

On The Level

From the League of Human Dignity

August, 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

Disability Advocates Celebrate at Capitol

Annual Pride Day Event Includes Opportunity to Lobby State Senators to End DD Waiver Waiting List

A group of intrepid disability advocates braved the hot, sticky July weather to celebrate Disability Pride Day in Lincoln and show they are “disabled and proud.”

The event began about 1:30 p.m. Friday, July 12, on the steps of the State Capitol. Nebraska State Independent Living Council Executive Director Kathy Hoell kicked things off with a few words of encouragement. Those in attendance then moved inside to meet with Senators and listen to speakers.

The lobbying efforts were part of the campaign spearheaded by the Arc of Nebraska to end the state’s Developmental Disabilities Waiver waiting list. More than 2,330 Nebraskans qualify for services under the waiver, but instead have been placed on a waiting list that could require them to wait for years for services.

For more information about the “EndTheList” campaign, go online to www.arc-nebraska.org/tags/endthelist.

The afternoon’s speakers included Hoell, Arc of Nebraska Executive Director Edison McDonald, 2019 Ms. Wheelchair Nebraska Aubrey Freeze of Clay Center, NE, and Nebraska Secretary of State Robert B. Evnen.

Evnen spoke about new accessible voting legislation, including a provision for new ballot marking machines, and new training for county poll workers in ADA accessibility guidelines. He said the goal is to improve accessibility.

“It’s the law. Also, it’s the right thing to do,” Evnen said.

He reminded all in attendance that National Disability Voter Registration Week was July 15-19. He encouraged everyone eligible to register and then be sure and vote.

This was the third annual Disability Pride Day. It was sponsored this year by the League of Human Dignity, People First of Nebraska, The Arc of Nebraska, and the Nebraska Statewide Independent Living Council.

In a photo accompanying this article, two women, one in a wheelchair, talk with one another outdoors, on the steps of the capitol. League of Human Dignity Co-CEO Kathy Kay, left, and Nebraska State Independent Living Council Director Kathy Hoell, right, chat prior to the start of Pride Day events July 12.

Disability Pride Day

Four photos fill the page. In a large photo at top, a woman in a wheelchair speaks to a crowd outdoors. With her is a man interpreting in sign language and another seated woman shouting the speaker’s comments. At the 3rd Annual Disability Pride Day, at the Nebraska Capitol Friday, July 12, Nebraska Statewide Independent Living Council Director Kathy Hoell makes opening remarks.

Below are three smaller photos taken indoors. In one, a man stands at a podium speaking to a seated audience. Nebraska Secretary of State Robert B. Evnen stresses the need for all members of the disability community to vote.

In another photo, a woman seated in a wheelchair speaks to a seated audience. Ms. Wheelchair Nebraska Aubrey Freeze of Clay Center addresses attendees.

The third photo shows a group of people gathered around the information counter in the Nebraska State Capitol. Attendees gather in the capitol to prepare to visit their senators

CEO’s Note

National Disability Voter Registration Week was July 15-19.

National Disability Voter Registration Week (NDVRW) and the importance of this week focus on the necessity to get the word out to the disability community on the need to build up the disability vote.

In 2016, our community turned out 16 million voters across the country, according to Paraquad Center for Independent Living in St. Louis, MO. So this upcoming year is another great time for people with disabilities to ensure that they exercise their constitutional right to vote. The general election is an important way for individuals with disabilities to participate, make a difference and be heard!

At the League of Human Dignity, we can assist people in registering to vote at any of our Center for Independent Living locations in Omaha, Lincoln, Norfolk or Council Bluffs. We remind people that they are able to register to vote at any time of the year. We can help people fill out registration cards and talk to them about voting. It's also important to remember that any registered voter can vote by mail as an alternative to traveling to the polls.

On July 23, disability advocates marched in the nation's capital and rallied on the capitol steps before meeting with their representatives. We want to ensure that Washington realizes people with disabilities are to be heard.

Disability rights are human rights and the only way to guarantee that legislators keep foremost in their minds that people with disabilities are a force to be reckoned with is to not only participate in marches but to exercise one of our fundamental rights under the Constitution of the United States and VOTE!!

