

Opportunities Unlimited - KMEG/ FOX44 Helicopter Golf Ball Drop

What does it look like when a thousand golf balls fall from the sky? We're not sure but we think it will be pretty cool. At this year's Opportunities Unlimited Charity Golf Tournament you'll have a chance to be a part of an exciting event that directly helps Siouland children.

We're selling 1000 golf balls to the public for \$10 each. On the morning of July 19, 2013 each numbered ball will be loaded onto a helicopter and flown high above a pin at the Sioux City Country Club and "set free"!

The 3 balls that land in the pin or closest to the pin will win one of 3 exciting grand prizes. Plus, the \$10,000 raised will be used to purchase a bike helmet for EVERY Sioux City second grader to help prevent brain injuries!

Grand Prizes include:

- \$1000 Gift card to the Sioux City Country Club Pro Shop
- A 47" Flat Screen TV
- An Executive Jumpy Monkey Gift Basket (includes Coffee-of-the-Week)

Event Info

Friday, July 19, 2013 • 11:30 a.m.
Sioux City Country Club
4001 Jackson Street
Sioux City, IA 51104

Purchase your golf balls today – only \$10 each!

Call today to purchase golf balls for your chance to win and to contribute to a great cause: call (712) 277-8295 or email development@opportunitiesunlimited.com



Opportunities Unlimited in the Community

Opportunities Unlimited, since its inception, has always strived to be an exceptional corporate citizen of the Siouland Community. In doing so, we have supported numerous causes through our volunteerism amongst the staff and leadership of the organization, provided auction items through the Jumpy Monkey Coffee Roasting Company to different causes, and supported the specific cause of providing bicycle helmets to second graders throughout the Siouland area. Servant leadership in our community is part of our culture and our corporate values.

– Stephanie L. Brown, President and CEO of Opportunities Unlimited.

Jumpy Monkey® in the Community

Jumpy Monkey® Coffee provides meaningful and purposeful employment for persons served at Opportunities Unlimited and through distributors in surrounding towns, cities and states.

Jumpy Monkey® truly is a "Coffee with a Cause", not only for individuals employed with disabilities in Siouland, but also being able to give back to agencies in other locations that support individuals with disabilities.

We live in and support our communities. We add value to our community through offering our products to support charity events, creation of job opportunities for all people, and good corporate citizenship. Giving back and helping our community and the persons we serve is an essential way of life. Jumpy Monkey® Coffee assists Opportunities Unlimited and the community in many ways:

- Provides meaningful employment opportunities to individuals with disabilities
- Coffee is utilized by Opportunities Unlimited thanking their patrons, vendors, and friends
- Coffee is donated to other non-profit/persons for their fundraising needs
- Coffee is sent to military bases and local churches

- Jumpy Monkey Coffee partnerships include: Village Northwest, Sheldon, IA; Systems Unlimited, Iowa City, IA; Service Enterprise, Redwood Falls, MN; Mosaic of Rockford, Rockford, IL; Mosaic of Bushnell, Bushnell, IL; Mosaic of Kansas City, Kansas City, KS; Mosaic of Winfield, Winfield, KS; Mosaic of Liberal, Liberal, KS; Mosaic of Garden City, Garden City, KS; and Cherokee County Work Services, Cherokee, IA; in addition to more than 75 fundraising partnerships with high schools, churches and individuals

Opportunities Unlimited and Jumpy Monkey® Coffee are thankful to be able to help benefit community activities that our staff and person served are a part of.



JUMPY MONKEY®
PREMIUM COFFEE

"Maximizing Personal Potential through Dignified and Purposeful Living"

NON-PROFIT ORGANIZATION
U.S. Postage
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Sioux City, IA



OPPORTUNITIES
UNLIMITED

LEADER

A Quarterly Publication of Opportunities Unlimited

"Got a Brain? Get a Helmet" – OU Helps Protect Siouland

Opportunities Unlimited (OU) presented bicycle helmets to 2nd graders at several area schools throughout March and April. OU gave away helmets to Sioux City 2nd grade classes who participated in an essay contest on bike and helmet safety - "Gotta Brain...Getta Helmet" program. The helmet give away is in recognition of March as Brain Injury Awareness Month. The donation is meant to further highlight the importance of protective equipment during recreational and athletic activities. **Scheels has become a dedicated partner to help fund the purchase of current and future helmets.** It is OU's goal to promote safety in the Siouland area and encourage families and individuals to take preventative measures by:

