

SOWER

Get up and dance!

Marshal Rabe performs like he was born to dance. In a way, he was. He has been dancing since he was just seven years old. At a mere nine years of age, he started contending in dance competitions. It's no wonder Marshal has fantastic dance moves; he grew up in a family of dancers. His father, Rod, teaches dance in their home dance studio.

Marshal performs many types of dance: country western, tango, waltz, cha-cha, and hip hop. Marshal says his favorite type of dance is hip hop. He watches movies with hip hop dancing and teaches himself the moves. He's happy to teach others some moves or even a routine. Just ask him!

He has a dancing partner, Cassie Lacy. They practice every Sunday. They met three years ago during practice for a production of *High School Musical*. In 2012 Marshal and Cassie won an internet contest through Best Buddies International, a nonprofit volunteer organization that creates opportunities for people with intellectual and developmental disabilities. Marshal and Cassie performed at their international convention in August 2012.



PHOTO BY ROD RABE

Marshal has danced for crowds of all sizes. The largest was a crowd of 8,000 during *Dancing with the Omaha Stars*. Marshal and his mom beat Marshal's dad and sister at this annual event where celebrities dance with pro dancers to help raise money for a charity. He got to meet Cheryl Burke, a professional dancer who is best known as one of the professional dancers on ABC's *Dancing with the Stars*!

Marshal and partner Cassie can be found on YouTube by searching "Marshal and Cassie dance." They're also on Facebook at Marshal Rabe and Cassie Lacy.

Contact Christina with your story ideas:
 Christina Mayer
 Community Liaison
 402-440-4129
 christina.mayer@nebraska.gov
 Give her your name and a way to contact you so she can find out more about your story idea.

We hope you'll enjoy reading the *Sower*. If you'd like to read it online, go to:
http://dhhs.ne.gov/Pages/newsletters_sower.aspx

Sower is published quarterly by the Division of Developmental Disabilities, part of the Nebraska Department of Health and Human Services. It is a celebration of individuals with intellectual and developmental disabilities and their families, guardians, service providers, community agencies and services, advocates and other interested individuals.

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GRACED BY SONG



PHOTO COURTESY KETV CHANNEL 7 NEWS, OMAHA

Graced by song

Amanda Grace Coker debuted her breathtaking voice at age 14 during a school talent show and has been performing ever since. She has sung at weddings, funerals, birthday parties, retirement parties, and more!

Last April Amanda went to Washington, D.C. to perform at a conference for the Lutheran Services of America. She spent few days in the city with her family, and sang two more times for the group and even for a few cab drivers!

In 2012 she sang at the Governor's residence for the Care Givers Conference Luncheon. She also performed at the Midland Community Foundation's Reflection Ball. She has sung the National Anthem three times for the Omaha Storm Chasers baseball team, and she sings every year for the Omaha J.P. Lord School graduation and for the Walk and Roll for Disabilities.

Amanda gave her own concert in November of 2013 at the Holy Family Shrine. She called the concert "Amanda and Friends." There were around 200 attendees!

Since Amanda is blind, she learns each song by listening and repeating. When Amanda isn't singing, she's going to the YMCA for water aerobics, drinking coffee, and going shopping.

Amanda can be found on YouTube and KETV Channel 7 News online.



BSDC's Resident Artist

Given the distinction of Beatrice State Developmental Center's "resident artist," David Courtney has been selling his drawings for well over two decades. His work adorns many walls at various locations. But his craft doesn't stop there. He has created calendars, cards and illustrations for books, including the recent BSDC cookbook.

David is creating logos for Staff Development at BSDC. "We want to put something that David has created onto the front of the folders new hires receive when they go through orientation," says Loree Crouse, BSDC Staff Development Training Coordinator. "He is one of the training team colleagues. He joins me in welcoming new hires on Monday mornings and, weather permitting, assists with providing a tour to new hires."

David's artwork can be purchased through the Bear Creek Gift Shop. He is in the process of selling his work at other locations in Beatrice as well.

