

On The Level

From the League of Human Dignity

October, 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

League Golf Event Welcomes 22 Teams

The team of Jim Moore, Jay Moore, Todd Koeppe and Dan Billerbeck made it a repeat, winning this year's League of Human Dignity Golf Event with a 15-under-par 57.

The event was again held at the beautiful Highlands Golf Course in Lincoln, on Thursday, Sept. 19. It featured 88 golfers on 22 teams. Play was organized as an 18-hole scramble and began at 11:30 a.m. The day included lunch, games, a silent auction, buffet dinner and awards presentation.

This was the 11th Annual Lincoln Benefit Golf Event, the League's main fund-raising event of the year in Lincoln. Following an early-morning downpour and cloudy skies, the day turned warm, sunny and windy.

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

Following the Moore, Moore, Koeppe and Billerbeck team, the team of Steve Hughes, Brian Bock, Steve Harris, and Chris McCormack took second with a 58.

After the day's scores were tallied, the field of 22 teams was divided into three flights.

Leading the second flight was the team of Jason Bryant, Mike Bryant, Bob Hendricks, and Tim Donner with a 61, winning by tie-breaker over the team of Jake Grasmick, Brennan Baker, Matt Ankerson, and Chuck Larsen.

Shooting a 65, the team of Randy Goyette, David Dudley, Andrew Weeks, and Mike Hannon took first in the third flight. The team of Jeff Bennett, Greg Gose, Del Rice, and Tyler Steffensmeier was second in the third flight with a 66.

Two photos accompany this article. In the first, a female golfer tees off, Rikki Mueller tees off on the 12th hole at the Highlands Golf Course during the League's Sept. 19 benefit.

In the second photo, four male golfers stand in a line looking at the camera, The team of, from left, Todd Koeppel, Jim Moore, Jay Moore and Dan Billerbeck took first place at the League's Sept. 19 Golf Benefit, shooting a 57 for the 18-hole event.

Thanks for Making Event a Success

The League thanks everyone who helped make this year's Benefit Golf Event a success, especially our sponsors and donors:

\$500 to \$1,100: Baylor Evnen Curtiss Gemit and Witt, Telesis (Lazlo's, FireWorks & Data Security), Lincoln Federal Savings Bank, Caring for People Services, INSPRO Insurance Co., and Lincoln Industries.

\$250 to \$500: Security First Bank, Centrix Solutions a Q2 Company, Blur Parties, Mobile Computer Repair, Residence Inn Marriott, Red Rebel Media, Hillcrest Country Club.

\$250 and under: Del Gould Meats, Carpet Land, 31:13 Studio, Austad's Golf, Lincoln Chiropractic, Misty's Steakhouse, John & Kathy Fink, Nebraska Lottery, Mulberry BBQ, Licorice International, 3 Daughters Boutique, Julie & James Nygren, O Street Carpet, Wayne Lenhoff, US Bank, Scooter's Coffee, Trader Joe's, Home Solutions of Nebraska, Jake's, CheeseSteak Grille, Jack's Bar & Grill, Phat Jack's BBQ, Leadbelly's, Scheels, Rosie's Sports Bar & Grill, Stop 'N Shop, Good Life Fitness, Dave Claus, LeQuartier Bakery & Cafe, Toast, Steve Nolan, 9th Street Chargrill, Moose's Mad Fresh, Smoking Gun Jerky, Hamilton Equipment Co.

The event was organized by a committee made up of Clay Peterson, Ed Schulenberg, Wayne Lenhoff, Jay Rose, Jeremy Schafer, John Fink, Mitch Miller, and League staff Kathy Kay, Mike Schafer, Shawna Keller, Terri Kremer, Bob Timme, Jim Anderson, Jodi Mason and Merilyn Iverson.

Five team photos each featuring four golfers, accompany this article. From top to bottom, The team of, from left, Chris McCormack, Steve Harris, Steve Hughes and Brian Bock took second overall. First in the second flight was Bob Hendricks, Jason Bryant, Mike Bryant and Tim Donner. Second in the second flight was Jake Grasmick, Brennan Baker, Matt Ankerson and Chuck Larsen. First in the third flight was Mike Hannon, David Dudley, Andrew Weeks and Randy Goyette. Second in the third flight was Del Rice, Greg Gose, Jeff Bennett and Tyler Steffensmeier.

A sixth photo features a male golfer putting as three of his teammates watch, Eddie Panton putts on the 11th hole as his teammates look on during the Sept. 19 event at the Highlands.

CEO's Note

As the days get shorter and the temperatures get cooler, our thoughts turn to the fall season. If you are like me, you welcome this time of year. Not only is it more pleasant to be outside, but it is a beautiful time to enjoy the foliage of the trees. It is a time to be thankful for not only the weather changing, but also we are so thankful for the many acts of generosity and giving that we have experienced throughout the year.

