



Empowering lives...one person at a time.

HELP Adult Services: A Presbyterian community outreach

In Honor of...

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Most of us have had very special people in our lives whom were pivotal in us becoming who we are today. Whether it was a parent, a brother or sister, an uncle or aunt, a grandparent, or a mentor, this person had a major influence in the decisions we made for ourselves. For me, it is my husband, Michael. One reason that I am so involved in helping the community is because of a story that he told me about when he was a child...

"My family did not have very much money when I was a child. I very much wanted to play baseball, but we never had extra money to pay for me to play. My brother had given me an old plastic glove that I used to play catch with neighborhood friends.

One day, one of my friends told me that they were having sign-ups for baseball and it only cost \$3. I was so excited because I had \$3 saved up. I ran home and got my \$3 and my baseball glove. I then ran to where they had sign-ups. I proudly gave the man my \$3 and told him my name. He gave me a strange look, but then smiled and said, "Yep, it only costs \$3 to play baseball." I finally was able to play baseball!

Only later, as I got older, did I realize the cost was actually \$30. I had heard my friend wrong. But, the man realized that I only had \$3 and he let a little boy have his dream of playing baseball."

I honor my husband and that unnamed man by devoting myself to community service. We raised our two children also to be very active in the community.

We are providing opportunities for you to honor those special people in your life:

- Give to the community by volunteering. Become a Respite Companion or assist with the medical equipment.
- Dedicate one of the rooms in our new location (\$5,000). A plaque will be displayed outside of the room honoring the person.
- Purchase a plaque with the person's name to be placed in our Display Room (\$250, \$500 or \$1000)
- Donate towards the Caregivers' Resource Library - Founders' Room
- Provide a donation of any amount "In Honor of" or "In Memory of". Recognition will be given in our newsletter.

Questions: call Penny at 402-341-6559 x105

One thing that I highly suggest is if that person is still living that has influenced your life so positively, let them know the impact they have made.



2nd Annual Caregiver of the Year

HELP Adult Services is planning its 2nd annual Caregiver of the Year recognition event. Festivities will be held at Fontenelle Forest—Forest Room (1111 N. Bellevue Blvd) Thursday, November 10th.

This event honors those caregivers who selflessly work without expecting anything in return; caregivers who generously give of themselves in order to help someone who can't help themselves.

HELP Adult Services is passionate about honoring those caregivers who demonstrate love, dedication, physical and emotional strength, and an infinite amount of time. All of this while balancing life with the other requirements such as arranging appointments, cleaning, laundry, driving, grocery shopping, cooking, and paying bills.

In addition to the extraordinary benefit to the care-recipients, our entire community shares in the enormous cost savings the caregivers are giving to all tax-payers. According the US Medicare Office, the National Treasury cost savings of having individuals remain at home is over \$375 billion per year. This is just one more reason why our community needs to honor caregivers for their service.

Consider honoring the person in your life that is a caregiver by submitting a nomination. Nomination forms for the 2nd annual Caregiver of the Year are now available online or by calling HELP Adult Services. You may also use the one included in this newsletter.

A "Family Caregiver" consists of a relative, friend, neighbor or volunteer who resides in the Omaha/Council Bluffs Metro area. Nominees must be at least 18 years of age.

The deadline to nominate a caregiver is October 29, 2011.

To nominate a caregiver, simply describe how the caregiver:

- Provides dignified, respectful and safe care for the care-recipient
- Promotes physical, social and mental interaction with the care-recipient
- Offers conversation and companionship
- Balances their own lives with the needs of the care-recipient

All nominees will be recognized at the November 10th ceremony. To nominate a caregiver, send the application form with a \$20 nomination fee (fee assistance is available) to: HELP Adult Services, The Center Mall, 1941 S. 42nd Street, Suite 200, Omaha, NE, 68105.

The Caregiver of the Year event is commissioned by HELP Adult Services, a non-profit organization founded in 1982 by Omaha-area philanthropists.

The 2nd annual "Caregiver of the Year" nomination form can be found in this newsletter, online (www.helpadulthoodservices.org) or by calling 402-341-6559 x100.

SNICKERS® SUNDAY

SNICKERS® SUNDAY 2011 is on its way! Snicker Sunday 2010 was such an amazing success, we want to allow plenty of time for you to plan your course of action for this year's Christmas Stockings project. The contests and challenges planned by all of the churches participating in the 2010 drive were truly inspiring.

The two official dates for collections are Sunday, October 16th and Sunday October 23rd. Donate through your church or bring them directly to HELP and deposit them into our on-site Snickers® collection box, Monday through Friday.

