The annual meeting of Ollie Webb Center, Inc. was held on November 16, 2015. The evening’s highlight was the annual awards ceremony. You’ll find pictures from the meeting on pages 14 and 15 of this newsletter.

Awards were bestowed to:

- The Arc of Omaha Program Volunteer of the Year: Teresa Eklund
- The Arc of Omaha Project II Member of the Year: Sean Sobilo
- The Arc of Omaha Just Friends Mentor of the Year: Katie Gilroy
- The Arc of Omaha P2P Parent Mentor of the Year: Julie Czepa
- The Arc of Omaha Best Buddy of the Year: Abby Kern
- Career Solutions, Inc. Employer of the Year: Sodexo
- Career Solutions, Inc. Artist of the Year: Rachel Mulligan
- Career Solutions, Inc. Community Artist of the Year: Blue Barn Theater
- Community Partnership Award Community Leader of the Year: Wayne Stuberg
- Community Partnership Award Community Volunteer of the Year: Marge & Joe Volpert
- Ollie Webb Center, Inc. Agency Volunteer of the Year: Darin Smith
Honey Myth or Fact

1. Honey is sweeter than table sugar.  
   **Fact:** Honey is sweeter than table sugar, so you use less of it.

2. Honey is best taken when mixed in hot water.  
   **Myth:** Avoid adding piping hot water to honey, as this would not only reduce the aroma and flavour of the honey, but also destroy the natural enzymes present in it.

3. Honey should not be scooped using a metal spoon.  
   **Myth:** Honey is acidic, but scooping it with a metal spoon is such a quick action that corrosion of the metal is unlikely.

4. Honey never spoils, even when it’s stored opened.  
   **Myth:** Honey absorbs moisture from the air when left opened, and this leads to fermentation.

5. Honey comes in the liquid, cream, and powder form.  
   **Myth:** Honey comes in the liquid and cream form, but not in the powder form. Who Says Cactus Honey Powder is Honey?

6. Honey’s quality is not affected by crystallization.  
   **Fact:** Crystallization does not affect the quality and nutritional value of honey.

7. Honey is a healthier choice than artificial sugar.  
   **Fact:** Artificial sugars can cause more harm than you know.

8. Honey contains no cholesterol.  
   **Fact:** Honey is free of cholesterol.

9. Honey contains a tiny amount of fat.  
   **Myth:** Honey is fat-free.

10. Honey helps burn fats when we sleep.  
    **Fact:** According to the Hibernation Diet, honey is the best fuel for burning fats while we sleep.

2016 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 2016. 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.

The Arc of Omaha 2016 Membership Form

Your membership will be valid from January 1 through December 31, 2016

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 e-mail 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:  $______________

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

Your contribution is tax deductible.
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 cancelled. If Omaha Public Schools cancel their day/evening activities and/or staff deem it unsafe for travel our services will be cancelled.

Note: If you are not sure if an evening/weekend “Adult Services” event will be held or cancelled, 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.

ADULT SERVICES

Wine(d) Down Artfully!

You Are Invited To Our Holiday Wine and Painting Event For OWCI Participants!

Date: Dec. 11th, 2015
Time: 6:30 – 8:30 PM
Location: Ollie Webb Center, Inc.

$20 per participant, includes 1 canvas and painting materials, guided artist-instructors (Cathy and Jeff Ballard)
2 glasses of wine (optional), light snacks, punch, lively conversation and fun! Space is Limited

Please RSVP by December 2 by emailing:
ac Clark@olliewebbinc.org

All participants must be 21 or older. Wine is optional but an emailed consent must be given by a guardian.
First National Bank of Omaha to Be Program Manager for Nebraska ABLE Program, Stenberg Announces

Lincoln, Nebraska (Nov. 19, 2015) - State Treasurer Don Stenberg announced today that the new Achieving a Better Life Experience (ABLE) program, which will allow Nebraskans with certain disabilities to create tax-advantaged savings accounts, will be operational by summer 2016 and First National Bank of Omaha will be program manager.

Stenberg said he expects the Nebraska ABLE program to be one of the first ABLE programs in the nation to be up and running. The Nebraska program will be known as Enable.

A program management agreement with First National Bank was approved Monday by the Treasurer's Office, and investment options and fees were approved by the Nebraska Investment Council. The five-year agreement, which took effect immediately, includes the possibility of two one-year extensions. First National Bank has been the program manager of the Nebraska Educational Savings Trust (NEST) 529 college savings program for the past five years. Stenberg is Trustee of NEST and of ABLE. His office oversees both programs.

