

Home and Community Based Services Gears Up for Spring and Summer Activities

Summer is one of the exciting times at OU, as our Community Center is always hustling and bustling with our persons served and additional activities that are taking place. The Home and Community Based Services (HCBS) program at OU provides services to individuals from birth to age 65, and our largest population of services are provided to children and adolescents within our community.



During the summer, when school is not in session, it becomes even more necessary to our persons served and their families to utilize services provided through the Waiver. A consistent schedule, along with planned activities throughout the community, allow for continued development of life skills and goals, not to mention a much needed break for caregivers.

Persons served are able to access services in their preferred location, whether that be in the home or throughout the community. OU has certainly felt the support of our community, and as such, we have been able to take part in various activities to appeal

to the interests of many. Some of the preferred summer activities that persons served and staff enjoy include, but are not limited to: swimming at the local pools, enjoying our parks and trails, visits to the Sioux City museum and Sioux City Art Center, movies, tours of the Lewis and Clark Interpretive Center, picnics, county fair, and other outdoor activities.

Our goal is to provide the consistency of services, with appropriate attention to the personal goals of each individual. Summer is a time to continue with these goals while enjoying the additional activities and friendships that go along with this terrific time of year!



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LEADER

A Quarterly Publication of Opportunities Unlimited

"Maximizing Personal Potential through Dignified and Purposeful Living"

OU Nurses Achieve New Certification, New Level of Excellence

The Association of Rehabilitation Nurses (ARN) recognizes that rehabilitation nurses go above and beyond in caring for their patients every day. Membership includes more than 5,600 professional nurses who together form a community singularly devoted to advancing and promoting rehabilitation nursing in a variety of practice settings, including nursing schools, acute care hospitals, inpatient rehabilitation units/hospitals, long term care hospitals, skilled nursing facilities and home health agencies. This credential has been shown to result in higher levels of performance, work satisfaction, and improved

patient outcomes. This certification is a prestigious certification amongst healthcare professionals with a majority of certification holders in the hospitals or acute care settings.

Currently, the OU Nursing Department has two nurses who are Certified Rehabilitative Registered Nurses, Ruth Kitilach and Mary Holder, with a third nurse in the process of becoming certified. OU is so proud of the accomplishment of these nurses who go above and beyond with their professional training to provide a higher quality of service and dedication to the persons served at Opportunities Unlimited.

"Gotta Brain? Getta Helmet" Reaches More Students



Every Spring Opportunities Unlimited embarks on a special mission to prevent brain injuries through education, safety lessons and literally putting helmets on the heads of Siouxland second grade students through the "Gotta Brain? Getta Helmet" program.

OpportunitiesUnlimited provides second grade teachers in Sioux City with a safety curriculum that covers the importance of wearing a helmet during activities like biking, skateboarding, and other activities.

The students then write an essay and draw a picture about what they've learned. The teachers then select the best essays. Members of the leadership team from OU host an assembly at each school to talk about what the students have learned, share with them the importance of wearing a helmet and give helmets to the students who wrote the best essays.

Each year OU strives to expand this program to reach as many second grade students as possible. This year, through generous donations from Scheels All Sports and the Siouxland Cyclists Club we are thrilled to announce that we were able to place helmets on the heads of 320 second graders in Sioux City.

As part of an awareness campaign about the importance of wearing a helmet, the Siouxland Cyclists will be holding a Summer Solstice Bike Ride on Saturday, June 21. Participants are encouraged to decorate their helmets and bikes with lights and other fun items. This family-friendly ride will take riders, in their lighted-splendor, over the bridge and back again, all while staying on the safety of bike trails. Winners for best lighted bike and best decorated bike helmet for both children and adults will win prizes.

Follow Siouxland Cyclists on Facebook and OU on Facebook for more information:

Siouxland Cyclists:
<https://www.facebook.com/groups/78135342890/>

Opportunities Unlimited:
<https://www.facebook.com/opportunitiesunlimited>



OU Culinary Delights Charitable Nights at Minerva's Redux!

At this year's benefit night at Minerva's, Mother Nature, threw us a curve ball with late season blizzard-like conditions. While we still had a good time and a decent turn out it wasn't quite the crowd we've had in years past.

Our good friends at Minerva's have generously offered to have a second Culinary Delights, Charitable Nights this year. On Thursday, May 22 we'll be celebrating at Minerva's again.

We'll again have a special menu and cocktail, door prizes, and we're excited to say that the Minerva's patio will be open for outdoor dining!

So please join us on May 22 at Minerva's from 4-10 p.m. for Culinary Delights, Charitable Nights. 10% of all proceeds will be donated to the OU Annual Angels Fund. 100% of the monies in this fund go directly to the persons served at OU!

WHAT: Culinary Delights, Charitable Nights (Round 2)

WHERE: Minerva's
2945 Hamilton Blvd. • Sioux City, IA 51104

WHEN: Thursday, May 22, from 4-10 p.m.



Join Us!

Did you know.....?

