

ON THE LEVEL

From the League of Human Dignity

February, 2017

ON THE LEVEL is the bi-monthly newsletter of the League of Human Dignity, Inc.

The League of Human Dignity is a consumer-based, nonprofit organization, dedicated to promoting independent living for people with disabilities, in their own homes instead of nursing homes. To this end, we will advocate for the rights and needs of people with disabilities, while providing quality services to assist them in becoming and remaining independent citizens.

Established in 1971, the League now offers services in all 93 Nebraska counties and eight Southwest Iowa counties, through our Centers for Independent Living in Lincoln, Norfolk and Omaha, Nebraska, and Council Bluffs, Iowa; our Medicaid Waiver offices in Scottsbluff, Kearney and North Platte, Nebraska; and our Mobility Options shops in Lincoln and Omaha.

ON THE LEVEL is available online, by email subscription, Braille and on audio CD. To subscribe in any of these formats, contact the Public Information Office in Lincoln or your nearest League of Human Dignity office. The newsletter also is archived on our website [League website] leagueofhumandignity.com.

League's Lincoln Offices Showcase New Nebraska Art Installation

A new installation of art is on display in League offices in Lincoln, courtesy of Dean Settle and Metro Gallery.

About 20 paintings and prints went up Jan. 16, replacing the art of Lincoln's Luke Craig. The works are primarily Nebraska artists, many of whom have disabilities, Mr. Settle said. Many of them also have a winter theme.

All the works are for sale and the public is invited to come in and check them out.

League offices at 17th and P streets in Lincoln began hosting art exhibits courtesy of Mr. Settle's gallery in the summer of 2015. The gallery, at 1316 N St., in Lincoln, is home to a rich collection of works by artists with disabilities.

Many of Metro Gallery's works are classified as outsider art, created by artists who are self-taught and not conventionally trained. Mr. Settle said about 15 percent of his collection is outsider art.

Mr. Settle worked for 51 years as an administrator of programs and organizations that serve people with disabilities. He retired in 2012 after 14 years as director of Community Mental Health Center. The organization Artists on the Edge began there in 1999.

Three photos accompany this story: Top, a man hangs a picture on a wall. Metro Gallery owner Dean Settle hangs paintings in the League's Lincoln conference room. Below two pictures from the exhibit. "The Park," left, by Pat Ellenchew, and "Sax Man," above, by M. Harold, are among the works now on display.

No January, February Membership Meetings

No League Membership meeting was scheduled during January or February, 2017, Membership Secretary Kathryn Johnston said. The next Membership meeting is set for Monday, March 6, 2017.

CEO's Note

"Never assume, it makes an a## out of u and me." Have you ever heard that expression? I feel it depends upon what you are assuming.

Often, a person with a disability is told to accept their limitations. People often have good intentions, but mistakenly want to limit actions of those living with disabilities. They assume that people with disabilities need protection. They might get hurt if they tried to do things such as drive a car. To this I say, people without disabilities can get hurt driving a car!

Some people want to set individuals with disabilities apart from others, telling them what is "too much" for them to handle. Neighbors may assume a person who uses a wheelchair to be housebound and isolated — even though that same person may use mass transit very effectively to get to work, around the city, to recreation, etc. Don't assume that a person is living less than a full life, just because they're living with a disability. People without disabilities are able to try and see what they can or can't handle. We need to let people with disabilities have this same right of choice and the ability to fail. I fail all the time and I realize that I need help in many areas. But I have the choice of trying then failing — that's the difference. No one assumes that I need protection (other than my parents). Let people with disabilities guide their own independent decisions and choices. Let them decide when they want to ask for help or guidance. Don't assume that disability mean inability. It usually just means ability with some alternatives or supports.

When we tell someone with a disability to accept limitations, it's the same as assuming the worst. This adds to stereotypes about disabilities. We need to assume the best. We need to assume that a person with a disability is more like others than unlike. One in five Americans is a person with a disability — more like people without disabilities than different. Just like gender, ethnicity, hair color, eye color, and other traits, disability is a just a part of being human. Assume the best, that people with disabilities are capable of

living full lives, independent lives, as well as enhancing the lives of people without disabilities.

