

# ON THE LEVEL

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## From the League of Human Dignity

*June, 2016*

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]

## Nearly \$12M Given to Local Nonprofit Groups

*Omaha Gives! Give to Lincoln Day Tap into Generosity of Residents*

This year's charitable giving days raised nearly \$12 million for nonprofits in the Omaha and Lincoln areas.

Omaha Gives, a 24-hour online event, was Wednesday, May 25, benefitting nonprofit organizations in Douglas and Sarpy counties in Nebraska and Pottawattamie County in Iowa. In all, 46,251 donors gave \$8,877,385.

The League of Human Dignity's Omaha Center for Independent Living and Southwest Iowa Center for Independent Living received \$525, about half 2015's total.

Of the 783 Omaha-area nonprofits involved, 16 received more than \$100,000 in donations each. Marian High School topped the list at \$244,890, followed by Bellevue University with \$238,635, and Siena/Francis House Homeless Shelter with \$234,750.

Give to Lincoln Day was Thursday, May 26. It raised \$3,075,335 in online donations from 13,767 donors. That fell short of the Lincoln Community Foundation's \$3.5 million goal for the giving day.

The Lincoln event also accepted in-person donations in cash, check or credit card at the Lincoln Community Foundation offices.

The League's Lincoln CIL received \$385 in online donations. The addition of offline gifts, though, brought the total raised to \$2,385. That's \$100 less than last year, probably due to the heavy afternoon and evening rains.

There were 350 Lincoln nonprofits involved in Thursday's event. Receiving the most was the Pius X Foundation with 44,746, followed by Jacob's Well with \$44,627 and Camp Sonshine with \$40,820.

More than 40 nonprofits set up booths downtown in Tower Square Thursday. That event, which included a donation station and performances by local artists and organizations, was cut short by thunderstorms that rolled into the city in the afternoon.

This was the fourth year for the event in the Omaha metro area and the fifth annual Lincoln giving event. The League has taken part in both events each year.

The need for funding has never been greater for the League, as with other nonprofits. We thank all residents of the Omaha-Council Bluffs and Lincoln areas who showed their support for independence and equal access for people with disabilities this week by giving during these two fundraising events.

## **CEO'S NOTE**

I find it hard to believe that schools are out for the for the coming summer. It seems like time really does move more quickly, the older we get.

I am pleased to inform you that our efforts to enhance independent living services for high school age students who experience disability are beginning to produce results. Due to the receipt of a grant from Nebraska Vocational Rehabilitation Services, the League is excited to be collaborating with Lincoln, Ralston, and Wayne Public Schools to provide Living Well with a Disability classes to selected students from these three school districts. The classes will be held this summer and early fall.

Living Well with a Disability is a program that was developed by the University of Montana Research and Training Center on Disability in Rural Communities. This program provides valuable information that assists participants to understand how they

can make a difference in their lives by planning for, and taking steps to lead healthier lives, which in turn should help participants to avoid the development of secondary disabilities. The course is provided over a 6-8 week period.

We at the League are hopeful that through successful collaboration with Lincoln, Ralston, and Wayne Public Schools, the Living Well with a Disability classes will continue to be available to not only the above mentioned schools, but students in other school districts in Nebraska and Iowa.

Mike Schafer, League CEO

## **League's EHS Meets After-Hours Transportation Needs of Lincolnites with Disabilities**

Most of us take the simple act of getting around for granted. Getting to work, going to the store, getting to church, taking part in family events or social activities across town, getting wherever, whenever we want.

But what do you do 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?

The League's Extended Hours Service (EHS) is designed for just such times. It provides affordable, accessible public transportation in Lincoln for people with disabilities who need it, when other options are not available.

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!

The League also is accepting donations to help support the EHS program. You can send us a check or money order, noting that your donation is for the EHS Program, drop by our office at 1701 P Street with a cash, check or credit card donation, or donate online on our website, [website link]

## Strategies for Getting Healthy

*'Having a disability does not mean you can't be healthy'*

People who have disabilities are twice as likely to be physically inactive as people without disabilities, according to the U.S. Surgeon General. As a result, they are less likely to stay heart healthy and to maintain strong muscles and bones.

