

Opportunities Unlimited is the Only ACBIS Certified Site in the Midwest

Becoming a Certified Brain Injury Specialist (CBIS) is an achievement to be proud of. The certification process is provided by the Academy of Certified Brain Injury Specialists Alliance (ACBIS). It is intended for anyone who delivers services specific to brain injury. As part of the training, individuals learn about the brain anatomy, brain-behavior relationships, incidences and epidemiology of brain injury, effective treatment approaches for adults, children and adolescents with brain injury, certain aspects of health and medical management, the functional impact

of brain injury, legal and ethical issues, and continuum of care. Individuals meeting requirements must have had at least 500 hours of currently verifiable direct contact experience with persons who have sustained a brain injury. The ACBIS Alliance provides public recognition to a brain injury service provider, or designated facility, that has achieved the benchmark of having at least 20% of its staff who are eligible for national certification certified as a CBIS or CBIST. Currently, Opportunities Unlimited is the first and only site in the Midwest to become certified by ACBIS!



OU Awarded Three -Year CARF Accreditation

Sioux City, IA – DATE – Opportunities Unlimited (OU) has been awarded the highest level of accreditation by CARF International for the following Community Services: Child and Youth Services, Community Integration, Respite Services, Supported Living and Residential Rehabilitation: Adult Brain Injury Program and Vocational Services: Adult Brain Injury Program. In 2012 OU introduced a new program, Pre-Vocational Services. These services also received the three-year CARF accreditation. The latest accreditation represents the 5th consecutive three-year accreditation that the international accrediting body has awarded to Opportunities Unlimited.

CARF accreditation is a public seal of trust and commitment to quality based on internationally accepted standards. Achieving this accreditation demonstrates OU's commitment to exceptional, personalized care. An organization receiving the highest level of CARF accreditation has undergone a detailed peer review process and has demonstrated to a team of surveyors, during an on-site visit, its commitment to providing programs and services of the

highest quality and these services are measurable and accountable. Opportunities Unlimited is a non-profit organization with offices at 3439 Glen Oaks Boulevard in Sioux City, Iowa. It has been providing exceptional residential brain injury rehabilitation services since 1994 and services to children and adults through its waiver services program in the Siouxland area since 2000.

CARF is an independent, nonprofit accrediting body whose mission is to promote the quality, value, and optimal outcomes of services through a consultative accreditation process that centers on enhancing the lives of the persons served. Founded in 1966 as the Commission on Accreditation of Rehabilitation Facilities, and now known as CARF, the accrediting body establishes consumer-focused standards to help organizations measure and improve the quality of their programs and services.

For more information contact:
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"Maximizing Personal Potential through Dignified and Purposeful Living"

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LEADER

A Quarterly Publication of Opportunities Unlimited

Opportunities Unlimited Launches "Annual Angels" Campaign - Sioux City, IA January 28, 2013

As a local non-profit organization Opportunities Unlimited relies on the support of individuals and organizations to help us realize our mission of "Maximizing Personal Potential through Dignified and Purposeful Living." We reach out to members of the community, as well as our own staff, to support the Annual Angel fund.

By donating \$1 a day for 365 days, or any alternative gift of your choice, you will enable Opportunities Unlimited to continue to provide excellence in rehabilitative services for adults who have sustained a traumatic brain injury or spinal cord injury as well as excellence in support services for the 150+ children with special needs.

As the number of individuals receiving services continues to grow, so does the need for financial support from individuals and businesses like you.

Meet Jeremiah...
Jeremiah is a 12 year old, sixth grader who was born with Autism. His favorite activities include building things, singing, playing on the computer and playing outside. He really enjoys his OU outings to Home Depot and Lowes where he gets to work on building projects. His Mom describes him as very loving and friendly with an excellent memory. She says Jeremiah is always polite and he sees the world in a positive way.

