

Take Five

July August September

2015

Tammy Howery Receives Wayne Tandrup Award

Each year the Seward Rotary recognizes an individual who, with the challenges of living with a disability, contributes to the good of their community.

Long time Seward Rotarian, the late Wayne Tandrup, at a very young age learned to live with polio. He became a successful businessman, loving father and generous community member. After his death the Seward Rotary created this award to thank Wayne for his "Service Above Self" and to recognize others who face challenges and continue to serve their communities.

Tammy Howery, Seward, was recognized at the August Rotary meeting as the 2015 Wayne Tandrup recipient. Tammy's supervisor from Walmart, Elizabeth Punko, also recognized her for 10 years of employment. The Director of ARC Nebraska, Mike Chittenden congratulated Tammy for being an example of a person living, working and participating in their community. Tammy has worked at Walmart for 10 years, she is a home owner, she serves on the board of the Seward ARC and participates in Special Olympics bowling. She is a member of the Lincoln Woman's Club, is an avid reader and is the proud owner of three cats, Betty, Snowball and Coco.



Tammy Howery, Seward, was recognized as the 2015 recipient of the Wayne Tandrup award. The Award was established in 2005 to recognize long time Seward businessman and Rotarian, Wayne Tandrup, who while living with polio, was able to build a strong business, raise a family and continue to serve his community. Seward Rotary President Brad Perdue and Wayne Tandrup Award representative, Ron Niemoth, presented the Award during the August meeting.

The Music Man



Anthony Valenzuela loves music and playing the organ, he loves his church and he really enjoys volunteering. With that in mind, it is easy to understand why Anthony looks forward to Friday. Every Friday for the past eight years, Anthony provides the music for the Catholic mass at the Golden Living Center, a nursing home in Columbus. Besides playing the music, he arrives early to help take residents from their rooms to attend mass and helps them back to their rooms after mass. He enjoys this so much that he often turns down opportunities for other Friday activities. Anthony recently provided the music during the wake of a friend, and he hopes to play for a Sunday mass at his church in the future.

High Five!



To Crystal Woods, Nebraska City, for her fall job of making donuts at Kimmel Orchard.

To Mike Knapp and Mark Los-
eke, Nebraska City. Both were
hired for seasonal employment
of cleaning the dinning areas at
Kimmel Orchard.

To James Sammons, Nebraska
City, for his new job of making
beds at Duffs nursing home.

To Dave Stevens, Columbus for
his new job at Pizza Ranch.

To Abby Christiansen, Lincoln,
for her job as runner at Culver's.

To Brandon Berghuis, Lincoln,
for his job at Embassy Suites.

To Pat Schroer, Lincoln, for his
job at Precious Pets.

To Marshall Boye, David City,
for his job at Ace Hardware un-
loading trucks.

To Travis Simmons, David City,
for his job at Stop-Inn cleaning,
pricing and labeling boxes.

To Lon Molacek, Columbus,
for his job at QC Supply working
in the warehouse putting orders
together.

To Hollie Burgert, Auburn, for
her job with Darlings Cafe as a
dishwasher. This is in addition to
her job at the senior center.

To Ryan Agena, Crete, for his
new job at Pizza Hut bagging
chicken wings.

To Jonathan Reisdorff, Wahoo,
for his job at Reliable Services.

To Darius Cook, Lincoln, who
recently moved into his own
apartment.

To Tyler Zimmerman, Lincoln,
for placing first in Bowling at the
NE State games.

To Polly Hoffman, Lincoln, for
placing first and forth for items
entered at the Lancaster County
Fair.

Going Green



For several years, John Steele of Auburn has regularly mentioned wanting to purchase a new riding mower for his mowing business. Finally after working hard and saving his earnings, along with selling his old mower, he had saved up enough to make the purchase!

John is very happy and proud to be riding the new John Deere mower that he wanted, worked and saved for such a long time.

Left: John Steele is very proud to run his mowing business using his new John Deere mower.

LEMONADE! ICE COLD LEMONADE!



For the second year the RVS-Beatrice agency joined the national fund raising efforts for childhood cancer research by setting up an Alex's Lemonade Stand. This year \$1,174.00 was raised during the two day event. Everyone at RVS chipped in to work together, and with the community support, made for a great success!!



Pictured helping at the event are: Michael Daniels, Ronald Fritz, Ritchie Askew, Alan Corey, Ashley Schuerman and Gary Kujath.



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Region V Services is committed to providing the best quality services to all persons supported. Quality assurance activities are completed by Central Office Staff, Local Agency Staff and Surveyors from the State of Nebraska. Results of these surveys are maintained at all Agency Locations. This information is available upon request to appropriate parties at the Local Agency Offices.