Kathy Kay
League CEO

League's Southwest Iowa Center Thanks 2016 Volunteers

Orise "Ann" Monk of Council Bluffs has received the League of Human Dignity's 2016 Ken Lindhorst Volunteer of the Year Award for the Southwest Iowa Center for Independent Living.

CIL Director Frank Greise presented the award Friday, Dec. 2, 2016, during the center's annual Volunteer Appreciation Luncheon in Council Bluffs.

League staff, volunteers and guests attended the event, which was held in conjunction with the CIL's annual holiday decorating party. Volunteers each were presented with a fleece vests bearing the League logo as a thank-you gift for service during the year.

Ann has been a League volunteer since 2010. She helps out at the CIL's receptionist desk and answers the phone.

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Three photos accompany this story. At left, a woman using a wheelchair holds a plaque and a man stands next to her. Ann Monk, left, receives the 2016 Ken Lindhorst Volunteer of the Year Award from Southwest Iowa CIL Director Frank Greise, right.

Above right, several people sit around a table, eating lunch. Southwest Iowa CIL volunteers enjoy their recognition luncheon at the center in Council Bluffs Dec. 2. About 15 volunteers and staff attended the annual event.

Below right, a man gives gifts to a seated man and woman. Each volunteer in attendance received a “thank you” gift from the League.

Hand Controls Service Special ad

\$29.95 (Parts not included)

Good February 1 through 28

Only at Mobility Options.

402-441-7871 (V/TDD)

Visit us online at leagueofhumandignity.com

1720 O Street, Lincoln, Nebraska

Lincoln CIL Celebrates

Photo shows a woman in front of a table full of dishes and platters of food, while in the background several others sit around a table. Employees at the League’s Lincoln CIL and offices set a delicious spread of food for their annual holiday luncheon, held Thursday, Dec. 22, 2016.

League Employees

Saying Good-Bye:

Jennifer Fischer, Independent Living Advisor, Council Bluffs

Where to Find Us

LINCOLN Center for Independent Living & Mobility Options

1701 P Street, Lincoln, NE 68508

Phone 402-441-7871

OMAHA Center for Independent Living & Mobility Options

5513 Center Street, Omaha, NE 68106

Phone 402-595-1256

NORFOLK Center for Independent Living

400 Elm Avenue, Norfolk, NE 68701

Phone 402-371-4475

SW IOWA Center for Independent Living

1520 Avenue M, Council Bluffs, IA 51501

Phone 712-323-6863

PANHANDLE Medicaid Waiver Office
17 E 21 St., Scottsbluff, NE 69361
Phone 308-632-0470

KEARNEY Medicaid Waiver Office
3811 W. 29th Avenue, Ste 2, Kearney NE 68845
Phone 308-224-3665

NORTH PLATTE Medicaid Waiver Office
2509 Halligan Dr., North Platte, NE 69101
Phone 308-532-4911

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Holiday Decorating

Photo shows an office, with a woman in the foreground looking through a container of Christmas tree ornaments. In the background two men put ornaments on a tree. League Co-CEO Kathy Kay, right, pitches in to help Southwest Iowa Center for Independent Living Director Frank Greise, left, and volunteer Roger Gorn, center, decorate the Council Bluffs office for the holidays. The decorating was accomplished in conjunction with the center's annual Volunteer Appreciation Luncheon Friday, Dec. 2, 2016.

League Donors

Sept. 28, 2016 through Jan. 25, 2017

BUILDER (\$500 and more): Peed Foundation, Diane and Edward Klima, Joyce and Jim Holtmeier, LHD Membership Group, Mrs. Susan E. Wiederspan, Schnell Family Charitable Fund

SUPPORTER (\$250 to \$499): Sharon M. Thorson, Rohn and Beth Loyd, Mr. Brad Pigsley, Brandon Davis, Branden Bender

CENTURY (\$100 to \$249): BPO DOES Drove, J. Paul and Eleanor McIntosh, George and Eunice Underwood, Tim Keelan, Denise Wiemer, Kent and Shelley Mattson, Lonnie Mueller, Dale and Mary Young, G. Gates Minnick and Daisy Minnick, Ken and Susan Mayberry, Tom and Jeaninne Lovgren, Norman Hedgecock, Mr. Larry Scalise, Dr. Edward Roche, Ms. Marcia Knuth, Christine Usher, Dennis A. Hawthorne, Frank J. Velinsky and Barbara L. Velinsky

BELIEVER (\$50 to \$99): Debbie Kee, Ann Rawley, Elaine Bills, Mr. and Mrs. Dan Zach, Mary Lee Kenworthy, Ms. Karen Noel, Peggy Waddington, Madison County Bank, Bierman Contracting Inc., Johnson's Inc.

