



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

*HELP Adult Services: A Presbyterian community outreach*

## Moving Forward.....Together

Mark your calendars for Monday, August 1<sup>st</sup>!

### Inside this issue:

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Moving Forward...Together	1
2011 Caregiver of the Year	2
Caregiver Facts	2
2010 Caregiver of the Year	3
An Opportunity to Honor our Founders	3
HELP M.E. Recycle Drive	4
Seven Days of Service	4
Lap Quilt Project	5
Honoring Our Loved Ones	5
Equipment List	6
Donors	7

HELP Adult Services is moving to The Center, 42<sup>nd</sup> and Center, to better meet the needs of the community.

To adequately serve our clientele, HELP Adult Services (HELP) is anticipating a relocation to the high-traffic, human services-rich 42<sup>nd</sup> street corridor that is located within a stones throw of many of HELP's long-time partners: University of Nebraska Medical Center (UNMC), Creighton Medical Center and Creighton University, Mercy Hospital, University of Nebraska at Omaha (UNO), Clarkson Hospital, Jennie Edmundsen Hospital, College of St. Mary, and Alzheimer's Association.

The new site abounds with proximity to community partners and major thoroughfares: Dodge, 42<sup>nd</sup>, Center, and I-80, offering convenience from any direction in the Omaha and Council Bluffs areas. The current site, located in an industrial area, has proven quite a challenge to find and even those who have been here previously are frequently unable to find it again.

As HELP Adult Services approaches its third decade of helping people throughout the metro area, a spike in demand of HELP's medical equipment rose 21 percent in 2009-2010. The new space will improve the storage situation for over 9,000 items of maintained medical equipment.

HELP's new site will have an on-site caregivers "media center" for easy access to information. Also available will be computer access to MedlinePlus offering reliable health and medical information. MedlinePlus is a site sponsored by the United States National Library of Medicine and National Institutes of Health.

We encourage you to drop by anytime after August 1<sup>st</sup>, but we especially hope to see you at our **Open House on August 18 between 3-5 PM.**

We look forward to "moving forward....together".



## 2011 Caregiver of the Year

Nomination forms for Caregiver of the Year 2011 are now available online or by calling HELP Adult Services. You may also use the one included in this newsletter. Caregiver of the Year 2011 is a community event recognizing the outstanding efforts of dedicated “family” caregivers.

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

The Caregiver of the Year event will be held on

**Thursday, November 10, 2011 at the Fontenelle Nature Center** in Bellevue.

**All nominees will be recognized** at the November 10<sup>th</sup> ceremony. To nominate a caregiver, send the application form with a \$20 nomination fee (fee assistance is available) to HELP Adult Services, 8447 Lake Street, Omaha, NE 68134. After August 1, HELP’s new address is The Center Mall, 1941 S. 42<sup>nd</sup> 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 2010 Caregiver of the Year winner was Mr. Richard Badura. As a large segment of society ages, the reliance on non-professional caregivers is growing. The unselfish time and care given by caregivers allow adults with a chronic illness to stay at home longer due to the consideration of a relative, friend, neighbor, or volunteer who has become a caregiver to them.

The 2011 “Caregiver of the Year” award application can be found in this newsletter, online ([www.helpadultservices.org](http://www.helpadultservices.org)) or by calling 402-341-6559 x100.

## Caregiver Facts....

About 52 million Americans take care of a spouse, a child, a parent, or another loved one at one point over the course of the year. The Affordable Care Act has good news for these millions of informal caregivers: It includes several measures that will mean more support for them, as well as improved quality of care and more protections for the seniors and people with disabilities that they care for every day. Following are a few Caregiver facts...

- In Nebraska, the average annual cost of a semi-private room in a nursing home is \$53,200, which is more than Nebraska’s median household income of \$49,700.
- In Iowa, the average annual cost of a semi-private room in a nursing home is more than \$51,000, which is more than Iowa’s median household income of \$48,000
- An estimated 270,000 Nebraskans are uncompensated caregivers—they provide care to family members or others in need for free. These caregivers are a critical part of the long-term care workforce.
- An estimated 450,000 Iowans are uncompensated caregivers—they provide care to family members or others in need for free.
- Caregiving costs and responsibilities cause more than one-third of caregivers to reduce their work hours, one-third to cut back on household spending, and approximately one-fourth to postpone personal medical care.
- The Affordable Care Act can help caregivers by advising Congress on health care workforce needs and policies. This will help policy makers develop strategies to address workforce shortages, such as shortages in geriatrics and long-term care workers.

