



# HEALING RIBBONS



Quarterly Newsletter  
Volume 1, Issue 2

## Happening at Healing Ribbons



Ribbon cutting on the front steps of Healing Ribbons

Healing Ribbons celebrated its Open House on April 18<sup>th</sup>, 2025. We were elated to welcome the community to our new space!



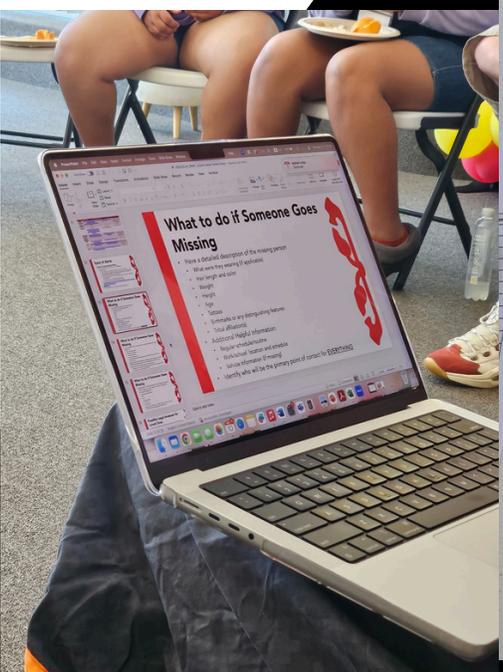
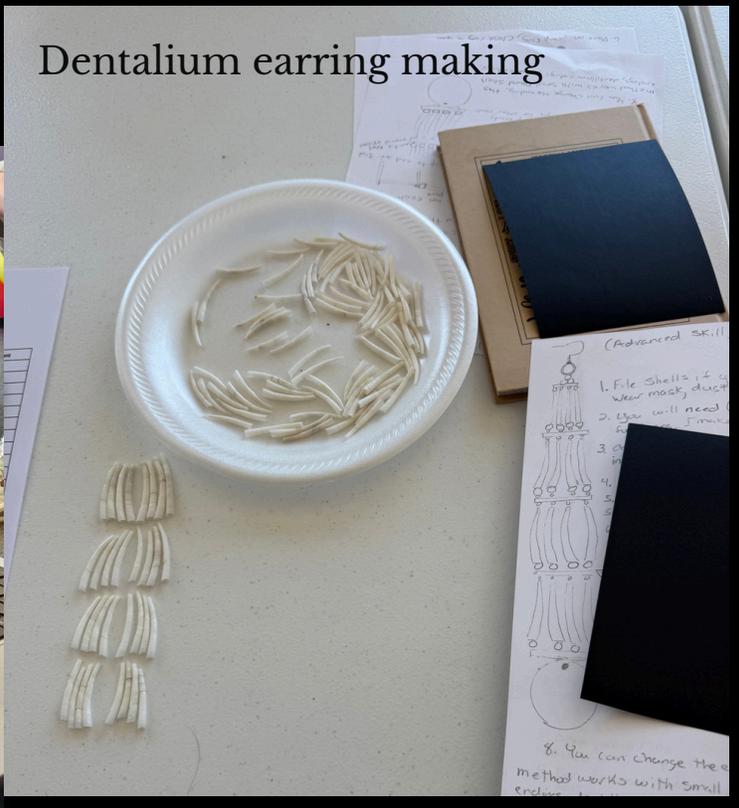
Here at Healing Ribbons, we are grateful for all that happened over the months, from our Open House to community gatherings. We have been able to expand our programming at our new building.

Open House

In addition to our Art of Healing Cohort sessions, we host Open Sewing for the Omaha Native Community. We also now have a designated children’s playroom for children to occupy during our sessions, allowing caregivers to fully participate in our gatherings.



This quarter, we have held multiple talking circles comprised of young adults up to elderly age. The knowledge and vulnerability shown in the circles have been moving. Many participants are grateful for the opportunity to share with others.



Missing, Murdered, Indigenous People presentation (above image)



## Common Threads: Open Sewing Sessions

Open Sewing sessions take place twice a week—on Tuesdays and Thursdays from 5 PM to 7 PM. These sessions provide a welcoming space for all community members working on a project. Those in attendance have access to sewing machines, irons, and culture bearers to assist as needed.



## Support Healing Ribbons

Healing Ribbons is growing, and we could use your help! Our Amazon wishlist includes items needed for our programming and new building. Every contribution, big or small, helps us create a welcoming space for healing and cultural expression. Scan the QR code to view our wishlist!



# Meet the New Board members

Come meet our newest board members!

*Georgiana Lee*



Georgiana Lee, a proud member of the Diné (Navajo) tribe, holds a Bachelor's in Journalism and Theater from Creighton University in Omaha. Her career in non-profit and public media has largely focused on helping Indigenous filmmakers navigate the Public Broadcasting System (PBS) to achieve national broadcast. Lee is deeply committed to uplifting Indigenous women, Two-Spirit relatives, and their families, aligning perfectly with the mission of organizations like Healing Ribbons.