Opportunities Unlimited employs a team of Speech and Language Pathologists. These professionally educated therapists are trained to help children and adults with speech, language, and swallowing difficulties. Each OU team member has a master's degree and has earned the Certificate of Clinical Competence from the American Speech – Language – Hearing Association. The OU Speech and Language Pathology team not only works with the persons served at OU but also with other children and adults throughout the Siouxland region to help these individuals improve their ability to communicate.

If you'd like to find out more or to inquire about receiving these services from OU you can contact the OU Speech and Language Pathology team by calling 712-277-8295.

Working at OU

Our featured staff in this issue is Dena DeStigter, an OU employee who is making the transition from the Residential side of the OU operations to a leadership role within the Home and Community Based Services department.

Dena began her career at OU in 2011 as a Residential Counselor in Pocket 2. She soon became an OU Mentor Professional helping to guide new Residential Counselors to success. During her time as a Residential Counselor some of her favorite moments have included teaching the individuals served to make cake balls, outings to Sioux City Explorers games, movies and, above all, the interactions with the persons served.

"Interactions with the persons served is the best part of the job," stated Dena. "I spend more time with the individuals served than I do with my own family so in many ways they've become a second family to me."

When asked what one of her fondest memories, thus far, has been she said, "I remember we found out that a person served was able to accomplish something while visiting their parent's home that had not yet been replicated at OU. After speaking with the individual about this - the positive behavior was replicated at OU. Then, another individual did their own laundry without any prompting and yet another individual made scrambled eggs on their own for the first time! This all happened in one week! I was so thrilled I had to call our CEO and tell her that I was a 'proud mama bear!'"

As for her Dena's upcoming new role in the HCBS Department she's looking forward to working with a new group of individuals served and a new group of employees.

"I'm very exciting to work with these individuals. They are all very independent and working on active treatment and spending more time in the community will be exciting," said Dena. "This is a really exciting time for OU and I hope we're about to make a huge leap into the future and I hope my new team can be role models for that future."



The 17th Annual OU "Fore the Children" Golf Tournament

The OU Golf Shootout has become one of the premier charity golfing events in Siouxland. Golfers and sponsors alike come back year after year and are excited about enjoying a fun filled day knowing that they are giving back to a great cause. Funds raised from the shootout allow us to continue to excel in the services we provide.

Space for this year's shootout is quickly filling up. If you'd like to discuss fielding a team or a corporate sponsorship we encourage you to contact us at your earliest convenience. This year's tournament, held at the Sioux City Country Club will take place on Friday, July 18, 2014.

To inquire about available sponsorship opportunities, contact OU at 712-277-8295.



Free Coffee and Your Company

Who doesn't like a free cup of delicious Jumpy Monkey® Coffee? Each week the OU Vocational Department brings some of the individuals receiving services out into the community to give out free samples of Jumpy Monkey® Coffee.

Every Friday you'll find us at a different Siouxland grocery store greeting customers and giving out free samples of coffee.

We've also been honored to visit several local businesses over the past few months to give out free samples of coffee. You may have seen us at places like the Sioux City Art Center, Clear Channel Radio, State Steel and the Lewis and Clark Interpretive Center.

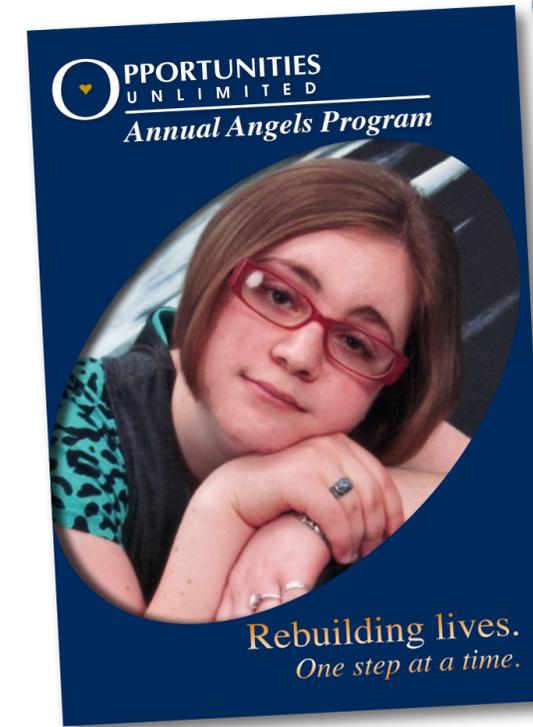
This program is a great way for our persons served to get out into the community and learn social skills and even how to do product marketing and customer service. The skills learned during these outings might one day lead to gainful employment for our "marketers in-training".

If any of our readers know of a business that would like to host a free coffee tasting you can OU at 712-277-8295 or email us at development@opportunitiesunlimited.com



It's time to get geared up for all of those Spring and Summer activities. Jumpy Monkey® Coffee is a great way for you to raise funds for your programs and causes. Whether it's a band trip, a sports team or a benefit, our unique fundraising model can help your organization, school or team. Give us call to find out more about our fundraising programs:

712-277-8295



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One step at a time.*

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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.

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Account Number: _____

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

Expiration Date: _____

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