

ON THE LEVEL

From the League of Human Dignity

June, 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.

Giving Days Net \$11 Million for Local Nonprofits

Two online charitable giving days in May raised more than \$11 million for nonprofit organizations in Lincoln and Omaha.

Preliminary figures show that the sixth-annual Give To Lincoln Day, May 18, brought in \$3,693,306 from more than 17,000 donors. That is about \$618,000 more than last year. There were 366 nonprofits participating, including the League of Human Dignity.

The League received \$3,340 in donations – its best showing yet in the event. Of donations to the League, \$865 was given online and \$2,485 was given in person at the Lincoln Community Foundation office and at a four-hour event at Tower Square in Lincoln. Organizers expected about a third of total donations would come from in-person gifts -- the League traditionally has received most of its donations in person.

The donation totals do not include \$350,000 in matching funds, which will come proportionally from a pool of cash donated by this year's Give To Lincoln Day sponsors.

The Food Bank of Lincoln topped the leaderboard with \$139,134.60 in donations, one of two organizations receiving more than \$100,000. The Pius X Foundation was next with \$107,612.

The fifth-annual Omaha Gives! and second-annual Pottawattamie Gives! on May 24, raised \$7,766,611 from nearly 53,000 donors. That is about \$1.1 million less than last year. Both events share the same giving platform. There were 923 nonprofits participating, including the League. There were 89 Pottawattamie County nonprofits, including the League, listed on the Pottawattamie Gives! page.

League Centers for Independent Living in Omaha and Council Bluffs will share \$610 in donations. That is \$85 more than last year's total. The Omaha-Council Bluffs-area giving day does not include an in-person giving option. All donations must be online.

Ten Omaha-area nonprofits received more than \$100,000 in donations, led by Marian High School with \$314,827 and Siena/Francis House Homeless Shelter with \$262,416.

The 24-hour giving days are held each year to raise awareness of local nonprofits and encourage local philanthropy. The need for charitable giving in support of nonprofits has never been greater. The League wishes to thank all those who donated in support of independent living and equal access for people with disabilities in the Omaha-Council Bluffs and Lincoln areas.

CEO's Note

Universal Design, also called Barrier-Free design, can contribute to independent living throughout a person's lifetime. What are the 7 principles of Universal Design?

1. Equitable use
2. Flexibility in use
3. Simple and intuitive use
4. Perceptible information
5. Tolerance for error
6. Low physical effort
7. Size and space for approach and use

These principles focus on making a residence safe and accessible for everyone, regardless of age, physical ability, or stature. universal design goes far beyond ramps

and grab bars, while remaining largely invisible to the casual observer. Here are some steps you can take to make your house more user-friendly.

In the Kitchen

- Pulls instead of knobs on cabinets and drawers are much easier on arthritic hands.
- A contrasting edge-band on countertops makes it easier for someone with vision disturbances to see the edge of the countertop.
- Varied-height cabinets and countertops.
- Under-the-counter refrigerator drawers make a kitchen more accessible for someone in a wheelchair. Elevating the dishwasher accommodates people in wheelchairs as well as people who may not be able to bend easily. You can even get sinks that raise or lower at the touch of a button.
- For a cook who uses a wheelchair, leave open space under the sink, cooktop, and countertops.

In the Bathroom

- Again, install countertops with contrasting edge-banding.
- Choose an adjustable-height showerhead that can easily be positioned at a comfortable height for all abilities.
- Install grab bars or at least install reinforced studs so that grab bars can easily be added in the future.
- Install vanities of different heights if possible; many people find they have to crouch at a standard vanity.
- For wheelchair access, make sure the doorway is 32 inches wide, install a curb-free shower pan, a wall-hung sink with covered pipes, and try to provide 60-inches of clear floor space for turning the wheelchair.

Throughout the House

- Choose lever handles instead of doorknobs.
- Hallways and doorways that are 32 inches wide or more.
- Avoid changes in floor height, including thresholds.
- Lower switches and raise receptacles so they're reachable from a seated position.

