

ON THE LEVEL

From the League of Human Dignity

April 2018

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.

Support the League During May ‘Giving Days’ in Omaha, Lincoln

Online charitable giving days are a great opportunity to show support for local nonprofits like the League of Human Dignity.

In May, the League’s Omaha, Southwest Iowa, and Lincoln Centers for Independent Living are taking part in Omaha and Pottawattamie Gives! and Give to Lincoln Day. We are asking all our friends and supporters to give what they can as we work to help people with disabilities become and remain independent.

The Omaha Community Foundation’s 6th Annual Omaha Gives! sponsored by American National Bank on Wednesday, May 23, will raise money for nonprofit organizations in the Omaha-Council Bluffs metro area. Pottawattamie Gives! sponsored

by the Iowa West Foundation and Pottawattamie County Foundation, is held in conjunction with the Omaha event.

All funds donated to the League will specifically benefit the Omaha CIL, which serves consumers in Douglas and Sarpy counties, and the Southwest Iowa CIL in Council Bluffs, to support services in Council Bluffs and Pottawattamie County.

The minimum online donation is \$10, and hourly drawings, prizes and bonus dollars will boost gifts. The official website, www.omahagives.org, as well as www.omahagives.org/pottawattamie features a list of all nonprofits and their updated donations totals throughout the day.

The 7th annual Give To Lincoln Day starts at 12 a.m. on Thursday, May 31 and runs throughout the day. Sponsored by the Lincoln Community Foundation, the annual giving day asks residents to go online and give during the 24 hour period and donate to the nonprofits serving Lincoln and Lancaster County.

Donations primarily will be made online at www.givetolincoln.com from 12 a.m. to 11:59 p.m. May 31. But the foundation also accepts gifts from those who prefer to donate in person, from 8 a.m. to 5 p.m., at the foundation office, 215 Centennial Mall South.

The minimum donation is \$10 and each donation will be matched proportionally from a challenge match pool.

Links to the two giving day websites soon will be available on the League's website, leagueofhumandignity.com and Facebook page. And follow the League on Twitter (@league68508) for the most up-to-date information.

StarTran Proposes New 'No-Show' Rules

StarTran is proposing changes to Handi-Van policies regarding No Shows and Late Cancellations.

These changes are being made to reduce the number of no-shows and late cancellations. StarTran will be proposing a point system based on the number of No-Shows or Late Cancellations. Excessive No-Shows and Cancellations hurt other Handi-Van Riders by limiting opportunities to schedule ride times. More information is posted on the StarTran website at: <http://lincoln.ne.gov/city/pworks/startran/handi-van/>

An opportunity for public input will be held at the StarTran Advisory Board meeting, beginning at 8 a.m. Thursday, April 26, in the City Council Chambers at the County/City Building, 555 South 10th Street, Lincoln, NE 68508

CEO's Note

April 22nd is Earth Day, and what better way to celebrate than to recycle. And an excellent way to show support for the environment is by keeping medical equipment in use — and out of the landfill.

The League of Human Dignity's equipment loan and rental program is a great way to benefit both the environment and people. For a nominal one-time fee of \$5 a person can take home an item he or she needs, on loan, and keep it as long as is necessary. The types of items available for loan are:

- Grab Bars
- Bath Benches
- Two-Wheeled Walkers
- Canes & Crutches
- Commodes
- Reachers

Our rental program offers items such as:

- Manual Wheelchairs (\$25 a month)
- Rolling Shower Chair (\$15 a month)
- Rollators (\$15 a month)
- Portable Ramp (\$20 a month)
- Bed Trapeze (\$10 a month)
- Tub Lift (\$25 a month)

Call to find out if we have what you need. The League now offers this service in all of our offices across Nebraska and Southwest Iowa.

So, save the Earth and donate your gently-used equipment to the League. And, save the Earth by utilizing the League's equipment loan and rental program before looking for new equipment.

Spread the word about this affordable and sustainable program.

