

LINCOLN'S MAGAZINE OF CHOICE  
FOR THE SEASONED READER

Winter 2021

55+

**Inspiring at 91**

A Conversation With  
Local Writer Cliff Lowell

PAGE 6

**Great Reads to Cozy Up  
With This Winter**

Book Reviews  
by Linda Stephen

PAGE 18



SIP, SIP,  
HOORAY!

Venue's Warming Winter Drinks Are Cause for Celebration PAGE 14

COVER SPONSOR



**LEGACY**  
RETIREMENT COMMUNITIES

When Is the Right Time to Make Choices About Retirement Living? PAGE 2

**FREE!**  
Take one!



Oh, the weather outside is frightful,  
but the parks are so delightful!

Even in wintertime,  
Lincoln's parks provide endless possibilities for  
exercise and enjoyment. Bundle up and get out there!

### **SNOWSHOEING AND CROSS-COUNTRY SKIING**

After the snow flies, head to Wilderness Park or Pioneers Park to get some exercise and enjoy the winter wonderland. No equipment? No problem! Contact UNL Campus Recreation Center for equipment rental.

### **SLEDDING**

Grab the grandkids and head out to enjoy this favorite pastime. There are many great sledding spots in our parks, but our favorites are at Seacrest Park, Arnold Heights Park (Tanker Hill), and, of course, the Pioneers Park sled run.

### **WINTER BIRDING AND THE GREAT BACKYARD BIRD COUNT**

Birds are everywhere, all the time, doing fascinating things. Meet at Chet Ager at Pioneers Park Nature Center on Saturday, February 19 at 9:00 AM to participate in the Great Backyard Bird Count!

### **INDOOR WALKING TRACK AT RECREATION CENTERS**

Stay fit during all kinds of weather by walking the indoor track at Air Park Rec, Belmont Rec, or F Street Rec. It is a fun way to catch up with a friend (or listen to your podcast/audiobook) AND get steps in. Drop-in times vary by Center – call for more info!

### **SUNSET SOLSTICE HIKE**

Welcome winter and the changing season with a guided evening hike at Pioneers Park Nature Center on Saturday, December 18 at 4:30 PM. Pre-registration is required through the Nature Center at (402) 441-7895.

### **PICKLEBALL AT CALVERT OR AIR PARK REC CENTER**

Bring the game indoors when the weather is bad. Paddles and balls are available or use your own. Check with the Rec Center for their open hours!

### **GIVE THE GIFT OF NATURE**

There are so many ways to honor those you love through our tribute programs this holiday season. Visit our website to learn more!



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# WINTER 2021

## A WORD FROM THE EDITOR

Dear Lincoln 55+ Readers,

WOW! Where did this year go? It seems like it was just yesterday when we launched our first 55+ magazine. Time flies when you are having fun and our team has been enjoying every minute of working on our winter edition.

We were inspired by our chat with Clifford E. Lowell, a 91-year-old retired teacher, author, and contributing writer for 55+ magazine. We wanted to know when he first started writing and he gave us so much more, on page 6.

With holidays and celebrations happening throughout the next few months, we know you will love these delicious cocktails (and mocktail) to serve to your guests, on page 14.

We hope you enjoy reading our winter edition and share it with your friends and family. From all of us at 55+, we wish everyone a wonderful holiday season and a bright 2022.

See you in the New Year!

Jacquie Genovese  
Executive Editor



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## THE 55+ TEAM

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# WHEN IS THE RIGHT TIME TO MAKE CHOICES ABOUT RETIREMENT LIVING?

## LEGACY RETIREMENT COMMUNITIES

Assisted living communities are the fastest growing and most favored long-term care option for seniors in the U.S., but knowing when to begin considering retirement living options can be difficult, as well as emotional.

When should I start thinking about my retirement living needs? What is the magic age? Like most big life decisions, there is not a one-size-fits-all approach or perfect time to determine what is best for you or a loved one. Kayla Shaf and Kyle Yates, Retirement Living Advisors at Legacy Retirement Communities, advise folks to start their research and look into options before they actually need to.



**Kayla  
Shaf**



**Kyle  
Yates**

During different seasons of life, changes can occur unexpectedly. Being proactive allows you the ability to make choices based on your likes, wants, and needs versus being forced into something because it is the only option at the moment.

## STEP 1

Simply start the conversation. Even if you believe you are five-to-ten years down the road from retirement living needs, start talking about it, ask questions, and do some research. Being proactive is the best place to start. It might not always be comfortable but it is advantageous to stay ahead of the game. We go through life making plans and preparing for the next chapter – college, marriage, careers, starting a family, moving to a new house – but the retirement chapter tends to be the one people avoid preparing for, which is understandable. Having these conversations are not easy; however, they are important and extremely beneficial.

## STEP 2

Consider the various dynamics in your specific family. Is one partner in favor of researching retirement options and the other partner is not? Do you not have a partner? Are there medical issues that need to be addressed? If so, how is your current situation supporting your health needs? What services or activities are important to you? Write down your wants and needs and don't be afraid to share with others.

## STEP 3

Many say this is the most difficult step. Pick up the phone, call Legacy, and ask for a Retirement Living Advisor. Many folks have the misconceived idea that if they start asking questions they will suddenly be forced to move and make a change. That couldn't be further from the truth. It is a process. Think of it like buying your first home. It's a big decision and commitment and kind of scary. Most of us didn't buy the first house we looked at. Instead, we toured numerous homes in various neighborhoods, did some research, narrowed down our options, and took more tours. It took time and we needed to feel comfortable with our final choice. The Legacy advisors strongly recommend that, just like buying a home, you don't try to figure out retirement living all at once.

Retirement Living Advisors are experienced and skilled at meeting people where they are at. Their primary goal is to be a resource and provide education. You may not even know what questions to ask and that's okay. Advisors will walk you through every step. Do we hope you pick a Legacy community? Of course, but if it's not the right fit for you, we aren't going to force it. We are honestly here to serve our community of Lincoln with whatever is best.