At OU, Jeremiah is able to build his skills while having fun. His favorite things at OU are his one on one time with the staff, outings where he can work on building projects and Margo in Human Resources!! Recently, Jeremiah has taken an interest in maps and wants to travel to South Dakota, Florida and Texas and he loves books. In the future Jeremiah's Mom hopes that he continues learning and growing into his fullest potential. As for Jeremiah's dreams for the future he might want to be a singer! Your Annual Angel donation will be utilized to provide the clients served by Opportunities Unlimited with items and opportunities that would otherwise be unattainable with their limited personal funds. Annual Angel Funds are used to:

- Purchase age-appropriate toys and learning materials
- Purchase necessary items for a client that the family cannot afford on their own- winter coats, shoes, etc.
- Provide opportunities for community integration such as sporting, musical, and theatrical events
- Purchase therapeutic equipment to improve range of motion, strength, and dexterity

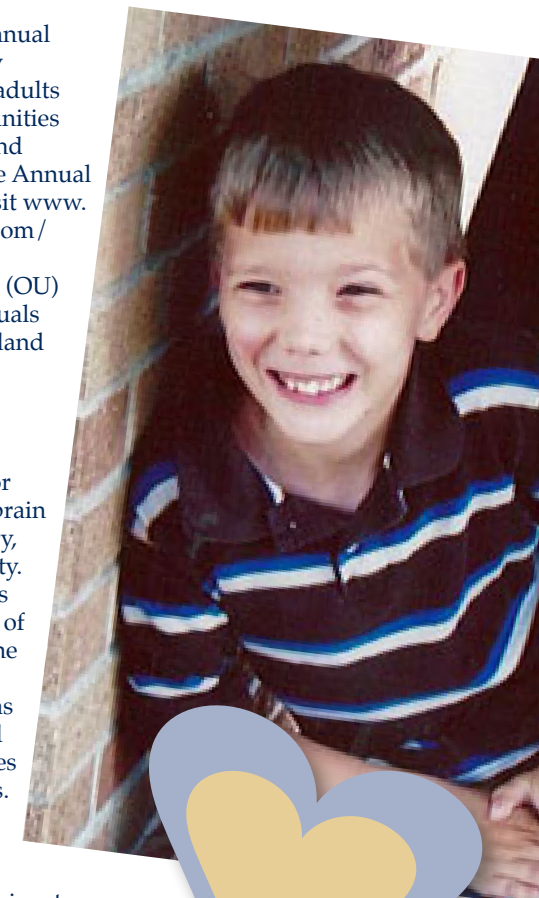
- Any other item or activity that may enhance a client's quality of life or aid in reaching his or her goals

All proceeds from the Annual Angel Campaign directly benefit the children and adults being served by Opportunities Unlimited in the Siouxland community. Giving to the Annual Angel fund is simple. Visit www.opportunitiesunlimited.com/Angels Opportunities Unlimited (OU) has been serving individuals with disabilities in Siouxland since the early 1990's.

Opportunities Unlimited provides Residential Rehabilitation services for individuals who have a brain injury, a spinal cord injury, or other physical disability. The OU campus, which is located on the north side of Sioux City, consists of nine residential homes and a large Center that serves as the hub for therapies and activities as well as houses the administrative offices.

In addition to providing Residential services, OU also provides Waiver services to children and adults with disabilities. Clients on the Waiver can access services for a predetermined amount of hours each month, set by his or her caseworker. These services are offered at the Opportunities Unlimited Center, out in the community, and in the privacy of the client's home.

For more information contact: Jeremy Pigg, Development Director, Opportunities Unlimited
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OU Embraces New Technology

The Therapy Department will be offering to our families and people we serve opportunities to talk with friends and family in a more interactive way with the use of Skype or Face time. The people we serve and their families will be able to keep in touch in another way and their loved ones will be able to visually communicate during their rehabilitation at OU to maintain their social networks. The people we serve are excited about this new opportunity to communicate with family, children, and friends in a visual method. This will be a great method for keeping social networks and to build the people we serves abilities to socialize, use expressive language and work on their pragmatic skills. We are also adding new technology to our Speech-Language and Life Skills department with Apple's TV. With this device you do have the opportunity to have multiple people share items on the iPad like applications, pictures, and videos on a TV for more social interactions and increased treatment in a group or individual setting. Apple TV allows the therapist to mirror what is on their iPad to the TV so everyone in the room is able to see what applications is running, class material, photos, or videos.

