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LSR Thrift Store!

*Fill a bag with clothes
for \$5.00 during the 2nd
week of each month!*

Fun Stuff & Treasures!

Mon-Fri

10:00am-5:00pm

Sat

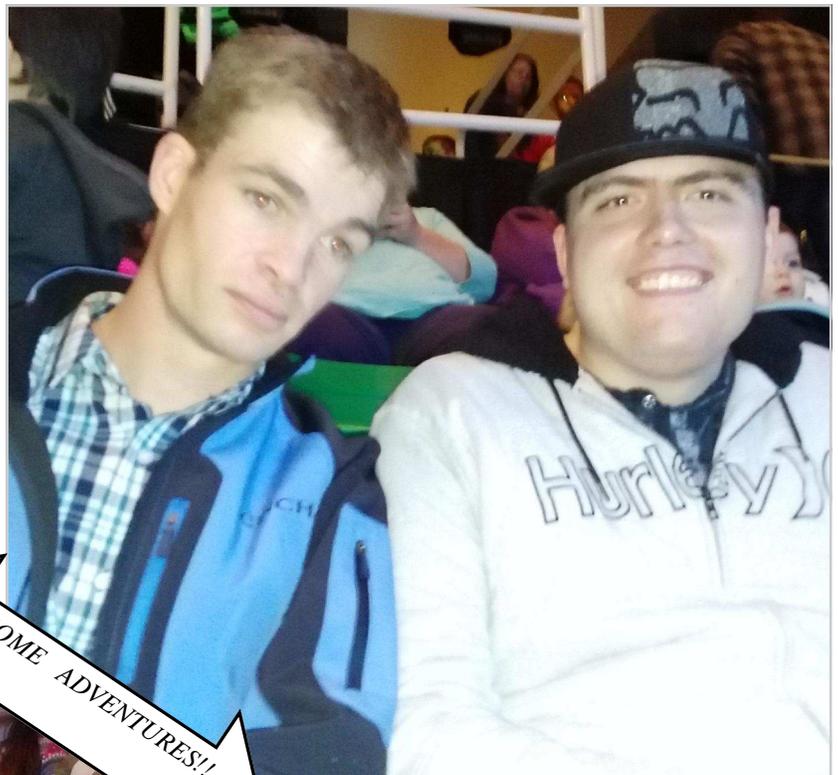
10:00am-2:00pm

Lincoln Self Reliance Review

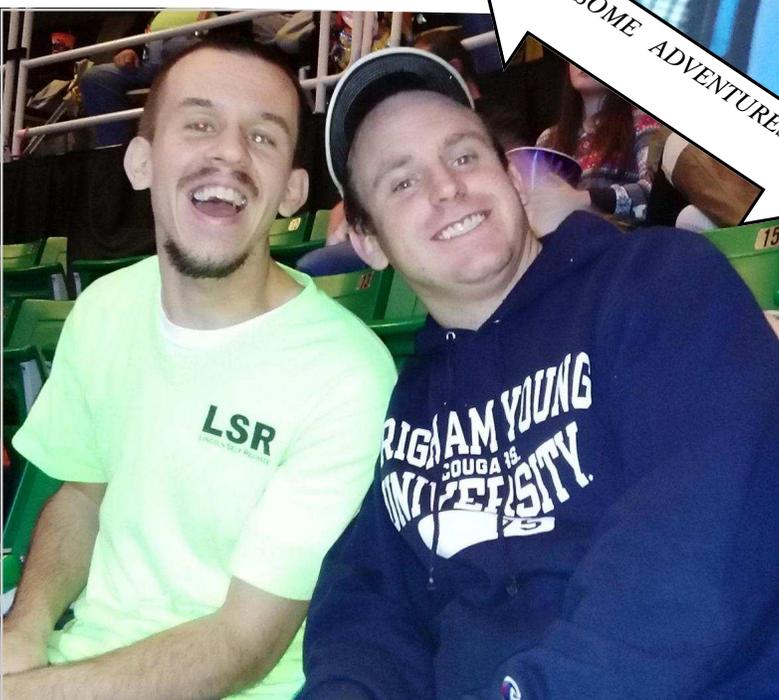
Spring 2016

Here at LSR we have been up to a lot of fun adventures! Some of our more memorable adventures were the trips to Salt Lake City. On one trip we went to see the Marvel Show and on another trip we went to Frozen on Ice. Danielle's favorite part of Frozen on Ice was being able to listen to all her favorite songs and watch the people dance. According to Danielle, one trip's excitement was because

"Annette got us lost in Salt Lake!"



AWESOME ADVENTURES!!



Robert liked being able to spend time with his girlfriend at both

shows. The participants have also been part of the Young Musicians' Concerts series as well as going to the Celtic Festival.