Adults should be physically active 30 minutes a day, at least five days a week.

With warm weather upon us at last, that means there's no time like the present to think about healthy activity and more time outdoors.

Having a disability doesn't mean a person is unhealthy or that he or she can't be healthy. Being healthy means getting and staying well so we can lead full, active lives. We need the tools and information to make healthy choices and to know how to prevent illness.

For people with disabilities, it also means knowing that health problems related to a disability can be treated. These problems, also called secondary conditions, can include pain, depression, and a greater risk for certain illnesses.

To be healthy, people with disabilities require health care that meets their needs as a whole person, not just as a person with a disability. Most people with or without disabilities can stay healthy by learning about and living healthy lifestyles.

Some of us may have a harder time getting and staying healthy, but there are things we can all do. Here are some tips for leading a long and healthy life:

1. Be physically active every day. Learn about physical activity.
2. Eat healthy foods in healthy portions. Learn about nutrition.
3. Don't get too much sun. Learn about preventing skin cancer.
4. Get regular checkups.
5. Don't smoke. Learn how to stop smoking.
6. Use medicines wisely. Learn about medication safety.

7. If you drink alcoholic beverages, drink in moderation. Learn about alcohol.
8. Get help for substance abuse. Find treatment services near you.
9. Stay in touch with family and friends.
10. If you need help, talk with your health care professional.

Source: 2005 Surgeon General's Call to Action: To Improve the Health and Wellness of Persons with Disabilities

## **2016 Omaha/SW Iowa Benefit Golf Event ad**

18-hole 4-player scramble and more!

June 10, 2016, at Bent Tree Golf Club, Council Bluffs, IA

12 p.m. registration; 1 p.m. start

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

- Omaha at 5513 Center Street, phone 402-595-1256, email [oinfo@leagueofhumandignity.com](mailto:oinfo@leagueofhumandignity.com)
- Council Bluffs at 1520 Avenue M, phone 712-323-6863, email [fgreise@leagueofhumandignity.com](mailto:fgreise@leagueofhumandignity.com)

## **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!

## **Living Well photo**

(Photo shows four people from behind, one using a wheelchair, walking down a sidewalk on a sunny day) Those attending the League's Living Well with a Disability Workshop in Bloomfield head out for a walk during and a discussion during the portion of the workshop related to physical activity. The workshop is an eight-week class designed to set people with disabilities on the road to healthy living. It was held during April and May, and was staffed by the League's Norfolk Center for Independent Living. Similar workshops are held periodically throughout the League's service areas.

## **Health Fair ad**

Come and see us at the 3<sup>rd</sup> Annual Indian Center Inc. Health & Wellness Health Fair at the Indian Center Inc., 1100 Military Rd., Lincoln, NE, June 25, 2016, 10 a.m. to 4 p.m.

## **Let's Keep in Touch**

Get On The Level in your email box! Send your email address to [janderson@leagueofhumandignity.com](mailto:janderson@leagueofhumandignity.com) or subscribe online on our website.

## **2016 Norfolk Benefit Bike Run ad**

10:30 a.m. Saturday, July 16, 2016

Registration at Chesterfield West in O'Neill; Music by the band LOCO

Dinner at 5:30 p.m.; Live Auction

This is a 174-mile "poker run." Ride for \$20 (includes one poker hand) Extra hands \$5

For more information, contact the League of Human Dignity, 400 Elm Ave., Norfolk, NE 68701; Phone 402-371-4475; Email [jfink@leagueofhumandignity.com](mailto:jfink@leagueofhumandignity.com)

## **2016 League of Human Dignity Lincoln Benefit Golf Event**

18-hole, 4-player Scramble Thursday, Sept. 22, 2016, at the Highlands Golf Course, Lincoln.

11:30 a.m. Shotgun Start.

Register a team for \$300 or other sponsorship levels are available.