"The Treasurer's Office and First National Bank have enjoyed an excellent working relationship these past five years and, together, have seen NEST accounts and assets grow significantly and fees charged to account owners drop as well. What's more, that relationship has brought about increased awareness of NEST and of the value of saving for college when children are young," Stenberg said.

"For these reasons, my staff and I are excited about starting a new venture with our existing, trusted and valued partner, First National Bank. First National Bank told us it has designed an ABLE savings program ‘that will be embraced by Nebraskans and can be replicated in other states.’ It also said the program will be simple to use and as low cost as possible," Stenberg said. "First National Bank's proposal was a very well thought-out plan."

One element of First National Bank's proposal that Stenberg said was important to the future of the ABLE program was the bank's significant outreach to advocacy and parent groups. "In developing its proposal, First National Bank said it set out to learn as much as it could about Nebraskans with disabilities," Stenberg said. "First National Bank's approach was not to design a program from the bank's perspective, but rather to work with the disability community to develop a program to meet the varying needs of people with disabilities."

The Nebraska ABLE Act was approved by the Legislature in 2015 and signed into law by Gov. Pete Ricketts on May 27. Senator Kate Bolz of Lincoln sponsored legislation to create the ABLE savings program, following Congressional action in December 2014 to create Section 529A of the Internal Revenue Code. Section 529A allows for a tax-favored savings program for eligible individuals with disabilities to be used to pay qualified disability-related expenses, similar to Section 529 that allows for tax-advantaged programs for college savings.

Under the Enable program, earnings in the accounts will not be subject to state or federal taxes as long as used for qualified disability-related expenses.

Stenberg announced the ABLE program manager selection at a news conference in the Capitol Rotunda. Also speaking were Senator Bolz; Michael Walden-Newman, State Investment Officer; and Clark Lauritzen, Executive Vice President of First National Bank. Others attending included Deborah Goodkin, Managing Director, Savings Plans, First National Bank, and Rachel Biar, Assistant State Treasurer who is in charge of NEST and the new ABLE program.

"When I announced in July that we were issuing a Request for Proposals, I said then that my goal was to launch the Nebraska ABLE program in 2016 and that we had established an ambitious timetable to meet that goal. I said we wanted to make the ABLE program available to individuals with disabilities as quickly as we could, but at the same time, to be sure we were doing it right and were building a program to address the unique needs of our ABLE account owners, keeping in mind convenience, ease of use, and cost," Stenberg said at the news conference.

"In making this announcement today, I am confident that together, First National Bank, the Treasurer's Office, and the Nebraska Investment Council, are doing it right and are on course to meet our shared goals," he said.

First National Bank will provide a range of services to ABLE account owners for an annual fee of $50 per account. In most cases, a minimum initial deposit of $250 will be required, as will a minimum required balance of $50. Each account owner will be charged a program management fee of 50 basis points (bps). A basis point is equal to one-hundredth of 1 percent of the average daily net assets in the client's account.

Treasurer Stenberg cautioned that some details of the ABLE program, including fees, could change depending on final federal regulations. The proposed federal regulations are still under review by the Internal Revenue Service.

Stenberg said the Nebraska ABLE program will include the following features: Check writing capabilities with a debit card for daily and ongoing expenses. Bill paying from a checking account, Qualified withdrawals online, over the phone, or through the mail. A bank saving option insured by the FDIC, like the one available to NEST account owners, for Nebraskans seeking stability of principal. Three low-cost, risk-based long-term investment choices – a growth portfolio, a moderate portfolio, and a conservative portfolio – all with underlying funds from Vanguard.

A call center that will be managed by the same team that serves our NEST program, making it easy to transfer calls between NEST experts and ABLE experts. Processes will be in place for non-English speaking callers and for callers who are hard of hearing or deaf.

More information is available on the Enable website at enablenebraska.com and at https://treasurer.nebraska.gov/csp/able.
SIBSHOPS
(Ages 6-13)
by Amanda Clark, Program Coordinator
aclark@olliewebbinc.org

SIBSHOPS
A SPECIAL & UNIQUE PROGRAM JUST FOR BROTHERS & SISTERS WHO HAVE A SIBLING WITH SPECIAL NEEDS.