This device will expand our abilities to use our iPads in a group setting to assist with person serves visual needs, and create a modeling method for teaching the people we serve how to navigate their iPad by watching it on the TV. It will also assist with completing tasks in a group setting to create an interactive group therapy setting during treatment.



Opportunities Unlimited and Jumpy Monkey Coffee have welcomed the New Year continuing the mission "To provide the highest quality, freshest, and most flavorful cup of coffee in every hand, while serving a cause that you can feel good about." Jumpy Monkey® coffee is a "Coffee with a Cause" providing meaningful and purposeful employment to individuals with disabilities. O.U is passionate about employment opportunities and having a product that one personally enjoys drinking or one knows someone who does. This great cause can assist in your cause whether it be a gift to someone, a basket creation for your business with business logo to thank your customers, wedding favors, customize labels with school, club, organization or business logo or a creative name for the coffee flavor, fundraising, or just to serve to family, friends, neighbors, staff and customers daily. If you are interested in purchasing Jumpy Monkey® coffee to assist in your cause, contact John Donovan or Jenny Walrod at 712-277-8295. Have a great 2013!

Gehlen Catholic School Partners with Opportunities Unlimited

The affinity partnership with Gehlen Catholic Schools and Opportunities Unlimited (OU) resulted in an amazing year in 2012. The affinity has grown to become a multi-faceted relationship, benefiting all involved in ways that continue to foster positive growth for both organization, at one time. In reflecting upon the last 12 months, the organizations have been involved with one another in the following ways:

- OU participated in the kick-off for Catholic Schools Week and the LeMars Chamber of Commerce Coffee;
- Representatives of OU attended the Major Donors Dinner and annual Friends of Gehlen Ball
- Gehlen held a Jumpy Monkey Coffee Fundraiser with their National Honor Society Students
- OU representatives, President & CEO Stephanie Brown, and Jumpy Monkey Coffee Sales Executive John Donovan attended the send-off for Mission Honduras: Then Feed Just One Event; OU donated 100 pounds of coffee to the Mission, and an OU team helped to package 166,000 meals for the Mission alongside Gehlen students and students from other surrounding schools and community organizations;
- OU representatives, Stephanie Brown and Project Manager Lori Bride provided curriculum on bicycle safety and concussion prevention; giving away bicycle helmets to Gehlen 2nd graders;
- Gehlen's Jazz Band performed two private concerts for persons served at OU
- Gehlen sent a team to OU's Fore the Children Golf Event
- OU helped to kick-off Gehlen's Jumpy Monkey Coffee fundraiser at a Fall Pep Rally
- OU, with the permission of persons served and their families, shared personal stories to educate Gehlen students on brain injuries
- Gehlen invited OU to attend its first Mass in the new St. Joseph's Catholic Church in LeMars. The Mass, known as the Anointing of the Sick Mass, offered an opportunity for persons served and staff to participate, if they chose, in the Anointing and blessing
- Gehlen also invited OU's Veterans to attend their Veteran's Day Celebration which included a special Mass of thanks

