COVID-19 Vaccine Information

(Source: http://dhhs.ne.gov/Pages/COVID-19-Vaccine-Information.aspx)

Vaccine will play a critical role in protecting Nebraskans against COVID-19 as well as slowing the spread of the virus. DHHS, local health departments and other partners are planning for the arrival of COVID-19 vaccine in Nebraska. DHHS has worked to ensure that inclusion, transparency, and a sound evidence base are the foundation of Nebraska’s COVID-19 vaccination plan.

The goal is to ensure fair and equitable access, and to distribute the vaccine in a way that provides the most protection for Nebraskans as quickly as possible. There are many unknowns that still remain in planning for vaccine distribution, making this plan a living document that will be revised as new information is available.

Please check for the most up-to-date information from DHHS at the following links detailed below and note that individuals with disabilities are in the Phase 1A priority group.

Vaccine Information: http://dhhs.ne.gov/Pages/COVID-19-Vaccine-Information.aspx


**Weather Policy**

The following weather conditions may cause us to close our office and/or cancel/reschedule events.

- Heavy, accumulating, blowing and drifting snow
- Ten degrees or more below zero and/or wind chill
- Ice, sleet and/or freezing rain

If the weather is questionable, our services will be canceled.

If **Omaha Public Schools** cancel their day/ evening activities and/or staff deem it unsafe for travel our services will be canceled.

**Note:** If you are not sure if an evening/ weekend event will be held or canceled, call 402.346.5220 and or check our Facebook page for event updates. Most decisions will be posted by 3:00 p.m. for evening activities, and 8:00 a.m. for daytime activities.

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**2021 Arc of Omaha Membership Drive!**

"Time and money spent in helping people to do more for themselves is far better than mere giving." ~ Henry Ford

This has been a difficult year for all of us but the impact of COVID-19 on individuals with intellectual and developmental disabilities and their families has been especially devastating. Many of our clients are still largely self-quarantining due to underlying health conditions and have limited access to their cherished friends, hobbies, and routines.

Please consider becoming an Arc of Omaha member today so our clients can safely enjoy virtual adaptations of programs such as the First and Next Chapter Book Clubs, Friends and Best Buddies Mentoring Programs, and sibling and parent support.

**Becoming a member for 2021 is easy!** Options start at just $25. This can be done is by mail (fill out the form below) or online at www.olliewebbinc.org. The benefits of continued membership include:

- Use of the Ollie Webb Center, Inc. pass to Omaha's Henry Doorly Zoo. Pass use is unlimited based on availability and entitles 2 adults and up to 6 children free admission to the zoo.
- Discounts on many activities and events sponsored by The Arc of Omaha. For more information, please reference our monthly newsletter or www.olliewebbinc.org.
- Support from The Arc of Nebraska and The Arc of the United States, including representation at local, state, and national policy forums and publications on a variety of topics.
- The satisfaction of supporting a local community agency that tirelessly informs the public of the needs, rights, and abilities of individuals with developmental disabilities.

**Your Arc of Omaha membership sends a strong message in support of the rights of individuals with intellectual and developmental disabilities. Please consider becoming a member today!**

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**The Arc of Omaha 2021 Membership Form**

Your membership will be valid from January 1 through December 31, 2021

**Thank you for your past support! Please consider once again being a part of our team!**

_name__________________________

_(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

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**Zoo Pass Available to 2021 Arc Members!**

The Arc of Omaha has a free Family Zoo Pass available for use by its 2020 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.
The Ultimate Life program is a fee-based companion recreation program for adults aged 18 and older with developmental disabilities. 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 staff accompany participants and transportation to and from the activities is part of the program. APPLY NOW! Registration fee is $30.

**Ultimate Life in 2021!**

We have had a successful first few months of virtual events! Ollie Webb Center, Inc. is delighted to share our unique Ultimate Life program with individuals who have not joined us before, now offered in this new format. Many of our virtual attendees are individuals who are discovering the fun of Ultimate Life for the first time. Our events have been a resounding success and participants are excited to see old friends as well as make new ones. If you are interested in learning more about Ultimate Life, this is a great time to check it out. Our virtual events include Dinner with Friends, Game Night, and Karaoke Night. All of our events are just $10.00 and are billed after the event.