The SNICKERS® SUNDAY drive relies entirely on Snickers® candy bar donations. For the sake of consistency, we are looking for the 2.07 ounce size only. Bring one (or even a dozen!) Snickers® candy bars to donate to the Christmas Stockings program.

The Christmas Stockings program has been providing hand-made stockings filled with goodies to nearly 3,000 incarcerated adults and youth residing in 11 area correctional facilities for nearly three decades. These stockings are often the only Christmas gift that an inmate will receive.



Plan to attend our Open House!

HELP Adult Services cordially invites you to visit our new location at
The Center Mall, 42nd & Center streets,
on Thursday, August 18 between 3 p.m. and 5 p.m.

You will have the opportunity to:

- Learn more about our programs and services
- Meet the staff members
- Obtain information about the Health and medical Equipment Loan Program and Respite Program
- Tour the offices, media and resource center and medical equipment warehouse

Schedule of activities

- The Open House begins at 3 p.m. at the new Center Mall location.
- Cake, snacks & coffee or tea
- Tours of offices and warehouse 3 p.m.-5 p.m.
- Collect information on our programs, resources, and media center

RSVP

We look forward to having you join us. Simply show up on August 18 between 3 p.m.-5 p.m. If you would like to submit your RSVP, please feel free to do so by calling Emily at 402-341-6559 x 100.

Directions and Parking

Our new location is conveniently located at 1941 S. 42nd street, inside “The Center Mall” at the southeast corner of the 42nd and Center street intersection. Once you arrive to the mall area, just look for the “Open House” signs. Free parking is always available.

Questions?

Call HELP Adult Services at
(402) 341-6559, x100

Email us at Emily@helpadulthoodservices.org

Cannot attend?

If you are unable to join us for HELP’s Open House and you want to visit another time, please contact us (402-341-6559 x100) and we will arrange an alternate time.

Local Designers’ Fashion Event – Sunday, August 28th

Come honor some of our talented local designers and see what fashionable clothing and accessories are being made here in our Midwestern community. The event is being held Sunday, August 28th 4:00 pm – 6:00 pm at 1111 N 13th Street.

Some of the local designers featured at the August 28th event are: **Megan Hunt of Princess Lasertron** bridal designs; **Emma Erickson** who showed at Mercedes-Benz Fashion Week Spring 2011 in New York City and designs custom dresses for clients; and **Jane Round** who specializes in 1950’s style and a combination of architecture and nature. Princess Lasertron serves over 250 brides each year. Their line has expanded from simple hairpieces and brooches to gowns and bouquets. Megan was recently featured in the book, *Signature Styles* by Jenny Doh.

Kathy Aaker will also be in attendance showing her woven fabric with the shimmer of silk, the drape of Tencel, the crispness of cotton and the warmth of wool fibers.

The event will include a runway fashion show; boutique; entertainment and refreshments (wine/beer and snacks). Suggested donation at the door is \$10 per person. (A portion of the proceeds will benefit HELP Adult Services.)

Questions?: Emily at 402-341-6559 x100 or Emily@helpadulthoodservices.org



Honored Community Service Partner

The University of Nebraska at Omaha (UNO) was honored on May 12 as a "Finalist" for the 2010 President's Higher Education Community Service Honor Roll. UNO was one of 11 finalists and one of six in the "General Community Service" category.

The President's Higher Education Community Service Honor Roll, administered by the Corporation for National and Community Service (CNCS), is the highest federal recognition a college or university can receive for its commitment to community service.

This year, CNCS, which has administered the Honor Roll since 2006, admitted a total of 641 colleges and universities, out of 851 applicants, for having a positive impact on their communities. Of that total, 511 were named to the Honor Roll with others being given special recognition in the "Honor Roll With Distinction," "Finalist" and "Presidential Award" categories.

UNO's placement as a finalist is higher than last year, when UNO was named to the 2009 Honor Roll in the "Honor Roll With Distinction" category.

"Being selected as a finalist for the Presidential Award places UNO among the top 20 universities in the nation for service learning, community service and civic engagement initiatives," said Paul Sather, director of UNO's Service-Learning Academy.

The Service-Learning Academy has been consistently honored for the significant number of high quality service-learning courses offered each semester as well as their work in the Omaha-Council Bluffs area through projects like Seven Days of Service (whereas volunteers assisted HELP Adult Services in three projects), Three Days of Service, Martin Luther King Jr. Day of Service and World AIDS Day.

"This recognition is a statement about all of the creative and meaningful community outreach work accomplished by UNO faculty, staff, students and our many loyal community partners for the last decade," Sather said.

My Volunteer Experience...