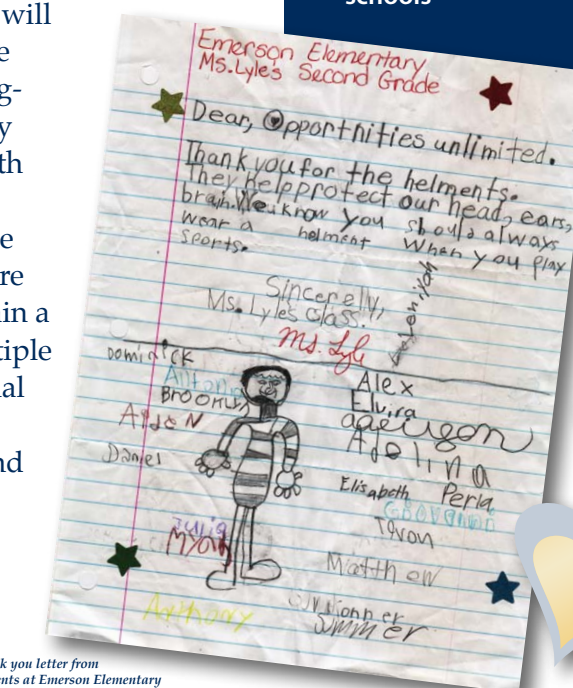
- Wearing protective head gear when engaging in sports activities including bike riding, baseball, football, etc.
- Always wearing your seat belt
- Taking measures to prevent falls and minimize risks in the home
- Not driving while intoxicated or allowing others to do so

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 and another 80,000-90,000 will experience the onset of a long-term disability associated with their TBI.
- US citizens are five times more likely to sustain a TBI than multiple sclerosis, spinal cord injury, HIV/AIDS and breast cancer combined.

(Center for Disease Control [CDC], 2000)



Thank you letter from students at Emerson Elementary

- OU has been donating helmets for 7 years
- OU has educated and advocated about helmet safety and brain injury at 5 Siouland Elementary Schools
- OU has had more than 20 local businesses, schools, foundations, media partners and supporters of the "Gotta Brain, Get a Helmet" program
- The direct cost of treating Traumatic Brain Injury in America far exceeds 50 billion dollars each year
- This year OU provided helmets and safety lessons to students at Bryant, Emerson, Gehlen, Irving, and Leeds elementary schools

Minerva's Hosts A Special Event

Minerva's Food and Cocktails, located at 2945 Hamilton Blvd. hosted a special event - Culinary Delights - Charitable Nights benefiting the individuals served by Opportunities Unlimited.

On March 14, 2013 from the hours of 4 p.m. to 10 p.m. Minerva's generously donated 10% of all proceeds from food and beverages to the Opportunities Unlimited "Annual Angels" fund.

This exciting event featured a special "Angel's Menu" and signature cocktail called the "Emerald Angel".

"Emerald green, or a hue close to it, is the color associated with Brain Injury Awareness Month, which is the month of March," stated Jeremy Pigg, Development Director for OU.

The special "Angel's Menu" created by Executive Chef Josh Jackson featured delectable items including a Burgundy braised beef short rib and a special Crème Brulee dessert.

Many of the staff and individuals served at OU were on hand to greet patrons as they arrived for dinner and singer-song-writer Mike Langley entertained guests with music from 7-9 p.m.

"The night included a great Minerva's meal benefiting a wonderful organization, live music, inspiring people, and

great door prizes," stated Mr. Pigg. "The door prizes included specialty baskets of Jumpy Monkey™

Coffee, a bottle of Dom Perignon and a Minerva's gift card. Free samples of Jumpy Monkey™ Coffee were also given to each guest who came out to support this great event."

"We continue to be grateful at Opportunities Unlimited that Minerva's graciously extended this opportunity for a wonderful evening of food and friends again this year. It was our 3rd year to participate in Culinary Delights - Charitable Nights and their generosity is so appreciated by the persons served by OU and their families, as well as our entire staff," stated Stephanie Brown, President and CEO of Opportunities Unlimited.



Opportunities Unlimited Recognizes Our Graduates

Opportunities Unlimited has long been known for being a teaching and learning organization, and is dedicated to supporting individuals while they further their education.

Several of our employees have continued their educational paths while working at OU. This spring, we are proud to recognize the following individuals who are graduating, and wish them the best as they continue with their next adventure in life.



Beth Beauchamp, Western Iowa Tech

Laura Grote, Morningside College

Erin Hedlund, Morningside College

Court MacGregor, Bishop Heelan High School

Jordon McCubbin, Morningside College

Andrew Namanny, Bishop Heelan High School

Jordan Peterson, University of South Dakota

Tommy Thelan, Bishop Heelan High School

Tanya Webb, Morningside College

Michelle Webber, Morningside College

OPPORTUNITIES UNLIMITED Community Partner

Opportunities Unlimited enjoys supporting individuals within the Siouxland community and has partnered with various organizations to support them as needed. Some of these relationships and community support are highlighted as follows:

Service Learning – OU has partnered with local colleges and universities and has participated in classroom discussions to help educate students on the role of supporting others with special needs and the responsibilities of those who work in healthcare. In addition to the classroom learning, OU has provided

OU HAS PARTNERED WITH LOCAL COLLEGES AND UNIVERSITIES

service learning opportunities for these students to gain experience in the field. This allows students to have a better understanding of the work that is conducted at OU, but also so they can offer their support in this service-oriented field. Many of the students that participate in these service learning activities are required to donate a minimum of ten hours, and it is not uncommon for many of them to become so interested that they want to extend this learning experience!

