

SUMMER HAS BEGUN AT
Hands of Heartland



We're excited that summer is really, finally here! There are so many fun opportunities to be out and about, to enjoy friends and family, and to experience the great outdoors — even if that's something as simple as sitting out on your front porch and enjoying the fresh air.

We've been having plenty of good times, and have more planned for the months ahead!

COMMUNITY

Lunch with the Arc of Norfolk

In May, participants from Fremont, West Point, and Norfolk enjoyed a lunch with Kayla from The Arc of Norfolk. It was a lovely lunch, full of new friends, delicious food, and a reminder of how much we appreciate the important work the Arc is doing!



COMMUNITY

Grand Island Summer kickoff

Our Grand Island location threw a fun summer kickoff party at Bader Lake! They enjoyed grilled hot dogs, chips, puff corn, applesauce, and many activities like frisbee, swimming, football, and of course, squirt gun fights! They stayed out all day in the sun (safely, don't worry!), and ended the day with slushies and Elieen's cookies at the daysite.



COMMUNITY

Lincoln HOH Field Day

In May, our Lincoln location held a field day, and everyone had a blast! The field day was complete with a big cook out, field events, and water events to celebrate the end of the school year and the start to summer.



ANNOUNCEMENT

Update on Omaha and Bellevue Locations

Hands of Heartland has grown rapidly across Nebraska over the last three years!

We are in the process of splitting Omaha and Bellevue into two separately-licensed areas, led by an Area Director over each one. We are separating to further enhance the quality of our services to those we support. Furthermore, we want to improve the DSP and front-line management experience. Having separate management teams for each area will provide smaller caseloads and enhance communication with our team, service coordination, and guardians.

We also plan to open two new day services in the Omaha area in the next four months. One of these day services locations will be at 11420 Blondo Street, and will tentatively be opening August 1st. This separation will not have a direct impact on the people we support. Everyone will still choose where they live and how they would like to participate in day services.

As always, thank you for your partnership in Omaha, Bellevue and all areas of the metro area. We value the partnership with all HOH stakeholders throughout the state!

COMMUNITY

Kearney Group Home Opening

A new home with 24-hour supports opened in Kearney on May 18th, and we are excited to watch the residents there thrive! The location is home to three young ladies, and is called Bel Air. We're pleased to be able to extend these kinds of services to this area!

SPOTLIGHT

Team Member of The Month

It's time to highlight one of our outstanding team members again, and this time we're cheering on Mahamud Hassan at our Duplex 2, Omaha location! The following is a quote from the team member who nominated him:

“Mahamud is always willing to take available shifts. He's come in on his day off just to help out. He's amazing with the clients and understands what they need and want. He goes above and beyond to make sure Duplex 2 is taken care of.”



SUMMER TIPS

How to stay cool, stay safe, and have fun this summer

The sun is out and summer is here! While many of us are excited to get out and soak up as much sun as we can, it's important to stay safe out there in the heat. Here are a few tips to help you stay healthy and happy in the summertime:

- Stay out of the sun between 10 a.m. and 4 p.m.
- Limit outdoor activities, especially exercise in the heat.
- Protect skin using sunblock with a sun protection factor (SPF) of 15 or more: the lighter the skin, the higher the SPF should be. Apply 15–30 minutes before going in the sun and reapply according to package directions.
- Use a lip balm that contains sunscreen.
- Wear muted (lighter colored), loose-fitting clothing.
- Wear a hat (the looser, the better).
- Wear sunglasses that absorb at least 90% of ultraviolet rays.

CELEBRATING

June Team Member Birthdays

BELLEVUE

RYAN M (6/2)
JULIEN A (6/3)
ZACKARIA (6/10)
RUSSELL W (6/10)
KAREN S (6/12)
JERRIKA B (6/16)
LAINI R (6/25)
ALANA A (6/28)
PAUL W (6/30)

KEARNEY

TYSON S (6/30)

GRAND ISLAND FREMONT

ZACHARY B (6/8)
MACKENZIE H (6/15)
KALA G (6/20)
CINDY C (6/30)

WEST POINT

MICHELLE P (6/11)

LINCOLN

CASSIDY H (6/11)

NORFOLK

LORI W (6/17)
JERRY K (6/20)

CORPORATE

MASON M (6/28)

CELEBRATING

June Team Member Anniversaries

BELLEVUE

KOKOU L (1 YEAR)
ORLANDO M (1 YEAR)
MONTE M (1 YEAR)
KIRHANA M (1 YEAR)
KAREN S (1 YEAR)
ROBERT V (1 YEAR)
DIANETTE R (2 YEARS)
CORINE K (2 YEARS)
ESSENAM A (3 YEARS)
PAUL W (3 YEARS)
KRISTINA W (5 YEARS)
ELLA R (6 YEARS)
THERESA S (19 YEARS)

WEST POINT

SIERRA N (1 YEAR)
JAMES V (1 YEAR)
MICHELLE P (2 YEARS)
JOCELYN P (2 YEARS)
NANCY S (2 YEARS)
DEBBIE W (2 YEARS)

NORFOLK

CRISSEY H (1 YEAR)
MACY K (1 YEAR)

KEARNEY

JONATHAN W (1 YEAR)
SARA C (2 YEARS)
KARRI R (2 YEARS)

LINCOLN

EULALIO N (1 YEAR)
ELIJAH G (1 YEAR)

GRAND ISLAND

MEGAN B (2 YEARS)
JASON H (2 YEARS)

CORPORATE

JAMES MILLER (1 YEAR)
TABATHA C (1 YEAR)
JENNIFER M (3 YEARS)
BRETT C (4 YEARS)
TIFFANY V (6 YEARS)