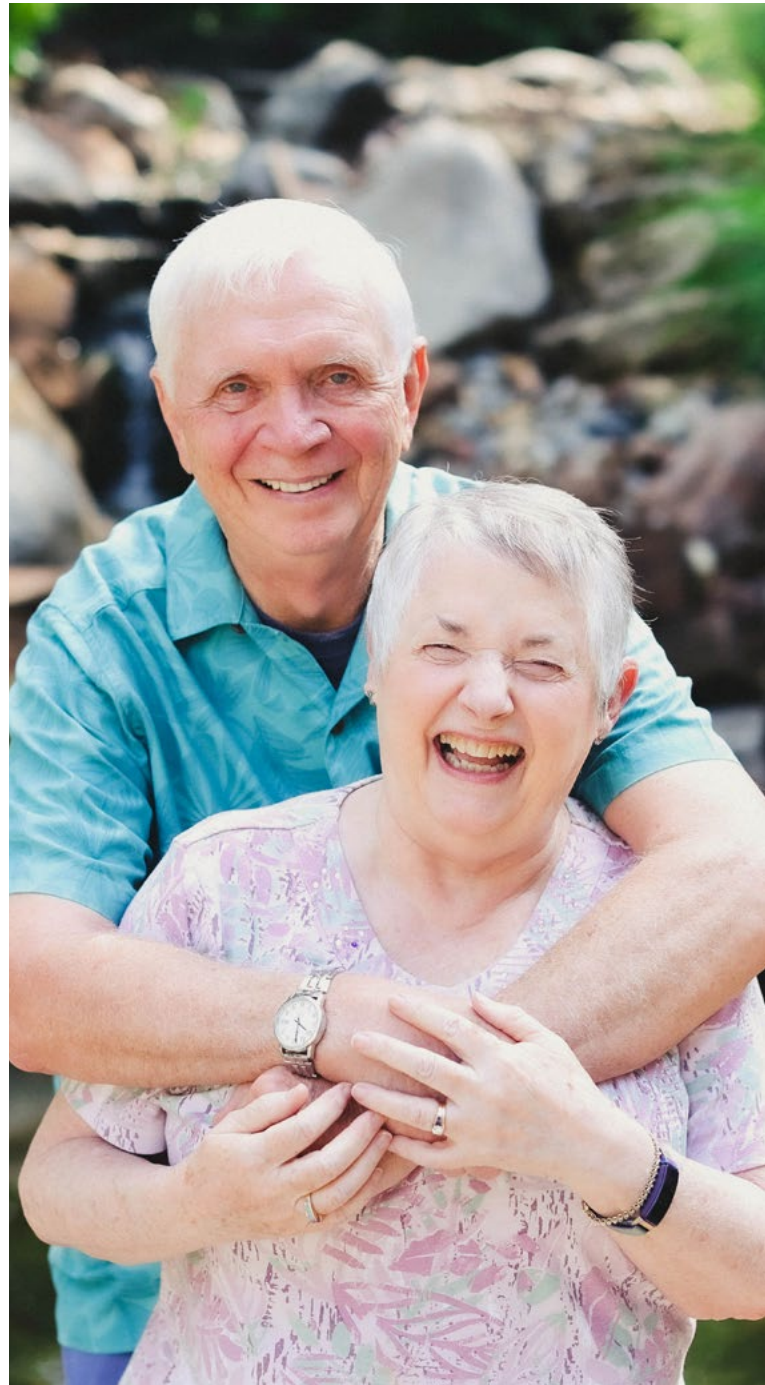
#### **STEP 4**

Schedule a tour and get a feel for the culture. Retirement communities have strong cultures and it is important to find the culture that best fits you. Make sure you engage with residents and staff as you go around visiting places. Retirement communities are not apartments. They are truly a living style. It is important to have the right fit for your needs and wants, but also to have a personal connection.

#### **STEP 5**

Take into account the financial aspect. The financial piece can be overwhelming. Legacy has wonderful Executive Directors who are happy to sit down and discuss the financial side of things, including breaking down long-term care policies.

Often the fear of the unknown, along with the stigmas and stereotypes of what senior living is, are at the root of most objections and concerns. Retirement communities, like Legacy, are places to live, to be engaged, to meet new friends, and to have fun. They are not places where you sit in your rocker and watch the news all day. Folks who are proactive and do their research find this out and realize, "Wow! This is not a nursing home." Instead, they feel rejuvenated with unique opportunities to live the lifestyle they truly value.



If you have questions, contact Kyle Yates at Legacy, 402.436.3000, or go to our website, [legacyretirement.com](http://legacyretirement.com) for more information and a non-pressure approach.



# A TRULY PUBLIC FORUM

## THE E.N. THOMPSON FORUM ENTERS ITS 34<sup>TH</sup> YEAR

BY MICHELE TILLEY

As the premiere lecture series in Nebraska, the E. N. Thompson Forum on World Issues has brought speakers who address issues that impact us locally and globally. Renowned experts and leaders have focused on democracy, freedom of speech, environmental issues, religious freedom, foreign policy, health, the arts, public policy, and many other topics, giving us opportunity for insight, debate, and discussion.



**Jack Thompson & Mikhail Gorbachev**

In 1988, E.N. “Jack” Thompson, then President of the Cooper Foundation, gathered a group to discuss a series to bring expertise on global topics and international issues to Lincoln. The University of Nebraska agreed to co-sponsor, and the Lied Center for Performing

Arts signed on as a major partner. Since then, the Forum has brought more than 160 speakers, including world leaders such as former President of the Soviet Union Mikhail Gorbachev, Nobel Peace Prize winner Desmond Tutu, journalist David Brooks, activists Bill McKibben and Jose Antonio Vargas, former government officials John Bolton and Robert MacNamara, artists Yo Yo Ma, Misty Copeland, and Bono, and accomplished Nebraskans, including Chuck Hagel, Bob Kerrey, Ted Sorensen, Joel Sartore, and Mary Pipher, among others.

This year’s theme, “Moments of Reckoning: Global Calls for Racial Equity and Action,” highlights historical and contemporary cases of discrimination, and efforts to dismantle racial injustices. Events at the Lied Center include world-renowned actress, author, and playwright Anna Deavere Smith (seen on *West Wing*, *Nurse Jackie*, and *Blackish*) on February 2, 2022, for “A Conversation on Race and the Arts,” moderated by Lincoln city council member Sandra Washington, and Walter Echo-Hawk, Native American attorney, tribal leader, and law professor will speak on April 6, 2022, about “Reckoning and Reconciliation on the Great Plains.”

Reaching out to the youth in the community, a Cooper Conversation organized by students at the UNL Honors Program will host a Forum Youth Panel at The Bay on racial justice, featuring young people from the UNL and Lincoln communities to talk about activism.



Misty Copeland

### DON'T MISS OUR UPCOMING EVENTS

**February 9, 2022: Anna Deavere Smith, “A Conversation on Race and the Arts”**

**March 22, 2022: Forum Youth Panel - “Performative Activism: Youths Reckoning with Racial Justice”**

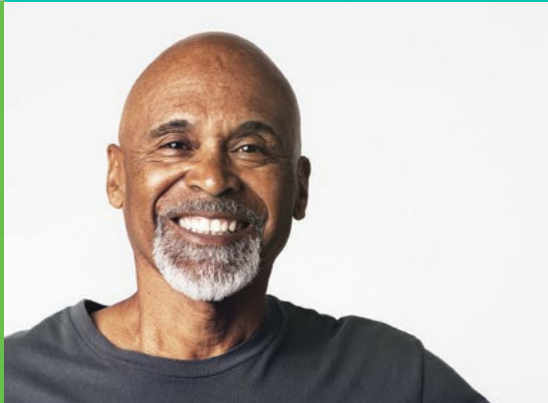
**April 6, 2022: Walter Echo-Hawk, “Reckoning and Reconciliation on the Great Plains”**

All events are free and open to the public. Events are streamed on the E.N. Thompson Forum website and have closed captioning. For more information or to reserve your free ticket, visit [ENThompson.unl.edu](http://ENThompson.unl.edu).





