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Mission Statement
To enrich the lives of individuals with developmental disabilities and their families through support, programs and advocacy.
The Arc of Omaha is a member agency of the United Way of the Midlands and a Chapter of The Arc of Nebraska and the U.S.

The White Gander

Thursday, Friday, Saturday, October 25, 26, 27 at 7:00 p.m.
Sunday, October 28 at 6:00 p.m.
Scottish Rite Masonic Center • 20th and Douglas
For more information or tickets visit: www.olliewebbinc.org

HONEY SUNDAY

Sunday, November 4, 2018
Noon – 4:00 p.m.
To learn more or to volunteer, please contact:
Ollie Webb Center, Inc. 402.346.5220

Ollie Webb Center, Inc. • 1941 South 42nd Street • Suite 122 • Omaha, NE 68105 • 402.346.5220
"Time and money spent in helping people to do more for themselves is far better than mere giving." ~ Henry Ford

The Arc of Omaha 2019 Membership Form

Your membership will be valid from January 1 through December 31, 2019
Thank you for your past support! Please consider once again being a part of our team!

Name(s) ____________________________________________________________________________
(As you wish it to appear when we publicly recognize our members.)

Address ____________________________________________________________________________
City/State________________________________________________ ______ Zip _________________

Phone _________________________ E-mail * ____________________________

*May we send our monthly newsletter to your email address:   ____Yes   ____No

Each Single Membership is entitled to one (1) vote. Each family membership is entitled to two (2) votes.
Please circle:
Single $25
Family $40
Contributing $75
Sustaining $100
Corporate $150

☐ I would like to sponsor an additional single membership for a person who is unable to pay, for an additional $25

Total amount enclosed:  $______________  Your contribution is tax deductible.

Please make your check payable to Ollie Webb Center, Inc. Mail this form and your check to:
Ollie Webb Center, Inc., 1941 South 42nd Street, Suite 122, Omaha, NE 68105

The Arc of Omaha 2019 Membership Drive!

You are doing more than mere giving when you become a member of The Arc of Omaha. You are supporting efforts to help individuals with developmental disabilities and their families lead lives of greater independence, productivity, integration, inclusion and self-determination. By joining now, your membership will be valid for the calendar year 2018. Membership options are outlined below.

The privileges of membership in The Arc of Omaha include:

Use of the Ollie Webb Center, Inc. pass to the Henry Doorly Zoo, discounts to many activities and events for individuals of all ages sponsored by The Arc of Omaha, support from The Arc of Nebraska and The Arc of the United States, including representation at local, state and national policy forums and publications sharing important information on a variety of topics, and the satisfaction of supporting a local agency that informs the public of the needs, rights and abilities of individuals with developmental disabilities.

Annual Meeting
St. Leo’s Catholic Church
1920 North 102nd Street
November 12, 2018
7-9 PM

Ollie Webb Center, Inc. is seeking nominations for its annual Community Partnership Awards. The awards recognize professionals, friends, or volunteers who have made a significant difference in the lives of children, adolescents, and adults with developmental disabilities. The awards include:

• **Community Leader:** A professional who has made a significant difference in the life or lives of children, adolescents or adults who have a developmental disability.

• **Inclusion Leader:** Someone in the community (from a non-disability organization or group) who has shown exemplary inclusion of individuals with developmental disabilities.

• **Volunteer of the Year:** An individual who has voluntarily provided invaluable assistance or support, making a positive impact on the life or lives of individuals with developmental disabilities.

Zoo Pass Available to 2018 Arc Members!

The Arc of Omaha has a free Family Zoo Pass available for use by its 2018 members. It allows two adults and four children to visit the Henry Doorly Zoo. Please note the following rules for its use:

1. The pass can be used anytime the zoo is open.
2. Families may use the pass as often as they like, as long as it is available.
3. Families using the pass must sign it out, giving their name, address, phone number, date of use and date returned. If a family misuses the pass, it is possible that the pass may not be available for them to use again.
4. When families arrive at the zoo, they must present the pass and check in at the Visitors Center.

Call 402.346.5220 to reserve the Family Zoo Pass.
All ages (6-13) will meet from 6:30-8:30 p.m. (includes snack).
Participants split in age groups (6-8 and 9-13)

9 sessions $90 • 5 sessions $50
1 session $12.50
Non-Members cost: 9 sessions $125
5 sessions $60 • 1 session $15

Sibshops will be held on Tuesday evenings from 6:30-8:30 p.m. at UNO’s Community Engagement Center.

