



Empowering lives...one person at a time.

HELP Adult Services: A Presbyterian community outreach

Celebrating 30 Years

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"Toward an Intentional Future" was the document created by Dr. Ross Robson (First Presbyterian Church of Omaha) that laid out the future that is HELP Adult Services today. The document was created in May of 1982 and officially began the mission on October 22, 1982.

Founding Board of Directors:

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It soon became apparent that the amount of services being offered required the mission to become a separate 501(c)(3) non-profit organization. The new non-profit organization was named Presbyterian Metropolitan Ministries of Omaha Inc. (PMMO). In 1994, the name was changed to Presbyterian Outreach, Inc. (POI) and then in 2008, the name was changed to HELP Adult Services; a Presbyterian community outreach.

As the needs of the community have changed, so have the services offered through the organization. Some of the programs and projects at the beginning included:

- Singles Approach to Coping with the 80's
- Rainbow-Seekers: Building a Community of Peace (Grade school children received a camping opportunity at Camp Calvin Crest)
- Monthly Arts Program Series
- Revolving Loan Fund
- School of the Arts
- Respite Care Program
- College Entrance Exam Tutoring Program
- Singles Newsletter
- Metro Child Care Center
- School of the Arts® Behind Bars

Throughout the existence of HELP Adult Services, some of the programs have grown to be the strength of the organization, providing needed services to thousands of individuals and families annually. The current programs and projects include:

- Health & medical Equipment Loan Program (H.E.L.P.)
- Respite
 - Companion Services
 - Caregiver Resource Library
 - Caregiver Support & Recognition
- Christmas Stockings for the Incarcerated

What was once a vision, became a mission, and then grew into an organization. It transitioned from being a service provided out of a church boiler room to an organization that partners with hundreds of medical, social, and service organizations. And, is now located at the Center Mall on 42nd & Center, near many of those partner organizations with easy access to the people it serves.

Caregiver of the Year a Winner at Fontenelle Forest

"She goes above and beyond and is the best caretaker I have ever known." And so it went at the 2011 Caregiver of the Year event held at Fontenelle Forest on Thursday evening, November 10th.

Attendees filled the Forest Room, helping themselves to the bountiful hors d'oeuvres buffet. A sealed envelope held the winning caregiver's name. Several stacks of 22 beautifully wrapped boxes held one special gift for every special caregiver.

Nearly 200 people were seated at tables reserved in their names along with their families and friends...nearly 200 people enjoying an evening out. In many cases, a *rare* evening out. Mayor Rita Sanders, Bellevue, was also in attendance to honor the nominees.

With the 2011 Caregiver of the Year in full swing, 22 dedicated Omaha-community caregiver nominees were being honored for what they do every day: caregiving—uncompensated caregiving—and you couldn't pay someone to do all that they do every day.

"As his ability to speak decreases, I have become his voice". The evening was purposefully kept short, less than 2 hours, because some caregivers had to leave their chronically ill or disabled loved ones at home with a different caregiver. They really couldn't be gone too long. Such is the life of a 24/7 caregiver.

But here they all were with their families near them having been nominated for HELP Adult Services "Caregiver of the Year". A "winner" would be selected even though they are all winners, the message being gratefulness and recognition to all caregivers everywhere who steadfastly provide caregiving so their loved ones may remain at home.

Dr. Steven Wengel of University of Nebraska Medical

Center attended as "magician and physician" wowing the audience with his magic tricks.

Around the world, November is National Caregiver Month, 30 days to thank family caregivers for the many challenges they face 365 days a year—and a perfect time to honor all caregivers for the care and respect they offer their loved ones. Even if you don't know a family caregiver you should thank them: unpaid family caregivers save U.S. taxpayers \$375 billion each year.

Brandi Petersen of KETV was emcee, volunteering her time and warm-hearted enthusiasm. When it was finally time to announce the 2011 winner, Brandi held the sealed envelope up so everyone could see it. In it, not one but two receiving the title of dual winners: Barbara Van Dyke and Mitchell Washington. And Mr. Washington had been independently nominated by two different people.

What was in those beautifully wrapped boxes? Every caregiver nominee was awarded an incredible lap quilt hand-made and donated by Peaceful Quilters, Underwood Hills, Beth Brooner, and Quilting Chicks & Rooster.

