

ON THE LEVEL

From the League of Human Dignity

August, 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.

Omaha, SW Iowa CILs Welcome Nine Teams to golf Event

A total of 35 golfers took advantage of the beautiful spring weather to play in the League's annual Omaha/Southwest Iowa Benefit Golf Event.

The nine teams — including one three-player team — competed in a four-player scramble.

The winners were the team of Brian Allen, Brad Pigsley, Ryan Gallegos and Bill Gibson, shooting a nine-under-par 63. The team of Dave Storm, Chad Seim, Clint Buckingham and Tom Pascale took second with a 64; and Larry Mimik, Dan Bernady, Marvin Konwinsky and Eric Newman took third with a 68.

The annual benefit is the main fundraising event for the Omaha and Southwest Iowa Centers for Independent Living. It was held Friday, June 16, at Bent Tree Golf Club in Council Bluffs, Iowa. Following the four-player scramble, participants had a buffet dinner and awards presentation in the clubhouse. A silent auction was held throughout the event.

The event could not have been a success without the help of its many sponsors and donors. The included:

\$500 to \$1,000 — Caring for People Services; Caretech, Inc.; and Akkase Home Health Care

\$250 to \$500 — Black Hills Energy; Bent Tree Golf Pro Shop; Olive Garden; Hy-Vee; SEI Security, David Storm; and Eric & Frann Mersnick

\$250 and under — Dairy Queen, Fazoli's, Golden Corral, Grease Monkey, Mad Ox Bakery, Mr. Ed's Flagpole, Pizza Ranch, Eagle Run Golf Pro Shop, Red Lobster, Tractor Supply Company, Stone Creek Golf Pro Shop, Creighton Athletics, Omaha Henry Doorly Zoo, Iowa State Athletics Department, Spaghetti Works, River Wilds Golf Pro Shop, Woodhouse Auto, H&H Chevrolet, Durham Museum, Kansas City Royals, Indianapolis Colts NFL Club, Farm House Café, Quick Trip, Amazing Pizza Machine, Godfather's Pizza, Panera Bread, Wal Mart, Lansky's, Breezy Hills Vineyard & Winery, Scheels, Boulder Creek Amusement Park, Ideal Water, Daily Nonpareil, Physician's Mutual, The Rose Theater, Minnesota Vikings NFL Club, Strategic Air and Space Museum, Lazlo's Brewery and Grill, American Animal Hospital, Coca Cola Distributing, Doll Distributing, Opera Omaha, Hilton Hotels Omaha, Lauritzen Gardens, Upstream Brewery, Ashley Lynn's Tanning, Funny Bone Comedy Club, Joslyn Art Museum, Omaha Children's Museum, Logan Missouri Valley Golf Pro Shop, Omaha Community Playhouse, Papio Fun Park, Green Bay Packer NFL Club.

Lunch and dinner were provided by Hy-Vee and Olive Garden; and drinks were provided by Ideal Water and Coca Cola Distributing for providing drinks.

Six photos accompany this story. A man swings a golf club: Marvin Konwinsky of the third-place team tees off during the annual Omaha/SW Iowa Benefit Golf Event June 16. Several people look over items on a long table: A silent auction was held throughout the event. Several people line up in front of a table full of food containers: A buffet dinner was provided by Olive Garden. Each of three photos show four men standing on a golf course, smiling at the camera: From left, Brian Allen, Brad Piglsey, Ryan Gallegos and Bill Gibson won the 2017 League of Human Dignity Omaha/SW Iowa Benefit Golf Event Friday, June 16, in Council Bluffs. The team shot a 9-under-par 63; From left, Dave Storm, Chad Seim, Clint Buckingham and Tom Pascale took second with a 64;

From left, Larry Mimik, Dan Bernady, Marvin Konwinsky and Eric Newman took third, shooting a 68.

CEO's Note

The Americans with Disabilities Act (ADA) is a landmark bill signed into law by George H.W. Bush on July 26, 1990, which prohibits discrimination based on disability. On this 27th anniversary celebrating the signing of the Americans with Disabilities Act, I would like everyone to take the time to recognize that in addition to the rights individuals with disabilities are given under that law of the land, they also deserve respect and compassion by the law of human rights.

