

NON-PROFIT
ORGANIZATION
U.S. Postage
PAID
Permit #135
Sioux City, IA

LEADER

A Quarterly Publication of Opportunities Unlimited

"Maximizing Personal Potential through Dignified and Purposeful Living"

Oh, How Our OU Garden Grows

In June of 2018, a new sensory garden equipped with cocoa bean mulch, cone flowers and wind chimes became the latest therapy project at Opportunities Unlimited. OU's therapy team had a vision to create a sensory garden, which incorporated sound, touch, and smell to create the ultimate garden oasis for persons served.

"Opportunities Unlimited chose to create a sensory garden to expand the service offerings we have to all of our persons served, even our most profound. Through the sensory garden, we are able to provide inclusive interventions while addressing underlying sensory deficits to allow our persons served to explore and engage in their surroundings. Our plan is to continue to expand the sensory garden each year, with increased area, more plants and flowers, and more interactive sensory items. Through the stimulation provided by the sensory garden, OU will continue to promote healthy brain activity in all of our persons served through this new outlet and intervention opportunity." – Brooke Hindman, Occupational Therapist.



21st Annual OU Golf Shootout

The 21st Annual Opportunities Unlimited Golf Shootout was held on Friday, July 20th at the Sioux City Country Club. It was a GREAT success! Not only was the weather perfect, but the field was full with 36 teams. This included ten new teams and many veteran teams that participate year after year. Various businesses across the greater Siouxland area sponsored teams, provided giveaway prizes, and gave employees an afternoon of golf and sunshine to support OU.

For twenty-one years Opportunities Unlimited has connected with the Siouxland Community to bring forth a premium golf tournament. As a non-profit organization we rely on the Siouxland community to support our mission; one that allows us to continue to improve and excel in the rehabilitation and therapeutic services we provide. We cannot thank our sponsors enough for the support and kindness that they have shown. Our Title Sponsor for the third consecutive year was Riverside Technologies, Inc. (RTI). RTI continues to partner with OU, not only through the golf tournament but on a daily basis to provide OU with the latest technology advancements, security and supports that are needed.

All the hard work it takes to put on this golf tournament boils down to one fantastic day with community members, OU staff, and the Sioux City Country Club. Mitch Merrill and the Sioux City Country Club staff run an excellent tournament and made this event a wonderful time for everyone. Together, we recognized the needs of our persons served and celebrated the uniqueness of all people.

Furthermore, OU is thankful for the businesses who donated items for giveaways or gave a monetary donation. These contributions enhance our tournament and display the support of the community, which means so much to OU. The funding for this year's tournament will go toward a new fifteen passenger van with a wheelchair lift for the individuals we are so honored to serve.

"What sets the OU tournament apart from other tournaments, is the OU Staff. Over 50 OU staff volunteered their time at the golf course to sit at the holes and interact with the golfers. This adds such a personal touch to our tournament and gives the

golfers an insight into the work the staff do at OU. We feel this lends to OU hosting one of the leading golf tournaments in town" stated Susan Vondrak, Tournament Director.



21st Annual
OPPORTUNITIES
UNLIMITED
"Fore the Children" Golf Shootout
In Grateful Recognition of Our Leading Sponsors

RTI
Riverside Technologies, Inc.

Eagle Sponsor
• Anonymous

Cart Sponsor
• Northwest Bank

Birdie Sponsors
• Coffee King/Caferra Roasting
• Cottingham & Butler
• Gurderson's Nordic Premiums
• Paychex
• Polaris Inc.
• Prestige Collision Repair Centers

Graphic Sponsor
• Avery Brothers Sign Co.

Title Sponsor
• Riverside Technologies, Inc.

Contest Sponsors
• Cain Ellsworth and Company, LLP
• Chesterman Company
• CW Suter Services
• FiberComm
• Galbra USA
• Goozmann Law Firm
• Jeff's Tree Service
• Long Lines Broadband
• L.P. Gill Inc.
• New Systems Janitor Service
• The Stuck Layman Rose Group of Baird, Inc.
• United Healthcare

Media Sponsor
• Siouxland Woman



Congratulations to the OU Graduates

Opportunities Unlimited provides recent college graduates an outlet of opportunities in careers that help others achieve their maximum potential. For many college graduates, finding a job that reflects both purpose and their area of study is difficult to discover. Fortunately, OU provides graduated students a career that is both rewarding and full of purpose. This year, Opportunities Unlimited would like to extend congratulations to its 2018 graduates and wish them the best as they continue their adventures both in and out of OU.