To register or for more information, contact The League of Human Dignity, 1701 P Street, Lincoln, NE 68508, Call 402-441-7871 (V/TDD); Fax 402-441-7650, or email [crigoni@leagueofhumandignity.com](mailto:crigoni@leagueofhumandignity.com)

## League Employees

### *Saying Hello:*

Fran Mersnick, Outreach Coordinator/Office Manager, SW Iowa (formerly in Omaha office)

Susan Isabell, Services Coordinator, Lincoln

Rochelle Reese, Services Coordinator, Lincoln

Kenneth Karmann, Services Coordinator, Omaha

Catherine Cunningham, Secretary, North Platte

### *Saying Good-Bye:*

Mitch Miller, Systems Change Coordinator, Lincoln

Bonnie Vancura, Secretary, North Platte

Joey Thompson, Services Coordinator, Lincoln

Robyn Roth, Services Coordinator, Kearney

## League Donors

### *April 1, 2016 through May 19, 2016*

Builder (\$500 and above): Rohn Loyd, Brad Husak

Supporter (\$250-\$499): Kathy Miller

Century (\$100-\$249): Roger Kirst, David Wysong, Joseph Rigoni, Shannon Peterson, Steven Ballard, Michelle Frederick, Thomas Kuchta, Maryjo Oie

Believer (\$50 to \$99): Jeanne Andelt, Jake Kirkland Jr., Kelly Lundgren, Timothy Brabb, Paul Stanfield, Susan Hanneman, Karen Busboom, Robert Bahr, Marvin Rhodes, Edward Schulenberg

Other: Vernon Williams, Terry Grant, Jim Mannel, Alan Dzerk, David Jensen, Mark Robbins, Leanne Timmons, Linda Schulz, Jennifer Wolf, Rod Wagner, C.J. Zajicek, Amazon Smile Foundation, Anonymous, Anonymous

## 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 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:

### *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

## Talking Book & Braille Service: No Need to Give Up Reading

People with limited ability to read, hold a book or turn pages still can enjoy their favorite books and magazines, through to the Nebraska Library Commission's free Talking Book and Braille Service.

The program provides easy-to-use playback equipment free on long-term loan. Free books and magazines are available on digital cartridge by mail, through digital download, and in Braille. The service's available digital books and players continue to increase weekly.

All materials received by mail can be returned postage free.

The service is available to individuals, as well as schools and other facilities, such as nursing homes, hospitals and senior citizen centers.

Online application forms can be printed, completed, and then mailed to the Talking Book and Braille Service. The Web site is [www.nlc.state.ne.us/TBBS/applyforservice.aspx](http://www.nlc.state.ne.us/TBBS/applyforservice.aspx)

For more information, e-mail [nlc.talkingbooks@nebraska.gov](mailto:nlc.talkingbooks@nebraska.gov) or call 1-800-742-7691.

## Join Us on Social Media

For the most up-to-the-minute news, find us on Facebook — just click the logo in the email edition of this newsletter or on our webpage or search for us from your own Facebook page.

Follow us on Twitter too. Just click the logo in the email edition of this newsletter or on our webpage, or find us @LHD68508.

## 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](http://www.leagueofhumandignity.com)  
& Follow us on Facebook and Twitter

## **League's CILs Offer Services People Need for Independence**

The League of Human Dignity's four 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. Feel free to contact any of our other Centers for Independent Living for information about independent living for people with disabilities.

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

## **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](http://www.leagueofhumandignity.com/getinvolved) and find "Support Groups" near the bottom of the page.

## **Classifieds**

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: Chrysler T&C van with removable chair lift, electric doors and key fobs. Well taken care of, \$5,000 OBO. Call Dawn, 402-429-5994 (Lincoln).

## **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](mailto:pshufeldt@leagueofhumandignity.com)

EQUAL HOUSING OPPORTUNITY

## **Southwest Iowa CIL Fundraising ad**

We put the FUN in FUNdraising!

Support the League of Human Dignity

On the third Wednesday of each month, Dairy Queen at 540 S. 32nd Ave. 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 to promote independent living and the full integration of people with disabilities into their community.

Enjoy a treat & support the League of Human Dignity!

## Bruno Vertical 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.