



Paul "Prem" Nathenson

MAR 20, 1954 - MAY 20, 2025



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Paul "Prem" Nathenson, 71, passed away peacefully at home in the arms of family on

the evening of May 20 th . He is survived by his wife Nancy, children Abraham, Sophie,

and Lucas, and his sisters Lee Nathenson of Chicago, IL, Lynne Grau (Jim) of Madison

WI, and Gayle Clayton (Gary) of Weston, CT, along with many cousins across the U.S.

Prem was born in Chicago, IL to parents Miriam and Ken. Prem's journey was unique,

not without challenges, and his experiences exemplified resilience and reinvention.

He

attended Malcom X Junior College at no cost as part of Reverend Jessie Jackson's

Operation Bread Basket. After graduation he left home and spent time in New Mexico

living in a yoga ashram, and California in a commune teaching yoga to children. He

discovered a deep sense of spirituality during this time which carried through his entire

life.

He attended nursing school at Washburn University in Topeka, KS. While working as a

CNA he met his wife Nancy, a respiratory therapist. They married and began raising their children while Prem worked his way into hospital administration and discovered his

passion for triathlons. In 1993 he took advantage of a job opportunity in nursing

administration at Madonna Rehabilitation Hospital in Lincoln, NE. He continued



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competing nationally in Triathlons across the country with family in tow. In 2003 he suffered a seizure caused by a brain tumor. He underwent cancer treatment that included brain surgery and radiation resulting in left sided paralysis. He underwent rehabilitation at Madonna the hospital where he served as the Vice President of Patient care and treated his recovery with rigor and determination. With the odds against him he learned to walk again and function completely independently. When the tumor reoccurred about a year later, he pursued alternative modalities such as meditation, diet, exercise and other technologies and therapies. His cancer then went into remission within 9 mos. for 21 years. During that time, he went back to school, earning a certification in Traditional Naturopathy, followed by a Masters and Doctorate in Nursing. In 2011 he started Simple Path Health and Wellness Clinic with his wife Nancy. <https://simplepathwellness.com/content/Journal-Star-Story.pdf> He was a valued member of the Association of Rehabilitation Nurses and held various leadership roles for over 20 years. From 2009 to the present, he served on the Board of Directors for the Commission on Accreditation of Rehabilitation Facilities (CARF International), where he provided insights from his role as a health care professional but also from his lived experience with a disability supporting CARF's mission to bring high-quality services to the person served.

In September of 2020 he relocated with Nancy and Lucas to Oregon, joining daughter Sophie and son Abe where he focused on teaching on-line graduate nursing courses for Clarkson College and Capella University.



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Prem is remembered to have always lived life in the present moment with gratitude and positivity. Nancy referred to him as her “Happy Buddha”. He never complained or dwelled on his illness, his paralysis, or any challenge that came his way. With any set back in his function his focus was not on what he couldn’t do but what he GOT to do next. He laughed constantly, and humor ruled the Nathenson household. He leaves a legacy of love, conquering self-doubt, and letting go of all things out of his control. He touched countless lives with his energy, intuition, generosity, and wisdom. His family is committed to honoring this legacy by relishing the silver linings, sticking together, and infusing humor with anything and everything.

A Celebration of Life for Prem with family and friends will be held on Saturday, June 14 th from 3pm-6pm at Pioneers Park Nature Center 3201 South Coddington, Lincoln, NE 68522. Please RSVP to nancy.nathenson@gmail.com

The Nathenson’s home address: 17471 Harriet Ave., Oregon City, OR 97045

In lieu of flowers, please direct donations and memorials to The Disabled American Veterans <https://www.dav.org/ways-to-give/donate-online-by-mail-or-by-phone/> , your local Food Pantry or Humane Society.



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Sharon Diffy posted:

I find it hard to find words to express my sympathy and love to you Nancy and your children Paul was such a wonderful person and friend to so many people Prem was the right name for him but I guess he was always Paul to me he taught me so much about rehabilitation and about so many aspects of nursing and the memories are many we traveled to so many ARN Events and had so much fun looking forward to seeing you all on Saturday Love, Sharon Duffy

June 12 at 2:07 PM



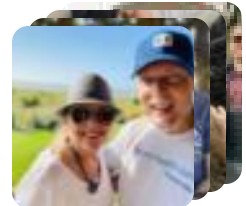
Patty Baker posted:

Nan and family--I'm so sorry for your loss! Prem was so special and always such a positive person! He will be missed by many!

