



# November

## November Activity/ Appreciation Days:

- November 1-30: American Diabetes Month
- November 14: World Diabetes Day
- **CLOSED- NO SERVICES- 11/28-11/29**
- **HAPPY THANKSGIVING!!**

## Upcoming events

### Hastings:

- Meals on Wheels.
- Soup day in Clay Center
- Visit National Roller-Skating Museum
- Thanksgiving Cook-In 11/26

### Grand Island:

- Bowling on Monday & Fridays
- ELKS Dance- 11/14
- ARC Dance- 11/21
- Volunteer @ Freedom Factory

### Kearney:

- Volunteer @ First Lutheran Church
- Visit Museums
- Adaptive Art Class- Wed. @ YMCA
- Games & Snacks with Hanny Arram Students- 11/25



# Meet the Director!



**LAURA SCHENK**

## CONTACT INFORMATION:



402.984.2566



lschenk@goodwillne.org

## FUN FACTS!

- I am married and have a 10-year-old son
- My family is very important to me
- We foster dogs through The Good Life Rescue
- I enjoy giving back by volunteering in different ways to my community

## ABOUT ME:

Hey everyone! My name is Laura Schenk and I am the new Director of our Developmental Disability Services at Goodwill. I have been with Goodwill since 2013 and started as a direct care staff, moved into program writing and billing, then for the last several years have helped to oversee our quality assurance activities; I have truly either held every position with our department or have overseen it! I am based out of Hastings but do travel to each of our sites often so you may see me stopping by at times. Besides being at Goodwill for a while now, I have personal experiences with disabilities through barriers I had as well as those of my family members and because of this, I will be a supporter and advocate for anyone who needs help. Something that you should know about me is that I will always root for the underdog and try my hardest to help them succeed; I remember talking about this on my very first day here and it remains a focus to this day!

I know that our previous Director, Danelle, had such a strong and commanding heart for the individuals and families who are in our services, and I want you to know that I will do my best to use that as a guide moving forward. I ask for grace as I am sure I will make mistakes along the way, but I truly care about the supports we provide and all the individuals as well as staff who I work with. I look forward to working alongside our amazing team in this role and continuing to improve on the quality of services even more



NOVEMBER IS



# NATIONAL DIABETES AWARENESS MONTH



## NOVEMBER IS NATIONAL DIABETES MONTH

### ARE YOU AT RISK FOR TYPE 2 DIABETES?

1 IN 10 PEOPLE HAVE DIABETES  
(MOST HAVE TYPE 2 DIABETES)



1 IN 4 PEOPLE DON'T  
KNOW THEY HAVE DIABETES



YOU CAN STAY HEALTHIER  
LONGER AND LOWER  
YOUR RISK OF TYPE 2 DIABETES  
WITH THESE STEPS:

- **STAY AT A HEALTHY WEIGHT**
- **EAT WELL**
- **BE ACTIVE**

THESE FACTORS INCREASE YOUR RISK FOR DEVELOPING TYPE 2 DIABETES:



Being  
overweight



Race and ethnicity:  
African American,  
Hispanic/Latino American,  
American Indian,  
Pacific Islander,  
Asian American



Being physically  
active less than  
3 times a week



Having a  
parent, brother,  
or sister with  
type 2 diabetes

**45+**

Being 45  
years  
or older



Having had gestational  
diabetes (diabetes  
in pregnancy)  
or giving birth to a  
baby who weighed more  
than 9 pounds



If you or someone you know has diabetes or is at risk for diabetes, check out  
our community classes and events at [www.lexingtonhealthdepartment.org](http://www.lexingtonhealthdepartment.org).





# NEBRASKA

Good Life. Great Mission.

DEPT. OF HEALTH AND HUMAN SERVICES



## Home & Community-Based Services (HCBS) Stakeholder Meetings

What is new in the Division of Developmental Disabilities?  
Get updates from all DHHS Divisions!

Meetings are held on the first Monday\* of every month.  
Join us at 4:00 p.m., CT

We will provide updates  
and give you the opportunity to ask questions.