Kathy Kay, League Co-CEO

Norfolk CIL Sponsoring Youth Transition Class

What comes after high school — and what is the best way for a young person to successfully make the move from high school to whatever comes next?

The League's Norfolk CIL will aid students in finding the answers with the aid of a six-week Youth Transition Class for 19 to 21 students in Norfolk. The class will be held at Norfolk High School from May 30th through July 12th. It will concentrate on four goal areas:

1. To enhance soft skills that pertain to independent living in a manner that is adapted to all students' individual learning styles. Students can then transfer these skills to ask for appropriate accommodations/supports in the community as well as in the workforce.
2. To enable students to transition successfully to independent living. Being able to cook is extremely important in developing self-reliance, time management, problem solving skills, self-confidence, self-reliance, and in being a team player.
3. To enable students to transfer the soft skills they learn through the units to employment/vocational training. Soft skills are imperative to be successful in work force readiness.
4. To increase the percentage of individuals who are disabled participating in the workforce labor. Soft skills are necessary for the successful increase in individuals who experience a disability to be part of the workforce.

Soft skills are “people skills,” personal attributes needed to succeed in life and in the workplace. They include communication and listening skills, critical thinking, teamwork, empathy, time management, etc. Hard skills, on the other hand, are job-specific skills and knowledge needed to perform a particular job.

This class is funded through a grant to the League of Human Dignity from Nebraska Vocational Rehabilitation. For more information, contact Jane Fink at the Norfolk CIL, 402-371-4475.

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 24.

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.

U. S. Fair Housing Act Reaches Half-Century Mark

April 11 Is Act's 50th Anniversary

Each April marks the celebration of the anniversary of the Fair Housing Act in this country, and a recommitment to the goal of eliminating housing discrimination in every community.

This year marks the 50th anniversary of the act — which officially is designated Title VIII of the Civil Rights Act of 1968. Following a long, difficult legislative process, Pres. Lyndon Johnson signed it into law on April 11, 1968, following the assassination of Rev. Martin Luther King Jr. The law was a follow-up to the Civil Rights Act of 1964.

Passage and enactment of the law was such a monumental achievement that its first anniversary in 1969, and each year since, has been designated as a time for celebration.

Fair housing means that everyone has the same right to buy or rent safe, decent housing without discrimination on the basis of race, color, religion, national origin, sex, familial status, and disability. While progress has been slow and much still remains to be done, the law at least keeps alive the dream of communities that are open and welcoming, free from discrimination and hostility

The U.S. Department of Housing and Urban Development (HUD) describes its commitment to fair housing as a living commitment, reflecting the needs of America today and preparing for a future of true integration.

For more information on fair housing, including how to file a fair housing complaint, visit www.hud.gov.

For questions about discrimination or to file a complaint in Nebraska and Western Iowa, contact the Fair Housing Center of Nebraska and Iowa in Omaha at 402-934-6675 or toll free at 800-639-5853.

(Includes information from the U.S. Dept. of Housing and Urban Development)

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.

You Can Show Your Support for the League of Human Dignity

Support the League of Human Dignity When You Shop at Amazon By Buying Through AmazonSmile!

Go online to Amazon's AmazonSmile site, sign in and start shopping - Amazon then will donate a portion of the value of your purchase to the League!

Someone Could Use Your Help as a Care Provider

If you're a people person who likes to keep busy, and if you're interested in self-employment, work as a private care provider may be a perfect fit.

By assisting with household duties and everyday activities, you can earn a competitive income — while helping someone with a disability maintain an independent lifestyle. Your responsibilities could include cleaning the house, preparing a meal, doing the laundry, or other similar duties. You might also provide transportation to the doctor's office or the grocery store.

Filling in occasionally for those caring for a family member with an illness or disability is another valuable service you may provide.

If this sounds like the self-employment opportunity for you, contact the League of Human Dignity in Omaha. We can connect you with individuals in your community who could use your services.

