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**WYABLE** accounts allow individuals to save and invest money without losing eligibility for certain public benefits programs such as Medicaid, SSI, or Social Security Disability Income. Earnings in a participant’s account are not subject to federal income tax, so long as they are spent on “Qualified Disability Expenses.” These accounts are not checking or savings accounts, they are investment. Participants who use WYABLE will be investing their money into the different options provided by Vanguard Mutual Funds. While funds can still be withdrawn and spent as needed, WYABLE accounts also allow participants to grow their money and to save long-term for disability expenses.

**Lincoln Self Reliance Review** **Quarterly Review 2018**

THE LSR THRIFT STORE WORKERS TAKE THEIR JOBS QUITE SERIOUSLY!  
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↓  
INSTALLATION OF CAMERAS IN THE THRIFT-STORE IS JUST ONE OF MANY PROJECTS GOING ON AT LSR.  
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THANKS TO ALL WHO HAVE DONATED ITEMS AND VOL-UNTEERED TIME!

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THE LSR THRIFT STORE GIVES CLIENTS OPPORTUNITIES TO LEARN NEW SKILLS AND EARN \$\$\$!  
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## Mission Statement

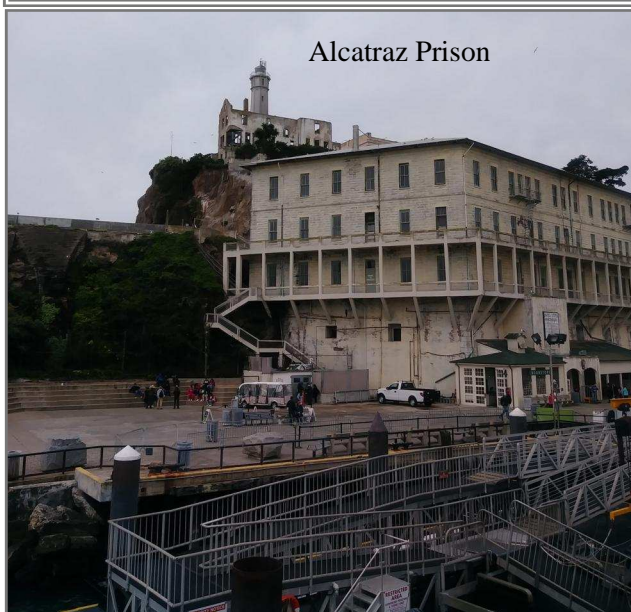
*It is our mission to provide training and support to individuals with disabilities so they may achieve maximum potential for self reliance and achieve participation in the community.*

## Lincoln Self Reliance Review

## Quarterly Review 2018

**S**an Francisco: On Monday, April 16th- 5 clients and 4 staff started their journey to San Francisco. The first night we traveled to Winnemucca, Nevada where we stayed the night. We enjoyed a nice walk to a little local Pizzeria for dinner and on the way back to the hotel we stopped at some local attractions and learned some history about this location then it was off to bed. Tuesday- Up at 6am, had breakfast and started the next leg of our trip. Today was a fun filled day as we got to eat lunch in the cute town of Sausalito, CA. Some of the clients had their very first taste of seafood. After eating lunch we drove across the Golden Gate Bridge to where we parked then walked back half way across the Bridge. The light in the clients eyes was brighter than the San Francisco sun! While walking across the Bridge we saw an Officer, one of our Thayne clients wanted a photo and after snapping the picture he stated "That was the best part of this trip!" It truly reminded me it's the little things that make the biggest impact in our lives. We then drove down to the water where we got to listen to the waves crash along the rocks, watch surfers, fishermen, and a crab catcher. This night we ate at a burger shop, it was delicious. Wednesday- A Huge day for us! We woke and ate at the all famous McDonalds (some of the clients will tell you this was the best place we ate :) We walked down to the Pier to where we loaded the ferry to Alcatraz; we received a mixed review of fears, and excitement, some clients stayed on the deck floor while others braved the top deck. Upon arriving to the island we got a special surprise, William G. Baker, a former prisoner was visiting. He spoke to us about being in prison and about his life now. He wrote a book which several purchased. The hike up to the top was a beautiful sight. Once getting into the prison we had an audio tour taking us through each location and telling us about the events that took place in them; after the audio tour we were free to roam around and look at the prison and island itself. After returning to the "mainland" we took a cable car down and hung out on the pier checking out the shops, sea lions, (another favorite for some of the clients), and having lunch at a Crepe shop. We then continued walking around and got to listen to some local musicians play, watched a local artist, rode a trolley, then had dinner at Nick's Lighthouse. It was a dinner full of trying different types of seafood; oysters, clams, crab, shrimp, and snapper. The ones who ventured to try it liked it! What's San Francisco without visiting Ghiradelli Square! Here the clients ordered some desserts and bought some chocolate to take home. Thursday- After breakfast we headed to Evanston where some of the clients were home and some were participating in their first days of Special O. All in all this was an amazing trip for clients and staff!! Personally my favorite part of the trip was I enjoyed seeing things in a totally new light that I wouldn't have experienced without seeing the joy upon the clients' faces! The joy on their faces, the amazement, and the unknown wonder of others was a pleasure to witness.

