

On The Level

From the League of Human Dignity

June 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

Giving Days Net \$12M for Local Nonprofits

Two online charitable giving days in May raised more than \$12 million for nonprofit organizations in Lincoln and Omaha.

Preliminary figures show that the eighth-annual Give To Lincoln Day, May 30, brought in \$5,541,788, from 21,193 donors. That is more than \$900,000 more last year. There were 439 nonprofits participating, including the League of Human Dignity.

The League received \$5,425 in donations – its best showing yet in the event.

The donation totals do not include \$450,000 in matching funds, which will come proportionally from a pool of cash donated by this year's Give To Lincoln Day sponsors.

Food Bank of Lincoln topped the leaderboard with \$170,979 in donations, one of five organizations receiving more than \$100,000.

The seventh-annual Omaha Gives! and third-annual Pottawattamie Gives! on May 22, raised \$6,736,514 from nearly 49,000 donors. That is about \$640,000 less than last

year. Both events share the same giving platform. There were 961 nonprofits participating, including the League. There were 104 Pottawattamie County nonprofits, including the League, listed on the Pottawattamie Gives! page.

League Centers for Independent Living in Omaha and Council Bluffs will share \$345 in donations. The Omaha-Council Bluffs-area giving day does not include an in-person giving option. All donations must be online.

Seven Omaha-area nonprofits received more than \$100,000 in donations, led by Siena/Francis House Homeless Shelter with \$326,729.

The 24-hour giving days are held each year to raise awareness of local nonprofits and encourage local philanthropy. The need for charitable giving in support of nonprofits has never been greater. The League wishes to thank all those who donated in support of independent living and equal access for people with disabilities.

Winning Golfers

A photo shows four men lined up on a golf course, smiling, holding golf clubs. Representing Hillcrest Caring Companions, the team of, from left, Tony Hatcher, Tim Martens, Jim Janicki and Reggie Ripple won this year's Omaha-SW Iowa Benefit Golf Event May 31. For more, please read article elsewhere in this newsletter..

CEO's Note

According to Olmstead Rights.org, Olmstead, or Olmstead v. LC, is the name of the most important civil rights decision for people with disabilities in our country's history.

This 1999 United States Supreme Court decision was based on the Americans with Disabilities Act. The Supreme Court held that people with disabilities have a qualified right to receive state funded supports and services in the community rather than institutions when the following three part test is met:

1. the person's treatment professionals determine that community supports are appropriate;
2. the person does not object to living in the community; and
3. the provision of services in the community would be a reasonable accommodation when balanced with other similarly situated individuals with disabilities.

This now 20 year old decision is at the heart of Independent Living. For years, many individuals living with disabilities did not have any choice in where they could live.

Institutional or hospital settings were the only option. Now, the least restrictive setting is possible.

The League of Human Dignity celebrates the anniversary of this monumental decision which has impacted the quality of life for so many persons with a disability. A major component of independent living is choice, and this decision has given people choice in where and how they want to live in their community.

Kathy Kay
League Co-CEO

‘In the Most Integrated Setting Possible’

Landmark Civil Rights Decision Ensures Services Can Be Provided in Community Rather than Institutions

States are required by law to ensure that people with disabilities are not unnecessarily segregated in institutions but receive services in the community.

That’s the legacy of the landmark Olmstead Decision, handed down by the U.S. Supreme Court 20 years ago.

The Court based its ruling on sections of the Americans with Disabilities Act and federal regulations that require states to administer their services “in the most integrated setting appropriate to the needs of qualified individuals with disabilities.”

The case was brought by two Georgia women with disabilities, Lois Curtis and Elaine Wilson, who were living in state-run Georgia nursing homes. Their treatment professionals believed the two could be appropriately served in a community-based setting, so the women asked state officials to allow them to move into their own homes in the community.

The State refused and Atlanta Legal Aid attorney Susan Jamieson filed a lawsuit on their behalf. After appeals, the case was heard by the Supreme Court.

