

SPRING
2007
ISSUE 2
VOLUME 1



UCP of Nebraska receives Grant from The Enrichment Foundation

The Enrichment Foundation selected UCP of Nebraska as a "partner" to administer grants to benefit individuals with a disability. These grants could provide funding for things such as adaptive devices, medical equipment or respite care.

To qualify for The Enrichment Foundation's guidelines, individuals must:

- reside in Douglas or Sarpy County
- have a major physical disability
- have fully utilized relevant available funding options.

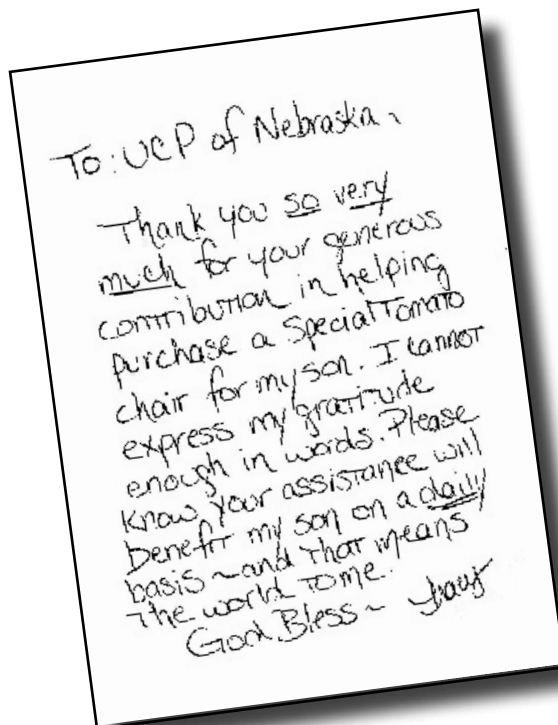
With this additional funding available for the Greater Omaha Area, UCP of Nebraska's Client Assistance Grant Program can now better serve individuals with a disability statewide. UCP of Nebraska provides

limited grants to qualified families and individuals with disabilities to promote independence and encourage empowerment. These grants help with things such as purchasing adaptive equipment, removing barriers in the home and providing scholarships for special programs or conferences.

A committee of the Board of Directors meets bi-monthly to review applications and approve funding based on the following criteria:

- promotion of independence
- support of family
- enhancement of mobility.

For more information or to receive an application for either program, contact Anne Brodin at 502-3572 or 1-800-729-2556.



upcoming events

Thursday June 21 "Hit the Links" & Drive Against Disabilities Golf Tournament
Tiburon Golf Club, Omaha

“My hand may shake but my heart does not”

- Stephen Hokins, who had “palsy” while signing the Declaration of Independence.

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Spring Cleaning

Spring cleaning holds two totally different meanings in my home. To the adults, it means we have turned the page from winter to spring, can spend time with our children and get the little things done around the house.

To the children, it's just another chore. Time better spent on the phone, playing with friends or watching TV.

Similar to my children's attitude, I have been challenged in my daily life with attitudes about volunteering. I have often been asked why I support the different organizations that I do through volunteerism and financial support. To me, the answer is simple.

I do it because I think it makes a difference and I do it with a joyful heart. But that doesn't mean that it is always an easy decision. Like my children, I sometimes think of volunteering as a chore: something lacking financial reward and depleting my time. So what is a person to do when this dilemma creates

chaos and hinders their best efforts?

Do what you love. Get involved in a way that allows you to love what you do.

I work with finances all day and I truly enjoy my career. But I also love to educate, socialize and work with my hands. So I use my professional experience in many ways to help organizations with their specific financial needs.

But I also get involved in projects that allow me to stretch into areas that I don't get to do every day. I teach 5th grade Sunday school. I play in charity golf tournaments. I get dirty landscaping for a youth camp and assist the elderly with home maintenance.

The best part is I can do it all with a smile on my face because I love it. It really does make a difference.

So do what you love; love what you do and make a difference!

Kenneth E. Broman
President



IN THE NEWS

Healthy Body Weight Fends Off Late Adulthood Disabilities

A new study by the International Journal of Obesity indicates that maintaining a healthy bodyweight throughout adulthood decreases the likelihood of physical disabilities during the aging process.

While association between weight and physical impairment was already established, the overall effect was not understood.

Researchers found that men and women who were obese at 25, 50, and between 70-79 had significantly lower physical abilities than those who were normal weight at those ages. Furthermore, men and women who were obese or overweight in midlife or earlier were in worse condition than those

who became overweight later in life.

