

Card Shower for Residents of Tabitha or Lancaster Rehab Center

Looking for a fun "feel good" project during social distancing?

In the midst of fighting the Coronavirus, Tabitha and Lancaster Rehab, like other long-term care residences, have initiated a policy of no visitors, including family. With no outside company to brighten their day, the residents of these care facilities could use a little cheering up! In response to this ongoing isolation, Life Enrichment staff at both Tabitha and Lancaster Rehab have worked with volunteers to organize a "card shower" for residents of these facilities. The goal – each resident will receive 2-3 cards over the next month or so. There are 70 residents at Tabitha and 210 residents who reside at Lancaster Rehab, so the need is great!

What's involved? 1.) The volunteer/family would send a card or other "Thinking of You" type greeting to a resident. This could be a family project with the "card" being a drawing or some other artwork. 2.) Your commitment would involve sending another 1-2 cards between now and mid-May. (Of course, multiple cards would be welcomed). We ask that the cards/greetings be mailed. (Everyone loves to receive something in the mail!) We hope to brighten the days of some of the older citizens of our city, so thanks in advance for your interest in this project!

If you would like to participate, please send your card/cards to Tabitha or Lancaster Rehab at the addresses listed below. Life Enrichment Staff will deliver the cards to those in most need of a little cheering up.

****Tabitha, Attn: Life Enrichment, 4720 Randolph St., Lincoln, NE 68510**

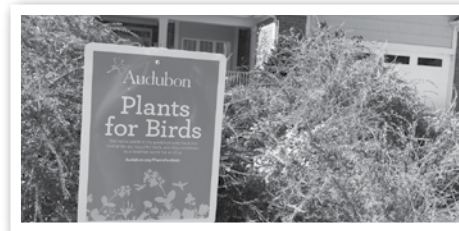
****Lancaster Rehabilitation Center, Attn: Life Enrichment, 1001 South St., Lincoln, NE 68502.**



May Program via Zoom! Plants for Backyard Birds

Want to see more amazing native Nebraska birds in your yard? Then consider adding more native plants to your lawn and garden! Native plants provide more and better habitat for birds, bugs, and wildlife, not to mention it's a great way to save on resources like water, gas, and money! It is a great way to help limit climate changes and help with both mental and physical health. Learn all about it with Audubon Nebraska's Director of Education, Jason "the Birdnerd" St. Sauver.

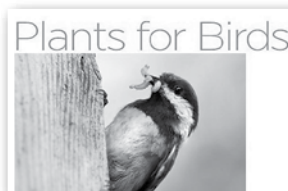
Jason "the Birdnerd" St. Sauver is the Director of Education & Outreach for Audubon Nebraska. Originally from South Dakota, Jason has been working in the conservation field for over 15 years, first with the U.S. Fish & Wildlife Service all across the country, and currently with Audubon here near Lincoln at the Spring Creek Prairie Audubon Center. Jason's specialties are



public outreach and birding by ear.

This meeting will be held via Zoom. To receive an invitation link for this meeting, please send an email to witherbeena@gmail.com. Please note "May Meeting" in subject line and include your full name. If you will be joining the Zoom meeting by telephone, in addition to your full name, include the phone number that you will be using to call into the meeting. The invitations will be sent out on May 6, the day before the meeting.

There will not be a business meeting at the May meeting. We hope you will join us! Questions about the program or Zoom, please contact us at witherbeena@gmail.com.



SEE INSIDE STORIES:

President's Message - page 2
Home Security News - page 5
Garage Sales Event - page 7-8

About Your Witherbee Neighborhood Association

Boundaries:

33rd to 56th & 'O' to Randolph

Meetings:

7:00 p.m. first Thursday of each
month at Tabitha LifeQuest Center,
48th and J.

www.facebook.com/witherbeena
www.WitherbeeNA.org

Mailing Address:

PO Box 5431
Lincoln, NE 68505
402-413-0156

Executive Board:

Kathy Holland, President
402-310-9153
rh30222@windstream.net

Mike Kreikemeier, Vice President
402-802-7865
mbk@windstream.net

Sherry Miller, Secretary
kitty66hawk@aol.com

Mascha Miedaner, Treasurer
mascha751@gmail.com

Mary Schwab, Past President
402-440-4131
maryschwab3510@gmail.com

Additional Board Members:

Lisa McNeel
402-499-8279
Lisamcneel105@gmail.com

Tim Duey
402-617-7998
tduey1@gmail.com

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402-613-3232
jridemc@hotmail.com

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402-488-8567
witherbeerick@gmail.com

Christine Nesmith
402-484-7673
jeepn68@hotmail.com

Mary Rowan
402-483-2473
marymrowan@yahoo.com

President's Message



As I write this, I realize that it may be a month before many of you read it as it takes about that long to get this newsletter written, published and delivered. Today is March 29th. What will things be like in late April? In the midst of the Coronavirus pandemic, things seem to be changing by the minute. In this time of uncertainty, now is when we need to lean on family, friends and neighbors for support.