- Sibshops is an award-winning, nationally affiliated program for the brothers and sisters of individuals with developmental disabilities.
- Sibshops are lively celebrations which convey a sense of joy, wonder, and play!
- The program is uniquely designed to provide high-energy activities for the siblings of children with developmental disabilities. Sibshops is a place where siblings may obtain peer support and education within a recreational context; while having fun, sibs connect with each other about similar experiences. Lunch is served.

Sibshops is an award-winning, nationally affiliated program for the brothers and sisters of individuals with developmental disabilities.

Cost:
If you are an Ollie Webb Center, Inc. Member the cost is:
9-13 year-olds - 8 sessions $100
6-8 year-olds - 4 sessions $50
Non-Members cost:
9-13 year-olds - 8 sessions $125
6-8 year-olds - 4 sessions $60
Individual sessions may be purchased at $12.50 each for members and $15 each for non-members.
Contributions to the Sibshops Scholarship fund are welcomed and will help a sibling who cannot afford to attend the opportunity to participate in Sibshops.

December: “Happiest of Holidays!”
St. Timothy's Lutheran Church
510 North 93rd Street

RSVP’s should be received no later than the Monday before the event.

This program is funded in part by a grant from the United Way of the Midlands.
Please contact aclark@olliewebbinc.org to find out more about the program.
Thursday, December 3 & 17, 2015
6:30 - 7:30 p.m.

Fun with Friends!

Zumba-like Dance Party will help tweens develop a healthy lifestyle and incorporate fitness as a natural part of their week by making fitness fun.

Thursday, December 10, 2015
6:00 - 7:45 p.m.

Foodie Fix is a fun way to learn and reinforce basic skills in the kitchen, while spending time with friends. We cook, then eat together!

Snack & Chat will be back in January!

Cost: • Dance Party 2 Nights: $5/Arc member & $10/non-member
• Foodie Fix : $15/Arc member, $20/non-member
Snack & Chat will not be held due to the Christmas Holiday.

Please note: Class size is limited to 10 people. Registration info will be sent upon confirmation of space availability. Contact dgehringer@olliewebbinc.org to inquire if space is available.
Save the Dates!

2016 PRISM Events:

January 21, 2016  Smooth and Steady Transitions
Transitioning into Adult Services

February 19, 2016  Guardianship and Conservatorship

March 29, 2016  Home is Where You Hang Your Hat
Brought Back By Popular Demand!

April 28, 2016  Talk Tools
Correcting Intelligibility Issues through Oral Strength
Therapy

May 2016  Date TBD - Grandparents Workshop
Focusing on the Early Development Network

June 2016  Date TBD - ABLE Accounts

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

Enjoying Friendship and Literacy in a Community Setting!

The Voyages of Doctor Dolittle

Open spots on Monday and Thursday nights in Papillion! Send an email ASAP to get involved!

13 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

Customize an outing for you and your friends!

Ultimate Life Friendships Rock!
Teens Food and Friends
Time: 5:30-7:30 p.m.
Being able to cook is such an important life skill, join us for a fun filled evening of socialization while practicing our skills of cutting, spreading, measuring, and many other cooking skills! Meal is provided!

Guy’s Nights
January 4 (RSVP by 12/30)

Girl’s Nights - NEW DATE
January 18 (RSVP by 1/12)

Guy’s and Girl’s
November 30 (RSVP by 11/26)
Chill dinner and cookie decorating for fun!

December 21 (RSVP by 12/18)
Location: OWCI
Cost: $15 for Arc members • $20 for non-members
RSVP to Amanda Clark at aclark@olliewebbinc.org

Teen Lunch and Film Club
Spend the afternoon socializing, eating lunch and watching a movie with friends. (Movie suggestions are welcome.)

Saturday, December 12 (RSVP by 12/7)
Saturday, January 16 (RSVP by 1/11)
12:30 - 3:00 p.m.
OWCI
Cost: $15/Arc member • $20/non-member
RSVP to: aclark@olliewebbinc.org

All Ages Fitness Club
Join friends at OWCI for an afternoon workout! We offer a fun variety of activities and light snacks. Please wear tennis shoes and comfortable clothing.

Saturday, December 19
1:00 - 3:00 p.m. at OWCI
Cost: $5/Arc member • $10/non-member
Send RSVP form to Amanda by December 14.