FRIEND (\$25 to \$49): Grant and Sharon Hrabovsky, Mark Zach, Mrs. C.G. Pritchard, Duane and Jan Beiermann, Velma Bower, Jason Vandeventer, Mrs. Paul Luther, Mr. and Mrs. William Ross

OTHER: Frances Young, Burdie Thrapp, Rosanne Stanniford, Katherine Hancock

Start Saving Now for Retirement

It's 2017 and that means it's also one year closer to retirement. And while it is February, the Social Security Administration reminds us that it's not too late to make retirement planning part of our New Year's resolutions.

Putting money in a high yield savings account, if you can find one, is always smart, but you can do even more, according to local Social Security officials. The U.S. Department of the Treasury now offers a retirement savings option called myRA. There's no minimum amount required to open the account and you can contribute what you can afford. To learn more about the plan, visit www.myra.gov/.

An employer-sponsored retirement plan or 401(k) can be a useful way to set aside funds for retirement, especially if your employer offers matching funds on what you invest. If you don't work for an employer that offers this type of plan, there are many other plans designed to help you save for retirement.

From solo 401(k)s to traditional and Roth IRAs, there are programs designed to fit a multitude of budgets. The earlier you start to save, the more funds you'll have ready for retirement.

Social Security is funded by taxes you pay while you work. To get estimates of future benefits and check your earnings record for accuracy, you can create a my Social Security account at www.socialsecurity.gov/myaccount.

Amazon Smile ad

Support the League of Human Dignity When You Shop at Amazon By Buying Through AmazonSmile!

Just go online to AmazonSmile, sign in and shop away!

Diabetes Alert Day is March 28

If you have a family history of type 2 diabetes — a mother, father, brother, or sister who has the disease — you have a greater chance of getting it yourself.

National Diabetes Association Alert Day, sponsored by the American Diabetes Association, is an annual, one-day observance started in 1986. This year's observance

is Tuesday, March 28. It is meant as a wake-up call for Americans about the seriousness of diabetes, particularly when left undiagnosed or untreated.

Diabetes affects more than 29 million Americans, or about 9 percent of the nation's population. It is estimated that one in every four people with the disease is unaware that they have it.

The American Diabetes Association offers a Type 2 Diabetes Risk Test, where people can find out if they have risk factors that can increase the chances of developing the disease. To take the test or learn tips for lowering your risk, go online to www.diabetes.org/are-you-at-risk/alert-day/

Other February & March Observances

February

AMD/Low Vision Awareness Month

Feb. 3 is National Wear Red Day

Feb. 4 is World Cancer Day

March

Brain Injury Awareness Month

Endometriosis Month

National Colorectal Cancer Awareness Month

National MS Education & Awareness Month

Save Your Vision Month

Trisomy Awareness Month

March 13-19 is International Brain Awareness Week

Omaha/SW Iowa 2017 Benefit Golf Event ad

Save the Date . . .

The Omaha and Southwest Iowa Centers for Independent Living

2017 Benefit Golf Event is Friday, June 16, 2017

At the Bent Tree Golf Club in Council Bluffs, Iowa

Four-player golf scramble, hole-in-one contest, silent auction, buffet dinner and more!

Proceeds from this annual fund-raising event will go to the Omaha and Southwest Iowa Centers for Independent Living, to help them fulfill their mission, promoting and supporting independent living and the full participation by people with disabilities in their community.

If you would like to help out as an event planner, player, underwriter, sponsor or all of the above, contact the League of Human Dignity at 402-595-1256 in Omaha or 712-323-6863 in Council Bluffs.