Photographer Brandi Pfeiffer snapped some great pictures of the evening and every caregiver was a winner.

Food was donated by Trader Joes and Hy-Vee. Metro Community College student volunteers helped set up the event, serve, and clean up. Boxes were donated by Kohl's Department Store.

HELP Adult Services was organized in 1982. Serving frail, disabled, and older adults, the programs include a Respite Companion Program providing respite care to family caregivers and the Health & medical Equipment Loan Program (H.E.L.P.) offering medical equipment rentals for those who have limited or no health insurance.



In Compassion Lies the World's True Strength
2011 Caregiver of the Year: Bobby and Mitch

Barbara (Bobby)

Bobby was nominated by her sister, Joni. As their parents settled into a retirement center, they found that their father had advanced Alzheimer's and had to be moved to an Alzheimer's care center. Every day at 5:00, Bobby would take her mother to the care center so that she could visit with her husband. They stayed each evening until he was tucked in bed. This continued for two years. Upon his passing, Bobby's mother asked her, "Will you forget me?" and Bobby replied, "Never!"

Bobby continues to see her mother everyday at 5:00. As her mother's health and memory declines, Bobby adapts. Bobby places notes for her mother for when she wakes. The notes say what day it is; what activities she needs to do; and that she will see her at 5:00. Bobby also calls her mother everyday at 7:00 am to help her start her day. Bobby ensures her mother continues social interaction by taking her places and plays cards with the other residents. Bobby is caring, giving, patient, optimistic, kind and loving.



Mitch

Mitch was nominated twice, by two separate individuals: his sister, Irma; and his mother's home care nurse, Melanie. Mitch's mother had a long hospitalization. He visited her in the hospital and learned about the care she would need once she left the hospital. Mitch comes from a large family, but he took the lead and insisted on being her primary caregiver.

His mother is a strong woman who is the matriarch of the family. Mitch continues to treat her as the matriarch despite her confusion due to dementia. Mitch puts her needs before his own and is always loving, sensitive and respectful.



We Asked for Your Help and You Answered!

Three quilting groups and one person answered our request for lap quilts and we were able to provide caregivers at the Caregiver of the Year event with a treasured gift. The groups were: Peaceful Quilters (Peace Presbyterian Church), Quilting Chicks & Rooster (Bethany Presbyterian Church), and Underwood Hills Presbyterian Church. In addition, Beth Brooner also provided two lap quilts.

As the evening wound down, representatives from HELP Adult Services gathered at the front of the room. There, they then began to hand out beautifully wrapped presents to the caregivers. Instructions were given to not un-wrap the gifts until all presents were handed out. As the anticipation grew, permission was given and

all together wrapping was torn away. There were “oohs” and “ahs” all around the room. All stood to show-off their lovingly made gifts they had just received. Smiles were aplenty.

Everyone left feeling very appreciated for the self-less and loving contributions that they give every day as caregivers. Many could not believe that they would receive such a treasured and personal gift.

Thank you to all of those who put so much time, skill, and love into making the lap quilts!

Find Us on the Web

We are excited to introduce our complete item list of everything we carry in our warehouse to our website! Please go to www.helpadultservices.org/HELP.html to see it. Come check us out and become a “Fan” on our Facebook Page at <http://www.facebook.com/pages/HELP-Adult-Services> . You will also find us on various volunteer websites, including createthegood.org (hosted by AARP), christianvolunteering.org, and many more.

Christmas Stockings for the Incarcerated

Once a year, HELP is proud to deliver a beautiful handmade Christmas stocking bearing all the Christmas glory of sentiment and colors. Brilliant reds, seasonal greens, and sparkling golds offer an array of festive fabrics that were filled with donated Snickers candy bars and purchased goods to someone who may receive no other Christmas gift.

Like many valuable projects, the time and effort that is such a large part of this annual holiday tradition finally pay off. Virtually none of the hundreds of individuals and groups who contribute to this event ever see the faces that are so appreciative of those year-long preparations.

Arrangements begin as early as February and include counting the few stockings that might be left over from the previous December—maybe twenty of so—but with a goal of 3,000 set for the end of November. Needless to say, seeing the numbers climb toward 3,000 throughout the year offers a comfort zone for those of us who are working on the project.

