

Promoting independent living for people with disabilities for more than 40 years. Serving Nebraska and Southwest Iowa

America Celebrates 25 Years of the ADA

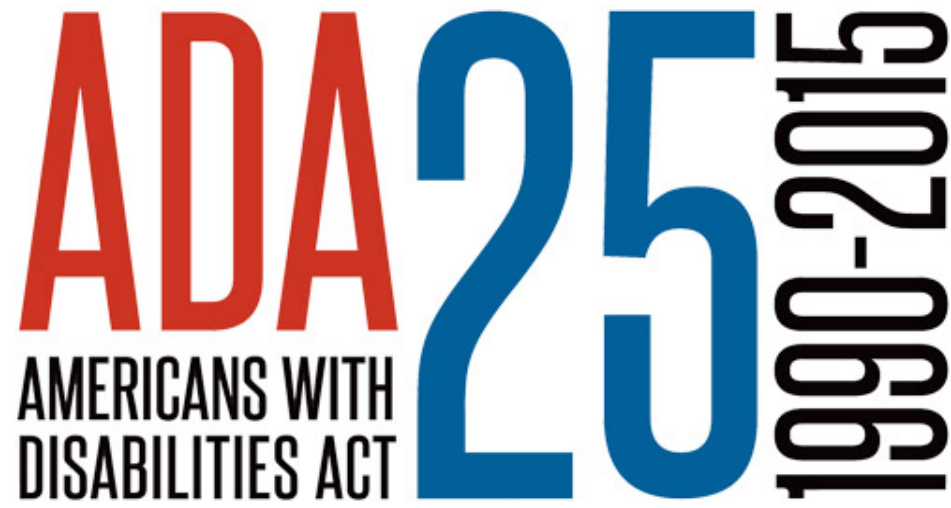
This July marks the 25th Anniversary of the Americans with Disabilities Act (ADA).

Across the country, individuals and organizations will be celebrating the July 26, 1990, signing of this landmark civil rights legislation by President George H.W. Bush.

The ADA and the ADA Amendments Act of 2008 (ADAAA) give civil rights protections to people with disabilities similar to protection provided to other Americans on the basis of race, color, sex, national origin, age, and religion. The ADA and ADAAA also assure equal opportunity for individuals with disabilities for access to businesses, employment, transportation, state and local government programs and services, and telecommunications.

In Lincoln, a celebration involving several community organizations will be Friday, July 24, at the Lincoln Community Foundation's Foundation Garden downtown. The event will include speakers

and a panel discussion. Keep an eye on the League's website and Facebook page for more information about events.



Giving Events Benefit Nonprofits

Omaha Gives 24, the May 20 online giving event, raised \$8.8 million for 704 Omaha Metro Area nonprofit organizations. The total included \$960 for the League of Human Dignity's Omaha Center for Independent Living and Southwest Iowa CIL in Council Bluffs.

A similar event in Lincoln on May 28, Give To Lincoln Day, raised \$3.2 million for 327 nonprofits. Included was \$475 for the League's Lincoln CIL, according to preliminary figures. Give To Lincoln Day included in-person giving during business hours at the Lincoln Community Foundation, so final figures were not immediately available.

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June is National Safety Month

CEO'S NOTE

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

The League of Human Dignity is a consumer-based, non-profit 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: www.leagueofhumandignity.com

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Linda Higgins, League of Human Dignity Scottsbluff Medicaid Wavier Office Director will be retiring on July 31. I want to take this opportunity to thank Linda for her 16 years of service to the League. Linda began her career with the League as a Services Coordinator in the Scottsbluff Office, and was later promoted to the Office Director. Linda has provided able leadership in the Scottsbluff Office, and her experience and skills will be greatly missed. Good luck to you Linda, and thank you!

We are in the process of developing a new League of Human Dignity Website that we think will be a vast improvement over the current website. The website will have a fresher and more modern look to it, and we expect that it will serve as good tool for those who are seeking information about the League. We plan to go live with the new website by mid to late June.


As you are probably aware the League hosts several fund raising events throughout the year. The SW Iowa and Omaha Benefit Golf Event will be Friday June 12 at Bent Tree Golf Club in Council Bluffs. Money raised from this event supports the League's Omaha and SW Iowa Centers for Independent Living (CIL)

On Saturday July 11, the Norfolk Center for Independent Living will host a motorcycle poker run that starts at the Norfolk Center for Independent Living. All net proceeds will support the Norfolk CIL.

