

On The Level

From the League of Human Dignity

October 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

League's Annual Lincoln Golf Benefit Welcomes 19 Teams

Players Undeterred by Windy Weather, Make 10th Annual Event a Success

The 10th Annual Lincoln Benefit Golf Event, the League's main fund-raising event of the year in Lincoln, was a big success Sept. 20.

Proceeds from the event go to the Lincoln Center for Independent Living, to help fulfill its mission, the full integration of people with disabilities into society.

The event was again held at the beautiful Highlands Golf Course in Lincoln. It featured 75 golfers on 19 teams. Play was organized as an 18-hole scramble and began at 11:30 a.m. The event included lunch, games, a silent auction, buffet dinner and awards presentation.

The weather was warm, sunny and very windy.

The team of Jim Moore, Jay Moore, Todd Koeppe and Dan Billerbeck won it shooting a 15-under-par 57. The same team took second in last year's event. The team of John Fink, Kathy Fink, Jeff Fink and Clay Peterson took second with a 59.

The 19-team field was divided into three flights.

Leading the second flight was the team of Randy Bouwens, Jesse Bouwens, Bill Weddle and Jeff Geier, shooting a 61. Second was Amy Schlueter, Lindsey Emery, Nick Terrano and Chris Raff, with a 65.

The team of Brian Rose, Jay Rose, Stacy Graham and Dave Lessor won the third flight with a score of 66. The team of Chad VanDeventer, Jeremy Schafer, Matt Kremer and Dirk Rains took second with a 66.

Photo shows a man hitting a golf ball. Adam Lenhoff tees off on the 12th hole at The Highlands Golf Course Sept. 20, during the League's annual Benefit Golf Event.

Thanks to Our Event Sponsors, Donors

The 10th Annual Lincoln Benefit Golf Event could not have been a success without the generous support of our sponsors and donors.

Individuals and organizations who gave cash or merchandise for this event were:

\$500 to \$1,000 — Baylor Evnen Curtiss Gemit & Witt; Telesis (Lazlo's, FireWorks, Emphyrean Brewing, and Data Security Inc.); INSPRO Insurance Co.; Lincoln Federal Savings Bank; and Caring for People Services.

\$250 to \$500 — Carpetland, Blur Parties, Austed's Golf, Mobile Computer Repair, Contemporary Woods, Residence Inn Marriott, Security First Bank and Hillcrest Country Club.

\$250 and Under — Meier's Cork & Bottle, Trader Joe's, Don and Connie Hoile, John and Kathy Fink, Nebraska Lottery, Steve and Karen Knobel, Rohn Loyd, Rosie's, Toast/Leadbelly, Scooter's Coffee, 31:13 Studios, Radcliffe & Associates, Stop N Shop, Julie and James Nygren, O Street Carpet, CheeseSteak Grille, Wayne Lenhoff, Bouwens Plumbing, Medicine Man Pharmacy, Steve Nolan, Jack's Bar, Slim Chickens, Chez SoDo, Conroy's Bakery, 9 South Chargrille, Green Flash Brewing, Herbalife, Red Rebel Media.

The event was organized by a committee made up of Rohn Loyd, Ed Schulenberg, Wayne Lenhoff, John Fink, Clay Peterson, Jeremy Schafer, Jay Rose, Mike Schafer, Kathy Kay, Shawna Keller, Chuck Rigoni, Terri Kremer and Jim Anderson.

Three groups of two photos each show the top two golf teams in each flight.

First Flight Winners

Finishing first at the League Benefit Golf Event Sept. 20 was the team of, from left, Todd Koeppe, Jim Moore, Dan Billerbeck and Jay Moore.

Taking second place in the League Golf Event was the team of, from left, John Fink, Kathy Fink, Jeff Fink and Clay Peterson.

Second Flight Winners

Leading the second flight was the team of, from left, Randy Bouwens, Jesse Bouwens, Bill Weddle and Jeff Geier.

Second in the second flight was the team of, from left, Amy Schlueter, Lindsey Emery and Nick Terrano; back, Chris Raff.

Third Flight Winners

Leading the third flight was the team of, from left, Brian Rose, Stacy Graham, Jay Rose and Dave Lessor.

Second in the third flight was the team of, from left, Chad VanDeventer, Jeremy Schafer, Matt Kremer and Dirk Rains.

CEO's Note

October is National Disability Awareness Month (NDEAM) and is a time to celebrate the many varied contributions of America's workers with disabilities. This year marks the 73rd anniversary since the first observance. The 2018 NDEAM theme is "America's Workforce: Empowering All."

While my father, Charles Kay, was working at Wayne State College in the 1980s, he used to take his printing requirements to Norfolk Printing in Norfolk, NE. For many years he had worked with a gentleman who was excellent in the quality of his work and professionalism. After at least six years of doing business with the Norfolk office, my father and the printing employee were having a conversation. The gentleman mentioned that he was deaf. My father was incredulous, he had never noticed. The gentleman pointed out that he had always made sure he was facing him when they talked, as he

read lips. This illustrated that regardless of a significant disability, this person conducted his job in an excellent manner and with minor accommodations he was able to represent his company in a professional and capable manner. This example illustrates that individuals of all varying abilities, can and should be a part of the workforce.

The League of Human Dignity will be engaging in a variety of activities to educate its employees, consumers and the community on disability employment issues and the role they play in fostering a disability-friendly work culture. The League is proud to be a part of this year's NDEAM. We want to spread the important message that a strong workforce is one inclusive of the skills and talents of all individuals, including individuals with disabilities. The League is more concerned with what a person can do, rather than what they cannot do. As an organization, the League embodies this concept: more than 51 percent of the League's staff and board of directors live with a disability. All are contributing, capable members of the workforce and society. Employers and employees in all industries can learn more about how to participate in National Disability Employment Awareness Month and how they can promote its messages during October and throughout the year by visiting the U.S. Department of Labor's Office of Disability Employment Policy website at www.dol.gov/ndeam or by visiting the League of Human Dignity website at www.leagueofhumandignity.com or on Facebook at League of Human Dignity, Inc.