2019 League of Human Dignity Lincoln Benefit Golf Event

18-Hole 4-Player Scramble

Thursday, September 19, 2019

Highlands Golf Course

5501 Northwest 12th Street, Lincoln, Nebraska

10:30 a.m. Lunch; 11:30 a.m. Shotgun Start

Register as four-player team for \$400. The following sponsorship options also are available:

\$1,100 Donation includes a team, hole sponsorship, and name recognition in event program, at hole, on poster in clubhouse, in social media, and in the League newsletter.

\$800 Donation includes hole sponsorship and name recognition in event program, at hole, on poster in clubhouse, in social media, and in the League newsletter.

\$350 Donation includes name recognition in event program, at hole, on poster in clubhouse, in social media, and in the League newsletter.

To register or for more information, contact the League of Human Dignity, 1701 P Street, Lincoln, NE 68508; call 402-441-7871; FAX 402-441-7650; or email janderson@leagueofhumandignity.com.

Proceeds from this 11th annual Lincoln Benefit Golf Event will help the League fulfill its mission in the 19-county area served by the Lincoln Center for Independent Living: the full integration of people with disabilities into their communities.

Norfolk CIL Plays Host to Youth Transition Class

The League's Norfolk Center for Independent Living hosted a transition class for youths with disabilities age 14 to 21 in June.

The curriculum was centered on skills from food preparation to developing "soft skills" that are vital to living independently and employability — including good communication skills, time management, problem solving skills, self-confidence and self-reliance, as well as being a team player. The goal was to maximize students' potential abilities, leading to fulfilling and productive lives both at home and in their community and on the job.

Kati McKie, Employment Specialist with Nebraska Vocational Rehabilitation, assisted with the classes and participated. The classes were held twice a week, June 4 through 20. Due to the number of students participating and to correlate with summer school sessions, classes were held in the mornings and afternoons on Tuesdays and Thursdays.

Each Student received a cookbook with recipes in a variety of modalities in step by step instructions. Nutrition was discussed each week, with written information given to each student. Kitchen safety and safe food handling also was discussed each week. Oral instructions were also given for each step of a recipe. Assistance and encouragement to complete tasks independently was given as necessary.

The students were trained in safe handling of kitchen tools and appliances, including knives, manual can opener, measuring cups and spoons, microwave and waffle iron.

The versatility of a waffle iron, for example, is limitless. It can be used in the preparation of foods such as pizza, corn dogs, omelets, cookies and brownies, to name a few examples. A waffle iron is relatively inexpensive and can be used by someone in a standing or sitting position, as well as be placed in a location suitable to the specific needs of a person with a disability.

Both students and staff said they were amazed by the recipes, and will make them at home. The students worked together in completing each of the steps in the recipes, as well as enjoying the results of their efforts.

The class was the result of a proposal for the development and implementation of a program for transition students with disabilities during the summer of 2019. Norfolk CIL staff submitted the proposal to and received approval from Nebraska Vocational Rehabilitation.

Youth Transition is a core service of centers for independent living. It includes assisting youths and young adults with disabilities in making the move from school and life with parents to post-secondary education, employment or independent living.

In a photo accompanying this article, a woman and two students stand at a counter in front of several waffle irons. Students learn the versatility of waffle irons as part of the cooking and nutrition portion of their June transition class.

Football Fans:

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

2019 NU Home Games

Sat. Aug. 31 South Alabama 11 a.m.

Sat. Sept. 14 Northern Illinois 7 p.m.

Sat. Sept. 28 Ohio State TBA

Sat. Oct. 5 Northwestern 2:30 p.m.

Sat. Oct. 26 Indiana TBA

Sat Nov. 16 Wisconsin TBA

Fri. Nov. 29 Iowa 1:30 p.m.

Join Us on Social Media

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

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

Support the League When You Shop at Amazon

By Buying Through AmazonSmile!

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

September Marks 8th Annual World Alzheimer's Month

September is World Alzheimer's Month — a time to recognize the impact of dementia but also to act to support those affected.

The international campaign is held every September to raise awareness and challenge the stigma that surrounds dementia. This year marks the 8th annual observance. World Alzheimer's Day is observed each year on Sept. 21.

Every 68 seconds, someone develops Alzheimer's disease. At current rates, experts believe the number of Americans living with Alzheimer's will quadruple to as many as 16 million by the year 2050.

It's often called a family disease, because the stress of watching a loved one slowly decline affects everyone. 5.4 million Americans are living with the disease. It is the sixth-leading cause of death in the United States and the only one of the top 10 causes that cannot be prevented, cured or even slowed.

With the increases in life spans and baby boomers coming of age, support for Alzheimer's research is more critical to our families than ever.