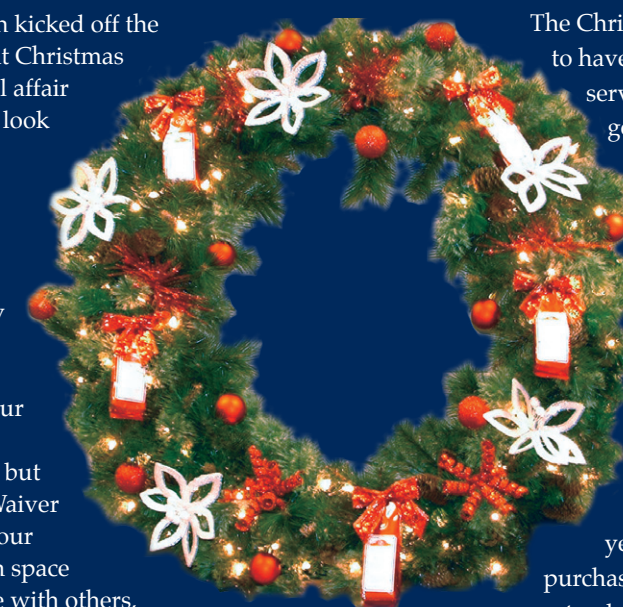
- Gehlen and Opportunities Unlimited were honored for this affinity at the Iowa Non-Profit Summit Conference, receiving the 2012 Outstanding Community and School Partnership 1st Place Award, recognizing the collaboration of schools with corporations and organizations within their communities
- The Gehlen sophomores joined OU's Pre-Vocational students and packaged Jumpy Monkey Coffee for a day alongside one another in the Vocational Department. In addition to the packaging, sophomores played BINGO and participated in Empathy & Sensitivity Training with Jenny Walrod of OU Vocational Services Manager.
- OU hosted a Middle School Retreat for the combined student group of Gehlen and Spaulding Catholic schools, providing learning opportunities for students through a tour of the organization and an opportunity to meet persons served.

"Being involved in this affinity with Gehlen has been a real privilege." Stated Stephanie Brown, President & CEO of Opportunities Unlimited. "The opportunity to work together in this partnership has benefitted the persons served through increased employment, but most importantly, the ability to be able to give back to these students through sharing common experiences. Gehlen has been fantastic to work with and the students are incredible young people."



Holiday Celebration

Opportunities Unlimited once again kicked off the holidays early, by hosting our Client Christmas party on December 1st. This annual affair is one that our clients have come to look forward to each year and provides them with an opportunity to host a party for their family and loved ones. Our residential clients take an active role in decorating their homes and planning for the holiday party. Santa makes sure to visit all residential homes to deliver the gifts that have been purchased by our OU staff. Santa's visits are always anticipated, not only by our clients, but by their families and guests! Our Waiver clients enjoy celebrating the day at our Community Center, where the open space provides plenty of room to socialize with others, enjoy lunch and refreshments, and visit with Santa and his elf! We enjoy this annual tradition and starting off the Christmas season with a terrific event!



A Time of Giving

The Christmas Season is a time of giving and OU is blessed to have different organizations support the clients we serve. Throughout the year, organizations have been generous with their time, talents, and gifts. We have had supporters help clean our facilities, repair fences, help manicure our landscaping, lead leisure activities, and support our Annual Angel program. In December, one of the organizations from Briar Cliff University was thoughtful enough to adopt OU and provide a new pair of shoes to thirty of our young clients who receive services through the Home and Community Based Services (HCBS) program. Many of these BCU individuals were young adults who themselves are on very fixed budgets, yet found the means to reach into their pockets and purchase a pair of shoes for someone else. This kind act not only allowed some to expand their shoe wardrobe, but for others, provided them with a necessity that was greatly needed. Thank you again, from the bottom of our hearts, to those who have supported our clients and organization.

Working at OU

I was an infant nurse when I started OU, exactly 4 years ago. In no time, it became my second home. I started out as a staff nurse and was given the opportunity to lead the Nursing Department. With this change I've had the support and encouragement of the nurses and many others. I've laughed and cried with many of my co-workers, peers and persons served. I proudly share with my family and children that I am part of a team that helps individuals who have sustained a brain injury do simple everyday tasks, such as eating, sleeping and walking. Being able to make a difference in the lives of others makes my life more meaningful; a purpose my children can live up to and pass on. Everyone has helped me grow into a better nurse and person. For this I am forever grateful to have been chosen to be a part of this family.

Ruth Kitilach

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 _____

Email: _____

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