

On The Level

From the League of Human Dignity

April 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

Celebrating 40 Years as League CEO

Mike Schafer Has Guided the League's Growth through Most of Its 48-Year History

Mike Schafer sits behind his desk in an office packed with 40 years of memories, reminiscing about the changes his organization has gone through since he took over.

When he moved into the job as executive director of the League of Human Dignity in February of 1979, he said he remembers thinking three years would be a good run.

"I was 29 years old. In this profession you don't plan on being somewhere a long time," he said.

Mike is only the fourth director in the 48-year history of the League, a Lincoln-based nonprofit dedicated to helping people with disabilities live independently.

“I never, ever got bored with my job,” he said. “I never recall a day when I got up and didn’t want to go to work. I was always challenged, always developing new things. I never got bored.”

Mike was honored for his 40 years of service as the League’s Executive Director at a party March 7, at League headquarters, 17th and P streets.

Back when he started, the League was a small nonprofit offering a few services to people with disabilities in in Lincoln and Lancaster County.

“There was five staff, including me,” he said. “Our programs were Barrier Removal, a Barrier Free Information Center run by a design specialist, a grant person, a secretary also in charge of the newsletter, and I think another person. We also did information and referral.”

A short time before Mike took the job, the League’s leadership visited the nation’s first Center for Independent Living in Berkley, CA. They found in practice there exactly what they had in mind for Lincoln when they came together and started the League late in 1971. They envisioned a place run for and by people with disabilities, that offered services designed to enable them to live independently, rather than in institutions.

“I had already bought in to the independent living philosophy,” Mike said.

Before working for the League, Mike had been director of social services at Madonna Professional Care Center. He said he was responsible for transitioning people who were there recovering from injuries like strokes, back to their homes after their recovery.

“I really liked helping people get back into the community,” he said.

Mike currently works part time at the League. He holds the title “Co-CEO” along with Kathy Kay, who was hired in 2016. He said he still loves the job and has no plans to retire completely.

A native of Scottsbluff, Mike said he moved eastward gradually, as his father managed feedlots across the state. He graduated from high school in Hebron and attended the University of Nebraska-Lincoln with an interest in social work.

Mike describes independent living as a “hard core” philosophy. It’s aimed at getting people with disabilities – even profound disabilities -- living on their own, provided they are able to direct their own care. That concept has led to run-ins with health professionals, sometimes even family members, he said, who may believe that a person should not live on their own.

“The whole concept has been an educational process,” Mike said “That’s probably the one overarching thing I’ve experienced. And there has been a change here in

Nebraska. Over the years people's attitudes have changed to be more accepting of the independent living model."

Early on, the League developed a good working relationship with Lincoln officials and state lawmakers, which led to some successes. In 1973, the then all-volunteer League leadership provided the first wheelchair accessible vans for what later became Lincoln's HandiVan program.

Long before the Americans with Disabilities Act, the League developed and lobbied for legislation requiring that public buildings and facilities be handicap accessible. Nebraska Gov. JJ Exon signed the legislation -- LB602 -- into law in 1974.

In 1978, Congress passed enabling legislation creating a nationwide Center for Independent Living program. In 1979, 10 centers were mandated, followed by 50 in 1980. The legislation required that CILs provide at least four core services – advocacy, information and referral, independent living skills training, peer support and support. Funding was to go through Vocational Rehabilitation offices. But Nebraska Vocational Rehabilitation opted to not seek the funding.

"Which opened the way for us," Mike said.

With input from the League's Board of Directors, Mike wrote a grant application. Approval in 1981 established the League as the nation's first private nonprofit to receive direct federal funding for a CIL.

"And from there it just took off," Mike said

From a center offering services only in Lincoln and Lancaster County, Mike has overseen the League's expansion, first throughout southeast Nebraska, then into northeast Nebraska with a CIL in Norfolk in 1982. A League CIL opened in Omaha in 1986 to serve Douglas and Sarpy counties and in Council Bluffs in 1995 serving southwest Iowa.

In 1999 the League began providing services under Nebraska's Medicaid Waiver program for adults with disabilities. That program provides Medicaid-funded services to people in their homes as an alternative to institutional care. The League opened a Medicaid Waiver office in Scottsbluff in 1999 to serve panhandle counties. In 2010, the League was awarded a state contract to coordinate the waiver program statewide and opened new offices in Kearney and North Platte.