The Lincoln Center for Independent Living's Annual Benefit Golf event will be held at the Highlands Golf Course in Lincoln on Thursday September 17. Proceeds support the Lincoln CIL.

Your financial support for these events would be greatly appreciated. Please note that we also need volunteers to help with these events, so if you are available on the above dates please let us know. You can call Council Bluffs at 712-323-6863, Lincoln at 402-441-7871, or Norfolk at 402-371-4475.

As always, the League of Human Dignity appreciates your support! We at the League hope that you have a safe and enjoyable summer.


Mike Schafer, League CEO

2015 League Of Human Dignity Omaha/SW Iowa Benefit Golf Event

- ★ **18-Hole 4-Player Scramble**
- ★ **Mulligan Tickets 2 for \$20 (Available at Registration)**
- ★ **Silent Auction Throughout Event**
- ★ **Dinner & Awards**
- ★ **Hole Prizes**
- ★ **A Chance to Win A Car!!!**

Friday, June 12, 2015
Bent Tree Golf Club
Council Bluffs, Iowa
12 p.m. Registration
1 p.m. Shotgun Start
Lunch Provided




Register a team for \$300 and/or become an event sponsor with a donation of \$1,000, \$750 or \$250.

Proceeds will go to the League of Human Dignity's Omaha and Southwest Iowa Centers for Independent Living. Help the centers fulfill their mission, promoting independent living and the full integration of people with disabilities into society.

To register or for more information about the 2015 Omaha/Southwest Iowa Benefit Golf Event, contact the **League of Human Dignity:**

- In Omaha at 5513 Center Street, phone 402-595-1256, e-mail: oinfo@leagueofhumandignity.com
- In Council Bluffs at 1520 Avenue M, phone 712-323-6863, e-mail: fgreise@leagueofhumandignity.com

Visit us at www.leagueofhumandignity.com and please "Like" us on 



This is a 107-mile run.
Ride for \$15 (includes one hand).
Each passenger rides for \$5.
Hands for passenger and all
additional hands \$5.
**Best & Worst
hands rewarded**

LEAGUE
OF
HUMAN
DIGNITY



**2015
NORFOLK**

Benefit BIKE RUN

Supported by the American Legion Riders

**11:30 a.m. Saturday,
July 11, 2015**

Registration — **White House** in Pierce
11 to 11:30 a.m.

1st stop — Brunswick Lunch served (your expense)

2nd stop — Verdigre

3rd stop — Bloomfield

4th stop — Wausa

5th stop — Pierce

•All riders must be back by 5 p.m. •
Dinner at 5:30 p.m. (free-will offering)

at the **White House** in Pierce.

Silent Auction 5 to 6:30 p.m.

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 northeast Nebraska.

Steve Zaracki's Training Fits All Skill, Ability Levels



Sue Carroll in her 70s, has been a Zaracki Fitness client for three years.



Steve receives the 2008 Ken Lindhorst Volunteer of the Year Award from Tracy Curtis and Omaha CIL Director Bob Gomez.

At left: Steve Zaracki, owner of Zaracki Fitness, offers fitness options for all skill and ability levels.

Omaha's Steve Zaracki offers several fitness options that can help anyone get healthy, no matter what level of fitness they may currently be in.

Steve formerly was a long-time League of Human Dignity volunteer and 2008 Omaha Center for Independent Living Volunteer of the Year. He offers personal training and free weight training programs, cardio training and nutrition coaching and more. Zaracki Fitness also comes to consumers, offering training and counseling in a friendly, private environment. Steve builds each person's program on an individual basis, because he knows we're not all the same when it comes to fitness needs and goals.

Steve himself has used a wheelchair for 18 years and he said he's trained people with just about every disability, so he knows how important it is to find the perfect fitness program. He provides all fitness equipment during training.

For more information, call Steve at 402-208-3497, email zaracki@gmail.com or follow him on Facebook and Twitter.

Nebraska, Iowa Legislation We're Keeping An Eye On

Here's an update on the legislation we're watching in the 2015 Nebraska and Iowa legislative sessions.

Bills of interest in the Nebraska Unicameral include:

LR 33, calling for a special legislative committee to continue the investigation of ACCESSNebraska that started last year, was approved April 13.

LB 287 would expand license requirements for community sign language interpreters as well as video remote interpreters for the state. It was placed on final reading May 7.

LB 320 would create Aging and Disability Resource Centers to serve as information clearinghouses for Nebraskans who are aging or who have disabilities and their family members.

