



September

September Activity/ Appreciation Days:

- National Wellness Month
- National Suicide Prevention Month
- No Services 9/30- Closed for staff training!

Upcoming events

Hastings:

- Meals on Wheels.
- Volunteering at the Freedom Factory.
- Visit Lincoln Childrens zoo
- Visit Apple Acres Orchard

Grand Island:

- Bowling on Monday & Fridays
- Helgoth Pumpkin Patch
- Braided Water Art Exhibit.

Kearney:

- Volunteer @ First Lutheran Church
- Visit Holdrege Museum
- Adaptive Art Class

SEPTEMBER
**SUICIDE
 PREVENTION**
 AWARENESS MONTH



SEPTEMBER

NATIONAL SELF
CARE AWARENESS
MONTH



CPI Training:



Effective Communication

The Crisis Prevention Institute (CPI) recommends several techniques for effective communication, including:

- Being an engaged listener: Pay attention to nonverbal cues and be aware of your own.
- Being empathic and nonjudgmental: Try to see things from the other person's perspective.
- Controlling your emotions: Think before you speak.
- Being clear and concise: Vary your vocal tone and consider your audience's perspective.
- Communicating honestly, openly, and transparently: Provide enough information so people can make informed decisions.
- Being mindful of your own behavior: You can modify your approach, even if you can't change someone else's behavior.

[Register Now](#)

3rd Annual

Nebraska Parent Conference

Thursday, September 12

10:00 am - 3:30 pm
ESU 10 - Kearney

A FREE event created by and for Nebraska parents dedicated to collaboration, learning, support, and leadership.



bit.ly/NEParentConference24



Regístrese ahora

Tercer Conferencia Anual para Padres de Nebraska

Jueves 12 de Septiembre

10:00 am - 3:30 pm
ESU 10 - Kearney

Este es un evento GRATIS
creado por y para padres de
Nebraska dedicados a la
colaboración, aprendizaje,
apoyo, y liderazgo.



bit.ly/NEParentConference24



Haddaba Isdiiwaangeli

Shirka Waalidiinta Nebraska

September 12, 2024

10:00 am - 3:30 pm

ESU 10 - Kearney

Xaflad BILAASH ah oo ay sameysay loona sameeyay waalidiinta Nebraska kaas oo loogu talagalay iskaashi, waxbarasho, taageero, iyo hoggaan.



bit.ly/NEParentConference24



Monthly Wellness Focus!



SELF-CARE MONTH

SOUL

BODY

MIND

1	WATCH A TEDX TALK AND BE INSPIRED	2	DRINK AT LEAST 2 L/70 OZ OF WATER	3	CREATE A NEW MORNING ROUTINE	4	CLEAN UP SOCIAL MEDIA FEEDS	5	STRETCH ALL MUSCLES
6	DO SOMETHING CREATIVE	7	TRY SOMETHING NEW	8	COOK HEALTHY MEAL	9	PRACTICE MEDITATION	10	DO ONE THING BEING PUTTING OFF
11	PRACTICE YOGA	12	DEFINE WHAT GIVES THE STRESS	13	CLEAN OUT E-MAIL INBOX	14	GROOM YOURSELF	15	MAKE A GRATITUDE LIST
16	GET RID OF 3 THINGS DON'T USE	17	BE VEGAN/VEGETARIAN FOR A DAY	18	CREATE A NEW EVENING ROUTINE	19	WATCH A DOCUMENTARY	20	GO FOR A WALK
21	WRITE DOWN WHO NEEDS TO BE FORGIVEN	22	HAVE A SOCIAL MEDIA FREE DAY	23	HAVE A LONG SHOWER OR BUBBLE BATH	24	WRITE A LOVE LETTER TO YOURSELF	25	DE-CLUTTER A ROOM OR WORKSPACE
26	DRINK AT LEAST 5 CUPS OF GREEN TEA	27	SAY POSITIVE AFFIRMATIONS	28	RESEARCH AN UNFAMILIAR TOPIC	29	TRY A NEW PHYSICAL EXERCISE	30	DEFINE SOME SHORT-TERM GOALS

ATTENTION PLEASE



Sorry we're
CLOSED

**NO SERVICES
ON 9/30/24
FOR ALL STAFF TRAINING!**

**WELCOME
TO THE TEAM**



- **Tes Nelson, Direct Support Professional, Hastings**
- **Zack Bachman, Direct Support Professional, Kearney**

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, (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](#).

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!

LEARN MORE
AND
APPLY AT

GOODWILLNE.ORG/JOIN-OUR-MISSION/CAREER



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 boating, 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.



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