

ELKHORN RIDGE MIDDLE SCHOOL



17880 Marcy Street
Omaha, NE 68118
(402) 334-9302

January 2018

SEASONS GREETINGS

This is the time of year when the hustle and bustle seems to be overwhelming at times. However, it is a great time to think of the special people in our lives, family and friends.

The season of giving is upon us. It's important to remember that the best gifts in life cost nothing and are invisible to the eye.

We are thankful for the opportunity to be of service to others. We have helped students learn how to learn, and to learn how to live. The glory of education is the opportunity it gives us to work with and help other people.

If we learn how to give of ourselves, forgive others, and live with thanksgiving, we need not seek happiness, it will seek us.

This holiday season, let's be charitable and generous with our love, tolerance, respect, and understanding. These are the gifts that can change lives.

May the holidays be a time of recreation and relaxation with family and friends which is so important as we prepare to face the challenges and opportunities of a new year. From all of us at Elkhorn Ridge Middle School -

HAPPY HOLIDAYS!!!!

WINTER BREAK

December 25, 2017- January 3, 2018

Classes Resume on

Thursday, January 4, 2018

REPORT CARDS

Report cards for the 2nd quarter and 1st semester will be mailed home on Friday, January 5, 2018. If you do not receive your child's report card, please give us a call.

LOST & FOUND



All "Lost & Found" items will be donated to charities on January 8th.

PARENT COMMUNICATION / BOOSTER MEETING

The New Year provides a great opportunity for the Booster Club to say thank you to all of the many generous families who volunteer their time and talents to help make a difference for our students and staff here at ERMS. As we plan for the New Year it is never too late to get involved in the Booster Club. Anyone is welcome at anytime!

Boys' basketball has completed its season, so thank you to all of our wonderful concession workers. Girls' basketball & Boy's Wrestling will be beginning soon, so watch for the e-mails with concession sign-up information.

The Good Life – will be the spot for our **January Family Fun Night**. On Monday, January 22nd from 5-8 p.m., The Good Life will offer half price pizza, a magician and 10% back to our Booster Club. Mark your calendars now and plan to attend!

Thanks everyone for submitting your Hy-Vee receipts these past months. This year's collection officially ends December 31, 2016. Thanks to Jen Athy for tallying up all the receipts! We will report our total made as soon as we get confirmation from Hy-Vee.

Here are the remaining Booster Club meeting dates for 2017 - **January 9th, February 13th, March 13th, April 10th, May 8th.**

Our next meeting is scheduled for **Tuesday, January 9th at 1:30 p.m.** **Also, on January 30th, our superintendent, Dr. Bary Habrock will be meeting with the Booster Club, at 1:30 p.m.** Everyone is invited -- Hope to see you there!

Happy New Year!

Jenny Haase

ERMS Booster Club President

YEARBOOK

February 16th will be the last day orders will be taken for the yearbook. Go online to yearbooksforever.com to order yours before it is too late! During conferences we will have a list of those who have ordered a yearbook.





6th Grade News

Mr. Ebers, Mrs. Finks, Mrs. Mitteis
Ms. Niebaum, Mrs. Ottens, Mr. Phelps,
Mrs. Randall, and
Ms. Stromgren

READING - Mrs. Finks and Ms. Stromgren

When we return from break, we will continue studying Greek and Latin roots in addition to diving into non-fiction. Students will take the TDA district common assessment in the third quarter. All students will read a biography and complete a project related to the characteristics of non-fiction. The third quarter AR goal will run from January 4th - March 15th.

MATH - Ms. Niebaum

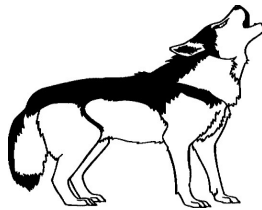
Students have completed all operations with fractions. We learned some "short cuts" along the way that I am sure your student would love to show you! Ask them! We are now working with integers, absolute value, and graphing on the coordinate plane.

