

LINCOLN SENIORS TRANSPORTATION

Quarterly Newsletter

Spring 2010



LSTP DRIVER GIVES 100 RIDES!

*A second LSTP driver has given '100' 1-way rides! A benchmark we like to share. **Sara Friedman** has been with the program since it began and continues to be a strong volunteer and supporter.*



I'm New Jersey bred, lived in New York City (Manhattan) for about twenty five years, and in Lincoln for the past fifteen. I was a psychiatric RN prior to marriage (forty-one years.); raised my daughter and son in New York City.

My husband trades stocks for himself, reads, does crossword puzzles, and studies Spanish.

My daughter, a pre-school teacher, is a wonderful parent (with the help of my son-in-law) to my two wonderful, gorgeous, bright grandsons, eleven and eight. They reside in Charlotte, North Carolina.

My son, a caseworker with homeless teens, lives in Portland, Oregon with his girlfriend, and dog, Charlie.

For the past fifteen years I have worked part-time in various capacities for the Nebraska Commission for the Blind and Visually Impaired. My parents set the model, which my two older brother and I continue to practice... Volunteer ... which started when we were small and continues to this day. Not only do you give to the community, it gives back in that you meet new people, learn, see, experience and try new things.

I became involved in the Lincoln Seniors Transportation Program after hearing about it on the news. To me, there is nothing worse than not being able to do what you want, when you want. As volunteer drivers we give

people the chance to continue to be independent, social individuals. I use to deliver Meals on Wheels, which brings people contact to individuals who do not get out much, but after three of "my people" were gone with no forwarding information, I realized how attached I had become and how sad it made me to loose contact. Driving gives me the opportunity to reach out without the total emotional attachment you have when helping the same people on a regular basis. I have met so many wonderful people, seen so many areas of town and businesses I did not know existed, and most importantly helped others continue to have some independence.

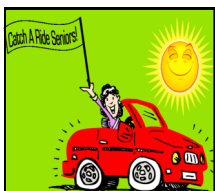
I am also active in League of Woman Voters doing the publicity for the Lunch and Learn Program and voter registration; work at the Polls on election days; do many one day volunteer projects etc. Hobbies and interests include on going education, especially through OLLI (Osher Lifelong Learning Institute connected with UNL) reading, traveling both to see family and through Friendship Force where we meet people of different cultures, art appreciation, theater, cooking and eating, (especially eating).

Sara Friedman



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RECORD MONTH!

March was a record month for one-way rides given since the program began. We gave 120 one-way rides .. about thirty more than any other month

THANK YOU DRIVERS!!

To see where we went please continue reading on page 2.



what's new?

- LSTP is no longer able to offer evening hours. Hours will now be 8am to 5pm, Monday through Sunday.
- New look for website coming. Go to www.seniorsfoundation.org and click on Lincoln Seniors Transportation Program. Look for information on becoming a volunteer driver, watch the LSTP video or find tips for older drivers.
- April 18-26 was National Volunteers Week. Lincoln Seniors Transportation Program would like to thank all volunteers for doing such a great job!

WAYS TO VOLUNTEER AS A DRIVER

1. Volunteer as a group - commit to one or more days a month as a group, we will call your representative a couple of days ahead and let you know what rides are needed for that day.
2. As an individual you can also commit to 1 or more days a month to be available and we will let you know what ride is needed for that day.
3. Receive daily emails and choose when you would like to drive.

At LSTP we recognize that volunteers have schedules as unique as they are. We offer a variety of ways to volunteer to help with this. If a one way ride fits better into your schedule that's not a problem! Please call **441-6138** to find out more about how you can become a volunteer driver for LSTP.

WHERE DO WE GO?

In March we gave 122 rides.....

36 of those were for beauty appointments

16 of those were for grocery shopping

10 of those were to worship services

18 of those were to visit loved ones in a nursing home

20 of those were to exercise at local health clubs

22 of those were to shop at Westfield Shopping Mall, Wal-Mart, Sears, Target, Walgreens,

Von Maur, get taxes prepared, visit an attorney, DMV for ID, seamstress, and to volunteer at an elementary school.

As you can see the needs of Lincoln's seniors are as individual as the seniors themselves! These trips satisfy the spiritual and physical needs of seniors as well as their overall well being. Exercising at the local health club, of course attends to the physical needs of the person, but also affects the mental health and sense of well being of the individual. Persons who are able to continue to engage with friends and family have an increased sense of well being and self worth. Attending worship services answers the need for prayer and meditation but also can be a place to connect socially. Beauty appointments make life just a little better for the week. These trips affect the community as well as the individual. Persons getting out for grocery shopping, getting their hair done, shopping for clothes at the mall or to meet friends for lunch spend money and this helps local business.



Deb Hynek speaks to The University Sertoma about Lincoln Senior Transportation Program. If you have a group who would like to know more about this program call Deb at **441-6138**.