These simple changes to a home design ensure that a person with a disability can easily live there — and if a person experiences a disability later on, they can stay in their own home. Minor changes early on can make huge differences later!

If everyone would start thinking of Universal Design as a practical approach to life-long living, we would a big step toward understanding that disability is a part of life.

Kathy Kay
League Co-CEO

League Waiver Offices to Offer Loan, Rental Programs

League offices in Scottsbluff, Kearney and North Platte have established Equipment Loan and Rental Programs.

Equipment is available for loan or rental to people with temporary or permanent disabilities, in counties served by the League. Categories include daily living, bathing, personal mobility and miscellaneous. The loan program, which includes a one-time handling fee, is available to people who live in residential locations, including foster homes, boarding houses and fraternity and sorority houses. People who live in nursing homes, college dorms or halfway houses are not eligible.

The program has been available at League CILs in Lincoln, Norfolk, Omaha and Council Bluffs for many years.

From time to time League offices put out the call for donations of equipment that is especially needed. For example, in the past, bath and shower seats often have been in short supply in all League loan and rental programs.

While the program at the Lincoln CIL has an ample supply of most items, including lifts, wheelchairs, crutches, commodes and the like, “we always seem to run short on tub and shower benches and chairs, and shower chairs and transfer benches,” said Brian Kibicek, who coordinates the program at the Lincoln CIL.

At the CIL in Omaha, shower benches also typically are in short supply, said CIL Director Bob Gomez. The CIL also at times runs short of knee-walkers.

In Norfolk, the CIL often has a need for bath benches and Rollator walkers, said Jane Fink, who coordinates the program there.

The Southwest Iowa CIL in Council Bluffs also often has a need for shower chairs and transfer benches, as well as toilet risers, toilet safety frames, and portable commodes, said CIL Director Frank Greise.

The rental program, which costs from \$10 to \$25 per month, depending on the equipment rented, is open to anyone in eligible counties served by the League. For more information, please contact the league office nearest you.

Anyone who has equipment they would like to donate should call the League first to determine what, if any items are needed.

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!

Pizza Hut Fund-Raiser Set for Norfolk

On Monday, June 12 both Norfolk, NE, Pizza Hut locations:

- 910 W. Benjamin Ave.
- 506 S. 25th St.

will give a percentage of all dine-in and carry out sales from 5 p.m. to closing to the League of Human Dignity.

Come on out for your favorite pizza and help raise money for the League!

2017 Norfolk Benefit Bike Run

11:30 a.m. Saturday, July 15, 2017. Proceeds go to the League of Human Dignity to support independent living for people with disabilities in Northeast Nebraska.

For more information, contact the League at 400 Elm Avenue, Norfolk, NE 68701, phone 402-371-4475, or email jfink@leagueofhumandignity.com.

2017 Omaha/SW Iowa Golf Event

18-hole, 4-player scramble & more! June 16, 2017, at Bent Tree Golf Club, Council Bluffs, Iowa. 12 p.m. registration, 1 p.m. start.

Register a 4-player team for \$300, or support the event through one of our event sponsorship levels: \$1,000, \$750 or \$250.

Proceeds will go to League of Human Dignity's Omaha and Southwest Iowa Centers for Independent Living, to help them fulfill their mission: Promoting independent living and the full integration of people with disabilities in their communities.

To register or for more information about the 2017 Omaha/SW Iowa Benefit Golf Event, contact the League of Human Dignity:

In Omaha at 5513 Center Street, phone 402-595-125, email oinfo@leagueofhumandignity.com

In Council Bluffs at 1520 Avenue M, phone 712-323-6863, email fgreise@leagueofhumandignity.com

Visit us online at www.leagueofhumandignity.com and please “like” us on Facebook.

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.

League Employees . . .

Saying Good-Bye:

Jimmy Yeck, Independent Living Advisor, Council Bluffs.

Michaele Clark, Secretary, Omaha

Shannon Pigsley, Services Coordinator, Omaha

Marilyn Kreifels, Services Coordinator, Omaha

Adaptive Sports & Recreation

Madonna's Adaptive Sports and Recreation program offers a wide range of adaptive sports opportunities for children and adults with acquired physical disabilities, people of all abilities, to enjoy a new sport or get back into a sport they once enjoyed.