OMAHA CENTER FOR INDEPENDENT LIVING

5513 Center Street, Omaha, NE 68106

Phone 402-595-1256; Toll free 800-483-5784

oinfo@leagueofhumandignity.com; leagueofhumandignity.com

2018 League of Human Dignity Omaha/SW Iowa Benefit Golf Event

18-Hole 4-Player Scramble & More!

- Mulligans 2 for \$20
- Silent Auction throughout event
- Dinner & Awards
- Hole Prizes
- Hole-In-One Contest

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 402-595-1256, email oinfo@leagueofhumandignity.com
- In Council Bluffs at 1520 Avenue M, phone 712-323-6863, email fmersnick@leagueofhumandignity.com

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

League Donors

Jan. 17 to March 14, 2018

Century (\$100-\$249): Madison County Bank, Jim Poole, Marvin Rhodes

Believer (\$50-\$99): Anonymous, Russ Cech

Friend (\$25-\$49): Judith Pittack

Other: George Underwood, Anonymous, Amazon Smile Foundation

In Memory of Lind Carey: Doris Rohrer.

THANK YOU ALL FOR YOUR GENEROUS SUPPORT!

League Employees

Saying Hello:

- Althea Stover, Secretary, Kearney
- Matthew Masten, Housing & Design Specialist, Omaha
- Mark Wimmer, Independent Living Advisor, Norfolk
- Patty Schumway, Medicaid Waiver Supervisor/Director, Scottsbluff
- Linda Higgins, Nursing Facility Level of Care Specialist, Scottsbluff (formerly office Director)

Saying Good-Bye:

- James Grant, Custodian, Omaha
- Carol Brun, Services Coordinator, Omaha
- Tanya McKinley, Services Coordinator, Omaha
- Zeppelin Allen-Windels, Secretary, Omaha

2018 Norfolk Benefit Bike Run

Saturday, June 9, 2018

Proceeds go to the League of Human Dignity to support Independent Living for People with Disabilities.

For more information, contact the League at 400 Elm Ave., Norfolk, NE 68701; Phone 402-371-4475 or Email jfink@leagueofhumandignity.com

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

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.”

Achieve, Maintain Independence with Aid of League 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 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.

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

leagueofhumandignity.com
& Follow us on Facebook and Twitter

Upcoming Lincoln Film Fest Highlights

Native Voices

A unique opportunity awaits in Lincoln April 20-26. Vision Maker Media is bringing Native storytelling and film to life at the seventh biennial Vision Maker Film Festival.

The festival, held at the Mary Riepma Ross Media Arts Center at the University of Nebraska, includes more than 30 new films by diverse filmmakers from across the country, showcasing stories of social justice, hope and overcoming adversity. The theme of the event, “We Are All Related” is a conceptual translation from the Lakota language — Mitákuye Oyás’iŋ — a commonly used expression indicating the Lakota’s relationship to each other and the world.

Opening night, April 20, features the award-winning film “RUMBLE: The Indians Who Rocked the World” at The Ross. The film explores the Native American influence on music history despite efforts to ban, censor and erase Indian culture in the U.S. Learn more out more about the movie online at www.rumblethemovie.com.

Filmmakers will present and encourage dialogue to provide educational opportunities that benefit teachers, students and the public. In addition, event sponsors are partnering with the Food Bank of Lincoln to provide a donation barrel for non-perishable food items at the festival.

For more information about the Vision Maker Film Festival, go online to www.visionmakermedia.org/festival

Transportation When You Need It

The Extended Hours Service is for people with disabilities in Lincoln who need accessible, affordable rides when other options are not available.

Service Times: 5 to 11 p.m. weekdays; 8 a.m. to 11 p.m. Saturday; 8 a.m. to 5 p.m. Sunday; 8 a.m. to 5 p.m. on Holidays (Memorial Day, the Fourth of July, Labor Day, Thanksgiving, Christmas & New Year’s Day)

Service Area: Lincoln, NE

Cost: \$4 per one-way ride

Reserve rides 9 a.m. to 4 p.m. Monday through Friday. Call for reservations 1 to 7 days in advance. Same-day requests are subject to space availability.

