

# ON THE LEVEL

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## From the League of Human Dignity

October, 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]

## 2016 Benefit Golf Event is Biggest Yet for League

Four photos fill the newsletter's front page. The photo on the left shows golfer Wayne Lenhoff, teeing off on the 12th tee during this year's Lincoln Benefit Golf Event Sept. 22 at the Highlands in Lincoln. Above right, three people stand in front of a large group of people seated at tables. Golf Committee Chairman Rohn Loyd (standing, center), with Paula Shufeldt and Chuck Rigoni, addresses event participants following the evening meal. The two bottom photos show two men grilling hamburgers and a table full of food items with people lined up, filling paper plates. The event started at 11 a.m. with a grilled hamburger lunch at the Highlands Golf Course clubhouse.

Please see story and photos elsewhere in this newsletter for more event coverage.

## CEO's NOTE

interdependent

adjective

1. mutually dependent; depending on each other

In the words of author William L. Rush, who wrote *Journey out of Silence*, we are all interdependent. Interdependence is an adjective meaning mutually dependent; depending on each other. A few nights ago I was at Sam's Club and I was made very aware of interdependence. If you have ever shopped at Sam's you know that it has bulk items which are usually very heavy. Because I have two cats more than I should have, I buy my kitty litter at the store. It comes in 42 pound bags. Usually, my boyfriend (who is a dog person by the way) helps me load the containers into the cart and then into my car. Every time he loads them I am convinced that he is even more of a "dog person"! The other night, I was alone and did not think about the cumbersome weight of the containers. At the store, I was able to get help loading the containers into my cart. Not thinking any more about it, I bought my items and proceeded out to my car. Then it hit me — how was I going to lift the heavy containers out of the cart and into my car. There is no way I can lift them. I must have had a really strange look on my face as I looked from the trunk to the cart and back again. Then, from five parking spaces away I hear a voice "Ma'am, would you like some help?" "Yes!" I replied. I felt like the cavalry had arrived! The gentleman rolled over to my area and lifted the two 42 lb. containers like they were as light as a feather. I thanked him and said I didn't know what I would have done without him. I thought, how wonderful that Lincoln has such kind people who are willing to help others. And the important part of this story, not only did the young man use a wheelchair, he had only one leg. People with disabilities are capable of helping us, just as sometimes they need the League's help. The League realizes that individuals of all types need to help and assist one another. No one can make it completely on their own. Interdependence makes the world go round!

Kathy Kay

League Associate CEO

## Extended Hours Service Happy to Announce Rides for Lincolniters with Disabilities Doubled

The League of Human Dignity is happy to announce that the Extended Hours Service (EHS) Transportation Program has doubled its available rides.

EHS has begun offering 70 rides each week, up from the 35 weekly rides it has offered for the past three years.

The increase is possible thanks to a matching grant from the U.S. Department of Transportation's Federal Transit Administration, designated as "Enhanced Mobility of Seniors and Individuals with Disabilities" Section 5310. The funds are administered by the Nebraska Department of Roads, and the League thanks department staff for their assistance in applying for the grant.

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

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

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

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

EHS offers rides weekdays from 5 to 11 p.m.; Saturdays from 8 a.m. to 11 p.m.; Sundays from 8 a.m. to 5 p.m.; and on Memorial Day, the Fourth of July, Labor Day, Thanksgiving, Christmas and New Year's Day from 8 a.m. to 5 p.m. Each one-way ride is \$4.

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

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

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, [www.leagueofhumandignity.com](http://www.leagueofhumandignity.com)

# Golfers Enjoy Warm, Sunny Weather at 2016 Lincoln Benefit Event

The League's annual Lincoln golf event saw its biggest field yet this year.

The 2016 Lincoln Benefit Golf Event at the Highlands Golf Course played host to 25 golf teams and a total of 98 golfers.

The team of Tom Jensen, Mike Ehmke, Brian Primavera and Rick Owens won the four-player golf scramble with a score of 55 on the 18-hole, par 72 course.

