

"Maximizing Personal Potential through Dignified and Purposeful Living"

What is a typical day in the OU Nursing Department?

That is a really difficult question to answer, because

there is

no typical day. Yes, we distribute medications and perform assessments, but there are many other facets to account for. The nurses at OU keep track of all our persons served physical, dental, hearing and eye exams. They ensure that all have an adequate supply of medications and other treatments, such as creams and lotions. They investigate incident reports,

follow up on doctor's orders, ensure that laboratory tests are performed in a timely manner, and prepare all our many emergency kits. Nurses alternate "on call" responsibilities and are prepared to handle any medical emergencies that might arise. Not only do they care for the physical and emotional needs of our persons served, but on occasion that of staff as well. Nurses are often called upon to assist residential staff with care of our persons served and willingly work as members of the team alongside those of our residential partners. We are all proud to be part of the OU family. If you would like to know what it is like to make a difference in people's lives every day we encourage you to join the OU Nursing Team.



Briar Cliff Nursing Camp at Opportunities Unlimited

Family and Community Day 2015

On September 12th Opportunities Unlimited celebrated its annual Family and Community Day. With over 150 people in attendance, there was plenty to do and fun had by all. The event was kicked off with some great food staples including hamburgers, hot dogs, baked beans, and chips. This was followed up with some nice, cool, ice cream bars.

Persons served, family members, community members, and staff all enjoyed the opportunity to socialize, dine, and play favorite games. Children enjoyed many fun activities such as the much favored bouncy house, the cookie walk, and face painting.

Opportunities Unlimited would like to thank all of the volunteers who assisted in making the day run smoothly, including family members of staff and members of Hopesprings Church. Special thanks is also given to Sysco Distributing and Hy-Vee of South Sioux City, NE, for donating items to the event.

This was a day that was enjoyed by many and gave everyone a chance to experience "community" at Opportunities Unlimited. Thanks to all for joining us on that day and for all of the volunteers who helped to make Family and Community Day 2015 a success!



Stepping Out and Helping Others

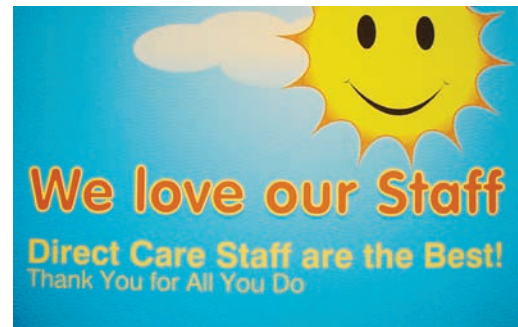
OU has been fortunate to be on the receiving end of many Siouxland community volunteers. Morningside College, through their "Into the Streets" program, sent a number of students to OU to help with various projects on our campus. Students helped deliver softener salt to residential homes, pulled weeds throughout the Community Center, and completed other projects to help "spruce up" our residential homes. We also welcomed students from Sacred Heart and Bishop Heelan Catholic Schools who, during their

Homecoming Week, also extended their help to OU. Members from Sunnybrook Community Church and students from South O'Brien School also volunteered their time helping out at OU. These students also helped with outside landscaping and various cleaning projects. OU's persons served enjoy meeting others from our community, welcoming them to their homes, and seeing designated projects be completed. Thank you to all volunteers – you made a difference!



We Love Our Staff!

September 14-17 marked Direct Care Staff Appreciation Week, where OU spent the week recognizing the valued work our employees perform each and every day. Throughout the week, there were various events and activities to help celebrate our staff and the contributions each member makes to the organization and persons served. We would not be able to provide the valued services we offer without these great team members!



ArtSplash

For the second year, Opportunities Unlimited participated in ArtSplash,

hosted by the Sioux City Art Center. ArtSplash has had hundreds of volunteers and thousands of attendees at its two-day festival, this year celebrating its 22nd year in Sioux City. Last year OU team members, along with several festival attendees, created a masterpiece titled, "Pollock in the Park", inspired by Jackson Pollock's

"Mural". This beautiful piece of artwork is proudly displayed at OU, and the organization was hard-pressed to identify a project that could outshine the project of its first year! With collaboration from the Sioux City Art Center, the project this year was personal for each artist and allowed them to create their own piece of art inspired by repurposed items. Artists were able to take their masterpiece home with them this year and several incredible pieces were designed. Along with OU's staff and persons served to support the community in this endeavor, OU was excited to also have support from the staff of KMEG!

Upcoming OU Events.....



Opportunities Unlimited is excited to announce dates for the following upcoming events; please mark your calendars for the following dates:

November 4th, OU will be hosting an event sponsored by Goosmann Law Firm titled, "Providing For and Protecting Your Family". This will provide an overview of essentials needed for an estate plan, the differences between Wills and Trusts, and learning more about Special Needs Trusts. For more information and to RSVP, contact us at 712-277-8295.



On **November 25th** OU will be hosting Culinary Delights- Charitable Nights dinner at Minerva's Restaurant. This is a fantastic opportunity to save the cooking for Thanksgiving for the following day and eat a first class meal while supporting a great cause. This night out is always a popular event and features a special menu prepared by the chef at Minerva's along with a signature cocktail. Minerva's will be donating 10% of the proceeds to the Annual Angels fund which directly benefits the individuals that are supported by our organization.

In November the annual Thanksgiving campaign will kick off. The entire Opportunities Unlimited family is very thankful to be a part of such a giving and inclusive community. Due to the generosity of individuals and businesses throughout the Siouxland area we are able to provide and improve upon the services we perform each day. As the year draws to a close, we ask that you remember Opportunities Unlimited in your year-end charitable giving. All gifts, in any amount, are greatly appreciated and will allow us to continue to excel and expand our services to individuals and families supported by OU.



On **December 1st** OU will be participating in "Giving Tuesday". Last year OU launched the first "Giving Tuesday" initiative and hopes to build upon it in 2015. This is a national campaign that seeks to draw focus and financial support for non-profits across the country during the holiday season. This event follows "Black Friday" and "Cyber Monday" where retail and online shopping run wild through the nation, "Giving Tuesday" is a time to reflect on the causes and non-profits that you cherish and to make a contribution to those causes.

We appreciate all of the support and contributions our employees and community members provide, as a non-profit OU relies on this generosity to help us be able to continue providing excellent services.

