

Take Five

July August September

2020

Gene Williams Recognized for Loyalty to Scotus Shamrock Sports



Gene “Geno” Williams, Columbus, accepting his Shamrock Award.

After many years of cheering from the sidelines, Gene “Geno” Williams of Columbus was inducted into the Scotus Hall of Fame for all his work and support for the teams throughout the years. He received a plaque and was recognized in front of a crowd of cheering fans during halftime of the Columbus Scotus High School homecoming game.

Although Geno did not attend Scotus High School in Columbus, he is a loyal, die-hard fan of their high school sports teams, especially basketball.

For the past twenty five years, Geno has been a constant at high school football and basketball

practices and games.

Coaches, athletes and fans all know of Geno and his consistent presence throughout the years. He attends practices and gets to know the players personally. He has become so much a part of the teams that he is invited to travel to away games with the team and coaches.

Geno was going to be recognized during the annual athletic banquet, but the event was cancelled due to Covid-19.

Geno appreciates being recognized but it would not have changed his attendance. He will still be the guy on the front bench in the green Scotus shirt cheering for the team.

Happiness is . . . When You Love Your Job

Last summer, Mandie Sanders, of Columbus, was job hunting when she saw the ad in the paper for a job at the local community college.

Mandie got the job and is an ITS (Information Technology Specialists) Service Center Specialist at Central Community College. It didn't take her long to realize that this is a job she plans to keep and work at for a very long time.

She is part of a team of part-time workers with a rotating schedule. She works for Student Services and her job is to answer student questions and help them to get on the student area of the

school website. She also makes replacement student ID cards.

Mandie loves working in a college setting surrounded by people near her own age. She also enjoys her work duties interacting with and helping students.

She started on her own and continues to work independently. Her coworkers are extremely pleasant and helpful with providing support for her to learn her job.

Left: Mandie Sanders assists a student with logging into the school system as part of her job at Central Community College in Columbus.



High
Five!



To Darian Yates of Auburn, for his new job at Fresh Force dining services at Peru State College.

To Amy Kuzelka and Angie Waldrop of Lincoln for volunteering to fold T-shirts for the Ethanol Board's blood drive. They have been folding shirts for many organizations over the years.

To Lonnie Campbell of Lincoln, he has taken a big interest in working with Dana, his extended family, on backyard landscaping and garden projects. He even made a paper mache flower pot!

To Desiray Johns of Lincoln, for having a wonderful Labor Day weekend trip to Colorado with her extended family.

To Craig Behrens, Kevin Bartek and Robbie Druery of Wahoo, for sending greeting cards to local nursing home residents.

To Paulette Flemming of Nebraska City, determined to be there for her nephew's graduation, even when it meant watching it on Zoom.

To Carl Kissinger and Rena Betts of Nebraska City, for attending the Championship Rodeo in Sidney, Iowa.

To Mary Vrbka, Bee, for starting a walking routine of walking a mile several days each week. She has been walking the mile much faster now than when she first started this spring. Good Job!

Meet Megan Gropp

The past 18-months have been a whirlwind for Megan Gropp. She learned that change can be hard but it's usually for the better.

With the support of her family and staff she was able to make the difficult decision to leave her boyfriend and move into her own apartment. She realized that she was in an unhealthy environment and relationship. There were many emotions and low times that came with this which she was able to overcome.

Good things soon came her way. She was offered a job at Culvers as a Food Runner and Dining Room Attendant. This was her first job ever and she gladly accepted, she has been there nearly a year. That was a big highlight of her year. She loves her job and her great co-workers.

Earlier in the year Megan began to experience terrible pain and ended up in the emergency room then having her gall bladder removed. With that surgery, hospital stay, and recovery, she made a decision to make some lifestyle changes.

She joined the YMCA to exercise regularly and added walking to her daily routine as well as drinking plenty of water. So far she lost over 52 pounds!

Megan has no intention of stopping here, she plans to study hard and get a drivers license and then start saving her money to purchase her own car. Megan knows that determination will create outcomes.

She already bought and updated her phone and keeps a little



Megan Gropp

spending money on the side for the annual vacation she takes with her mom. She squeezes in time to have fun. She is lucky and has won tickets to WWE Smack down and New Kids on the Block.

Megan has many positive people in her life and she is glad to be on a happy and healthy life path.

Megan wants to be an inspiration to others to let you know that difficult times do not determine your future. Seek help from those who care about you, listen to people that you trust and be willing to do the hard work to make the change happen and be patient with the process.

**“Only I can change my life.
No one can do it for me.”**

Carol Burnett

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.

Getting Fit While Having Fun

Our Crete location decided this was the perfect time to create a health and wellness program called “Fit ‘n Fun Avengers”. The idea is to motivate everyone to challenge themselves to engage in healthful activities and experience the fun in fitness. This program is still in the early planning stages.

Participation will be voluntary. Those who participate will earn incentives which can be used to purchase items from the Fit ‘n Fun Avengers rewards store. Activities which will earn incentives will include walking trails, dancing, all sports activities, walking on tracks, walking indoors and visiting local fitness parks. Teams of interested people are currently scoping out area parks and exercise locations to include in our “Avengers Handbook”. The information being gathered includes: distance to park, parking, rest rooms, wheelchair accessibility, sunny or shaded and other information so participants can choose the best options for themselves. Even while checking out these parks, we are spending more time outdoors, moving our bodies while laughing and having a good time. Everyone is looking forward to this new program.