June 7 at 1:23 PM



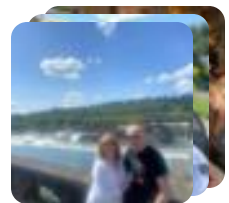
Sophie Nathenson shared 10 photos to the **Family Pics** album.



June 2 at 8:23 AM



Nancy Nathenson shared 3 photos to the **Celebration of Life** album.



June 4 at 4:48 AM



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Yvonne Winters posted:

Nancy and family, I am so sorry for your loss! I always thought of Paul as. good friend and colleague and although not in touch recently, I have great memories of working with him when I was a surveyor, and lovely visits to your home. He was of help to my daughter Michele during her battle with ovarian cancer. God's blessings and comfort to you all.

June 3 at 3:54 AM



Kathy Murray June 5 at 11:58 AM

With all my love always! Wish I had some magic way to ease your sorrow. I learned so much from Prem. I loved him and will miss him. I wish you unfailing strength in the days to come. Peace, Kitty



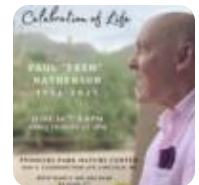
Jeanette Walsh posted:

My sympathy Nancy and family. Prem was such a positive force for so many. I always enjoyed working with you two at workshops at SCC. Jeanette Walsh

June 2 at 6:12 PM



Sophie shared a photo to the **Celebration of Life** album.



June 2 at 11:52 AM



Susanne Bruyere posted:

We are deeply appreciative of having had the benefit of Paul's (Prem's) expertise on the CARF Board for these many years. But most importantly, we are grateful for the opportunity to have gotten to know Paul personally and have the privilege of his friendship. He's a very special Being whose presence in person will be very much missed.. Our love to Nancy, Sophie, and the Family. We look forward to seeing you in person in August.Susanne Bruyere

June 2 at 8:23 AM



Media

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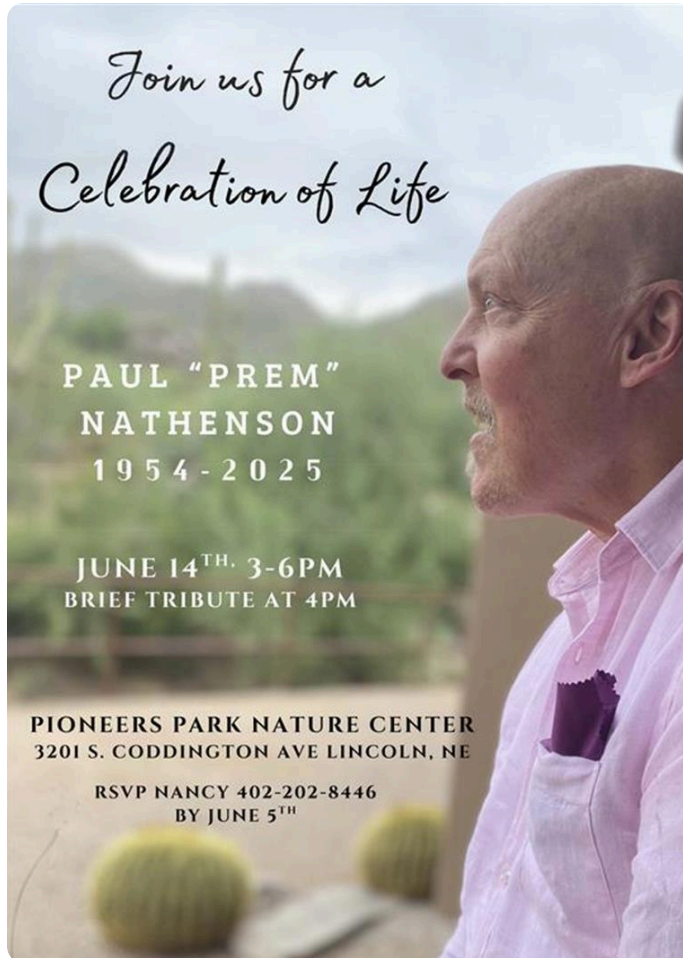
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Invitation



Memories only last if you share them

Join us in honoring Paul by contributing to a collection of shared memories.



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