Justice Ruth Bader Ginsburg announced the decision of the court on June 22, 1999. The court ruled that Title II of the Americans with Disabilities Act prohibits the unnecessary institutionalization of persons with disabilities. Services to persons with disabilities must be provided “in the most integrated setting possible,” said the court.

In the lawsuits around the country that followed the decision, courts made clear that, although the Olmstead case involved a psychiatric hospital the decision applies to all state and Medicaid funded institutions. Courts also found that Olmstead applies to individuals living in the community who are at risk of institutionalization.

The work continues. Courts are now even beginning to apply Olmstead to non-institution contexts, including a Rhode Island case in 2014 relating to sheltered workshops, reports the website OlmsteadRights.org.

Just in time for Olmstead's 20th anniversary, the Nebraska Legislature in May passed legislation requiring a statewide "Olmstead Plan" for providing disability services.

Independent, community living has been the cornerstone of the disability rights movement and is the goal of services the League of Human Dignity has been providing for nearly 50 years.

While there is still much work to do, the Olmstead Decision, along with the League's successes, help us glimpse a future in which all Americans have the support they need, regardless of disability, to be part of the community rather than segregated in institutions.

Annual Omaha/Southwest Iowa Fund-Raiser Draws 16 Teams on a Beautiful Day for Golf

It was a beautiful day for the League's annual golf benefit in Council Bluffs, Iowa.

The ninth annual fundraiser May 31 benefits the Omaha and Southwest Iowa Centers for Independent Living was the biggest one yet, hosting 16 teams.

The team from Hillcrest Caring Companions, including Tony Hatcher, Tim Martens, Jim Janicki and Reggie Ripple, took first place in the four-player scramble.

In second place was Matt Jetter Medicare Insurance Solutions, made up of Zach Jetter, Matt Jetter, Dave Herrmann and Chris Blunk.

Taking third was Westgate Assisted Living, made up of Todd Pestal, Tom Pascale, Brad Buschow and Marty Feltner.

The event was held again this year at Bent Tree Golf Club east of Council Bluffs. A silent auction, buffet dinner and awards followed the scramble.

The event would not have been a success without our sponsors and donors, including:

\$2,000 and above: Caring for People Services.

Hole Sponsors (\$750): Matt Jetter Medicare Insurance Solutions.

Meal Sponsors (\$500): Hy-Vee, Olive Garden, Hillcrest Health.

Friend Sponsors (\$250 and under): Akkase Home Health Care, Bent Tree Golf Club, Black Hills Energy, Caretech Inc., Edward Jones, Frontier Savings Bank, Funny Bone

Comedy Club, Hillcrest Home Care, Hoy Kilnoski Funeral Home, Iowa Western Community Foundation, KMALand Radio, Penny's Visions Art Gallery, Women of Faith, Westgate Assisted Living, Zales Jewelry / Sapp Brothers.

Silent Auction Donors: 712 Eat + Drink, American Legion Country Club Shenandoah, Christy Crème, Ashley Lynn Palm Beach Tanning, Bellevue Berry & Pumpkin Ranch, Boulder Creek Amusement Park, Breezy Hills Winery & Vineyard, Casey's General Store, Cellar 19, Corum Flowers & Greenhouse, Coca Cola Enterprises, Cracker Barrel, David Storm / Best Western Plus Airport, Doll Distributing, Durham Museum, Eileen's Colossal Cookies, Fazoli's Italian Food, Fontenelle Nature Association, Fox Run Golf Club, Goldsmith Silversmith, Golf Galaxy, Grease Monkey, Greek Islands, Green Bay Packers NFL Organization, Harwood Services, Hilton Omaha, Home Depot, Ideal Pure Water, Indianapolis Colts NFL Organization, Iowa State University, Joslyn Museum, Kansas City Royals, Lansky's Pizza, Lauritzen Gardens, Lazlo's Brewery & Grill, Mad Ox Bakery, Loess Hills Lavender Farm, Market Street Gifts, McAlister's Deli, Menard's, Omaha World Herald, Omaha Community Playhouse, Opera Omaha, Russ & Penny's Vision Art Gallery, Pizza Ranch, Pacific Springs Golf Club, Physician's Mutual Insurance Co. Foundation, Stone Creek Golf Club, Potter by the Creek / The Painted Camel Gallery, Red Lobster, River Wilds Golf Club, Sam's Club, Scheel's Sporting Goods, Spaghetti Works, Tastee Treat, The Daily Nonpareil, The Rose Theater, Thunderbowl / Mc Coy's Grill & Patio, Tobey Jack's Mineola Steakhouse, Upstream Brewing Company, Wal-Mart, The Amazing Pizza Machine.