Over the past week, the WNA Board has wrestled with decisions. Do we publish the spring newsletter or delay until summer? Do we cancel or postpone the Neighborhood Clean-up, the May meeting, the Neighborhood Garage Sales??? The Board has tried to make the best decisions possible with the information available. Knowing that there may be further postponements or cancellations, we are taking steps to look at alternative ways to provide programming and to communicate. You'll notice in the article about our May meeting, we are exploring presenting the program via Zoom.

It is in these times that we realize our interdependence and how important it is that we reach out to our neighbor—next door, across the street, or in the neighboring long term care facility. Many of us, unless we have an "essential" occupation, may be working at home, supervising e-learning for our children and rarely leaving our house or apartment. This is totally new ground for us. When I think of our technological progress over the past half century, we are fortunate to have the ability to be so well connected with people across the street, across the country and the world. We have devices that allow us to work from home, communicate with co-workers and family "face to face" through Zoom or FaceTime. We can call, text and send emails.

But what about that neighbor who doesn't have these devices, can't go to the grocery store, needs some help cleaning up their yard because the wonderful UNL Big Event was cancelled. These same individuals may have family members working essential jobs, or perhaps who live out of state. This is when the value of knowing our neighbors becomes so important. And, if we don't know them, this is the perfect time to get to know them! (Keeping in mind social distancing, of course.)

Thanks to all of you who have reached out to help by....answering a Nextdoor post for someone in need, making phone calls to check on someone who is alone, sending a card to a resident of a long-term care or assisted living facility who can't leave their room or have any visitors. It is times like these that we see the importance of our community getting to know each other so that we can help each other. Witherbee Neighborhood Association is more than clean-ups and cooperative garage sales. It's about providing ways for us to get to know each other so when the time comes, we know we can ask a favor, or lend a hand.

Be well and remember to check our website (<http://www.witherbeena.org/>) and Facebook page for information about WNA meetings and activities. And, be sure to check the City website for accurate, up to date information about the COVID-19 crisis in Lincoln, <https://www.lincoln.ne.gov/city/covid19/>.

Kathy Holland, 2020 WNA President

*Thank you to the following individuals & businesses who support the activities of the
Witherbee Neighborhood Association with their sponsorship donations.*

Organization Sponsors:

Jacobson Veterinary Clinic, PC
Tabitha, Inc.

Individual Sponsors:

Richard Bagby
Carolyn Barber
John Dzerk

Michael & Elizabeth Fitzgerald
Stephen Johnson
Mary Schwab

Outdoor Fitness Equipment Station at Woods Park

The City of Lincoln was selected to receive an AARP/FitLot sponsored Outdoor Fitness Equipment Station. AARP and FitLot want to install an exercise station in all 50 states and Lincoln was selected as the Nebraska location.

The Parks & Recreation Department determined that Woods Park would be an ideal spot because of its central location and complementary infrastructure. The equipment would be installed near the octagon park shelter. An amendment to the master plan at Woods Park to include this equipment was approved by the Parks & Recreation Advisory Board on March 12, 2020. This action now goes to the City Council for approval.

Both the Woods Park and Witherbee Neighborhood Associations supported this welcome addition to Woods Park.

If approved and depending on Lincoln COVID-19 safety guidelines, construction could start in May.



**LINCOLN-LANCASTER CO.
EMERGENCY MANAGEMENT
(402) 441-7441**

Emergency Preparedness Checklist

- ☐ NON-PERISHABLE FOOD
- ☐ FRESH BOTTLED WATER
- ☐ FIRST AID KIT
- ☐ PRESCRIPTION MEDICINES
- ☐ HYGIENE SUPPLIES
- ☐ EXTRA CLOTHING
- ☐ UTILITY TOOLS
- ☐ MEDICAL RECORDS
- ☐ IMPORTANT DOCUMENTS
- ☐ PET SUPPLIES
- ☐ FAMILY CALLING TREE
- ☐ PORTABLE RADIO & FLASHLIGHTS
- ☐ ASSORTED BATTERIES
- ☐ EVACUATION PLANS
- ☐ KEEP CASH ON HAND (AROUND \$200)



Newsletter Volunteers Wanted

The newsletter published by your Witherbee Neighborhood Association—the Buzz-- is in its 17th year of publication. As you know, we typically publish & deliver the newsletter quarterly to provide notice of activities within our city and the Witherbee neighborhood. Some of these activities include the Big Event, the annual Neighborhood Clean-up & Garage Sales and the Ice Cream Social/Pool Party.