Catching Up with RVS - Wahoo

the hub



Left: Kristy Swanson begins cooking breakfast.
Center: Kristy Swanson, Lyle Bearid, Sherri Bramer & Alberta Otto are making key chains. Sherri Bramer displays the art work she entered at the county fair.

About a year ago the agency added a separate building for alternative services they call The Hub. The Hub is a large room that is part of a church. It has tables, chairs and a full kitchen. Perfect. Currently 8-11 people come to the Hub, which has two staff. They pick two businesses to tour, weekly. visit new and old friends who live at the nursing home, and attend the Senior Center. They find the national day celebrations to discuss and celebrate. They also pursue volunteer opportunities to help others, celebrate birthdays, learn to cook and do a variety of arts and crafts and other interesting things.

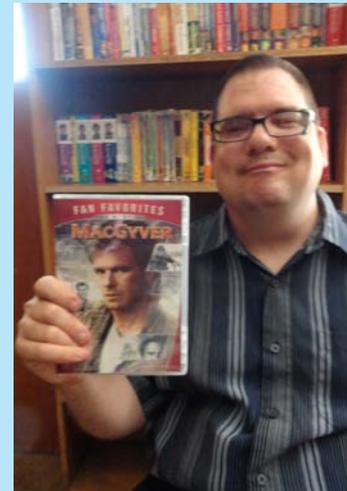
the good stuff

Cindy Ress and her staff Rosemary had a fun weekend in Omaha, spending the night in a hotel and then spending the next day shopping.

Laura Renter and her staff Sherry enjoyed a night in a hotel, going to a nice place to eat and visiting a nail spa.

The Day Service Center has a contract with Reliable Services. They are tying hooks onto ropes while averaging 500 each day. The ropes are then connected to large bags of material that are thrown into the ocean to soak up oil spills.

The Day Service Center gives several tours each year to local schools who bring in their classrooms to learn about our services.



Clay Andresen is a huge long time fan of the MacGyver television series. He loves collecting dvd's of the show and is proud that he currently owns every season. He watches them daily. He enjoys shopping and looking for dvd's of his other favorite shows.

let's talk recycling



The recycling business is still going strong. This business supports the Wahoo community with pick up service for local businesses and schools, as well as self service drop off bins for residents to leave their recyclables any time, every day. The Recycling Center accepts aluminum cans, hard and soft cover books, newspaper, telephone books, magazines, catalogs, office paper, any junk mail, #1 and #2 plastics and metal cans such as from fruits and vegetables.

On any given day up to 55 people are working with the recycling around the other jobs and activities they have going on. They handle an average of 22 tons of paper, plastics, metal and aluminum each month.

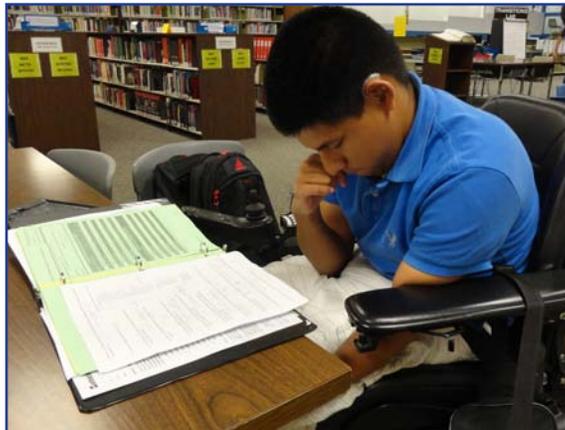
Meet **Aaron Drury**

Aaron Drury has had some exciting opportunities since graduating from Norris High School. First of all, through a Norris job exploration program called Project Search, he had a one year internship at St. Elizabeth's hospital, learning new job skills and being treated just like any other employee with the same expectations. He got along well with everyone and had a good experience. Once that ended he became a volunteer at the City of Lincoln Libraries Walt branch where he continued for five years. He had a wide variety of duties as a volunteer and enjoyed them all. When a position of Library Aide opened he was quick to apply.

Aaron started as the new Walt Branch Library Aide in January. He loves his job. His duties include checking the book drops and retrieving all returned books, and then sorting them by which branch they belong to. He collects all the Walt branch books and returns them to their shelves. Aaron said the job is easy, you just need to know your ABC's. Besides his library job, he is also a part time student at Southeast Community College studying in the information technology program. His staff attends with him to take notes. He started with general education classes and decided to switch to information technology as he thought those classes would be more useful to him. He is unsure about pursuing a degree. For now he enjoys being on the college campus, taking one class at a time, learning about and working with software.



