



Empowering lives...one person at a time.

HELP Adult Services: A Presbyterian community outreach

Caregiver of the Year To be Held at Fontenelle Forest

There are only four kinds of people in the world - those who have been caregivers, those who are currently caregivers, those who will be caregivers, and those who will need caregivers.

— Former First Lady Rosalynn Carter

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November is National Family Caregiving Month. In honor of metropolitan Omaha-area family caregivers, HELP Adult Services is recognizing the extraordinary work of special caregivers who care for a friend or loved one.

The 2011 Caregiver of the Year event will be held at Fontenelle Forest on Thursday, November 10th in the Forest Room. The evening event will be filled with magic and music!

In recognition of the immense unpaid contributions made by family members, friends, volunteers, and neighbors, HELP will honor all 2011 nominees for the gifts they give to the Omaha-Council Bluffs community-with one being honored as "Caregiver of the Year".

To nominate a deserving caregiver, complete the enclosed form describing what makes the caregiver special. Send forms to: HELP Adult Services, The Center, 1941 S. 42nd street, Suite 200, Omaha, NE 68105. **The deadline for nominations is October 29th** Forms are also available online: www.helpadultservices.org.

There is no admission charged for the event. For questions or reservations call Emily at HELP Adult Services, 341-6559, x100.



2010 Caregiver of the Year, Richard Badura

Sally provides resources and advice to caregivers. If you have a question for Sally, send her an email at Sally@helpadulthoodservices.org

Dear Sally,

I am writing to you because "Jim", my husband, has Alzheimer's and needs constant attention. He was diagnosed with Alzheimer's four years ago and unfortunately has steadily declined. In the beginning I was able to leave to go to the grocery store or have lunch with some friends and not have to worry about my husband at all. He was able to entertain himself.

It is to the point now that it seems that I can't even leave the room without him calling for help or me worrying that he is going to wander outside. My children do come over and help when they can, but they have young children.

I would LOVE to have some time to myself so that I can be the best wife I can to my husband, but I just don't know what to do.

Stressed Out Wife

Dear Stressed Out Wife,

First and foremost I want to let you know that you are not alone. Nearly 40,000 Nebraskans have been diagnosed with Alzheimer's disease.

You need to take care of yourself. Ask yourself, "Where can I find 15 minutes to myself in my day?" If you just start with 15 minutes three times a week, you will see a difference right away. But you have to tell yourself that you are going to take those 15 minutes no matter what. Whether it is reading a book, catching up on a show, or taking a quick nap, you owe it to yourself.

Also, if you haven't already done so, contact Alzheimer's Association of the Midlands for additional support.

Our New Site!



4th Annual Benefit for the
 alzheimer's association®
 Midlands Chapter

Oktoberfest

Friday, November 4, 2011
 Festivities Begin at 7:00 p.m.

German American Society
 3717 South 120th Street
 Omaha, NE

\$75 per person

To make reservations please go to www.alz.org/midlands
 or send an email to foleyclan@cox.net TODAY!

Beer/Wine • German Food
 Silent Auction • Music • Raffle

Please forward this invitation to your friends!

Our Generous Sponsors:
 Marcotte Insurance • Parson's House on Eagle Run • Spaghetti Works

Snickers Sunday

We had such wonderful fun and success during our first Snicker Sunday, we've decided to do it again this year! Sunday, October 16 (or October 23) is the day to rise to the challenge and bring one—or even a dozen—Snickers candy bars to donate to the HELP Adult Services Christmas Stocking program. This event has provided Christmas Stockings filled with goodies to 3,000 incarcerated adults and youth residing in 11 southwestern Iowa and eastern Nebraska correctional facilities for over two decades.

Since a previous supporter has been unable to continue providing snacks for the stocking program, we have created Snicker Sunday to obtain snacks and create awareness of this important ministry. We are hoping to include at least one Snickers candy bar in every handmade stocking. Last year, we were able to put two Snickers in every stocking! These stockings are often the only Christmas gift that an inmate receives.

While you're making your candy purchase this fall for Trick-or-Treaters or a festive Snicker's salad, pick up a few extra Snicker's and donate them for the Christmas Stockings.

Accepting the challenge? For the sake of consistency, we're looking for the **“Regular” size 2.07 ounce size only.**



“For 12 years I've received the stockings you all made and filled here, and I'm writing to say thanks! All the guys here appreciate, and look forward every year to the stockings. It brightens up everyone's day that you've made the filled stockings a tradition for us prisoners.”

