



ABLED Inc
NEWSLETTER

ABLED is happy to introduce the newest member of our Administrative Team!

Hey everyone!! My name is Paige Styskal. I am excited for this opportunity to be part of the ABLED team. My husband, Nathan, and I have a son named Nash who keeps us on our toes. As a family, we enjoy going out to eat, watching tractor pulls, and camping. We love taking advantage of the sunshine and going on tractor rides around the farm and playing with our dog, Maverick. My favorite color is green, and I love country music! Hope to talk to you all soon!!



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”

ABLED, INC.
7562 UPTON GREY LN
LINCOLN NE 68516
402-904-7433
WWW.ABLEDINC.COM

DAVID D. TAGART
President, CEO
402-202-2284
dtagart@gmail.com

LINDA TAGART
EVP Administration
402-202-6768
ltagart62@gmail.com

PIERRE ALLEN
EVP Operations
402-417-2613
pierreallensr@gmail.com

CORALIE LANG
EVP Compliance
402-310-8907
coralielang71@gmail.com

CHERYL LITTLE
Payroll & Benefits Manager
402-450-7959
clittle091@gmail.com

MAKAELA URBANOVSKY
Program Coordinator

ADAM TAGART
Administrative Assistant

PAIGE STYSKAL
Administrative Assistant

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.



SOLVE THE RIDDLE EVENT!

Participants and staff had the chance to head to the Gateway Mall over lunch on January 28th to solve a riddle. Their detective skills made quick work of the riddle, and many left with gift card prizes! Congratulations to the winners!

REMINDER: DOCUMENTATION OF PARTICIPANT COVID-19 VACCINATIONS

In accordance with *Provider Bulletin No. 21-01*, documentation of participant COVID-19 vaccinations or declinations of offered vaccinations must be documented in Therap. When the provider is responsible for assisting the participant in receiving medical care, it is the provider's responsibility to document in Therap. When the participant or their family is responsible for the participant's medical care, the participant's assigned Service Coordinator is responsible for completing the Therap documentation. Vaccinations and declinations are documented in the Health Tracking module in Therap, under Immunizations. Instructions on how to document this information is found in the DHHS Incident Reporting and GER Guide.

ABLED will be contacting everyone to update our COVID records

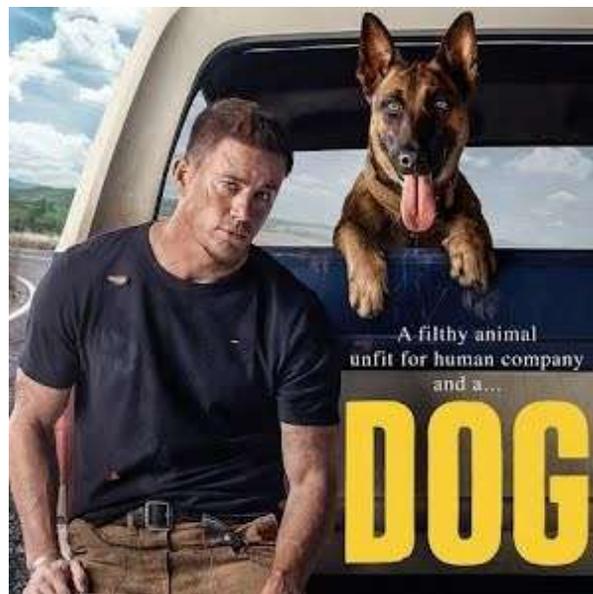
PARTICIPANT RIGHTS

ABLED takes the rights of participants seriously and any restriction thereof. It is part of our mission to increase the liberty of participants in a way that protects them and their neighbors from harm. ABLED ensures each participant has the same legal rights and responsibilities guaranteed to all persons under the US Constitution, federal, and state laws. These basic legal, human, and civil rights and freedoms include, **but are not limited to**:

- The right to be treated with respect and dignity as a human being;
- The right to receive services regardless of gender, race, creed, marital status, national origin, disability, sexual orientation, ethnicity or age;
- The right to be free from abuse, neglect, and exploitation;
- The right to privacy;
- The right to have access to personal records and to have services, supports and personal records explained so they are easily understood;
- Freedom of movement;
- The right to make choices and decisions for oneself;
- Freedom of thought and speech;
- The right to access public places;
- The right to access and control one's own possessions and money;
- The right to have access to information and records relating to use of individual budget for services provided;
- The right to access one's own residence;
- Freedom of religion;
- The right to form relationships and contact or communicate with anyone;
- The right to receive mail which has not been opened and use the phone and internet without monitoring;
- The right to live independently in the community one chooses;
- The right to be compensated at or above minimum wage for work in the same manner as a person who is not disabled;
- The right to seek and maintain competitive integrated employment when one chooses;
- The right to seek resolution of rights violations or quality of care issues without retaliation; and
- The right to participate in political and public life

FEBRUARY COMMUNITY EVENT

For this month's ABLED Community Event we will be gathering to watch the movie "Dog" starring Channing Tatum and a friendly-looking German Shepherd! There are a limited number of seats for the viewing, so tickets will be given out on a first-come first-serve basis. We hope to see you there!



Movie start time: 1:30 PM
Location: South Pointe Cinema
When: Tuesday, February 22nd

NASP COVID-19 VACCINE LOTTERY

The Nebraska Association of Service Providers, in partnership with UNMC MMI, is hosting a COVID-19 Vaccine Lottery. Any employee of ABLED may enter. You **MUST** upload proof of vaccination (two doses of Pfizer or Moderna or one dose of Johnson & Johnson). Dates of immunization do not matter as long as they are complete.

1st place: \$1000
2nd and 3rd: \$500

Deadline to enter is May 23, 2022. Winners will be announced May 30th.