The dates are:
October 16 • November 13 • December 11, 2018
January 15 (additional dates will be added)

What are Sibshops? For the adults who plan them and the agencies that sponsor them, Sibshops are best described as opportunities for brothers and sisters of children with special health and developmental needs to obtain peer support and education within a recreational context.

Sibshops seek to provide siblings with opportunities for peer support. Because Sibshops are designed (primarily) for school-age children, peer support is provided within a lively, recreational context that emphasizes a kids’-eye-view.

Please also let us know if you have a child who has “aged out” of Sibshops (14 or older). We may be interested in utilizing them as supportive mentors/volunteers during the program.

For RSVP’s and more information email aclark@olliewebbinc.org or call 402.346.5220 ext. 31.
Fire & Safety Day

It is hard to predict how anyone will behave in an emergency situation. **Fire and Safety Day** held at the Bellevue Fire Department Training Center in partnership with the Autism Society of Omaha, The Down Syndrome Alliance of the Midlands, Autism Center Nebraska and the Bellevue Fire Department was an excellent opportunity to meet face to face with emergency personnel, explore and learn about firetrucks, firefighter gear, ambulances, fire extinguishers, seatbelt safety, first aid, poison control, 911, and more that could one day keep us safe in an emergency situation.
Know Your Right to Vote!

Elections matter!

When you vote, you choose who you want to represent the disability community at every level of government. 2018 is a big election year. Many elections will happen at the federal, state, and local level. Make sure you and your family members with disabilities and without disabilities have the information needed to vote! YOUR VOTE MATTERS!

Voters CAN receive assistance if needed! Voters who cannot read, are blind or have a physical disability may request assistance in marking their ballots. The voter may have a friend or relative assist them or the voter may request the assistance of two election board workers one each of a different party.

Early Voting Ballots are available to registered voters October 8 - November 5, 2018 and can be taken home with them and then returned when completed. Registered Voters can go into your County Election Office to pick up their early voting ballot or can have an agent (family or friend) pick one up for them.

Get Registered to Vote! Voter registration is required in Nebraska to be eligible to vote.

To register to vote you must:
- Be a citizen of the United States
- Live in the state where you want to register
- Be at least 18 years old on Election Day.

How do I register to vote?
- You can complete an online voter registration at www.nebraska.gov/apps-sos-voter-registration/ This application is available 24/7 and accessible by computer as well as mobile devices.
- You may register in person at the local County Clerk/Election Commissioner’s office during normal business hours.
- You may also register by mail. Voter Registration Applications are available at several locations throughout the state, including banks, post offices and libraries. Additionally, a voter registration application can be printed off this web site for your use.
- If registering for the first time in Nebraska by mail, please provide a copy of a current and valid photo ID, or a copy of a utility bill, bank statement, government check, paycheck or other government document which is dated within 60 days immediately prior to the date of presentation showing the same name and residence address provided on the voter registration application to avoid delays with your registration.

Nebraska Voter Registration Deadlines for the November 6, 2018 Election
- Online: by Fri Oct 19, 2018 5:00PM CDT
- By Mail: Postmarked by Fri Oct 19, 2018
- In-Person: Received by Fri Oct 26, 2018 6:00PM CDT

The polls are open from 8 a.m. to 8 p.m. in Nebraska on November 6. If you cannot vote in person on Election Day at your assigned polling place, you can also request to vote by mail! After you are registered, request a mail ballot here: www.vote.org/absentee-ballot/nebraska/

The PRISM Project is sponsored by the Arc of Omaha at Ollie Webb Center, Inc., with assistance from the Nebraska Department of Education.
Next Chapter Book Club

The Wednesday Night Papillion Club is reading book number three in the Town Secrets Series!

- Book Clubs meet once a week for an hour as a small group at a local coffee shop to read and discuss a book.
- All reading levels can participate!
- Members enjoy social connections and the delight of expanding their literacy.
- For more information email dgehringer@olliewebbinc.org

14 Clubs Meeting in the Omaha Metro Area!

Friendship & literacy in a community setting!
The Ultimate Life Program is the place to be for fun and friends!

The Ultimate Life Program is a fee-based recreation program for adults with intellectual and developmental disabilities 18 years and older. This program offers opportunities for adults to participate in small, planned group activities or one-on-one outings of their choice in the community. Trained companions accompany participants. Transportation to and from the activities is part of the program.