Tara Waln-Lewellyn, Program Coordinator • twaln-lewellyn@olliewebbinc.org
HEALTH, WELLNESS, AND PERSONAL DEVELOPMENT
Next Chapter Book Club

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.

Next Chapter Book Club (NCBC) Volunteer of the Year

Trish Edwards is our 2020 NCBC Volunteer of the Year! During her service since 2017, Trish has not only faced personal challenges and loss but she has compassionately and calmly supported members of her group who have also faced similar circumstances the past few years. Trish’s dedication to her groups manifests through the variety of kind acts she performs. She maintains regular email and text contact, she sends cards, and she has built strong relationships with all members. When the pandemic began, Trish smoothly transferred her group to virtual meetings. She delivers and picks up books to members to use for these meetings. Trish is the embodiment of the three tenets of NCBC: community, friendship, and literacy. Please join us in congratulating Trish Edwards for sharing her gifts with our agency!
The Social Recreation Program offers small- and large-group activities in which youth and adults with disabilities can enjoy leisure time, build friendships and access the community.

Join Us for Midweek Movie Madness!

OWCI is proud to hold Midweek Movie Madness, a free virtual movie series. We have had five events in total with group viewings of "Grease", "Footloose", "The Addams Family", "Back to the Future", and "How the Grinch Stole Christmas" with up to 20 participants at each movie.

We are pleased to see and hear about the success of the movies through participant feedback. The combination of being able to watch the movie from the comfort of your own home as well as the ability to engage with other participants prior to the movie, during the break, and at the end has contributed to a positive group experience!

If you would like to participate in Midweek Movie Madness events, just complete the Eventbrite link sent through email announcements. Program Coordinators Alexa and Tara will send the Zoom meeting information to you the day of the event.

So just grab some snacks, sit back, relax, and enjoy the movies! Feel free to bring family members and furry friends to the shows. We have truly enjoyed seeing each of you who have attended so far and hope to see more of you in the future!

If you are not receiving email notifications about Midweek Movie Madness, please reach out to Alexa Edwards at aedwards@olliewebbinc.org.
The Art of Imagination classes are focused on the visual and performing arts. Classes offer artistic opportunities in traditional art forms such as painting, writing, drawing and photography and more. Theater classes include improvisation, playwriting, scripted pieces and radio drama culminating in rehearsals and public performances.

Meet Omaha’s Renaissance Woman: Carole Waterman
written by Carrie Nash

When I was first hired this past January to work with the Ollie Webb team on the upcoming production, Dionysia: Three Greek Myths, our first task was to find a consultant well-versed in all things Greek Theatre. Having just returned to Omaha, I started to ask around. Every person I asked had the same response: “Have you talked to Carole Waterman?” “Well surely you’ve talked to Carole Waterman.” “You need to call Carole Waterman.” Being a good listener, I called Carole Waterman. And, what a joy to meet this Renaissance Wonder Woman.

Musician, weaver, poet, dancer and theater artist and educator, Carole has left an indelible mark on the Omaha Theater Community and around the world. The daughter of a university professor, she landed her first theater role at that same institution as a child in a pioneer story. She was three years old. She was hooked. “And she said, “I got to keep the dress!”

Carole went on to perform in high school and college. Though she wanted to get a degree in Theater, her father wanted to make sure she could get a job! She graduated with three degrees: Bachelor’s Degrees in Music and English and a Master’s Degree in Music.

Fast forward to 1972. She and her husband John decided to move the family to Greece. Carole got a job teaching music at The American Community School, an International School in Athens. The Greek language teacher knew all things Greek Theater and took Carole under her wing. Together they started the Athens Children’s Theater bringing Greek myths to life for families and children in the community.

Carole returned to America with her family in 1985 and in 1991, having lost their vegetarian restaurant (yes, she is also an entrepreneur) in an earthquake in California, they moved to Omaha. “We planned to be here for six months. That was 29 years ago.” In 1992, she met James Larsen of The Emmy Gifford Children’s Theater (EGCT), now The Rose. At that time, EGCT did shows but had no education programming. Carole quickly changed all that. Super-secret side note: Jim Hoggatt was teaching at EGCT at the time and, David Ackerman’s very first theater class was at EGCT. Guess who his teacher was: Carole Waterman!

