

July, August,
September 2026

LEBENSRAUM

118 INGALLS GRAND ISLAND, NE 68803



Celebrating July

Meet our Staff
Get to know our
staff

Owner~ Deb Halm

Owner~ Megan

Corona

Manager~ Lasha

Hudson

Activity Director~

Giann Callahan

*May this summer
bring you...*

Sunshine that make you glow

Smiles that never get old

Breezes that kiss your face

Waves that wash your worries away

Memories that never fade



OurMindfulLife.com

The Rhythm of Early America

In 2026, the United States marks the 250th anniversary of 1776—a milestone that invites reflection, not just on historic events but on the texture of everyday life in colonial times. Long before modern conveniences, daily routines were shaped by necessity, skill, and close-knit communities.

Food, for example, was seasonal and local by default. Families relied on what they could grow, hunt, or trade. Cornmeal, beans, and salted meats were staples, while gardens supplied herbs and vegetables. Preserving food—through drying, smoking, or pickling—was essential for surviving the winter. Meals were simple but sustaining, and little went to waste.

Craftsmanship was equally central to daily life. Many households produced what they needed, from clothing to tools. Spinning wool, weaving fabric, and sewing garments were common skills, as were woodworking and blacksmithing. Objects were made to last, repaired when broken, and valued for their function as much as their form.

Community ties helped hold everything together. Neighbors shared labor during harvests, barn raisings, and other large tasks. Churches, markets, and town gatherings provided structure and connection. In a world without instant communication, relationships were built face-to-face and maintained through mutual reliance.

The rhythms of life 250 years ago highlight a kind of resilience that feels both distant and familiar. Colonists adapted constantly—to weather, to shortages, to uncertainty. Their resourcefulness wasn't a choice; it was a requirement. This anniversary offers a chance to consider what endures. Skills like making, mending, and sharing haven't disappeared—they've simply changed form. The same is true of community and adaptability. While the tools and technologies of daily life have evolved, the underlying values—resourcefulness, cooperation, and persistence—remain recognizable.

JUSTIN PUTTING AROUND!



A Better Bag

All around the world, more and more communities are considering bans on single-use plastic bags or even charging five cents for each bag used. Why is there such an outcry against using these bags so commonly found at supermarkets and convenience stores? Sadly, while a plastic bag may be used for mere minutes, it takes hundreds of years to disintegrate. The truth is that plastic bags have become one of the biggest sources of pollution in the world. With one million bags in use around the world every minute, it's no wonder that a raft of plastic garbage known as the Great Pacific Garbage Patch is drifting in the northern Pacific Ocean.



On July 3, people around the world will celebrate International Plastic Bag-Free Day by opting not to use plastic bags. So what are some alternatives to plastic? The most common solution is to carry your own reusable canvas bags when you go shopping. Many stores have made it easy on customers by selling cheap and reusable tote bags in the checkout line or even offering free cardboard boxes.

Perhaps the most enraging solution has been to charge five cents for the use of a plastic bag. While many customers have shown deep dissatisfaction with the policy of paying for bags at checkout, the system has been shown to decrease the use of plastic bags. Studies of Ireland's plastic bag levy, introduced in 2002, found that usage dropped by more than 90 percent almost immediately. Similar results have been seen in California, where statewide restrictions and fees led to sharp declines in single-use plastic bag consumption. By asking customers during checkout whether they have bags or would like to buy some, shoppers are less able to ignore the problems caused by plastic waste. They are reminded of their environmental impact each time they shop, and many choose to bring reusable bags.

BIRTHDAYS

JULY

15TH -TERI G.
23RD MIKE
26TH – PAT M.

AUGUST

10TH – DENE P.
14TH- DELORES L.

SEPTEMBER

8TH DONA Y.
13TH DIANE P.
15TH MARYANN K.
26TH GILBERT



THE FUNNIES