Associations & Support Groups

The League maintains a list of associations and support groups in Nebraska, Southwest Iowa, the region and the nation for people with disabilities and their loved ones.

To see the complete list, in pdf format, please visit our website: www.leagueofhumandignity.com/getinvolved and find "Support Groups" near the bottom of the page.

Registration Now Open for National ADA Symposium

This year's National ADA Symposium is May 14 through 17 at the Chicago Hyatt Regency O'Hare, 9300 Bryn Mawr Ave., in Rosemont, Ill.

The annual four-day conference is the largest conference on the Americans with Disabilities Act and the source for latest information on the ADA. Presenters include nationally recognized representatives of agencies and organizations that are involved with the ADA.

This year marks the 27th anniversary of the Americans with Disabilities Act and the 21st annual ADA Symposium.

The symposium consists of a pre-conference session Sunday afternoon, May 14, breakout sessions, advanced discussion groups, exhibits and hands-on learning activities. The event is coordinated and hosted by the Great Plains ADA Center, based in Columbia, Mo.

Registration is \$750 through March 31 and \$900 beginning April 1.

For more information about the symposium, or to register, call Lisa Tucker at 352-669-0076, email Tuckerli@missouri.edu or register online at www.adasymposium.org.

Tax-Time Is Approaching: Benefit Statements in the Mail

Tax time is fast approaching, a time of year that can seem overwhelming, especially if you're worried about tracking down needed paperwork.

You're supposed to get your Social Security Benefit Statement, for example, by the end of January. But if you haven't gotten it by then or you've misplaced it, it's easy to go online to request a replacement, Social Security officials said.

Form SSA-1099, also called a Benefit Statement, is a tax form Social Security mails each year in January to the more than 60 million people who receive Social Security benefits. It shows the total amount of benefits received from Social Security in the previous year so people know how much Social Security income to report to the IRS on their tax return.

People who live in the United States and need a replacement form SSA-1099 can go online and request a replacement form with a my Social Security account at www.socialsecurity.gov/myaccount. Online replacement forms are available beginning February 1.

For noncitizens who live outside of the United States and received or repaid benefits last year, Social Security sends form SSA-1042S instead. The forms SSA-1099 and SSA-1042S are not available for people who receive Supplemental Security Income (SSI).

Social Security officials recommend that every working person in the U.S. should create a my Social Security account. They said the accounts are secure and that features of the accounts are invaluable in securing a comfortable retirement.

What Is 'Youth Transition'?

Youth Transition . . .

It is about putting the pieces in place that a young adult may need to accomplish their dreams and lifelong happiness.

The Purpose of Youth Transition — to ensure that young adults will gain the skills, knowledge and interagency relationships to establish long-range goals for independence after high school.

The League of Human Dignity's transition component serves students age 14 to 26.

The League assists youth and young adults with disabilities to transition from high school and life with parents to post-secondary education, employment and, for some, independent living.

Winter Is Coming: Snow Closing Information

We have designated KFOR radio as our weather station.

In times of severe weather, please turn to KFOR 1240 AM, or go online to www.kfor1240.com for the latest word on cancellations.

LET'S KEEP IN TOUCH

Get ON THE LEVEL in your email box! Send your email address to:

janderson@leagueofhumandignity.com

2017 Norfolk Benefit Bike Run ad

Mark your calendars!

10:30 a.m. Saturday, July 24, 2017

Cars & Trucks Welcome!

For more information, contact the League at 400 Elm Ave.,
Norfolk, NE 68701; Phone 402-371-4475
Email jfink@leagueofhumandignity.com

Proceeds go to the League of Human Dignity to support Independent Living for people with disabilities in NE Nebraska

After Hours Transportation for Lincolmites with Disabilities

The League of Human Dignity Extended Hours Service (EHS) Transportation Program offers 70 rides each week, up from the 35 weekly rides it has offered for the past three years.

EHS provides affordable, accessible public transportation in Lincoln for people with disabilities who need it, when other options are not available.

So, if you have a disability and don't drive — and it's late or it's the weekend or a holiday, and the city buses and HandiVans aren't running, EHS is there for you.

