

Sign Up Today For The
VILLAGE NORTHWEST UNLIMITED
11TH ANNUAL BENEFIT
RUNWALKROLL
JUNE 4, 2016 - SHELDON, IA



Name _____ Last _____
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 Address _____
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Age: (on race day) _____ Male Female

Event Entering: 5K 10K 1 mi. walk/roll

Shirt Size (unisex sizing): (circle one) S M L XL 2XL

Cost: \$25 by May 13, 2016 / \$30 between May 14-27 / \$35 after May 27

Amount enclosed: \$ _____

In consideration of your acceptance of this entry, I hereby, for myself, my heirs, executors and administrators, waive any and all rights and claims for damages I may have against individuals associated with this event, its agents, representatives, successors, and assigns for all injuries suffered by me in said event. I attest and verify that I have full knowledge of the risks involved in this event, and I am physically fit and have trained to participate in this event. I also agree to permit the use of photos taken at the event for publicity purposes.

Date _____ Signature _____

Return completed entry form and payment to:

Village Northwest Unlimited
 330 Village Circle
 Sheldon, IA 51201

You may also register
 online at:
 AllSportCentral.com



THE VILLAGE VOICE
 Village Northwest Unlimited
 Sheldon, Iowa | 712.324.4873
 villagenorthwest.org
 Spring 2016

Village Residents & Staff Support Local Backpack Program

Residents Volunteer with Backpack Program

Residents at Village Northwest Unlimited have joined forces with the Backpack Program to help local children in need of enough healthy food to get them through the weekend. From February through May, groups from the Village spend time two days each week volunteering at the United Methodist Church to fill bags and restock supplies for the program.

During their time, one day is spent bagging food items for the 93 backpacks that are distributed each week through the schools. The second work day is spent restocking and organizing items in preparation for the next packing day. "This is a great opportunity for residents to serve the community," says Jo Johnson, Director of ICF/ID & Program Services at Village Northwest Unlimited. "The Village provides transportation for residents to and from the church and individuals are able to volunteer in the community. It's a benefit for individuals we serve, as well as for kids in the community."



Village residents, along with staff, fill bags with food items for distribution through the Backpack Program.

"The United Methodist Church serves as a hub for storing supplies and packing the backpacks," says Tricia Meendering, Children's Ministry Coordinator, United Methodist Church. "We had put out a call asking for help to fill backpacks and members of the Village expressed interest right away."

Staff Raise Funds in Support of Backpack Program

In addition to the residents' service project, staff at the Village took matters one step further in support of the Backpack Program. The Village's PEP committee (People Exciting People) organized a staff fundraiser where with a minimum donation, staff could be entered into a drawing for a winter getaway package to King's Pointe in Storm Lake, IA. The committee's goal was to raise \$500 for the Backpack Program. Employees exceeded that goal by raising over \$625 for the program.



Marcia Vaandrager, Village Northwest Unlimited, presents a donation of proceeds from a staff fundraiser to Kari Kopperud, Middle School Guidance Counselor, for the Backpack Program. They are joined by Sheldon Middle School students who help with the program.

"We have a great team of staff at the Village who care about people," says Marcia Vaandrager, Coordinator of Therapeutic Services, Village Northwest Unlimited. "We're delighted to be able to come together in support of kids in the community just as the community has long supported the Village."

The backpack program confidentially provides a food sack every Friday that goes home in a student's backpack at no cost to the family. The backpack program is funded strictly through donations and grants and will only be available as long as there is funding.

Contributions can be made payable to the Sheldon Education Foundation and sent to the Sheldon Middle School at 310 23rd Ave in Sheldon.

Have you considered naming the Village in your will?



@VNU_Iowa



Village Northwest Unlimited



villagenorthwest.org



Village Northwest Unlimited
 330 Village Circle
 Sheldon, IA 51201



Phone: 712.324.4873 Fax: 712.324.4877
 villagenorthwest.org

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5th Graders Hear of Life with a Disability

Village resident, Dianne Ruyter, shared about her life story with the 5th grade students at Sheldon Middle School this past January. The students were reading a book titled *Summer of the Swans*. In the story a young boy was left with a disability after an illness he suffered at the age of three. The teachers thought that being able to hear from someone who has a disability would resonate with the kids.