Volunteer Activities – OU staff often support causes that affect the individuals who access services from Opportunities Unlimited. This includes attending regular meetings of organizations, supporting fund-raising events, and supporting them through donations. The local Autism Support Group held their annual walk / fun run on April

OU STAFF OFTEN SUPPORT CAUSES THAT AFFECT THE INDIVIDUALS WHO ACCESS SERVICES FROM OPPORTUNITIES UNLIMITED

28th, which OU staff were present at a booth to visit with individuals and families, treat individuals to Jumpy Monkey coffee, and participate in the awareness walk. The same has been done for the local Down Syndrome Support group with their annual walk.

Internships – College internships can be difficult to secure, and OU has been able to offer a variety of internships to college students in recent years. These internships

OU HAS BEEN ABLE TO OFFER A VARIETY OF INTERNSHIPS TO COLLEGE STUDENTS IN RECENT YEARS

have ranged from that in our accounting and marketing departments to that related directly to healthcare, specifically in our therapy departments. Internships provide college students with valuable real-life experiences to prepare them for their future careers. In addition to the internships that OU has provided to local college students, OU has also built a partnership with the Siouxland Medical Foundation to work with future physicians who are completing their residency programs.

Medical Students and Medical Residents – Tours of OU are provided to Medical Students from University of Iowa and Medical Residents through the Siouxland Medical Education Foundation (SMEF). SMEF is a family medicine residency program consisting of eight faculty physicians and 18 family medicine residents. Since 2009, a group of first; second; and third-year family medicine resident physicians, overseen by OU's medical director, have been given an opportunity to follow a group of individuals served at Opportunities Unlimited, serving as their primary care physician under the guidance of Dr. Amy Rief-Elks, OU's medical director. During their residency at SMEF, the resident physicians follow the individuals served until completion of their residency. This includes hospital visits, follow-up appointments, or acute care requiring immediate attention. The agreement is beneficial for both parties as individuals served have access to a doctor when needed and the residents are exposed to and gain knowledge of treating individuals with brain/spinal cord injuries. University of Iowa medical students are given an opportunity to explore different specialties while they are still in school. Exposing these students to the field of brain injury gives them an outlook of how rehab at our facility occurs.

OU Lends a Hand in Honduras

Individuals served at Opportunities Unlimited along with OU staff and leadership traveled to Gehlen Catholic School on May 3, 2013 to help package life-saving meals for the "Then Feed Just One" program which will be delivered to the hungry in Honduras.

This is the second year that OU has participated in the program and the 29th year that Gehlen Catholic has been involved. In that time more than 1.5 million meals have been packaged by everyone from Pre-Kindergarten to Gehlen Seniors alongside OU individuals served, staff and leadership.

OU is also able to contribute to the cost of the meals through generous donations from people in the Siouxland community and donations from OU staff and leadership.

OU continues to be proud to support this special effort to make a difference in the lives of those less fortunate.



Working at OU

I was lucky enough to have been chosen to be a part of the OU family as a Residential Counselor and have since transitioned into my current position as a Residential Manager. Being able to make a difference in the lives of others brings me great joy.

OU is my second family. I care for the individuals we serve and the people I get the joy of working with as part of their team. Volunteering has been a big part of my family's life. My wife, son and I volunteer at the Humane Society and foster cats through them. Working for OU has allowed me to continue to volunteer at work as well. As part of my job I get the opportunity to work with people who are looking to volunteer with OU. I get to provide them with an insight into the lives of someone who has suffered a brain injury. It is a pleasure to show them our wonderful campus and help them fulfill their need to volunteer. Additionally, our persons served love having visitors to hang out with.

OU has given me the opportunity to participate in the Gehlen Catholic homecoming parade, operate the AEA Star Lab for our persons served and the neighborhood family, coordinate OU staff and persons served attending the "Feed Just One" campaign at Gehlen Catholic. I have also been able to volunteer my time for various on campus activities such as fund raisers for our Annual Angels, Holiday parties, dances and helping to keep our street on Glen Oaks free of trash.

Jason Brockhouse

Become an Angel!

Donate online now at:
www.opportunitiesunlimited.com

Yes, I want to pledge \$1.00 a day for 365 days in support of OU's mission.

I will fulfill my commitment:

Monthly Quarterly Bi-Annually Single Payment

Credit Card: Visa MasterCard

Account Number: _____

Credit Card ID Number (3 Digits on back): _____

Expiration Date: _____

I want to support OU with an alternative gift of: \$ _____

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

Clip and Mail to:
Opportunities Unlimited • 3439 Glen Oaks Blvd. • Sioux City, IA 51104