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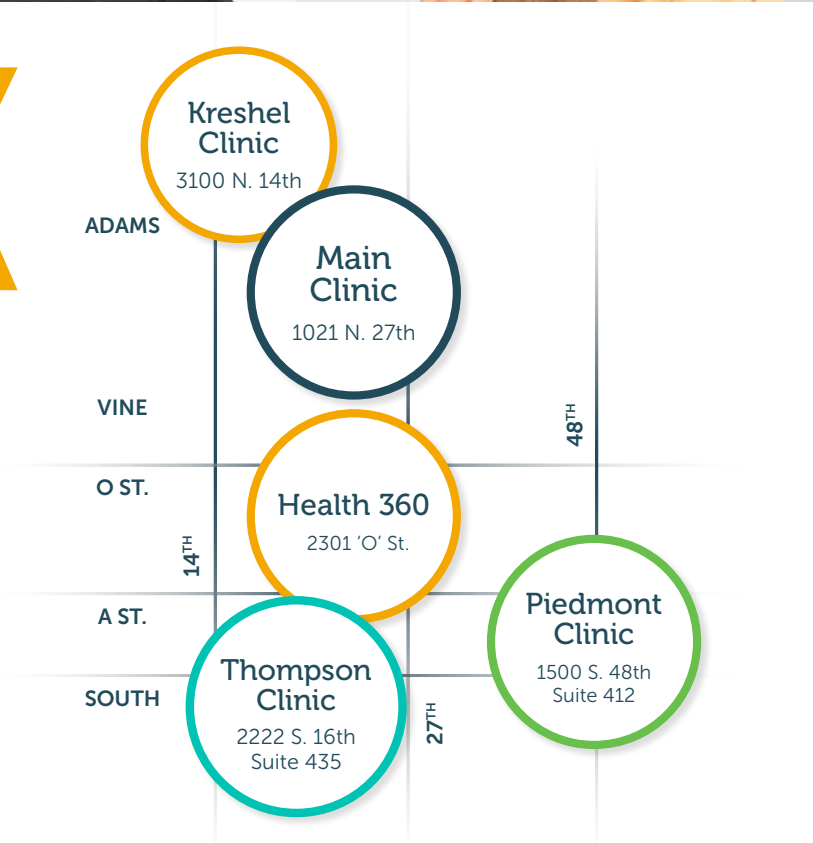


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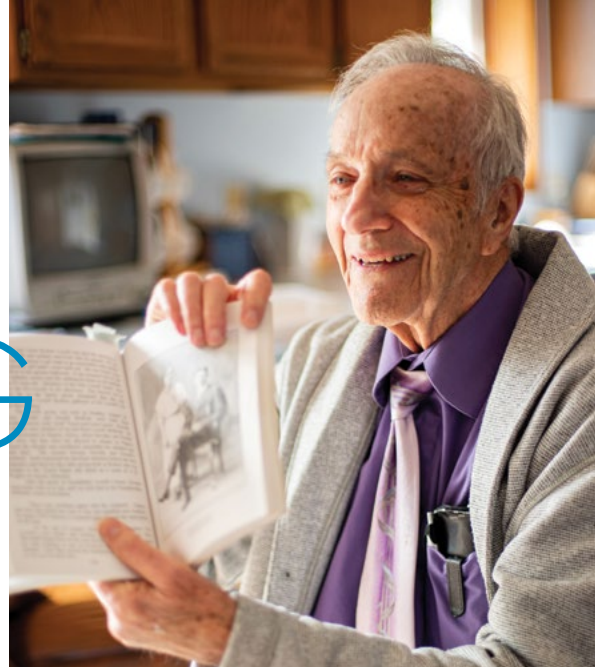
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# INSPIRING AT 91

BY JACQUE GENOVESE



As creative director Sean and I sat down to lunch with Clifford Lowell of Seward, Nebraska, we had no idea how entertained we would be.



At 91-years-old, Cliff's recall of his life was expressed in such vivid detail. No doubt his years as a teacher and love for writing were the building blocks for his autobiography, *The Early Years*, and we wanted to learn more.

Born in 1930 in Buffalo County, Nebraska, Cliff grew up on a farm near Kearney. One of seven children, his father farmed the land; his mother was a teacher and a big influence on his love for reading and teaching.

He entered the US Air Force in July, 1951, ending his summer college session a few days early to serve in the Korean Conflict.

After serving for four years, and over the next seven years, Cliff would marry, earn a B.A. in Education, and attain his M.A. in Administration.

"I started teaching in the same rural school that I attended when I was younger," Cliff said. "I had 13 pupils. It was the best year of my life." He taught in two rural schools in 1940-51 and 1949-50. Cliff went

on to teach at various schools, grades K-8, and also served as an elementary principal. In 1993, Cliff retired from education but still worked part time for a local church for six more years.

Here are a few "cliff notes" (pun intended).

## When did you first start writing?

C: As early as the first grade. Once I learned to read, I started writing.

## What writers were you influenced by?

C: Among books I enjoyed as a child were Louisa May Alcott's *Little Women* and *Little Men*, and Mark Twain's *The Adventures of Tom Sawyer* and *Huckleberry Finn*.

## Why did you decide to write *The Early Years*?

C: My reason for writing *The Early Years*, which covers my life from 1930-1951 when I entered the Air Force (plus information on my parents and family prior to my birth), was that I wished I knew more about my parents' and grandparents' lives. So I decided to leave a legacy of my own early life for future generations.

### What is one thing you learned while researching your family's history?

C: Through genealogy, my cousin traced our lineage back to Bristol, England 19 years after the Mayflower came to America. One of our American ancestors went to England with a plan to buy a cotton milling machine, but they wouldn't sell him one. He made drawings and measurements of one so he could replicate one in Massachusetts. He did this so the Southerners could send cotton up north rather than to England to have it made into cloth. By doing so, he helped start the Industrial Revolution.

### When you were stationed in England during the war, was there a moment that stood out?

C: I arrived in England in November, 1953. I believe Queen Elizabeth was crowned in June, 1953. A friend told me a story of two American soldiers who were watching the coronation procession. One of them went to put out his cigarette on the sidewalk but it landed in the shoulder bag of the woman in front of him. Smoke was coming from the bag and as he was trying very carefully to get it out, she felt a tug on her bag and thought she was being robbed. But once he explained the situation, she was fine. The same two men continued

to follow the two girls. When the girls couldn't lose the guys, one of the girls turned to her friend and said, "Hey, let's just try to have a good time with these two Yanks, and then we will never see them again." The best part is that there were two marriages that came from that encounter of those four people. I became friends with one of the couples and played for her and her husband's wedding.

### How are you enjoying retirement?

C: I like staying busy. I sang with the Kearney Barbershoppers for 12 years before I moved to Seward to be closer to my daughter. There, I joined the KiTones. Visiting retirement homes, singing, giving presentations, playing cards at the Senior Center, and spending time with family and friends all keep me quite active.

Teaching, family, volunteering at his church, and more have kept Cliff fulfilled all these years. To read *The Early Years*, check out a book at the Seward Memorial Library, the Kearney Public Library, or read excerpts in the 55+ magazine.

