

- BEAUTY
- GROCERY
- WORSHIP
- VISIT FRIENDS
- PHARMACY
- SHOPPING
- ENTERTAINMENT
- BANKING
- LIBRARY

LINCOLN SENIORS TRANSPORTATION

Quarterly Newsletter

Fall 2009

LSTP DRIVER GIVES 100 RIDES!

Without volunteers The Lincoln Seniors Transportation Program would not be able to operate. Dave Neuhaus is one volunteer who has contributed to the LSTP goal of getting Lincoln's seniors to all the non-medical places they need or want to go. Dave has given 100 1-way rides to seniors in our program and we wish to recognize this achievement and say Thank you!



During my career as a letter carrier with the Postal Service, I became very aware of the needs of seniors. People who no longer drive still have transportation needs. I also saw these needs growing up in "small-town" Nebraska (Leigh, population 450) where

everyone knew everyone else and always helped each other.

Since retirement in 2004, my wife (Dori, a retired elementary school teacher) and I have very much enjoyed golf and traveling. We especially like to travel to see our daughter in California. I also usher for athletic events at UNL.

I learned about the Lincoln Seniors Transportation Program from a short feature on KLKN-TV in early 2008. I was immediately interested.

The volunteer experience is a very rewarding feeling. The riders in this program are so appreciative that someone they don't even know would volunteer their own vehicle, gas and time just to help them out.

I also like the flexibility of the scheduling in this program. You determine when you are available. Initially, drivers are to consider a couple of rides a month. I have found myself doing more than that because it is so rewarding and enjoyable.

I sincerely hope that many more people, including those not yet retired, will consider being a driver in this volunteer program.

Dave Neuhaus

UNL INTERN LEARNS ABOUT SENIOR TRANSPORTATION

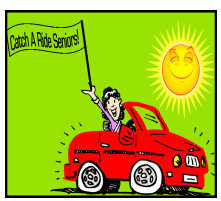


Hello, my name is Cassie Meyer. I am currently interning with the Lincoln Seniors Transportation Program and will be doing so until December when I graduate from the University of Nebraska- Lincoln. I am majoring in Family Science and am attaining minors in Spanish and Psychology.

After graduating, I will begin an accelerated nursing program through the University of Nebraska Medical Center here in Lincoln and am excited to become a nurse in the future. I have really enjoyed my internship thus far, especially because I love to meet to new people and learn about their lives. Some of you may recognize my photo from in-home, new rider visits or possibly from being your driver as well. However, for those of you whom I have not yet met, I look forward to doing so in the future. Thanks so much for allowing me to be a part of such a great experience and program!

1005 "0" Street
PO Box 81904
Lincoln, NE 68501

PHONE
402-441-6143
FAX
402-441-6104



VOLUNTEERING IN NEBRASKA

The bullets below are all based on an average using 2006—2008 data.

- 528,100 volunteers
- 38.9% of residents volunteer—ranking them **2nd** among the 50 states and Washington DC
- 66.9 million hours of service
- 49.3 hours per residents—ranking them **4th** among the 50 states and Washington DC
- \$1.4 billion of service contributed
Volunteeringinamerica.org

750 total hours given by Lincoln Seniors Transportation Drivers since January 2007!

WHAT WILL BEING A DRIVER DO FOR YOU!

- Help make someone’s day a little better!
- Help Seniors remain active and independent.
- Pay it forward ... We will need someone to drive us when we are no longer able to.
- Community Support—Seniors who get out benefit the community economically.
- Ease the mind of family members who want their loved one to get places but are not able to be available all the time.
- Give **BIG** with minimum time commitment.
- You will meet some AWESOME People!

FACTS

- **249 1-Way Rides** given in July, August & September
- **36 Drivers/23 Active**
- **165 Riders**

BE A VOLUNTEER!

Help to spread some cheer,
As the holiday seasons near.
Ask yourself as you head out the door,
What is it that the holidays are for?
They’re for giving & sharing, for laughing & playing,
And to do these things is exactly what I am saying,
To give & share a moment of your day,
Can help a senior get on his/her way.
A simple ride to & from the store,
Will bring out laughs & smiles all the more.
So this holiday season,
This is all I ask, with reason.
Make a friend, do a good deed;
Help a senior rider in need!
Be A Volunteer!

Cassie Meyer

BECOME A DRIVER!

JOB DESCRIPTION: Provide curb to curb transportation within the cit of Lincoln, in privately owned vehicles, to qualifying Lincoln resident.

JOB QUALIFICATIONS:

- Have current Nebraska Driver’s License for at least 3 years.
- Own and maintain vehicle suitable for transportation of eligible riders.
- Have and keep required insurance.
- Have had no more that 3 moving violations in 3 years.
- Maintain professional appearance and demeanor at all times.
- Successfully complete driver evaluation with certified driving instructor.
- Agree to complete one round trip ride each month (or two 1-way rides).
- Maintain and process administrative records and reports.