For more information, visit [www.familiesUSA.org](http://www.familiesUSA.org).

## An Opportunity to Honor Our Founders

On August 1<sup>st</sup>, HELP Adult Services; a Presbyterian community outreach will have a new home in The Center on 42<sup>nd</sup> & Center. This move gives us the opportunity to create a Caregiver Media Center within the Conference Room. This room will be multi-functional to serve the meeting needs of volunteers and staff, as well as become a valuable resource for Caregiver support.

Our founders had the vision of “An Intentional Future” with the services of Respite, Health & medical Equipment Loan Program, Christmas Stockings and many other services. As the organization has matured with the

community, these three services continue as the focus of the organization serving nearly 9,000 individuals and families annually.

To honor the foresight and generosity of our Founders, we intend to dedicate the Caregiver Media Center/Conference room to them. Our goal is to raise \$10,000 in their honor.

Please consider contributing to this dedication by sending in your donation with a note on the envelope “Founders’ Room”.

### Our Founders:

Dr. Ross Robson  
Carolyn Kiper  
Marjorie Kiewit  
Kay Connell  
John Kawamoto

Mary Jane Harvey  
Rev Robert Houser  
Carolyn Grice  
David Schriener  
Clay Cox

Catherine Hamilton  
Janet Remington  
Willis Strauss  
Wayne Whitmarsh

The formal dedication will take place during our 30th Anniversary celebration in June 2012.

## 2010 Caregiver of the Year – Mr. Richard Badura

Stacey Badura, youngest daughter of Mr. and Mrs. Badura, nominated her father as the 2010 Caregiver of the Year. She stated that she nominated him “for the most wonderful way he cares for my mother.”

Richard and Alice have been married for 62 years. Richard provides care to Alice in such a respectful way. He never makes her feel embarrassed or inadequate. He sings songs to her and when he wakes her to do a pivot stand transfer; he says they are “dancing”.

Richard balances his life with his strong faith and receives support from his daughters and grandsons.

Mr. and Mrs. Badura, along with his supportive family, attended the 2010 Caregiver of the Year event hosted by HELP Adult Services in November. They enjoyed the evening of socializing; meeting other caregivers and their families; and being honored for daily selfless acts of caring.



## HELP M.E. Recycle Drive

You might have just had a loved-one pass away or recover from a surgery and you ask yourself, “What am I going to do with all of this durable medical equipment? I don’t want to just throw it away. What do I do?”

HELP Adult Services regularly accepts durable medical equipment and supplies from families in these types of situations. Families can donate the equipment and supplies, which are tax deductible donations. As a result, families who are in need of the equipment and supplies are able to obtain them at a much lower fee than normal channels. This helps families save money on tight budgets; helps those who don’t have insurance; and allows families who can not obtain the equipment through Medicare.

HELP Adult Services accepts durable medical equipment donations 9am - 5:15pm at their location, 8447 Lake Street (2 blocks south of 85<sup>th</sup> & Maple). As of August 1, 2011, their NEW LOCATION will be at The Center, 1941 S. 42<sup>nd</sup>, Suite 200.

We recognize that not everyone has the ability to get to our location during our normal working hours. Therefore, we established our first HELP M.E. (medical equipment)

Recycle Drive on March 26<sup>th</sup>. The Central Presbyterian Church on 55<sup>th</sup> & Leavenworth generously offered their parking lot for us to accept donations. Kohll’s Pharmacy assisted by sponsoring the event and University of Nebraska students volunteered through the “Seven Days of Service” program. The event was well attended, including visits from Mayor Jim Suttle and Channel 7 KETV.