Trey Thalman, Daryl Kubes, Gil Becerra, and Betsy Fochtman complete a trail at a Lincoln park and they already feel stronger!



Teana Dornan checks out the balance beam at the local fitness park.



Trey Thalman decided to give the ladder exercise a try and he did great!



Clarence Keller of Crete took great care with planting and caring for his garden. He was enjoying fresh vegetables throughout the summer. The best thing about garden fresh zucchini is fresh baked zucchini muffins, of course!



Music therapy in Crete looks different this year. Thanks to Lincoln Music Therapy for making this an easy transition.

Independence Day Celebrations



Even though there weren't large community celebrations this year, folks in Auburn were able to find plenty of things to do during the July 4th Holiday. Madison Radley, Lisa Rippe and Anne Kleeman enjoyed the beautiful flower gardens at the Southeast Nebraska Memorial Cancer Garden in Humbolt. Patty



Woodward, Lori Wilken and Teresa Garver had a picnic lunch and spent time at the Auburn Legion Park which is decorated in flags. Dan Gottula's favorite part of the weekend was looking at the cool cars at the Humbolt Car Show. It was nice to spend a day in our local communities appreciating time with friends.



Around the Region



Several folks from Seward spend a day at Mahoney State Park.



Wild horses, or even the corona virus, wouldn't keep Loren Stubendeck of Nebraska City, from attending the Otoe County Fair. For nearly 40 years, Loren has been running the gates for the 4-H and FFA livestock shows. He looks forward to this every year!



Dan Gottula, Rim Roberts and Harold Laflin of Auburn, spend an afternoon at the Wildlife Safari Park.



Ardyce Flemmer, Nancy Jedicka and Christine Hays of Lincoln meet a llama.



Pat Schroer of Lincoln is painting pumpkins to decorate her home for fall and Halloween.

New Lincoln Office and Service Locations

Many of you already know that we made changes with three our Lincoln service locations. For many years Central Office has shared space with our Lincoln 2 (L2) and Lincoln 3 (L3) agencies. Recently our L3 administration moved to 3151 South Street with their Plaza Day Services.

L1 and L4 had shared a building at 70th and Vine for 20-years. Our L4 administration moved into the Central Office building at 3600 Union Dr. (formerly the L3 space).

L1 moved it's day services and administration into a recently purchased building at 1620 Normandy Ct.

The new Lincoln 1 Day Service Center and Administrative location has a spacious common area, as well as plenty of private areas for computer use, relaxation, music and sensory.



The Lincoln 1 Day Service Center and Administrative Office has moved to 1620 Normandy Ct. Lincoln, which is near 16th and Old Cheney.

There is an office for each administrator along with a kitchen and large storage area.

The L1- Sun Valley location did not change.

Upcoming Training:

Orientation - Day 2
Monday, October 26
9:00 a.m. - complete
Zoom with Central Office

Orientation - Day 1
Monday, November 23
9:00 a.m. - complete
Zoom with Central Office

Orientation - Day 2
Monday, December 21
9:00 a.m. - complete
Zoom with Central Office

BART via Zoom

November 5

December 3

No Doubt About It, Lon is Proud of his Job

Lon Molacek has been working for QC Supply in Schuyler as a Warehouse Clerk for five years and he loves everything about his job.

He appreciates that he has great coworkers and supervisors who have become his friends.

QV Supply is a retail store with a large variety of home and farm products available in the store and through online purchases.

A few of Lon's favorite duties are: packaging the regulators, instructions and gauges into individually sealed bags. Preparing the poly scraper kit, putting all the necessary components in a bag with instructions for the user to put together. There are other items he assembles, packages and labels along with other duties.

Lon is thrilled to talk about his work responsibilities and his work friendships.



Lon Molacek, Schuyler, working on packaging and labeling O rings at his job at QC Supply.

He had been using Colfax County Transit for his transportation to and from work but with the covid virus he asked RVS to take him. He is considering riding his bike for the two mile commute. No matter how he gets to work, he is happy to be there.

Upcoming Events:

The 2020 Dinner Dance has been cancelled.

Our offices will be closed on Thursday and Friday, November 26th and 27th for Thanksgiving.

Please submit articles and stories to
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or email to:
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Take Five is available at your local agency office and on our website:
www.regionvservices.com



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Happy Holiday's from Region V Services

What a year 2020 has been. To many, 2020 has been a challenge, as no one anticipated the long and lingering affects of a pandemic. However, I believe that 2020 has brought out the best in many of us.

We have experienced difficulty and change, and yet we have persevered. We have shown that we can learn and be creative under new and taxing circumstances. I have experienced so many acts of kindness and selflessness throughout our Region V organization, that I believe I will remember this year fondly.

Indeed, this year will be forever etched in our memory; my hope is that you remember the goodness and the caring before anything less positive.

From my family to yours, I want to wish you all a Merry Christmas, and happy holiday season.

Matt Kasik