APPLY NOW! Registration fee $30.

For an application, contact: dgehringer@olliewebbinc.org

Ultimate Life Friends Enjoy a Summer Night and Blue Grass!!
PARENT TIPS: FLYING INDEPENDENTLY
BY KIM BAINBRIDGE

Have you ever flown on an airplane by yourself – without any other family or friends with you? Can you imagine your child with Intellectual or Developmental Disabilities flying alone without anyone with them? Does that thought shake you to your inner core? It can be done! Most airlines allow anyone over the age of 16 to fly by themselves. My son Justin (29 years old) has flown twice to Seattle a 3 ½ hour flight, on a nonstop Alaskan Airlines flight. Here is what I found works the best.

First: Experiences flying with family and friends is needed before flying independently.

1. Have your family member find their seat on the airplane. Explain how the seating works (aisle, middle or window).
2. Have your family member buckle their own safety belt.
3. Show your family member how to turn their cell phone and iPad to airplane mode.
4. Have your family member go to the bathroom independently including locking the door.
5. Have your family member order their own snacks or drinks. If the flight attendants are having difficulty understanding, then have some alternate form of communication available.
6. Explain to your family member what is happening during turbulence. Show them where the air sickness bags are.
7. Explain how to contact the flight attendant or adjust the flow of air. Encourage and have your family member practice independently if these actions need to be done.
8. Explain delays to your family member, especially mechanical or weather delays. There is nothing the airline can do about that.
9. IMPORTANT! Do not try and have your family member fly independently the very first time they are flying. That is a recipe for a disaster.

Once your family member with I/DD has had time to practice and become familiar with flying you may be ready for the following steps:

1. Choose your airline carefully. I would suggest one that you are comfortable with and have flown in the past.

The cheapest price and the cheapest airline might not work. Check their on time status information.

2. You can make your airline reservations on the internet (some airlines charge an extra fee if you call their 800 number to make a reservation). After making the reservation, call the airline 800 number and ask to have information added to your reservation. Explain that the passenger has a disability, who will be taking the person to the gate and their cell phone number and who will be picking up the individual in the destination city and their cell phone number. Make sure your family member has this information either in writing with them when flying or in their cell phone. Always verify the information the night before departure to make sure all information is in the computer system.

There are two ways to get your family member with I/DD to the gate: A Parent takes them to the gate or you ask for a “Meet and Assist”. I would always recommend the first way.

3. Day of the flight – go at least 2 hours early before the scheduled departure – allow longer times if departure is at a large or busy airport. When you help check in your family member, the airline will then give the parent escorting the person with I/DD a temporary boarding pass to get through security. Please note: Even if both you and your family member have TSA approval already purchased, you cannot go through precheck. You must go through the regular line following all the rules including the 3 oz. liquids rule,
removing your shoes, pulling out any computer equipment larger than an I-phone etc. Thus you will probably end up in a longer line, but you will be together. Be sure you are up-to-date on TSA rules. My son, Justin, was not happy when his backpack was searched because I forgot to pull out his i-pad.

4. After getting to the gate, relax. I recommend not having your family member eat a lot and make sure you have them go the bathroom before the flight starts boarding. Your family member will get to board first and will be escorted down the gangway to the airline by an airline employee and then passed to the flight attendant. The Alaskan Airline Attendants (and I am assuming on all airlines) knew that Justin needed some extra help as all the information previously provided was on their I-pads.

5. Stay until the plane has taken off, that includes the time they sit on the taxi way. You can ask an airline employee when the plane has taken off or I recommend downloading that airlines app on your phone and your family member’s phone. You don’t want to leave the airport until they are in the air in case they have to unexpectedly return to the gate.

6. Whoever is picking up your family member at the destination city should follow the same guidelines given in step in #3. Arrive early. They will have to wait in line to get the standby boarding pass (and will need identification that matches the information in the airlines computer system) and then have to go through the regular security and then get to the arriving gate.

7. Your family member will be the last one off the plane and will be escorted by an airline employee.

8. Whoever is picking up your family member, will then proceed to the baggage claim to get your family member’s baggage.

Suggestions to make the flight go smoother:

1. Check your family member’s bag. At the most send a small backpack on the airplane so it can be under the seat in front of them (for accessibility). Having items in the overhead compartments are difficult to get at.