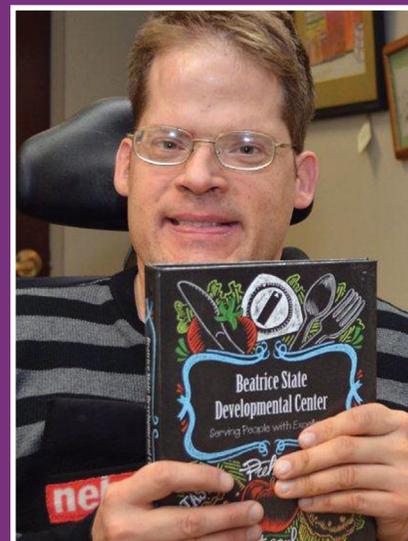


PHOTO BY JODY HANSEN

Artists across the state

On the following pages are photos of numerous artists across the state. Here you'll read about the pictured artists and others, their form of artistic expression and additional tidbits of interest. Service Coordinators identified the artists and gathered information and photos. Their names are listed as a thank you for their considerable help in shining a light on these creative individuals.

Drawing smiley faces is just the beginning for **ASHLEY BECKER**. After filling a piece of paper with those smiley faces, she forms the paper into pieces that look like beads and then makes jewelry out of those beads. Her specialties are necklaces and bracelets. Her jewelry is on display at Mosaic in York and other locations, such as Grand Island and Omaha. Ashley also sells her jewelry by word of mouth and has sold a number of pieces to family and friends. Shauna Becker is Ashley's Service Coordinator.

EVAN CALLAN'S passion is drawing. His mother says, "If he could, he would spend every waking minute drawing and creating art. His work tends to be animated, lively, comical and very detailed. He has exhibited his work through a website called Angel Boy Art. He lives in Wahoo, and his work has been featured in a month long display at the Wahoo Public Library. Evan's Service Coordinator is Lori Pellan.

JEREMY DOYLE started his own soap making business with the support of DSN. He sells his soaps to staff and at area farmers' markets. Kylee Hohbein is his Service Coordinator.

HOPEMARTHA HUNTER

She enjoys painting with assistance from her LEAP staff, Brandi and Tiffany, and her yoga instructor, Sheila Palmquist. Her paintings have been displayed at LEAP and the Lancaster County Fair. Lucky recipients receive HopeMartha's paintings as gifts. Tammy Kocian is HopeMartha's Service Coordinator.

Counted cross stitch, line stitch and quilting are

BRENDA KIRKPATRICK'S

forms of creativity. Brenda is part of a community quilting group in Sidney known as "Enduring Stitches." She sells her quilts and will exhibit them this year at the Cheyenne County Fair. Her Service Coordinator is Morgan Munson.

CHAD MADSON is a photographer. He describes photography as one of his life's passions. He dedicates much of his time to learning new technical skills and applying this knowledge to his professional work. Several venues feature Chad's work, including Scooter's, Mo Java Café, C. Berry's and Crescent Moon Coffee. Hayley Stefkovich is Chad's Service Coordinator.

JOHN NOLTING likes to work with all forms of art. This includes building,

painting, constructing models, colored pencils, stories, etc. He creates for his own enjoyment. Kylee Hohbein is John's Service Coordinator.

Multi-colored, multi-dimensional abstract painting is **JESSICA RASMUSSEN'S** artistic specialty. Jessica has had one duo art show at Live Yes Studios. She has displayed artwork at different Scooter's locations in Lincoln. She has also showcased her artwork at a gallery called "Art & Soul." Jessica's Service Coordinator is Nancy Chapman Heiser.

LYNN REDDING lives in Wood River and has been a member of a local Toastmasters club in Grand Island for about a year. She frequently speaks at conferences and has testified at many Legislative hearings. Lynn says her favorite thing about Toastmasters is that "it doesn't matter if I have a disability, they always include me." Bob Gonderinger is Lynn's Service Coordinator.

Painting and drawing are **LORI SNAWERD'S** favorite forms of artistic expression. She has sold her art in art shows in Lincoln and works side by side with local artists at Live Yes Studios in Lincoln. She has come

to love art so much that she jumped at the chance to decorate her newly remodeled bedroom and bathroom with her own artwork and artistic flare. Her Service Coordinator is Holly Martin.

"I like to paint and do clay," says artist **WENDY WARD**. "I draw people sometimes, but most of all I love to draw cars," she continues. I can sit and draw for hours in one sitting." Wendy has sold some of her creations to the community at her vocational site where they have a craft store. She also makes gifts of many of her drawings. Tonda J. Nelson is Wendy's Service Coordinator.



PHOTO BY CHAD MADSON

ARTISTS ACROSS STATE

Ashley Becker

"I like to draw and make jewelry."