The field was divided into three flights. Photos and names of other flight winners appear on this page and the following page.

This year's 25 teams tops 2013's 24 teams and last year's 21.

Golfing began about 11:30 a.m., following a hamburger lunch. The day also included a silent auction, contests and games, a buffet dinner and awards presentation.

This was the eighth annual Lincoln Golf Event. Proceeds from the event benefit the Lincoln Center for Independent Living, which serves counties in Southeast Nebraska.

Food for both the lunch and dinner was provided by FireWorks Restaurant in Lincoln.

Thanks to Our Sponsors & Donors

This year's event could not have been a success without our sponsors and donors:

Those who gave \$500 to \$1000 were Caring for People Services; Nebraska Total Care; Telesis (Lazlo's, FireWorks & Data Security); Baylor, Evnen, Curtiss, Gruit & Witt; Lincoln Federal Savings Bank; and INSPRO Insurance.

Those who gave \$250 to \$500 were US Bank; Hamilton Equipment; Mobile Computer Repair; DuTeau Chevrolet; O Street Carpet; and Contemporary Woods.

Those who gave up to \$250 were Radcliff and Associates; Scheel's; Union Bank; Lenhoff Construction; Frontier Bank; Lenhoff Carpentry; Brad and JoNell Crain; Wayne Lenhoff; Licorice International; Cheddars; Bouwens Plumbing; Residence Inn; Security First Bank; Susan Nannen; Medicine Man Pharmacy; Hy-Vee; Sovereign Electric; Scooter's Coffee; C-Stop; Watering Hole/Cliff's Lounge/McFarland's; Hillcrest Golf Course; John & Kathy Fink; Misty's; Eakes Office Solutions; Nebraska Lottery; Dean Settle/Metro Gallery; Cornhusker Bank; Lincoln Chiropractic; Cross the Line Church; and Home Solutions of Nebraska.

This year's benefit was organized by a committee made up of Rohn Loyd, John Fink, Craig Madson, Ed Schulenberg, Jay Rose, Wayne Lenhoff, Stephen Schutz, Jeremy Schafer, Mike Schafer, Kathy Kay, Paula Shufeldt, Chuck Rigoni and Jim Anderson.

Seven photos accompany this article. Six are photos of the top two golf teams in each of the three flights:

First Flight - Tom Jensen, Mike Ehmke, Brian Primavera and Rick Owens shot a 17-under-par 55 to win the golf scramble's First Flight; Jonathan Patent, Jim Moore, Dan Billerbeck and Todd Koeppe shot a 59 to take second in the top flight.

Second Flight - Steve Gealy and Stephen Schutz played as a two-man team, shooting a 62 to take first place in the second flight; Brad Irland, Ed Schulenberg, Brad Johnson and Scott Winkelmann shot a 63 to take second in the second flight.

Third Flight - Michelle Bellamy, Nate Podany, TC Laird and Ashley Perkins shot a 65 to take first in the third flight; Dave Claus, Brandt Andress, David Andress and Wayne Lenhoff shot a 65 to take second in the third flight.

The seventh photo shows people looking at several items arranged on a long table. Event goers examine the selection of silent auction items at this year's Lincoln Golf Benefit. This was the best event yet, both in the number of teams and players and in the number of items donated for auction. All proceeds benefit the Lincoln Center for Independent Living.

## **October is National Disability Employment Awareness Month**

The theme of this year's National Disability Employment Awareness Month is "#InclusionWorks."

The U.S. Department of Labor's Office of Disability Employment Policy selected the theme, according to its announcement news release, to reflect the important role disability plays in workforce diversity.

"By fostering a culture that embraces individual differences, including disabilities, businesses profit by having a wider variety of tools to confront challenges," said Jennifer Sheehy, deputy assistant secretary of labor for disability employment policy.

"Our nation's most successful companies proudly make inclusion a core value. They know that inclusion works. It works for workers, it works for employers, it works for opportunity, and it works for innovation."