On March 24 Senators voted to make the legislation a pilot program. It would create centers to assist elderly and disabled residents and their caregivers in navigating the myriad services for long-term, in-home care. The measure would fund three centers. Evaluations would be presented to lawmakers in 2016 and upon the program's completion in 2018. The bill was placed on final reading April 14.

LB 472, which would adopt the Medicaid Redesign Act, expanding Medicaid in Nebraska, most likely is dead for this legislative session.

LB 643 would adopt the Cannabis Compassion and Care Act, which would regulate the use of marijuana for medical treatment. It was advanced on a

27-12 vote and is awaiting a second debate. The bill would allow marijuana use by patients suffering from cancer, glaucoma, HIV/AIDS, Tourette's syndrome, amyotrophic lateral sclerosis (ALS), seizures (including those characteristic of epilepsy), severe and persistent muscle spasms (including those characteristic of multiple sclerosis), Crohn's disease, or any terminal illness with a probable life expectancy of under one year. The bill specifies medical marijuana in liquid, oil or pill form. It would allow vaporization but not smoking.

A similar bill in the Iowa Senate, SF 484, has had its first reading.

Another marijuana bill, LB 390, would authorize a pilot program at the UNMC using low levels of THC, marijuana's active ingredient, in treating epileptic seizures. That bill also advanced.

LB 607 would adopt the Home and Community Based Health Care Consumer Bill of Rights. On May 18 it was placed on its final reading.

LB 591 would create the state's Achieve a Better Life Experience (ABLE) Program and provide for adjustments to taxable income. The ABLE Act was passed by the federal government last December. On May 19 it was placed on its final reading.

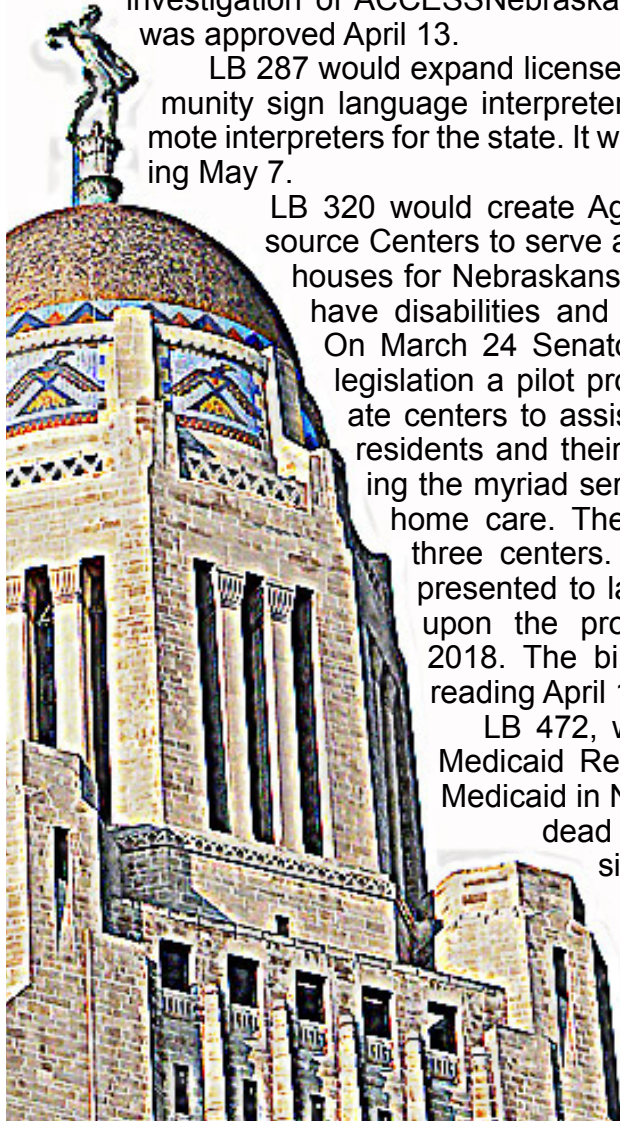
A similar bill is under consideration by the Iowa Senate, designated SF 439, it is on the Senate floor.

LB 366 would change the personal needs allowance under the Medicaid Assistance Act. It would require the Nebraska Department of Health and Human Services to include at least a \$75 a month personal allowance for eligible people in alternative living arrangements who are elderly or persons with disabilities. Senators reduced the allowance to \$60 and on March 17 the bill was placed on final reading.

LB 641 gives people with disabilities operating manual or motorized wheelchairs or anyone operating a bicycle on a sidewalk, across a roadway or shoulder in a crosswalk the same rights and duties as pedestrians. It was signed into law on April 29.

