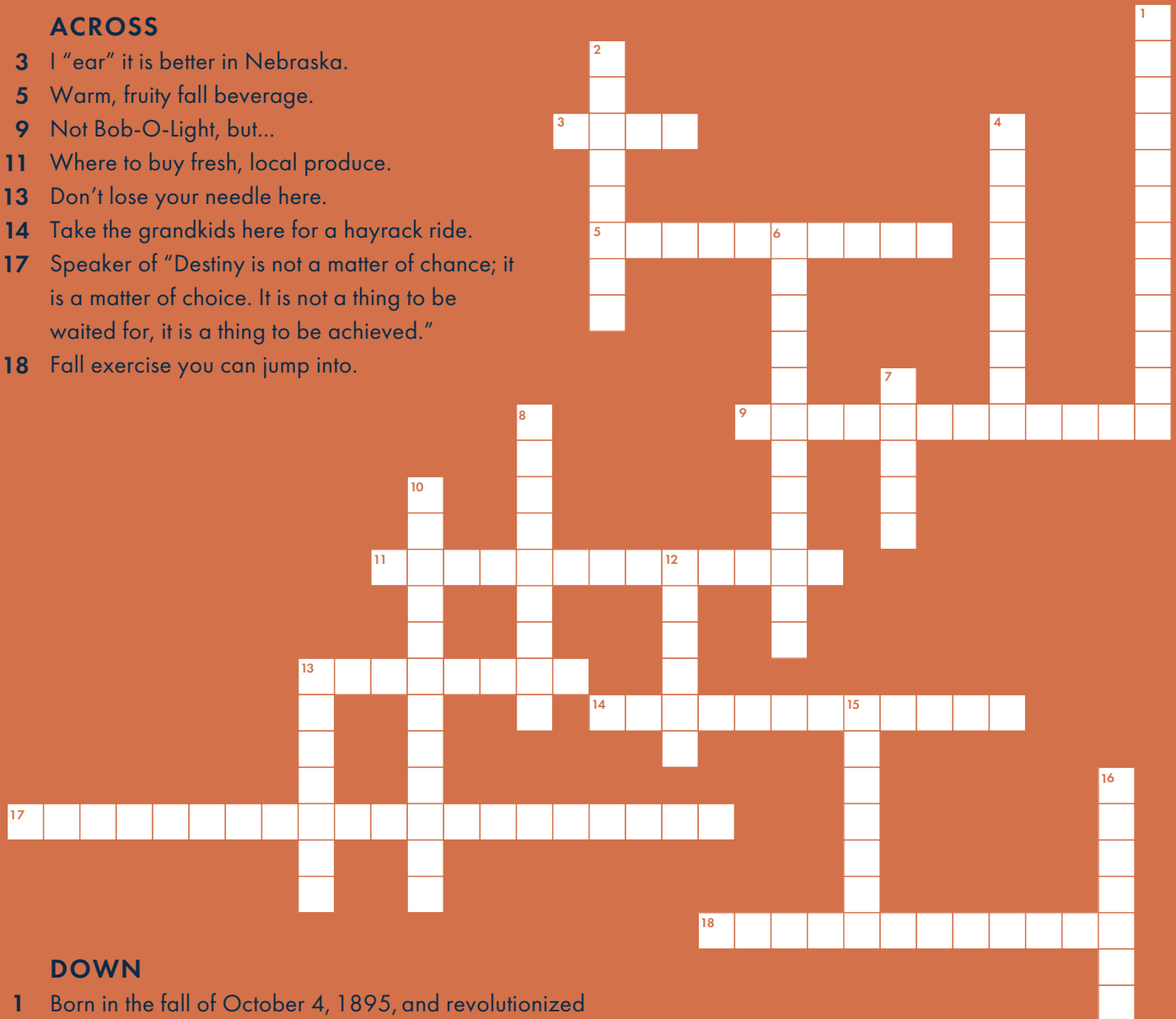
- Turn off the water supply and drain water lines
- Unplug all appliances that won't be in use
- Turn down the heat
- Make sure trash cans are empty

Doing these few tasks allows you to enjoy your time away without worrying about your home. You can also ask a friend or professional to check in at your residence every so often to ensure everything is as you left it.

ALL THINGS FALL. APART. CROSSWORD

ACROSS

- 3 I "ear" it is better in Nebraska.
- 5 Warm, fruity fall beverage.
- 9 Not Bob-O-Light, but...
- 11 Where to buy fresh, local produce.
- 13 Don't lose your needle here.
- 14 Take the grandkids here for a hayrack ride.
- 17 Speaker of "Destiny is not a matter of chance; it is a matter of choice. It is not a thing to be waited for, it is a thing to be achieved."
- 18 Fall exercise you can jump into.



DOWN

- 1 Born in the fall of October 4, 1895, and revolutionized breaking the fourth wall in comedic silent films of the 1920s.
- 2 A touchdown sport.
- 4 Doorbell holiday.
- 6 Nigerian author of "Things Fall Apart."
- 7 Pumpkin cousin.
- 8 Fun, fall festival in Nebraska City.
- 10 Thank-a-Turkey holiday.
- 12 A fall synonym.
- 13 Pick the crop.
- 15 The flavor of the season to smell and taste.
- 16 UNL Volleyball super senior and outside hitter.

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