

# On The Level

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From the League of Human Dignity

## February 2019

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](http://leagueofhumandignity.com)

## League Says Good-Bye to Stan Dinkelman

The League of Human Dignity is sad to announce that Stan Dinkelman, 70, longtime League Board of Directors Chairman, died Wednesday, Dec. 5, in Lincoln.

Stan, a York resident, was a graduate of McCool Junction High School and Milford Trade School. Stan worked in the construction industry until about 1970, when an auto accident left him quadriplegic. He dedicated the remainder of his life to promoting independent living for people with disabilities.

Stan helped found the York Chapter of the League of Human Dignity in 1984 and became chapter president in 1986. He also became a member of the League's Board of Directors in 1986, and he served as board chairman since 2000.

In his work with the League, Stan also had been an information and referral provider, and peer mentor in the York area. He was a tireless advocate for the League and the independent living movement.

"Stan provided steady and thoughtful volunteer leadership to the League of Human Dignity for 35 years," said League Co-CEO Mike Schafer. "Stan was a staunch advocate for people with disabilities, and lived independent living each and every day."

Stan was awarded the League's Ken Lindhorst Volunteer of the Year Award twice during his tenure with the League, in 1990 and 2015.

Stan was a member of Emmanuel Lutheran Church in York.

He is survived by an aunt, Norma Hinze of Seward; several cousins, and by his caregiver, Leigh Qubty. He was preceded in death by his parents, Paul and Pauline Hinze Dinkelman.

Burial was in York's Greenwood cemetery.

## CEO's Note

The Americans with Disabilities Act (ADA) is a landmark bill signed into law by George H.W. Bush on July 26, 1990, prohibiting discrimination based on disability. Usually, we give recognition to this monumental piece of legislation in July, but this newsletter article is about the president who signed the ADA into law.

George H. W. Bush, the 41st president of the United States, died on Nov. 30, 2018, at age 94.

As a young man, Bush postponed his university studies after the attack on Pearl Harbor on Dec. 7, 1941, and enlisted in the Navy on his 18th birthday. He became one of its youngest aviators, serving until September 1945. He then attended Yale University, graduating in 1948. He moved his family to West Texas, where he entered the oil business and became a millionaire by the age of 40. Bush was defeated in his first run for the U.S. Senate in 1964, but won election to the House of Representatives from the Texas 7th Congressional District in 1966. He was reelected in 1968, but was defeated in another Senate bid in 1970. In 1971, President Richard Nixon appointed Bush as Ambassador to the United Nations, and he became Chairman of the Republican National Committee in 1973. The following year, President Gerald Ford appointed him Chief of the Liaison Office in China and later made him director of the CIA.

Bush ran for president in 1980, and was defeated in the Republican primary by Ronald Reagan. But as Reagan's running mate, he was elected vice-president that year. Over the next eight years, Bush headed task forces on deregulation and the war on drugs.

In 1988, Bush defeated Democrat Michael Dukakis to become the first incumbent vice president in 152 years to become president. During his term, the United States conducted military operations in Panama and the Persian Gulf. The Berlin Wall fell in 1989, and the Soviet Union dissolved two years later. Bush also signed the North American Free Trade Agreement (NAFTA), creating a trade bloc consisting of the United States, Canada, and Mexico. But reneging on a 1988 campaign promise by signing a tax increase bill cost him the 1992 election against Democrat Bill Clinton.

The former president had a disability himself — he had a form of Parkinson's disease and was hospitalized periodically in his later years with pneumonia.

Bush used a service dog, named Sully. Sully was well trained to support him in his daily activities, and the pair quickly became close pals. The dog performed a two-page list of commands, including answering the phone and fetching items, according to a CNN story.

"As one person said, he can do just about anything except make you a martini, but not to worry, he can go get you someone to make you a martini," Bush spokesman Jim McGrath said last June.

Bush was praised as a hero by, among others, John Miller, president and CEO of The Guide Dog Foundation and America's VetDogs

"As a true patriot and visionary, President Bush will forever be viewed by people with disabilities and their families as a hero through his efforts to enact the Americans with Disabilities Act. We are forever grateful to his service to the American people," Miller said

Obviously, President Bush had many accomplishments during his long record of public service. But to the League of Human Dignity, his support of the ADA is among his finest! So this column is in celebration of President George H. W. Bush and his legacy in the Independent Living Movement. Thank you Mr. President, and Rest in Peace.

Here are a few of Bush's best-loved quotes:

On doing what is right:

"No generation can escape history."

On teamwork

"In crucial things, unity. In important things, diversity. In all things, generosity."

On his legacy:

"History will point out some of the things I did wrong and some of the things I did right."

On America:

"America is never wholly herself unless she is engaged in high moral principle. We as a people have such a purpose today. It is to make kinder the face of the nation and gentler the face of the world."

