

ON THE LEVEL

From the League of Human Dignity

June 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; and our Medicaid Waiver offices in Scottsbluff, Kearney and North Platte, Nebraska.

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: leagueofhumandignity.com

Mark Your Calendars:

2018 Lincoln Benefit Golf Event

Thursday, September 20, 2018
The Highlands Golf Course
5501 NW 12th Street, Lincoln, NE

This is an 18-hole, four-player scramble. Register a team for \$300. Sponsorship and underwriting options also are available. To register or for more information, contact the League of Human Dignity, 1701 P Street, Lincoln, NE 68508, call toll free 1-888-508-4658 or email crigoni@leagueofhumandignity.com

Proceeds from this 10th annual event will go to the Lincoln Center for Independent Living, to help promote independent living and the full integration of people with disabilities into society.

StarTran Board Considers New HandiVan No-Show Policy

The StarTran Advisory Board entertained public comment on proposed changes to its Lincoln HandiVan policies on no-shows and late cancellations during its April 26 meeting.

A final vote on the proposal was delayed for a month — the final vote was scheduled for the board's May 31 meeting. An addition to the proposal addresses circumstances where a bus-rider's no-show or late cancellation is beyond their control. An example would be going into the hospital, said Transit Manager Mike Davis.

Most public comments during the April 26 meeting were supportive of the proposals, which are aimed at reducing the number of no-shows and late cancellations.

No-shows and cancellations hurt the HandiVan service, the proposal says, but “excessive no-shows and cancellations by a few riders constitute a pattern or practice that is abusive to the StarTran HandiVan system, affecting other riders, drivers and dispatchers.”

StarTran administrators have proposed a point system and penalties based on no-shows and late cancellations. An accumulation of from 6 to 36 points would result in penalties ranging from a formal letter documenting violations to a rider not being able to use HandiVan services for from two days to 90 days. An appeal process also is part of the proposal.

More information is posted on the StarTran website at:
lincoln.ne.gov/city/pworks/startran/handi-van/

CEO's NOTE

Summer is the time of year many people start to think about their annual vacation. Vacations are a good way to enjoy the country, meet new people, see new sights and experience new adventures. Everyone knows that at least a little planning has to go into each vacation. Even intrepid European backpackers have to decide how to get to their next destination.

However, wheelchair users have to plan and prepare much more thoroughly than even a large family heading to a theme park. They have to take into account not only how to get around in a new location, but how to tend to medical needs when they arrive. As a result, many wheelchair users, or persons with other disabilities, hesitate to travel — because they're not sure how to go about it. Most disabilities shouldn't stop anyone from traveling and travel is not out of the question. But, there is some pre-planning and research required for the trip to be possible and to go as smoothly as it can.

There are many travel agencies that work with planning accessible vacation. Here are a few examples.

- hammertravel.org provides a variety of experiences for individuals or groups. Hammer's mission is to "provide travel opportunities for people with developmental disabilities that are unique, safe, and enjoyable."
- flyingwheelstravel.com provides people with physical disabilities, chronic illness or difficulty walking the opportunity for unique travel and recreation destinations while empowering individuals and their family members to explore the world.
- www.newdirectionstravel.org is a non-profit organization providing leisure and educational travel opportunities for teenagers, adults and seniors who have brain impairments such as mild to moderate developmental disabilities, cerebral palsy, Down Syndrome and autism.

Often, people will start the research of a vacation destination on their own. Here is a list of travel resources to help in this planning process.

- wheelchairtravel.org/united-states-canada was founded by globe-trotting triple amputee John Morris, this website provides a blueprint for traveling with a disability. Included are detailed worldwide wheelchair accessible travel guides
- www.sath.org (Society for Accessible Travel & Hospitality). Travel tips, access information, articles from Open World Magazine.
- www.access-able.com Access-Able Travel Service. Extensive site with searchable databases, many disability travel links, travel tips, etc.
- www.worlondonwheelz.com A travel website by James Glasbergen a C4 quadriplegic in an electric wheelchair, whose stories might be useful for those travelers who require a higher standard of "accessibility."
- www.accessanything.net Go Anywhere Do Anything. A site that brings information and the people with disabilities together.
- www.matchinghouses.com/register/TheIdea.php International house exchange based on accessibility — concentrate on where you want to go not if you can. The disability holiday exchange site created by disabled people for disabled people.
- gimponthego.com One of the Premier Disabilities Travel Publications for travel reviews, tips, photo gallery, bulletin boards and travel resources.
- www.disabledtravelers.com A new resource dedicated to accessible travel information
- www.dialysisfinder.com A tool to help travelers find dialysis units.