But the biggest challenge of all is finding something to stuff

into those stockings. At least nine-thousand things. Dedicated “Snickers Sundays” get the ball rolling with generous donations of the Snickers bars that are so popular with the inmates at all thirteen area correctional (and youth) facilities. Nonetheless, a Snickers bar cannot fill up a Christmas Stocking, so by October every employee at HELP Adult Services pitches in with the fury of a Wall Street trading floor to ensure the stockings are filled.

This year, through the generosity of Nash Finch Distributing and 4 Aces Snacks—along with many individuals who gave cash contributions—the Christmas Stocking project can continue to put a smile on the face of a total stranger.

A statement from a letter received:

“You people are a God-send and if nothing else you have touched me and made light in a dark situation.”



Healthy Living Across the Life Span Health Fair

Will be held on Friday, April 6th, 2012

from 10 a.m. – 1 p.m.

at the Center Mall, 2nd Floor

(42nd & Center)

The College of Saint Mary's will be performing
free health screenings.

Other organizations in attendance for health information are: Nebraska Medical Center, Methodist Community Outreach, Alzheimer's Association, ENOA, WIC, AARP, Primary Health Care, Jennie Edmundson Family & Community Health Resources, Heartland Family Services, ALS in the Heartland and Heavenly Health Care.

Sponsored by HELP Adult Services and College of Saint Mary's

We're Going Electronic!

HELP Adult Services will soon be going paperless. Before the end of the year HELP Adult Services will no longer produce paper copies of their quarterly newsletter. If you would like to continue receiving our newsletter, please go to our website to submit your e-mail or email Emily@helpadulthoodservices.org.

Items in High Demand!

Due to the number of people HELP Adult Services is helping and will continue to help, we are in need of donations of some common items you may have sitting around the house. All equipment items are tax deductible and donors will receive written acknowledgement of their donation. You would not only be helping someone in need, but would be helping the community by keeping these items out of the area's landfills. Items in high demand that are needed in working condition are:

Crutches	Adult Briefs
Knee Walkers	Feminine and Masculine Pads
Lift Chairs	Manual Wheelchairs

Health and medical Equipment Loan Program

1941 S 42nd St, Suite 200, Omaha, NE 68105
(402) 341-6559 x101 www.helpadultservices.org

Hours: 9am-5pm Monday—Friday

For a complete item list, go to www.helpadultservices.org/HELP.html

Types of items that may be in stock. –

Call or stop in for availability, fees and length of loan. We now accept Visa, Mastercard and Discover

Alternating Air Pressure Mattress	Crutches - Cuff	Oxygen Tank Holder
Air Purifier	Cushion - Inflatable/Non Inflatable donut	Peddler
Bandages	Cushion - Wedge style	Pivot Disk
Bariatric - Wheelchair, Walker	Cushion - Roho	Pulley System
Bath Transfer Board	Cushion -Foam	Ramp - Portable
Bath Chair	Cushion -Gel	Reacher
Bath Safety Bar	Dressing Stick	Scooters - Electric
Bath Transfer Bench	Feeding Tube Pump/ Bags	Shower Chair Commode
Bed Assist Bar	Foot Tent Blanket Guard	Sheets
Bed - Hospital Style	Gait Belt	Shower - Portable
Bed Rail Cushion	Glucometer	Shower Chair - with wheels
Bed Rails- Full, Half & Quarter length	Grab Bar - Wall style	Sock Aid
Bedside Table	Hospital Gowns	Toilet Seat Riser
Bi-Pap Machine	Hoyer Lift	Toilet Seat Riser with arms
Blood Pressure Monitor	Hoyer Sling	Transfer Boards
Briefs- Pull ups or Tabs	IV Pole	Transport Chair
Button Assist	Lap Table	Trapeze
Cane - Quad	Lift Chair	Walker - No, 2, 3, 4 wheel
Cane - Adjustable/Non-Adjustable	Mattress Cover	Walker Baskets & Bags
Chucks- Disposable/Washable	Mattress - Inflatable	Wheelchairs- Electric
Cold Therapy Pack	Medication Dispenser	Wheelchairs- Manual
Commode	Monitor Safety - 1 Two way	Wheelchairs - Manual Tilt Back
C-Pap Machine	Radio	Wheelchairs- Manual Tilt in Space
Crutches	Nebulizer	Wheelchairs - Manual Bariatric
	Nebulizer tubing	Wheelchair - Transport Chair
	Nutritional Supplements	