Rissa Grissamer, LDSP



Alcatraz Prison

The man below was an actual former prisoner at Alcatraz. Very interesting!

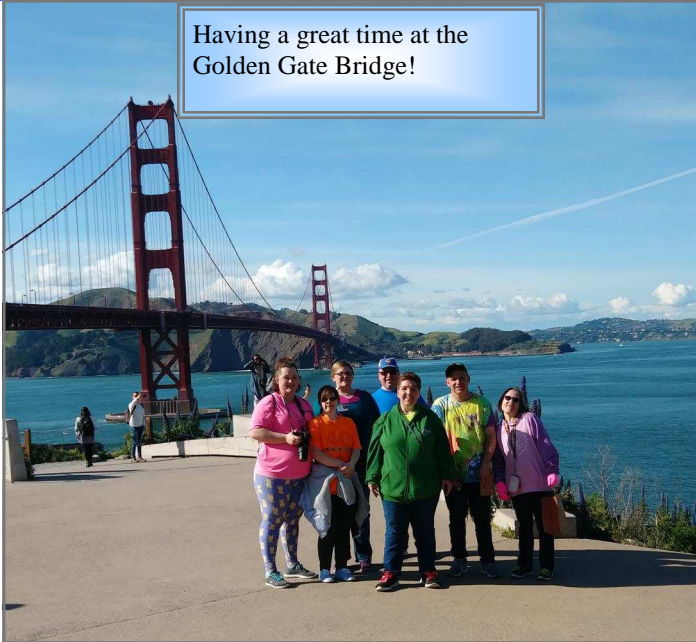




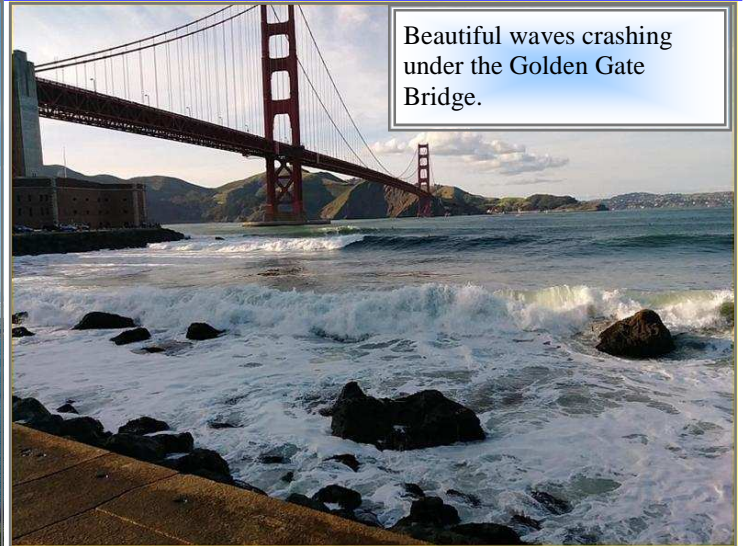
**L**incoln Self Reliance, Inc. is a private not-for-profit community based provider for individuals with disabilities. We provide Adult, Child, and Acquired Brain Injury Waiver services as well as Vocational Training.

## Lincoln Self Reliance Review

## Quarterly Review 2018



Having a great time at the Golden Gate Bridge!



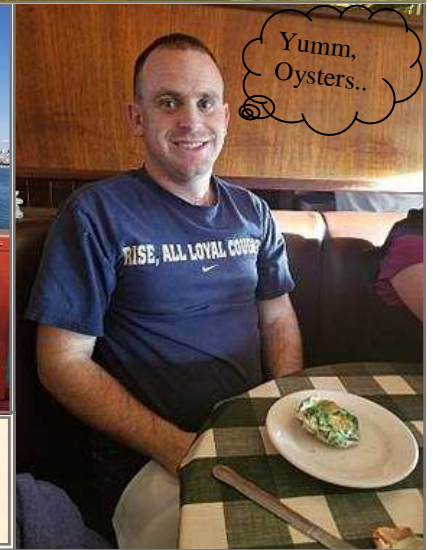
Beautiful waves crashing under the Golden Gate Bridge.



Another view of the Golden Gate Bridge!



We tried lots of new foods and even enjoyed most of them!!



Yumm, Oysters..



Riding the Trolley is the best way to go!!



# LSR

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## Lincoln Self Reliance, Inc.

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Community Partner

LSR Thrift Store  
Mon-Fri  
10:00am-5:00pm  
Sat  
10:00am-2:00pm

### BOARD OF DIRECTORS

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