

FEBRUARY

LEADING WITH LOVE

Welcome to February, a month where love is not only in the air but (as always) deeply embedded in everything we do at Hands of Heartland. As we enter a month marked by affection and care, we're excited to share how our team channels this spirit in everything we do.

At HOH, love is more than just a word; it's an action. Every

day our team pour their hearts into their work creating a safe, inclusive space where laughter and joy are key in the care we provide. It's in the small moments – a shared joke during a crafting session, the pride in a new skill learned, the comfort of a familiar face – that our love for this work truly shines. This isn't just a job; it's a family.

We connect and grow daily with the wonderful individuals we support. At HOH, we don't just care for our community; we are a part of it, celebrating every victory

and offering support through any obstacles. Love, for us, is about creating a world where everyone feels valued, seen, and joyously part of something bigger than themselves.



When Lisa Johnson first brought her son Kyle to (HOH), she was looking for more than just care services; she was seeking a community where Kyle could thrive. At HOH, they found that and so much more. "The moment we stepped in, we knew it was different. The warmth and genuine care were palpable," Lisa recalls.

Kyle, who has been part of the HOH family for several years,

loves bowling, karaoke, movies, and so much more.. His days are filled with engaging activities that not only provide structure but also allow him to express himself and develop new skills. "He's involved in arts, gardening, and even community volunteering. Every day, he has a story to share, and his excitement is infectious," says Lisa.

Since coming to HOH for day services, Lisa has noticed Kyle's increased confidence and independence. "He's more outgoing now, eager to meet new people and try new things," she explains. This transformation is

a testament to HOH's emphasis on personalized care and empowerment.

But it's not just about the activities. Lisa points out how HOH has helped Kyle forge meaningful connections. "He's made friends, true friends. It's something every parent wishes for their child," she shares with a smile.

Lisa is also deeply appreciative of the staff at HOH. "They're not just staff; they're part of our extended family. They celebrate Kyle's successes and support him through challenges." This sense of belonging and support is crucial ; Kyle loves having a place and time with friends that is all his own.

As a strong advocate for HOH's

HUMANS OF HOH *LISA & KYLE*





mission, Lisa encourages more families to explore what HOH has to offer. "It's more than a care facility; it's a place where individuals are seen for who they are – full of potential and deserving of respect and love."

Looking ahead, Lisa is optimistic about Kyle's deepening friendships and volunteer opportunities with HOH. "Every day is a step forward, a new adventure. And with HOH, I know Kyle is in the best hands," she concludes, reflecting the trust and gratitude she feels towards HOH.

HOH supported Lisa's journey in SLP training, enabling her to become a shared living provider. This was aimed at ensuring Kyle could live independently surrounded by care in the comfort of his home, amidst the love of his family and the dogs he adores. The program equipped Lisa with essential skills and knowledge and strengthened her relationship with HOH and her son. Within their home's warmth, she meticulously documents every aspect of Kyle's progress and care, adopting a comprehensive approach to his well-being.

Our comprehensive services, ranging from residential care to engaging day programs, transition, employment, and beyond are crafted to foster growth, independence, and community integration for those we support. These services embody our commitment to creating opportunities for living, growing, and being a vital part of the community. This ethos is central to every story of transformation and joy that emerges from the heart of our HOH family.

We are honored to share the inspiring story of Lisa and Kyle Johnson for our Humans of HOH February spotlight and are incredibly grateful for being a part of our family and for allowing us to be a part of theirs.



FINDING THE FUN IN FEB

February may bring chilly weather, but at HOH, it's a month filled with warmth, laughter, and unforgettable moments. While the elements might not always cooperate, we've mastered the art of creating magic indoors. From baking delectable brownies and unleashing our creativity in arts and crafts to exploring the wonders of Fontenelle Forest. Every day is an adventure.

Dance parties light up our spirits, reminding us that joy knows no season, and bowling outings

add a dash of friendly competition to the mix. But it's not just about the specific activities; it's about the connections we forge, the shared laughter, and the bonds that grow stronger with each day.

So, when February's winds howl outside, we generate our own warmth within the HOH community. Winter may be in full swing, but our hearts are always ablaze with friendship, camaraderie, and the steadfast belief that fun can be found in every moment.





HOH WEST POINT, NEBRASKA

MARCH TOWARD AWARENESS

March is a pivotal time as we observe Developmental Disabilities Awareness Month. This month is dedicated to increasing public awareness about the needs and potential of individuals with developmental disabilities. At HOH, we're leading the charge in advocating for inclusive communities and celebrating the diverse talents and abilities of everyone.

We have an array of special events and initiatives planned, designed to foster understanding, acceptance, and empowerment. These events are not just for our HOH community but for the entire city to come together, learn, and grow. From informative workshops to fun, inclusive activities, there's something for everyone.

Don't miss out on any of these exciting opportunities. Follow us on our social media platforms for updates, stories, and event details. And if you find value in our efforts, please share this newsletter with friends, family, and colleagues. Your support in spreading the word helps us reach a wider audience, ensuring that our caring approach and people first philosophy spreads throughout the community.

Your support and engagement mean the world to us and to the many lives we touch. Thank you for being a part of our community and for helping to make a difference.