“Obesity may lead to joint wear and tear, reduced exercise capacity, and a higher rate of chronic diseases such as cardiovascular disease, diabetes and arthritis that can result in physical disability,” said Denise K. Houston, Ph.D., lead author of the study, in a press release. “Obesity in young and middle adulthood may result in earlier onset of chronic diseases and lower physical activity, contributing to decreased muscle strength and cardiovascular fitness and greater declines in physical performance.”

To learn more, read the full press release at the Wake Forest University Baptist Medical Center Web Site.

Over 1,000 putters

Lincoln, Omaha Events raise over \$125,000!

On two frigid February weekends, hundreds of barstool golfers converged on Omaha and Lincoln to quench their thirst and show off their putting skills. The 2007 UCP of Nebraska Barstool Open drew nearly 1,400 golfers who helped raise \$46,800. Braving the bone chilling weather, golfers traveled from bar to bar playing a miniature golf hole at each location and kept the bartenders at 38 locations busy.

While the temperatures were low, spirits were high throughout both Omaha and Lincoln events.

"This is a great event and it's for a great cause," said Chuck Tack, sporting a beer mug hat and knickers.

This was the 8th year for the Lincoln event and the 7th year in Omaha. Miller Lite, 104.1 the Blaze in Lincoln, and Q 98.5 in Omaha sponsored the event that has raised over \$125,000 over the years.

Participating establishments designed and built their own miniature golf hole and provided complimentary appetizers for the golfers.

Golfers voted Dillingers and the Bricktop as the best hole on the O Street tour and Doc's got the nod among the Haymarket establishments. T. Henery's was awarded as the Best Hole in the Old Market. For information on the 2008 Barstool Open, contact Carol at 502-3572.



Jennifer Howell prevents unnecessary thirst at O'Connor's in Omaha's Old Market



(Clockwise from Top) Julie Carper, Judy Harrington, Susan Warwick and Megan Rojas celebrate their ability to match shirts.



Jaimie Wagner, Shelly Blakeman, board member Connie Carroll, Jennifer Zulpher and Kristina Niemeyer patiently wait to putt at T. Henery's "Best Hole" in the Old Market.



Old Market barstool open participants, Stevie Howard, Teresa Sloboth (hat), Michelle Reinke, Josh Tresemer, Tyler Smith, Paul Cokeley pose at Old Chicago in the Old Market.

DID YOU KNOW?

Recycle Electronics

UCP of Nebraska is looking for offices to host collection boxes to recycle inkjet cartridges, cell phones, PDA and laptops. Hosting a collection box provides a wonderful environmental service, helps support UCP and requires virtually no effort! BCS Recycling will send a box directly to you. Just set the box up in your office and let your co workers know it's location. When it's full, you just seal it up and let FedEx take it away. To arrange for a collection box or to participate in the program, call Carol at 502-3572.



Adaptive Recreation Equipment

Recreation Again has invented some very unique products that will bring fun and recreation into the lives of many wheelchair users. This website features products such as the EZ PUTTING AID which enables those with limited hand or arm movement to putt with minimum effort and ease. Other devices help throw a ball and play Blow Darts. Go to <http://www.recreationagain.com> for more information.

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“Hit the Links” & Drive Against Disabilities

10th Annual Golf Tournament at Tiburon June 21st, 2007

Celebrating the 10th anniversary of the “Hit the Links” golf tournament, UCP of Nebraska aims to make this the best year yet.

Gail Werner-Robertson has been named the Honorary Chair and Windstream has once again teamed up with UCP as a signature sponsor to host this popular tournament at the newly renovated Tiburon Golf Club. More than 50 teams have registered to play.

\$350,000 which has funded programs and services for people with cerebral palsy and other significant disabilities.

Foursomes are limited with registration closing June 15th. Volunteers are still needed. For sponsorship opportunities, prize donations, or to volunteer; contact Carol Hahn at 502-3572.

Featuring even more complimentary food from some of Omaha’s favorite eateries, the four person scramble will please the hungriest of golfers while offering terrific prizes and the excitement of a live and silent auction.

Pre tournament activities start at 10:30 a.m. followed by the shotgun start and opening of the complimentary food court at 11:30 a.m. A barbecue buffet will follow the tournament with the silent & live auction and prizes to be awarded shortly thereafter.

UCP of Nebraska’s largest fund raiser of the year has generated over



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