## Seven Days of Service

The University of Nebraska at Omaha had their “Seven Days of Service” during the week of March 20<sup>th</sup>. Student volunteers had the opportunity to do community service with several agencies in the metropolitan community. A total of 23 students chose 3 projects with HELP Adult Services:

- Inventory of durable medical equipment and supplies
- Cleansing and sanitizing durable medical equipment
- HELP M.E. (medical equipment) Recycle Drive

Volunteers assisted in conducting an inventory of over 3,000 items in the HELP Adult Services warehouse. Then another group came in and re-cleaned all of the durable equipment. The week ended with a recycle drive in the 55<sup>th</sup> & Leavenworth neighborhood. On this day, the weather chose to be in the thirties with snow falling!

We greatly appreciate all of the assistance we received during those three days, which totaled 95 volunteer hours! Their volunteerism allowed the HELP Adult Services team to become more efficient and result in better service to our community.

### Find Us on the Web

We are excited to re-launch our newly updated website at: [www.helpadultservices.org](http://www.helpadultservices.org) with new page dedicated to Caregiver of the Year. 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), careerlink.org, christianvolunteering.org, and many more.

## Looking for a fun sewing project and A way to give to others?

HELP Adult Services is seeking help to provide all persons who are nominated for **Caregiver of the Year** with a lap quilt (42" x 42") at the November 10<sup>th</sup> event.

What is needed:

- Your time
- Your sewing talent
- Material (any design you wish)
- A quilt design (again, you choose the design),  
Size 42" x 42"
- A desire to show someone that they are appreciated for being a caregiver



Our 2<sup>nd</sup> Annual Caregiver of the Year event is being held on November 10<sup>th</sup> 5:00-6:30 at Fontenelle Nature Center. One person is chosen for the Caregiver of the Year, but it is our intent to make the evening special for all nominated caregivers. They will receive a free evening for themselves and their family with music and entertainment. Then, at the end of the evening, we wish to present them with a homemade lap quilt to show them that the community recognizes their contributions they make every day.

Please consider giving the gifts of your time and sewing talent. **We need all lap quilts completed by October 28<sup>th</sup>.**

Contact Emily at (402) 341-6559 x100 for details.

### Opportunities

If you are looking to get involved in the community, we are looking for volunteers who are passionate about helping families. We are always looking for ambassadors, respite care providers, and equipment delivery volunteers. Please call 341-6559 x102 to discuss how you would like to get involved.

## Honoring our Loved-Ones

Do you have a special person in your life that you would like to honor or serve their memory with a memorial? As HELP Adult Services prepares to move into their new offices at The Center on 42<sup>nd</sup> & Center, we are developing opportunities for the community to honor their loved-ones.

The two methods to honor a loved-one are:

Donor Wall

Room Dedication

Contact Penny at (402) 341-6559 x105 for details and options.