PRE-CONCEPTS - Ms. Niebaum and Mrs. Ottens

Students have added, subtracted, multiplied, and divided integers and fractions. Now we will use properties of these operations to write and simplify expressions. This is our introduction into solving algebraic equations. Order of operations, or as we call it, PEMDAS, will help us solve the equations. Ask your student what PEMDAS stands for. Students completed two Math Olympiads. There are some challenging questions! We are proud of how hard students work on these type of problems! We have three more Olympiads to compete in.

SCIENCE - Mr. Phelps and Mrs. Mitteis

We will finish up our studies on ecosystems, succession, and nature's cycles before taking the district test. Our next topic is environmental problems and solutions. We will use a cooperative learning group activity called "Ecosystems in Balance". Towards the end of January we will be conferencing with the International Wolf Center located in Ely, Minnesota. The video conference will be given over 2 days during science time and again parents are welcome to attend. More information will be sent out through email prior to this event.



LANGUAGE ARTS - Mrs. Randall and Ms. Stromgren

The sixth grade language arts students will kick off the semester looking at what makes solid sentence fluency in writing. We will also be studying confusing word pairs. Instead of spelling second semester, students will take a weekly grammar review test. The note page numbers will be announced and we will practice questions throughout the week. At the end of the month, we will begin our author study research unit.

SOCIAL STUDIES - Mr. Ebers and Mrs. Randall

In January, 6th grade students will continue their economic unit by taking a closer look at how businesses are organized, labor in the workforce, and the roles and responsibilities of businesses. Also, students will study the government involvement in our economy relating to the past/present and its effect on our country.



7th Grade News

Mrs. Bradford, Mr. Breikreutz,
Mrs. Bryan, Mrs. Klein,
Mrs. Mitteis, Mrs. Nelson
Mrs. Ottens, and Ms. Pawoll

LANGUAGE ARTS - Mrs. Nelson and Ms. Pawoll

January will be spent reviewing writing aspects for the Text Dependent Analysis (TDA) common assessment. Researching and writing a speech on the topic of "Inventions that have improved the quality of life" will take us into February where students will present their speeches. Proofreading, grammar, and spelling skills will continue to be a weekly focus.

PRE - ALGEBRA - Mrs. Ottens and Mrs. Klein

Pre-Algebra recently finished the unit on algebraic concepts, and reviewed different ways to use percent calculations in the real world. As we approached the end of the first semester, we began to work on linear geometry. In January we will continue focusing on various geometry topics.

MATH - Mrs. Klein

As the first semester came to a close, Math 7 students completed the unit on rational numbers. After break, we will spend the majority of our time solving equations. This is a huge topic for 7th and 8th grade, so we will be practicing for a while. Hopefully we will balance out the classroom (pun intended!).

WORLD HISTORY - Mrs. Bryan and Mr. Breikreutz

In World History, we will begin the year by breaking into groups to create presentations about a variety of civilizations from around the world. We will then study the Middle Ages. We will also continue to work on our Big History Projects. By January, students should have finished taking notes and will be working on putting the information they gathered into presentations.

READING - Mrs. Nelson and Mrs. Bradford

Seventh grade reading students will begin studying elements of non-fiction this month, beginning with summarizing and finding the main idea. We will practice close reading strategies while we read a variety of texts. Vocabulary quizzes will continue on Mondays, but there will be a different book that focuses on academic vocabulary. Watch for information coming home in January about "Dress Like an Idiom Day."

SCIENCE - Mr. Breitreutz and Mrs. Mitteis

Before the break students explored half of the human body systems covering skeletal, muscular, integumentary, digestive, excretory/urinary, and respiratory. In January we will finish the Human Body Systems unit with circulatory, lymphatic, immune, endocrine, and nervous. The reproductive system will be covered in Health class in the last rotations. This Life Science unit will conclude with a district common assessment. We will end the month starting our Physical Science unit of Forces and Motion.