"We've just continued to expand as new funding became available," Mike said. "We've continued to develop and tweak our services and tried to meet the needs of people."

In 2016, congress added transition to the CILs' core services – facilitating both transition from institutions to community living, and transitions from school into the workplace, college or independent living.

“The thing that really stands out to me is that we were in the right place at the right time for CIL funding,” Mike said, “and it gave us the opportunity to do everything that the League’s founders had wanted to do at the start.”

CEO's Note

Pres. Donald Trump issued a Disaster Declaration for the Nebraska on March 21 and Iowa March 23. Severe weather and flooding in recent weeks have caused an estimated \$3 billion damage in the two states.

The declarations make federal funding available to residents who sustained losses in the following Nebraska counties: Butler, Cass, Colfax, Dodge, Douglas, Nemaha, Sarpy, Saunders, and Washington.

Assistance can include grants for temporary housing and home repairs, low-cost loans to cover uninsured property losses, and other programs to help individuals and business owners recover from the effects of the disaster.

Federal funding also is available to state, tribal, local governments and nonprofit organizations on a cost-sharing basis in the following counties and tribal lands: Adams, Antelope, Blaine, Boone, Box Butte, Boyd, Brown, Buffalo, Burt, Butler, Cass, Cedar, Cherry, Colfax, Cuming, Custer, Dakota, Dixon, Dodge, Douglas, Fillmore, Frontier, Furnas, Gage, Garfield, Gosper, Greeley, Hall, Harlan, Holt, Howard, Jefferson, Johnson, Keya Paha, Knox, Lancaster, Lincoln, Logan, Loup, Madison, Merrick, Morrill, Nance, Nemaha, Nuckolls, Otoe, Pawnee, Pierce, Platte, Richardson, Rock, Saline, Sarpy, Saunders, Scotts Bluff, Seward, Sherman, Stanton, Thayer, Thurston, Valley, Washington, Wayne, Wheeler, and York and the Santee Sioux Nation, Ponca Tribe of Nebraska, Omaha Tribe of Nebraska, Sac and Fox, and Winnebago Tribe.

Additional counties may be added as more damage assessment information is received. The Federal Emergency Management Agency and Nebraska Emergency Management Agency are working to validate the damage.

In Iowa, FEMA's Assistance programs are available to residents in 56 counties: Adair, Allamakee, Audubon, Boone, Bremer, Buena Vista, Butler, Calhoun, Carroll, Cass, Cherokee, Clay, Crawford, Dallas, Decatur, Dickinson, Emmet, Fayette, Franklin, Fremont, Greene, Guthrie, Hamilton, Hancock, Hardin, Harrison, Howard, Humboldt, Ida, Iowa, Jasper, Kossuth, Lyon, Madison, Mahaska, Marshall, Mills, Monona, Montgomery, O'Brien, Osceola, Page, Plymouth, Pocahontas, Polk, Pottawattamie,

Sac, Shelby, Sioux, Tama, Union, Webster, Winnebago, Winneshiek, Woodbury and Wright.

To Start Your Recovery

- Report damage to local emergency manager. This helps in the assessment of needs for your area.
- Call your insurance agent to see if your losses are covered under a traditional homeowner's, renter's or flood insurance policy.
- Document your damage — take photos or video, and list damaged items
- Register with FEMA. The free process takes about 20 minutes and is available three ways:
 1. Online at www.DisasterAssistance.gov.
 2. On your smartphone, go to www.FEMA.gov; click "Apply Online for FEMA Assistance," and you will be directed to www.DisasterAssistance.gov.
 3. Call FEMA's toll-free registration line, 800-621-FEMA (3362); 800-462-7585 TTY; or 1-800-621-3362 for 711 or VRS users. Phone registration is available 7 a.m. to 10 p.m., seven days a week.

Be ready to register. Be prepared to provide your current address, the address of the damaged property, your contact information, social security number, the makeup of your household (occupants), insurance and income information.

Register, even if you are insured. Your insurance may not cover everything and some damage may not show up until later. Do not wait until you have settled with your insurer to register with FEMA.

Other resources are available to help those affected to cope with the disaster.

"There truly is no health without mental health," said Danette R. Smith, CEO of Nebraska Department of Health and Human Services. "It's ok to ask for help. Sometimes the only answer people are looking for when they ask for help is that they won't have to face it alone.