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

Questions or complaints about EHS scheduling & service may be directed to Servant Cab Company: Kirby (owner) 402-770-3683.

A service of the League of Human Dignity.

Health Observances

April

Alcohol Awareness Month. Sponsored by the National Council on Alcoholism and Drug Dependence.

National Autism Awareness Month. Sponsored by The Autism Society.

Occupational Therapy Month. Sponsored by the American Occupational Therapy Association.

Irritable Bowel Syndrome Awareness Month. Sponsored by the International Foundation for Functional Gastrointestinal Disorders.

National Parkinson's Awareness Month. Sponsored by the Parkinson's Foundation.

Wednesday, April 11 - World Parkinson's Day. Sponsored by the Parkinson Foundation.

May

Arthritis Awareness Month. Sponsored by the Arthritis Foundation.

Mental Health Month. Sponsored by Mental Health America.

National Osteoporosis Month. Sponsored by the National Osteoporosis Foundation.

National Stroke Awareness Month. Sponsored by the Centers for Disease Control and Prevention.

National High Blood Pressure Education Month. Sponsored by the Centers for Disease Control and Prevention.

May 14-18 - National Neuropathy Awareness Week. Sponsored by the Foundation for Peripheral Neuropathy.

Source: U.S. Dept. of Health & Human Services' Healthfinder.gov

May is High Blood Pressure Education Month

High blood pressure is a dangerous condition that can lead to heart disease, stroke, and kidney disease — three leading causes of death in the U.S. — as well as dementia.

The condition often produces no symptoms and many people young and old have it and don't know it.

The good news is that it's possible to prevent and control high blood pressure by making some fairly simple lifestyle changes:

- Check blood pressure regularly.
- Maintain a healthy body weight.
- Physical activity — if possible, take a brisk 10-minute walk, three times a day, five days a week.
- Follow a healthy eating plan — a diet rich in fruits, vegetables, and low in sodium.
- Quit smoking.
- Reduce stress.
- Limit alcohol consumption.
- Take prescribed high blood pressure medications as directed.

May is High Blood Pressure Education Month. Find out about public health efforts to address the issue by contacting the Centers for Disease Control and Prevention, a division of the U.S. Department of Health and Human Services, online at www.cdc.gov/Features/HighBloodPressure/

League of Human Dignity Long-Sleeved T-Shirts

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

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: Invacare Fit-to-Stand lift (converts to Hoyer), excellent condition, \$500. Invacare medical bed, electric, w/baffled air mattress, remote, excellent condition. Best offer. 402-309-6895 (Lincoln)

On Sale Now! Fleece Vests

Blue or Gray with League logo embroidered on left breast / Sizes medium through 4XL
WHILE SUPPLIES LAST - All sizes \$29.95 (price includes sales tax)

Get Your League Cotton Tote Bag

On Sale Now only at the League of Human Dignity. \$5.95 (Price includes tax) while supplies last!

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

EQUAL HOUSING OPPORTUNITY.

Bruno Lifts Ad

Vertical Platform Lifts

- In Stock, visit us at 1701 P Street in Lincoln
- Helps you maintain your independence
- Safe, economical, efficient way to overcome architectural barriers

Call THE LEAGUE OF HUMAN DIGNITY at 402-441-7871 about this great product!

Omaha Gives! & Pottawattamie Gives!

24 Hours of Online Charitable Giving in Douglas, Sarpy & Pottawattamie Counties
12 a.m. to 11:59 p.m. Wednesday, May 23

www.omahagives.org

www.omahagives.org/pottawattamie

Give To Lincoln Day

24 Hours of Charitable Giving in Lincoln & Lancaster County

12 a.m. to 11 59 p.m. Thursday, May 31

Online at www.givetolincoln.com