Follow the campaign on social media, by visiting the website of the U.S. Alzheimer Association at www.alz.org.

Health Observances

August

August is Digestive Tract Paralysis Awareness Month, sponsored by the Gastroparesis Patient Association for Cures and Treatments; and Gastroparesis Awareness Month, sponsored by the International Foundation for Functional Gastrointestinal Disorders.

National immunization Awareness Month, National Center for Immunization and Respiratory Diseases.

Psoriasis Awareness Month, National Psoriasis Foundation.

Aug. 4-10 is National Health Center Week, the National Association of Community Health Centers.

September

September is National Atrial Fibrillation Awareness Month, sponsored by the American Foundation for Women's Health

National Traumatic Brain Injury Awareness Month, The Johnny O Foundation

Ovarian Cancer Awareness Month, National Ovarian Cancer Coalition

Pain Awareness Month, American Chronic Pain Association

Prostate Cancer Awareness Month, ZERO - The End of Prostate Cancer

World Alzheimer's Month, Alzheimer's Disease International

Sept. 8-14 is National Suicide Prevention Week, American Association of Suicidology

Sept. 10 is World Suicide Prevention Day, International Association for Suicide Prevention

Sept. 13 is National Celiac Disease Awareness Day, National Celiac Association

Sept. 29 is World Heart Day, World Heart Federation

Associations and Support Groups

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

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

Social Security Warns: Guard against Scammers

Consumers who can be seen as vulnerable often are targets of scammers — people who want to defraud or exploit them.

That's why Social Security is putting emphasis on keeping the online data of beneficiaries safe and secure. The agency is at the forefront of keeping online data secure, but recipients and their loved ones also play a vital role in safeguarding personal information.

Scammers commonly target people who are looking for Social Security program and benefit information. You might receive an advertisement in the mail, but it could be from a private company or even a scammer. U.S. law prohibits people or non-government businesses from using words or emblems that mislead others. Their advertising must not lead people to believe that they represent, are affiliated with, or endorsed or approved by Social Security.

If you receive misleading information about Social Security, send the complete advertisement, including the envelope it came in, to:

Office of the Inspector General Fraud Hotline, Social Security Administration, P.O. Box 17768, Baltimore, MD 21235

Scams can also happen online. A growing tactic is to use online dating sites. With any internet-based relationship, always keep personal details private until you meet face-to-face, says the U.S. Postal Inspection Service. Next, do an internet search of the other person's name and the town they claim to be living in.

Indications that someone may not be who they say they are include:

- A mismatch between their name and the name embedded in their email address.
- Obvious spelling and grammar errors.
- A request to send or receive money or packages on someone else's behalf.
- They need money right away due to a medical emergency, or they need a visa or air tickets. Or, a business opportunity arose that was too good to turn down.

If anyone asks for your Social Security number, never give it to them. And if they are specifically pretending to be from Social Security, please report the information to the Office of the Inspector General at 1-800-269-0271 or online at oig.ssa.gov/report.

Social Security officials also have received reports of people pretending to be Social Security employees contacting consumers, possibly intending to steal their identity or gain control of their bank accounts, said Nathaniel Kaup, Social Security Operations Supervisor in Lincoln.

Someone may contact a consumer stating that their Social Security number has been or is about to be suspended, or they may demand immediate payment. The caller generally asks you for personal information such as your Social Security number, date of birth, your mother's maiden name, or your bank or financial account information. You should never provide any of this information.

It's possible that a Social Security employee may contact you to follow-up on a previous application for Social Security benefits or to follow-up on other business you initiated with Social Security. But a Social Security employee will never threaten you or demand any kind of payment in exchange for services.

Protecting your information is an important part of Social Security's mission. You work hard and make a conscious effort to save and plan for retirement. For more information, please visit oig.ssa.gov/newsroom/scam-awareness.

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

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

PANHANDLE Medicaid Waiver Office, 17 E 21 St., Scottsbluff, NE 69361, Phone 308-632-0470

KEARNEY Medicaid Waiver Office, 3811 W. 29th Avenue, Ste 2, Kearney NE 68845, Phone 308-224-3665

NORTH PLATTE Medicaid Waiver Office, 2509 Halligan Dr., North Platte, NE 69101, Phone 308-532-4911

Online at leagueofhumandignity.com and Follow us on Facebook and Twitter

League Donors

May 9, 2019 to July 18, 2019

Builder (\$500 or more): Waste Connections, Cornhusker Auto Center, Firespring Foundation, Lincoln Industries, Lincoln Community Foundation, Nucor Corp., Promedcare Inc.