Dianne talked with students about the car accident where she sustained injuries and about her recovery after the accident. She talked about how her life changed and of the basic life tasks she had to learn to do all over again, which she described as being 'like a baby'. She answered many questions from students about what it's like to live with a disability and how people treat her differently because of her situation.

Her parting advice to the students...treat people with disabilities the same way you would treat others because they can do all the same things you do. They just do them a little differently.



"Wacky" Wednesday

On Wacky Wednesday, you never know what you'll find. Silly outfits. Colored hats. An animal noise contest. Pies in the face.

On January 27, the Advisory Council of VNU hosted Wacky Wednesday. The program was held as a fundraiser for the Iowa Association of Community Providers Political Action Committee (IACP-PAC) which works to advocate for individuals with disabilities. The day consisted of a wacky painting contest, wacky dressing contest, wacky eating contest and many more fun activities for residents and staff.

Leading up to Wacky Wednesday, individuals could nominate staff members who would receive a pie in the face. Nominations were made by donations and the individual with the most nominations would 'win' the pie. In the end all three nominees graciously participated. It was a fun day and a great way to support PAC.



Jerry Postma (Interim Director of Admissions) gives Terry Ashland (Technology Specialist) a pie in the face as part of the Wacky Wednesday activities.



Staff and residents participate in a wacky painting contest where they recreated a painting using brushes with modified handles, green onions as paint brushes, and wore goggles smeared with petroleum jelly to 'enhance' their vision.

Robotics Provide Independence

Providing dignity for residents is a major part of the mission of Village Northwest Unlimited. This includes helping residents maintain independence at meal time. The Village has obtained assistive equipment to aid residents at meal time. The 'meal buddy' combines robotic technology and personal features in a way that allows residents to enjoy meals with independence.

The meal buddy is a robotic arm that is programmed to spoon food from three custom bowls. Meal Buddy wipes the bottom of the spoon across a bar to prevent dripping before serving it to the individual. There are multiple settings available that can be programmed to place the spoon within reach of the individual to take a bite. When ready for the next bite, the individual simply presses a



Cheri Brunsting demonstrates the Meal Buddy for VNU's Board of Directors.

switch for the arm to take the next spoon full of food. It is customizable to individual preferences.

We currently have two residents who are using the Meal Buddy. "For one individual, the Meal Buddy has allowed her to maintain her independence at meal time," says Cheri Brunsting, Occupational Therapy Assistant. "A degenerative muscle disease causes her to have spasms that make meal time extremely frustrating for her. With the Meal Buddy, she's able to maintain independence that is so important for her self-esteem."



The Meal Buddy is a robotic system providing independence at meal time.

Charitable Giving

For over 40 years we have been blessed by friends who have supported the programs and mission of the Village with financial gifts, and looking ahead, also have contributed to our long-range mission through carefully considered gifts and bequests. Please consider how you can leave a legacy for the future of Village Northwest Unlimited.

Gift Options Include:

Cash donation—simple, straight-forward and fully deductible as provided by law.

Securities—Securities donations may be eligible for tax deductibility, as well as have capital gains benefits.

Life Insurance—Name VNU as beneficiary, or gift the entire policy to VNU and deduct the premium payments.

Retirement Funds—An asset that's taxable to heirs at ordinary rates may be passed to VNU tax-free, maximizing your gift.

Real Estate or Other Property—Direct gifting of real estate or other property may provide income tax deduction.

Gift Annuity—Gift annuities provide lifetime fixed income and an income tax deduction to the donor and a death benefit to VNU.

Your attorney, tax advisor or financial advisor will provide information specific to your situation.

If the idea of leaving a legacy through an estate gift to the Village is on your heart, visit with Lisa Johnson by calling 712.324.5405 to begin the discussion.

Ready...Set...Run, Walk & Roll!

On June 4, Village Northwest Unlimited will host the 11th annual Run, Walk & Roll. With a 5K and 10K run and a 1 mile walk/wheelchair roll, there is something for every age and ability.

Join us for a morning of exercise, fun, and to support adults with disabilities. **In 2015, there were over 400 participants. Sign up today and help us to surpass last year's numbers!**

Register online at www.allsportcentral.com or call Samantha at 712.324.5416 for more information.

Saturday, June 4, 2016
8:00 am

Start & Finish on the Village Campus



Mark your calendar!

June 4
Run, Walk & Roll

July 1
Independence Day
Celebration

July 18
Benefit Golf
Tournament