

On The Level

From the League of Human Dignity

August, 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

Give To Lincoln Day Final Totals Released

League Sees Best Event Yet

This year's Give To Lincoln Day online charity event raised \$4.6 million from 19,751 donors, beating last year's total by about \$1 million.

The 24-hour giving event was May 31, sponsored by the Lincoln Community Foundation, in partnership with local nonprofits. It is designed to encourage people to give to charities in Lincoln and Lancaster County. The event also included in-person giving during normal business hours

More than 400 nonprofits, including the League of Human Dignity, participated in the event.

This was the seventh annual event. The League's Lincoln Center for Independent Living has participated in each of the past six Give To Lincoln Days as well.

The League received \$5,055 — the most yet for the event. Of that amount, \$895 came from the 24-hour online giving, \$3,706 came from in-person donations, and \$454 came from a proportional matching funds pool.

The funds will be used to help the League pursue its mission, promoting independent living in Lincoln and Lancaster County for people with disabilities. The League thanks all who gave generously during this annual event.

The Food Bank of Lincoln was the top recipient, getting \$172,900 in donations.

Omaha, SW Iowa CILs Welcome New Director

Lora Young will become the League's Omaha Center for Independent Living Director on Sept. 1, when long-time Director Bob Gomez retires. Lora also becomes Southwest Iowa Center for Independent Living Director, following the death of Frank Greise in April.

Lora comes to the League after about 15 years with chambers of commerce, most recently in Beatrice, NE. Before that she worked in programs for people with developmental disabilities — for more than six years as director of a community-based program, and for five years providing direct support for people with developmental disabilities.

"I have a pretty eclectic background," she said.

"I'm thrilled to be here, thrilled to be able to work with such great people."

She said her goal for the time being is to familiarize herself with Nebraska's and Iowa's programs and getting to know the staffs at the two centers.

Lora has a daughter, in St. Paul, MN, who is studying to be a veterinary dermatologist.

Bob, whose leaves officially at the end of August, retires after 14 years at the Omaha CIL. He joined the League in August 2004. We wish him the best in all his future endeavors.

CEO's NOTE

As I write this, it's almost time for the 2018 National Council on Independent Living (NCIL) annual conference. This conference, held each July, is a very powerful time for reinforcing advocacy efforts in the independent living community.

More than 1,000 people attend the event, including "grassroots advocates, CIL and SILC Leadership, members of Congress, government officials, and representatives from other major organizations that work for justice and equity for people with disabilities," said Kelly Buckland, Executive Director of NCIL.

The theme of this year's conference was "Mobilize, Resistance Through Action". Each year I am amazed at the attendance and interaction among so many people whose goal is to promote Independent Living. One of the highlights of the conference is always the March and Rally at the U. S. Capitol. Marchers make their way from the Grand Hyatt Hotel in Washington D.C., all the way to Capitol Hill. The sight of all the marchers and rollers heading up Pennsylvania Avenue toward the US Capitol is quite inspirational. Marchers carry signs and chant disability rights slogans. It is a very powerful moment and illustrates advocacy in action.

Advocacy has two components, individual and systems change. The word comes from the Latin *ad* (to) and *vocare* (to call, to vocalize, or to give evidence). Advocacy is the act of pleading or arguing in favor of something, such as a cause, idea or policy. Our goal is to remove barriers that people with disabilities face in their efforts to become fully participating members of the community.

One mistake I feel people make is to think that advocacy takes place only during a grand event like the March to the capitol. Advocacy can be just one person working to ensure that their rights are respected and protected. Advocacy can start with one person and then more people can band together to form a grass roots effort for systems change.

Never underestimate the impact of one person. Remember Rosa Parks and her quiet refusal to give up her seat? Her small act started an immense movement for equal rights in the United States. So, walk, roll, type, post, call, Tweet or whatever it takes to continue the fight to ensure that Disability rights are Equal Rights.

Please do not hesitate to reach out to the League if you want to know more about how to be an advocate for change. Centers for Independent Living provide advocacy as a core service and can assist with these efforts.

Carry on Advocates!

Fourth Annual Bike Run Benefits Mission of Norfolk CIL

22 Riders Take Part in NE Nebraska Event

It was warm but nice touring weather for this year's annual Norfolk Benefit Bike Run.

The event raised more than \$5,100, before expenses, from 60 donors. Proceeds go to the League's Norfolk Center for Independent Living.

The run was Saturday, June 9, through about 175 miles of the Northeast Nebraska countryside, beginning and ending at the White House Inn in Pierce. The event was supported by A.B.A.T.E. of Nebraska Chapter 15.