**MEET
MARY BELLE!**

“Meet me, you know me!” Mary Belle Beach told me during our interview last week. Indeed, this is true. She is open, positive, out spoken and full of life! Printed over her bedroom door are the words ... Cherish yesterday, dream tomorrow, live today. These are the words she lives by.

Born in Sioux Falls, South Dakota, in 1933, Mary Belle moved to Lincoln, Nebraska in 1941 with her mom, dad and sister. Her dad started General Tobacco and Candy Company and her parents ran it on their own until the war was over. Their first employees were four boys returning from overseas. Her grandparents lived in Ainsworth, Nebraska and it was on visits to see them that Mary Belle discovered her love for horses and the outdoors. Mary Belle says she was always a tomboy, (much to her mother's dismay) and loved horses right away. Mary Belle attended Lincoln High and the University of Nebraska where she majored in Food & Nutrition and Animal Reproduction. She married a man she refers to as “Beach” and they had four children, Kimberly, Tim (Toby), Jimmy and Susan. When her son Jimmy was a sophomore in high school, the family purchased 80 acres in Saunders County and moved to the country. There they raised quarter horses and cattle. Their show mares won four world championships in reining! After her divorce, she ran the ranch on her own and clearly remains a source of pride for Mary Belle.

Mary Belle's parents taught her that humility was expected and that giving back was important. She has tried to uphold these values throughout her life by placing emphasis on volunteerism. She was Cub Scout leader, room mother, Junior League volunteer

and a docent for Sheldon Art Gallery and the International Quilt Study. When she found the community of Ceresco had no public library she took it upon herself to find out how to get one. This included a call to Senator Charles Thone while Mary Belle was at the Mayo Clinic for breast cancer tests.

Through a double mastectomy, bad knees and now macular degeneration, Mary Belle has remained upbeat and optimistic. I asked her how she kept such a positive attitude. Her answer, “God does perfect work”. Faith, family and friends are what Mary Belle relies on. At the age of seventy seven and facing the reality of losing her eyesight Mary Belle has faced her new challenges head-on. She moved back to Lincoln and contacted the Life Office at Aging Partners and they provided her with a list of community resources to help her continue to live her life to the fullest. Large print books are sent by the library, grocery stores deliver food (but they can't deliver alcohol, she jokes) and the Lincoln Seniors Transportation Program, cabs, friends and family help her get around.. She is no longer able to be a docent but instead continues to fulfill her love for quilts by working with the Collection Cares Program at the International Quilt Study and tying quilts at St. Marks United Methodist Church.

As with all riders in the Lincoln Seniors Transportation Program meeting Mary Belle has enriched our lives. Described as “ a little shot of caffeine”, being around her energy is a great way to start the day!



Mary Belle and her black lab Onyx.

Meldene's Funnies!

A State Police Officer sees a car puttering along at 22 MPH. He thinks to himself, “This driver is just as dangerous as a speeder!” So he turns on his lights and pulls the driver over. Approaching the car, he notices that there are five ladies— two in the front seat and three in the back— wide eyed and white as ghosts. The driver, a bit confused, says to the Police officer. “Officer, I don't understand, I was doing exactly the speed limit! What seems to be the problem?” “Ma'am, the officer replies, 'you weren't speeding, but driving slower than the speed limit can also be a danger

to other drivers.”

“Slower than the speed limit? No sir, I was doing the speed limit exactly .. 22 miles an hour!” the woman says a bit proudly.

The Police officer, trying to contain a chuckle explains to her that “22” was the route number, not the speed limit. A bit embarrassed, the woman grinned and thanked the officer for pointing out her error. “Before I let you go, Ma'am, I have to ask ... Is everyone in this car OK? These women seem awfully shaken and they haven't muttered a single peep this whole time,” the officer asked with concern. “Oh, they'll be all right in a minute officer. We just got off Route 119.”

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

Catch a Ride Seniors!

TRANSPORTATION TRIVIA

Automobiles

1. What is the average speed that most cars travel on interstate highways during peak morning and afternoon rush hour?
2. Cadillac is a small town in what country?
3. On an average, how much electric wiring is in automobiles?
4. What United States city housed the first automobile racetrack?
5. In 1916, 55% of the cars in the world were Model T's created by what company?
6. In what country did McDonald's open its first "SKI THROUGH" restaurant?
7. What president was responsible for creating the interstate highway system in the United States?
8. The first Grand Prix was won with an automobile going an average speed of?
9. What state had the first electric traffic light?
10. Who created the "Assembly Line"?

www.Transportmuseumassociation.org

1. 35 miles per hour 2. France 3. 3,000 feet 4. Indianapolis 5. Ford 6. Sweden 7. Dwight Eisenhower
8. 46 miles per hour (estimate within 5mph) 9. Ohio (Cleveland) 10. Henry Ford