



ABLED TRAINING OPPORTUNITY

ABLED's Quality Assurance and Quality Improvement Committee is excited to partner with DHHS to host a virtual training opportunity next week just for ABLED's participants, staff, guardians, and anyone else who is interested. Join us to learn more about the CMS Final Settings Rule and the Nebraska State Transition Plan presented by DHHS Quality Assurance Coordinator, Ashley Knutson.

WHEN: Tuesday September 19, 2023, 1pm - 2pm

AGENDA:

- HCBS Final Settings Rule and State Transition Plan (STP)
- Heightened Scrutiny and Impacted HCBS Waivers
- Self-Assessment Process
- On-Site Expectations
- Master Site Lists/Provider Quality Reports

ABLED VACCINE CLINIC

Participants, staff, families & guardians are invited to attend ABLED's Vaccine Clinic on Thursday, Oct 26 between 9 & 10am. Alternatively, you may walk in to Neighborhood Pharmacy to get vaccinated anytime. Flu shots are available. COVID shots have not arrived yet. The pharmacy recommends to wait and do both at the same time. Please have the guardian or parent complete the pharmacy's consent form if receiving one or both immunizations. Other pharmacies and healthcare providers offer vaccinations as well. Please check with your doctor as needed.

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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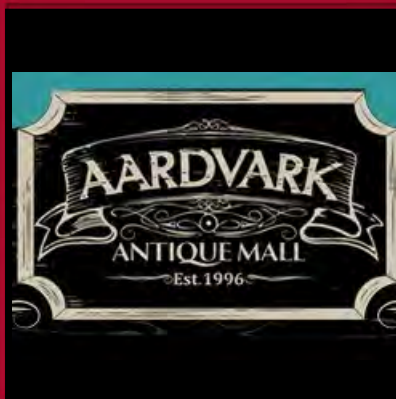
PAIGE STYSKAL
Administrative Assistant

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

Aardvark Antique Mall Event Sept 11



Participants received \$10 gift cards and went hunting for treasures. Be sure to ask these folks what they found!



IN
FULL
Swing



ALWAYS
ON
PART

HOLMES LAKE GOLF EVENT SEPT 8

JOIN US FOR THESE UPCOMING ABLED EVENTS

Pearson Pumkin Place

ADDRESS: 1357 N 6th Rd, Eagle, NE 68347

DATE: Friday, September 22

TIME: 10:00am

INFO: <https://pearsonspumpkinplace.com/>

Movie Theatre Gift Card Pick up

ADDRESS: Southpoint Barnes & Noble

DATE: Tuesday, September 26

TIME: 9:45am-10:15am

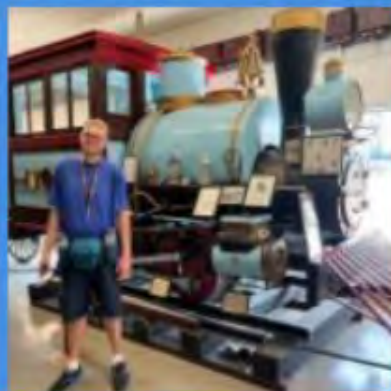
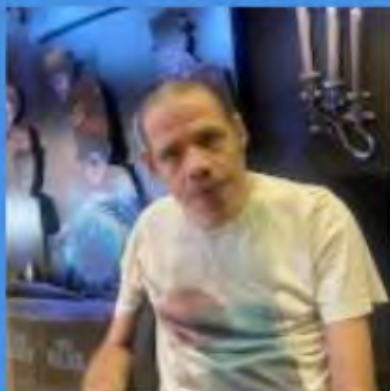
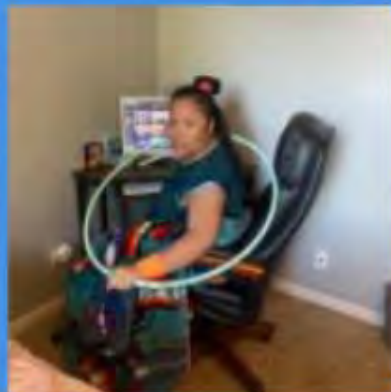
Come watch a show on us!



HALLOWEEN DÉCOR CONTEST

Share your **SPOOKY** or **GOOFY** Halloween photos for next month's newsletter!

Be creative to win a prize!



DON'T WORRY, BE HAPPY!

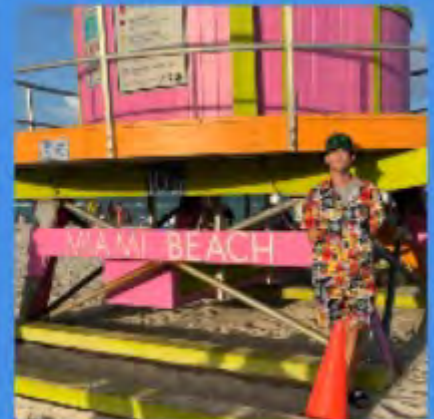
MAKING MEMORIES IN MIAMI BEACH



Alex and Zeke shared these fun photos from their week in Miami! Their trip started and ended with an early morning flight.