Other bills of interest in the Iowa legislature include:

See **LEGISLATION** on page 7



LEGISLATION

continued from page 6

HF 648 would allow special needs trusts to be used in ways that are “no more restrictive than what is specified in federal law.” Such trusts are not to be confused with ABLE accounts, although the trusts would be another tool to help people with disabilities pay for non-covered expenses without losing state or federal assistance. The bill passed in the Iowa House May 12.

HF 247, Public Assistance Programs Eligibility Determination, would direct Iowa’s Department of Human Services to set up a computerized eligibility determination system to verify eligibility for all public assistance programs. The House passed the bill March 10.

HF 579 allows that applications for new or newly purchased health care facilities, elder group homes, assisted living programs and adult daycare centers can be denied if the applicants have repeatedly failed to operate other facilities in compliance with the law. It was signed into law April 24.

HSB 588 would eliminate removable windshield parking placards that do not have an expiration date for people with disabilities. The bill is intended to combat fraud, requiring that the placards would expire after five years. The bill was placed on the House calendar under unfinished business.

SF 306 would allow persons under guardianship to decide who can visit or communicate with them, under reasonable rules set by their guardians. It was signed into law April 24.

SF 396 would require that gas stations comply with ADA regulations, including refueling assistance and call buttons at pumps, and provides for tax credits to help businesses to make the changes. It remains in committee.

SSB 1253 would establish the Medicaid Treatment and Oversight Commission to provide legislative involvement and oversight of the state’s transition to a Medicaid managed care system. Among its many provisions, the bill would require Medicaid managed care contracts to include non-emergency medical transportation. The bill remains in committee.

This story includes information provided by the Nebraska Planning Council on Developmental Disabilities and infoNET, a disability policy resource for Iowa.

2015 NDEAM Theme Announced

The theme for this year’s National Disability Employment Awareness Month in October is “My Disability Is One Part of Who I Am.”

The U.S. Department of Labor’s Office of Disability Employment Policy announced the theme early in May.

The theme encapsulates the message that people with disabilities are just that — people. We are each the sum of many parts, said Jennifer Sheehy, acting Assistant Secretary of Labor for Disability Employment Policy. While disability is one important perspective, it is not only one.

The annual observance, known as NDEAM, is a nationwide campaign to raise awareness about disability employment issues and celebrates the contributions of America’s workers with disabilities.

For more information about NDEAM, visit www.dol.gov/odep/ and select “National Disability Employment Awareness Month” from the drop-down menu.

LEAGUE EMPLOYEES

Saying Hello:

Frank Greise, SW Iowa CIL Director (formerlu Medicaid Waiver Supervisor, Omaha)

Krista Rosentreader, Medicaid Waiver Supervisor, Omaha

Jennifer Smidt, Independent Living Advisor, Norfolk

Kathy Harvey, Services Coordinator, Omaha

Susan Hanneman, Secretary, Lincoln

Saying Good-Bye:

Carrie England, SW Iowa CIL Director

Linda Higgins, Panhandle Medicaid Waiver Office Director, Scottsbluff

Brenda Johnson, Independent Living Coordinator, Norfolk

Linda Williams, Housing and Design Specialist, Omaha.

Lori Brand, Services Coordinator, Norfolk.

June Is National Safety Month

Injuries are a leading cause of disability for people of all ages – and they are the leading cause of death for Americans ages 1 to 44. The good news is everyone can get involved to help prevent injuries. June is National Safety Month and we encourage you to learn more about important safety issues like prescription painkiller abuse, transportation safety, and slips, trips, and falls.

- **Prescription painkiller abuse:** Prescription painkiller overdoses are a growing problem in the United States, especially among women. About 18 women die every day from a prescription painkiller overdose – more than 4 times as many as back in 1999.
- **Transportation safety:** Doing other activities while driving – like texting or eating – distracts you and increases your chance of crashing. Almost 1 in 5 crashes (17%) that injured someone involved distracted driving.
- **Slips, trips, and falls:** One in 3 older adults falls each year. Many falls lead to broken bones and other health problems.

You can make a difference. Find out ways to help reduce the risk of these safety issues.

For more information, visit the National Safety Council at www.nsc.org.

LEAGUE DONORS

March 27, 2015 to May 26, 2015

Builder (\$500 and above): Elkhorn Valley Bank, Caring For People of Omaha Inc., Waste Connections

Century (\$100 to \$249): Monica Balters, Edward Roche.

Believer (\$50 to \$99): Bill Crawford, Home Health Inc., Mike. Schafer, Creekwood Chiropractic Clinic, Marcia Knuth, Rod Wagner.