**Thank you, Cliff, for inspiring us to keep doing what we love, and to share our stories with others!**





# THE SNOW CAVE

BY CLIFF LOWELL



"The Return of the Hunters" (1982) by Nebraska artist Dale Nichols. Courtesy of Lincoln Art Company.

THE NORTH WIND was blowing and snow was falling on Wednesday when school was dismissed. We put on overshoes, wrapped scarves around our heads, pulled our caps down tightly, buttoned our coats securely, and pulled on mittens before starting for home. Dad finally met us with the car, but we didn't warm up until we sat by the stove at home.

A two-day blizzard followed, keeping us home from school.

Saturday morning dawned fair and warming to reveal drifts of snow in the farmyard and across the pasture. Paths were scooped to the outbuildings so chores could be completed. In the afternoon my three sisters ventured out to slide down the hills on a sled and a grain scoop. They came back with tales of a cave they'd dug into a snowdrift. "It has a door and a window," Doris explained. I wanted to see it, but the girls were too wet and cold to go back out again.

Jessie's boyfriend came on Sunday. After dinner I impatiently asked, "When can we go out to see the — —," and Gladys admonished with, "Shh! It's a surprise!"

At last we bundled up and headed out across the pasture. As we rounded a hill, Jessie dared Maurice to walk on top of a drift while the rest of us scurried below. There was a hard crust on the snow, and Maurice walked right across the cave the girls had dug.

Jessie asked him to go back across and stop atop the cave. "Jump up and down," she said.

His first jump broke the snow crust. With a loud cry he disappeared into the cavity below amidst an avalanche of snow and laughter from the girls.

I hurried to examine what was left. The top of the door was gone, but the window was still intact. The floor was filled with snow. Jessie helped Maurice climb out.

"I wish I'd seen it before you wrecked it," I lamented. "Why did you have to ruin it?"

"Well, it was our cave," Doris said, "and we could do with it what we wanted."

*This is an excerpt from Clifford E. Lowell's book, **The Early Years**. Cliff is a contributing writer for Lincoln 55+ magazine.*

# USING YOUR LI-BRRR-ARY THIS WINTER

BY GAIL McNAIR

Lincoln City Libraries have been with us for over 100 years — never more appreciated than over the last couple of years. As winter nears, many of us are dreading the cold temperatures that will keep us inside, looking for things to keep us busy and engaged. Lucky for us, our library staff is offering many ways to ensure that our winter will be productive and fun!

## WINTER READING CHALLENGE

Participate in the Winter Reading Challenge, beginning January 2022.

- **January 4, 6:30 - 7:30 p.m.**  
Gere Branch Library  
Pastor Jen Davidson discusses the theology in Louise Penny's *Inspector Gamache* series
- **January 9, 2:00 - 3:00 p.m.**  
Bennett Martin Public Library  
Book Discussion with Jeannine Bryant, author of "Keep the Memories, Not the Stuff" that helps older adults and their families when it's time to downsize.
- **January 15, 10:30 - 11:30 a.m.**  
Virtual Cartooning Class  
with illustrator Rick Stromoski

## ONE BOOK – ONE LINCOLN

Our libraries are looking for nominations for the 2022 One Book - One Lincoln program.

Email nominations to [OBOLnominations@lincolnlibraries.org](mailto:OBOLnominations@lincolnlibraries.org) or find the form online at [lincolnlibraries.org](http://lincolnlibraries.org). A committee of community volunteers will determine the finalists. They look for books of general interest to adults and young adults, address universal themes of life, and spark thoughtful discussion. Nominations can be submitted all year.

## HOME OUTREACH BY MAIL

Lincoln residents who cannot get to a library due to illness, disability, or visual impairment can access the library's incredible resources through Home Outreach by Mail. During the 2020-21 fiscal year, there was a 29.6% increase in registrations and a 76.2% increase in library material loans.

Books, DVDs, CDs, audiobooks, and large print books can be sent directly to patrons' homes. With patrons continuing to socially and physically distance, this service has become even more essential. To use this service, fill out a form at [lincolnlibraries.org](http://lincolnlibraries.org), call 402-441-8537, or e-mail [lchome@lincoln.ne.gov](mailto:lchome@lincoln.ne.gov). Your library materials will arrive in your mailbox in a blue canvas bag and are on loan for three weeks. When you are ready to return your items, turn the postage paid label over so the library address is showing and place the bag in your mailbox. It doesn't get any easier than that!

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



# RETIREMENT: LIVING THE GOOD LIFE

## A CONVERSATION WITH JIM NAEVE

BY JACQUE GENOVESE

On a warm, fall afternoon in October, I had an opportunity to sit down with my friends, Jim and Linda Naeve of Lincoln, and catch up on their lives since Jim's retirement two years ago. I had worked with Jim for several years before they moved to Lincoln in 2007. I had always known him to be a guy who liked working, so I wanted to find out if retirement was what he had envisioned and was he enjoying it, or not.

### What work were you doing when you retired?

J: I was the Practice Administrator at Lincoln Family Medicine Residency Program in Lincoln. I started there in 2007, then moved to Lexington to be closer to family. In 2015, we moved back to Lincoln where I assumed my previous job at the Residency Program before retiring in August, 2019.

### How did you decide when it was the best time to retire?

J: Linda and I sat down and talked about making a plan for when we both wanted to be done working. She retired in 2009 and was looking forward to my retirement. We had a list of things we wanted to get done before that happened, and we stuck to our plan – all of the projects were checked off. I was 67 years old when I retired.

### Tell us about your plan.

J: We put together detailed spreadsheets and developed a strategy to pay off our mortgage, cars,



and other debt before retirement. Our financial advisor helped us to determine how much money we would need to live comfortably prior to taking any Social Security benefits. We moved our 401(k) investments to one financial management firm and set up meetings annually with our advisor. Our plan was a road map to help us reach our retirement goals.

### Was it difficult to transition from work life to retirement life?

J: I've always liked working and enjoyed the people where I worked. I thought if I missed that daily routine, I could volunteer and do work on a part time basis. Now that I'm retired, I don't seem to have a lot of extra time. Linda and I enjoy doing a lot of projects around the house together. I can go golfing, fishing, hunting, or do painting or woodworking. My days are full and that is what is most surprising to me.

### What do you love the most about your life today?

J: The freedom to do what we want, when we want. If I want to sleep in, I can. If Linda and I want to take a trip, we go. "We can do fun things on the spur of the moment – like dining at our favorite restaurants in Omaha, going to events, attending our grandkids' activities – we want to enjoy all of that fun stuff now."

We have three daughters and nine grandchildren all living within driving distance from us, so we like to visit them as often as possible. We like to travel and there are lots of places we want to visit.

One thing we would both like to learn is another language – perhaps French!



# PLANNING FOR RETIREMENT

It's never too early to start thinking about how your investments and savings now will help you have a great life in the future. Here are a few tips on creating your retirement plan.

## **Decide how much money you will need.**

Consider everything – your home, the cost of living, vacations, educational funds for the grandkids, when you plan to retire, etc. It is never too soon or too late to sit down with a financial advisor to help you determine how much money you will need in retirement.