This list is just a few of the resources available. So, you can either hire a travel agent to design and organize your accessible vacation, or you can do the work on your own. One thing to always keep in mind is to plan for the unexpected. Whether you have a disability or not, even the best laid plans can meet roadblocks. Keep an open mind and a positive attitude, and a successful and fun vacation can be a reality.

2018 Norfolk Benefit Bike Run

12 p.m. Saturday, June 9, 2018. Registration begins at 11:30 a.m. at the White House in in Pierce

Supported by A.B.A.T.E. of Nebraska Chapter 15.

- First Stop: Bulldog Sports Lounge in Creighton (free will donation lunch)
- Second Stop: The Dock, just across the Standing Bear Bridge north of Niobrara
- Third Stop: Ohiya Casino east of Niobrara
- Fourth Stop: Bottom's Up in Bloomfield
- Fifth Stop: Thomsen's Corner, Osmond

All riders must be back by 6 p.m.. Dinner (free will offering) and auction follow at the White House Inn.

Ride for \$20 (includes one poker hand). Passengers ride for \$5 (hand not included). Extra hands \$10 each.

Cars & trucks welcome too!

Proceeds go to the League of Human Dignity's Norfolk Center for Independent Living 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; Email jfink@leagueofhumandignity.com

Captioned Phones Help Overcome Telecom Barriers

Captioned telephones are an excellent way for people with hearing loss to communicate.

Title IV of the Americans with Disabilities Act requires a nationwide system of relay services that give people with hearing or speech disabilities the same access to telephone communications as everyone else.

TTY devices have been a common way of satisfying the ADA requirement, and contributed to the development of captioned telephones, which were introduced in 2003.

Captioned telephones have built-in screens that display phone conversations in text, in real time, during a call. When a call is made, a captioned phone automatically connects to a captioned telephone service (CTS). The caller hears the conversation, just like with a regular phone, but at the same time, voice recognition technology and trained communications personnel transcribe what is said, which appears on the phone's screen as text.

The CTS system is part of the ADA-mandated relay services, offered free of charge to people with hearing disabilities.

Providers may have different requirements.

Clear Captions is one of three area federally-funded telecommunications companies providing CTS phones and services. People with hearing loss can take advantage of the service free of charge.

Other requirements are an internet connection and a land-line home phone service. Consumers who have an analog phone and land line but do not have an internet connection will need to get a CapTel phone

Clear Caption phones display conversations onscreen in near-real-time. A call log retains previous conversations for review. An answering machine captions messages as well as recording audio.

Clear Caption specialists also set up and service the equipment.

Captioned telephones and CTS are not available in every state. Some states have limits on the number of new CTS users they accept per month. The cost of CTS for in-state calls is paid for by state relay service programs. The cost of CTS for interstate calls is reimbursed from the Interstate Telecommunications Relay Service Fund.

For more information about captioned telephones, contact the Nebraska Commission for the Deaf and Hard of Hearing, online at ncdhh.nebraska.gov/services/nstep or call 800-545-6244; the Nebraska Public Service Commission, online at www.psc.nebraska.gov/telecom/telecom_trs_captel.html, or call 402-471-3101 or 402-471-0213 (TDD)

Contact Title IV ADA Specialist Anette Newman at Clear Captions, 402-430-2319 or email anette.newman@clearcaptions.com

Contact CapTel, 888-269-7477 or email captel@captel.com. Contact Caption Call online at captioncall.com/provider/ or call 877-557-2227