Resources include the Nebraska Strong: Recovery Project hotline, 1-800-464-0258 or 1-800-985-5990; Nebraska Family Helpline, 1-888-866-8660; Nebraska Rural Response Hotline, 1-800-464-0258; and the Substance Abuse and Mental Health Services Administration helpline, 1-800-985-5990.

Kathy Kay
League Co-CEO

You're Not Alone: Resources to Help Rebuild

Recent storms and flooding have devastated parts of Nebraska and Iowa, leaving many residents facing the prospect of rebuilding their lives as well as homes.

Stress and distress are common when recovering from a disaster. They can affect your physical and mental health. If you sense coping is becoming a problem, don't try to face it alone. See your doctor or talk to someone. There are resources available to help:

Nebraska Strong: Recovery Project free confidential hotline: 1-800-464-0258

National Disaster Distress Hotline: 1-800-985-5990

Nebraska Family Helpline: 1-888-866-8660

Nebraska Rural Response Hotline: 1-800-464-0258

Iowa Concern Hotline: 1-800-447-1985

Substance Abuse & Mental Health Services Administration: 1-800-985-5990

National Suicide Prevention Lifeline: 1-800-273-8255

April Is Fair Housing Month

Act Enters Second Half-Century of Effort to End Discrimination

Each April marks the celebration of the anniversary of the Fair Housing Act in this country. The observance highlights the country's efforts to end housing discrimination and raises awareness of fair housing rights.

Last year the nation celebrated the 50th anniversary of the Fair Housing Act — officially designated as Title VIII of the Civil Rights Act of 1968 — and a a recommitment to the goal of eliminating housing discrimination in every community.

After a long, difficult legislative process, Pres. Lyndon Johnson signed the act into law on April 11, 1968, following the assassination of Rev. Martin Luther King Jr. The law was a follow-up to the Civil Rights Act of 1964.

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

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

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

For more information on fair housing, including how to file a fair housing complaint, visit www.hud.gov. For questions about discrimination or to file a complaint in Nebraska and Western Iowa, contact the Fair Housing Center of Nebraska and Iowa in Omaha at 402-934-6675 or toll free at 800-639-5853.

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

Omaha-SW Iowa Benefit Golf Event

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.

Support the League during Omaha, Lincoln Online Charitable Giving Days in May

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

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

The Omaha Community Foundation's 7th Annual Omaha Gives! sponsored by American National Bank on Wednesday, May 22, is a 24-hour online giving event. It aims to raise money for nonprofit organizations in the Omaha-Council Bluffs metro area. Pottawattamie Gives! sponsored by the Iowa West Foundation and Pottawattamie County Foundation, is held in conjunction with the Omaha event.

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

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

The 8th annual Give To Lincoln Day starts at 12 a.m. on Thursday, May 30, runs throughout the day. Sponsored by the Lincoln Community Foundation, the annual giving day asks residents to go online and give during the 24 hour period and donate to the nonprofits serving Lincoln and Lancaster County.

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

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

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

Health Observances

April

April is Irritable Bowel Syndrome Awareness Month, sponsored by International Foundation for Functional Gastrointestinal Disorders

National Autism Awareness Month, the Autism Society

Occupational Therapy Month, American Occupational Therapy Association

Oral Cancer Awareness Month, the Oral Cancer Foundation

Testicular Cancer Awareness Month, Men's Health Network

April 24 is World Meningitis Day, Confederation of Meningitis Organizations

May

May is Arthritis Awareness Month, sponsored by the Arthritis Foundation

Healthy Vision Month, National Eye Institute Information Office

Hepatitis Awareness Month, Centers for Disease Control and Prevention

Mental Health Month, Mental Health America

National Osteoporosis Month, National Osteoporosis Foundation

National Stroke Awareness Month, NIH Neurological Institute

Skin Cancer Prevention Month, American Academy of Dermatology

May 6-12 is National Neuropathy Awareness Week, The Foundation for Peripheral Neuropathy

May 12-18 is National Women's Health Week, Office on Women's Health

May 12 is Cornelia de Lange Syndrome Awareness Day, CdLS Foundation

May 20 is World Autoimmune/Autoinflammatory Arthritis Day, International Foundation for Autoimmune Arthritis

May 24 is Don't Fry Day, National Council on Skin Cancer Prevention

May 6-12 Is Neuropathy Awareness Week

May 6 through 12 is National Neuropathy Awareness Week.