**Boost your retirement savings.** If you have been allocating funds toward a company sponsored plan, an individual IRA or Roth IRA, investments, or other savings, then you have a great start already. Take advantage of your employer's matching contribution by saving the required amount to get that benefit. Increase your 401(k) or other retirement plan contributions to the max if you can.

**Factor in your Social Security.** There's a lot to know about Social Security benefits. You may be wondering if it will be available when you retire. That's a good question. You can go to [ssa.gov](http://ssa.gov) and set up "my Social Security" account. There you can find out how much you will receive based on today's program and the age you want to start drawing on your benefits.

## **Review your retirement plan annually.**

Your investment strategy should be in line with your retirement goals. If not, consider working a few more years to add to your retirement or Social Security benefits.

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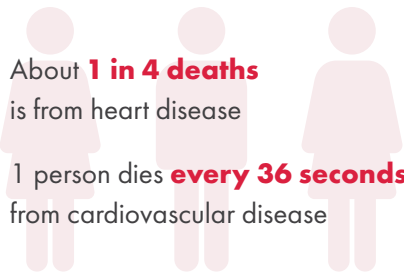
# TAKE CARE OF YOUR HEART

According to the Centers for Disease Control & Prevention, heart disease is the leading cause of death for men, women, and people of most racial and ethnic groups in the U.S.



About **1 in 4 deaths** is from heart disease

1 person dies **every 36 seconds** from cardiovascular disease



These are sobering statistics. That's why we felt it would be helpful to remind readers of what you can do to keep your heart healthy. Here are five things you can do right now to lower your risk of getting heart disease.

## 1. KNOW YOUR RISK FACTORS.

Half of all Americans have at least one of three key risk factors: high blood pressure, high cholesterol, and smoking. These are risk factors you can control, unlike your age and family history, which can't be changed.

## 2. MAINTAIN A HEALTHY LIFESTYLE.

Use "Me Time" to take care of yourself. That includes doing things like:

- Reduce stressors in your life
- Get quality ZZZs every night
- Step away from your phone, laptop, and TV regularly
- Be mindful – learn breathing techniques; practice meditation or yoga

## 3. MANAGE A HEALTHY WEIGHT.

Staying active can help you maintain a healthy weight and doesn't require you to take a fitness class every day. Walking, riding a bike, or running through one of Lincoln's beautiful parks is sure to inspire you. Basic lifting of free weights or stretching with resistance bands can all be done at home. There are plenty of apps to provide a "guided" exercise plan.

## 4. CHOOSE HEALTHY OPTIONS.

It's about maintaining a healthy balance of food options and how often you eat them. Portion size, choosing more fresh fruits and vegetables and less processed foods, and managing the amount of salt, sugar, and fats can make a big difference in how your body feels, inside and out. Don't be afraid to try new foods – you may be pleasantly surprised!

## 5. AVOID SMOKING AND TOBACCO.

Cigarette smoking and use of tobacco products can increase your risk for heart disease. Quitting now can lower your risk.

Talk to your healthcare provider and make a plan to change up some things in your life that will be good for your heart!

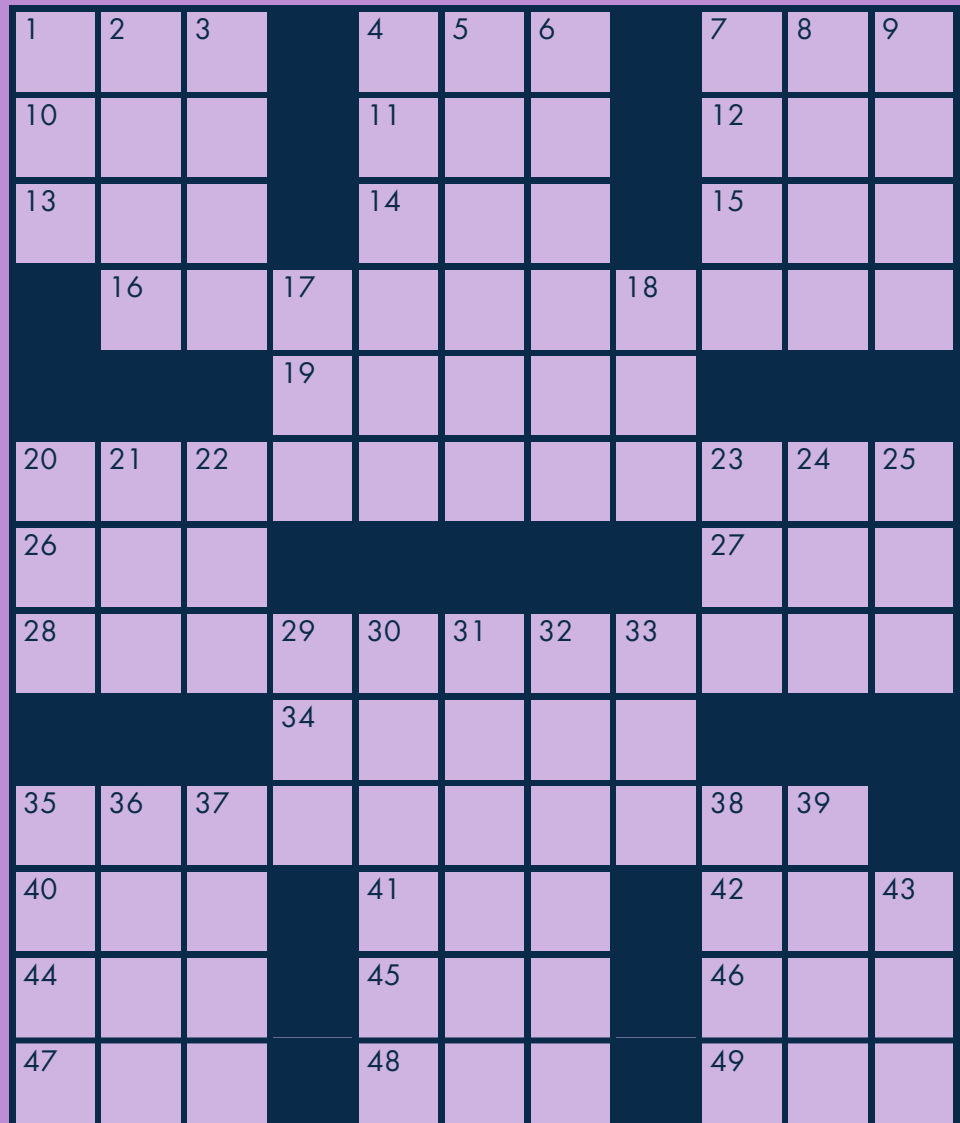


# SEEMS LIKE WINTER

CROSSWORD PUZZLE BY  
FRED OHLES

## Across

- 1 Brainy nbrs.
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- 7 Printer problem
- 10 Purchase
- 11 Road material
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- 13 Male person
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- 15 \_\_\_ Moines
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- 46 Drivable bugs
- 47 Keystone officer
- 48 Beast of burden
- 49 Last word