Currently we are in search of individuals who would be willing to serve on a Newsletter Publication Advisory Board. Members of the group would help determine newsletter content and could be called upon to write an article or two periodically. To find out more information, or to volunteer, contact Kathy Holland at 402-310-9153 (call or text).



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Life in Witherbee Neighborhood During a Global Pandemic

By Mike Kreikemeier

If I was going to pick a place to spend time during a global pandemic where would it be? A sunny ocean beach? An adventure in Africa? Could I explore the entire country of Australia during this outbreak? But of course none of us got to choose were to hunker down and most of us are at home for the duration.

Is being stuck at home so bad? There are lots of positives about Witherbee Neighborhood to consider during the city wide stay at home order.

Getting outside for a walk is a great way to get out of the house. It's easy to keep a 6 foot social distance and still greet neighbors with a friendly "Hello" as you stroll down the sidewalks or trails in the parks around the neighborhood. There are 3 parks in the neighborhood and though they might be busier than normal there is still plenty of space to walk and enjoy the outdoors. Like a lot of people, I am working from home now. A brisk walk in the park is what I look forward to after lunch. It helps keep me from dozing off when I log back in for another productive afternoon of work.

The other day I was walking back from Woods Park with another work-at-home friend and we joined a group of 7 other neighbors that spread out on the sidewalk and street and front lawns to maintain 6 foot of social distance. It was nice to be able to visit for a few minutes and find out who in the neighborhood still has toilet paper. Desperate times call for desperate measures!

Witherbee is a walkable neighborhood. Even if the churches are not able to hold services I can still walk over to my church and stop in for a break. I find it a great way to recharge and I am grateful that the church has remained accessible even if services are suspended.

My college kids are back home for a while. Even that is not so bad. We enjoy dinners together again. We have movie night every few evenings and vote on a movie to watch. During the rest of the day it seems that the kids are checking how many episodes of "The Office" it will take to conquer a pandemic.

Witherbee neighborhood is lucky to have several grocery stores and pharmacies close by. I have stopped running to the grocery store for just a few things. Now my shopping missions are more focused and planned. I am thankful that the grocery stores, pharmacies and banks have remained open and implemented extra cleaning and ways to keep distance between customers. Thanks to the managers and workers that make it possible.

Before the stay at home order I would try and stop in to visit my older neighbor every few weeks. I am not able to stop in anymore but I can give her a call, even though it is just across the street. The telephone is a great way to keep in touch with people that are not using social media or email. Are you old enough to remember "Let your fingers do the walking"?

Yes, being at home in Witherbee neighborhood during this pandemic is really not so bad.



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Home Security

By Rick Bagby

A full house was on hand at the March WNA meeting for a presentation on Home Security by the



Lincoln Police Department. Captain Mike Woolman of the SouthEast Team, Captain Don Scheinost of the Center Team and Officer John Walsh gave an update on home security in our digital age. Witherbee is generally a low crime area but there is always more we can do to stay

safe and secure.

First and most importantly, close and lock doors. It's surprising how much this helps!! Even if unattended for just a moment, an unlocked or open door can be incredibly tempting to thieves.

Officer Walsh expressed how helpful video from home security cameras is to LPD. Investigations are greatly simplified by time-linked video evidence. That person checking porches at 3 pm, car doors on the street at 2 am, garages at 10pm might be a person of interest to LPD.

LPD uses the Neighbors app from Ring to ask citizens if they have video they might be willing to submit to aid investigations. LPD sends a request to the Neighbors app to request any available video within a mapped area, a 'geofenced' request with a date and a time-range in the request. The geofenced request is usually a mile or closer distance to the location of the incident in question. LPD does not have a list of homes with cameras and does not know who has them. The Neighbors app forwards the LPD request to all registered members within the area indicated by LPD. LPD does not get this list. Those who wish to submit video can, it's voluntary. These requests from LPD are usually made within a day



LPD Officer John Walsh presents on home security.

of the incident in question. 24-hour data retention would cover most law enforcement requests, one week nearly all requests. LPD has dedicated staff to review video evidence and saves only what is needed to support a case.