The program provides three basic areas of focus: open recreation, periodic workshops and competition opportunities. Instruction and adaptive equipment are available.

For more information, go to www.Madonna.org, click "news" and then "events. Or contact Rick Haith at 402-413-3722 or send e-mails to rhaith@madonna.org.

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: leagueofhumandignity.com/getinvolved and click on "Support Groups."

League Donors

March 31 through May 26, 2017

Builder (\$500 and above): Rohn Loyd, INSPRO Insurance; Frank Velinsky, Caretech Inc.; Elkhorn Valley Bank; Mr. Brad Pigsley, Caring for People Services; Waste Connections; BH Iowa Gas Utility Co LLC; Mr. Robert Bahr; Mr. Brad Husak; Mr. John Wollen, League of Human Dignity Lincoln Membership Group.

Supporter (\$250 to \$499): Cornhusker Auto Center; Brenda Jones, Frontier Bank; Johnson's Inc.; Kathy Miller; David Storm, SEI Security; Norfolk Motor Company/GM Auto Corp.

Century (\$100 to \$249): Paul Stanfield, Nebraska Wesleyan University; Mr. Paul Stanfield; Roger and Helga Kirst; Paula Shufeldt; Moody Motors Inc.; Mr. Joseph Rigoni; Kathy Kay; Mary Nemec; Amanda J. Hegemann; Mr. Jeff R. Filbrandt; Mr. Allen R. Hohensee; Jack and Deb Poulsen, Ericson State Bank; Matthew Jacobsen; Ron and Shirley Conradi.

Believer (\$50 to \$99): Marvin and Mary Rhodes, Francis and Dorothy Haskins, Lonnie Mueller, Jean Andelt, Mr. Peter S. Baenziger, Karen Busboom, Bierman Contracting

Inc., Mr. Timothy Brabb, Mr. Steven Ballard, Daniel P. Kunzman, Mr. Richard McDaniel, Steven A. Young and Deborah L. Young, Kim H. Hachiya, Shirley and Calvin Peterson.

Friend (\$25 to \$49): Judith Pittack, Mr. Rod Wagner, Mr. Mark Robbins, Mr. Jim Mannel, Mr. and Mrs. Vernon Williams, Richard and Christy Hargesheimer, Thomas and Nancy Heiser, David O. Smith, Dr. Leslie Spry and Denise Spry, S. L. Cornish, Diane and John M. Guthery.

Other: Monica Rigoni, Erin J. Hergott, Peter and Nancy Larimer, Jason and Tammy Cunningham, Anonymous.

To Everyone Who Has Given to the League:
THANK YOU FOR YOUR SUPPORT!

Lincoln Baseball Team Benefits Disability Groups

NCDHH Night is June 28 at the Ballpark

A late rally by the Kansas City T-Bones cost the Saltdogs their baseball season opener 3-2, May 19 in Kansas City, KS.

But it will be a guaranteed win when the Saltdogs play host to the T-Bones on Wednesday, June 28, in Lincoln – because it's Deaf and Hard of Hearing Awareness Night. The team is working with the Nebraska Commission for the Deaf and Hard of Hearing to produce an evening of baseball, fun and games at Haymarket Park.

The team will donate a portion of ticket sales to the Nebraska Association of the Deaf. This will be the fourth annual Deaf and Hard of Hearing Awareness Night at the park. NCDHH also will have an information booth with resources and referral.

Game time is 6:45 p.m. Tickets can be purchased at the Haymarket Park box office, by phone at 402-474-2255, and online at saltdogs.com/nad. For more information, call Kelsey Cruz at 402-471-3066 or email Kelsey.cruz@nebraska.gov.

Saltdogs, UCP Host Barstool Open

The Saltdogs and United Cerebral Palsy of Nebraska have teamed up to let one lucky fan with cerebral palsy throw out the first pitch at the Lincoln club's June 29 baseball game against the Kansas City T-Bones.