National Disability Employment Awareness Month (NDEAM) is observed in October. It is a nationwide campaign celebrating the skills and talents workers with disabilities bring to our workplaces. Led nationally by Office of Disability Employment Policy, the observance's true spirit lies in the many grassroots observances held nationwide.

The office created this year's theme with input from a wide variety of partner organizations. The hope is that the hashtag theme spurs both individuals and groups to post images and stimulate discussion on social media about the many ways "inclusion works."

The history of the observance dates back to 1945, when Congress declared the first week in October each year as "National Employ the Physically Handicapped Week." In 1962, the word "physically" was dropped to acknowledge individuals with all types of disabilities. In 1988, Congress expanded the week to a month and changed the name to NDEAM.

For more information about NDEAM, go online to [www.dol.gov/ndeam](http://www.dol.gov/ndeam).

## **Voter Education & Registration Event**

**Who:** All people with disabilities in Council Bluffs and the surrounding community

**Where:** The League of Human Dignity SW Iowa Center for Independent Living, 1520 Avenue M, Council Bluffs, IA

**When:** 9 a.m. to noon Thursday, October 13

**Includes:** Voting Booth Demonstration; Education about the Voting Process; Voter Registration; Absentee Voting Options & Applications

Come and meet candidates, who represent residents of Council Bluffs, who will address how they can support initiatives that would improve the lives of people who experience disability.

Spanish and Sign Language interpreters will be provided. Transportation is available for a limited number of people within the Council Bluffs city limits. For special accommodations or transportation options, please call the League of Human Dignity, 712-323-6863 by Sept. 30. Refreshments will be provided.

**We Hope To See You There!**

## SSDI Program Reaches 60-Year Milestone

August 1 marked the 60th anniversary of the Social Security Disability Insurance (SSDI) program, signed into law by President Dwight D. Eisenhower in 1956.

SSDI originally was limited to people age 50 and older. It also had a six-month waiting period, and there were no benefits payable to spouses or children.

The disability program has undergone many changes to become the program it is today. People who receive Social Security disability benefits can now also receive Medicare coverage and their dependents may be eligible to receive benefits on their earnings records. There are also work incentives to help people get back to work.

As of June 2016, there are more than 10 million workers with disabilities and dependents receiving a portion of the more than \$11 billion in Social Security disability payments each month.

Studies show that a 20-year-old worker has a 1-in-4 chance of experiencing disability before reaching their full retirement age.

## League Employees

### **Saying Hello:**

Racheall Petite, Services Coordinator, Omaha  
Aimee Uecker, Services Coordinator, Norfolk  
Chad Chapman, Transition Coordinator, Lincoln  
Sue Coleman, Services Coordinator, Lincoln  
Elaine Kodejs, Secretary, Lincoln

## 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:

### 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

## 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.

## Associations & Support Groups

The League maintains a list of associations and support groups in Nebraska, South West 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.

## 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

# 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.

## Classifieds

**FOR SALE:** Nice reclining lift chair, burgundy, wood legs. Bought in January and used only 3 months. \$600 OBO. Call Kristen 402-467-3401 (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 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 Fundraising Ad

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!

## Educated Renter Meeting

1 to 3 p.m. November 3, 2016  
Salvation Army, 715 N. 16<sup>th</sup> Street  
Council Bluffs, Iowa

Sponsored by the Human Services Advisory Council.

RSVP to 712-323-6863 – To receive bus passes or child care, please state need and RSVP by Oct. 27

A clinic to give you the knowledge you need to be an educated renter.

- Can't find a good apartment you can afford?
- Don't know where to look?
- What can I do if I will be late paying my rent?
- How can I get my deposit back?
- What should I do if my home needs repairs?
- What if I'm being discriminated against?
- Learn your rights and responsibilities as a renter.

Refreshments & certificate of completion provided for attendees. For special accommodations, please call 712-323-6863

Presented by Fair Housing Center of NE-IA and IowaLegalAid.org

## Bruno Lifts Ad

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

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

Mobility Options

Knowledge. Independence. Innovation.