8th Grade News

Mr. Barry, Mr. Breitreutz, Ms. Christie, Mrs. Hultman, Mrs. Kammerer, Mrs. Ottens, Ms. Pawoll, Mrs. Semin, and Ms. Stromgren

LANGUAGE ARTS - Mr. Barry and Ms. Pawoll

December was a month devoted to scholarships and fine tuning research skills. We will continue to review research skills as students begin tackling a long research project about a moment that changed history that will take up a majority of the 3rd Quarter. This project will have a paper and a speech component. As always, students will continually be working on the text dependent analysis skills, understanding of grammar, and writing skills as well.

MATH - Mrs. Semin (Algebra and Pre-Algebra) and Mrs. Ottens (Pre-Algebra)

Algebra students finished up the year learning how to solve systems of equations and inequalities. Our next unit will be Exponents. We will be learning the properties of exponents, going over scientific notation, and then finish up with rational exponents. We will then take a DCA over Exponents at the end of the month. **Pre-Algebra** students wrapped up their Algebra unit by taking a DCA over writing and solving equations and inequalities, determining and interpreting rate of change, and determining the number of solutions an equation and graph has. Our next unit will be Geometry where we will learn all about angle relationships; triangles and the Pythagorean Theorem; transformations on a coordinate plane; and wrap up with area, perimeter, surface area, and volume. This unit will be one of our larger units and will take us most of the way through the second semester.

AMERICAN HISTORY - Mrs. Hultman and Mrs. Semin

After our winter break, students will study President Madison and the War of 1812. Next, we will study how the Jackson and Tyler presidencies impacted the nation. We will then look at regional differences between the North and the South and how division began in the U.S. We will celebrate Martin Luther King Jr.'s legacy around his birthday. If you ever have any questions or concerns, please do not hesitate to contact us.

READING - Ms. Christie and Ms. Stromgren

During January, we will be studying our Nonfiction Unit, using a plethora of short texts. In this unit, we will be looking at organizational patterns and text structures, as well as critically analyzing said texts. We look forward to another strong quarter for AR (due March 9) and vocabulary units of Greek and Latin roots. Finally, the NEW 8th GRADE WEBSITE is up and running and the following is the link:

<https://sites.google.com/epsne.org/erms8thgrade/>. This website is ONE site that both students and parents can go to get everything they need for all core classes, including HOMEWORK, GOOGLE CLASSROOM, POWERSCHOOL, HANDOUTS, TEXTBOOK LINKS, MOODLE, and POWERSCHOOL. The link can be found on the Staff Directory/Teacher Website page on the ERMS webpage or after the teacher contact in email messages.

SCIENCE - Mrs. Kammerer and Mr. Breitreutz

Before the Winter Break, students wrapped up a short unit on form and transfer of energy as well as learning more about sound and light energy (8.3.3). This month will begin a large unit on cells (parts, processes, and reproduction). We will then use that knowledge to tackle heredity and genetics moving into February.

H.A.L.E. - Mrs. Cohen

HALE started the New Year with a Bang! Quiz bowl teams are up and practicing again with the addition of one team per grade level. Geo Bee preliminary rounds have narrowed down the pool of contestants and final rounds will be the first week of January to determine a school winner to take the National test. Several 7th graders who took the ACT Duke Tip test are anxiously awaiting their results. The AMC Math Contest first place winner was Elise Madden, who placed in the top 5% nationally. We just finished reading The Maze Runner during an eighth grade reading pull out. Seventh graders are working on their National History Day projects throughout the month. Many sixth graders are participating in MathCounts on Friday mornings with volunteers from 3M. Students from mixed grade levels attended a trip to the Henry Doorly Zoo to shadow a zookeeper behind the scenes in the aquarium. Science Bowl practice has started for the competition in February and the History Bee will take place the second week of January. Lunch bunch groups are finishing their books and we will select new books after the first year.

THANK YOU

Thank you everyone for your support during this record year for the Womenade of Elkhorn Celebration of Giving! Due to the generosity of the Elkhorn community, our project was able to help fill 1,400 wishes of Elkhorn Public Schools children and families. That was a record for our organization, and a record that you, our community, can be proud to share. Thank you for the blessings you have bestowed upon us, your classmates and neighbors, and may those blessings abound in your families as well.