Aaron Drury on the job as Library Aide at the Walt Branch of Lincoln City Libraries.



Aaron uses time after each class to review his notes and assignments at the SCC campus library. He uses the computer lab to complete his assignments.



Joel Pursey, a member of the Auburn Jaycees volunteered at the Jaycees Bingo stand during the Nemaha County Fair. He enjoys the Jaycees group and volunteers for as many events as he can.



Upcoming Training:

Orientation - Day 2

Monday, October 26, 2015

9:30 a.m. - 4:00 p.m.

To Be Announced

Lincoln, NE

Orientation - Day 1

Monday, November 30, 2015

9:30 a.m. - 4:00 p.m.

To Be Announced

Lincoln, NE

Orientation - Day 2

Monday, December 28 2015

9:30 a.m. - 4:00 p.m.

To Be Announced

Lincoln, NE

Coming Soon

Annual Dinner Dance

October 17

5:00 - 10:00 p.m.

Lancaster Events Center

4100 N 84th St,

Lincoln, NE 68507

RSVP to your local agency.

If you have a High Five or a story, please submit

articles to

Roni Gabel

Call 402-471-6400

or email to:

roni.gabel@gmail.com

Take Five is available at your local agency office and on our website:
www.regionvservices.com

Columbus Group has a Blast at 10/11 Station Tour



Several people at RVS Columbus are huge fans of the 10/11 news. They were thrilled to get a behind the scenes tour of the station. After learning the history of the station from their tour guide and by viewing the hallway photos they toured the two separate control rooms with monitors and cords everywhere. They peeked into the busy newsroom where anchors and reporters were working on their stories. The tour ended in the studio. They even had the opportunity to give their own news reports and try out the green screen used by the weather team. Meteorologist, Brad Anderson was working on his weather report and he even stopped to answer questions and pose for a couple photos. Those visiting the station were Joe Messing, Tom Kadlec, Anthony Valenzuela, Justin Steuben, Tammy Allis, Jenna Daro and Forrest DeHaven.

Cable Guy makes Surprise Appearance at Fundraiser



When Jordan Merriman of Gretna attended the annual Blue Jeans and Dreams dinner and dance for Heartland Equine Therapeutic Riding Academy (HETRA), he never imagined he would meet a celebrity. As fate would have it, that's exactly what happened when **Larry The Cable Guy** made a surprise appearance at the event. Jordan had the opportunity to meet him and have a picture taken with him. When Jordan was asked what Larry was like he said, "He's a nice guy..and funny too!" He went on to say, "Larry was generous with a donation and also offered a call to "Tow Mater" as an auction item to help raise money for HETRA." It's an evening that Jordan won't soon forget. Also, Hats off to Larry the Cable Guy for his generosity.

Left: Jordan Merriman, Gretna, had an exciting surprise when he met Larry the Cable Guy while attending the annual Blue Jeans and Dreams dinner and dance for Heartland Equine Therapeutic Riding Academy (HETRA).

Studio 4:8

Yoga has been a class option at ServiceLinc for several years, averaging about 14 regular participants. Over a year ago, ServiceLinc employee and Yoga instructor, Bonnie Meyer, added another opportunity when she opened a yoga studio at 48th and Meredith in Lincoln. The Thursday class at her studio is offered free of charge to those supported by Region V Services. Bryan Gleason is among seven regulars who come to Studio 4:8. He looks forward to it and it helps him relax and feel good. Ian Ham is another regular and is doing a good job learning the techniques. Several others opt for private sessions with Bonnie, which, for a fee, will focus on technique, alignment or restorative yoga. For more information or to contact Bonnie, see the Studio 4:8 website at www.studio48yoga.com or call 402-310-7864.



Namaste Yoga Available to All



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Dave's Perspective

September is a busy month with several major activities. People we support will be presenting at the Advisory and Governing Board meetings. Lon will be attending the Ted Talks - Lincoln event on October 1st to see if he would be interested in applying next year to give a Ted Talk.

Darcy Elks will be coming from Pennsylvania for two days to train staff on how to use Social Role Valorization principles to create meaningful days. She will be focusing on residential roles since last year she focused on employment and day services.

Management teams from across Region V will be meeting to revise the mission guidelines.

Our newest satellite program opened in Bellevue on September 14th. There area program will be Gretna/Bellevue. The new Employment Services Center will open in Hebron around Thanksgiving.

Dave Merrill