

In the OU Spotlight ♥

Brooke Hindman is from the Sioux City area and received her Bachelor of Science degree in Psychology from the University of South Dakota in 2010 and her Master of Science degree in Occupational therapy from the University of South Dakota in 2013. During that time, she completed internships at Rock Valley Hospital, Immanuel hospital in Omaha, the Mayo Clinic, Sanford Vermillion hospital, and AbleKids Pediatric therapy. Upon graduation, she began working at AbleKids Pediatric Therapy and later at Therapy Station Pediatric clinic.

She also would help at different nursing homes in the area as needed. Brooke began working PRN for OU in August 2015, and she later accepted a full time position in February 2016. Brooke currently resides in Sioux City with her husband, Thomas, her daughter, Rowan, and a son to be born in May.



Gearing up for Summer

OU's Home and Community Based Services (HCBS) department is gearing up for summer! A majority of persons served in HCBS attend school and OU services are in high demand when everyone has more free time. Although summer service requests have been made by many families, OU is still accepting registrations and service requests for those eligible for Waiver services. OU has a beautiful community center which is a perfect gathering place for respite services; however, a majority of services are provided in the homes of persons served and throughout the Siouxland community. Our staff and clients enjoy many activities of summer – including the pool, walking trails, parks, Lewis and Clark Interpretive Center, YMCA, museums, and more! For more information on OU's HCBS Summer Program, contact us at 712.277.8295 or ddestigter@opportunitiesunlimited.com or mbyrne@opportunitiesunlimited.com.



sOUPER SATURDAY

In response to the feedback from many of our persons served and families, OU is hosting Group Respite events each Saturday afternoon. Due to the changes in service delivery with the Settings Rules of Home and Community Based Services (HCBS), many have missed the opportunity to spend time with their peers at OU. Our sOUPER Saturday has themed activities for individuals who have Group Respite services. Some of the activities have included bowling, trip to the circus, OU game day, and many more! Our creative HCBS Coordinators continue to schedule activities that appeal to persons served. For more information, please visit our website at www.opportunitiesunlimited.com or contact the HCBS office at 712-277-8295.

OU Supports Brain Injury Awareness and Prevention

Brain Injury Awareness is recognized annually in March and Opportunities Unlimited has shown its support in many different ways. For 25 years Opportunities Unlimited has been supporting individuals affected by brain injury and is dedicated to increasing awareness while also helping to educate and prevent future brain injuries from occurring. Some of the events to aid in awareness and prevention include:

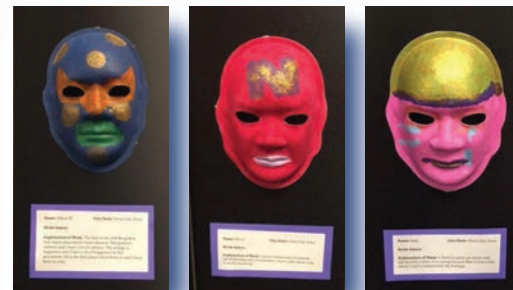
Reception and Proclamation – OU welcomed Mayor Pro-Tem Dan Moore on March 1st for a gathering at OU to read a proclamation and celebrate with



persons served, staff, and community members. Following the reading of the proclamation, President & CEO Jennifer McCabe shared some statistics regarding brain injury and the impact it has throughout our state and country. All guests enjoyed cake and refreshments then ventured outside of OU's Community Center for a balloon send off! OU team members also attended the Sioux City Council Meeting on March 6th where Mayor Bob Scott recognized OU for its dedication to serving those affected by brain injury and declared March as Brain Injury Awareness Month.



Iowa Brain Injury Alliance Conference – Opportunities Unlimited served as an exhibitor in the state's Brain Injury Conference located in Des Moines on March 1-3. Members from OU participated in the 25th Annual Best Practices in Brain Injury Services Conference which had the theme, "Shattering the Myths, Unmasking the Opportunities." This conference also featured masks that persons served throughout the state created to express their feelings regarding their brain injury. This was in impactful way to let others know how their lives have been changed by this life event and what supports have meant to them.



Iowa Concussion Consortium (ICC) – OU has joined the Iowa Concussion Consortium to further help spread awareness to brain injury prevention. The ICC hopes to provide consistent, rapid, and reliable information on concussion and other brain injury to Iowa's health care professionals, educators, and families. For more information go to www.biaia.org.

Hill Day – OU persons served and staff participated in "Hill Day" on March 21st. Brain injury survivors, family members, and other supporters gathered together for the Annual Day on Capitol Hill. Together, they keep Iowans' voices heard by legislators while raising awareness for better supports and services, prevention, and resources. It's wonderful to see so many advocate for themselves and others; our persons served look forward to participating in this each year!

"Gotta Brain Getta Helmet"

For eleven years, OU has supported 2nd grade students in the Sioux City area with this brain injury prevention program. OU's custom curriculum is shared with all participating schools, and followed up with a school assembly lead by OU team members. Students participate in an essay contest and bicycle helmets are awarded to those students selected by school faculty. Over 300 helmets will be distributed again this year to 2nd grade students! The helmet give away is in recognition of Brain Injury Awareness month and is intended to further highlight the importance of protective equipment during recreational and athletic activities.



While Opportunities Unlimited strives for excellence in rehabilitative services for individuals who have a Brain Injury (BI), we also promote education and prevention. The statistics regarding BI are quite shocking:

- Each year 475,000 children in the US sustain a TBI (Traumatic Brain Injury).
- TBI is the leading cause of death and disability among people aged 0 to 14.
- Each year in the United States, an estimated 1.7 million people sustain a TBI. Of those, 52,000 will die, 275,000 are hospitalized, and 1.365 million are treated and released from an emergency department.
- US citizens are five times more likely to sustain a TBI than multiple sclerosis, spinal cord injury, HIV/AIDS and breast cancer.



20th Annual OU Golf Tournament

Opportunities Unlimited is pleased to host its 20th Annual Golf Tournament this summer! This event, and sole fundraising activity for the organization, is one of the few tournaments in town held on a Friday. This year's tournament will be held at the Sioux City Country Club on July 21st, with a shotgun start at 12:30 pm. "We've been fortunate to operate with a full tournament in recent years," stated Susan Vondrak, tournament director. If you'd like to participate or support OU in this event, please contact Susan Vondrak at 712-277-8295 or visit us on our website at www.opportunitiesunlimited.com/ou-golf-shootout.com