Donors (individuals)

Merle Adams	Connie Consentino	Nancy Haack	Francis Klein	Christy Mullegan	Barbara Spiecker
Sherry Allen	Andrew Cook	Scott Hagen	Linda Klopp	Michelle Murdock	Thomas & Denese
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Norma Broz	Joann Fiore	Hughes	Sharon Ludwig	Elaine Rossi	Weiss
Donald Brummer	Bill Flynn	Todd Hultman	Paul Mann	Kathy Samuelson	Joseph Wenzl
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Rich Buttner	William Frahm	Lucille Jaixen	Donald Martin	Mina Schmenti	Faye Wiig
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Christopher Collins	Virginia Grissom	Michael Kelly	Mike Moravec	Randell Smith	
	Mary Kay Grout	Ronda Kern	Steve Mosher	Idella Spann	

In Honor of :
Jim Murphy

In Honor of :
Pat Callone

In Honor of :
Helen & Eugene Collinane

In Honor of :
Phyllis Jelen

In Honor of :
Joze Pilhar

Donors (organizations)

AIM Institute	Immanuel— Lifeline	Plattsmouth Presbyterian Church
ALS Association	Key Physical Therapy	Presbyterian Church USA General Mission
BairdHolm LLP	Kohl's Pharmacy	Presbyterian Church Women
Benson Presbyterian Church	Lakeside Village	Presbyterian Women's Association
Bethany Presbyterian Church	Layton Flower Technologies	Presbytery of Missouri River Valley
Caring Concepts, Inc.	Methodist Hospital	Red Oak Presbyterian Church
Carter Lake Presbyterian	Midlands Community Foundation	Rolling Hills Ranch
Creighton University Medical Center	MS Society	Salvation Army
Church of the Cross	Mobility Motoring, LLC	Sarah Care
Daniel S. Grieb, P.C.	Mount View Presbyterian Church	Shenandoah Presbyterian Church
Dodge Trust Board of Trustees	Nebraska Medical Center	St. Joseph Villa Homecare
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Faithful Shepherd Presbyterian Church	New Horizon Presbyterian	Tabor Manor
Faith Presbyterian Women's Assoc.	New Life Presbyterian	Trinity Presbyterian Church
First Presbyterian Church-Omaha	Oakland-Sharon Presbyterian Church	Underwood Hills Presbyterian Church
First United Methodist	Omaha Community Foundation	U.P. Women's Association of College Springs
Henry K. Peterson Foundation, Inc.	Pacific Life Foundation	West Hills Church
Hope Presbyterian	Peace Presbyterian Church	Westminster Presbyterian Church

In Memory of :
Chet & Alan Dziewa

In Memory of :
John & Kimi Kawamoto

In Memory of :
Florence Holubar

In Memory of :
Frances Unger



Empowering lives.....one person at a time.

Program Manager HELP/Respite - Lee	Ext. 106
H.E.L.P. Assistant - Cody	Ext. 101
Volunteer Recruiter - Jan	Ext. 104
Administration - Emily	Ext. 100
Executive Director - Penny Koenig	Ext. 105

HELP Adult Services

Vision: An improved lifestyle by obtaining assistance where needed.

Mission: To help individuals attain a greater level of independence and improve their quality of life.

Our organization's values state that we treat all people with dignity; empower people to change their lives, and offer care and compassion to those in need.

HELP Adult Services is a 501(c)3 non-profit organization which helps individuals maintain their independence through various services we offer. HELP Adult Services serves those in need regardless of race, gender, or religion.

2011 Board of Directors

Patricia Callone	Mary Bahney
Michael LaCroix	Scott Dye
Tony Harris	Marilyn Erickson
Amy Bones	Vicky McHugh
	Betty Sender



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Going Electronic...

Let us know if you would like to receive this newsletter via e-mail. Send an e-mail message to: Emily@helpadulthoodservices.org

We're on the web!
www.helpadulthoodservices.org