## Down

- 1 Big Blue
- 2 Paris dock
- 3 Mesh well
- 4 MN college
- 5 Actress Hedy
- 6 Fruit and color
- 7 Chinese stone
- 8 New or teen type
- 9 Furry ground cover
- 17 Sixth sense ltrs.
- 18 Fourth letter
- 20 OR professionals
- 21 Poet's twilight
- 22 Skeleton prefix
- 23 Last letter
- 24 Goof
- 25 OR professionals
- 29 Stoutest POTUS initials
- 30 "You \_\_\_!" ("Yes!")
- 31 They won't be paroled
- 32 Fiona in *Shrek*, for one
- 33 \_\_\_, what, why, where, how
- 35 Look for
- 36 Hiding attire, in short
- 37 "Going down \_\_\_?"
- 38 Keep for later
- 39 Mid-sized community
- 43 60s trip tab

**Go to  
55lnk.com  
to find the  
answer key  
for this puzzle!**



# KEEPING SPIRITS BRIGHT

## WITH CRAFT COCKTAILS, AND A MOCKTAIL TOO!

We found a seat in the bar at Venue Restaurant & Lounge on a Friday afternoon and had a great time discussing holiday craft cocktails with Barrie Kuhn, Beverage Director and Sommelier. Barrie has worked at Venue for 12 years. She started as a server and then a bartender; this is where she became interested in the art of crafting cocktails. She began reading books, researching, and playing around with various alcohols, mixers, and flavors. According to Barrie, "Venue gives us a lot of freedom to try new things."



As Beverage Director, Barrie is in charge of Venue's wine list, drinks for specialty event dinners, and the cocktail menu which changes seasonally. As a rule of thumb, she likes to keep a wide variety of drinks on the menu, whether it be

cocktails with gin, vodka, whiskey, or something on the lighter side, even in the winter. Personally, Barrie said she tends to gravitate more toward red wine or bourbon in the winter when she's making herself a drink.



When asked if she had any tips for people making cocktails at home for family and friends during the holidays, Barrie made these suggestions:

- **Try to have a variety of alcohols**, as well as mixers such as fun seltzers, tonics, and various juices available.
- **Pair cocktails with the food** being prepared, specifically the seasonings. For example, if there is rosemary on the turkey, create a cocktail incorporating rosemary.
- **Use off-the-wall and unexpected flavors** as they may make the best cocktails. Barrie once created a honey-roasted, carrot Old Fashioned and it was the hit of the party.
- The holiday season is a time to **embrace indulgent, creamy, hot drinks**. Everyone can go back to their skinny margaritas in the spring.
- **Express some of the oil** from a twist of lemon or orange on the rim of the glass. The aroma will be breathed in by the drinker when they take a sip of their cocktail.
- **Drink more bubbles!** According to Barrie, people don't drink enough bubbles.





### MOCKTAIL PLUMBERRY GIMLET

- 1 ½ oz virgin gin (Damrak)
- 1 oz lime juice
- ½ oz simple syrup
- 1 oz strawberry puree (or muddle strawberries)
- Dash of plum bitters

Shake all ingredients together with ice and strain into a cocktail glass.

### SPARKLING BEE'S KNEES

A classic cocktail jazzed up with prosecco

- 1 ½ oz gin
- 1 oz lemon juice
- ½ oz honey syrup
- Top with prosecco

Shake gin, lemon juice, and honey syrup with ice. Strain over new ice and top with prosecco. Garnish with a lemon twist. Serve in a Collins glass.



### BROWN SUGAR CINNAMON OLD FASHIONED

- 2 oz bourbon
- ¾ oz brown sugar/cinnamon simple syrup (two cinnamon sticks, two cups brown sugar, and two cups water - boil and let reduce)
- 2 dashes orange bitters

Stir together and pour over ice. Garnish with an orange twist and cherry on a long toothpick.

### APPLE CHAI MULE

- 2 oz Chai-infused vodka (infuse a bottle of vodka with one to two chai tea bags or to taste)
- 2 oz apple cider
- ½ oz lemon juice
- Top with ginger beer

Build ingredients and garnish with apple slices on a long toothpick. Serve in a copper mug.



# MORE THAN THE WINTER BLUES

During this time of year, the time between sunrise and sunset becomes shorter, temperatures steadily drop, and time spent outside and with others decreases in frequency and duration. These changes can contribute to Seasonal Affective Disorder (SAD), a real disorder that impacts approximately three million people in the United States each year.

Seasonal Affective Disorder is more than the “winter blues.” According to the Mayo Clinic, SAD is a type of depression related to changes in seasons, typically fall to winter. While the exact cause is unknown, there are several contributing factors believed to escalate SAD.

- A decrease in sunlight during the winter months may disrupt your body’s internal clock (circadian rhythms) which can lead to feelings of depression.
- Reduced sunlight exposure can cause levels of serotonin (a brain chemical affecting mood) to drop, also causing depression.
- Melatonin levels can become unbalanced with the changing of the seasons which can impact sleep patterns and mood.

SAD symptoms may start out mild and become more severe as the season progresses. Often, these are symptoms not normally experienced during other times of the year. Common symptoms of SAD may include:

- Low energy
- Sleeping more than usual
- Feeling depressed most of the day
- Appetite changes, specifically craving foods high in processed carbohydrates
- Difficulty concentrating
- Feeling hopeless



## Here are some recommendations that may help soften the effects of SAD:

- Prepare your mind for winter starting in the fall. Spend time chatting with friends and family, take part in enjoyable activities and hobbies, and engage in community organizations or clubs. Don’t wait until the cold days of winter; get into the habit now.
- Bright light therapy, using a light box, is often recommended for 20-30 minutes per day; preferably within the first hour of waking. Replacing light bulbs in your home with full spectrum bulbs and fully opening window coverings can also add light.
- Use an alarm clock with a dawn simulator. Instead of loud noises waking you up, the dawn simulator produces light that gradually increases with intensity, just like the sun.
- Change your diet. Eat healthier by focusing on foods high in Vitamin D like salmon, tuna, fortified milk, and egg yolks, and limit caffeine.
- Talking to your doctor is a good idea if you are struggling with SAD or any type of depression. Depending on the severity of your symptoms, an antidepressant may be warranted.

**We can’t control Mother Nature, but there are ways to manage the impact she may have. While it may not be easy, don’t be afraid to reach out for help.**



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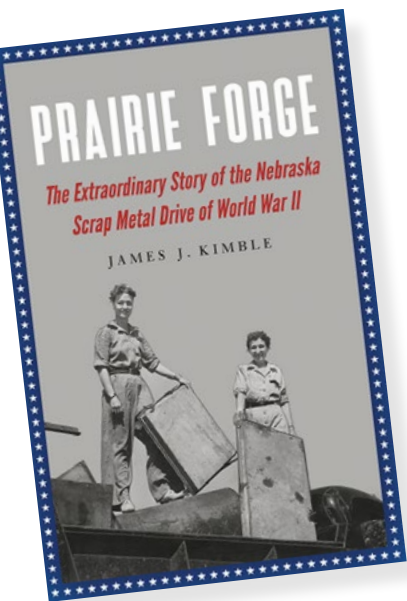
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# GREAT READS TO COZY UP WITH THIS WINTER