2. In the backpack include, a snack and an air sickness bag. I suggest including a change of clothes including a shirt, pants and underwear. Possibly a light jacket/sweater and air pillow. Also have their medicine in the backpack in case their checked bag gets lost. (If you have liquid medicine remember the 3 oz. rule). Headphones and an I-pad can make the trip go faster. (Download movies, games, music etc.) Make sure your child knows how to adjust the volume.

Other comments:

We were very fortunate to meet an Alaskan Airline Attendant who has befriended us and actually bids on Justin’s flight both going to Seattle and coming back to Omaha. (The plane leaves Seattle, comes to Omaha and then immediately returns to Seattle.) Thus Justin has a familiar face on the flight. I would suggest something in writing to the flight attendants with some additional information about your family member, especially if their speech is difficult to understand.

I would never recommend the “meet and assist” option of getting your child to the gate. You then give up control when you check your family member’s bags and a stranger takes your family member to the gate. By personally taking your family member to the gate, if there is a delay at the airport, you are with your family member and able to wait with them. Also it is very reassuring to see a familiar face when you land (whoever is picking up your child) vs. waiting to get to the baggage claim area. Think of the “Meet and Assist” option as designed for elderly flyers or an individual who has a physical disability vs. an intellectual or developmental disability.

The “When Kids Fly Alone” (link below) from the Department of Transportation is also helpful. https://www.transportation.gov/sites/dot.dev/files/docs/Kids_Fly_Alone.pdf

The whole process can be stressful for our family members with I/DD. Justin is very tired the first night he gets to Seattle and the first night he gets home. However, it is worth it when you hear “I did it”!

If I can answer any other questions, please contact me at kim.bainbridge@cox.net
Community Teen Lunch and Film Club

Spend the afternoon socializing, eating lunch and watching a movie with friends.

**Saturday, October 6**  
& **Saturday, November 3**

Start time between 12:15 - 12:30 p.m.  
Westwood 8 Theater  
2809 S 125th Ave # 297 Omaha, NE 68144

Pick-up typically between 2:00 - 2:15 p.m.  
Lunch is included.

Cost: $15/Arc member • $20/non-member

RSVP to Amanda Clark aclark@olliewebbinc.org  
THIS IS A PRE-PAYMENT EVENT ONLY!

Includes hot dog, popcorn, beverage and admission for participant only

Please email aclark@olliewebbinc.org the week of the film to find out an exact time for arrivals and which film we will be seeing.

Shop and Learn

Shop and Learn is an evening class with an emphasis on healthy eating and meal planning in a community setting. As a group, we will discuss meal planning, shop for ingredients and prep a simple meal.

**Monday, October 1**  
& **Monday, November 5**

6:00 to 7:30 p.m.  
at Whole Foods Supermarket in Regency

(Please meet us in the café/eating entrance – we will use the “meeting room” next to it)

Cost: $15/Arc member & $20/non-member

Please note: Class size is limited to 8 people. Before sending in your check/registration, contact Amanda at 346-5220, Ext. 31 or aclark@olliewebbinc.org to see if space is still available.

Congratulations to new matches Lauren Lewis and Jessica Mollak!

Fitness Club

**Saturday, October 27 & November 24**

From 12:30 to 2:00 p.m.

St. Timothy’s (lower-level community room)  
510 North 92nd Street • Omaha, NE 68131

What better way to keep incorporating fitness in your life than with a group of peers and friends?! Each meeting we’ll have fun games, discussions and of course – physical activities to get everyone moving!

Types of exercise we will be trying with our own supported/adapted interests in mind:

- Yoga
- HIIT
- Aerobics
- Kick-boxing

Please wear comfortable clothes and shoes for fitness activity and bring a water bottle!

Cost: $5/Arc member and $10/non-member  
RSVP to: aclark@olliewebbinc.org.

Come to four classes and earn your first fitness prize!
**For Adult Services and Just Friends Participants**

**Social Skills and Relationship Boundaries Classes**

**Fall Circles 1 Class Series:**

- **October 10, 17, 24, 31**
- **Wednesdays • 5:30 to 7:00 p.m.**
- **at Ollie Webb Center, Inc.**

**Cost:** $60 Arc member/ $80 non-member

All ages are invited to participate – please email Amanda to be sure there is room before sending in your RSVP.

Circles is a well-regarded program which uses circles of different colors to teach people with disabilities about appropriate behavior based on the type of relationship they have with family, friends, and others.

Online Curriculum for this program can cost $300 and it won’t be personalized or have the value of peer discussions on topics such as: who you can touch and how, who you can trust and why, and who you can talk to and what you can say.