While in Miami they visited the Everglades, the Perez Art Museum, the Miami Seaquarium, Miami Beach, plus local restaurants and souvenir shops.



CHECK OUT THESE LOCAL THINGS TO DO

Mana Games Cafe: \$5 daily pass

Vala's Pumpkin Patch: Opens Sept 2nd

Nebraska City AppleJack Festival: Sept 23-24

Nebraska City Bull Riding: Sept 15-16

Roca Berry Farm Fall Festival: Sept 16

Jurassic Quest: Sept 29

Junkstock Harvest Edition Sept 29 to Oct 8



LITTLE MOMENTS CAN MAKE BIG MEMORIES

BE INFORMED TO MAKE A DIFFERENCE

SUICIDE PREVENTION AWARENESS

September is Suicide Prevention Awareness Month, and every Nebraskan has a role in saving lives.

Suicidal thoughts, much like mental health challenges, can affect anyone regardless of age, gender, or background. Family and friends are often the first to recognize the warning signs of suicide, and they can take the first step toward helping a loved one find mental health treatment.

WARNING SIGNS OF SUICIDE

- Talking about wanting to die or wanting to kill themselves
- Talking about feeling empty or hopeless or having no reason to live
- Talking about feeling trapped or feeling that there are no solutions
- Feeling unbearable emotional or physical pain
- Talking about being a burden to others
- Withdrawing from family and friends
- Giving away important possessions
- Saying goodbye to friends and family
- Putting affairs in order, such as making a will
- Taking great risks that could lead to death, such as driving extremely fast
- Talking or thinking about death often

Suicidal behaviors are a psychiatric emergency. If you or a loved one needs assistance in a crisis, seek immediate help by calling, texting, or chatting 988.



WHEN TO CALL 911

MEDICAL EMERGENCIES

Call 911 if you see:

- The condition is life or limb threatening;
- The condition could worsen quickly on the way to the hospital;
- Moving the victim will cause further injury;
- The person needs skills, medication, or equipment right away that paramedics carry; or
- Distance or traffic would delay transporting the person to the hospital and could be life-threatening.

Immediate action is required by regulation for paid providers.



CDD AND DDAD WAIVERS

404 NAC 4 001.07(H) 001.07(H) IMMEDIATE AND SERIOUS THREATS TO HEALTH AND SAFETY. When situations involving immediate and serious threats to one or more participants' health and safety are identified, the provider: (i) Upon discovery, must take immediate action to remove the risk to the identified individual and implement corrective measures to prevent further immediate and serious threat situations;

AD AND TBI WAIVERS

480 NAC 4 002.06(P) Be capable of recognizing signs of distress in a participant and know how to access available emergency resources if a crisis situation occurs;

LIFE IS GOOD!



WHAT IS THE GOSPEL?

The gospel, at its core, is always a message about **Jesus**



The word *gospel* literally means "[good news](#)" and occurs 93 times in the Bible, exclusively in the New Testament. The gospel is, broadly speaking, the whole of Scripture; more narrowly, the gospel is the good news concerning Christ and the way of salvation.

The key to understanding the gospel is to know why it's good news. To do that, we must start with the [bad news](#). The Old Testament Law was given to Israel during the time of Moses. The Law can be thought of as a measuring stick, and sin is anything that falls short of "perfect" according to that standard. The righteous requirement of the Law is so stringent that no human being could possibly follow it perfectly, in letter or in spirit. Despite our "goodness" or "badness" relative to each other, we are all in the same spiritual boat—we have sinned, and the punishment for sin is death, i.e. separation from God, the source of life. In order for us to go to heaven, God's dwelling place and the realm of life and light, sin must be somehow removed or paid for. The Law established the fact that cleansing from sin can only happen through the bloody sacrifice of an innocent life.

The gospel involves Jesus' death on the cross as the sin offering to fulfill the Law's righteous requirement. Under the Law, animal sacrifices were offered year after year as a reminder of sin and a symbol of the coming sacrifice of Christ. When Christ offered Himself at Calvary, that symbol became a reality for all who would believe. The work of atonement is finished now, and that's good news!

The gospel is the good news that God loves the world enough to give His only Son to die for our sin. The gospel is good news because our salvation and eternal life and home in heaven are guaranteed through Christ. "He has given us new birth into a living hope through the resurrection of Jesus Christ from the dead, and into an inheritance that can never perish, spoil or fade. This inheritance is kept in heaven for you" (1 Peter 1:3-4).

The gospel is good news when we understand that we do not (and cannot) earn our salvation; the work of [redemption](#) and [justification](#) is complete, having been finished on the cross. Jesus is the [propitiation](#) for our sin. The gospel is the good news that we, who were once enemies of God, have been reconciled by the blood of Christ and adopted into the family of God. "See what great love the Father has lavished on us, that we should be called children of God! And that is what we are!" (John 3:1) The gospel is the good news that "there is now no condemnation for those who are in Christ Jesus" (Romans 8:1).