

VNU RUN WALK & ROLL

JUNE 1, 2019 - START: 9AM

Name _____
 First _____ Middle Initial _____ Last _____

Address _____

Email _____

Phone _____

How did you hear about this event? _____

Age: (on race day) _____ Male _____ Female _____

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

I will not be participating in an event, but I would like a shirt (shirt only - \$25 check box & select)

Shirt Size: (circle one) S M L XL 2XL 3XL 4XL
 Youth Size: S M L

Cost: \$25 by May 10, 2019 / \$30 between May 11-24 / \$35 after May 24

Amount enclosed: \$ _____

VNU staff I am participating on behalf of: _____

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 payment and completed entry form to Sam Waterstone at the VNU Wansink Center.

You can also register online at: villagenorthwest.org OR allsportcentral.com

VILLAGE NORTHWEST UNLIMITED // Spring 2019

VILLAGE VOICE



— WACKY WEDNESDAY —

The VNU Advisory Council, made up of consumers and a few staff members, once again put together "Wacky Wednesday". This is an event held in support of the Iowa Association of Community Providers. Due to some "wacky weather" the Wednesday event became a Friday event which was renamed (temporarily) "Freaky Friday"! However, the date didn't dampen the mood, and just as in years past, the event was a big hit. The event showcased all kinds of incredible talents from staff and consumers, as well as some ice cream goodies and capped off with games for everyone to participate in.

Everyone in attendance got to see such talents as; the chicken dance, a musical tribute to toast, a renewed cover song from the group that called themselves Brady Bunch 2.0, a group playing the bells, vocal performances, joke telling, an original song written and performed by one of our very own, and a skit from the VNU Leadership Cabinet.

Every year staff and consumers look forward to this event and this year did not disappoint. With the immense amount of talent at VNU, it was another great ~~Wacky Wednesday~~... "Freaky Friday" in the books!



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villagenorthwest.org



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 330 Village Circle
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— AUTISM AWARENESS —

April is Autism Awareness month and Village Northwest Unlimited is encouraging all people to learn more about Autism Spectrum Disorder (ASD) and actively support individuals and families who are living on the Autism spectrum. VNU encouraged Sheldon and surrounding communities to show their support of those on the Autism spectrum by wearing blue on Fridays during the month of April. Autism Spectrum Disorder (ASD) is the general term for a group of complex disorders of brain development. These disorders are characterized, in varying degrees, by difficulties in social interaction, verbal and nonverbal communication and repetitive behaviors.



— TOMATOES —

I Scream, You Scream, We All Scream for TOMATOES! If you thought we were going to say "Ice Cream" you were wrong!! If you ask us, nothing refreshes you on a hot summer day better than VNU's very own greenhouse grown tomatoes. But no need to wait till summer, as the first batches of tomatoes are all ready, and the picking has begun. Look for your favorite VNU tomatoes at various area locations marked with the "NORTHWEST PRODUCE" sticker. Not sure where to find them? Give us a call and we'll point you in the right direction. All proceeds from the sale of our tomatoes goes right back to the individuals we serve. Thank you for your support and ENJOY the tomatoes.



— VNU PANTHERS —

Congratulations to the Panther Basketball Team on another remarkably successful year! Our VNU Panthers took home 2nd place at the State Competition held in Iowa City this March. Two athletes competed in the State Basketball Skills Competition in Iowa City. Nicole A. brought home 2nd place and Cody C. brought home an impressive 5th place. We are incredibly proud of all of our athletes.

A huge thank you to everyone who faithfully supports all of our Panther athletes throughout the year. A special thank you to Mindy Liechti for all her help at this year's competition. Go Panthers!



— NEW BUS —

Part of VNU's strategic plan for some time has been to improve transportation for all of the people we serve. This past year VNU became aware that RIDES would be acquiring new buses and retiring some buses in their fleet. "We have a tremendous relationship with RIDES, and they were instrumental in helping us determine which bus would be the best fit in the VNU environment. The end result was our ability to purchase a RIDES bus we feel is a great fit for us." Jerry Postma- Director of Admissions and Quality Enhancement. Since the bus went into service on March 1st of this year, "Like the song says, The wheels on the bus go round and round, we've used it every day" commented Clark Iedema, Community Program Supervisor, "Our whole program is designed around getting people into the community, and the bus can seat 9 individuals and a wheelchair, or 2 wheelchairs and 5 people, so it's especially helpful when we're taking different groups out into the community." "We already nicknamed it Fiona" said Clark.

Sounds like she's already part of our ever growing family, and VNU is grateful for another vehicle that will help us to provide Purpose, Privacy, and Dignity for all People.



— QUILT RAFFLE —

This incredible hand crafted quilt generously donated to VNU, represents the past 10 years of VNU's Annual Run Walk and Roll Event. We will be raffling off the quilt, and all proceeds will go directly to support the individuals we serve at VNU. Tickets for the raffle (which are only \$1!) are available NOW, however you will also be able to purchase tickets at the Run, Walk & Roll event June 1, the Independence Day Celebration July 3, and the Golf Benefit July 15. The drawing for the raffle will be held on August 1st.

Stop in the VNU Wansink Center to purchase tickets or contact Ryan Haack at 712-324-5405.



PLAN FOR YOUR

Future

Like You Plan for Your

Vacation

Planning for a vacation requires selecting a destination, making reservations and packing your bags. There is another area of life that requires good planning — your estate plan. A good estate plan can ensure you are prepared for the future, so that you have what you need when you need it.

We have information that can help you put together a plan that is right for you.

Call Ryan Haack at 712-324-5405