As a Center for Independent Living, The League of Human Dignity promotes the full and equal participation of men, women and children with disabilities in all aspects of life. We advocate for public policy that ensures self-determination, independence, empowerment, and inclusion for people with disabilities in areas such as accessibility, education, healthcare, housing, and voting rights.

Please take the time to learn about this ever growing population and learn some common courtesies for engaging people with disabilities.

1. Personal Questions – Avoid asking personal questions about someone's disability. If you must ask, be sensitive and show respect. Do not probe if the person declines to discuss it.
2. Patience – It may take extra time for a person with a disability to do or say something.
3. Offering Assistance – Be polite and friendly when offering assistance and wait until your offer is accepted. Listen or ask for specific instructions.
4. Meetings & Events – Create an environment that is welcoming and accessible to everyone. Anticipate specific accommodations that a person or group with a disability might need and contact them for information on how to best meet their needs.

These common courtesies will go a long way toward not only making people with disabilities feel valued and an important part of society; but also in changing the regard in which they are held by society as their personalities and abilities—and not just their disabilities—are brought into focus.

Kathy Kay
League Co-CEO

Benefit Bike Run

A photo shows a rural highway. In the foreground is the instrument panel of a motorcycle with a hand on the handlebar. In the background, further down the highway, are several motorcycles and riders: Motorcyclists tested their luck and adventurous spirits July 15, taking part in the 2017 Norfolk Benefit Bike Run. The annual event was a sweltering 179-mile poker run through Northeast Nebraska, beginning and ending at Chesterfield West in O'Neill. The event, which included an auction, dinner and prizes, is the primary fund-raiser for the League's Norfolk Center for Independent Living.

2017 Lincoln Benefit Golf Event

An 18-hole, four-player scramble, Thursday, Sept. 21, 2017, at the Highlands Golf Course, 5501 NW 12th St., Lincoln, NE.

11:30 a.m. shotgun start. Contests and hole prizes, silent auction, lunch and buffet dinner provided.

Register a team for \$300. Other sponsorship options are available. 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 from 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 Employees . . .

Saying Hello:

Angela Cemer, Independent Living Advisor, Council Bluffs.

Tanya McKinley, Services Coordinator, Omaha

Kathleen Ellrich, Services Coordinator, Omaha

Saying Good-Bye:

Elaine Kodejs, Secretary, Lincoln

League Donors

May 31 through July 13, 2017

Builder (\$500 and above): Nucor Corporation, AKKASE Home Health Care, Firespring Foundation

Supporter (\$250 to \$499): Richard S. Little

Century (\$100 to \$249): GIPH Restaurants LLC

Other: Sportsman's Family Grill

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

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 logo in the electronic version of this ad or on our webpage or find us @LHD68508.

Sign-Up for Social Security Now Easier Than Ever

Social Security benefits should be the icing on the cake after a lifetime of hard work and the folks at the Social Security Administration say they're working hard to ensure that getting those benefits is as quick and painless as possible.

They say they've streamlined the application process — just go online to www.socialsecurity.gov/applyforbenefits to get started. Through the website, you can apply for:

- Retirement benefits
- Spousal benefits
- Medicare
- Disability benefits
- Extra Help with Medicare prescription drug plan costs

- Supplemental Security Income

Social Security officials promise that you don't have to be internet savvy to finish most of the online applications in one sitting with your computer. There also is still the option to apply in person at your Social Security office or by telephone. Call 1-800-772-1213 from 7 a.m. to 7 p.m. weekdays to schedule an appointment.

You should also call to schedule an appointment to apply for certain family benefits, including surviving spouses and children, divorced spouses and dependent children, and parents of beneficiaries.

After an application has been filed, you can check the status of a pending claim through your online "my Social Security" account. If you haven't created your account yet, you can do so by visiting www.socialsecurity.gov/myaccount.

You can also use my Social Security to view estimates of how much you would receive in retirement benefits and potential disability benefits and how much your loved ones could receive in family or survivor benefits.

To learn more about Social Security programs and online services, go to www.socialsecurity.gov.