EHS is for people who are eligible for Lincoln's StarTran HandiVan service and who use Lincoln's fixed-route buses or other assisted transportation, or who experience permanent disability and do not have a vehicle of their own and valid driver's license.

A HandiVan or EHS identification is required — eligible residents can get both at the League of Human Dignity, 1701, P Street, in Lincoln. Stop in or call 402-441-7871 for details about eligibility and registration.

EHS offers rides weekdays from 5 to 11 p.m.; Saturdays from 8 a.m. to 11 p.m.; Sundays from 8 a.m. to 5 p.m.; and on Memorial Day, the Fourth of July, Labor Day,

Thanksgiving, Christmas and New Year's Day from 8 a.m. to 5 p.m. Each one-way ride is \$4.

Reservations for rides are accepted Monday through Friday from 9 a.m. to 4:30 p.m. Reservations may be made from one to seven day prior to a requested ride. Same-day requests are subject to space availability.

Contact the League's Transportation Coordinator for more information about this great program!

Classifieds

Classified ads cost \$5 for the first 25 words and 25 cents for each additional word. To place an ad, write to: On The Level, League of Human Dignity, 1701 P Street, Lincoln, NE 68508; call Jim at 402-441-7871 v/tdd; call toll free at 888-508-4758; or fax: 402-441-7650. Equipment, supplies and other items for sale must be accessible to, or for the use of, people with disabilities.

FOR SALE: Six adjacent cemetery plots in Westlawn-Hillcrest Cemetery in Omaha. Section 8, Lot 24R spaces 7, 8, 9, 10, 11 and 12. \$1,000 each or \$5,000 for all six. Call the League of Human Dignity, 402-441-7871.

The League of Human Dignity Building Corporation

Is taking applications for 1 and 2 bedroom apartments with roll-in showers in Lincoln, Omaha, York, Columbus, Norfolk and Hastings.

These units come with Section 8 certificates and rent is based upon income. Eligible applicants must qualify under income guidelines established by the U.S. Department of Housing and Urban Development (HUD).

Applicants must experience disability to qualify.

To apply or for more info, call Paula Shufeldt
at 1-888-508-4758 V/TDD
or email pshufeldt@leagueofhumandignity.com

EQUAL HOUSING OPPORTUNITY.

League Apparel ads

HOODED SWEATSHIRTS

from the League of Human Dignity
WHILE SUPPLIES LAST
small/medium/large/extra large - \$24.95
2XL - \$25.75 3XL - \$27
(prices include sales tax)

League of Human Dignity LONG-SLEEVED T-SHIRTS

Sizes Small through 3XL
WHILE SUPPLIES LAST
\$13.95 (price includes sales tax)
Available at League offices

ON SALE NOW! FLEECE VESTS

Blue or Gray / Sizes medium through 4XL
WHILE SUPPLIES LAST
All sizes \$29.95
(price includes sales tax)

Barrier Removal Grants

Barrier Removal Grants are available to qualifying renters or homeowners and their family members who have mobility limitations.

Grants are available to:

- People in Omaha, Council Bluffs, and Lincoln & Lancaster County.
- People with low to moderate income, as defined by the U.S. Department of Housing and Urban Development.
- People who need help removing barriers in their homes.

Examples of eligible modifications include outside ramps and lifts, grab bars, handrails, widened doorways, accessible tubs and showers, and reachable sinks and counters.

League staff offers a variety of services to assist in making homes more accessible to people with disabilities. For more information or for an application for a Barrier Removal Grant, contact:

Lincoln CIL, 1701 P St., Lincoln, NE 68508; Ph.402-441-7871

Omaha CIL, 5513 Center St., Omaha, NE 68106; Ph. 402-595-1256

SW Iowa CIL, 1520 Avenue M, Council Bluffs, IA 51501; Ph. 712-323-6863

A service of the League of Human Dignity.

Bruno Lifts ad

- In Stock, visit us at 1720 O Street in Lincoln
- Helps you maintain your independence
- Safe, economical, efficient way to overcome architectural barriers

Call us at 402-441-7871 for more information about this great product!

Mobility Options

Knowledge. Independence. Innovation.