A total of 22 riders and passengers took part in the fundraiser. The day concluded with dinner and an auction.

The event was organized as a poker run. Winners were Osmany Frenandez, Jerald Kloppenborg, Paul Domsch, and Osmany Frenandez

This year's event could not have been a success without its sponsors, donors and volunteers. Sponsors who contributed were Nucor Corporation, Elkhorn Valley Bank, Waste Connections, Abe's Detailing & Car Wash, Promedcare Inc.

Sponsors who contributed \$250 were Moody Motor Company Inc., Johnson's Inc., Norfolk Motor Co., Home for Funerals Inc., Cornhusker Auto

Other sponsors and donors were Casey's General Stores Inc., Taco Bell, Creighton Locker, Sandhills Guest House Motel, Michael's Cantina, Wanek Pharmacy, Perkins, New Victorian Inn, Kuper Farms Country Market, Napoli's Italian Restaurant, O'Neill Family Pharmacy, Jacob Therapy Services, Ravenwood Art Gallery, Nebraska Life , Chesterfield West, Hampton Inn , Palmer Candy Co., Pierce Locker, Wendy's, Magnolia's Home Décor & Design, Whiskey Creek, Putters Jewelry, Black Cow Fat Pig, Uncle Jarrol's, Johansen Greenhouse, Hy-Vee, Target, The Granary, Ohiya Casino & Hotel, ASC Lockers L.L.C., Tropical Waters, Motoplex of Norfolk, Elworth Motor Co., F&M Bank, Town & Country Insurance, The Abbey, SAAP Brothers, Cobblestone Inn, Frontier Bank, Walmart, Home Instead Senior Care, Sioux City Musketeers, Tyson Fresh Meats Inc., Two Blooms & A Bud, Smokin' Stan's BBQ, Renegade, Nebraska Lottery, Marathon Printing, Black Burn Manufacturing, A.B.A.T.E.

League Employees

Saying Hello:

Myles Peterson, Level of Care Specialist, Kearney

Terri Kremer, Metro Housing Manager, Lincoln

Dayna Phillips, Services Coordinator, Kearney

Joe Bockerman, Services Coordinator, Norfolk

Lora Young, CIL Director, Omaha

Bridget Greco, Medicaid Waiver Supervisor, Omaha

Dean Miller, Level of Care Specialist, Norfolk

Saying Good-Bye:

Bob Gomez, CIL Director, Omaha

Paula Shufeldt, Metro Housing Manager, Lincoln

Krista Rosentreader, Medicaid Waiver Supervisor, Omaha

Kathy Harvey, Services Coordinator, Omaha

Doug Rourke, Services Coordinator, Omaha

Linda Higgins, Level of Care Specialist, Scottsbluff

Annual Omaha/Southwest Iowa Benefit Golf Event a Big Success

The League's May 25 golf event benefiting the Omaha and Southwest Iowa CILs was a big success, with 12 teams competing — the most since 2015.

The event was Friday, June 16, at Bent Tree Golf Club in Council Bluffs, Iowa.

Winner of the 18-hole four-player scramble was the team representing the Bellevue Special Olympics, including John Moen, Brent Apo-Hruska, Diane Moen and Kyle Bugge.

Taking second was SEI Security, including Dave Storm, Clint Buckingham, Chad Seim and Matt Vellek. Taking third was the Matt Jetter Team, including Dennis Pfeffer, Tom Baker, Matt Jetter and George Gehringer.

The golf benefit is the main fundraising event for the Omaha and Southwest Iowa CILs. 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 would not have been a success without our sponsors and donors, including:

\$750 to \$1000 - Caring for People Services; Caretech, Inc.; United Health Care, Community Plan of Iowa; Akkase Home Health Care

\$250 to \$500 - Bent Tree Golf Pro Shop; Black Hills Energy; Brent Connelly (Edward Jones) n Dignity Home Care; Hoy Kilnoski Funeral Home & Crematorium; Matt Jetter, LLC; SEI Security, David Storm; Warren Distribution