BOOK REVIEWS BY LINDA STEPHEN

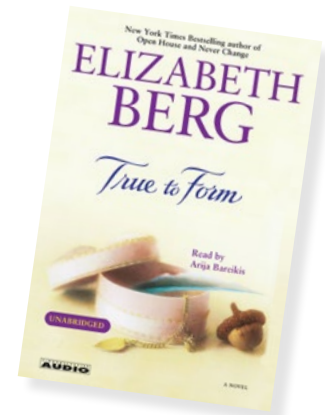
## ***Prairie Forge: The Extraordinary Story of the Nebraska Scrap Metal Drive of World War II*** by James J. Kimble

This non-fiction book, the 2021 One Book-One Nebraska choice by the Nebraska Library Commission, tells the story of the great Nebraska scrap drive of 1942. At the time, arms production in factories was slowed because of a shortage of steel. Scrap metal was a solution. Henry Doorly, publisher of the *Omaha World-Herald*, put together a state-wide competition across all the counties involving cities, schools, and Scouts. In just three weeks, Nebraskans gathered 67,000 tons of scrap metal. Inspired by Nebraska's success, later that year, all 50 states participated in a scrap metal drive that yielded 5 million tons. *Prairie Forge* (236 pages, Bison Books, 2014) includes photos and interviews from scrappers who participated. If you have a friend or relative over 85, ask them what scrap metal they collected in 1942. I recommend Kimble's book for fans of Nebraska history or those who enjoy untold stories of the heroes among us.



## ***True to Form*** by Elizabeth Berg

This coming-of-age novel of a 13-year-old girl takes place in 1961 in Missouri and Texas. The main character Katie has lost her mother, her father has remarried, the family has moved, and her summer jobs include babysitting three rambunctious children and caregiving for a bed-ridden neighbor. This tender story includes surprising connections with her older neighbors and a growing understanding of what she truly values. I recommend *True to Form* (214 pages, Atria Books, 2002) for any reader looking for a forgiving view of relationships.



## ***The Kite Runner*** by Khaled Hosseini

I found this book in my house this fall while cleaning my daughter's room – it had been assigned reading for a high school class and was a previous One Book – One Lincoln choice. This realistic novel by Afghan immigrant Khaled Hosseini takes place mostly in Kabul, Afghanistan in the 1970s and 1990s. *The Kite Runner* is a story of friendship and betrayal of two young boys living in Kabul in the 1970s. *The Kite Runner* (371 pages, Penguin Random House, 2003) is heartbreaking but also includes hope for new generations. With Afghanistan in the news again this year, I liked reading a portrait of Kabul before and after the Afghan war (1978-1992) and the rise of the Taliban. I recommend this for people who enjoy historical novels, stories of redemption, or exploring faraway cities through books.



Linda Stephen is an author, artist, and editor in Lincoln. Contact her at [Linda@UnfoldingCommunications.com](mailto:Linda@UnfoldingCommunications.com).

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# IF HOME IS WHERE THE HEART IS, LET'S STAYCATION THERE



Exploring cities and states outside of Lincoln is certainly fun and exciting, and we highly encourage everyone to do so if the opportunity presents itself. But what if life is pointing toward a staycation this winter? Don't despair! There is more to do in your own backyard, or city, than you may realize.

Whether your plan involves a day trip and sleep at home or you splurge on accommodations at one of Lincoln's many hotels that offer an indoor pool and hot tub, your list of options are endless. Check out some of our faves:

- State Capitol and Governor's Residence free guided tours
- Haymarket District's numerous eating, drinking, shopping, and entertainment establishments
- University of Nebraska
  - Sheldon Memorial Art Gallery
  - UNL State Museum and Mueller Planetarium
  - International Quilt Study Center & Museum
  - Lester F. Larsen Tractor Test & Power Museum
  - Historic UNL Dairy Store
- Lincoln Children's Zoo
- Lux Center for the Arts
- Lied Center
- Lincoln Community Playhouse

If museums and parks are your thing, you'll be amazed by these places:

- National Museum of Rollerskating
- Lincoln Children's Museum
- Museum of American Speed
- Nebraska History Museum
- Pioneers Park Nature Center
- Wilderness Park
- Nebraska Game & Parks Outdoor Recreation Center

Add in ax throwing, escape rooms, a restaurant you have never tried, bowling, movie theatres, laser tag, cooking, art, mixology classes, spas, and holiday light tours. You might need a vacation to recover from your staycation!

Need more ideas? Invite family and friends over to enjoy a day of playing cards or board games. Go on a scavenger hunt, make gingerbread houses, build snowmen, or host a best chili recipe contest. How about ice skating, snowshoeing, ice fishing, or winter camping?

**Explore Lincoln like a first-time tourist. No plane ticket or suitcase required.**

# Planning Now Can Relieve Emotional Burden From Your Family Later

Does the thought of planning your own funeral now seem unnecessary or not something you care to discuss?

When you think about it, though, making funeral arrangements now is really no different than planning for retirement. It can bring you peace of mind knowing that the responsibility of making those types of personal decisions won't be left to your loved ones.

Roper & Sons Funeral Home offers preplanning services for anyone, at any age. Our compassionate Family Service Counselors will meet with you, and your family if you like, to discuss preplanning services, how it can be beneficial emotionally, and the cost savings that making arrangements now can provide.

Planning in advance also gives you plenty of time to decide how to honor and celebrate your life and allows your family members to be aware of your decisions when the time comes. It's a way to care for them now and in the future.

If you are interested in preplanning services, email [info@roperandsons.com](mailto:info@roperandsons.com) or call us at 402-476-1225.



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# REMEMBERING THE PAST: DOILIES

BY JO ANN WAGNER

Most women didn't work outside the home when I was growing up. There was a greater division of labor that wasn't often crossed. Women kept busy with tasks that took longer than now. Cooking "from scratch" was the only way. Dishes had to be washed by hand, floors were scrubbed on hands and knees, etc. When evening came, these same women often found work they could do while seated.

One evening project was crocheting, tatting, or knitting doilies. Every home seemed to have doilies on their tables, dressers, etc. They protected the wood finish underneath. They often held vases or candy dishes, showing off the handiwork.

Doilies on the backs and arm rests of chairs and sofas added beauty while protecting the furniture. (People back then didn't take a daily bath or shower. Hair became oily, and there was likely some dirt on the arms of active children and adults, especially in the summer.) While a small towel might accomplish the same purpose, women took pride in making doilies.

Filet crochet required attention to the details, but lent itself to beautiful scenes on doilies that served a very functional purpose.

Doilies are no longer common fixtures in most homes. Some women still crochet, knit, or tat, but it isn't often you'll find them making doilies.

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



# IS IT TIME TO SELL?

BY BILL BUDLER

WANT to sell, NEED to sell, or do you HAVE to sell your home? For many senior homeowners, the decision to change their living situation is one of the most difficult times of their lives, especially if they have been in the family home for a long time.

Wanting to sell is typically motivated by a desire to transition into a more comfortable lifestyle. Perhaps you've reached a point in life that the yard work is just no longer as enjoyable as it once was. Or shoveling snow is more strenuous than you're comfortable doing. Maybe a maintenance-free condominium or townhouse would free up time to do the traveling you've always dreamed about.

