Honey Sunday is an annual fundraiser. Proceeds benefit The Arc of Omaha at Ollie Webb Center, Inc., a local non-profit agency serving individuals with developmental disabilities and their families. Honey is sold in bear-shaped 12-ounce bottles.

$6.00 for one bottle, $10 for two, $15 for three bottles!

JOIN US FOR A “SWEET” VOLUNTEER OPPORTUNITY!
Corporations – Schools – Churches – Family and Friends

When: Sunday, November 5, 2017 Noon – 4:00 p.m.

Volunteers are very important to this event – we’d like to involve EVERYONE! This is an excellent community service project for all ages. Volunteers, in small groups, go door-to-door in neighborhoods throughout Omaha to sell honey.

Corporations: Sell honey on site in lunchrooms or lobbies - or a friendly intra-office competition!

Schools: Opportunity for Student Volunteer hours – through door-to-door sales; at local places of business; or at school sponsored activities (sports, musicals, plays) provided by student clubs, organizations and/or civics classes.

Churches and Synagogues: Youth and service groups sell either door to door or after Worship services. A great way to get community service hours.

Family and Friends: Canvas your own neighborhood; reach out and share the sweetness across the city with your family and friends.

To learn more or to volunteer, please contact:
Lori Beck
lbeck@olliewebbinc.org
402.346.5220
2017 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

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 2017. Membership options are outlined below.

The Arc of Omaha 2017 Membership Form

Your membership will be valid from January 1 through December 31, 2017

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 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.

The Arc of Omaha 2017 Membership Drive!

DON’T FORGET!
to renew your Arc of Omaha membership for 2017.

Winter 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 “Adult Services” event will be held or canceled, call 402.346.5220 ext. 31 for event updates. Most decisions will be posted by 3:00 p.m. for evening activities, and 8:00 a.m. for daytime activities.

Zoo Pass Available to 2017 Arc Members!

The Arc of Omaha has a free Family Zoo Pass available for use by its 2017 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.
SIBSHOPS
(Ages 6 -13)
by Amanda Clark, Program Coordinator
aclark@olliewebbinc.org

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)

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

The dates are: November 14 • December 12, 2017
January 16 • February 20 • March 20 • April 17 • May 15, 2018

We will not be offering dinner, but will have snacks. The payment structure will still allow a significant discounted price for signing up early for all 9 sessions, which we highly encourage. Please plan to come to our sharing session for parents (in the newsletter) and please share if you have friends who might be interested in the program.

Secondly, we can’t wait for you to meet our new facilitator, Isabella, who is studying psychology at Creighton University, has a lot of experience working with children and people with disabilities, and she has a younger brother who has Autism. And of course, we are also thrilled to have Jamie co-facilitating again this year. He has been a stead-fast group leader who keeps the kids engaged in discussion and fun.

Lastly, 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.
Natural Supports & Community Connections

In addition to applying for government funded services, including applying for Medicaid Waivers, it is also important to explore what is available in your community that may provide help and supports – what are often called “natural supports.”

So what are natural supports? Natural supports are the relationships that occur in everyday life. Natural supports usually involve family members, friends, co-workers, neighbors and acquaintances. Individuals with intellectual and developmental disabilities often need help in developing these connections, but once they do these “natural systems of support” become an important part of their life in the community.

For example, being involved in a YMCA swimming program, community center arts class, or worship services may lead to friendships and connections that last far beyond the actual event. Overtime, these connections can help an individual build a strong community network and support system.

Some ways to build natural supports include:

- Participate in community activities and projects – Help out on a “Clean City Day” collecting recyclables. Join in “A Day of Caring” where groups help out in projects throughout the town or city.
- Join groups and clubs – Check out groups for people with disabilities such as Special Olympics and Best Buddies, as well as groups and clubs open to people of all abilities in your community. If you are in school, get involved in extracurricular clubs and youth groups like boy scouts or girl scouts, sign up for summer camps.
- Socialize with family and neighbors.
- Explore work opportunities – Think about what you like to do. Visit work sites where people do things that interest you. Find out if you can work as an intern or volunteer to see if you like that kind of work.
- Attend church and faith based activities outside of traditional worship services.

How can you help others strengthen their natural supports?

- Listen carefully and help individuals discover and express their interests and talents.
- Learn more about activities individuals are already involved in and explore ways connections can be strengthened.
- Make a list of community resources that fit the individual’s interests.
- Help individuals explore their communities to find activities and resources that fit their interests.
- Encourage and help individuals attend social or community activities.

Ask others for ideas and help.
Effective Advocacy

Have you said to yourself, “I'd like to speak out about important issues, but I am not sure how.”? Join us to discuss the most effective ways to be heard and impact change when advocating for disability rights and laws.

At this training, you will learn the most effective ways to reach your legislators via email or phone, how to testify in committee and how to talk with a legislator in-person.

This event is for Self Advocates, Family and Friends of the disability community.

Disability Rights Nebraska’s Public Policy Director, Brad Meurrens will share the issues of concern to the disability community in the upcoming Nebraska legislative session and Arc of Omaha Legislative Advocacy Agent, Denise Gehringer will share information gained from the Coalition for a Strong Nebraska.