\$250 and under – 712 Eat and Drink; Ashley Lynn Tanning; Barley's Pub; Bob Gomez (Just Good Meat); Bodega Victoriana Winery; Boulder Creek Amusement Park; Breezy Hills Winery; Buck Snort Restaurant; Cellar 19; Council Bluffs Country Club; Dave & Buster's; Doll Distributing; Durham Museum; Eagle Run Golf Pro Shop; Eileens Colossal Cookies; Family Fun Center XL; Fox Run Golf Pro Shop; Frann & Eric Mersnick; Grease Monkey; Greek Islands; Green Bay Packers NFL Club; Harwood Construction Services; Hilton Omaha; Honda Cars of Bellevue; Ideal Water; Indianapolis Colts NFL Club; Iowa State University; Jessica & Terry Johanns; Joslyn Art Museum; Lansky's; Lauritzen Gardens; Lazlo's Brewery & Grill; Logan Mo Valley Golf Pro Shop; L.P.L.'s Restaurant; Lynch's Jewelry; Marilyn Ruby; Max Ox Bakery; Menard's; Minnesota Vikings NFL Club; Omaha Children's Museum; Omaha Community Playhouse; Opera Omaha; Pacific Springs Golf Pro Shop; Panera Bread; Papiro Fun Park; Physician's Mutual; Spaghetti Works; Pittsburgh Steelers NFL Club; Pizza Counter; Pizza Ranch; Quail Run Golf Pro Shop; Rose Theater; SAC Museum; Sam's Club; Scheel's Sporting Goods; Shoreline Golf Pro Shop; Stone Creek Golf Pro Shop; Sugar Clay Winery; Target; Tastee Treat; The Center; The Daily Nonpariel; Upstream Brewing Company; Vine Street Cellars; Wal Mart.

Special Thanks to Hy-Vee and Olive Garden for providing Lunch and Dinner; Ideal Water; and Hole-In-One Sponsor Bertha's Bar and Grill. We also thank all of our Volunteers, and Kohl's Department Store for providing Volunteers.

A photo shows a man hitting a golf ball with a golf club as three other men stand behind him watching: Chad Seim tees off on the 13th hole at Bent Tree Golf Club in Council Bluffs, IA., June 25, as teammates Matt Vellek, Dave Storm and Clint Buckingham look on. The team took second place at this year's Omaha/Council Bluffs Benefit Golf Event.

Three photos each show four men smiling, holding golf clubs: Winner of the League's 2018 Omaha/SW Iowa Benefit Golf Event is the team representing the Bellevue Special Olympics, above, including, from left, John Moen, Brent Apo-Hruska, Diane Moen and Kyle Bugge.

SEI Security, above right, including, from left, Dave Storm, Clint Buckingham, Chad Seim and Matt Vellek took second place.

The Matt Jetter Team, right, from left, Dennis Pfeffer, Tom Baker, Matt Jetter and George Gehringer took third.

You Can Help Someone in Western Nebraska as a Private Care Provider

If you are a people person who likes to keep busy, and if you're interested in self-employment, then working 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 who has a disability maintain an independent lifestyle. Your work 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 Scottsbluff. We can connect you with individuals in your community who could use your services.

Football Fans

The League of Human Dignity Membership Group is selling parking spaces this season in our lot, 17th & P streets, on NU home football game days.

2018 NU Home Games

Sat. Sept. 1 Akron 7 p.m.

Sat. Sept. 8 Colorado 2:30 p.m.

Sat. Sept. 15 Troy 11 a.m.

Sat. Sept. 29 Purdue* 2:30 p.m.

Sat. Oct. 20 Minnesota* TBA

Sat. Nov. 10 Illinois* TBA

Sat. Nov. 17 Michigan State* TBA

* Conference Games

Associations and Support Groups

The League maintains a list of associations and support groups in Nebraska, Southwest Iowa, the region and the nation for people with disabilities and their loved ones.

To see the complete list, in pdf format, please visit our website: leagueofhumandignity.com/getinvolved/ and click on "Support Groups."

League Donors

May 23 to July 12, 2018

Builder (\$500 or more): Panhandle Independent Living Services Inc., United Healthcare, Firespring Foundation, Akkase Home Health Care, Promedcard Inc.

Supporter (\$250-\$499): Dignity Home Care Inc., Cornhusker Auto Center, Matt Jetter and Associates

Century (\$100-\$249): F&M Bank, Chesterfield West, Town and Country Insurance, Francis Haskins, Jerald Ritter, Larry Dickes, Reba Schafer, Hanna Keelan & Associates, Reg Wyatt, Larry Scalise, Matt Minchow, Red Capital Management LLC, Charles Francis, Cattle National Bank matches for Matt Minchow and Ed Schulenberg

Believer (\$50-\$99): Margaret Puls, Katherine Aguirre, Women of the Moose

Friend (\$25-\$49): Cecilia Rossiter, Jim Dolezal

Other: Amazon Smile Foundation, Cory Pawloski, Julie Lattimer

In Memory of Frank Greise

Rodney Harshbarger, Richard Limbeck, Jerry Luce, Matt Jetter and Associates, Joseph Hall, Darlene Jensen, Bennie Moore, Barbara Greise, James Kreifels, Janet Killam, Patrice Jones, Steve Bateman, John Bell, Cathie Greise

In Memory of Carol Prentice

Alan Davis

THANK YOU ALL FOR YOUR GENEROUS SUPPORT!