“It's a blessing to know that there are people out there that care about us. Your gift was highly appreciated. A lot of us here are not blessed to have family and friends here to help us during the holidays. God Bless You!”



HELP Adult Services Unveils - CRRC Coalition for Retiree Respite Companions

*The most exciting new **free** membership program for retiree volunteers who want to unite with other like-minded active retirees.*

Join our exclusive group of active CRRC members who devote 2-4 hours per week to providing friendship to a homebound adult in need of a companion.

Call **402-341-6559 x102** or Email Nousha@helpadultservices.org for more information on how you can join today!



Active Retirees Helping Homebound Adults



Photo: Jozse Pihlar, winner of 2010 MetLife Older Volunteers Enrich America Award and his respite family, Mr. and Mrs. Fettman

Fall Yard Clean-up for Family Caregivers

The alarm clock rings at 5:00am. Another busy day begins for Mrs. Smith with all the duties of being caregiver for her husband Mr. Smith who has been battling Alzheimer's disease for the past four years. As exhausted as she is, Mrs. Smith is happy to start another day along-side the person she loves most in this world. Mrs. Smith is constantly working, cooking, housecleaning, bathing, feeding, clothing, providing medications and taking her husband to doctor appointments. Now that Fall has arrived, she has to add cleaning the yard to her ever-growing long list of tasks. One afternoon, Mrs. Smith gets a phone call: "Hello Mrs. Smith, this is HELP Adult Services. We are happy to inform you

that you have been chosen to receive free yard cleaning next weekend. Our agency is sending volunteers to your home to clean your yard." Mrs. Smith takes a deep breath before responding in a voice filled with jubilation, "Christmas has come early this year!"

Five lucky families in the Omaha/Council Bluffs area are going to have an early Christmas gift this year! Volunteers will arrive at their homes on Saturday, October 22nd to take care of their fall yard clean-up. With the help of University of Omaha, Creighton and Iowa Western Community College, we are honored to be able to give this gift!

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 10th 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 2nd Annual Caregiver of the Year event is being held on November 10th 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 28th.**

Open House at our New Location!



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), careerlink.org, christianvolunteering.org, and many more.

S N C G K O C N G L J A A T Y D N S F O
S J P E M N B E O P E C L D D S F D A T
F S X Y N K D K D F C G P Y O Z G Q L W
F P Z C Y G O U U I A V A L M C Z N L S
G K S U G S Z P F Y R E N I I J J J F X
H D G A M G C C V S E K H Z N T K L S T
H D J X C F I F J B G H Q Z B K P J U P
S Z M K D L P P A W I M O A Y H A B N A
B R G B R C E S K L V Z E N Y W S D D F
A C E V A O K A Q P E U V Q O K B C A B
B Q R K Y U S B N Y R Y L L B R P N Y B
Q Y T R C X V J K J E O F C V R R U V P
D X L H C I Q T W A F S L J O J M J C H
K Y L L A S N Y R T L V I V U L Y G I T
I D J M W V A S W A P Y K P J K X Q A O
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A A M A F I Z M M S I B X K X T Y C Q L
Q B U A S M V D Z F J S C O N C O K O K
T T R U R F C K H Y J M U U Z H P T D Z

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|-----------|--------|-------|
| ASK | SALLY | CRRC |
| CAREGIVER | YEAR | HONOR |
| FALL | YARD | CLEAN |
| SNICKERS | SUNDAY | |

In Honor of...

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.

Consider donating to HELP Adult Services in the amounts of \$500, \$750 or \$1,000 in this special person's honor. A plaque will be placed on the Donor Wall in their honor.

Call Penny at 402-341-6559 x105 for more information or to request a form.



Health and medical Equipment Loan Program

1941 S 42nd St, Suite 200, Omaha, NE 68105

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

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	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	Scooters – 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	

Donors (individuals)

Paula Allen	Dave Engund	Kathlyn Hernandez	Franklin Merchant	Debra Schumaker
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ENOA	Midlands Community Foundation	Salvation Army
Enrichment Foundation	MS Society	Sarah Care
Faith Presbyterian Women's Assoc.	New Cassel Retirement Center	Wells Fargo Foundation

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.

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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