Many of our WNA neighbors had questions for Officer Walsh, whose expertise was greatly appreciated. Home security video privacy concerns, LPD data retention, brands compatible with the Neighbors app, picture quality, lighting, tuning your camera system to avoid excessive alerts and more.

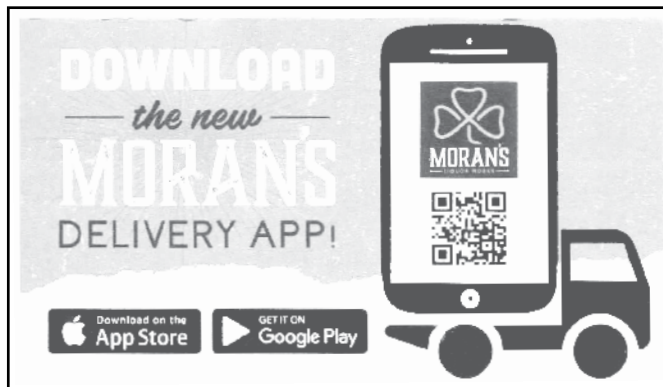
Home safety – never leave doors open or unlocked when you aren't right there even just for a minute. Home, garage, or car.

Finally, if you see something, say something, even if you are sure you don't have anything missing it might be your neighbor who you help. The LPD non-emergency number is (402) 441-6000 or use the UPLNK reporting app.

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On the corner of 33rd and "A"
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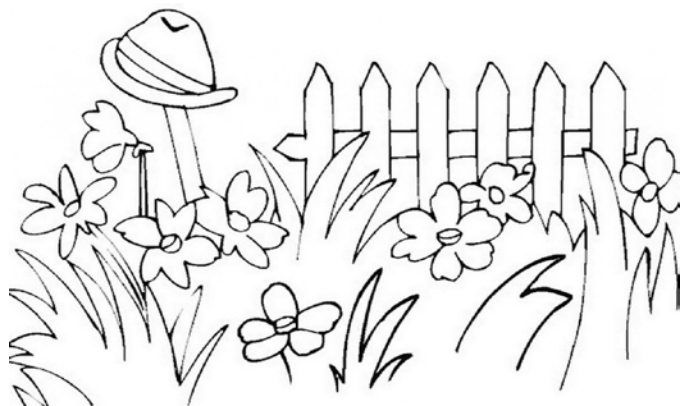
Full service grocery store open 7am-10pm everyday!
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Yard of the Month

Looking for the Great Landscapes of Witherbee!

A home surrounded by a well kept yard really looks inviting. Witherbee Neighborhood Association will again feature a "Yard of the Month" this summer. If you know a friend or neighbor who does an exceptional job with their lawn and landscaping, please nominate them. You may send your nominations by email to yardofthemonth@witherbee.org or call and leave a voice mail on the Witherbee line at 402-413-0156. Please include the address of the nominee plus their name and phone number if you have it.



Stay in Touch!

Stay up to date with events & activities in the Witherbee neighborhood by checking our Facebook page, the App--Nextdoor and our website, <http://www.witherbeena.org/>.

To receive program notices and other pertinent information via email from WNA, sign-up here: <http://www.witherbeena.org/subscribe-email-form.htm>

Thanks!!



Support our Troops Care Packages

Spirit of America is taking donations to deliver a care package for Nebraska's men and women deployed overseas. **Please drop off donations at 325 N 52nd St.** Thank you for supporting our Military!



"Heroes Into Homes" is a non-profit Veteran assistance organization, helping homeless Veterans into homes. Spirit of America is collecting canned items for their pantry. Please drop off your donations in the Credit Union lobby. Thank you for supporting our Vets!

Spirit of America FCU is a not for profit member owned Financial Cooperative established in 1932. We're more than a financial institution for our members and community. Visit our website or call us to find out more!

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Annual Witherbee Neighborhood Garage Sales

Tentatively Scheduled for June

If you are one of the many WNA neighbors using this time of self isolation to clean out your cupboards, closets, garages and attics, consider gathering items to sell as part of the annual Witherbee Neighborhood Garage Sales event!

While waiting for guidance from our Mayor and the Lincoln-Lancaster County Health Department, we have tentatively scheduled the annual neighborhood wide garage sale event for **Thursday – Sunday, June 4th , 5th , 6th and 7th , 2020**. We will notify all registered participants mid-May if the event will be postponed or canceled. If you elect to send in your registration fee before mid-May your fee will be refunded or held for the rescheduled date.