Weather Service Summer Heat Advisories Explained

We're well into summer and folks in Nebraska and Iowa know that means — heat and humidity, sometimes in dangerous amounts.

One of the best ways to be prepared is to turn to the National Weather Service for its heat-related announcements. As conditions dictate, each Weather Service Forecast Office issues the following heat-related announcements:

Excessive Heat Warning: Take Action! Issued within 12 hours of the onset of extremely dangerous heat conditions. Generally, when the maximum heat index temperature is expected to be 105-degrees or higher for at least two days and nighttime temperatures will not drop below 75 degrees.

Excessive Heat Watch: Be Prepared! Issued when conditions are favorable for an excessive heat event in the next 24 to 72 hours. A Watch is used when the risk of a heat wave has increased but its occurrence and timing is still uncertain.

Heat Advisory: Take Action! Issued within 12 hours of the onset of extremely dangerous heat conditions. Generally, when the maximum heat index temperature is expected to be 100 degrees or higher for at least two days, and nighttime temperatures will not drop below 75 degrees.

Excessive Heat Outlook: Issued when the potential exists for an excessive heat event in the next three to seven days. An Outlook provides information to those who need considerable lead-time to prepare for the event.

The Weather Service warns that if you don't take precautions when temperatures are extreme, you may risk seriously illness or death. Criteria do vary across the country, especially in areas not used to extreme heat. Weather Service local offices work with local partners to determine when an alert should be issued.

Project Homeless Connect

Photo shows two smiling women sitting behind a table on which League of Human Dignity literature is on display: Norfolk CIL Independent Living Advisors Jennifer Smidt and Brenda Johnson represented the League on June 23 at Project Homeless Connect in Norfolk. The event was held at Norfolk High School, offering a wide variety of services and information to homeless individuals and families.

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."

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

Health Observances

September 2017

National Atrial Fibrillation Awareness Month

Sponsored by StopAfib.org, www.stopafib.org.

National Recovery Month

Sponsored by the Substance Abuse and Mental Health

Services Administration, recoverymonth.gov.

National Sickle Cell Month

Sponsored by the National Sickle Cell Disease Association of America, www.sicklecelldisease.org.

National Traumatic Brain Injury Awareness Month

Sponsored by the JohnnyO Alzheimer's, Dementia and TBI Awareness Foundation; www.thejohnnyo.org

Ovarian Cancer Awareness Month

Sponsored by the National Ovarian Cancer Coalition, www.ovarian.org

Pain Awareness Month

Sponsored by the American Chronic Pain Association, theacpa.org.

Prostate Cancer Awareness Month

Sponsored by Zero: The End of Prostate Cancer, zerocancer.org

World Alzheimer's Month

Sponsored by Alzheimer's Disease International, www.alz.co.uk

10-16 National Suicide Prevention Week

Sponsored by the American Association of Suicidology, www.suicidology.org

13 National Celiac Disease Awareness Day

Sponsored by the National Celiac Association, www.nationalceliac.org

29 World Heart Day

Sponsored by the World Heart Federation, www.worldheartday.org.

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

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.

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 free audiobooks and audio magazines and braille through the mail and through digital download to individuals with a visual or physical condition, or a reading disability which limits use of regular print.

The collection consists of books and magazines similar to those found in a public library. The program provides easy-to-use playback equipment on long-term-loan free of charge. Materials in the collection and the playback equipment are mailed to and from the library postage-free.

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

The program's in-house sound studios also record and produce audiobooks and audio magazines from Nebraska and regional authors as well as material about Nebraska and the Great Plains. The recordings from the Nebraska Collection also are made available for loan to patrons.

For more information, e-mail nlc.talkingbooks@nebraska.gov or call 1-800-742-7691. The Web site is www.nlc.state.ne.us/TBBS/applyforservice.aspx

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WHILE SUPPLIES LAST

All sizes \$29.95

(price includes sales tax)

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 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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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.

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!

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.

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 58508; 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: Quantum Tru Balance 3 power chair with power tilt, power recline, power seat lift, manual recline and more. Like new. New batteries. Call Roger, 402-560-1944 (Cortland).

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.

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!