



Guardian's Newsletter

COVID-19 UPDATE

DD Director Tony Green has reminded agencies that Appendix K is set to expire on March 5th. DHHS is working with CMS to possibly extend that, but the decision is still pending. If there is no extension, participants receiving services in an alternate setting will be required to return to the normal setting. Community Inclusion will be required in the community a majority of the time.

Director Green reports that many agencies have completed their 1st COVID-19 vaccination and are beginning their 2nd dose. ABLED participants are scheduled to receive their 2nd dose on Feb 16th from 12-2:30 pm at Vital Services.

As of Feb 8th, all Nebraska counties are now vaccinating Phase 1B priority groups. Phase 1B priority groups include those 65 and older, those 18 and older who are at high-risk for severe COVID-19, and those working in critical industries. Nebraskans can register for vaccination at: <https://vaccinate.ne.gov/>

According to CDC recommendations, those who have been fully vaccinated for more than two weeks, are within 3 months of the last dose and remained asymptomatic since exposure will not be required to quarantine following an exposure to someone with COVID-19. The recommendation to waive quarantine aligns with those with natural immunity. Both should monitor and be evaluated if symptoms occur.

Vaccination has been demonstrated to prevent symptomatic COVID-19, but the risk of transmission from vaccinated person to others is still uncertain. Fully vaccinated persons should continue to follow current guidance to protect themselves and others, including wearing a mask, staying at least 6 feet away from others, avoiding crowds, avoiding poorly ventilated spaces, covering coughs and sneezes and washing hands often.

We may see a light at the end of the tunnel, but we all need to continue to be diligent, do our part and be considerate of others.



"This is My commandment, that you love one another, just as I have loved you."

John 15:12

Thank You for joining us in our mission.

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FEEDBACK

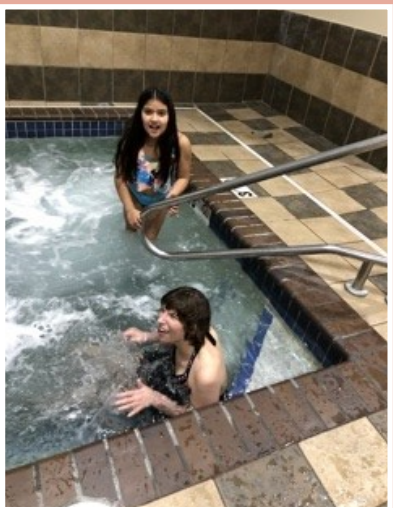
We want to make ABLED the best agency. If you have any suggestions on how we can improve, please let us know. Your survey comments are anonymous, unless you choose to submit your name. The link is available at the top of this email.

ABLED's MISSION

"Serving Jesus Christ by enabling developmentally disabled individuals to creatively explore and live full meaningful lives in their communities."



— HAPPY —
Valentine's
— DAY —



Person Centered Planning

Discover how Person-Centered Planning can help you and your family.

- Are you a person with a disability who wants to achieve your dreams and vision?
- Are you an older adult who is looking for ways to stay active and healthy?
- Are you a young parent worried about your child's future?
- Are you an aging parent worried about who will take care of your loved one after you are gone?
- Are you wondering what your child will do after they age out of school?

Person-Centered Planning is a group process to help persons with disabilities, older adults, and their families achieve their goals and dreams.

Register online for morning or evening training sessions at:

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

Round 1: Thursday's, 10-11:30 AM

Week 1 2/11: PCP and You!
Week 2 2/18: Build a lasting support circle
Week 3 2/25: Employment and volunteering
Week 4 3/4: Reaching your dreams and vision

Round 2: Thursday's, 7-8:30 PM

Week 1 3/11: PCP and You!
Week 2 3/18: Build a lasting support circle
Week 3 3/25: Employment and volunteering
Week 4 4/1: Reaching your dreams and vision

People who attend all four sessions will receive a certificate of achievement.