I am a senior at Clarkson College with plans to graduate in December. I started volunteering as a Respite Companion for HELP Adult Services in January and was partnered up with the kindest man I have ever met. His name is Marvin and he has taught me a lot of his Jewish faith and I, too, have taught him some of my Catholic faith. We both love to share our stories.

Recently, Marvin was transported to an assisted living facility and I hope to visit him as soon as he has had time to adjust. I LOVE volunteering with this agency and I badly want to keep the friend I've made! I am honored to be chosen as Volunteer of the Quarter, but HELP Adult Services does way more than I could ever do! I am in awe of this agency and the good that comes from it! So, I should be thanking all of you at HELP Adult Services for changing my world for the better of me and the better of someone else (Marvin)!

Lacy Kros

WWW.FACEBOOK.COM/HELPADULTSERVICES



Connect with us on Facebook

Invite your friends to join us

Visit our page and click on **"Like"** to become a fan today

Free things to do in Omaha

- Stroll the Old Market with its 80-plus shops and 30 pubs and restaurants
- Tour First National's Spirit of Nebraska's Wilderness and Pioneer Courage Park
- Go for a "slide" at the Gene Leahy pedestrian Mall, and then walk around the pond
- Take in a walk at Heartland of America Park, with its 300-foot high fountain and evening light show
- Enjoy history at the Lewis & Clark National Historic Trail Visitor Center
- Enjoy a walk along the newly developed Riverfront, enjoying the Monument to Labor Sculpture at Lewis & Clark Landing
- Visit the Mormon Trail Center, which offers state-of-the-art history displays of the Mormon trek from Illinois to Utah in the 1800s
- Enjoy Memorial Park, honoring WWII, Korea and Vietnam forces and the All-American Rose Society Garden
- Visit Mt Vernon Gardens, with its bluff setting similar to George Washington's Mount Vernon view of the Potomac
- Visit Boys Town's Hall of History, Visitors Center and the Father Flanagan House - also home to the World's largest Ball of Stamps
- See the Gerald R Ford Birth Site and Gardens, a memorial to the 38th U.S. President who was born in Omaha - a kiosk modeled after the original house and a colonnade and Rose Garden modeled after the White House complete the site
- Take in the Jazz on the Green concert series in July and August, located outside Joslyn Art Museum, or the Playing with Fire concert series May-September on the Riverfront
- Enjoy one of Omaha's many festivals during the Summer months - including Earth Day, Florence Days, Bank of the West Celebrates America concert and fireworks, Shakespeare on the Green, Santa Lucia Festival, Taste of Omaha, Greek Festival and Fort Omaha Intertribal Powwow
- Enjoy one of Omaha's parades, including Cinco de Mayo, Florence Days, Millard Days and September-fest
- Visit the library. Enjoy some good books.

7 Ways to Stretch Healthcare Dollars

1. Stay healthy. This may be the most obvious way to save money, but it can often times be overlooked. Eating a diet comprised mostly of vegetables and whole grains can significantly lower your health care bills.
2. Buy generic prescriptions whenever allowed by physician. Many pharmacies have a flat rate of \$4 per filling.
3. If insurance does not cover 100% of the cost for your medical equipment or supplies (including nutritional supplements and undergarments), find the lowest cost alternative to obtain these items through a non-profit program like the Health and medical Equipment Loan Program at HELP Adult Services.
4. Donate unused expensive medical equipment for a tax-deduction.
5. Find lower cost in-home respite companions and CNA care services through agencies such as Easter Nebraska Office on Aging (402-444-6444), HELP Adult Services (402-341-6559), and Care Consultants for the Aging (402-398-1848).
6. Look for grants or financial support from organizations that are advocates for chronic illness such as Alzheimer's Association, American Cancer Society, or the ALS Society. Many organizations have funds available to those who qualify.
7. If you are Senior on Medicare, make sure you understand your plan. Get a free analysis of your coverage by visiting with Volunteers Assisting Seniors at 402-444-6617. If you are under an employer-sponsored plan, make sure you review your coverage every year as it often changes.

Health and medical Equipment Loan Program

8447 Lake Street, Omaha NE 68134 (just south of 85th & Maple)

(402) 341-6559 x101 www.helpadultservices.org

Types of items that may be in stock. –

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

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

The Impact of Your Donations...

A Donation of...

\$25

Will help provide a family with a session of respite services.

\$50

Will help provide a family the ability to obtain needed durable health and medical equipment This service assists individuals to gain a greater level of independence with dignity.