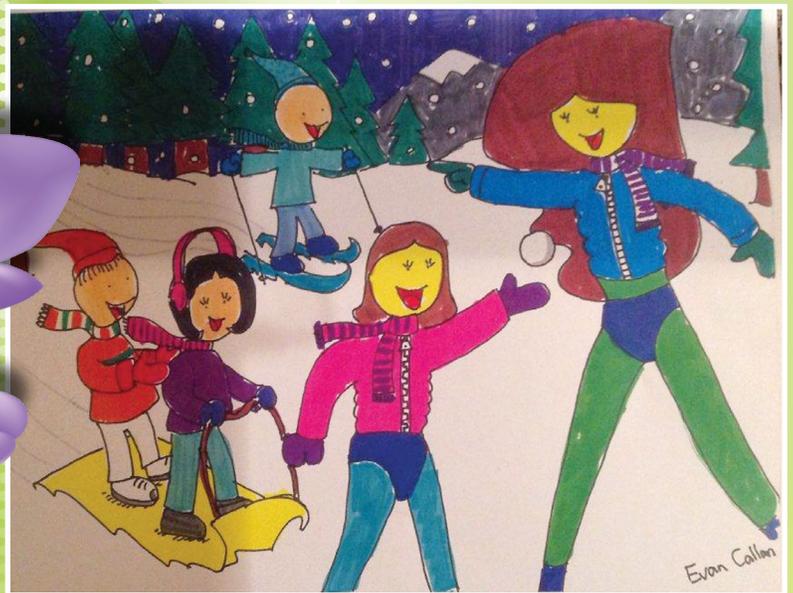
Wendy Ward

"I like to paint and do clay."



HopeMartha Hunter

HopeMartha's paintings have been displayed at LEAP and the Lancaster County fair.



Evan Callan

Evan has been drawing since the age of three.

ARTISTS ACROSS STATE



Chad Madson

Photography is one of Chad's life passions.



Brenda Kirkpatrick

Brenda is part of a community quilting group known as "Enduring Stitches."



Lori Snawerdt

Painting and drawing are Lori's favorite forms of artistic expression.



OMNI TRAINING

Trainings are provided by OMNI Behavioral Health and the Department of Health and Human Services as an effort to improve the quality of life and care for people with developmental or intellectual disabilities in Nebraska.



TRAINING ON THE FOLLOWING TOPICS:

» THE FACTS OF LIFE . . . AND MORE



Leslie Walker-Hirsch is an internationally recognized educational consultant who specializes in social and sexual development for individuals with intellectual disabilities. She will provide training on sexuality and intimacy for people with intellectual disabilities. This training will help parents, staff and others who work with people with intellectual or developmental disabilities understand how to be sensitive about sexual education. Training will occur in Omaha on April 8, from 9:00 a.m. - 4:00 p.m. and in Kearney on April 9, from 9:00 a.m. to 4:00 p.m.

» DR. TOM POMERANZ



Dr. Tom Pomeranz is presenting a series of trainings throughout 2014. Participants in the first set of trainings “Just in Time Supervisory Training” have called it “very inspirational” and the “best training ever!” Just in Time: Supervisory Training for provider clinical staff and management will be presented in various locations the week of April 21-25. Nurturing Development of Young Children will be presented April 22 in North Platte and April 24 in Scottsbluff/Gering.

» 7 WAYS TO PREVENT A CRISIS



Extended Family Home parents, foster parents with children with disabilities, agency supervisors, placement professionals and staff working directly with these families may benefit from “7 Ways to Prevent a Crisis” with **Peter Leidy**. The presenter believes that good quality support often reflects what support workers, EFH parents and foster parents bring to the job, saying the work is relational. There will be two sessions: April 25, from 9:00 a.m. to 12:00 noon in Lincoln and April 26, from 9:00 a.m. to 12:00 noon in Omaha.

» VIDEO MODELING: ENHANCING TRANSITIONS FOR YOUNG ADULTS WITH DEVELOPMENTAL DISABILITIES



Dr. Keith Allen of the Munroe-Meyer Institute will present training on video modeling. The training will teach participants how to use video modeling to help individuals with developmental disabilities to develop more autonomy and independence in the transition from school to home, community and the workplace. The training will be offered in Kearney, May 9, from 9:00 a.m. - 12:00 noon.

Trainings will be provided across the state in 2014. All trainings will be FREE and open to the public.