Recently, we held our 11th annual Golf Fundraising event. It is always so heartwarming that we receive so much community support. In this issue there is more regarding this fun and philanthropic event.

Along with the many items we have to be thankful for at this time of year, it is also a time of year to be prepared. As I write this, it's National Preparedness Month. With the recent and ongoing flooding we have experienced over the year, along with last year's terrible winter storms, more than ever it is imperative to have a plan in case of a disaster or emergency. Make sure that you are aware of the local emergency shelters. Make sure that you have an emergency bag packed and ready in case of need. Listed below you will find information on emergency preparedness.

So along with being thankful for all the wonderful giving and support shown to the League we also are thankful for all the local resources and community support available in case of an emergency. Make sure that you are aware of where to go for help in case of an adverse event. Please review the Disaster Preparedness Plan formulated by FEMA.

Have a happy, thankful and safe fall season!

Kathy Kay, League Co-CEO

Disaster Shelter

Choosing to take shelter is necessary in many emergencies.

Sheltering outside the hazard area could include staying with friends or relatives, commercial lodging or a mass care facility.

To effectively shelter, consider the hazard and then choose a safe place in your home or other building. In case of a tornado, for example, a basement or interior room on the lowest level away from corners, windows, doors and outside walls.

Mass care shelters often provide water, food, medicine and basic sanitary facilities, but plan to take your disaster kit with you so you will have the supplies you require.

Find an open shelters by texting SHELTER and a Zip Code to 43362. For example: Shelter 01234 (standard rates apply). -From ready.gov

Important Numbers:

Eastern Nebraska Red Cross, 402-441-7997

Central & Western Nebraska Red Cross, 308-382-3790

Omaha/Council Bluffs Metro Red Cross, 402-343-7700
Iowa Red Cross, 515-243-7681
Nebraska Emergency Management, 402-471-7421
Iowa Emergency Management, 515-725-3231

Your Disaster Kit

Store items in airtight plastic bags and put your entire kit in one or two easy-to-carry containers such as plastic bins or a duffel bag. A basic emergency kit could include the following items:

- Water - one gallon of water per person per day for at least three days
- Food - nonperishable, at least a 3 day supply
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert
- Flashlight
- First aid kit
- Extra batteries
- Whistle to signal for help
- Medications/medical equipment
- Glasses, contact lense solution
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- Manual can opener for food
- Local maps
- Cell phone with chargers and a backup battery

For more suggestions and a recommended list in pdf format, go to [ready.gov/kit](https://www.ready.gov/kit)

Wayne Man Publishes Book to Educate Children

A Wayne resident and wheelchair user has published a book that aims to teach children that wheelchairs aren't scary.

Zach Jorgensen is a 22-year-old graphic designer, author, motivational speaker, vlogger, hip-hop artist, and a consumer of services provided by the League's Norfolk office.

Zach graduated from the University of Nebraska at Omaha in May with a degree in graphic design and moved back to his hometown of Wayne with the intentions of making a difference.

"I wasn't sure what I was going to do from there," Zach said. "I got the idea from a friend that a children's book would be cool."

He said he wanted the book to have meaning, so he decided to write about something personally important to him.

Zach was diagnosed with Duchenne muscular dystrophy at age 5. DMD is a genetic mutation that prevents his body from producing a specific protein that muscles need to work properly. He uses a wheelchair, which requires him to overcome obstacles every day.

“Throughout my whole life of being in a wheelchair, I have noticed that children are scared of my wheelchair,” he said. “Some would even cry and try to hide from me.”

He wants to use his book, “Wheelchairs Aren’t Scary,” to inform children that there is nothing to be afraid of.

“That was kind of a weird and different experience for me, and I want to share and explain that experience with other people,” he said.

After doing research to see what writing a children’s book entailed, Zach got to work. He also did the book’s illustrations. The process took him two months from start to finish.

The book is self-published through Kindle Direct Publishing, which is a company run by Amazon.

“It’s a pretty easy process,” he said.

Zach said the book is targeted at 3- to 8-year olds because this age group is known to be the most uneasy around wheelchairs.

He said he hopes the book is a fun learning opportunity for people.

“I hope people can read it and realize that wheelchairs aren’t so scary after all,” he said.

Wheelchairs Aren’t Scary is available for purchase on Amazon for \$9.99, or on Zach’s website, zjmotivation.com.

He can be reached for motivational speaking and book signings at zach@zjmotivation.com.

Zach’s YouTube channel is Jorgey, at www.youtube.com

Two photos accompany this article. In the first, a young man in a wheelchair outdoors smiles at the camera, Zach Jorgensen, 22, of Wayne, NE, is author of the new children’s book, Wheelchairs Aren’t Scary.