Happy Holidays to all!

Womenade of Elkhorn Executive Board

WORLD LANGUAGES / SPANISH – Ms. Garrison and Mrs. Espinoza

6th Grade Language Experience

We have had a fun time learning a little Japanese and a little French. The atmosphere of the class has been pretty laid back so that everyone felt comfortable singing and performing in front of the class. As the new semester starts, we will begin Spanish and the tone of the class is going to switch to an academic arena, instead of an exploration class. The world language department for Elkhorn Public Schools has worked to re-align the scope and sequence for what is taught in Spanish so that when a student completes the 8th grade year at a middle school, he/she can go right into Spanish II at the high school. In order for students to find success in the continuation of their study of Spanish, they need to realize that from this point on it will take dedication and personal effort. We are asking students to demonstrate a very high level of academic maturity. Once we start Spanish, students will be expected to take notes, review them and write questions and summaries about them for homework. Students will begin to have worksheets to take home and complete, as well as computer activities that will be on Moodle and Google Classroom. Also, flashcards will need to be studied at home daily. Students who come to class unprepared or missing work, are going to struggle to keep up. As students register for classes for 7th grade, they will have the option to enroll in Spanish or not. Please monitor your student's grades and effort for the next nine weeks in Spanish and then make a determination as to whether you feel he/she can do the work required to be successful in Spanish next year. We are really excited to start Spanish! The students are going to be learning a lot and having fun with all the vocab. Enjoy listening to them practice at home!

7th Grade Spanish

Conjugation! That is the word for Spanish. The 7th graders are learning the proper forms of conjugated AR verbs. They have notes in their notebooks as well as packet pages that they should review so that the skill of conjugating becomes automated. They will be learning the verb *estar* which is used with feeling and location. The vocabulary for this quarter is all about food and meals. Please remind your students to study about 15 minutes a night if they don't have homework. They should be walking around the house saying Spanish phrases or going through their vocabulary packet and reading the sentences out loud.

8th grade Spanish

8th graders just finished a unit about family members and are now learning how to speak Spanish in a restaurant. They will be performing a restaurant skit in early February. They will practice *gustar*-like verbs, and this will give them the ability to talk about things they like or things they lack. They will have a DCA over these verbs and their corresponding IOP's (Indirect Object Pronouns). Please monitor your student's grades and overall progress as high school enrollment approaches. Successful completion of Spanish I at ERMS will have the students prepared to enroll in Spanish II as freshmen in high school.

CHORUS - Mrs. Ballou, ERMS Vocal Music Instructor and Mrs. Foley, Accompanist

All grade level choirs are diving into new music in the new year! 8th grade is preparing music for their Feb. 1 concert at Elkhorn South. The ERMS 8th grade choir will join the EVMMS and ESHS choirs to form a mass choir. This is a really neat concert and I love hearing what the 8th graders think about the high school choral ensembles. 8th grade also finished a composition project before winter break. Every choir student composed a 32 measure melody with a Major Key of their choosing. Ask your student to share their composition!

7th and 6th grade choir classes are starting new music for their concerts in March. Both grade levels will also be learning about treble clef note names (6th grade) and bass clef note names (7th grade).

Show choir members should have brought home their costume. Please let me know if you did not receive an email about costumes on Dec. 14. Please double check that email for complete costume info.

STUDENT COUNCIL - Mrs. Bradford

Student Council organized a successful drive for Womenade. We collected over \$425 to donate in the form of Walmart gift cards. Thanks so much for being so generous. Some of the second semester Student Council sponsored activities will be a fundraiser for LLS (Pennies for Patients), Spirit Week, and a talent show. Details to come on all of these events. Student Council meeting dates for second semester are: January 12, January 26, February 9, February 23, March 9, March 30, April 13, and May 4.