Health Observances

June

Alzheimer's & Brain Awareness Month. For more information, visit www.alz.org/abam

Myasthenia Gravis Awareness Month. For more information, visit www.myasthenia.org

National Aphasia Awareness Month. For more information, visit www.aphasia.org

Men's Health Month. For more information, visit www.menshealthmonth.org/

National Cancer Survivors Day, June 3. For more information, visit www.ncsd.org/

World Brain Tumor Day, June 8. For more information, visit www.consumerhealthdigest.com/health-awareness/world-brain-tumor-day.html

National Men's Health Week, June 12-18. For more information, visit www.menshealthmonth.org/

Helen Keller Deaf-Blind Awareness Week, June 24-30. For more information, visit www.helenkeller.org/hknc

Wear Blue Day (Friday of Men's Health Week), June 15. For more information, visit www.menshealthnetwork.org/wearblue/friday/

Autistic Pride Day, June 18. For more information, visit www.autismacceptancemonth.com/resources/101-3/autism-acceptance/autistic-culture/autistic-pride/autistic-pride-day/

July

Juvenile Arthritis Awareness Month. For more information, visit www.arthritis.org/arthritis-facts/disease-center/juvenile-arthritis.php

Eye Injury Prevention Month. For more information, visit foh.psc.gov/NYCU/eyeinjury.asp

UV Safety Month. For more information, visit foh.psc.gov/calendar/summersafety.html

Warm Weather Has Arrived: Let's Be Careful Out There

Summer is a great time for outdoor fun and activities, but it's not hard to overdo a good thing, especially when it comes to the sun and harmful ultraviolet (UV) rays.

Skin is the body's largest organ, protecting us from injury — but we also need to protect our skin. Overexposure to UV rays can cause problems like skin cancer, eye issues, a weakened immune system, age spots, and leathery skin.

Take simple steps to safeguard your skin, especially during peak periods for UV rays, from 10 a.m. to 4 p.m. Precautions include proper clothing, avoid sunburn, seek shade, and use a broad-spectrum sunscreen.

For more information, visit the Federal Occupational Health website at foh.psc.gov/calendar/sunsafety.html

League Donors

March 26 to May 18, 2018

Builder (\$500 or more): Caretech Inc., Waste Connections, Nucor Corp., Walmart Store No. 3150, Elkhorn Valley Bank, Caring for People Services of Omaha, BH Iowa Gas Utility Co. LLC.

Supporter (\$250-\$499): Lonnie Mueller, Brent Connelly (Edward Jones), SEI Security, Moody Motor Inc., Johnson's Inc., Norfolk Motor Company/GM Auto Center, Warren Distribution, Home for Funerals Inc.

Century (\$100-\$249): Harwood Services Inc., Honda Cars of Bellevue, Jacob Therapy Services LLC.

Believer (\$50-\$99): Teresa Ekstein, The Granary Inc.

In Memory of Donna Jensen: Craig Jensen, Kevin Edmonds, Michael Ring, Ray Prichard.

THANK YOU ALL FOR YOUR GENEROUS SUPPORT!

League Employees

Saying Hello:

- Ellamae Gubbles, Services Coordinator, Omaha
- Traci Ellrich, Services Coordinator, Omaha
- Jim Dolezal, Independent Living Advisor, Lincoln
- Genette Albertsen, Level of Care Specialist, Lincoln (Genette formerly was an Independent Living Advisor)
- Samantha Buresh, Level of Care Specialist, Omaha

Saying Good-Bye:

- Ralph Dolen, Maintenance Technician, Lincoln

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!

Checklist for Your Annual Social Security Check-Up

By Diana Cada
Social Security District Manager in Lincoln, NE

Say "annual checkup" and most people imagine waiting at the doctor's office. But, there's another type of checkup that can give you a sense of wellness without even leaving home. Visit www.socialsecurity.gov and follow these five steps to conduct your own Social Security annual checkup.

Your Social Security Statement is available online anytime to everyone who has a my Social Security account at www.socialsecurity.gov/myaccount. Creating your account gives you 24/7 access to your personal information and makes it impossible for someone else to set up an account in your name. We still send paper Statements to those who are 60 and older who don't have an account and aren't receiving Social Security benefits.

