

LINCOLN SENIORS TRANSPORTATION

Quarterly Newsletter

Winter 2010



COPING WITH THE LOSS OF INDEPENDENCE

As we age, we are all faced with loss. We lose friends, loved ones, jobs, our health, and a host of other things. However, many agree that the loss of independence is one of the hardest losses we are forced to face. It happens to everyone; some people earlier than others. "Independence is one of the greatest achievements in life. Most people strive to be on their own, making their own decisions and doing whatever chore, job or activity that they want to do. Asking for help is not something that comes easily to most people." Kristie Janeway Jernigan, BL, MHA

In our culture, driving is a form of independence that has become integral to our way of life. For the most part, we drive where we want, and when we want. We can make decisions at the last minute or days before, it's our choice. This freedom of transportation gives drivers a great deal of control over how we live our lives. "Driving a car is more than just a mode of transportation or a way to get from one place to another," Lisa Yagoda wrote in a recent practice update for the NASW Specialty Practice Section on Aging. "Driving is an important daily activity that represents independence, competence as an adult and the ability to have control over one's life."

When we lose the ability to drive (and thereby a piece of our independence), there are many ways to approach it. Some people will view this change as a new stage of their life and they will begin to make a

plan to handle life's new challenges. This is a positive approach. Others will begin down to the path to social isolation. Not wanting to ask for help from family or friends, many of these people sink into depression.

Yagoda states that in her practice she tries to help clients think of the loss of driving as a "retirement" from driving and the next phase of life, rather than the end of it. Talking with family members about this stage of life and checking out community resources can be a positive step in the right direction. First, get to know what transportation options are available in the community. Next, compare each option on the following criteria: 1) cost, 2) availability, 3) reliability, 4) rider qualifications/restrictions.

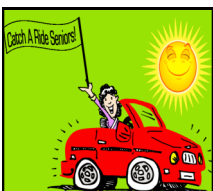
The Lincoln Seniors Transportation Program may be good option to add to your "retirement from driving" plan. While the Lincoln Seniors Transportation Program cannot meet all any one person's transportation needs, it can play a leading role in an overall plan adding to a newfound sense of control.

The volunteer drivers with The Lincoln Seniors Transportation Program understand the issues that come along with aging and it is their desire to promote independence, convenience, and dignity for our Lincoln Seniors.

For more information about the Lincoln Seniors Transportation Program and other transportation options available in the community, please call (402) 441-6143.

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

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

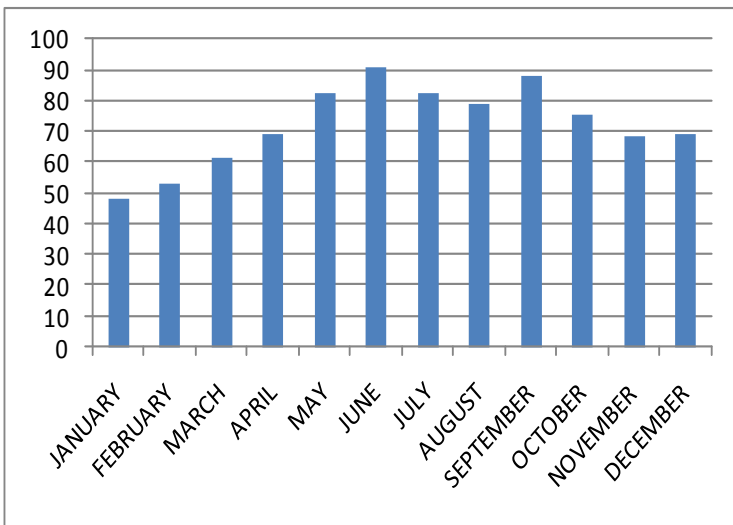


FACTS

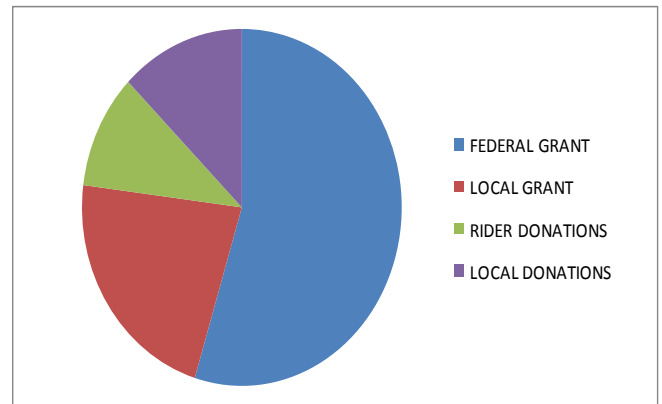
865 1-way RIDES GIVEN IN 2009
353 1-way RIDES GIVEN IN 2008

40 Registered Drivers
189 Registered Riders

1 WAY RIDES GIVEN IN 2009 BY MONTH



LSTP FUNDING SOURCES



TRANSPORTATION WORD SEARCH

Find and circle all of the words that are hidden in the grid. The words may be hidden in any direction.

P Z J A Y P R L T E J A P
M P K C U R T O S C D S X
I K R R B I C Y C L E R B
L L R O V I E Y T K M Y E
B V A T T N V R G O E N M
P S F A X A A Y T J A T O
Y Z T V T I L O V L E W P
W R D E N R R A P X Z I E
T Q R L H C A R C B H P D
W Y T E Y J I M U S F S L
C F X C F A M S U A E U F
X C L K E T U H C A R A P
C E T N D I J F B O A T D

- | | | |
|----------|------------|--------|
| AIRPLANE | ESCALATOR | RAFT |
| BICYCLE | FERRY | ROCKET |
| BLIMP | JET | SHIP |
| BOAT | MOPED | TRAIN |
| BUS | MOTORCYCLE | TRAM |
| ELEVATOR | PARACHUTE | TRUCK |

LSTP VOLUNTEERS GIVE TIME WORTH \$10,334.59 !

Annually Independent Sector, a coalition of approximately 550 charities, foundations and corporate giving programs, calculates an hourly dollar value of volunteer time. The current value (2008) is \$15.93 an hour for Nebraska. Based on approximately 3/4 hour per 1 way ride this time does not account for the time spent by volunteers getting certified to become a driver and time spent with the setting up of a ride.

MELDEN'S FUNNIES!

Five year old Emily would be starting kindergarten in a couple weeks, so her grandmother thought she would have Emily come over and work on the colors and alphabet. So, throughout the day, grandma would ask Emily what color something was and what letter it started with. Grandma was tickled because Emily was doing so good. After doing this throughout the day, it was time for Emily to go home. On her way out the door, Emily turned around and said to Grandma, "Grandma, I think you need to take a class on learning your colors and alphabet. You've had to ask me all day what they are".

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

Catch a Ride Seniors!