Teen Food and Friends
Time: 5:30-7:30 p.m.
Being able to cook is such an important life skill, join us for a fun filled evening of socialization while practicing our skills of cutting, spreading, measuring, and many other cooking skills! Meal is provided!

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1:00 - 3:00 p.m. at OWCI
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Send RSVP form to Amanda by December 14.

Large Group Events cosponsored by the City of Omaha Parks and Recreation - Therapeutic Recreation

Holiday BINGO Party for Teens and Adults
Bingo, Fun Prizes, Snacks, and Holiday Spirit

Saturday, December 5, 2015
Time: 2:00-4:00 p.m.
Mockingbird Community Center
10242 Mockingbird Drive, Omaha, NE
Price: $10 for participants and no charge for staff/parents.
Please RSVP by December 1.
Congratulations
to new matches in November!

Nidal Sharif and Ethan Reid
and
Tiffany Goodmand-Myers Leonard and
Elly Minnick (pictured)

RESERVATION FORM – Just Friends

Name: ___________________________________________________ Phone #: (_____)_______________

Address: ___________________________________________________ Zip: _________________________

Date of Birth:______________________ Emergency Contact ____________________ Emergency Phone : _______________________

PLEASE CIRCLE THE EVENT(S) THAT CORRESPONDS WITH PAYMENT

Guy's and Girl's Food & Friends (Cookie Night) (November 30) ........................................... $15 Arc member/ $20 non-member

Holiday BINGO Party (December 5) .......................................................... $10 Arc member/ $0 Staff/Parents

Teen Lunch and Film Club (December 12) (January 16) .................$15 Arc member/ $20 non-member

All Ages Fitness Club (December 19) .......................................................... $5 Arc member/ $10 non-member

Guy's and Girl's Food & Friends (December 21) ........................................... $15 Arc member/ $20 non-member

Guy’s Night Food & Friends (January 4) .......................................................... $15 Arc member/ $20 non-member

Girl’s Night Food & Friends (January 18) .......................................................... $15 Arc member/ $20 non-member

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

Adult Food and Friends
Adult Food and Friends is a fun way to reinforce basic skills in the kitchen, while spending time with new and old friends. We cook then eat together!

5:30-7:30 p.m. at OWCI

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

**Please note:**
Class size is limited to 7 people.
Before sending in your check/registration, contact Amanda at 402.346.5220 ext. 31 or aclark@olliewebbinc.org to see if space is still available.

- **January 5:** Please RSVP no later than December 31. *(19-30 years old ONLY)*
- **January 19:** Please RSVP no later than January 14. *(30 years and older ONLY)*
- **December 1:** Please RSVP no later than November 25. *(All Ages)*

Chili for dinner and holiday cookie decorating party.

Lunch and Film Club
Lunch and Film Club is an afternoon of socializing over lunch and watching the latest blockbuster DVD on the large projector screen at the Ollie Webb Center. (Film and lunch suggestions are always welcome.)

12:30-3:00 p.m. at OWCI
Cost: $15/Arc member - $20/non member

**Please note:**
Class size is limited to 12 people.
Before sending in your check/registration, contact Amanda at 402.346.5220 ext. 31 or aclark@olliewebbinc.org to see if space is available.

- **December 26:** Send RSVP form to Amanda by December 23.
- **January 30:** Send RSVP form to Amanda by January 23.

Large Group Events cosponsored by the City of Omaha Parks and Recreation - Therapeutic Recreation

Holiday BINGO Party for Teens and Adults
Bingo, Fun Prizes, Snacks, and Holiday Spirit

**Saturday, December 5, 2015**
**Time:** 2:00-4:00 p.m.

**Mockingbird Community Center**
10242 Mockingbird Drive, Omaha, NE

**Price:** $10 for participants and no charge for staff/parents.
Please RSVP by December 1.
Adult Food & Friends ...................................................................................... $15 Arc member/ $20 non-member
(All Ages - December 1 - Cookies and Chili Dinner)
January 4 (19-30 year-olds) • January 19 (30 years and older)

Holiday BINGO Party  (December 5) ............................................................ $10/ $0 Staff/Parents

Wine(d) Down Painting Event  (December 11) ....................................... $20

All Ages Fitness Club  (December 19) ......................................................... $5 Arc member/ $10 non-member

Adult Lunch and Film Club  (December 26) (January 30) ................... $15 Arc member/ $20 non-member

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