



Industries of Greater Nebraska, Inc.

August Activity/ Appreciation Days:

- National Wellness Month
- Kool-Aid Days, August 16-18

Month of August

National Wellness Month

Take care of yourself!

National Wellness Month is celebrated in August. It focuses on self-care, reducing stress and being your happiest self. In order to do this, you need to take care of yourself in every aspect of your life, like getting physical therapy!



Upcoming events

Hastings

- Meals on Wheels.
- Volunteering at the Freedom Factory.
- Kool-Aid Days!
- Visit Nebraska Nation Guard in Seward
- State Fair Month!

Grand Island:

- Bowling on Monday & Fridays
- Pop With A Cop
- Kool-Aid Days!

Kearney:

- Bowling
- Movies!
- Adaptive Art Class
- Buffalo County fair!

<u>Goodwill Trainings</u>

	nitial Training: 21/2024 (9am- 3pm)	REFRESHER TRAINING: 08/12/2024 (1pm-3pm)	J
Medication Administration Training	ITIAL TRAINING: 08/08/2024 (9am - 3pm)	REFRESHER TRAINING: 08/15/2024 (1pm-3pm)	Goodwil
CONTRACT	08/20/2024 (6	Gpm-7:30am) or Webex	Industries of Greater Nebraska, Although Goodwill
CPI VALUES V	CPI INTIAL T 07/08/2024 (9		assists with monitorin certifications and licenses, it is YOUR
New New	DDS NEW HIRE T 08/07/2024 (9ar		responsibility to ensure you attend a training in the time scheduled before providing supports alone and in time so

TRAINING

SUCCESS

alone and in time so yours remains valid. Inability to attend may impact employment and/ or contract.

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If you would like more information regarding these trainings, please notify your local program manager.







Goodwill has started to prepare for the transition of utilizing CPI to using MANDT accross the board in services!

More Information will be coming soon so be on the look out for that in the very near future!!



The Mandt System: A Brief Description

- The Mandt System is a training program that has 3 major components: Relational, Conceptual, and Technical.
- Relational Skills: focuses on teaching relationship, communication, and conflict resolution skills.
- Conceptual Skills: focuses on teaching positive behavior supports, liability and legal issues, and medical risks of restraint.
- Technical Skills: training in providing physical assistance, separation, evasion, and restraint techniques

Family Support Waiver Technical Support Sessions for Nebraska Families

The Division of Developmental Disabilities is hosting private support sessions July 25 to August 2 to provide valuable information about the Family Support Waiver process to families with children on the DD Waitlist.



We invite you to complete the registration form. Talk with you soon!

Registration Form

Sign Up!

The session will provide you an opportunity to individually meet 1:1 with members of the Developmental Disabilities Division to gather important information about the FSW process and answer your specific questions. Sessions are scheduled for 30 minutes.

Get Connected

After you complete the registration form, you will be matched with our Eligibility & Enrollment staff or Support Coordination staff. After you submit the form, DHHS will email you a link to a session. Sessions are scheduled for 30 minutes.

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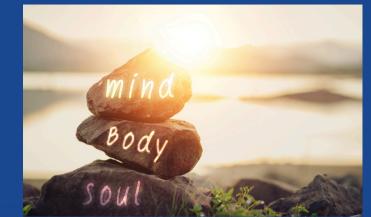
d Weise (PDA)

Bring Your Questions

Division of Developmental Disabilities teammates are ready to offer guidance and clarity on the application process, benefits included with the Family Support Waiver, and anything else you would like to know about your services.

Scod Life. Great Mission.

<u>Monthy Wellness Focus!</u>





<u>Mindful Acceptance</u>

How to practice?

The very first step is to recognize and name your emotions. When faced with a stressful situation at work, pause for a moment and identify your feelings. Is it frustration, anxiety, or stress?

Take a short break to focus on your breath. Pausing and breathing allow you to create space between the stimulus and your response.

Observe your emotions and work-related situations without judgment. Refrain from labeling them as "good" or "bad." Instead, just acknowledge them as a natural part of your experience.

Treat yourself with compassion. Remember that it's okay to feel what you're feeling.

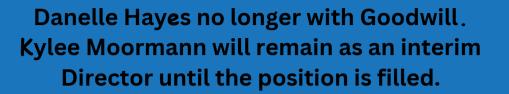
Understand that there are aspects of your workplace that you can't control. Rather, shift your perspective and view those adversaries as opportunities for growth.

<u>Acceptance doesn't mean resignation.</u> Once you've

acknowledged your feelings and circumstances, you can work towards constructively solving the issues at hand.



ATTENTION PLEASE



please welcome!

CONNER DEMPSEY!

DSP, GRAND ISLAND

News Release

NEBRASKA Good Life. Great Mission

FOR IMMEDIATE RELEASE March 29, 2024

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DHHS Launches New Accommodation Services Website

Lincoln, NE – The Nebraska Department of Health and Human Services (DHHS) launched an Accommodation Services <u>questionnaire website</u> for Nebraskans who require accommodation while seeking DHHS services. This questionnaire will provide referrals to DHHS divisions that can best meet the clients most critical and urgent needs.

"To better serve Nebraskans, it is important we hear from those seeking services to determine what accommodations will help improve their situations," said DHHS CEO Steve Corsi. "We strongly encourage residents who may need accommodations to fill out the questionnaire so we can help meet their needs. Citizens are also welcome to reach out to anyone at DHHS at any time."

The purpose of the questionnaire is to determine if additional accommodations are needed while seeking DHHS services. The questionnaire should take less than three minutes to complete.

The new DHHS Accommodation Services questionnaire:

- Can be filled out by the client or by someone else on their behalf.
 Provides a Questionnaire ID number to help DHHS locate client specific responses.
- Provides the resident with the contact information of the recommended division to reach out to for help.

The DHHS Accommodation Services website is now available to all Nebraskans and Community Partners via the <u>DHHS website</u>.

JOIN OUR TEAM

Are you someone who is passionate about empowering others? \bigstar

Goodwill Industries of Greater Nebraska is seeking dedicated individuals to join our team as Direct Support Professionals (DSPs) Locations: Grand Island, Kearney, and Hastings! Great benefits package for full-time employees!

DSPs provide support to individuals with intellectual and developmental disabilities.



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