REQUIRED COMMITMENTS:

Must enjoy being with people and have a desire to help with the transportation of Lincoln’s Seniors.



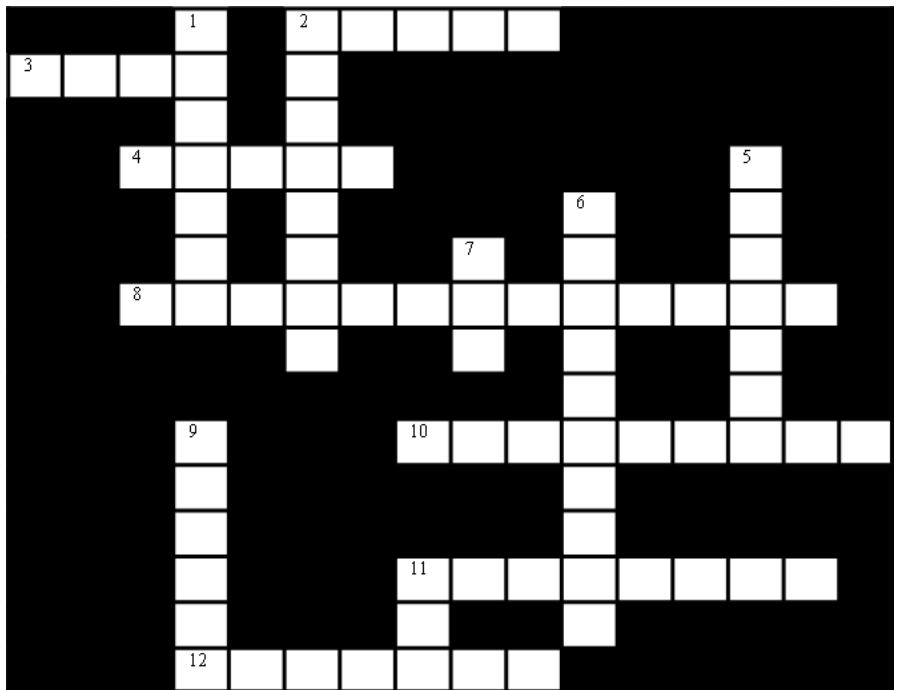
What's the Word?

ACROSS

- 2 Riders should not eat, _____, or use tobacco while in a vehicle.
- 3 True or False- Rides can be requested for going Christmas shopping or out to lunch with a friend?
- 4 The suggested donation for a two-way ride is _____ dollars (spell the number).
- 8 Banking would be considered an _____ destination
- 10 Click it or Ticket! All seniors must wear their _____ as mandated by law.
- 11 For a ride on a Monday or weekend, riders must call no later than what day?
- 12 This program serves seniors living in the city limits of _____.

DOWN

- 1 The acronym LSTP stands for the Lincoln _____ Transportation Program.
- 2 The coordinator for the program is _____ (first and last name).
- 5 The program does not provide rides to _____ appointments.
- 6 All of the drivers for the program are _____.
- 7 The first name of our friendly dispatcher is _____.
- 9 The program provides _____ transportation to seniors.
- 11 Calls for appointments must be made _____ days in advance.



ANSWER KEY

ACROSS: 2- drink, 3- true, 4-eight, 8- essential, trip, 10- seatbelts, 11-Thursday, 12-Lincoln

DOWN: 1- Seniors, 2- Deb Hynnek, 5- medical, 6- volunteers, 7- Jim, 9- social, 11- two

Meldene's Funnies

A grandfather was delivering his grandchildren to their home one day when a fire truck zoomed past. Sitting in the front seat of the fire truck was a Dalmatian dog. The children started discussing the dog's duties. "They use him to keep crowds back," said one child. "No," said another. "He's just for good luck." A third grandchild brought the argument to a close. "They use the dogs," she said firmly, "to find the fire hydrants."

Little 6 year old Mikey would always ride along to the airport to pick up his grandmother when she came to visit their house. Mikey's teacher asked him one day where his grandmother lived. "Oh," he said, "she lives at the airport, and when we want her, we just go get her. Then, when we're done having her visit, we take her back to the airport."



Lincoln Seniors Transportation Program
1005 "O" Street
PO Box 81904
Lincoln, NE 68501

Please pass this newsletter on to all your friends and family. Thank you!

Catch a Ride Seniors!



PEO member Ginny Welty introduces Deb Hynek, LSTP Coordinator.



Kristen Stohs speaks to PEO Members about being a volunteer driver for the Lincoln Seniors Transportation Program.



Deb Hynek speaks to PEO Members.

Kristen Stohs, former Senior Foundation Board Member and volunteer driver and Deb Hynek, LSTP Coordinator present information about the Lincoln Seniors Transportation Program to PEO Chapter DK in the home of Kitty Smart.

