

APRIL

Hands of Heartland

ODE TO SPRING

*April, you arrive with gentle rains,
Softening the earth, awakening dormant grains.
Your touch inspires seeds to break their shell,
In gardens where the spirits of renewal dwell.*

*With you, the days grow warm and long,
New life in every tree, every open space.
We are much like your mild breeze,
Nurturing growth among the trees.*

*Dear April, your skies extend, clear and wide,
Offering light where new hopes reside.
May kindness, like your sun-filled rays,
Guide us through your promising days.*

WORD SCRAMBLE

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HUMANS OF HOH SEAN BELL

On the path of Sean Bell's professional journey at Hands of Heartland, his initial step seems like destiny, a chance encounter at a college job fair. This meeting, a bridge between academic pursuits and a vocational calling, marked the beginning of what would evolve into a profound commitment to service.

Sean's early days at Hands (Hands of Heartland) were characterized by adaptation and learning, navigating a new environment filled with challenges and

opportunities. From getting to know and assisting individuals to fostering an inclusive community, his role is vast. Currently, Sean is the Floor Lead at Bellevue and over his tenure has held multiple positions at Hands. He doesn't look at it as a job only; Sean is devoted to creating a space where every individual could thrive, supported by dignity and respect.

Driven by a family legacy of dedication—his mother, a beacon of guidance as a schoolteacher, and his father, a figure of precision as a computer programmer—Sean's own career path became imbued with a commitment to nurture and empower. These values, instilled from childhood,

became the cornerstone of his work, where every task, every interaction, is an opportunity to make a meaningful impact.

What distinguishes Sean's tenure at Hands is not just the duration but the depth of his connections. To him, the individuals he serves are not just recipients of care but partners in a shared journey towards autonomy and mutual growth. His perspective transforms the workspace; each day is a reunion, each challenge a collective endeavor. In Sean's

own words, Hands of Heartland isn't merely a workplace but a familial gathering, filled with shared goals and individual aspirations.

Navigating the delicate balance between guidance and freedom, Sean sees his role as integral to maintaining harmony and enabling progress. His approach, akin to steering a "well-oiled machine," ensures that every individual feels seen, heard, and valued. This delicate orchestration of support and independence underscores the essence of HOH's mission: to foster an environment where everyone, regardless of their abilities, can find belonging and purpose.

As Sean looks back on nearly two decades with Hands of Heartland, his reflections are imbued with gratitude and forward-looking optimism. Under his stewardship, spaces like 211 have become sanctuaries of innovation and inclusion. From his pivotal start at a college job fair to becoming

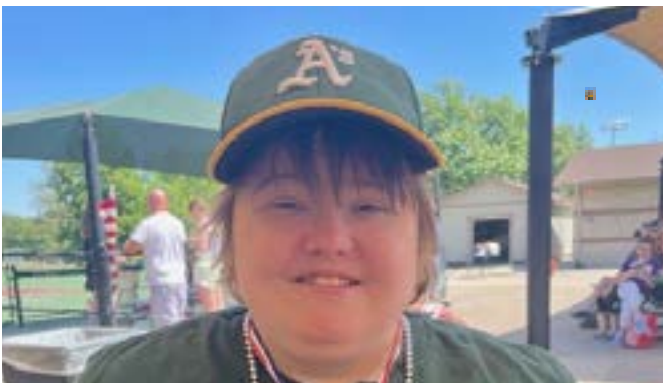


a lead Direct Support Professional (DSP) at Hands of Heartland, Sean Bell has made this his first and only job since graduating from college, dedicating nearly two decades to service and support within the community.

Sean transcends the conventional, he highlights the immeasurable value of service rooted in empathy, respect, and a deep-seated belief in human potential. We are incredibly honored and proud to have individuals of Sean's caliber as part of our team. His exemplary dedication not only enriches our community but also sets a standard of excellence and compassion that inspires us all.



IN THE SWING OF THINGS



This spring and summer, Hands of Heartland is buzzing with activities and new initiatives designed to bring smiles, learning, and community engagement. From creating May Day Baskets for local businesses in Omaha to swinging into action with ALLPLAY Miracle Baseball League Saturdays in May, we're embracing the warmer months with open hearts. The League is a special part of our community, offering children, young adults, and adults with special needs the joy of playing baseball in a supportive, non-competitive environment. Here, every player, assisted by family or volunteer buddies, gets to bat, run the bases, and score, celebrated by cheering fans.

The excitement doesn't stop at baseball - we're thrilled to introduce our NEW Summer Programming for youths aged 13-21. This program is designed to offer a range of activities that not only entertain but also foster growth, learning, and social skills development. Whether it's arts and crafts, sports, or educational outings, there's something for everyone. These summer sessions reflect our commitment to supporting people of every age and experience within our communities.

For more information about the Summer Programs or to get involved, please contact jmeints@handsofheartland.com.

We're excited to share these moments with you and to continue building a supportive, vibrant community together. Don't miss out on the magic of our Saturday baseball games, where every player wins and memories last a lifetime.

Summer Programs

Scan here to help us create personalized programs for your loved one.



Questions? Contact Jen Meints
jmeints@handsofheartland.com

BEHIND THE SCENES

Everyday Heroes: Making a Difference in Nebraska



Cass discovers the new Day Center in North Platte. He explores the activities available when he asks his Direct Support Professional, Josh, to teach him to play chess, so they do. Beautiful moments like this happen here every day.



Hundreds stood united at the Developmental Disabilities Rally at the Capitol, advocating for adequate funding for DD services. A heartfelt thank you to everyone who showed their support, joined us, made a difference, and shared our cause! Together, our voices will be heard!