Date: Thursday, November 16, 2017
Time: 6:30-8:00 p.m.
Location: UNO Barbara Weitz Community Engagement Center
6001 Dodge St.
Reserved Parking Available
Reservations required.
RSVP at: https://effectiveadvocacy.eventbrite.com

Interpretation services available by request. Requests MUST be received by November 6.

Email requests or questions to: Denise Gehringer dgehringer@olliewebbinc.org

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

• 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
It’s all about choices…but first we need the facts. Why be healthy? How is it achieved? Our hope for Fit Club is for students (teens and adults separately) to demonstrate an accurate understanding of nutrition and fitness by making healthy choices in their day-to-day lives.

Community Fitness Club, meeting once per month for teens and once for adults hopes to raise the bar and expand the program from 5-10 participants per class to 15-20 students per class in 2017-2018.

Our secondary goal is to partner with various community facilities, instructors, and volunteers in order to give students a more inclusive experience. We are currently partnering with Simply Ballroom. We have a huge room to spread out in for yoga warm-up and cool downs, cardio activities, and weight training. And we get to listen to streaming music with surround sound, walled-mirrors, and all in a great off-the-interstate-location. Starting in 2018, we will enjoy class on Saturday afternoons in a new West-Omaha location, t.b.a.

While we are working to achieve goals one and two, we will work even harder on our ultimate goal of helping every student to actively participate in a new workout challenge every month and be able to replicate the workout at home. Ethan, a student in our teen group, pulled me aside to say he’s been doing all of his arm exercises at home and with a flex and smile – he said he’s really proud of it! Go, Ethan! The arm exercises are my personal favorite. I took everything I learned from “Tracy Anderson Method” videos and classes at the YMCA and applied them at our Fit Club. They are exercises that everyone can do and they are fun to do, and some have really quirky names like “serving the pizza.”

So, how else do we measure this goal – or, how do we know we are making a difference with these classes? By asking the questions: how did the class make you feel…good? Challenged? Were you able to do the workouts at home on your own? Have you seen any positive changes in your health since you started taking the classes?

And we realize, like anything – reinforcing exercise habits takes time. It takes commitment, too! And that is why fun prizes will be given to individuals who attend more than 4 classes in a row. But the true prizes of self-esteem, better health, and the ability to make better decisions will come if a student attends each month and puts what they learned in class in to motion in their every day lives.
We can’t forget that exercise alone is only half of the healthful equation. To help achieve healthier lifestyles, we are also offering the Community Shop & Learn and Nutrition Classes at Whole Foods, meeting once per month for teens and once for adults.

The first two goals are the same as the fitness/exercise group and the third is to create a healthy meal (design a recipe, shop for the ingredients, and prepare the meal as a group) every month and be able to replicate the recipe at home.

We love using the meeting space at Whole Foods. It has been the perfect setting for students to learn more about topics like: Vegan vs. Vegetarian, Gluten-Free, and Low-Carb/Low-Sugar diets. These topics have been tested in a market with tons of options so our students have had healthy and delicious meals every time. One of our adult participants, Casey, said he wasn’t so sure he’d like learning more about healthy recipe alternatives. When we came upon the topic of low-sugar/low-carb diets – he was ecstatic! He and his dad both try to eat low-sugar diets and he couldn’t wait to talk to his mom about our advice and recipes. And maybe my favorite part of his success - another La Croix fan was born!

If any of this sounds enticing - both of Fit Club’s classes are taking new members! Please see the respective Adult Services and Just Friends pages for more information or call/email Amanda Clark for more information.
Social Skills and Relationship Boundaries Classes

Circles 2 Class Series:
November 1, 8, 15
Wednesdays • 5:30 to 7:00 p.m.
at Ollie Webb Center, Inc.
Cost: $45 Arc member/ $60 non-member

Circles II: An all-ages boundaries and relationships three-class program for anyone who has taken Circles I. Teens and adults 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.

Send RSVP to Amanda Clark: aclark@olliewebbinc.org or 402-346-5220 ext. 31

Community Teen Lunch and Film Club

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

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.

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

Saturday, November 11 & Saturday, December 2
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!
Community 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, November 6** (RSVP must by 11/3)

**Monday, December 4** (RSVP must by 11/30)

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.

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

**Circles II:** Relationships and Boundaries (3 classes) (November 1, 8, 15)...... $45 Arc members/$60 non-members

**Community Shop and Learn** (November 6) • (December 4) ......................... $15 Arc members/$20 non-members

**Teen Lunch and Film Club** (November 11) • (December 2) ......................... $15 Arc members/$20 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
ADULT SERVICES  
(Ages 19 and Older)  
by Amanda Clark, Program Coordinator  
aclark@olliewebbinc.org

Community Fitness Club  
Monday, November 27 (Burn the Turkey Off)  
from 5:00 - 6:30 p.m.  
Simply Ballroom  
2679 Farnam Street • #204 • Omaha, NE 68131  
Drop-off/Pick-up at the entrance East of the main entrance  
Look for our sign!  
Cost: $5/Arc member and $10/non-member  
RSVP to: aclark@olliewebbinc.org.