- Cassandra Stowe, Morningside College
- Jarod Mau, Briar Cliff University



Opportunities Unlimited Receives the "Celebration of Freedom Award"

Members of the Siouxland Community joined forces on July 3rd to commemorate the Celebration of Freedom Event at Opportunities Unlimited's Community Center. Hosted by the Church of Jesus Christ of Latter-Day Saints, this public event kicked off the Fourth of July a day early by recognizing Opportunities Unlimited and the many freedoms we share in our country. The church's Public Affairs Rep. Heather Adams opened the ceremony by recognizing OU's contributions to the community and its efforts to help individuals affected by brain injury. The celebration was followed by a flag ceremony conducted by the Boy Scouts Troop 261, the Pledge of Allegiance, and the playing of our national anthem performed by Tara Meinen on trumpet.

Jeff Hemmingsen, the President of the Church of Jesus Christ of Latter-Day Saints, also shared his story about growing up in Western Iowa and his experiences of freedom in and out of Iowa. The efforts of Jeff and Heather who coordinated this meaningful event and awarded Opportunities Unlimited with the "Celebration of Freedom Award", was appreciated by all persons served, staff and other community members who joined the celebration. The award recognizes OU's efforts to celebrate the freedoms we enjoy in our country and how OU shares these freedoms with others in the Siouxland community.

The celebration concluded with a closing prayer by Susan Vondrak and a guitar performance by Michael Amman of Hope Springs Church. Michael strummed and sang, "This Land is Your Land", which erupted into one giant sing-along amongst all individuals present.

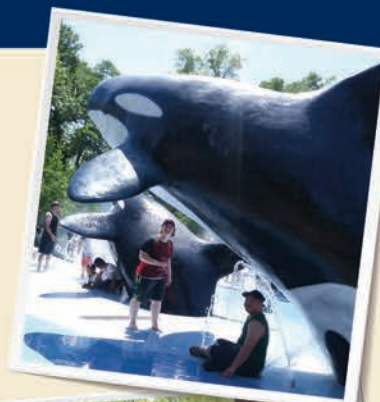
Opportunities Unlimited extends its utmost gratitude toward the community members who participated in the Celebration of Freedom Event. The outpour of support from various organizations was an excellent reminder to continue celebrating our nation's freedoms.



Summer Fun

Persons served and staff of OU have taken every advantage of the beautiful weather we have this summer. Opportunities Unlimited has expanded its recreational therapy team in response to feedback from persons served and families, allowing a greater opportunity to participate in community activities. While some activities were introduced and conducted at OU, we saw individuals enjoying the sites and favorites that can be found throughout Siouxland. OU's Nursing Department hosted an ice cream social and water balloon event that allowed persons served to launch water balloons at some of their favorite staff. This fun activity held on a Friday will be sure to become an annual event. Another event that celebrated its 10th year was the OU Scavenger Hunt. Residential and Day Habilitation persons served worked together in small teams to follow clues while searching for special items that were strategically placed around Siouxland in various points of interest. While all convened back at OU's Community Center, they enjoyed a perfect picnic meal prepared for and served by OUs leadership. Some of the other activities that persons served have enjoyed included

baseball games at the Sioux City Explorers, football games cheering on the Bandits, local fairs, Saturday in the Park, and even karaoke! Our persons served, supported by their staff, have been able to help identify and plan different activities that they want to attend.



Special Olympics Celebrates 50 Years of Competition!

Opportunities Unlimited has several participants who belong to Special Olympics through our community's local chapter, the Sioux City Knights. Participating individuals can partake in many different sporting events – both individual as well as team competition. From dance to bowling, there is an interest that captures the attention of most. Members participate in events ranging from local, regional, state – and even at the national level.

This summer, Special Olympics celebrated its 50th Anniversary with the help of over 5 million Special Olympic athletes in 172 countries. The 2018 Special Olympics USA Games took place in Seattle, Washington from July 1-6. The event included 3,500 athletes from all 50 states and 50,000 spectators. Two athletes from our local chapter, the Sioux City Knights, competed and placed in their events in the 2018 Special Olympic Games! Congratulations to Billy H. and Mitchell B. for your hard work and achievement!