In 1997, Carole retired from The Rose. She has since directed stage productions for Brigit St Brigit Theater and taught for WhyArts, and has trained many a teacher in the wild ways of the creative classroom. Though retired, she decided to join our team because “You dangled my two favorite words in front of me – Greek and Theater.”

When asked about her experience so far, she replied “Working with Jim, David and Carrie on the play is so inspirational. The team player aspect and focus on process is impressive. It is commitment to the work at a very high level which is something I really believe in. All individuals deserve really good literature and the highest quality experience. That has always been my belief. And to make something specifically designed for, and with, the individuals and families at Ollie Webb is wonderful.”

In addition to working on the script, Carole is visiting classes this Fall and Winter teaching music from the play composed by her and her son Chris. Carole’s daughter, Lisa Kalantjakos, a well-respected theater and dance artist herself, has assisted with Greek language and pronunciation and will bring her Greek movement skills into the rehearsal hall. When we get back on the stage, you can be sure this will be a family affair – for the Waterman’s and all of us at Ollie Webb.
The Continuing Education program extends the learning experience beyond high school. Classes are offered in a variety of formats and settings and focus on independent living, money management, social and employment-related skills. Courses provide a person-centered approach that focuses on increased independence as opposed to the maintenance of skills. A five day-a-week program is available and follows a typical college schedule.

Career Planning and Development

Prevocational training and instruction is the foundation of OWCI's Continuing Education program. A current course entitled, Career and Life Strategies for Success, is a wonderful example of how our program offers opportunities to assist participants to achieve goals and be successful at work and at play. Class instructors Tara Waln-Lewelyn and Deb Gibson shared their thoughts and feedback about the impact of the class.

The instructors shared that they adopted a holistic and comprehensive approach to the class and used, among other tools, the Wellness Wheel as one of several resources in mapping out the course. At the beginning of the semester, the Wellness Wheel was presented to the class. Participants were led through the process of completing their own Wellness Wheel. The results of the individual Wellness Wheels were used to create SMART goals for the class, helping participants in recognizing opportunities for growth.

Another class component that was explored was volunteerism, including the connection between skills needed for work and those important for volunteer opportunities. The class spent a lot of time talking about volunteer interests, reflecting their personal values, talents, and strengths including both the hard and soft skills that they could bring to a volunteer position. Volunteer locations in the Omaha metro were identified and their websites were reviewed to learn more about the volunteer recruitment process at different agencies. Mock interviews were also conducted as part of this interactive learning process.

Professional and interpersonal communication skill development is a large part of class everyday. Participants hone their skills and experience in how to successfully start conversations, actively listen to others, ask initial and follow-up questions, change subjects, volunteer information, cope with lulls in conversation, minimize interruptions, and experience the natural flow of genuine, spontaneous conversation. More importantly, program participants are gaining confidence in their conversation skills.

Regular topics explored in this course have included: Healthy relationships and boundaries, assertiveness, with a focus on “I” messages, anger management and recognizing anger “thermometers” and triggers as well as creating a calming tool box of resources, and mindfulness-breathing exercises and guided meditation. Money management, budgeting, and identifying/prioritizing wants and needs, home care, and healthy eating have also been a focus of this class.

In the upcoming Winter-Spring 2021 semester, a related course that will continue to build on these skills is being offered; Communication Etiquette and Professionalism. This new course will expand on active listening skills, when and how to ask for feedback, ways to work more effectively in groups while gaining a better understanding of body language and vocal tone, and much more. The goal is that the strong communication skills learned here will lead to more successful interactions with co-workers, supervisors, friends, and family.
Supported employment is a community-based work option for adults with developmental disabilities. Supported employment is based on the premise that work should be accessible to everyone, regardless of disability. By providing the necessary support, people with disabilities increase their opportunity for community integration, independence and productivity. Services in this area include: Job Development and Job Coaching.

Job Placement!

Evan and his OWCI Job Developer met for less than one month before his outstanding work history and qualifications led him to an interview and job offer as a dishwasher from the Kimpton Cottonwood Hotel in the Blackstone District. Evan had been meeting with his Job Developer weekly via Zoom, applying for jobs and practicing interview skills, revising his resume, and creating an online job board profile. With the help of family and other supports, Evan also discussed several key components of job placement, including a review of his benefits and a plan to conduct a new benefits analysis, transportation planning, and what job coaching services would look like.