Two photos accompany this article. Side-by-side, each photo shows four men lined up on a golf course. At left, Matt Jetter Medicare Insurance Solutions took second place in the May 31 Omaha/SW Iowa Benefit Golf Event. The team is made up of, from left, Zach Jetter, Matt Jetter, Dave Herrmann and Chris Blunk.

At right, Westgate Assisted Living took third at the May 31 Omaha/SW Iowa Benefit Golf Event. The team is made up of, from left, Todd Pestal, Tom Pascale, Brad Buschow and Marty Feltner.

A third photo shows a man hitting a golf ball as three other men look on. Tony Hatcher tees off in the first hole for Hillcrest.

2019 Lincoln Benefit Golf Event

Thursday, September 19, 2019, The Highlands Golf Course, 5501 NW 12th Street, Lincoln, NE

This is an 18-hole, four-player scramble. Register a team for \$300.

Sponsorship and underwriting options also are available. To register or for more information, contact:

The League of Human Dignity, 1701 P Street, Lincoln, NE 68508, call toll free 1-888-508-4658 or email janderson@leagueofhumandignity.com

Proceeds from this 11th 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.

3rd Annual Disability Pride Day

1 p.m. to 4 p.m., Friday, July 12, 2019, at the Nebraska State Capitol, 1445 K Street, Lincoln

A day for people of all ages and with all disabilities to come together and show PRIDE in being people with disabilities.

‘DISABLED & PROUD’

Hosted by the Nebraska Statewide Independent Living Council, The Arc of Nebraska, People First of Nebraska, and the League of Human Dignity

Health Observances

June

June is Alzheimer's & Brain Awareness Month, sponsored by the Alzheimer's Association

Aphasia Awareness Month, National Aphasia Association

Cataract Awareness Month, American Academy of Ophthalmology

Men's Health Month, Men's Health Network

Myasthenia Gravis Awareness Month, Myasthenia Gravis Foundation of America

National Congenital Cytomegalovirus Awareness Month, National CMV Foundation

National Scleroderma Awareness Month, Scleroderma Foundation

PTSD Awareness Month, VA National Center for PTSD

June 2 is National Cancer Survivors Day, National Cancer Survivors Day Foundation

June 8 is Family Health & Fitness Day USA, Health Information Resource Center

June 10-16 is Men's Health Week, Men's Health Network

June 19 is World Sickle Cell Day, African American Blood Drive and Bone Marrow Registry for Sickle Cell Disease Awareness

July

July is International Group B Strep Awareness Month, sponsored by Group B Strep International

Juvenile Arthritis Awareness Month, Arthritis Foundation National Office

National Cleft & Craniofacial Awareness & Prevention Month, AmeriFace

UV Safety Month, American Academy of Ophthalmology

July 28 is World Hepatitis Day, Hepatitis Foundation International

Headed Into the Sun? Be Careful Out There

Skin cancer is the most common cancer in America - each year about 5 million people are treated for it.

Too much sun can lead to skin cancer, no matter what age you are. But be especially careful in the sun if you tend to burn easily, spend a lot of time outdoors, have freckles, fair skin, and if you have blond, red or light brown hair.

Examine yourself monthly. The most important warning sign is a spot that is changing in size, shape, or color. If you detect an unusual skin change, see a health care professional immediately. When detected early, skin cancers can almost always be cured.