Send questions or request topics ahead of time:  
[DHHS.DDDCommunityBasedServices@nebraska.gov](mailto:DHHS.DDDCommunityBasedServices@nebraska.gov).

Presented on Zoom:

<https://us06web.zoom.us/j/81170221250?pwd=ZXFrUHc0VFhCUDBrWHpnVmdnakcrUT09>

Upcoming meeting dates on the Stakeholder webpage:

<https://dhhs.ne.gov/Pages/HCBS-Stakeholder-Meetings.aspx>

Login information on the DDD calendar (bottom of the homepage):

<https://dhhs.ne.gov/Pages/Developmental-Disabilities.aspx>

\*Meeting will be held the second Monday when the first is a holiday.

## News Release

NEBRASKA

Good Life. Great Mission.  
Department of Health and Human Services

FOR IMMEDIATE RELEASE

March 29, 2024

MEDIA CONTACT

Jeff Powell, [jeff.powell@nebraska.gov](mailto:jeff.powell@nebraska.gov), (402) 471-6223

### DHHS Launches New Accommodation Services Website

Lincoln, NE – The Nebraska Department of Health and Human Services (DHHS) launched an Accommodation Services [questionnaire website](#) 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 [DHHS website](#).



# Goodwill

Industries of Greater Nebraska, Inc.

Although Goodwill assists with monitoring certifications and licenses, it is YOUR responsibility to ensure you attend a training in the time scheduled before providing supports alone and in time so yours remains valid. Inability to attend may impact employment and/ or contract.

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

# Monthly Wellness Focus!



## Mindful Body Scan

If you want to try something different apart from meditation or normal mindfulness practice, you can opt for the body scan meditation. Body scan meditation (BSM) involves directing your attention toward sensations occurring in different parts of the body. It helps you become more aware of your body language, bodily sensations, feelings, and emotions.

### Here's how you can practice it:

- Close your eyes briefly and mentally scan your body.
- Begin the scan from your toes and slowly move your way up to your head.
- As you progress, try not to let your mind wander. Instead, anchor your attention to each body part you encounter.
- Release all the tension from your body gradually.

You can practice this using a wellness or health app like Vantage Fit, which provides features like 8-minute body scan meditation sessions.

The American College of Sports Medicine found that body scan meditation can promote physical and emotional wellness.

# JOIN OUR TEAM



Are you someone who is passionate about empowering others? 🧑‍🦯 🦼

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.

## DIRECT SUPPORT PROFESSIONALS

Monday – Friday, off by 5:00 p.m. and no weekends required!

Competitive Wages and Benefits!

Goodwill vehicles for providing transportation!

Newly renovated workspace!

### JOIN WITH US!

Are you someone who is passionate about empowering others?

Goodwill is seeking dedicated individuals to join our team as Direct Support Professionals (DSPs) in Grand Island, Kearney, and Hastings! DSPs provide support to individuals with intellectual and developmental disabilities. Duties may include:

- Assist participants in the community with fun activities such as bowling, fishing, and volunteering.
- Encourage participants to self-advocate, in order to live independent and fulfilling lives.
- Utilize Positive Support Programs to guide daily interactions.
- Provide person-centered support.

LEARN MORE  
AND  
APPLY AT

[GOODWILLNE.ORG/JOIN-OUR-MISSION/CAREER](http://GOODWILLNE.ORG/JOIN-OUR-MISSION/CAREER)



Goodwill  
INDUSTRIES OF GREATER NEBRASKA, INC.

## EMPLOYEE'S ON THE MOVE!:

- **Laura Schenk- Director of DDS- Hastings**
- **Jo Semm- Business Office Manager- Corporate**
- **Scott Dubbs- Facilities Manager-Corporate**
- **Celi Martinez- Case Manager- Grand Island DDS**

### GRAND ISLAND

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Shared Living Manager  
Tia Hayman

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Shared Living Manager:  
Tia Hayman

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Shared Living Manager:  
Tia Hayman