Kathy Kay, League Co-CEO

## **SW Iowa CIL Thanks Volunteers**

Shannon Pigsley was awarded the Southwest Iowa CIL's Ken Lindhorst Volunteer of the Year Award for 2018.

Shannon received the award during the joint Southwest Iowa-Omaha CIL Volunteer Appreciation Luncheon Nov. 30, at the CIL in Council Bluffs. The luncheon was held in conjunction with decorating for the holidays at the Southwest Iowa office.

About 13 volunteers and friends attended.

Three photos accompany this article. Top, several people sit around a table eating a meal. The Southwest Iowa and Omaha Centers for Independent Living welcomed volunteers and friends to their annual Volunteer Appreciation Luncheon Friday, Nov. 30, in Council Bluffs.

Below left, three women sort Christmas tree decorations. Shannon Pigsley, standing left, received this year's Ken Lindhorse Volunteer of the Year Award for SW Iowa. With her is 2017 recipient Loralee Krohn, standing right, and Outreach Coordinator/Office Manager Frann Mersnick, seated.

Below right, two women, seated, eat from plates they are holding, while a man stands at a table filling his plate. In all, 13 volunteers and friends attended this year's Luncheon, including League Co-CEO Kathy Kay, seated, middle, and Omaha and SW Iowa CIL Director Lora Young, seated right.

## Share Omaha

SHARE Omaha, is a new nonprofit organization that aims to connect the Omaha residents, businesses and other nonprofits in the community.

SHAREomaha.org is described by creators as an all-inclusive website for the Omaha Metro area that currently lists 114 nonprofits.

"Our mission: To help nonprofits fulfill theirs," says the organization's introductory video.

The website makes it easy for anyone to explore local nonprofits and causes, then to donate, volunteer, and shop for needed items on a nonprofit wish lists that can then be sent directly to the nonprofits' door.

SHARE Omaha and all of its benefits are completely free to nonprofits, using a platform similar to Share Charlotte, a North Carolina based organization.

The organization was scheduled to go live on Jan. 17, with a 3:45 p.m. launch event at the Omaha Design Center.

Check out SHARE Omaha on Facebook at SHAREomaha, on Twitter at @SHAREomaha and on Instagram at shareomaha. Join today at the website. And be sure to look for the League of Human Dignity!

## March 26 is Diabetes Alert Day

One in three Americans is at risk for developing type 2 diabetes, The American Diabetes Association reports.

Diabetes is a serious disease that can cause complications like kidney disease, blindness, and amputations. It affects about 30.3 million Americans, or just over 9

percent of the U.S. population, and nearly one in four adults who have it (7.2 million people) are unaware that they have it. Another 84.1 million Americans have prediabetes — elevated blood glucose levels not high enough to be diagnosed as diabetes — and nine out of 10 adults with prediabetes don't know they have it.

But type 2 diabetes isn't inevitable and it doesn't have to be permanent — the disease can be prevented or delayed with healthy lifestyle modifications.

Diabetes Alert Day, sponsored by the American Diabetes Association, is the last Tuesday of March each year, and is meant to focus attention on combatting the disease.

This year, it's observed on March 26. The association encourages everyone to take the Type 2 Diabetes Risk Test and participate in activities that teach them how to reverse the risk for diabetes. Take the test online or download a paper version at [www.diabetes.org/are-you-at-risk/diabetes-risk-test/](http://www.diabetes.org/are-you-at-risk/diabetes-risk-test/)

## Health Observances

### February

American Heart Month, sponsored by the American Heart Association  
Low Vision Awareness Month, National Eye Institute Information Office  
February 1 is Go Red for Women Day, American Heart Association  
February 4 is World Cancer Day, Union for International Cancer Control (UICC)  
February 7-14 is Congenital Heart Defect Awareness Week, The Mended Hearts, Inc.  
February 22 is National Heart Valve Disease Awareness Day, Alliance for Aging Research

### March

Bleeding Disorders Awareness Month, National Hemophilia Foundation  
National Colorectal Cancer Awareness Month, Prevent Cancer Foundation  
National Endometriosis Awareness Month, Endometriosis Association  
National Kidney Month, National Kidney Foundation  
Save Your Vision Month, American Optometric Association  
Trisomy Awareness Month, Support Organization for Trisomy 18, 13 & Related Disorders  
Workplace Eye Wellness Month, American Academy of Ophthalmology  
March 10-16 is Multiple Sclerosis Awareness Week, National MS Society  
March 11-17 is Brain Awareness Week, Dana Alliance for Brain Initiatives  
March 14 is World Kidney Day, International Society of Nephrology  
March 26 is American Diabetes Alert Day, American Diabetes Association

## Save the Date

Omaha and Southwest Iowa Centers for Independent Living

## 2019 Benefit Golf Event

Friday, May 31, 2019, Bent Tree Golf Club, Council Bluffs, Iowa

Proceeds from this annual fund-raising event go to the League's Omaha and Southwest Iowa Centers for Independent Living, helping fulfill their mission: promoting and supporting independent living and the full participation by people with disabilities in their community.