The two organizations sponsored a drawing and the winner will receive four game tickets, t-shirts, hotdogs, sodas and admission to The Barstool Open by the Lincoln Saltdogs to

benefit the programs and services of United Cerebral Palsy of Nebraska. The deadline to enter was May 31.

Game time is 6:45 p.m. Tickets can be purchased at the Haymarket Park box office, by phone at 402-474-2255, and online at saltdogs.com.

Fontenelle Forest to Hold Camp for Young Wheelchair Users

Fontenelle Forest will hold its first day camp designed specifically for children who use wheelchairs.

“Wheeling Through the Forest — Have to Have a Habitat” will be from 8:30 a.m. to 3:30 p.m. June 14-16. The camp is for children age 6 to 11 with adult or teen companions. The cost is \$135 for Fontenelle Forest members and \$200 for non-members, and scholarships are available.

The camp will cover what plants and animals need to survive, how they have adapted to meet their needs, and the differences between forest and wetland habitats. Campers will spend a day in the wetlands concentrating on the world of fish and other aquatic life and take a tour of Raptor Woodland Refuge.

To register for the camp, visit fontenelleforest.org/camps.

Talking Book & Braille Service

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. Patrons can have audio books and magazines mailed directly to them and all materials can be returned postage free.

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

For more information, e-mail nlc.talkingbooks@nebraska.gov or call 1-800-742-7691.

After Hours Transportation for Lincolmites with Disabilities

The League of Human Dignity Extended Hours Service (EHS) Transportation Program offers 70 rides each week, for people with disabilities in Lincoln, who need accessible, affordable transportation 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!

A service of the League of Human Dignity

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 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:

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

2017 Lincoln Benefit Golf Event

Time to start making plans for the 2017 League of Human Dignity Lincoln Benefit Golf Event, coming Thursday, Sept. 21

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

Proceeds for our 9th annual Lincoln Benefit Golf Event will help the League fulfill its mission in the 19-county area served by the Lincoln Center for Independent Living.

League Centers Offer Services

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 in the electronic version of this ad or on our webpage or search for us from your own Facebook page.

Follow us on Twitter too. Just click the in the electronic version of this ad 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

leagueofhumandignity.com
& Follow us on Facebook and Twitter

League Membership

The League of Human Dignity Membership Group is holding its annual picnic from noon to 4 p.m. on Saturday, June 17, at Lincoln's Antelope Park Shelter House.

League Apparel

HOODED SWEATSHIRTS

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

League of Human Dignity

LONG-SLEEVED T-SHIRTS

WHILE SUPPLIES LAST
small/medium/large/extra large - \$24.95
2XL - \$25.75; 3XL - \$27
(prices include sales tax)

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: Great Father's Day gift! Zero Gravity Lift Chair by Relax The Back. Considered a medical device, reclines, lifts, heats and massages. Burgundy vinyl. Perfect condition. Original paperwork, operating instructions included. Original price \$2,450, yours for \$750 OBO. Call 402-208-7163 (Omaha).

FOR SALE: New manual tilt-in-space wheelchair purchased April 2016. Width 20-24 inches, depth 20-plus inches. Extra wide, adjustable height gel pad, armrest and cushioned headrest, elevating padded leg rests, tilt trigger switch. Specs sheet included. Original price \$6,600, selling for \$750 OBO. Call 402-208-7163 (Omaha).

FOR SALE: Breezy Ultra wheelchair with adjustable armrest, comes with Comfort gel pad. Call Doug, 402-440-1169 (Milford).

FOR SALE: Electric wheelchair, tires still new, never been outside. Headrest, recline, tilt, foot elevate and seat elevate. New batteries. \$1,400. Call 402-890-8235 (Lincoln).

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 Housing 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.

ON SALE NOW! FLEECE VESTS

Blue or Gray / Sizes medium through 4XL

WHILE SUPPLIES LAST

All sizes \$29.95

(price includes sales tax)

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 MOBILITY OPTIONS at 402-441-7871 about this great product!

Council Bluffs DQ Fundraiser

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 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!