Peripheral neuropathy results from damage to the nerves carrying messages to and from the brain and spinal cord and the rest of the body. Weakness, numbness and pain in the hands and feet are common symptoms.

The condition commonly is associated with diabetes, but metabolic syndrome also can put people at risk. A person has Metabolic Syndrome if they have at least three of the following: prediabetes — a fasting blood glucose level that is elevated but not high enough to be classified as diabetic; high blood triglycerides; decreased HDL or “good cholesterol”; obesity; or hypertension.

Some studies have shown that in some people, elevated blood sugar can contribute to neuropathic pain through the toxic effects of glucose on nerve cells. The good news is that neuropathy related to metabolic syndrome can potentially be reversed. Some studies have shown that weight loss and a healthy diet may essentially reverse small fiber neuropathy.

If you have neuropathy symptoms and are able to identify impaired glucose tolerance or borderline diabetes early enough, you may be able to prevent or slow the development of neuropathy through healthy diet and exercise. This also highlights why it is important to be attentive to neuropathic pain as a potential warning sign from your body.

To learn more about neuropathy, visit the Foundation for Peripheral Neuropathy online at www.foundationforpn.org.

Join Us on Social Media

Find us on Facebook — just click the logo in the electronic edition of this newsletter 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 edition of this newsletter or on our webpage or find us @LHD68508.

League Donors

Nov. 5, 2018 to March 18, 2019

Supporter (250 to \$499): Caretech Inc.

Century (\$100 to \$249): Branden Bender

Believer (\$50 to \$99): Schneider Electric North America Foundation

Friend (\$25 to \$49):

Other: Matthew Johnson, Amazon Smile Foundation

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

Thank you for your generous donations!

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.

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."

League of Human Dignity Long-Sleeved T-Shirts

Sizes small through 3XL - \$13.95 (price includes tax)

While supply lasts only at League offices

Support the League of Human Dignity

When You Shop at Amazon By Buying Through AmazonSmile! Just go online to AmazonSmile, sign in and start shopping!

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
& Please follow us on Facebook and Twitter

CMS Pursuing Interstate Insurance Proposal

Plan Has Little Chance of Success, Health Policy Experts Claim

The Trump Administration wants to enable Americans to buy health insurance plans across state lines.

The Centers for Medicare & Medicaid Services on March 6 issued a request for information seeking “recommendations on how to eliminate regulatory, operational and financial barriers” in the way of selling health insurance coverage across state lines.

The request builds on an Oct. 12, 2017, Executive Order, which Pres. Trump said was intended to provide Americans relief from rising premiums by increasing consumer choice and competition.

The CMS will accept comments for 60 days.

Health insurance regulation was put in the hands of the states by a 1945 law, the McCarran-Ferguson Act.

Health policy experts argue that allowing insurers to sell policies across state lines would do little to reduce costs or improve coverage. They argue it would lead to companies based in states with the least regulation offering cheap health insurance plans with little coverage to healthy people, while the less healthy would be forced to pay higher premiums.

According to the American Academy of Actuaries, savings would be limited because premiums are driven by the local cost of care, not where the care is purchased.

The National Association of Insurance Commissioners noted that sales across state lines would eliminate the ability of state regulators to help their residents.

A news release from the National Association of Professional Insurance Agents opposes any plan to sell insurance across state lines. Such a plan would create federal insurance regulation, stripping the states of their authority, the group argues.

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.

FOR SALE: Like new Golden MaxiComfort 505 Medium Lift Chair, purchased in August 2018 & seldom used to early November 2018. \$850, call after 10 a.m. 402-464-7871 (Lincoln).

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

Equal Housing Opportunity

Get your League of Human Dignity Cotton Tote Bag

\$5.95 (price includes tax) while supply lasts only at the League of Human Dignity

League of Human Dignity Fleece Vests

Blue or Gray, sizes medium through 4XL - \$29.95 (price includes tax) while supply lasts

League Employees

Saying Hello:

Connie Murphy, Independent Living Advisor, Omaha

Saying Good-Bye:

Mark Wimmer, Independent Living Advisor, Norfolk

Kevin Denker, Housing and Design Specialist, Omaha
Dayna Phillips, Services Coordinator, Kearney
Althea Stover, Secretary, Kearney
Devin Topp, Services Coordinator, Lincoln

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