Voting Education Event

9 a.m. to Noon September 28, 2018

Hosted by the League of Human Dignity

1520 Avenue M, Council Bluffs, Iowa

Phone 712-323-6863

Event will include:

Voting Booth Demonstrations

Education on the Process of Voting

Voter Registration

Absentee Voting Options and Applications

An opportunity to talk with candidates who represent the residents of Council Bluffs & Southwest Iowa.

Candidates will be asked to address any proposals residents have or provide support that will improve the lives of people who experience disability.

Spanish and Sign Language interpreters will be available

Transportation provided for persons in the Council Bluffs city limits by SWITA, including a lift van for pick up.

Please call the League of Human Dignity office at 712-323-6863 by September 21 to be placed on the transportation list. Name and address must be provided.

Coffee, juice & snacks will be provided.

WE HOPE TO SEE YOU THERE!

What About Me? My Wellbeing Workshop Sign-Up Under Way at League's SW Iowa Center

"Wellbeing" isn't something you just get and then move on. It's an ongoing process, a journey, different for each person.

A workshop series to be held at the League's Southwest Iowa CIL in Council Bluffs this October and November is intended to help people find their way on that journey.

"What About Me? My Wellbeing" is a program developed by Iowa State University Extension and Outreach.

"We have to take steps to get well before we can be well, and that is the point of 'What About Me? My Wellbeing,'" said John D. Lawrence in a recent Extension weblog post. Lawrence is Iowa State University Vice President for Extension and Outreach

"The research-based program covers taking time for yourself, relationships, finances and physical health," he said. "You could call it a get well card with an action plan."

The workshop is a four-week program, 45 minutes each session, on Fridays at 1:30 p.m., Oct. 19 and 26, and November 2 and 9. Session topics include understanding wellbeing, building strong relationships, managing your money, and enjoying good health and energy.

The program is intended for people interested in improving their wellbeing and quality of life.

To register for the workshop, call Jessica at 712-323-6863.

2018 LINCOLN Benefit Golf Event

10:30 a.m. Thursday, Sept. 20, 2018, The Highlands Golf Course, 5501 NW 12th Street, Lincoln, NE

Contests & Hole Prizes

Silent Auction

Lunch & Buffet Dinner Provided

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.

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.

Join Us on Social Media

Find us on Facebook — just click the logo in the electronic copy of this newsletter, on our webpage or search for us from your own Facebook page.

Follow us on Twitter too. Just click the logo in the electronic copy of this newsletter, on our webpage or find us @LHD68508.

Support the League When You Shop at Amazon

By Buying Through AmazonSmile!

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

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 offers 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

Where to Find Us

LINCOLN Center for Independent Living, 1701 P Street, Lincoln, NE 68508, Phone 402-441-7871

OMAHA Center for Independent Living, 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

Online at leagueofhumandignity.com and 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 68508; call Jim at 402-441-7871 v/tdd; call toll free at 888-508-4758; or fax: 402-441-7650. Equipment, supplies and other items for sale must be accessible to, or for the use of, people with disabilities.

FOR SALE: Bruno scooter and wheelchair lift, \$650; Bruno turning seat, \$1,500. Both fit Ford Windstar van. Call Teresa, 402-519-0692. If no answer, leave message (Hastings).

FOR SALE: King adjustable Twin XL Bed. 2 1/2 years old, modular deck, massage, many positions, wall hugger, 2 remotes. Lightly used, \$1,800. Call 402-450-4671 (Lincoln).

FOR SALE: 2002 Ford Windstar van (94,000 miles) with used Bruno Joey Scooter, PowerChair, Wheelchair Lift (lift valued at \$1,500). Asking \$4,000. Call Deb, 402-202-1710 (Lincoln).

League of Human Dignity FLEECE VESTS

Blue or Gray / Sizes medium through 4XL

ON SALE WHILE SUPPLIES LAST

All sizes \$29.95 (price includes sales tax)

Get Your League of Human Dignity Cotton Tote Bag

\$5.95 (Price includes Tax) While Supplies Last! at the League of Human Dignity

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 Terri Kremer at 1-888-508-4758 V/TDD or email tkremer@leagueofhumandignity.com

BRUNO Vertical Platform Lifts

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

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

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