

LEADER

A Quarterly Publication of Opportunities Unlimited

"Maximizing Personal Potential through Dignified and Purposeful Living"

Annual Angels

As you take into account your charitable donations and end-of-year giving, please consider Opportunities Unlimited and our Annual Angels program. This program provides needed items for our persons served, whom are on a very limited fixed income. The Annual Angels program provides items such as clothing, personal hygiene products, haircuts, and occasional opportunity to participate in favored events such as concerts, dinner, and movies. All gifts, in any amount, are greatly appreciated and will allow us to provide for some of these items not otherwise covered through services.



Medical Services & Partnership

Opportunities Unlimited has partnered for many years with the University of Iowa-Sioux City Clinic formally known as Siouxland Medical Education Foundation. This is a local clinic that hosts those that have graduated from medical school and are completing their Residency in Family Medicine. Our Medical Director, Dr. Christopher Wolf and three to four of their Medical Residents host monthly clinics on site to meet with OU Person Served. At the clinics physicals are completed, health issues addressed, and teaching completed to encourage healthy lifestyles. This is a wonderful opportunity for the Medical Residents to get the opportunity to work with the OU Persons Served and develop relationships with them over the three years they are here in Sioux City. It also provides a little extra one-on-one attention to our persons served. This is a mutually beneficial relationship that both parties have greatly enjoyed.



OU Family Day

OU Family Day is an annual event that our members, their families, and our team enjoy each year at our Community Center. 2024 Family

Day was met with the same level of participation as last year, with approximately 200 guests in attendance! Families and persons served were able to enjoy lunch together, spend time playing games, and simply appreciate time to visit with one another. Music Bingo was a hit last year, and didn't disappoint with the music choices prepared by one of our leaders, E. We are blessed to have a dedicated group of team members who volunteer their time and talents to make sure these events are a success.



Siouxland Big Give

Opportunities Unlimited was one of approximately 100 local organizations who participated in the 7th Annual Siouxland Big Give, led by the Siouxland Community Foundation. This is a 24-hour time of giving where Siouxland area supporters are invited to support their favorite local charities. Held on October 1st, our featured project this year was "Outdoor Musical Instruments." This project is designed to expand our outdoor patio and sensory garden with outdoor musical instruments for our persons served and their families to enjoy. Thank you Siouxland for your continued support!



Irish Road Bowling

Opportunities Unlimited hosted its 2nd Annual Irish Road Bowling (IRB) event on September 14th along the beautiful Sioux City Riverfront. Each IRB team of four alternated "bowling" the 2-pound cannonball down the designated 1 1/2 mile course. Afterwards, all teams enjoyed the terrific fall weather and entertainment and were treated to lunch from SMASH Food Trailer. We were delighted to see the enthusiasm brought by each team; several came dressed up in theme and a chance to win some of the prizes awarded that day. The winning team will have their names engraved on the trophy which includes a lucky "shillelagh" sent to us from Shillelagh, Ireland. The community response, corporate sponsorships, and volunteers



helped make this a great event and one that we look forward to again next year!

Service Day Projects

We love our volunteers! Once again, our organization was fortunate to be on the radar of various school initiatives that promote community and service day projects. This year we had students from Morningside University and Bishop Heelan lend their time and talents to tackle various projects at our Community Center and homes of persons served. These acts of kindness make a direct impact on the lives of our persons served and staff. We offer our sincere gratitude to the students and community members who go above and beyond to make OU a better place.



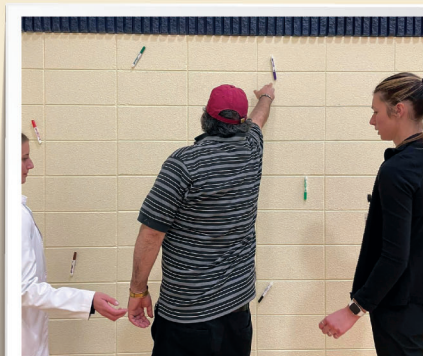
Celebrating the OU Team

We joined thousands throughout the country in celebrating Direct Support Professionals (DSP) Appreciation Week in September. We spent the week recognizing the team and the valued work our DSPs perform each and every day. This national week of recognition is designed to celebrate the role of caregivers, including those who care for persons served with brain injuries and other special needs. "Our employees are our most valued resource," stated Jennifer McCabe, President & CEO. "They are dedicated to our mission and supporting our persons served. We look forward to this week and the opportunity to honor them; they make an incredible impact on the lives of others." Throughout the week, which had an "Olympics" theme, OU DSPs were celebrated with various activities, meals, and gifts of appreciation. After the Olympic Awards ceremony, a game of volleyball took place in our OU gym for DSPs and leadership. We would not be able to provide the valued services we offer without these great team members! #OUHeroes



Briar Cliff University PT

Opportunities Unlimited and Briar Cliff University's Physical Therapy program have partnered again this year to provide onsite Neurological Rehabilitation clinical training to physical therapy students at BCU. Real life experiences are provided to the students through hands on training with persons served who reside at OU who have various neurological conditions; these deficits previously were only taught through course work and only hoped to be seen on clinical rotations prior to graduation from the program. Through this on-site training, students are provided educational opportunities in real life situations versus learning through lectures and allow exposure to a multitude of conditions to better prepare the students for their future patients. This learning style allows the students to use their skilled training to provide interventions to the individuals at OU in a fun and engaging setting that benefits both the students, and the



persons served. Professors from BCU and therapists from OU are present to provide supervision and education to the students during these clinical labs. Through this continued partnership, persons served at OU are assisting future therapists in our community to better understand and prepare for neurological challenges they will inevitably see in their future careers.