Supporter (250 to \$499): Home for Funerals Inc., Cattle Bank & Trust

Century (\$100 to \$249): Lonnie Mueller, Tim Poole, Red Capital Management LLC, Kathryn Aguirre, Ed Schulenberg, Emanuel Evangelical Lutheran Church, Norfolk Motor Company/GM Auto Center

Friend (\$25 to \$49): Timothy Lockwood,

Other: Amazon Smile Foundation, Paypall Charitable Giving match

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.

Barrier Removal Grants

Barrier Removal Grants are available to qualifying renters or homeowners and their family members who have mobility limitations.

Grants are available to:

- People in Omaha, Council Bluffs, and Lincoln & Lancaster County.
- People with low to moderate income, as defined by the U.S. Department of Housing and Urban Development.
- People who need help removing barriers in their homes.

Examples of eligible modifications include outside ramps and lifts, grab bars, handrails, widened doorways, accessible tubs and showers, and reachable sinks and counters.

League staff offers a variety of services to assist in making homes more accessible to people with disabilities. For more information or for an application for a Barrier Removal Grant, contact:

Lincoln CIL, 1701 P St., Lincoln, NE 68508, Ph.402-441-7871

Omaha CIL, 5513 Center St., Omaha, NE 68106, Ph. 402-595-1256

SW Iowa CIL, 1520 Avenue M, Council Bluffs, IA 51501, Ph. 712-323-6863

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.

League of Human Dignity FLEECE VESTS

Blue or Gray / Sizes medium through 4XL

ON SALE WHILE SUPPLIES LAST

All sizes \$29.95 (price includes sales tax)

Get Your League of Human Dignity Cotton Tote Bag

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

The League of Human Dignity Building Corporation

Is taking applications for 1 and 2 bedroom apartments with roll-in showers in Lincoln, Omaha, York, Columbus, Norfolk and Hastings.

These units come with Section 8 certificates and rent is based upon income. Eligible applicants must qualify under income guidelines established by the U.S. Department of Housing and Urban Development (HUD).

Applicants must experience disability to qualify.

To apply or for more info, call Terri Kremer at 1-888-508-4758 V/TDD or email tkremer@leagueofhumandignity.com

League Employees

Saying Hello:

Linnea Jones, Services Coordinator, Lincoln

Shannon Triplet, Independent Living Advisor, Omaha

Julie Schmidt-Wells, Services Coordinator, Omaha

Michele Jurey, Secretary, Kearney.

Saying Good-Bye:

Connie Murphy, Independent Living Advisor, Omaha

Shante' Chism, Services Coordinator, Omaha

Marvin Moore, Services Coordinator, Omaha

Frann Mersnick, Independent Living Advisor, Council Bluffs

NE Statewide Independent Living Council Upcoming Meeting

10 AM to 4 PM, Friday, August 23, 2019

Lincoln Community Foundation Building

5th Floor Large Conference Room

215 Centennial Mall South, Lincoln, NE

Interested persons are invited to attend and/or to provide oral or written comment. A current agenda is available on the NESILC website, www.nesilc.org; by writing the Statewide Independent Living Council, 215 Centennial Mall South, Suite 519, Lincoln, NE 68508; by calling 402-438-7979; or email info@nesilc.org.

Transportation When You Need It

The Extended Hours Service is for people with disabilities in Lincoln who need accessible, affordable rides when other options are not available.

Service Times: 5 to 11 p.m. weekdays; 8 a.m. to 11 p.m. Saturday; 8 a.m. to 5 p.m. Sunday; 8 a.m. to 5 p.m. on Holidays (Memorial Day, the Fourth of July, Labor Day, Thanksgiving, Christmas & New Year's Day)

Service Area: Lincoln, NE

Cost: \$4 per one-way ride

Reserve rides 9 a.m. to 4 p.m. Monday through Friday. Call for reservations 1 to 7 days in advance. Same-day requests are subject to space availability.

A HandiVan or EHS identification is required: You can get both at the League of Human Dignity, 1701, P Street, in Lincoln. Stop in or call 402-441-7871 for more information, details about eligibility and registration.

Questions or complaints about EHS scheduling & service may be directed to Servant Cab Company: Kirby (owner) 402-770-3683