To block out harmful ultraviolet radiation:

Cover up - wear tightly-woven clothing that blocks light.

Use sunscreen - at least SPF 15. You want to block both UVA and UVB rays.

Wear a hat that protects the neck, ears, eyes, forehead, nose and scalp.

Wear UV-absorbent sunglasses

Limit exposure - UV rays are most intense between 10 a.m. and 4 p.m.

For more information on preventing, detecting, and treating skin cancer, visit the CDC.gov, Cancer.org and Skincancer.org websites.

League Donors

April 4, 2019 to May 15, 2019

Builder (\$500 or more): Black Hills Energy, Brad A. Husak, Matt Jetter and Associates

Supporter (250 to \$499): .Monica Balters, Frontier Savings Bank, Hoy Kilnoski Funeral Home

Century (\$100 to \$249): Sheldon Museum of Art, Sarah Janiak, Paul Stanfield, INSPRO Insurance, Kathy Miller, Teresa Stewart, Vernon Clark, Tim Poole

Believer (\$50 to \$99): Elaine Monnier, Bruce Dvorak, Kimberly Troudt

Friend (\$25 to \$49): Jim Mannel, Monica A. Rigoni, Michaela Dean,

Other: Bequest from the estate of Stan Dinkelman, Tony Lazarowicz, Jason Hellmuth,

In Memory of Dan Gibb: D. Knorr

In Memory of Frank Greise: Lucas Greise.

In Memory of Stan Dinkelman: LHD Lincoln Membership Group for Barrier Removal

Associations & Support Groups

The League of Human Dignity maintains a list of associations and support groups in Nebraska, Southwest Iowa, the region and the nation for people who have 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."

Suggested changes or additions are welcome.

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

League Employees

Saying Hello:

Magenta Wooley, Services Coordinator, Lincoln
Amy Gross, Services Coordinator, Scottsbluff
Melissa Snyder, Services Coordinator, Lincoln
Thomas Gruber, Services Coordinator, Omaha
Jennifer Duffek, Independent Living Advisor, Lincoln
Anne Reimer, Services Coordinator, Omaha
Marvin Moore, Services Coordinator, Omaha
Terri Munter, Services Coordinator, Norfolk
Bob Timme, Accounting Assistant, Lincoln

Saying Good-Bye:

Bridget Greco, Services Coordinator, Omaha
Jim Dolezal, Independent Living Advisor, Lincoln
Heather Jordan, Services Coordinator, Norfolk
Tracie Ellrich, Level of Care Specialist, Omaha
Chuck Rigoni, Personnel Specialist, Lincoln
Sue Coleman, Services Coordinator, Lincoln

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: Invacare TDX SP power wheelchair with power elevated seat, leather, excellent condition. Mostly used indoors. Call Colleen, 402-499-9843 or 402-781-2740 (Eagle).

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

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

League Mourns Long-Time Member Dan Gibb

With sad hearts we note the passing of long-time League York Group member and League Board of Directors member Daniel “Dan” Gibb, 70, of York, NE. Dan died Thursday, April 11, 2019, in York.

Dan had been a League volunteer and member of the League’s York Chapter for 35 years, and served on the Board of the League of Human Dignity in Lincoln for several years. He also was a charter member of the York Eagles Club.

He was born February 6, 1949, in David City, NE to Claude William and Irene (Hullihen) Gibb. Dan worked at York State Bank in York as a loan officer for many years.

He is survived by his wife of 25 years, Jean, of York; daughter Susan Zysset of Hastings, step-daughters Traci (Dennis) Hoyle, Amy (Richard) Meyer, and Sue Ann Mefford, all of York, step-son Steven (Steve Atkins) Sloan of Coupeville, WA; several grandchildren, great grandchildren; nieces and nephews; and half-sister Coletta (Dean) Brown.

Private family services will be at a later date. Memorials may be directed to the family for later designation.