

LINCOLN SENIORS TRANSPORTATION

Quarterly Newsletter

FALL 2010

EXTRAORDINARY VOLUNTEERS GIVE 100 RIDES!

Kris Stohs and Alice Skultety have been dedicated and committed volunteers of The Lincoln Seniors Transportation Program. Both have been with the program from the time it started and worked with energy and passion to get the program up and going in the community. They have continued to show their support by being drivers. Lincoln Seniors Transportation would like to thank them for their past and current support.



I was fortunate to take part in the formation of the Lincoln Seniors Transportation Program and watch it grow from an idea into a wonderful community service.

Being a driver provides the smiles and the miles so that a senior can remain independent and in charge of his or her life. It is gratifying to know, I have had a positive impact in someone else's day, by helping them do an activity that possibly could not have been done otherwise. I am truly inspired by the individuals I meet. It is a win-win situation!

Other community involvements I presently enjoy are the Friends of Lied Legends group and my PEO chapter. I also remain active with the Seniors Foundation in their fundraising efforts. A favorite activity my husband Gene and I enjoy is traveling to see our son Todd, son and daughter-in-law Brett and Jill and new granddaughter Sophia.

Kristen Stohs



From a little seed of an idea to a thriving bouquet of a program, I've labored on, watched and promoted the Lincoln Seniors Transportation Program as it has grown. It seems like such a little thing to take someone to the grocery store, to church, or to the nursing home to visit a loved one. But, it is big in rewards when receiving a warm smile or hug from the riders who would not otherwise be able to make that trip, a trip that many of us take for granted. Being a volunteer driver for LSTP gives me the opportunity to help my neighbor and my community in a very meaningful and personal way. Everyone should volunteer!!

I am able to fit my volunteer driving opportunities in my busy life as a trust officer with Union Bank & Trust Company. My husband, Scott, and I also enjoy travelling to Iowa to visit our two sons, and throwing a golf game into the mix as often as possible.

Alice Skultety



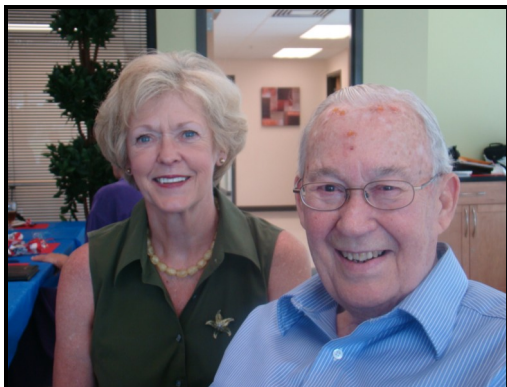
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LINCOLN SENIORS TRANSPORTATION PROGRAM DRIVER APPRECIATION LUNCHEON

The Lincoln Seniors Transportation Program held a luncheon to show appreciation for volunteer drivers. Special guests who attended were Elizabeth "Ib" Rebman and her daughter DiAnna Schimek and Merele Ellerbeck and his daughter in law, Kathy Ellerbeck. Each gave their point of view and appreciation for the transportation program.



Kathy Ellerbeck & Merele Ellerbeck



Elizabeth "Ib" Rebman & DiAnna Schimek



MEET LORRAYNE!



The first time I met Lorryne she had been stuck at home dealing with health issues for way too long. She had a list of places she wanted to go and was naming some of the places during our ride home. She was still listing them as I dropped her off and as she walked away she said "oh and I want to go to a Pow Wow". Well, Lorryne was able to get to the Pow Wow

last year and is making plans for this year.

Lorryne moved to Lincoln in 1945 having lived in Denver, Colorado and Norfolk, Virginia. She raised two sons by herself including putting them both and herself through college. She has two grandsons who visit regularly.

During high school Lorryne contracted Polio. She was put in an iron lung and had to lie in bed with weights on her legs to pull them down and keep them straight. She says that she got good treatment and has no lasting reminders of the disease.

Lorryne graduated from UNL with a degree in Physical Education and Recreation and for 40 years

worked at the Regional Center as a Certified Therapeutic Recreation Therapist. She designed treatment plans for patients and says that she liked the job and was able to be both creative and active. Among the activities she organized were softball and basketball games, setting up a creative table for patients and increasing socialization skills by getting patients into the community. One gifted art student was able to show her art at a local shop. "Patients were able to get out in the community, learn to dance and work on socialization skills." Lorryne told me there are "101 free things to do in Lincoln".

Volunteering is important for Lorryne. She has helped build 100 houses for Habitat for Humanity and was able to help build homes in Colorado, New York, and South Dakota. When she went on vacation she would take her tool belt. The soup kitchen and the Victim Witness Unit at the Police Department are two more places Lorryne gave her time.

Among the many challenges of macular degeneration is getting to all the places Lorryne wants to go or needs to go. She said, "there aren't people who are interested in the same things (or as many) as I am". Lincoln Seniors Transportation helps with this challenge as does, the Handi Van, friends, and taxi cabs. Remaining active has been important to Lorryne and Lincoln Seniors Transportation is glad to be able to help in that endeavor.

Meldene's Funnies!

EXERCISE FOR FOLKS OVER 50

Begin by standing on a comfortable surface, where you have plenty of room at each side.

With a 5 lb bag in each hand, extend your arms straight out from your sides and hold them there as long as you can. Try to reach a full minute, and then relax.

Each day you'll find that you can hold this position for just a bit longer. After a couple of weeks, move up to 10 lb potato bags.

Then try 50 lb potato bags and then eventually try to get to where you can lift a 100 lb potato bag in each hand and hold your arms straight for more than a full minute (I'm at this level).

After you feel confident at that level, then start with one potato in each bag.



A young mother took her 4 year old daughter Mikenna along with her when she delivered meals to the elderly. Her daughter was always fascinated by the appliances of old age; canes, walker, wheelchairs, etc. One day the mother saw her staring at a set of false teeth in a jar sitting on the table. Mikenna said to her mom, "The tooth fairy will never believe this."

"Oh, boy! I'm glad you're here!" the little boy said to his grandmother on his mother's side.

"Why?" she asked

"Because now Daddy will do the trick he's been promising us."

"What trick?"

"Well, he told Mommy that if you came to visit, he would climb the walls."

A little boy asked his grandmother how old she was.

"39 and holding," she replied.

"Well, then, how old would you be if you let go"?



Lincoln Seniors Transportation Program
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Please pass this newsletter on
to all your friends and family.

Catch a Ride Seniors!

TRANSPORTATION TRIVIA

RAILROADS

1. What is the name of the railcar that serves as an office for the conductor?
2. In what state was the Transcontinental Railroad completed?
3. What general commodity would a Tanker car transport?
4. What is the name/occupation of the driver of the train?
5. What is the name of the railcar that is usually located behind the steam engine? (It holds coal and water.)
6. What famous person developed his life-long love for trains while living as a child in Marceline, Missouri? This same person planned a theme park and said, "I want it to look like nothing else in the world and it must be surrounded by a train."
7. Which president signed the Pacific Railway Act allowing money and land for the development of the Transcontinental Railroad?
8. Besides water, what is the other main commodity that helps a steam engine run?
9. Which railcar can transport non-refrigerated items such as bicycles, boxes, tools, furniture or toys?

www.Transportmuseumassociation.org