



### Person Centered Services

ABLED strives to focus on improving the lives of people in services and enhancing their independence. We encourage participants and their teams to make decisions about their life that best meet their preferences, goals, and needs. This includes a choice on who they live and work with. One participant recently wrote,

*"I am sending this email to explain why I want to stay doing Day Service with my Shared Living Provider. In the past with different staff, I have not been successful but for almost a year now, since I've been working with my SLP for day services, I have been successful the majority of the time and enjoy working with him. He has the patience to work with me and is always kind to me. Please let me keep working with him. I would appreciate it. God bless you all." -Ryan*

DHHS identifies that the goal of person-centered planning is to support participants to be the center of planning their supports and goals. It is a process-oriented approach empowering people to plan their life, find their voice, and work toward reaching their goals.

The Nebraska Council on Developmental Disabilities (NCDD) has adopted the Charting the LifeCourse platform to ensure that services are more person-centered in Nebraska. This will help people receiving services to celebrate strengths and identify areas where services can be used to achieve their goals.

Kristen Larsen, Executive Director of NCDD, said, "I encourage HCBS participants, families, guardians, service providers, and advocates to participate in this next phase of learning and implementation to enhance individual choice, independence, and integration into the community."

NCDD is hosting five virtual workshops during February to learn about the Charting the LifeCourse framework. Sessions are free to attend and will be held February 15, 16 & 17. All trainings are from 10am-12pm. To register, go to:

<https://dhhs.ne.gov/Pages/DD-Person-Centered-Planning.aspx>

**Thank You** for joining us in our mission!

**"Serving Jesus Christ by enabling people with developmental disabilities to creatively explore and live full meaningful lives in their communities"**

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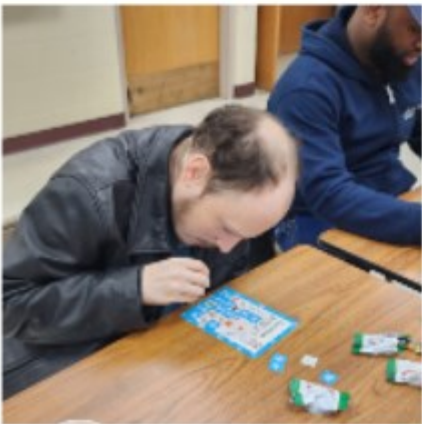
### FEEDBACK

We want to make ABLED the best agency. Please use the link at the top of this email to let us know how we're doing and provide suggestions. Your survey comments are anonymous, unless you choose to submit your name.

You may also contact us by phone, email, mail or on our website at [www.abledinc.com](http://www.abledinc.com).

**CELEBRATION:** Iris took a vacation to the Grand Cayman Islands where she stayed in a condo for three weeks! This was her first time flying in an airplane. While in the Cayman's, she celebrated her one year anniversary with her Shared Living Provider, walked the beaches, swam in the ocean, hung out at the pool, picked up live star fish, snorkeled, collected sea shells, got a massage, soaked in the hot tub, got her hair braided, danced to live Caribbean music, bought souvenirs and enjoyed beautiful sunsets. She went to Dolphin Encounter & Turtle Farm where she swam with dolphins, rubbed their bellies and even kissed them!





-Bingo Event-  
We Enjoyed  
Snacks  
Prizes &  
Singing!



## CIRCLE OF FRIENDS

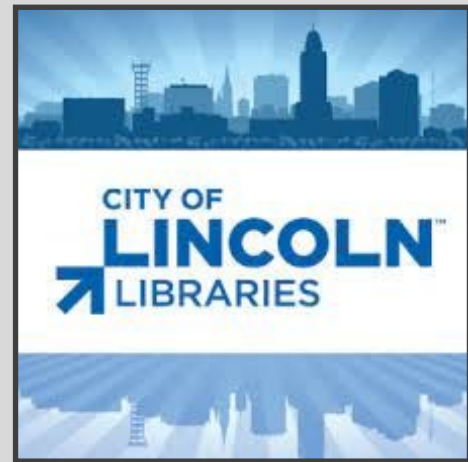
Walt library has created a group that you are invited to join starting March 28th! Circle of Friends is an adaptive program for adults. Activities may include crafts, exercise and stories. All abilities and skill levels encouraged.

3/28/2023—1:00-2:30 PM

Walt Branch—Meeting Room #1 every Tuesday

Event Type—Adult Program

WALT LIBRARY—6701 S 14th St, Lincoln



## MEDICAID ELIGIBILITY RESUMING

**LINCOLN** – Following the recent passage of federal legislation, the DHHS is resuming regular reviews of Medicaid eligibility. Since the beginning of the COVID-19 pandemic, Medicaid members have kept Medicaid coverage even if no longer eligible.

Starting March 1, each Nebraska Medicaid member's current eligibility will be reviewed starting up to 90 days prior to their renewal month. Members with April and May renewal months will be reviewed first. It will take approximately twelve months to review all cases. A member can find out their own renewal month by logging into their [ACCESSNebraska account](#) or calling toll-free (855) 632-7633.