PARENTS / GRANDPARENTS / RELATIVES

Want to be a presenter for 8th grade Career Day? Presentations are 25-30 minutes in length with a group of about 15 students. If so, please call Mrs. Klein in the guidance office at 334-9302 or email: jklein@epsne.org. Career Day is scheduled for the afternoon of Friday, January 26th.



STUDENT ASSISTANCE PROGRAM

The Elkhorn Public Schools offers a Student Assistance Program to assist students and families in times of crisis. This program is an initial assessment and referral service. All Elkhorn students and their immediate families are eligible to participate. The student assistance program is provided by Arbor Family Counseling Associates located at 11605 Arbor Street, Suite 106, Omaha, NE. When Elkhorn students or their family members call and identify themselves as such, Arbor staff will work to assure an initial appointment within 24 hours of the call. Call 330-0960 to access student assistance.

ERMS WRESTLING - Coach Breitkreutz

The ERMS Wrestling program has coached many novice wrestlers to successful seasons. Our goal is to have ERMS students learn the sport of wrestling and have fun competing in one of the world's oldest sports while also increasing their overall athletic abilities. Middle school is a great time to pick up the sport of wrestling where kids of any size can compete. Elkhorn has enjoyed very successful wrestling teams over the years and it's never too late to get started.

Wrestlers were given the opportunity to sign up and receive an informational brochure about our program before the break. If your student-athlete did not bring the brochure home, please email me and I will forward a copy. I will also provide an additional information meeting for wrestlers on Thursday, January 4th from 3:30-4:30pm to further discuss our team expectations and provide any other information for potential wrestlers. Supervision will be available until 5:30pm for those who cannot be picked up earlier. Wrestlers will also receive a calendar to bring home, highlighting our practice schedule and competitions.

Wrestling practice will begin with the first official practice on Monday, January 8th in the wrestling room. Wrestlers should have workout clothes and a towel, and be prepared to practice until 5:15pm (picked up between 5:20-5:30pm). If you have questions before the season starts, please don't hesitate to email.

Mr Breitkreutz

mbreitkreutz@epsne.org

ERMS Athletic News - Mr. Everingham

GIRLS BASKETBALL AND WRESTLING WILL START AFTER BREAK

COMPLETE SCHEDULES CAN BE FOUND AT WWW.EASTERNMIDCONFERENCE.ORG

HOME GAMES ARE IN BOLD

Upcoming Important Dates:

January 4- 1st day of 7th and 8th Girls Basketball Practice

January 9- First Day of Wrestling Practice

January 10 - Girls Basketball and Wrestling Parents Meeting - 5:30 PM in the Main Gym