Registering your garage sale with WNA for only \$5.00 means you'll receive a LOT of advertising that will translate into foot traffic (and sales!) at your garage sale. Your registration fee helps us place ads in the Lincoln Journal Star. Additionally, information about your sale will be posted to the WNA website, Craigslist, multiple Facebook pages, as well as local radio stations and event calendars. Think of the time you'll save when all of this advertising is done for you! Please spread the word about this opportunity to your family and friends in the neighborhood!

During the days of the sales, large yellow signs will be placed at various high-traffic points around the perimeter of the neighborhood to bring people into Witherbee. Each registered garage sale participant will also get a sign to display in their front yard. Committee members and neighbors who held garage sales in past years have heard many positive comments about the visibility of the signs.



If you decide to hold a garage sale and register your sale with WNA, there are a few things you should know. First, you should fill out and return the registration form and \$5.00, no later than Friday, May 29th. In order to guarantee your sale gets full advertising, it is important to mail the information in by the deadline. If you would like to register your sale after May 29th, you will need to call the committee chairperson (listed below). Late registrations are \$10.00. When you are completing the registration form, keep in mind that you get to pick the days (June 4, 5, 6th and/or 7) and the times for your sale. On June 3rd or 4th, a member of the garage sale committee will deliver to you a WNA Garage Sales yard sign as well as a stack of maps with a list of all WNA garage sales. Please share the maps with your shoppers to encourage them to visit other WNA sales.

Because we plan to use the yard signs for multiple years, we ask that you place the one you receive by your front door after your sale is over so that a member of the committee may pick it up on June 7th or 8th. You are also free to make your own garage sale signs. If you choose to do so, they should be legible and sturdy. Also, after the date, you should make plans to pick up all the signs that you personally place in the neighborhood. Please note that it is illegal to place garage sale signs on light poles or in the right-of-way.

Still have items left over after your sale?? WNA is again participating in the Goodwill Challenge. If you want Goodwill to pick up your leftover items, please indicate this on the registration form. The Goodwill truck will do one pick up, starting after 2:30 pm on Saturday, June 6th. Items must be placed at the curb.

If you want a receipt, please call Hannah at (402) 438-2022 Ext 118 and request one.

Before May 29th, please mail your completed registration form (**on page 8 of this newsletter**) and \$5.00 (checks payable to Witherbee Neighborhood Association) to:

WNA Treasurer
PO Box 5431
Lincoln, NE 68505

Questions can be directed to Cheryl at (402) 488-8249.

Join Us in Making a Difference in 2020!

Since the Witherbee Neighborhood Association (WNA) was organized in 2003, your neighborhood association has accomplished many important things to help maintain and enhance the neighborhood you call home. To help keep it strong we are conducting our annual membership appeal. As your neighbors and WNA volunteers we hope that you will send in your membership (or sign up or renew online at www.witherbeena.org/membership).

Your membership dues help support the production of our newsletter, help with the cost of hosting our annual neighborhood pool party/ice cream social and other activities. But more importantly, we need your input and your ideas. If you are interested in



knowing more or want to help, please contact Kathy Holland at 402-483-6397, email: rh30222@windstream.net.

When we each do a little, we all do a lot. Please become a member and participate at whatever level of involvement that fits you and your schedule. Everyone has a talent, skill, idea or area of interest that would be an important contribution. There are many jobs, large and small, within the

organization. Please attend a meeting or participate in an activity! You do not need to be a member to participate. Come check us out!

And finally, one of the best reasons to participate in WNA – it is a great way to meet nice and interesting people – from across the street, down the block and throughout your neighborhood.

2020 GARAGE SALE REGISTRATION

Name _____ Ph. No. _____

Address _____ Email _____

Date of Sale

Thursday, June 4 _____

Friday, June 5 _____

Saturday, June 6 _____

Sunday, June 7 _____

Time of Sale

_____ a.m./p.m. to _____ a.m./p.m.

_____ a.m./p.m. to _____ a.m./p.m.

_____ a.m./p.m. to _____ a.m./p.m.

_____ a.m./p.m. to _____ a.m./p.m.

☐ Check here to participate in the Goodwill Challenge.

Goodwill will pick up your unsold items starting at 2:30 PM on June 6. Items must be placed at curb.

Please note: EACH INDIVIDUAL PARTICIPANT DETERMINES THEIR OWN DATES AND TIMES FOR THEIR SALE

Sale items 25 words or less: _____

Send \$5 payable to "Witherbee Neighborhood Association" by May 29, to:

Witherbee Garage Sales, PO Box 5431, Lincoln NE 68505-0431