Mission Statement

It is our mission to provide training and support to individuals with disabilities so they may achieve maximum potential for self reliance and achieve participation in the community.



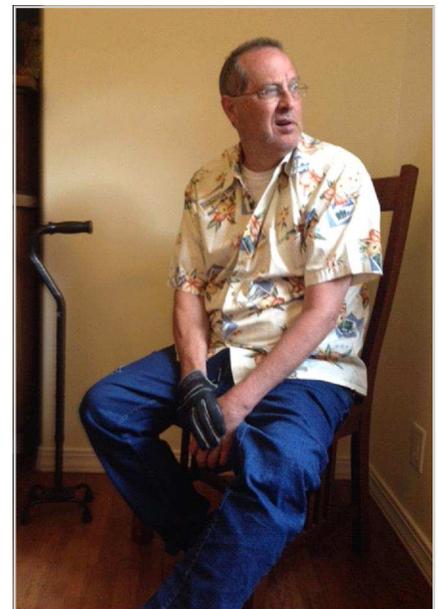
Our favorite adventure this year has been the Meals On Wheels that we started in February of this year where participants volunteer their time to pass out meals to the elderly in our community twice a week. One participant volunteers both times a week on Tuesday and Wednesdays 10:30am to 12:00pm.

“I like helping the people in the community” says Carrie.

Carrie also says it makes her feel good to help the elderly. “It feels good to help others and we get our own badges” says Danielle. Staff and clients really like giving back to our community one meal at a time.



I am Gary Nagel, and I am one of The Mighty, a brain injury survivor. I grew up on a dairy farm in rural Wisconsin and enjoyed farming, but what I really wanted to do from a young age was to own a small business. When I went to college, I decided to study business and accounting, and I paid for my first year of college by selling the eggs from 100 hens I owned. That was a lot of eggs! My passion for many years was running businesses and doing outdoor activities like camping with my son, cross country skiing, playing basketball, chopping wood, plowing snow with my tractor, and playing with my dogs. But in September of 2013, a huge shift came when I had a severe brain injury, and it felt like everything was taken away from me. My body no longer cooperated with what I wanted to do, and I couldn't do most of the things I used to be able to do. So many days at the rehabilitation center and at home, I just wanted to give up; everything was so hard! But I am an overcomer, so I decided to **KEEP ON TRUCKIN'**! I have always been a person that felt I had something to give and share with others, now I would just have to figure out how to do it in a different way.



(continued on page 3)

Lincoln Self Reliance, Inc. is a private not-for-profit community based provider for individuals with disabilities. We provide Adult, Child, and Acquired Brain Injury Waiver services as well as Vocational Training.



A year after my brain injury, my wife helped me find my new passion: riding a TerraTrike, which I named The Scorpion. The first time I rode my recumbent trike, I felt so free and alive! I did a test ride in a big, empty parking lot, and I zipped around shouting and singing. My wife and I were crying because we were both so happy. When I ride my trike, people are intrigued by my cool “ride”, and I am just a cyclist like everyone else not a “guy with disabilities.” I set goals for riding my trike, so I joined Special Olympics here in Wyoming where I came in 2nd (silver medal) in the 1,000 meters at our state competition. Last summer my goal was to ride to our local general store for a latte (good motivation!); it was 2.5 miles of dirt road, hills, and some pavement, and traffic (scary). I made it, no problem, and enjoyed drinking my latte on the patio of the Etna Trading Company. As of today I have

ridden over 200 miles on my trike in rain, snow, wind, and sunshine! Whenever I would ride The Scorpion, I longed for others in my situation to experience how great it feels to ride a trike, so I decided to start a charity and do projects to raise money to buy trikes for people who can't afford one. I want to raise enough money to donate 5 trikes to others with brain injury, and I am happy to say that this summer, I will donate my first trike to someone who had a stroke and has mobility challenges like mine. Doing these projects fills me with a sense of purpose, and it gives me a reason to get out of bed each day, even when my body hurts so much and my brain feels foggy. I know my life can still make a difference for others, and I feel God has a purpose for me. My favorite Bible verse is Jeremiah 29:11 “For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future.” Being physically active is extremely important after a brain injury, and it helps me develop my coordination, strength, and attention skills, but MOST importantly, it's FUN and helps me feel healthy and positive. I get to be outdoors in the fresh air, smile and laugh, and I get to share time with the people I love, my family and friends who walk or ride alongside me. Someday, I hope to have a therapy dog named Turbo, and she can come on my rides too. Everyday I remember that even though everything changed after my brain injury, I still have lots of ABILITIES, and I am still ME! I love to help people overcome obstacles and have hope, so I am going to use all my ABILITIES to do just that. Be The Mighty!



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