The second photo is a thumbnail illustration of the cover of Zach’s book. It shows a drawing of a smiling boy in a wheelchair on a white background. To the right of him in red letters is the text, “Wheelchairs Aren’t Scary” and beneath that in smaller black letters, “Written and illustrated by Zach Jorgensen.”

This story, by Madelyn Meier, appeared in the Norfolk Daily News and is used here with permission.

Attention!

All StarTran Handi-Van Riders:

What: Transportation Forum

When: Wednesday, Oct. 23, 2019

Time: 2:00 p.m. to 3:30 p.m.

Where: League of Human Dignity, 1701 P Street, Lincoln, NE 68508

The League of Human Dignity welcomes Handi-Van patrons to come and share your thoughts about Handi-Van services and transportation options for people with disability in Lincoln.

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. 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.

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!

October is Disability Employment Awareness Month

Held each October, National Disability Employment Awareness Month (NDEAM) is a national campaign that raises awareness about disability employment issues and celebrates the many and varied contributions of America's workers with disabilities.

Reflecting a commitment to a robust and competitive American labor force, the theme for this year's NDEAM is "The Right Talent, Right Now."

NDEAM's roots go back to 1945, when Congress enacted a law declaring the first week in October each year "National Employ the Physically Handicapped Week." In 1962, the word "physically" was removed to acknowledge the employment needs and contributions of individuals with all types of disabilities. In 1988, Congress expanded the week to a month and changed the name to "National Disability Employment Awareness Month."

Upon its establishment in 2001, the U.S. Department of Labor's Office of Disability Employment Policy (ODEP) assumed responsibility for NDEAM. It has worked to expand the reach and scope of the observance ever since.

The League of Human Dignity has been dedicated to the full integration of people with disabilities into the workplace, as well as all other areas of the community, since it was founded in 1971.

For more information about NDEAM, go online to the main NDEAM web page at www.dol.gov

The 2019 NDEAM poster accompanies this article. The background is purple with the theme, The Right Talent, Right Now, in white letters staggered down the upper left side. Below the theme, also in white letters, are the words National Disability Employment Awareness Month, hashtag NDEAM slash dol.gov/odep. [Dol.gov/odep](http://dol.gov/odep) is the address of ODEP's website. The very bottom of the left side is DOL's seal with the words Office of Disability Employment Policy and United States Department of Labor to its right. The right side of the poster shows five images of employees with disabilities working in inclusive workplaces.

Celebrating 40 Years of Service

A photo shows a smiling woman, standing next to a poster covered with photos of her working at the League of Human Dignity over the past 40 years. Congratulations Merilyn Iversen on 40 years with the League of Human Dignity! Merilyn, an accounting assistant in the League's Lincoln office, started work on Sept. 4, 1979. She has worn many hats during her years at the League, including Secretary/Bookkeeper, Fiscal Manager, Assistant Executive Director, Chief Financial Officer and Housing Manager. The Lincoln staff celebrated the milestone with Merilyn during a party in her honor on Thursday, Sept. 5.

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 visit our website: leagueofhumandignity.com/getinvolved/ and click on "Support Groups." The list is in pdf format.

Suggested changes or additions are welcome.

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

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.

Medicare Officials Urge: Guard Your Card

As Medicare Open Enrollment approaches the Centers for Medicare & Medicaid Services (CMS) is reminding beneficiaries to be vigilant and take precautions to avoid falling victim to fraud.

Scammers may use the increased public outreach activities during Open Enrollment as an opportunity to strike.

Last year, CMS removed Social Security numbers from Medicare cards. Ahead of schedule, the agency completed a successful mailing of new cards with a more secure ID number to protect beneficiaries. Even so, CMS is reminding people to guard their Medicare cards as they would a credit card, and to check Medicare claims summary forms for errors, and be wary of unsolicited requests for your Medicare number.

Medicare will never call beneficiaries to ask for or check Medicare numbers. To bring heightened public awareness to potential fraud, CMS is airing a national advertising campaign through October 14, the day before Open Enrollment begins. The ads will run on television and on digital platforms.

“Health care scammers will go to great lengths to steal from Medicare beneficiaries. That’s why guarding your Medicare card and personal information is essential,” said CMS Administrator Seema Verma. “You can protect yourself by knowing what to look for.”

If a caller says they’re from Medicare and asks for your Medicare number or other personal information – hang up, Verma said. It’s probably a scam. Only give your Medicare number to participating Medicare pharmacists, primary and specialty care doctors or people you trust to work with Medicare on your behalf.

To protect yourself from fraudsters, CMS offers the following security tips:

Never accept medical supplies from a door-to-door salesman. If someone comes to your door claiming to be from Medicare, remember that Medicare and Medicaid do not send representatives to your home.