January 17- Team Sports Pictures after School

January 19 - 7th GBB @ Bennington Elementary 4:15 PM

January 19 - 8th GBB vs. Bennington 4:15 PM

January 23 - 7th GBB @ Platteview 4:15 PM

January 23 - 8th GBB vs Platteview 4:15 PM

January 26 - 7th GBB vs Grandview 4:15 PM

January 26 - 8th GBB @ Grandview 4:15 PM

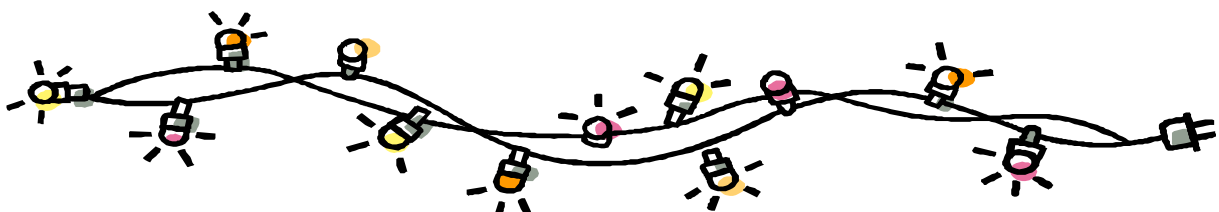
January 30- 8th GBB @ Gretna 4:15 PM

January 30- 7th GBB vs Gretna 4:15 PM

January 31- 7th GBB vs Valley View 4:15 PM

January 31- 8th GBB @ Valley View 4:15 PM

PLEASE MAKE SURE YOUR ATHLETE HAS ALL PAPERWORK COMPLETED BEFORE START OF PRACTICE: ALL ONLINE PAPERWORK SUCH AS THE SPORTS PHYSICAL, ACTIVITY CONTRACT, EMERGENCY CONTACT FORM CAN BE FOUND BY CLICKING ON THIS LINK <https://ermstorm-ne.e-ppe.com> . ACTIVITY FEE CAN BE PAID ON THE SAME SITE AS THE LUNCH ACCOUNTS. PLEASE CALL OR EMAIL QUESTIONS RE-

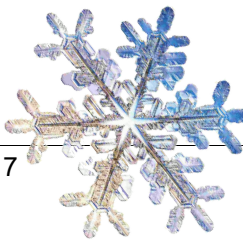
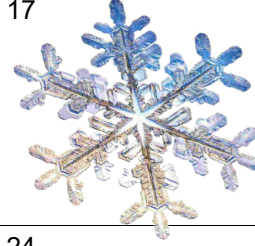
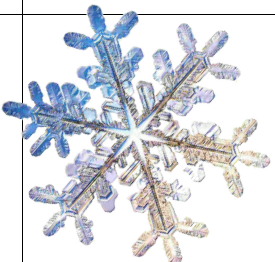




JANUARY 2018

ELKHORN RIDGE MIDDLE SCHOOL
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 402 334-9302

ELKHORN RIDGE MIDDLE SCHOOL

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 NO SCHOOL Winter Break NEW YEAR'S DAY	2 NO SCHOOL	3 Teacher In-Service	4 Start of 2nd Semester Girls Basketball Practice Starts	5 Report cards mailed home	6 Southside Jazz Band Clinic @ESHS
7	8 School Board meeting- 6:30 pm Wrestling Practice Starts	9 Parent Booster Meeting-1:30 pm	10	11 GBB/WR Parent meeting-5:30 pm	12	13 8th All State Band @ UNK
14	15 NO SCHOOL Teacher In-service	16	17 	18 GBB/WR Sports Pictures 3:30 PM	19	20
21	22	23 7 GBB vs Neb City MS 4:15 pm 8 GBB @ Neb City MS 4:15 pm	24	25 8 GBB vs EMS 4:15 pm 7 GBB@EMS 4:15 pm	26 8th Grade Career Day 1:30 PM 6th Grade Pep Band @ ESHS	27
28	29 8 GBB vs. Gretna Middle School 4:15 pm 7 GBB @ Gretna Middle School 4:15 pm	30 Dr. Bary Habrock @ Special Booster Meeting 1:30 pm	31			



SCHOLARSHIPS NOW ONLINE!



ATTENTION SENIORS:

Scholarship applications are now live!

Last year the Foundation awarded over \$263,000 in scholarships. Please visit our website for a listing of scholarships available to 2018 graduates.

Deadline is 6PM on February 1

www.elkhornfoundation.org/scholarships

Considering an end of year gift? A tax-deductible donation to the Elkhorn Public Schools Foundation will help further our mission in 2018 and beyond. Thank you for your continued support in enriching the education of our Elkhorn Public Schools students!



Mark your Calendar: Bids 4 Kids will be held on April 5, 2018. Join us for a fun evening of silent auction bidding! We are grateful for any and all donations. For donation or sponsorship information, please contact Stacey Selk at sselk1@epsne.org



PERSPECTIVES

December 2017/January 2018

Self-Compassion Key to Strength

Most of us tend to care deeply for one another. We are aware that the reaching out we do is therapeutic for the person who is hurting. This hurt hits in many ways—illness, death, an accident, job loss, and so many others. Lending a helping hand or a shoulder to lean on is a matter of instinct. However, when we are in need of some compassion, we tend not to give that helping hand to ourselves. This need is very real, and it often befalls us long before others are even aware of it. What can we do to attend to our own need before it begins to overwhelm us? The following are some suggestions that may help you be kind to yourself.