Needing to sell your home may have similar objectives. But in these cases, the senior homeowner may be faced with mounting maintenance that they are simply no longer able to keep up with due to physical or financial limitations. Or perhaps the loss of a spouse may mean those household repairs are no longer being done. The deferred maintenance builds up and you think about moving but you really don't want to, at least not yet.

---

## The most pressing scenario is when a senior homeowner has to sell.

---

Often this is when a sudden change in health or financial situation forces them to make an almost

immediate change. The sudden impact of having to sell immediately is unfortunately an all-too-common situation for many seniors.

Selling your home when you want gives one the most flexibility. The only sure way to avoid it is to plan ahead and sell your home before events force the issue.

Planning ahead is always beneficial. The tough decisions are even more difficult when left to the last minute. Talk it over with your family, seek counsel from trusted professionals, and look forward to a positive outcome.



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



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# A CAT OWNER'S GUIDE TO "FELINE" GROOVY

BY ALLISON HUNTER-FREDERICK

Numerous studies have shown that cats are beneficial to our lives. Here are several ways that cats can improve our physiological health.

## GENERAL

Having a cat can improve our overall well-being. A researcher in England followed 24 people who had just gotten a cat. Participants completed surveys within the first week of bringing their cat home. Over the next 10 months, participants reported that they had fewer colds, headaches, and back pain.

## HEART

Owning a cat can reduce the risk of a heart attack. A 20-year study of 4,500 Americans found that cat owners were 40 percent less likely to die of a heart attack than non-cat owners. The study accounted for other risk factors such as blood pressure, body mass index, and cholesterol.

## CARDIOVASCULAR

Cat owners are more likely to have overall better cardiovascular reactivity. In a 10-month study from England of 240 married couples, pet owners had a lower resting heart rate and blood pressure than those without pets before and while performing tasks.

## SLEEP

Pets can help us have a better night's sleep. A study from the Mayo Clinic Center for Sleep Medicine revealed that 41 percent of cat owners reported sleeping better with their pet, compared to 20 percent who said that the practice led to disturbances. One reason might be that your cat's rhythmic breathing helps soothe you and enables you to fall asleep quicker.

Cats are known to purr within a range of 20 to 140Hz, a frequency range which has been proven to be medically therapeutic.

Cats are beneficial to our health in other ways besides our physiological health.

*Allison Hunter-Frederick is a Cat Behavior Consultant & Trainer. Learn more at [allisonhelpscats.com](http://allisonhelpscats.com).*



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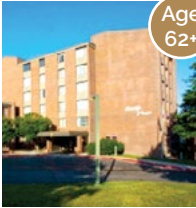


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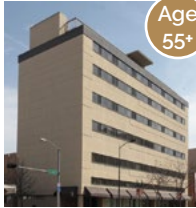


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# 'TIS THE SEASON TO RECYCLE RIGHT

## WHAT ABOUT THE WRAP?

Holiday gift wrapping can be a fun tradition; however, it is important to think about where that wrapping goes after its one-time use. While some wrapping paper can be recycled, most wrapping paper cannot. To help you navigate this holiday cheer, here is a list for you:

### CANNOT BE RECYCLED

- ✗ Sparkles, Glitter, Sequins, Foil, Artificially Textured Paper
- ✗ Sticky Gift Labels
- ✗ Plastic Paper
- ✗ Leftover Tape
- ✗ Ribbons or Bows

### CAN BE RECYCLED

- ✓ Easy-to-Tear, Non-Glitter Wrapping Paper
- ✓ Non-Laminated Wrapping Paper
- ✓ Kraft Paper

If you're still unsure about what tissue or wrapping paper is recyclable, there's an easy and fast way to check. You can do a "scrunch test" by squeezing the paper into a ball. If it keeps the ball shape and follows the other rules above, then it can be recycled. If it springs back to a flat form, then it can't be recycled.



## RECYCLING — IT'S A PROCESS.

It may be a little bit confusing at first, but just because something is made of paper or plastic does not mean it can be recycled. Willa DiCostanzo, the Waste Diversion Coordinator for the City of Lincoln, wants citizens to give everyone involved in the recycling process the gift of putting the right items into your recycling bin this holiday season!

Did you know that everything you put in a recycling bin is loaded on a conveyor belt and is initially separated by hand at a recycling processing center? Staff review the material on the fast-moving conveyor belt and remove the non-recyclable material they see — such as plastic film, dirty containers, bagged recyclable items, and tangling items (absolutely no hoses, holiday lights, broken toys, or ribbons and bows). There is so much more to the recycling process than one might think.

## A GIFT TO THE EARTH

With all the holiday buzz let's not forget the principle of reducing and reusing to minimize our impact on the environment. The glitz and the glitter are pretty but you can start a new holiday tradition by reducing the need to buy new paper and instead reuse newspapers, maps, old posters, fabric, gift boxes, and children's school artwork as wrapping paper. Even decorating Kraft paper is a way to get everyone excited about the gift-giving season.

For questions about what is and is not recyclable, visit [recycle.lincoln.ne.gov](http://recycle.lincoln.ne.gov) search the "What Bin Does It Go In?" tool to help you navigate reducing waste this holiday season. You can also call the City of Lincoln Recycling Hotline at (402) 441-8215.



# TAKE A HIKE

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

While you might be reluctant to take a hike this winter, outdoor activity might be just the thing to energize you. Yes, outdoor time in any season enhances the body, mind, and spirit — but you can reap multiple health benefits during the winter months. Dr. Dain LaRoche, winter sports performance researcher at the University of New Hampshire, promotes outdoor activities as opportunities to have fun while burning calories and getting your heart rate up. It's a winter-blues curative, too. Exercise causes your brain to release even more "happy" chemicals while doing outdoor activities in cold, winter months. Additionally, outdoor time in the winter sun affords opportunities to build and maintain healthy bones.

To improve your own enjoyment, and provide valuable role-modeling, invite a grandchild to join you. Though research suggests outdoor time helps children develop lean, strong bodies, enhanced imagination and attention, and increased school achievement — today's children are the first generation to grow up media-savvy but somewhat disconnected from nature. You can help your grandchildren learn the joys of experiencing nature year-round — showing them how to make a snow angel or to choose heavy-wet snow when making a snowman.

In the Lincoln area, check out these popular parks and trails for outdoor activities and education.

**Holmes Park:** trails, sledding, and ice skating

**Wilderness Park:** trails and sledding

**Spring Creek Prairie:** trails and indoor education center

**Pioneers Park:** trails, indoor education center, and the Sunset Solstice Hike on December 18

Next time you are looking for an excuse to hike in the snow, think about the benefits that come with playing outside during the winter. Before you head outdoors, check the weather forecast for the best day and time to suit your needs.

If you prepare properly, there is no need to worry about the dangers of cold weather. Pass on your love for the outdoors to the next generation. It might be what you both need.



*In her writings, Thomas intends to encourage kids to engage in creative nature experiences and guide parents' and grandparents' understanding about their important role in helping young adults connect with the natural world.*



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