### Health and medical Equipment Loan Program

**8447 Lake Street, Omaha NE 68134 (just south of 85<sup>th</sup> & Maple)**

**(402) 341-6559 x101 [www.helpadultservices.org](http://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)**

Donnie Andersen	Julie Cozad	Ali Hassan	Art Larsen	Caryn Pedersen	Zita Sullivan
Stacey Badura	Lois Crinklaw	Jim Hauptman	James Lauer	Gerry Petersen	Bernice Szurpicki
JoAnn Barmettler	Carole Daasch	Leonard & Rose Heavican	Linda Lewis	Mary Lou Pfeiffer	Barbara Teter
Katie Beacom	Ryan Depuy	Charlene Helm	Harvey & Marcia Lipsman	Joze Pihlar	Joanne Thietje
Bill Beavers	Pat Dibaggio	Donna Hogan-Kelley	Terry Martin	Jose Pila	Shannon Todd
Carol Becklun	Joy Doll	Lynn Holmquist	Fred McCormick	Jeanine Poldenberg	Erlene Toscano
Elsie Beierle	Laurie Dondelinger	Beth Holt	Arlene McFall	Carol Richardson	Kimberly Trenou
James Benes	Constance Donohue	Mary Kay Hrupek	Rosalie Meiches	Maureen Ries	Karen Tschirren
Michael Benes	Julie A. Dunn	Danna Huntley	Don Meinke	Ismael Rivas	Kristen Tyler
Robert Binhammer	Scott Dye	Robert James	Martha Melton	Deborah Rivers	Jamie Urban
David Blaine	Joyce Egan	Richard Janousek	Chris Millone	Bruce Rodeck	Aubrey Vance
Deborah Boganowski	Virginia Eidenmiller	Larry Johnson	Craig Moore	Irma Rosberg	Frank Wagner
Lorraine Boyd	Marilyn Erickson	Dale Kabes	Mike Moravec	Karen Rudolph	Chris Walsh
Ed Bragg	Jody Filipi	Kevin Keaton	Nancy Mostek	Larry Schab	John Waterman
Jetty Bresel	Kay Francis	Gloria Kettlehut	Susan Murray	Colleen Schinker	Susan Watson
Joyce Buckner	Brenda Fox	Marianne Kinney	Eloise Murray	Carolyn Servais	Jeremy Waymire
Debbie Buike	Ruth Geddings	Richard Klabunde	Kim Nash	Fred Shaw	Jean Welch
Louise Burmeister	Dr. James Gerner	Francis Klein	Iona Faye Neuenfeldt	Lauren Sheehan	Lorraine Wenske
Pat Callone	Joanne Gilmore	Phillip Koenig	Carla Nigro	Kevin Simonsen	Stanton & Charlene Weyand
Henry Caruthers, Jr.	Denise & Timothy Green	Penny J. Koenig	Barbara Oamek	Marlan & Joan Simpson	Rita Whitehead
Siobhan Champ- Blackwell	Mary Griffin	Susan Koenig	Reggie O'Connor	Rev. John Sloan	Brenda Williams
Karen Chapman	Jeanne Griffith	Cheryl Kraft	Frank Olson	Edgar Smith	Kathy Williams
Maurice & Cora Conner	Virginia Grissom	Betty Krause	Angie Opfer	Lee & Idella Spann	Esther Williams
Andrew Cook	David Hansen	Connie Kyncl	Norman & Connie Otto	Barbara Spiecker	Dona Zach
Becky Cook	Mildred Hansen	Michael LaCroix	Gracea Pacana	Alyce Spoto	Sadie Zimmerman
Rev. Keith Cook	Mary Harter	Alice Lafferty	James Palmer	Thomas & Denese Stalnaker	
	Richard Harter	Launie Lambert			

**Donors (organizations)**

AIM Institute	Key Physical Therapy	Presbyterian Women First Presbyterian Church
ALS Association	Kohl's Pharmacy	Presbyterian Women of Plattsburgh
Ameritas Life Insurance Co.	Midlands Community Foundation	Presbyterian Women of Shelby, IA
BairdHolm LLP	Mobility Motoring LLC	Presbyterian Womens Association
Bellevue First Presbyterian Church	Mount View Presbyterian	Presbytery of Missouri River Valley
Carson Presbyterian Women	New Horizon Presbyterian	Quality Living
Carter Lake Presbyterian Church	New Life Presbyterian Women	Red Oak Presbyterian Church
Creighton Dept of OT/OISSE	Pacific Life Foundation	Tabor Manor
Daniel S. Grieb, P.C.	Pottawattamie County Community Foundation	Vera Ellsworth & Bea Cox Trust
Dorothy Swanson Charitable Trust	Presbyterian Church of the Cross	U.P. Women's Assn. of College Springs
Enrichment Foundation	Presbyterian Church USA General Mission	Wells Fargo Foundation
Faith Presbyterian Women's Assoc.	Presbyterian Church Women	Westminster Presbyterian Church
First Presbyterian Church-Omaha	Presbyterian Ladies Aid	
Henry K. Peterson Foundation, Inc.	Presbyterian Women in the Congregation	



*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.

**2010 Board of Directors**

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



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**After August 1, 2011**  
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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](mailto:Emily@helpadulthoodservices.org)

We're on the web!  
[www.helpadulthoodservices.org](http://www.helpadulthoodservices.org)