Please check the OMNI Behavioral Health website: www.omnibehavioralhealth.com for dates, times, locations and registrations. Contact **Rebekka Erks**, for more information: rerks@omnibehavioralhealth.com 402-397-9866 Ext. 120

NEBRASKA'S DIVISION OF DEVELOPMENTAL DISABILITIES

Announces its **2014 Colossal Conference**



Harnessing systems and resources to support people with intellectual and developmental disabilities in living an enviable life

September 22-24, 2014

At the LaVista Conference Center, a suburb of Omaha, Nebraska

FEATURED PRESENTATION

Eustacia Cutler, "A Thorn in my Pocket: Raising Dr. Temple Grandin"

Other keynote speakers

Cathy Ficker-Terrill, MS and Frank Pastizzo, BS

Confirmed national presenters providing breakout sessions in five tracks:

<p>BEHAVIORAL <i>Track</i> 1</p>	<p>HABILITATION <i>Track</i> 2</p>	<p>HEALTH <i>Track</i> 3</p>	<p>LEADERSHIP <i>Track</i> 4</p>
<ul style="list-style-type: none"> ▶ Dual Diagnosis from the Inside – Melanie Hecker and Phyllis Hecker ▶ The Behavior Support Team (BST) Model – Dr. Shawn Bryant, PsyD; Jim Davis, Roger Geery, Karen Girch, Nancy Lamb, Wanda Miller, Jonathan Potter and Tessa Main Svoboda ▶ Alternatives to Guardianship – Calvin Luker, JD and Tricia Luker ▶ Functional Behavioral Assessments and Behavior Support Plans: The Basics – Dr. Michael Neise, PhD and Rick Mayfield ▶ Get out the Shovel! Digging Deeper with Functional Behavioral Assessment – Dr. Bill Reay, PhD ▶ Behavioral Managed Care – Speaker TBA ▶ Supporting Persons Who Have Experienced Trauma – Dr. Monique Marrow, PhD ▶ What is Team Behavioral Consultation and What does it Have to do with Me? – Dr. Bill Reay, PhD and Dr. Todd Stull, MD ▶ Dementia and Intellectual Disability: Therapeutic Update for Behavioral Health Practitioners – James Bennett, MA, Janet Misel, MEd and Dr. Steven Ruedrich, PhD 	<ul style="list-style-type: none"> ▶ Supporting Individuals – Derrick Dufresne, MBPA and Dr. Michael Mayer, PhD ▶ Individual Outcomes and Plans (What is a Person-Centered Plan?) – Cathy Ficker-Terrill, MS ▶ Trends in Person-Centered Services – Dr. Tom Pomeranz, EdD; Derrick Dufresne, MBPA; Dr. Michael Mayer, PhD; Calvin Luker, JD; and Tricia Luker ▶ Alternatives to Guardianship – Calvin Luker, JD and Tricia Luker ▶ Assuring an Enhanced Quality of Life: The Role of Service Coordination in the Individualized Support and Futures Planning Process – Dr. Tom Pomeranz, EdD ▶ Supported Employment – Kevin Schaefer, BA ▶ Supported Decision-Making in Action – Tina M. Campanella, MA ▶ The NADSP Code of Ethics Encounter: The First Pillar of Direct Support – John Raffaele, MSW ▶ E-Learning Opportunities – Lloya Fritz, BA and Mary O'Hare, MEd, MPA ▶ "I Have no Stress! Addressing – Compassion Fatigue – Ana Parra, BA and Mary Moser-Cooper, MA ▶ Programming for Individuals who are Deaf and/or Blind – Kris Cardot-Goodwin, BA and Layla Krzykowski, BA ▶ Supporting Persons Who Have Experienced Trauma – Dr. Monique Marrow, PhD ▶ Successful Transitions from School to Work – Dr. Daniel Baker, PhD 	<ul style="list-style-type: none"> ▶ Introduction to Physical and Nutritional Management for Individuals, Families and Providers – Jaime Bailey, MCD, CCC-SLP and Terri Lykins, RD, LMNT ▶ Supporting the Health and Wellbeing of the Person with Intellectual and Developmental Disabilities – Dr. Nabih Ramadan, MD ▶ Great Expectations: Defining the Deliverables from our Primary Health Care Physician – Dr. Carl Tyler, MD ▶ Unmet Healthcare Needs: Lessons Learned – Dr. Carl Tyler, MD ▶ Straight Talk on Bent Thinking – Dr. Steven Weisblatt, MD ▶ Dementia and Intellectual Disability: Therapeutic Update for Clinicians – James Bennett, MA, Janet Misel, MEd and Dr. Steven Ruedrich, PhD ▶ Understanding and Responding to Role of Mental Health Diagnoses in Challenging Behavior – Melissa Chepic, MP, CHES and Dr. Theodosia Paclawskyj, PhD ▶ How Health Care Reform Affects Individuals with I/DD – Speaker TBA <div style="text-align: center; margin-top: 20px;">  <p>Department of Health & Human Services DHHS NEBRASKA</p> </div> <p style="text-align: center; margin-top: 20px;"><i>Watch the Nebraska Division of Developmental Disabilities website for registration information in April, 2014.</i></p>	<ul style="list-style-type: none"> ▶ Creating a Culture of Respect – Cathy Ficker-Terrill, MS ▶ Trends in Medicaid Home and Community-Based Services – Robin Cooper, MSW ▶ Successful Systems Transformation – Jodi Fenner, JD and Panel of State Directors ▶ Facility Free AND Habilitative – Derrick Dufresne, MBPA; Dr. Michael Mayer, PhD and Dr. Tom Pomeranz, EdD ▶ Survey Ready! Any Day of the Week – Mark Wiesel, BSE ▶ Supervisory Skills and Techniques – Susan Koenig, JD ▶ Investigation Skills Matter: Protecting People from Harm – Labor Relations Alternatives, Inc. ▶ Just in Time: Best Practice Strategies for Maximizing Staff Performance – Dr. Tom Pomeranz, EdD ▶ Bridges: From There to Here – Jodi Fenner, JD; Dr. Shawn Bryant, PsyD; Dr. Michelle Zangger, PsyD and Deb Johnsen ▶ Supporting Staff and Families through Systems Transformation – Bill Tapp, MA ▶ We need S'MORE Staff Like That! – Scott Osterfield ▶ "I Have no Stress! Addressing Compassion Fatigue – Ana Parra, BA and Mary Moser-Cooper, MA <div style="text-align: center; margin-top: 20px; background-color: #004a99; color: white; padding: 10px;"> <p>Breakout Sessions TBD by Therap</p> </div>