To enter, visit the following link: <https://airtable.com/shrFmnmGjCbuM6IUU>

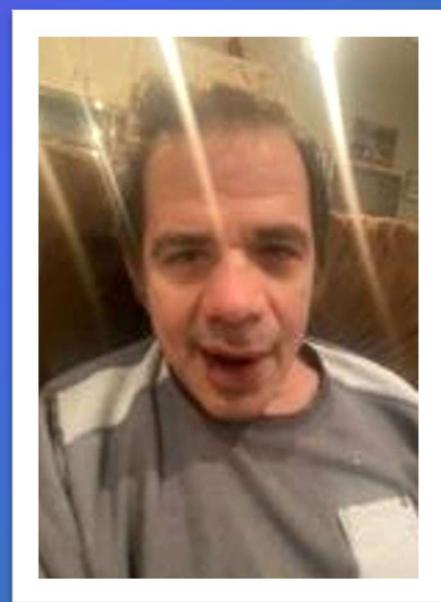
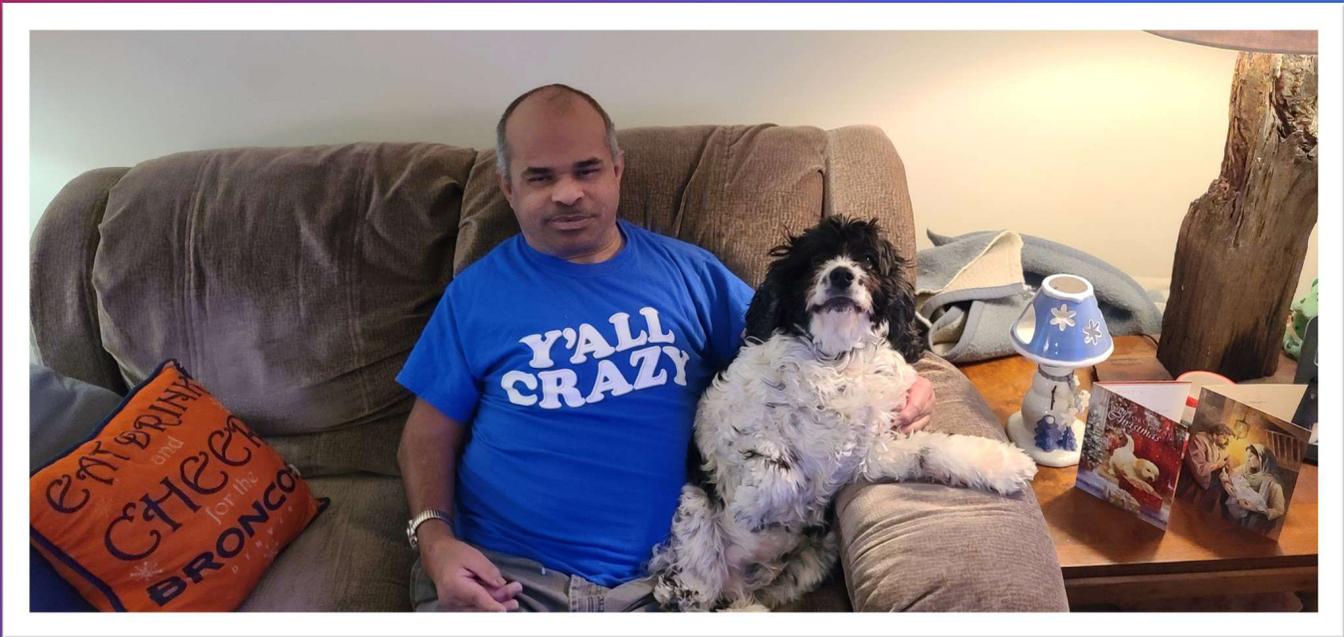
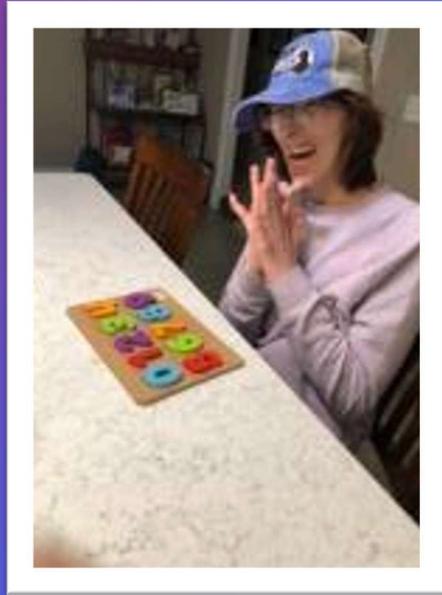
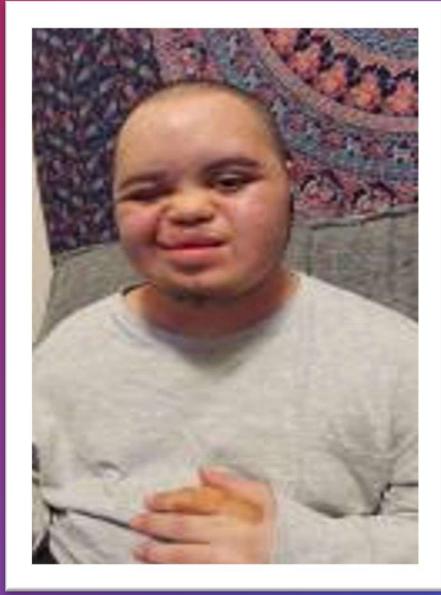


BE CONFIDENT

LEARN SKILLS



HAVE FUN



PEACE, NOT PIECES

*“Do not be **μεριμνάω** about anything, but in everything by prayer and pleading with thanksgiving let your requests be made known to God. And the **ειρήνη** of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.” - Philippians 4:6-7*

μεριμνάω = merimnaó (mer-im-nah'-o) - a part, as opposed to the whole – properly, drawn in opposite directions; "divided into parts" (A. T. Robertson); (figuratively) **"to go to pieces"** because pulled apart (in different directions), like the force exerted by sinful anxiety (worry).