\$120

Your contribution of 12 deductions of \$10 will help 4 families with 2 hours of respite services. Statistics show that caregivers' own health decline because of emotional stress (63%) and financial burden (44%). Respite services help in reducing this stress, thus aids in the well-being of the caregiver.

\$250

Your contribution of \$250 will help provide 4 families with 2 hours of respite services; and 5 families to obtain medical equipment to increase their ability of gaining more independence while staying in their own home.

\$500

Your contribution of \$500 will help provide 13 families the ability to obtain needed durable health and medical equipment and provide 3 families with 2 hours of respite services. These services assist individuals to gain a greater level of independence with dignity.

Donors (individuals)

William Aker	Dave Engund	Robert Hendricks	Scott Myers	Linda Schmidt
Jane Alseth	Ruth Erickson	Don Henninger	Cheryl Nickel	Debra Schumaker
Emily Anderson	Scott Erikson	Michelle Hort	Ruth Noreisch	Joyce Serenil-Faltas
Brenda Anson	Merlin Eudy	Pam Hovis	James Nunez	Don Sheehan
Rajaena Appleby	Kelli Fernandez	Mary Kay Hrupek	Terry Olin	Dan Sidzyik
Gordon Barta	Bette Fink	Loren Ilg	Mark Oliver	Michael Sketcy
Eva Beck	Edward Furay	Betty Isom	Dorothy Pattavina	Odella Speewe
Rosalie Begley	Linda Gadwood	Kevin Keaton	Cathy Pederson	Susan Stensland
Denise Bierma	Megan Gibbs	Mariann Kefferly	Marvin Pekny	Margaret Stuckey
Fred Blecke	Mary Gibilisco	Paul Kerschinske	Lynn Petersen	Ardith Stultz
Pat Blessie	Joanne Gilmore	Dwight Kroger	Rena Philpot	Robert Teal
Nick Blume	Lona Glasebrook	Don Kucera	John Picken	Dorine Thomsen
Steve Brown	Sonya Glenn	Lin Kulm	Majorie Polito	Joan Tunnicliff
Rich Buttner	Virginia Grissom	Merlin Lauren	Barb Push	John Udes
Hernando Butts	Daniel Guettermer	Harvey & Marcia Lipsman	Sharon Radenmacher	Michael Ulrich
George Chambers	James Gunderson	Gretchen Mack	Thottikalai Rajavelu	Lauri Villatto
Richard Cuva	Kathleen Hahn	Betty Manchester	Y. Ramirez	Sandra Vukas
Denise Daniels	Cheri Halda	Daniel Marr	M.L. Reich	Stephanie Walton
Paul Dejager	Walter Hand	Jean Matza	Jenn Ridgway	Garry Wanamaker
N. Doll	Patricia Hansen	Mary Louise McLendon	Sean Riley	Bill Waters
Gregory Doty	Teresa Harper	Gale Money	Kathryn Rocker	Kelli White
Jerome Drakeford	Roger & Roseanne Harter	Steve Moore	Lois Roskens	Pat Woodworth
Barbara Dudley	Deb Hassenstab	Margarie Morrill	Connie Santo	Mark Zach
Joyce Eisenman	Chad Heiman	Celeste Morris	Erika Sayles	Karen Zach

Donors (organizations)

AIM Institute	Henry K. Peterson Foundation, Inc.	Presbyterian Ladies Aid
ALS Association	Key Physical Therapy	Presbyterian Womens Association
Ameritas Life Insurance Co.	Kohll's Pharmacy	Presbytery of Missouri River Valley
BairdHolm LLP	Midlands Community Foundation	Quality Living
Creighton Dept of OT/OISSE	Mobility Motoring LLC	Tabor Manor
Daniel S. Grieb, P.C.	Pacific Life Foundation	Touching Hearts at Home
Dorothy Swanson Charitable Trust	Pottawattamie County Community Foundation	Vera Ellsworth & Bea Cox Trust
Enrichment Foundation	Presbyterian Church of the Cross	Wells Fargo Foundation
Faith Presbyterian Women's Assoc.	Presbyterian Church USA General Mission	Westminister Presbyterian Church
First Presbyterian Church-Omaha	Presbyterian Church Women	

In Memory of : Douglas Geddings



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

Program Manager HELP/Respite - Lee	Ext. 106
H.E.L.P. Assistant - Cody	Ext. 101
Program Community Liaison - Nousha	Ext. 102
Community Relations - 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

Dr. Gary Eller	Patricia Callone
Scott Dye	Marilyn Erickson
Michael LaCroix	Kevin Keaton
Siobhan Champ-	Vicky McHugh
Blackwell	Betty Sender
	Charlene Weyand



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After August 1, 2011
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Omaha, NE 68105

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