**Session titles are subject to change.*

Jottings from:



Jodi Fenner

Director of DHHS
Division of Developmental
Disabilities

Spring is in the air. With spring come thoughts of color, new life and creativity. This Sower is brimming with color, new life and especially creativity. You'll see numerous examples of artists and their artistic expression, from ballroom dancing to jewelry making to singing to painting and pottery. Individuals across the state are expressing their creativity and finding ways to grace their communities with their talents.

Newness is bursting out in several training opportunities. Learning new things or new ways of doing things keeps us all fresh. Inside you'll find lots of opportunities for individuals, parents, guardians, service providers and community professionals. I personally invite each of you to attend the "It's My Life!" conference September 22-24 at the LaVista Conference Center. It would be great to see you there!

Thank you! to everyone who shared their thoughts and ideas about the State Plan. I traveled with a team to 21 communities across Nebraska to hear what is working and what would be helpful for the future. A few common themes emerged from your questions and comments, including transportation, the registry of needs (commonly referred to as the waiting list), non-specialized service providers and the transition process.

You still have an opportunity to provide input regarding the state plan. All persons receiving services or on the registry of needs should receive a survey. Please complete it, making sure you include what things that are going well. Your input will be invaluable in developing the state plan that will be implemented on January 1, 2016, and guide the Division through the year 2020. If you don't receive a survey but wish to contribute, please contact Christina Mayer at 402-440-4129 or send an email to:

Christina.Mayer@nebraska.gov

*We respect your wishes. If you would prefer not to receive this newsletter, or would like to receive it electronically or at a different mailing address, please contact: Christina Mayer, Community Liaison
Phone: 402-440-4129
Address: PO Box 98947, Lincoln, NE 68509-8947*

Together We Can!

This online course is designed for individuals with intellectual or developmental disabilities and their independent providers. Six modules, each approximately 30-45 minutes, provide information about how the person and provider can work together to increase opportunities to live, work and participate in the community.

Students will need:

- Computer with high-speed internet connection
- Speaker/sound capability
- Working knowledge of computer and internet experience
- Firefox or Chrome browser recommended
- Cannot access the course using an iPad or Droid tablet at this time



The course is entirely online, self-paced and FREE if you register by calling 402.437.2700.

For more information about the course, go to:

<https://www.southeast.edu/assets/0/74/87/324/325/678/0f680bf5-e80e-41b5-ae16-dd23dc1fef1d.pdf>