ειρήνη = (i-ray'-nay) - from eirō, to join, tie together into a whole – properly, wholeness, i.e. when all essential parts are joined together; **peace** (God's gift of wholeness).

The Apostle Paul in his letter to the Philippians follows Christ in trying to help people go about asking God to satisfy their needs through prayer. In the Gospel accounts, the Lord speaks to this topic often. He teaches us, *“And when you pray, do not keep babbling like unbelievers, for they think they will be heard because of their many words. Do not be like them, for your Father knows what you need before you ask Him.”* (Matt. 6:7). In other places in the Gospels we see Jesus, the one who said, *“Foxes have dens and birds have nests, but the Son of Man has no place to lay his head”* (Matt. 8:20), assure us continually that God is fully aware of your needs and that God will provide.

Jesus also wants to transform the way we think about what it is we truly need. Here's an account from the Gospel of Luke, *“As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to Him. She had a sister called Mary, who sat at the Lord's feet listening to what he said. But Martha was distracted by all the preparations that had to be made. She came to him and asked, ‘Lord, don't you care that my sister has left me to do the work by myself? Tell her to help me!’ ‘Martha, Martha,’ the Lord answered, ‘you are worried about many things, but few things are needed—or indeed only one. Mary has chosen what is better, and it will not be taken away from her.’”* (Luke 10:38-42).

Only one thing is needed, and Mary, who was concentrated on Jesus, chose what was better. Martha, on the other hand, had her focus being pulled in different directions by the tasks she was performing to the neglect of Jesus. Martha allowed the means by which she served outdistance the end for which she served - to enjoy God's presence forever. This interaction between Mary, Martha, and Jesus is a good way to understand why Christianity is often described as a relationship and not a religion. What many religions of the world demand of their adherents is to focus on their own efforts of fulfilling a rigid set of rules they need to perform in order to be made whole again; this results in demanding of God what they believe is due to them like Martha did. However, those who believe in Christ are not caught up in this system; our concentration is on Jesus' performance on our behalf, and by faith we rest knowing that because of this effort we have everything we need.

In the ancient philosophy of Daoism there is a concept called, *wu wei*. The School of Life's website has this to say about the concept: *“Wu wei means – in Chinese – non-doing or ‘doing nothing’.* It sounds like a pleasant invitation to relax or worse, fall into laziness or apathy. Yet this concept is key to the noblest kind of action according to the philosophy of Daoism – and is at the heart of what it means to follow Dao or The Way. According to the central text of Daoism, the Dao De Jing: ‘The Way never acts yet nothing is left undone’. This is the paradox of wu wei. It doesn't mean not acting, it means ‘effortless action’ or ‘actionless action’. It means being at peace while engaged in the most frenetic tasks so that one can carry these out with maximum skill and efficiency. Something of the meaning of wu wei is captured when we talk of being ‘in the zone’ – at one with what we are doing, in a state of profound concentration and flow.” Take for example, Michael Jordan, (or LeBron James, if you prefer) there were times in his career when he was said to be “in the zone” because his mastery on the court seemed to come effortlessly. Although he was making dynamic athletic movements, he was doing it from a place of ease and focus.

Jesus is the only person to have ever been “in the zone” his entire life; this is because he lived with a continuous conviction of the oneness he shared with God *“I and My Father are one.”* (John 10:30). It was from this sense of peace he masterfully performed the mission to save us from our sins. As we bear our crosses, let us follow in the footsteps of our Great Example and have at the forefront of our mind the peace we too have with God through Christ's atonement. Let us also remember and remind each other whenever our focus gets swept away by the worries of the world to declare our thankfulness for Christ's efforts, not our own, in making a way for us always to return to the fold accepted and loved by God. May this peace allow us to move forward with confidence, skill, and joy in whatever service we provide. To the glory of God.