Kathy Kay, League Co-CEO

NDEAM Poster

The 2018 NDEAM theme—America's Workforce: Empowering All—appears in the bottom half of the poster in red and navy blue lettering. Below the theme are the words National Disability Employment Awareness Month. The setting of the image is an office meeting room where an employee wearing a red polo shirt and using a power wheelchair is presenting the outcome of recent research on his laptop computer to three co-workers. At the bottom left is DOL's logo with the following words: OFFICE OF DISABILITY EMPLOYMENT POLICY, UNITED STATES DEPARTMENT OF LABOR. Center bottom is hashtag NDEAM and the URL to ODEP's website dol.gov/odep.

Social Security PASS: Achieving Self Support

If you rely on Supplemental Security Income (SSI) payments and want to start working or return to work, Social Security may be able to help you out.

A Plan for Achieving Self Support, or PASS, allows you use your income or resources to help reach your work goals. You could set aside money to go to school and get training for a job or start a business. The job that you want should allow you to earn enough to reduce or eliminate your need for SSI payments. You can have a PASS if:

- You want to work;
- You get SSI (or can qualify for SSI by having a PASS) because you have a disability; and
- You have other income and/or resources to use to get a job or start a business.

A PASS can even help you receive or keep SSI, or could mean a higher payment. Normally, under SSI rules, any income you have may reduce your SSI payment. But with a PASS, you can use that income to pay for the items you need to reach your work goal.

SSI does not count money set aside under the plan when deciding your SSI payment amount. A PASS can also help you set aside money for most work expenses. For more about work expenses covered, go online to www.socialsecurity.gov/pubs/EN-05-11017.pdf.

Your plan must be in writing, and Social Security must approve it. To start, contact your local Social Security office for an application. You can access the form online at www.socialsecurity.gov/forms/ssa-545.html.

Your job isn't just a source of income — it can be a vehicle to independence or a beginning to fulfilling your dreams. Let Social Security's Plan for Achieving Self-Support help you achieve your goals.

Source: Lisa Kohout, Social Security Assistant District Manager in Lincoln, NE

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.

You Can Help Someone in Northeast 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 Norfolk. We can connect you with individuals in your community who could use your services.

Norfolk Center for Independent Living, 400 Elm Avenue, Norfolk, NE 68701; Phone 402-371-4475, Toll free 1-800-843-5785; email ninfo@leagueofhumandignity.com; leagueofhumandignity.com

Check Your 'Blind Spots'

Photo shows people visiting several booths set up on the paved plaza near the University of Nebraska-Lincoln Union. The League was represented at a community provider fair on the University of Nebraska-Lincoln campus Sept. 17. The event was in conjunction with the Check Your Blind Spots Mobile Tour. The tour includes a multi-media event designed to point out unconscious biases and the role each of us can play in advancing diversity.

League Donors

July 26 to Sept. 7, 2018

Supporter (\$250-\$499): Richard Hargesheimer

Other: Larry Nelson

THANK YOU FOR YOUR GENEROUS SUPPORT!

League Employees

Saying Hello:

Queyetta Johnson, Secretary, Omaha

Kathy Hohbein, Services Coordinator, Norfolk

Kelli Neiman, Quality Assurance Specialist, Lincoln (Kelli formerly was a Services Coordinator)

Saying Good-Bye:

Joe Bockerman, Services Coordinator, Norfolk

Shannon Peterson, Quality Assurance Specialist, Lincoln

Winter Is Just Around the Corner: Snow Closing Info

We have designated KFOR radio as our weather station. In times of severe weather, please turn to KFOR 1240 AM, or go online to www.kfor1240.com for the latest word on cancellations.

League at Latino Festival

Photo shows two women outdoors, standing behind a table covered with League of Human Dignity literature. League Southwest Iowa staffers Jessica Johanns, left, and Frann Mersnick, right, attended Centro Latino's annual Festival Latino on Saturday, Sept. 8, in Bayliss Park. The event is a celebration of Latin culture, including games, food and drink from different Latin cultures, and information from community organizations, like 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 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

Talking Book & Braille Service Offers Free Reading Assistance

People with limited ability to read, hold a book or turn pages still can enjoy their favorite books and magazines, through to the Nebraska Library Commission's free Talking Book and Braille Service.

The program provides free audiobooks and audio magazines and braille through the mail and through digital download to people with any disability that limits use of regular print.

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

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

The program's in-house sound studio also records and produces audiobooks and audio magazines from Nebraska and regional authors, and material about Nebraska and the Great Plains. Those recordings also are made available for loan to patrons.

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

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. Remaining home games are:

Sat., Oct. 20, Minnesota at NU; Sat. Nov. 10, Illinois at NU; and Sat. Nov. 17, Michigan State at NU.

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!

Achieve, Maintain Independence Through 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 or school 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, 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

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: 2002 Dodge Grand Caravan, 112,000 miles, white, handicap-accessible (not handicap driver ready), side door ramp, all bells & whistles. Good condition, \$5,500 OBO, 402-366-9584 (Lincoln).

FOR SALE: Electric twin bed, push button controls, side rails. Call Teresa 402-519-0692 and leave a message (Lincoln).

FOR SALE: Nova rollator walker, barely used, cost \$250 new. Need to sell. Call Janine 402-217-2113 (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)

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

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 has expanded 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 Loan 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.