If you would like to help out as an event planner, player, underwriter, sponsor or all of the above, contact the League of Human Dignity: 402-595-1256 in Omaha or 712-323-6863 in Council Bluffs.

## New Works Added to League Art Installation

Visit the League's Lincoln offices at 1701 P Street and check out the latest works in our ongoing Art Show.

The showing, courtesy of Dean Settle and his Metro Gallery in Lincoln, features works by Nebraska artists, many of whom have disabilities. All the pieces are for sale and the public is invited to come in and check them out.

The League began hosting the art exhibit in the summer of 2015. Metro Gallery, at 1316 N St., in Lincoln, is home to a rich collection of works by artists with disabilities.

Many of the gallery's works of art — about 15 percent — are classified as outsider art, created by artists who are self-taught and not conventionally trained.

Mr. Settle worked for 51 years as an administrator of programs and organizations that serve people with disabilities. He retired in 2012 after 14 years as director of Community Mental Health Center. The organization "Artists on the Edge" began there in 1999.

## League Services Promote Independent Living

People with disabilities need the services provided by the League of Human Dignity's Centers for Independent Living 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 to 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 come to our offices at 1701 P Street in Lincoln, 8 a.m. to 5 p.m., Monday through Friday. Or contact any of our other Centers for Independent Living.

League serves all 93 Nebraska counties and eight counties in Southwest Iowa.

## Organizations Plan National Conventions

### NCIL

The Independent Living Movement ignites action and empowerment.

With that in mind, the theme of the 2019 Annual Conference on Independent Living is IGNITE.

The conference is July 22 through 25, at the Grand Hyatt in Washington, D.C.

“The Independent Living Movement ignites action and empowerment,” says the National Council on Independent Living (NCIL) announcement of this year’s theme. “We are not a sedentary bunch. When there is work to be done, we do it. When bad policy threatens our independence and rights, we react. When we know we have a better way, we take action to influence policy and pass laws. We are organized, we are powerful, and we know what we want. All it takes is a spark!”

NCIL’s Annual Conference is the largest Independent Living event of the year. NCIL regularly hosts over 1,000 people, including advocates, CIL and SILC leaders, members of Congress, government officials, and representatives from other organizations working for justice and equity for people with disabilities.

For more information about this year’s conference, visit the NCIL website at [www.ncil.org](http://www.ncil.org).

### ADA Symposium

This year’s National ADA Symposium is June 16 through 19, at the Gaylord Texan Resort in Grapevine, Texas.

The annual four-day conference is the largest conference on the Americans with Disabilities Act and the source for latest information on regulations and guidelines, implementation strategies, and best practices related to the ADA.. Presenters include nationally recognized representatives of agencies and organizations that are involved with the ADA.

This year marks the 28th anniversary of the Americans with Disabilities Act and the 22nd annual ADA Symposium.

The symposium consists of a pre-conference session Sunday afternoon, May 14, break-out sessions, advanced discussion groups, exhibits and hands-on learning activities. The event is coordinated and hosted by the Great Plains ADA Center, based in Columbia, Mo.

Registration is \$750 through May 17, and \$900 after that.

For more information about the symposium, or to register, call Lisa Tucker at 352-669-0076, email [Tuckerli@missouri.edu](mailto:Tuckerli@missouri.edu) or register online at [www.adasymposium.org](http://www.adasymposium.org).

## League Employees

### Saying Hello:

Darren Heitmann, Metro Housing Maintenance Specialist, Lincoln.

Heather Jordan, Services Coordinator, Norfolk.

Kevin Denker, Housing and Design Specialist, Omaha.

Philip Wilson Sr., Level of Care Specialist, Lincoln

### Saying Good-Bye:

Matt Masten, Housing and Design Specialist, Lincoln

Connie Utley, Independent Living Advisor, Omaha

Kathy Hohbein, Services Coordinator, Norfolk.

Rachael Hansen, Services Coordinator, Omaha.

Dean Miller, Level of Care Specialist, Norfolk.

