

President—Dennis

Spoke Newsletter

Wednesday August 21, 2019

Attendance: 21 (48%)

Lincoln East Rotary Club

Aubrey Paulsen senior living advocate at Tabitha

Wednesday, August 31, 2019

Arranged by Greg Schnasse



Aubrey Paulsen is a senior living advocate at Tabitha. Tabitha (tabitha.org) offers a full range of senior care services in Lincoln and throughout 28 Nebraska counties. Aubrey is happily married to her husband Mike, who is an electrical project manager for a Lincoln-based company. We have two children, Owen (10) and Christian (7). We also proudly own a three-year-old Shih Tzu mix named Carl.

For over 130 years, Tabitha has been committed to the communities we serve, providing these services for the right reasons as a faith-based, mission-focused nonprofit organization. Today, Tabitha assists over 2,000 seniors and their families daily with home health care, rehabilitation, long-term care to hospice, and everything in between. Aubrey's role as a senior living advocate is to encourage families to "Start with Tabitha." We are here to help point you in the right direction. Specifically, she is here to listen and learn about your needs and share free expert guidance about the options you have and the community-based resources that are available. She understands how overwhelming senior care options and decisions can be for you or a loved one, and she can make that a much smoother process.

How did you get started in the business? Her family used Tabitha services for her grandmother for several years. The experience we had was powerful. The lasting relationships that were formed with Tabitha "TEAMembers" stayed with me throughout the years and greatly influenced me. She knew she wanted to be a part of this work. Although it was several years before she became a Tabitha TEAMember, She regularly volunteered and was an active supporter.

What is your favorite quote or the best piece of advice you've ever received? "When you come to the end of all the light that you know, and it's time to step into the darkness of the unknown, faith is knowing that one of the two things shall happen: You will be given something solid to stand on or you will be taught to fly." Edward Teller

Lincoln East Rotary Club
Meetings at Valentino's—70th & Van Dorn
Noon Luncheon starting @ 11:45 a.m.

August 21, 2019

Lincoln East Rotary Club *Karen Lamb "Preacher in an Apron,"*

Arranged by Greg Schnasse



Karen grew up in Cairo, NE, graduating from Centura High School, Doane College and Southeast Community College. She worked in Public Relations, Restaurant Management, Banking and Human Resources before landing a job in the Securities Industry, where she spent

about 15 years. In 1996, she entered the ministry, and have served churches in Greenwood, Alvo, Pleasant Dale, and Denton. Karen is currently serving the United Methodist churches in Douglas and Burr. My husband Bob and I have been married for 29 years, and between us we have three daughters, three son in laws, and two grandchildren.

In 2014, she entered into a partnership with Terrie Urtel, and we opened LuLu's at 48th and Cornhusker. We moved downtown in 2016 and moved to our current location in May of 2017. Karen has been the sole owner of LuLu's since December of 2018. It was after my second partner left the business that she decided to take the leap of faith and start feeding all who asked, regardless of ability to pay. We have since formed a non profit to enable us to seek grant funds.



I've always been interested in feeding people." Last week, she reached out for help with Community Meals after her funds ran dry. Her plea brought in \$100, enough for 20 meals. Those 20 tickets are gone. More money came in Tuesday, after her face appeared on the local TV news. She posted her gratitude on Facebook and put out a call to federal employees in Lincoln to come by for a free lunch. When the money is gone, she'll keep giving. She can't turn people away, Lamb says. "I have a hard time saying no. Friday, I fed more homeless people than paying customers." And the woman behind Lulu's on N has a plan. She'd like to turn the restaurant into a pay-as-you-can place and she's figuring out how to make her business a nonprofit. She envisions grants and a small job training program for people who need a boost, a way to get into the working world. "I want to talk to other restaurant owners, find out what their needs are," she says.

A good woman with a motto: *Feeding hungry bodies and nourishing souls.* (Excerpts from article in Lincoln Journal Star)

Chuck's Corner (#5)

Recently my grandson had a fever of 104° F and of course this was scary to his parents. However, I was able to reassure them that because he had received all of his immunizations it was unlikely that he would have a serious infection. Of course, he could have contracted measles because he was too young to be immunized. Older Rotarians like myself remember having the childhood infections ourselves and in our neighborhood one child had meningitis and another had severe debilitating polio.

Most recently we have seen a resurgence of measles, and this threatens the youngest kids too young to have this immunization.

The science of immunology has to be credited for the triumph over these diseases. Because Rotarians believe in science, we have supported the near elimination of polio in the world. However, the victory may be a pyrrhic one because of those that do not believe in science. In Afghanistan and Pakistan it is radical Muslims who prohibit polio immunization, but in the West it seems to be some upper class folks and others who latch on to misinformation on the Internet and refuse to abide by the recommendations of the many experts who have studied the safety and efficacy of vaccines.

I would suggest to all Rotarians that they apprise themselves of the science of vaccines and share this information with family and friends. Our grandkids deserve the protection that these wonderful agents provide. (Chuck)



A Rotary Thank You to Karen Lamb for an excellent presentation on "Preacher in an Apron"



Anniversaries & Birthdays

Weeks of August 15—21

Birthdays:

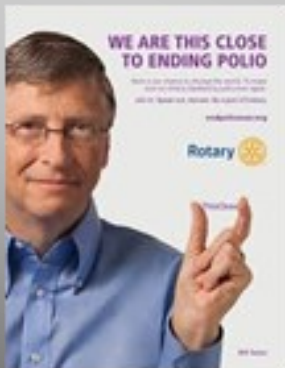
Barry Stelk—August 19
Joseph McCabe—August 21

Anniversaries

NONE



Happy Dollars



*Andrea Ahrens
Wayne Casper
Steve Grosserode
John Boellstorff
Tom Mortimer
Total*

*Barry Stelk'
Greg Schnasse
Duane Tappe
Paul Horton
Dennis Duckworth
\$54.00*



Happy Dollars—Total to Date: \$494.00



Cashier Duty

August—Sue Schuerman
September—Wayne Casper
October—Duane Tappe
Contact Minnie Stephens

Guests & Visitors

Pat Grosserode
Karen Lamb

Steve Grosserode
Speaker



Greeter Duty

August 14—Gene Fredericks
August—21 Minnie Stephens
August 28—Tom Mortimer



Rotary Labeling Party
Green's Plumbing, 4200 N 48th St
September 24, 2019 @ 6:30 p.m.

Lincoln East Rotary Club—September Speaker Schedule

September 4—Capital Humane Society
September 11—District Governor-Mick McKinley
September 18—Museum of American Speed
September 25—UINMC College of Nursing, Sue Schuelke

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Published by Wayne Casper*