---

**The Annual Halloween Dance**

- for teens and adults with disabilities
- **October 19 • 6:00 - 8:00 pm**

Come join your friends for a fun Halloween costume party!

Mockingbird Hills Community Center • 10242 Mockingbird Dr

Cost: $5/Arc members and $10/ non members • no charge for parents/staff

To register contact Amanda at 346-5220, Ext. 31 or aclark@olliewebbinc.org
ADULT SERVICES
(Ages 19 and Older)
by Amanda Clark, Program Coordinator
aclark@olliewebbinc.org

Community Lunch and Film Club
Spend the afternoon socializing, eating lunch and watching a movie with friends.

**Saturday, October 13 & Saturday, November 10**
Start time between 12:15 - 12:30 p.m.
Westwood 8 Theater
2809 S 125th Ave # 297 Omaha, NE 68144
Pick-up typically between 2:00 - 2:15 p.m.
Lunch is included.
Cost: $15/Arc member • $20/non-member
RSVP to Amanda Clark aclark@olliewebbinc.org
THIS IS A PRE-PAYMENT EVENT ONLY!

Includes hot dog, popcorn, beverage and admission
for participant only

Please email aclark@olliewebbinc.org the week of the film to find out an exact time for arrivals and which film we will be seeing.

Shop and Learn
Shop and Learn is an evening class with an emphasis on healthy eating and meal planning in a community setting. As a group, we will discuss meal planning, shop for ingredients and prep a simple meal.

**Tuesday, October 2 & Tuesday, November 6**
6:00 to 7:30 p.m.
at Whole Foods Supermarket in Regency

(Please meet us in the café/eating entrance – we will use the “meeting room” next to it)
Cost: $15/Arc member & $20/non-member

Please note:
Class size is limited to 8 people. Before sending in your check/registration, contact Amanda at 346-5220, Ext. 31 or aclark@olliewebbinc.org to see if space is still available.

Fitness Club
**Saturday, October 27 & November 24**
From 12:30 to 2:00 p.m.
St. Timothy’s (lower-level community room)
510 North 92nd Street • Omaha, NE 68131
What better way to keep incorporating fitness in your life than with a group of peers and friends?! Each meeting we’ll have fun games, discussions and of course – physical activities to get everyone moving!

Types of exercise we will be trying with our own supported/adapted interests in mind:
• Yoga
• HIIT
• Aerobics
• Kick-boxing

Please wear comfortable clothes and shoes for fitness activity and bring a water bottle!

Cost: $5/Arc member and $10/non-member
RSVP to: aclark@olliewebbinc.org.

Come to four classes and earn your first fitness prize!
RESERVATION FORM – Just Friends

Name:__________________________________________________ Phone #: (_____)________________
Address:________________________________________________ Zip:___________________________
Date of Birth:_________________________ *Allergies: ____________________________
Emergency Contact ________________________  Emergency Phone:  ___________________________
I allow the use of images for public relations purposes and release and discharge Ollie Webb Center, Inc. and its employees and volunteers from any liability as a result of my participation and/or my child’s participation in the Adult Services Program  *Signature: ______________________________

PLEASE CIRCLE THE EVENT(S) THAT CORRESPONDS WITH PAYMENT

Shop and Learn (October 1) • (November 5) ........................................................... $15 Arc members/$20 non-members
Teen Lunch and Film Club (October 6) • (November 3) .................................... $15 Arc members/$20 non-members
Fall Circles I Classes (all ages) (October 10, 17, 24, 31)....................................... $60 Arc members/$80 non-members
Halloween Dance (all ages) (October 19)................................................................ $  5 Arc members/$10 non-members
Fit Club (all ages) (October 27) (November 24)...................................................... $  5 Arc members/$10 non-members

Total Enclosed: $___________ Please make checks payable to: Ollie Webb Center, Inc.
Return to: Ollie Webb Center, Inc., Just Friends, 1941 South 42nd Street, Suite 122, Omaha, NE 68105

RESERVATION FORM – Adult Services

Name:__________________________________________________ Phone #: (_____)________________
Address:________________________________________________ Zip:___________________________
Date of Birth:_________________________ *Allergies: ____________________________
Emergency Contact ________________________  Emergency Phone:  ___________________________
I allow the use of images for public relations purposes and release and discharge Ollie Webb Center, Inc. and its employees and volunteers from any liability as a result of my participation and/or my child’s participation in the Adult Services Program  *Signature: ______________________________