## League Donors

### Nov. 15, 2018 to Jan. 10, 2019

Builder (\$500 or more): Joyce Holtmeier, Peed Corporation

Supporter (250 to \$499): Monica Balters, Frank Verlinsky, Johnson's Inc., Suzanne Rosenthal, Norman Hedgecock

Century (\$100 to \$249): BPO Does, Charles Francis, Caretech Inc., Applied Connective Technologies, Edward Roche, Conner Roofing Company, Jeff Patterson, Eunice Underwood, Diane Klima, J. Gates Minnick,

Believer (\$50 to \$99): Kent Mattson, Frank Andelt, Noel Engineering Inc., Jeaninne Lovgren, Dan Zach

Friend (\$25 to \$49): Eugene Kelly, Larry Dickes, Ken Mayberry, Suzanne G. Schreiber, Madison County Bank, Paula Luther, Lorene Ludy, Vernon Williams, C.G. Pritchard, Grant Hrabovsky, Alan Radke

Other: Katherine Hancock, Frances Young,

In Memory of Elaine Usher: Christine Usher

In Memory of Stan Dinkelman: Stanley Green, Ken Mayberry, Gary Hall, Debra Winchell, David Tyser, D. Knorr

In Memory of Kim Janda: Elwood Starner

In Memory of Margaret and Thomas Thorson: Sharon M. Thorson

In Memory of Maggie Albertson: Rosanne Staniford

## 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/](http://leagueofhumandignity.com/getinvolved/) and click on "Support Groups."

## Loan & Rental Program

Have you ever had a family member suffer a minor injury that required the use of crutches or a wheelchair for a short time? Has a recent illness or accident made it necessary to use a walker, transfer bench or a commode? Do you have equipment that you no longer need?

The League of Human Dignity's Equipment Loan Program allows you to rent or borrow many durable medical equipment items for a small fee. We also encourage donations of these items.

We do not loan or rent items that require special or custom fitting and/or supervision by a doctor, such as braces or corsets.

All donated items need to be in good shape. We do not accept donations that need repair.

Items we loan include Tub Seats & Benches, 2-Wheel Walkers, Canes, Crutches, Commodes, Reachers, and Grab Bars.

A one-time fee of \$5 is required — \$25 for Rollator Walkers — and the loan lasts as long as the items are needed. All loans are subject to availability.

Items we rent include Manual Wheelchairs, Transport Wheelchairs, Rolling Shower Chairs, Knee Walkers, and Hoyer Lifts.

Monthly rental and deposits vary by item and rent includes all maintenance and servicing during rental period. All rentals are subject to availability.

For details, to see if we have what you need, or to see if you have what we need and would like to make a donation, call or visit the League of Human Dignity office nearest you.

## 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

### SOUTHWEST 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, Suite 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](http://leagueofhumandignity.com)  
& Please follow us on Facebook and Twitter

## New Medicare Cards Fight Fraud, Abuse

The federal agency in charge of Medicare has finished issuing new Medicare cards to more than 61 million beneficiaries.

The Centers for Medicare & Medicaid Services (CMS) completed the job three months ahead of schedule, providing new cards that do not include Social Security numbers.

The cards are part of the agency's effort to protect beneficiaries' identities and reduce fraud and abuse.

"Safeguarding our beneficiaries' personal information continues to be one of our top priorities," said CMS Administrator Seema Verma. "The Trump Administration is committed to modernizing Medicare and has expedited this process to ensure the protection of Medicare beneficiaries and taxpayer dollars from the potential for fraud and abuse due to personal information that existed on the old cards."

CMS began mailing the new Medicare cards in April 2018. Each card features a unique, randomly-assigned Medicare number known as a Medicare Beneficiary Identifier (MBI). The MBI is a combination of letters and numbers that help protect against personal identity theft and fraud. Congress set an April 2019 deadline for the card replacement project as part of the Medicare Access and CHIP Reauthorization Act (MACRA) of 2015.

More than half of healthcare claims CMS is processing now include the new MBI, demonstrating a smooth transition to the new cards, CMS officials said.

## 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  
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

SOUTHWEST IOWA  
Center for Independent Living  
1520 Avenue M, Council Bluffs, IA 51501  
Phone 712-323-6863

## **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.

RECYCLING: We are recycling electric wheelchairs and scooters. Will pick them up if needed. Call 402-890-8235 (Lincoln).

## **The League of Human Dignity Building Corp. Is Taking Applications**

The League of Human Dignity Building Corporation is taking applications for one and two 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 on 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 information, call Terri Kremer at 402-441-7871 or 888-508-4758 (toll free) V/TDD or email [tkremer@leagueofhumandignity.com](mailto:tkremer@leagueofhumandignity.com)

Equal Housing Opportunity

## **The Nebraska Statewide Independent Living Council**

Meets 10 a.m. to 4 p.m. Friday, February 21, 2019, At the Lincoln Community Foundation Building, 5th Floor Large Conference Room, 215 Centennial Mall South, Lincoln, Anyone interested is invited to attend and/or provide oral or written comment.

For more information, call 402-438-7979 or email [kathy@nesilc.org](mailto:kathy@nesilc.org)

## **EHS: 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. Saturdays

8 a.m. to 5 p.m. Sundays

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 ID 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.

Direct questions or complaints about EHS scheduling & service to Servant Cab Co.:

Kirby (owner). . . .402-770-3683