1. Take a break. A short walk can often relieve some tension. If you are a bit more agitated than usual, this walk and some deep breathing can increase your stamina.
2. Have a talk with yourself. Be encouraging and compliment your abilities and resourcefulness. If you are someplace where you can talk out loud, do so, and while you are at it, answer your questions or engage in a deep conversation. This can help you calm down and clear your head of negative thoughts.
3. Write your thoughts down in your journal. When you are finished, write an upbeat comment on how you will work through your thoughts and needs. Pat yourself on the back, and acknowledge that you are doing yourself a big favor by taking care of yourself.
4. When we become overwhelmed, it is easy to engage in eating. Don't deprive yourself; your body may well need some nourishment. However, eat some snacks that will be healthy for you. This way, you are allowing your body to be strengthened, but you are not likely to create a situation where you will be overeating.
5. If you need to rejuvenate yourself, a shower is ideal. On



the other hand, if you need to relax, consider a warm and leisurely bath. Give yourself permission to enjoy the sensation of the water.

6. Practice mindfulness. Find a place to sit and relax without the day-to-day distractions. Allow your body to completely relax. Think about your own thoughts and feelings. Avoid being judgmental or in denial. Your thoughts and feelings are real, and they need to be acknowledged. Use deep breathing exercises. Once you have allowed yourself to be relaxed, you will be surprised at the renewed energy and self-confidence you gain.

Being compassionate and kind to yourself can boost your positive feelings. It can allow you to be strong and better able to care for yourself. It opens you up to caring for yourself in a productive way and allows you to be strong for yourself.

This is certainly not to imply that you ignore the needs of others by distancing yourself from them. However, it is a means of taking care of yourself, and as a result, you will be strong. You can then more objectively extend that compassion and kindness to others.

Preparing for Caring

It is not unusual today to see families consisting of four and five generations. In addition, it is frequently the case that these generations are still living independently. As members of that sandwich generation (those between raising children and being blessed with parents and grandparents), it is often a daunting task to recognize and address the situation which may be progressing in the shadows. It is a good idea to begin preparation for possibilities before you are in a position where it should have been done yesterday.

1. **Begin by determining prospective needs.** Invite early decisions by your parent. Look at who in the family will be with you in making decisions. Include the elderly people as well, if at all possible. It is easier to talk with each other when you are not pressed for immediate action.
2. **Is this likely to be a multi-step process?** Can the family member remain in the home with some additional help and some modifications to the current home? Can family members provide that help without infringing on the obligations of family and work? How can each of you do your part without placing an undue burden on one or two people? You do not want to create unnecessary strife among children and grandchildren who are part of the team. While the person is still able to be at home, take time to discuss “if/then” possibilities, and again, include the elderly person in the discussion to the fullest extent possible.
3. **How will costs be paid?** Is there insurance to cover assisted and/or nursing home living? If not, are there savings or other financial resources available? Are some family members in a position to financially contribute to care while others are more able to be of service? This should be discussed. It is important for all members to realize that there may be differences in the dollar amounts each member can contribute. This should be an item for discussion and possible review at a later date.
4. **Remember to take care of yourselves physically and emotionally as well.** Engage in good mental and physical care. Eat well and get adequate sleep. Ask for help when you need it—whether this is some respite care or a possible change in financial arrangements. As a family you can do this if you commit yourselves to work together.

As you grope with this task of caring for elderly individuals, utilize the services of Arbor Family Counseling (402) 330-0960 or Arborfamilycounseling.com to guide you and possibly refer you to legal and other resources to make this a smooth change in your family dynamics.

WHAT DOES ARBOR EAP HAVE FOR YOU?

Professional, caring counselors who offer one-on-one confidential counseling for you and your family members for:

- Stress Solutions
- Conflict Resolution
- Time Management
- School/Work Issues
- Marriage and Family

Initial visits are free —
paid for by your employer or school system.

CALL TODAY!