PLEASE CIRCLE THE EVENT(S) THAT CORRESPONDS WITH PAYMENT

Shop and Learn (October 2) • (November 6) ........................................................... $15 Arc members/$20 non-members
Adult Lunch and Film Club (October 13) (November 10) .................................... $15 Arc members/$20 non-members
Fall Circles I Classes (all ages) (October 10, 17, 24, 31)....................................... $60 Arc members/$80 non-members
Halloween Dance (all ages) (October 19)................................................................ $  5 Arc members/$10 non-members
Fit Club (October 27) • (November 24)...................................................... $  5 Arc members/$10 non-members

Total Enclosed: $___________ Please make checks payable to: Ollie Webb Center, Inc.
Return to: Ollie Webb Center, Inc., Adult Services, 1941 South 42nd Street, Suite 122, Omaha, NE 68105
Each and every day, Job Development Specialists from the Employment Services department at Ollie Webb Center, Inc. (OWCI) have the privilege of working with individuals who are seeking competitive community-based employment. Individuals work one-on-one with a job developer to learn and increase work-readiness skills through real-world applications during the job search process. Individuals have the opportunity to explore different career fields through a discovery process that includes interest inventories, research, and employer visits.

Rachel, an OWCI job seeker, eagerly began job development this past year and was working with Katherine, a Job Development Specialist. Rachel and Katherine worked together once a week to develop interview skills and search for a job that aligned with her skills and interests. Rachel was passionate about working on money math skills as she felt this would make her more confident in her job search and increase her marketability to employers. In May, Rachel went to an interview at Planet Fitness and aced the interview! The General Manager, Nah and the Assistant Manager, Matt, were impressed with her enthusiasm and talent and offered her a job in Member Services. Katherine, her job developer had this to say about Rachel: "Rachel's customer service skills are astronomical. Her ability to make customers and co-workers smile is admirable. She is always on time, always ready to learn, and takes pride in her job."

Rachel began with a rotation of cleaning and checking people in at the front counter and was focused on increasing her customer service skills for the purpose of job retention. Additionally, she learned how to conduct a point of sale with no assistance and give back the appropriate change. She also has the ability to cancel memberships, sign people up for tanning and massages, and field incoming calls. Rachel has now been at Planet Fitness almost four months and is always learning something new. Rachel shares, “During job development I learned a lot. I learned about searching for jobs and filling out applications. My favorite part was getting a job! I have learned all the regulars [customers] names and greet them when they come in and when they leave. I am learning professional social skills for when I talk to my boss and also how to interact with customers. I really love my job!"

Planet Fitness’ Assistant Manager, Matt shared that, "Rachel is upbeat and is always looking to learn something new. One thing I really like about her is that she always tells the customers to have a good work out and addresses them by name. No one else here does that, and that is really cool. She is always upbeat and happy." OWCI is excited to further our existing partnership with Planet Fitness.
Amanda has enjoyed participating in Ollie Webb Center, Inc.’s (OWCI) Independent Living program for several years and is pictured here with her residential staff Nancy Mundy. Amanda’s parents share that, “Doing Aerobic exercises at the YMCA helps Amanda to work on her motor strengthening as well as helping her to practice following directions. Amanda has a great time participating in the aqua class at the Sarpy Y on Friday mornings, with Nancy as her staff. They usually start with beach ball volleyball. The ladies in the class like to make sure that Amanda is included. Amanda loves exercising to the music, (and sings along) as Nancy guides her through the exercises.”

Amanda’s participation in an aerobic exercise class provides a natural opportunity for Amanda to practice her community conversation skills in a fun and relaxed environment. Nancy states “Amanda always looks forward to swimming. Swimming gives Amanda an opportunity to work on her listening skills, since she is visually impaired. She lifts weights in the pool to strengthen her muscles and she loves to play aqua volleyball. Swimming at the YMCA gives Amanda a sense of community and an opportunity to converse and interact with the other members of the class.” Amanda and Nancy have been swimming together for years now and each time they go it’s a fun experience. After a shower and fixing their hair, they are off to Dunkin’ Donuts for some iced coffee, where they enjoy conversation and interacting with other community members.
STAFF DIRECTORY

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<td>Denise Gehringer</td>
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<td>Aimee Addison</td>
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<td>Amanda Wells</td>
<td>19</td>
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For more information about Ollie Webb Center, Inc. activities and programs, you can pull up our website on your smart phone QR app!

It's Free!