Come to four classes and earn your first fitness prize!  
Being physically active is one of the most important steps that Americans of all ages can take to improve their health. The 2008 Physical Activity Guidelines for Americans provides science-based guidance to help Americans age 6 and older improve their health through appropriate physical activity. These benefits are even more important if you have a disability, since people with disabilities have a tendency to live less active lifestyles, according to a National Health Interview Survey.

What better way to start 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  • Aerboics  • Kickboxing  

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

Community Lunch and Film Club for Adults  
Saturday, November 25  
Saturday, December 16  
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!

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.

Includes hot dog, popcorn, beverage and admission for participant only
ADULT SERVICES
(Ages 19 and Older)
by Amanda Clark, Program Coordinator
aclark@olliewebbinc.org

Community 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, November 7 (RSVP must by 11/3)
Tuesday, December 5 (RSVP must by 12/1)
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.

Circles II: Relationships and Boundaries Classes
November 1, 8, 15
Wednesdays
5:30 to 7:00 p.m.
Check out all the details on Page 14

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

Circles II: Relationships and Boundaries (3 classes) (November 1, 8, 15)...... $45 Arc members/$60 non-members
Community Shop and Learn (November 7) • (December 5)......................... $15 Arc members/$20 non-members
Thanksgiving Dinner (November 16)............................................................ $15 Participants/$5 Staff/Parents
Adult Lunch and Film Club (November 25) • (December 16) ......................... $15 Arc members/$20 non-members
Community Fitness Club (November 27) ........................................................ $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
**ADULT SERVICES**
(Ages 19 and Older)
by Amanda Clark, Program Coordinator
aclark@olliewebbinc.org

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For Adult Services and Just Friends Participants

**Social Skills and Relationship Boundaries Classes**

**Circles 2 Class Series:**
November 1, 8, 15

**Wednesdays • 5:30 to 7:00 p.m.**

at Ollie Webb Center, Inc.

Cost: $45 Arc member/ $60 non-member

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Circles II: An all-ages boundaries and relationships three-class program for anyone who has taken Circles I. Teens and adults 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.

Send RSVP to Amanda Clark: aclark@olliewebbinc.org or 402-346-5220 ext. 31

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Thanksgiving Dinner

Please join us for dinner, activities and socializing with friends

**Thursday, November 16, 2017**

6:00 to 8:00 p.m.

Camelot Community Center • 9270 Cady Avenue

$15 for participants and $5 charge for staff/parents who eat

RSVP to Amanda Clark by November 10 at aclark@olliewebbinc.org or call Amanda Clark at 402.346.5220 ext. 31
<table>
<thead>
<tr>
<th>Administrative Office Staff</th>
<th>402.346.5220</th>
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<tbody>
<tr>
<td>Laurie Ackermann</td>
<td>Executive Director</td>
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<td>Lisa Dougherty</td>
<td>Human Resource Manager</td>
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<tr>
<td>Mavis Hall</td>
<td>Accounting Associate</td>
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<tr>
<td>Jenny Koley</td>
<td>Receptionist</td>
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<td>Cathy Smith</td>
<td>Controller</td>
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<tr>
<td>Jordan Stocking</td>
<td>Executive Assistant</td>
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<tr>
<th>Serving the Programs of The Arc of Omaha</th>
<th>402.346.5220</th>
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<tbody>
<tr>
<td>Judy Bednarz</td>
<td>Program Specialist (Stars Basketball)</td>
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<tr>
<td>Amanda Clark</td>
<td>Program Coordinator (Adult Services, Best Buddies, Just Friends, Sibshops)</td>
</tr>
<tr>
<td>Denise Gehringer</td>
<td>Program Coordinator (Family Services, First Chapter Book Club, Next Chapter Book Club, PRISM, Ultimate Life, Stars Basketball, Tween Scene, Parent to Parent)</td>
</tr>
<tr>
<td>Aimee Addison</td>
<td>Program Assistant (Adult Services)</td>
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<tr>
<td>Gina Urbanski</td>
<td>Program Assistant (Ultimate Life)</td>
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<tr>
<th>Serving the Programs of Career Solutions, Inc.</th>
<th>402.342.4418</th>
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<tbody>
<tr>
<td>Annie Anderson</td>
<td>Education Specialist</td>
</tr>
<tr>
<td>Dave Brown</td>
<td>Independent Living Coordinator</td>
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<tr>
<td>Jim Hoggatt</td>
<td>Artistic Director</td>
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<tr>
<td>Mike Loftus</td>
<td>Education Coordinator</td>
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<tr>
<td>Robin McArthur</td>
<td>Operations Director</td>
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<tr>
<td>Lisa McMichael</td>
<td>Independent Living Manager</td>
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<tr>
<td>Craig Kneiff</td>
<td>Employment Services Coordinator</td>
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<tr>
<td>Blaine Villafuente</td>
<td>Employment Services Manager</td>
</tr>
<tr>
<td>Amanda Wells</td>
<td>Intake &amp; QA Specialist</td>
</tr>
</tbody>
</table>

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!