**This week, DHHS is sending out a letter to many Nebraska Medicaid members at their last-known addresses. Members who did not complete a prior renewal or whom DHHS has determined were no longer eligible (but kept their coverage) during the pandemic will receive this letter. The importance of members making sure their contact information is up to date is the purpose of the letter.**

If information is needed from a member to confirm current Medicaid eligibility, Nebraska Medicaid needs to be able to reach the member. If Nebraska Medicaid is not able to reach the member, the member could unnecessarily lose Medicaid coverage.

*Helping People Live Better Lives* | [dhhs.ne.gov](https://dhhs.ne.gov)

## MENTAL HEALTH FIRST AID

This **IN-PERSON** training course is designed to give you key skills to help someone who is developing a mental health problem or is experiencing a mental health crisis. Just as CPR training helps a layperson without medical training assist an individual following a heart attack, Mental Health First Aid training helps a layperson to identify, understand, and respond to signs of mental health illnesses and addictions.

- Recognize the potential risk factors and warning signs for a range of mental health concerns.
- Obtain information on: depression, anxiety, trauma, psychosis and psychotic disorders, substance use disorders, and self-injury.
- Use a 5-step action plan to help an individual in crisis connect with appropriate professional help.
- Interpret the prevalence of various mental health disorders in the U.S. and the need for reduced negative attitudes in their communities.
- Apply knowledge of the evidence-based professional, peer, social, and self-help resources available to treat and manage the problem and achieve recovery.

Training is free. Register to attend. Seating is limited to the first 30 to respond.

<https://region5systems.net/whats-happening/training/>



Shared  
Living  
&  
Community  
Integration



## EASTERDAY RECREATION CENTER

Easterday Recreation Center is a Lincoln Parks and Recreation facility providing daytime activities and evening adaptive recreation programs for youth and adults with disabilities.

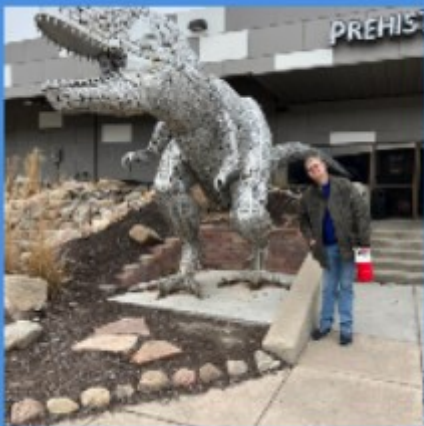
Stop by from 1-4:30 pm to play pool, ping pong, or other games in their game room free of charge. You can sign in to use the computers or play the piano. It's \$2 for gym access.

There are also cooking clubs, social clubs, bowling clubs and art clubs (these may include a small fee). Call (402) 441-7901 for more information



↑↑ Museum Tour At  
Speedway Motors

ABLED Event At  
Prehistoric Putt ↓↓



▶▶▶▶▶ Share Photos And Enter A Monthly Drawing ▶▶▶▶▶

# What is the definition of Faith?

Thankfully, the Bible contains a clear definition of faith in Hebrews 11:1: “Now faith is the assurance of things hoped for, the conviction of things not seen.” Simply put, the biblical definition of faith is “trusting in something you cannot explicitly prove.”

This definition of faith contains two aspects: intellectual assent and trust. Intellectual assent is believing something to be true. Trust is actually relying on the fact that the something is true. A chair is often used to help illustrate this. Intellectual assent is recognizing that a chair is a chair and agreeing that it is designed to support a person who sits on it. Trust is actually sitting in the chair.



Understanding these two aspects of faith is crucial. Many people believe certain facts about Jesus Christ. Many people will intellectually agree with the facts the Bible declares about Jesus. But knowing those facts to be true is not what the Bible means by “faith.” The biblical definition of faith requires intellectual assent to the facts and trust in the facts.

Believing that Jesus is God incarnate who died on the cross to pay the penalty for our sins and was resurrected is not enough. Even the demons “believe” in God and acknowledge those facts (cf. James 2:19). We must personally and fully rely on the death of Christ as the atoning sacrifice for our sins. We must “sit in the chair” of the salvation that Jesus Christ has provided. This is saving faith. The faith God requires of us for salvation is belief in what the Bible says about who Jesus is and what He accomplished and fully trusting in Jesus for that salvation (Acts 16:31). Biblical faith is always accompanied by repentance (Matthew 21:32; Mark 1:15).

The biblical definition of faith does not apply only to salvation. It is equally applicable to the rest of the Christian life. We are to believe what the Bible says, and we are to obey it. We are to believe the promises of God, and we are to live accordingly. We are to agree with the truth of God’s Word, and we are to allow ourselves to be transformed by it (Romans 12:2).

Why is this definition of faith so important? Why must trust accompany agreeing with facts? Because “without faith, it is impossible to please God” (Hebrews 11:6). Without faith, we cannot be saved (John 3:16). Without faith, the Christian life cannot be what God intends it to be (John 10:10).

Check out [www.gotquestions.com](http://www.gotquestions.com) for more information.