Other: Anonymous, Lonnie Mueller, Bruce Helwig, Joyce Dingledine, Mark Robbibs.

Barrier Removal Grants Available from League

Barrier Removal Grants are available to qualified renters or homeowners who have mobility limitation or who have someone in their family who does.

The League offers grants in Omaha, Council Bluffs, and Lincoln and Lancaster County. The program is for people with low to moderate income, based on U.S. Housing and Urban Development guidelines, who need funds to remove 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 offer 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:

Omaha Center for Independent Living

5513 Center St., Omaha, NE 68106
Phone 402-595-1256

Lincoln Center for Independent Living

1701 P St., Lincoln, NE 68508
Phone 402-441-7871

SW Iowa Center for Independent Living

1520 Avenue M, Council Bluffs, IA 51501
Phone 712-323-6863



Support the League of Human Dignity

On the third Wednesday of each month, Dairy Queen at 540 S. 32nd Avenue in Council Bluffs gives part of its proceeds from 5 to 8 p.m. to benefit the SW Iowa Center for Independent Living, to help the center fulfill its mission: promoting independent living and the full integration of people with disabilities into their communities.

Come on out and enjoy a delicious treat - and support the League of Human Dignity!



**Get Your
'On The Level'
Newsletter
Via Email!**

Send Your Email Address to:
janderson@leagueofhumandignity.com

Save the Date: Thursday, Sept. 17, 2015

2015 League of Human Dignity Lincoln Benefit Golf Event

18-Hole 4-Player Scramble

11:30 a.m. Start

Hole-in-One Contest, Silent Auction, Hole Prizes

Lunch & Buffet Dinner Provided

For information, call 402-441-7871

Fax 402-441-7650

or Email crigoni@leagueofhumandignity.com



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



www.leagueofhumandignity.com
www.mobility-options.com
and Follow us on Facebook and Twitter

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.html and click on "Support Groups."

LONG-SLEEVED T-SHIRTS

from the LEAGUE OF HUMAN DIGNITY

Sizes S through 3XL

\$13.95

(Price includes sales tax)



Available at League offices

League of Human Dignity HOODED SWEATSHIRTS

S/M/XL..... \$24.50
XXL..... 25.75
XXXL 27.00

(Prices include Tax)

Available only at League of Human Dignity offices

While They Last!



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 56508; 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.

FOR SALE: Pronto M91 Surestep, Everest & Jennings Sabre Ltd., both oversized wheelchairs; 1991 Chevy G20 conversion van with wheelchair lift, can sell lift separately. Brenda 402-560-4272 (Lincoln).

FOR SALE: 2012 Dodge Van, wheelchair accessible, 14-inch lowered floor both passenger and drivers side, hand controls, zero effort steering, \$32,000. Call 402-890-8235 (Lincoln).

FOR SALE: Electric wheelchair Like New, full recline, tilt, foot elevate, attendant control on back, charger, \$2,500. Call 402-890-8235 (Lincoln).

For Sale: Near new (used only 4-6 weeks) Invacare electric wheelchair, Storm Series Torque SP RWD (model 3GTQCQ), power tilt, front riggings, stealth head rest, J3 back, joy stick, battery charger. Retail base price \$6850 plus \$2200 in add-ons. Uses 22NF sealed gel batteries. Will consider half price or any reasonable offer. Contact hamaker@lakemac.net or 402-672-5174 (Lake McConaughy).

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



League Centers Offer Services to Achieve, Maintain Independence

The League of Human Dignity's Centers for Independent Living provide services that people with disabilities need to achieve and maintain their independence.

Services provided at League CILs in Nebraska and Southwest Iowa include, but are not limited to:

- Individual and systems advocacy
- Information and referral
- Independent living skills training
- Peer counseling and support
- Transition from institutions into the community
- Training in personal assistant hiring and management
- Barrier removal grants
- Equipment loan and rental

Call the League at 402-441-7871 to find out more. Or drop by our offices at 1701 P Street in Lincoln, from 8 a.m. to 5 p.m., Monday through Friday. Or contact any of our other Centers for Independent Living.

Through our CILs and Medicaid Waiver offices, the League serves all 93 Nebraska counties and eight counties in Southwest Iowa.

Join Us on Social Media



Find us on **Facebook** — just click the logo at left or on our webpage or search for us from your own Facebook page.

Follow us on **Twitter** too. Just click the logo at right or on our webpage or find us @LHD68508.



BRUNO™
Vertical Platform Lifts

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

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



Knowledge. Independence. Innovation.