Never give your Medicare card, Medicare number, Social Security card, or Social Security number to anyone except your doctor or people you know should have it.

Remember, nothing is ever "free." Never accept offers of money or gifts for free medical care.

Be wary of providers who tell you that the item or service isn't usually covered, but they "know how to bill Medicare" so Medicare will pay.

Always check your medications before leaving the pharmacy to be sure you received the correct medication prescribed, including whether it's a brand or generic name. If you don't get your prescription filled correctly, report the problem to the pharmacist.

Report suspected instances of fraud by contacting the HHS OIG Hotline or Medicare's toll-free customer service operations at 1-800-MEDICARE (1-800-633-4227). You can also go online to find more information at, www.medicare.gov/fraud.

For more information on CMS' fraud efforts, go online to cms.gov and navigate to "Newsroom"

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

League Employees . . .

Saying Hello:

Jillian Van Bibber, Services Coordinator, Omaha

Janie Ulmer, Services Coordinator, Omaha

Abbey Greene-Walsh, Services Coordinator, Omaha

Amy Broadstone, Level of Care Specialist, Lincoln

Linda Higgins, Interim Panhandle Medicaid Waiver Office Director, Scottsbluff

Stephaney Sprinkle, Independently Living Advisor, Omaha

Melonie Johnson, Secretary, Omaha

Saying Good-Bye:

Patty Shumway, Panhandle Medicaid Waiver Office Director, Scottsbluff

Wanda Rose, Secretary, Omaha.

Ella Mae Gubbles, Services Coordinator, Omaha

League Donors

July 26, 2019 to Sept. 18, 2019

Builder (\$500 or more): John Fink Realty, Academy Lincoln Project Owner, Lincoln Landscaping, Cattle Bank & Trust, Lincoln Federal Savings Bank, Baylor Evnen Law Offices,

Supporter (250 to \$499): Susan E. Wiederspan, Home Real Estate, Bryant Katt & Associates, Carpet Land, Todd Koeppe, Pro Line Construction, Centrix Solutions, Mobile Computer Repair

Century (\$100 to \$249): Schneider Electric North America Fund, Radcliff & Associates, James Nygren, NIR, Francis Haskins

Other: Amazon Smile Foundation,

In Memory of Dan Gibb: LHD Lincoln Membership Group

In Memory of Lynn Doris Greise: Teeple DeRooco

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.

FOR SALE: Indoor/outdoor Acorn chair lift, like new, 4 step, swivels at top, electric, 2 remotes, 300 lb. capacity, easy to install. Call Judy 402-750-9642 or Gary 402-750-1663 (Norfolk).

FOR SALE: Like new Golden MaxiComfort 505 Medium Lift Chair, purchased in August 2018 & seldom used to early November 2018. \$500, call after 10 a.m. 402-464-7871 (Lincoln).

FOR SALE: Lift chair (Manufacturer - Flexsteel). \$1,500 new, selling for \$750 OBO. Gel infused memory foam cushion. Dual motor, excellent condition. Call Doug Fenn, 402-730-8650.

FOR SALE: 3 wheel scooter (Go Go Elite Traveler). \$1,000 new, selling for \$500 OBO. Very good condition. Call Doug Fenn, 402-730-8650.

WANT TO BUY: Used Wheel-O-Vator or vertical platform lift in the Lincoln, NE, area. Call 402-560-1111 (Lincoln).

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

Important Notice

Effective October 31, 2019, The League of Human Dignity's Extended Hours Transportation Service (EHS) will be discontinued.

Lincoln's StarTran Handi-Van runs from 5:40 a.m. to 9:50 p.m. Monday through Friday, and 6:40 a.m. to 7:35 p.m. Saturdays. There currently is no Handi-Van service on Sundays or holidays.

Wife of Activist William Rush, Celebrates Release of New Memoir with Lincoln Visit

Christine Robinson, wife of the late William "Bill" Rush, is coming to Lincoln to celebrate the release of the couple's memoir.

Chris will be at the First Baptist Church, 14th & K Streets, in Lincoln, from 4 to 5:30 p.m. Saturday, Oct. 12. She will sign copies of the new book, which she and Bill co-authored,

Our Life Our Way, A Memoir of Active Faith, Profound Love and Courageous Disability Rights.

The event will include a meet and greet, fun interview with author, live music, book purchases and signing, and light refreshments.

Bill was a disability rights activist and author. He also worked for the League of Human Dignity as a contributor to On The Level and was a League peer counselor for 15 years before his death in 2004, at age 49. Bill lived with cerebral palsy and was the first person with quadriplegia to graduate from the University of Nebraska-Lincoln.