

March is Developmental Disabilities Awareness Month

While we feel the people we support should be advocated for every single day, it's always nice to see a month dedicated specifically to them! We strive to not only support, but also empower the people we work with day in and



day out, ensuring that they receive the support, tools, and programs they need to thrive and soar.

Fremont Office Opens in March

Our newest office will be opening in March at 320 N Main Street in Fremont, Nebraska. We're thrilled to be able to provide all the same services as we do in Omaha and other areas: Shared Living, In-Home supports, Day Services, Group Homes, A&D Waiver, and Voc Rehab.

We are so excited for the new location, and grateful for the opportunity to serve more people who benefit from and depend on our services!

Introducing Cheri Rychly

Fremont Area Director

We're so pleased to be able to introduce Cheri Rychly, our Fremont Area Director!

Cheri has been working in her field since the age of 15, starting her career at Camp Easter Seal. She worked for a provider in Omaha and worked her way up from Direct Support Professional to managing two residential homes. She left to join the State of Nebraska, where she spent 20 years as a Service Coordination Supervisor. Though she enjoyed her time with the state, her first love was working hands-on in the field, so when this opportunity arose, she knew she had to make the move!

Cheri is married to Jeff, and has two girls, Molly and Abby. They love to be outside as a family, and spend most of their summers at the ballfield. When she and Jeff aren't coaching the girls' softball teams, they can all be found camping or fishing, and they wouldn't have it any other way!

When asked about starting her new position, Cheri told us,

I'm excited to have been chosen to expand Hands of Heartland into the Fremont area! We have assembled a great team to provide DD services to this region, and are very eager to partner with the local community to provide creative and unique opportunities to people receiving services, families, team members, and local businesses, not only in Fremont but surrounding areas."



Employee Spotlight

We always love highlighting an incredible HoH team member each month, and this month, we're turning the spotlight to Samantha Morales

We love to highlight our stellar team members every month, and March is no different! Today, we're lifting up Samantha Morales, a dedicated HoH staff member who is dependable, caring, and always willing to help.

We love this quote from one of Samantha's peers:

"I recently worked a shift at the farm. Samantha helped me so much throughout the entire weekend! I wasn't trained to give insulin, and Sam came over for every dose. She also left her number on the fridge in case I had any questions or problems, and I feel she went above and beyond to help me succeed there. I also feel like she really cared about the ladies there, and they clearly love her. She was awesome and she deserves to be recognized!"

Thank you, Samantha, for everything you do. We're lucky to have you on the HoH team!

Want to nomingte someone for Team Member of the Month?

There were over a dozen nominees for this month's Team Member of the Month award. While selecting a winner was not easy, it is such a joy to see that Hands of Heartland has awesome team members who are appreciated by their peers, as well as our organization as a whole. We thank everyone who submitted a nomination. Please keep them coming!

If you'd like to nominate a team member, please send Jeff Wise your nominations through SComm, or email him at jwise@handsofheartland.com.

A note from Anis Osman, a Hands of Heartland employee who is going to Germany to play soccer:

I'm a soccer player who is working to go pro, and I recently just found out I'm going to have a shot by going to Germany. Five years ago, after going through injury after injury, I lost hope, but my family members and friends always reminded me of how much I love the sport. The more I tried to leave it alone, the more opportunities came knocking! I started by winning small leagues in Omaha, but then began to leave Nebraska for tournaments. After that, my cousin, Ali, and I got our first offer to go to South America for soccer, and I was so excited about it — not just because I got the offer, but also because my hard work had been noticed.

When COVID-19 hit, the offer was taken off the table. It came as a blow, but I knew that if it was meant to be, it would be, so we trained just in case another offer came. We were right to do so, because in January 2021, we were sent a direct email by pro scouts. We trained hard and showed how we play the game and, after the tryouts, we got the news about Germany. We are very excited and thankful! I honestly never thought I would be this good five years ago, and I now know everything is possible to me when my foot is on a ball.

Celebrating March Birthdays!

RAHIM A. (3/1)
STEPHANIE J. (3/2)
KATLYNN P. (3/4)
SHANE H. (3/5)
SHAYANNE C. (3/6)
K'TERA S. (3/7)
TURQUOISE J. (3/7)
COUTNEY P. (3/8)
NAFISSATOU T. (3/9)
PAUL S. (3/9)

NADINE W. (3/11)
BRETT S. (3/11)
DOMINIQUE F. (3/11)
CRYSTAL W. (3/13)
RACHAEL M. (3/14)
JACQUELINE M.
(3/16)
PATRICK O. (3/16)
MICHELE C. (3/18)
JEREMY K. (3/21)

LEIGHA G. (3/22)
BELITA N. (3/25)
TONYA H. (3/26)
VICTORIA H. (3/28)
JANETTE R. (3/31)
TERRI C. (3/31)
MICHELLE T. (3/31)

Honoring March Anniversaries!

K'TERA S. (1 YEAR)
BRETT S. (1 YEAR)
NICOLE T. (1 YEAR)
TAMMY M. (2 YEARS)
SHAVON M. (2 YEARS)
ADANECH A. (2 YEARS)
ALEXANDRA S. (3 YEARS)
EMILY B. (3 YEARS)

KATHLEEN S. (5 YEARS)
TONYA M. (6 YEARS)
JEREMY K. (7 YEARS)
BARAC B. (7 YEARS)
CATHERINE B. (8 YEARS)

Share feedback
We'd love to hear from you!

Share your content ideas with Jessica Lode at Jlode@handsofheartland.com