Feedback from past participants in the training

- "Love the break out groups and the energy from everybody!"
- "Good reflection on why it is important to have the right people at the PCP meetings."
- "Insightful, engaging, great breakouts."
- "Break out rooms were nice, building relationships with people over the weeks."
- "Addresses barriers and obstacles."
- "I really like the videos of others and how they see the plan or how it works for them."
- "Informative, thought provoking conversations."



Dr. Mark Friedman teaches Disability Studies as an Adjunct Associate Professor at the City University of New York. He serves as a Subject Matter Expert in participant engagement to the National Center on Advancing Person-centered Practices and Systems. Dr. Friedman's primary work has been helping people with disabilities gain a voice in their lives through self-advocacy and policy making and helping people move from large state institutions into community programs. He is currently working with the Georgia Advocacy Office, Nebraska and Michigan DD Councils, the Administration on Community Living, the Centers for Medicare and Medicaid and the National Museum on Disability Rights.

He received his Ph.D. degree in Organizational Leadership from the Union Institute and University. He has presented to audiences in 22 states, provided advocacy training in Ecuador and Kosovo, and authored 13 publications. His work was recently highlighted in the New York Times.



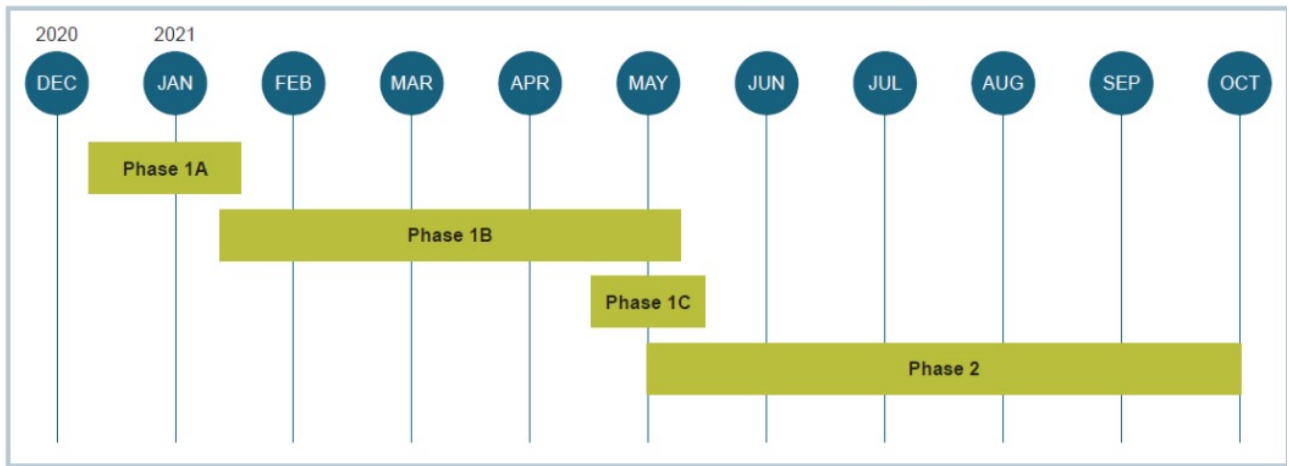
ABLED COVID Vaccine Clinic

Those who received their 1st COVID vaccine dose on January 19th are schedule to receive their 2nd dose on Feb 16th. Please mark your calendars and try not to miss. The 2nd dose is required to be fully vaccinated.

What: ABLED's COVID Vaccine Clinic for the 2nd dose
When: Tuesday, Feb 16th | 12:00pm - 2:30 pm
Where: Vital Services | 6400 Cornhusker Hwy



NE Vaccination Timeline (tentative)



LLCHD COVID-19 Risk Dial

The Lincoln-Lancaster County Health Department announced on Tuesday that the COVID-19 Risk Dial has been moved from orange to elevated yellow. The dial has not been in yellow since late August.



Five key measures are used to determine the position of the Risk Dial:

1. Case Numbers
2. Testing Capacity
3. Positivity Rate
4. Contact Tracing
5. Hospital Capacity

Updated Tuesday, February 9