Evan began his orientation and training at the Cottonwood Hotel in November. The hotel renovation is new and based in a historic building. The hotel is planning to make its food and beverage services an important facet of their services and hopes to be a premier location in Omaha so Evan’s prior background and skills mean that he has great opportunities working within the hotel. He has been greatly assisted by natural supports as well as his coach and has quickly caught on to a routine of how things work and where they go amongst the ever changing needs of a new business. Evan will be an important team member of a new local business and will have the support of his job coach navigating the steps along the way. This combination of supports and Evan’s skills will help him to be successful in his new role.
Independent living services provide instruction for individuals who live in their own home (apartment or house) or in their family’s home. Education, training and support is provided to maintain or increase independent living skills, such as money management, health and safety, interpersonal relations, community awareness, recreational skills, nutrition, hygiene and leisure.

Independent Living via Zoom

Ollie Webb’s residential program is expanding to provide both in-person and virtual options for Supported Family Living and Independent Living services. Program participants, families, and staff members have joined together to ensure that services can be provided in a safe environment for all. Staff are teaching and supporting best practices for safety during the pandemic while also providing habitation and skill development in fun ways at the same time. CDC protocols are followed, including using hand sanitizer, washing hands upon entrance to a home, wearing a face mask in the participant’s home, and encouraging individuals to wear face masks when leaving the house and going out in public.

While some individuals are receiving residential services in the home, OWCI is also delivering these same services via Zoom after approval from the Department of Health and Human Services based on concerns from participants and families who are worried about exposure by staff entering their homes. You may ask yourself, “what do Supported Family Living and Independent Living services look like via Zoom?” We have been very creative in providing our service via Zoom and some of the skills we have been able to work on include: meal planning, cooking, laundry, reading comprehension, communication, dental care, home cleaning, and many more. One thing we recommend is that a caregiver be present during the Zoom shift if hand-over-hand skills are required or if there is a safety concern when using equipment or appliances.

Please contact Lisa McMichael if you are interested in learning more about how residential services can be provided either virtually or in-person in the New Year.
If you have received this newsletter via e-mail in error and/or wish to unsubscribe and no longer receive this newsletter, please send an e-mail to info@olliewebbinc.org with “unsubscribe” in the subject line. You may also contact us to unsubscribe by sending a letter to: Ollie Webb Center, Inc. • 1941 South 42nd Street, Suite 122 • Omaha, NE 68105

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!

# STAFF DIRECTORY

## Administrative Office Staff

<table>
<thead>
<tr>
<th>Name</th>
<th>Position</th>
<th>Ext.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Laurie Ackermann</td>
<td>Executive Director</td>
<td>17</td>
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<tr>
<td>Lisa Dougherty</td>
<td>Compliance Director</td>
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<tr>
<td>Megan Hillebrandt</td>
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<tr>
<td>Jenny Koley</td>
<td>Receptionist</td>
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<tr>
<td>Robin McArthur</td>
<td>Operations Director</td>
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<tr>
<td>Jordan Stocking</td>
<td>Executive Assistant</td>
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## Program Support Staff

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<tr>
<th>Name</th>
<th>Position</th>
<th>Ext.</th>
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<tbody>
<tr>
<td>David Ackermann</td>
<td>Education Services Coordinator</td>
<td>13</td>
<td>Craig Kneiff</td>
<td>Interim Employment Services Manager</td>
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<td>Aimee Addison</td>
<td>Health &amp; Wellness Services Coordinator</td>
<td>19</td>
<td>Lisa McMichael</td>
<td>Independent Living Services Manager</td>
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<td>Dave Brown</td>
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<td>Carrie Nath</td>
<td>Managing Director</td>
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<tr>
<td>Alexa Edwards</td>
<td>Mentoring Services Coordinator</td>
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<td>Tara Waln-Lewelly</td>
<td>Personal Development Services Coordinator</td>
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<tr>
<td>Jim Hoggatt</td>
<td>Artistic Director</td>
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<td>Cheri Albin</td>
<td>Family Services Coordinator</td>
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