Lisa Prue Spellman, an enrolled member of the Sicangu Oyate of the Rosebud Sioux Tribe, serves as the Program Manager and Tribal Community Liaison for the Nebraska-HEALING program at the University of Nebraska Medical Center (UNMC). Her impactful work includes spearheading the "Wagaze" education summit for the Ponca Tribe of Nebraska, which earned her the Association of American Medical Colleges GIA Award for Excellence in 2023, and receiving the Great Plains Health Warrior award from the National Indian Health Board in 2024.

*Lisa Spellman*





# EVENTS



## PAST EVENT



Bison hide

## MEDICINE BAG MAKING

In May, participants came together to learn how to make their own medicine bags. Participants could choose the hide of their choice and their preferred bead colors/size.

## UPCOMING EVENTS



SEPT. 6<sup>TH</sup>

Round Dance

See page 7 for more information



NOV. 2<sup>ND</sup>

Fashion Show

Annual event will be held at the Joslyn Museum  
See page 8 for more information.



# Celebrating Our Relatives

In each issue, we uplift our Healing Ribbons participants and community members. This month we are recognizing Jen Cruell, a Healing Ribbons participant

## Meet Jen Cruell

*Rosebud Sioux*



On how she learned about Healing Ribbons: **“I saw postings on social media about Healing Ribbons** and was excited to see a new cohort starting at the beginning of the year.”

When asked what brings her a sense of healing, Jen shared: *“Sewing brings me comfort and helps me to feel closer to my Grandma as she was an excellent seamstress. My grandma would often make star quilts that I would help her with or play with my barbies under the quilt while she was sewing.”*



# Thank you to our Donors!

The Art of Healing:  
Stories, Stitches and the Sacred  
is made possible by grants and partnerships from:



# UPCOMING COMMUNITY EVENTS

# Gather Round For Healing

COMMUNITY ROUND DANCE

Hosted by Healing Ribbons



IN PARTNERSHIP WITH  
CREIGHTON UNIVERSITY &  
THE WASHKON FOUNDATION



**SATURDAY**  
**SEPTEMBER 6<sup>TH</sup>, 2025**  
**1 PM - 6 PM**

**CREIGHTON UNIVERSITY**  
**SKUTT STUDENT CENTER BALLROOM**  
2500 CALIFORNIA ST  
OMAHA, NE 68178



**Master of Ceremonies**  
**Garan Coons**  
Winnebago, NE



**Drum Group**  
**Omaha Whitetail**  
Macy, NE



**Native American Vendors**  
Selling jewelry, art, t-shirts. etc.



**Community Meal**  
Provided at 5 PM



SCAN THE QR CODE FOR MORE INFORMATION

## SPECIALS

### Truth & Reconciliation Wear Orange Special

- 1st \$100 Walmart Gift Card
- 2nd \$75 Walmart Gift Card
- 3rd \$50 Walmart Gift Card

### Ribbon Skirt Special Youth (girls 18 & under)

- 1st \$100 Walmart Gift Card
- 2nd \$75 Walmart Gift Card
- 3rd \$50 Walmart Gift Card

### Sweetheart Special

- 1st \$100 Walmart Gift Card
- 2nd \$75 Walmart Gift Card
- 3rd \$50 Walmart Gift Card

### Youth Hand Drum Contest

- 1st \$100 Walmart Gift Card
- 2nd \$75 Walmart Gift Card
- 3rd \$50 Walmart Gift Card

### Potato Dance

\$100 Winner Takes All

### Washkon Foundation Side Step Special

Men & Women \$150 Winner Takes All  
Sponsored by The Washkon Foundation

### Candy Toss To Honor The Youth

## SPONSORED BY



# UPCOMING COMMUNITY EVENTS



## The Art of Healing: Stories, Stitches & The Sacred



Sunday, November 2nd, 2025  
1 PM to 3 PM CST



The Joslyn Art Museum  
Witherspoon Concert Hall  
2200 Dodge ST  
Omaha, NE 68102

Scan the QR Code  
Or Visit  
[givebutter.com/AOH2025](https://givebutter.com/AOH2025)  
To Reserve Your Tickets



Doors open at 12:30 PM, show will start at 1 PM with reception to follow.

Healing Ribbons is a 501(c)(3) non-profit led by Indigenous women dedicated to uplifting Indigenous women, Two-Spirit Relatives and their families in the Omaha area.

For more information, visit [healingribbons.org](https://healingribbons.org)



THE JOSLYN



Mellon Foundation



Sherwood FOUNDATION



Claire M. Hubbard Foundation



FIRST PEOPLES FUND