Your Statement provides information about work credits (you need 40 credits to be entitled to a Social Security retirement benefit), estimates for retirement, disability, and survivors benefits, plus a history of your earnings.

Work Credits Count

If you have earned 40 work credits, your Statement will show estimates for retirement, disability, and survivors benefits. If you don't have 40 work credits, the Statement shows how many you have and how many you still need to qualify for benefits.

Review Earnings Record

Review your history of earnings year by year to make sure each year is correct. This is important because Social Security benefits are based on your lifetime earnings. If any years are incorrect or missing, you may not receive all the benefits you are entitled to in the future. If you need to correct your earnings, contact Social Security at 1-800-772-1213 between 7 a.m. and 7 p.m. Monday through Friday. Please have your W-2 or paystubs when you call.

Study Benefit Estimates

Review the section titled “Your Estimated Benefits.” Be sure to review not only your retirement estimate, but your disability and survivors estimates. No one likes to think about disability, but a 20-year-old worker has a one-in-four chance of becoming disabled before reaching retirement age, underscoring the importance of disability benefits. Since the value of the survivors insurance you have under Social Security may be more than your individual life insurance, be sure to check your survivors estimates also.

Calculate Additional Estimates

You can use our Retirement Estimator to compute future Social Security benefits by changing variables such as retirement dates and future earnings. If you want to project what future earnings could add to your benefit, visit www.socialsecurity.gov/estimator.

Schedule Your Annual Check-Up

Each year, make a date with yourself to review the most recently posted year of earnings on your Statement. By checking your record every year, you can be certain when you retire that Social Security will have a correct record of earnings to use when computing benefits for you or your family members.

Social Security helps you secure your today and tomorrow by providing information to make your financial planning easier. Social Security is more than retirement; it is a family protection plan. For more information about benefits, visit us at the Social Security website, www.socialsecurity.gov.

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

Can You Spare Your Unused Durable Medical Equipment?

From time to time the League of Human Dignity puts out the call for donations of gently used durable medical equipment needed for our Equipment Loan & Rental Program – and this is one of those times.

The program has been active at the League's CILs for many years but now is expanding to League Medicaid Waiver offices in Kearney, North Platte and Scottsbluff.

While the League's Centers for Independent Living have an ample supply of many items, including lifts, wheelchairs, crutches, commodes and the like, shower benches and chairs and transfer benches typically are in short supply.

Anyone with equipment that is in good condition that they would like to donate, please call the League office nearest you to see what is needed.

People with disabilities – whether temporary or permanent -- in counties served by the League have access to the equipment, which can help them remain independent. Included is durable medical equipment used for daily living, bathing, personal mobility and more.

The program includes a small, one-time handling fee and is open 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.

A service of the League of Human Dignity.

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.

Results of Omaha Gives!

The Sixth Annual Omaha Gives! and Pottawattamie Gives! raised nearly \$7.4 million for metro-area nonprofit organizations.

According to preliminary figures, the charity event's 24-hour online giving day May 23 collected \$7,375,306 in 50,463 donations. There were 970 participating nonprofits, including the League of Human Dignity's Omaha Center for Independent Living and Southwest Iowa Center for Independent Living in Council Bluffs.

The League centers will share \$576 in donations. The giving day is online only and does not include an in-person giving option.

A similar event, Give to Lincoln Day, for nonprofits in Lincoln and Lancaster County was scheduled for May 31. 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.

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)

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.

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."

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

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 56508; 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: 2012 Dodge Grand Caravan handicap-accessible van. Kneel system, swivel seats, wheelchair ramp, hand controls; 43,150 miles, excellent shape. Call Karen, leave message, 402-314-0667 (Lincoln).

FOR SALE: Pronto M61 power wheelchair with SureStep, near new, barely used, new batteries. Asking \$800. Call 402-423-5340 (Lincoln).

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

Get Your League of Human Dignity Cotton Tote Bag

On Sale Now only at the League of Human Dignity. \$5 (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.