

## To Our Consumers During This Difficult Time

During the current coronavirus pandemic, the League of Human Dignity has updated its procedures to best follow the directions of federal and state agencies to protect our consumers, staff and the community. With this in mind:

- League offices will remain locked during business hours. League staff will continue to provide services to our consumers via phone, email, fax, mail or through other arrangements designed to emphasize minimal personal contact.

- If you need to drop off timesheets, correspondence or other documents please use the mail slot or the receptacle provided.
- If you need to rent or borrow durable medical equipment, please call the League and make arrangements by phone first, then you may sign the required documentation and pick up your equipment at the designated location.

If you have any questions or concerns, call your local League office. Thank you for your understanding.

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## People with Disabilities: Take Extra Precautions

You can help prevent the spread of respiratory diseases like COVID-19 with the same steps you take to protect yourself from the flu.

These include avoiding contact with sick people; avoid touching your eyes, nose and mouth with unwashed hands; and washing your hands frequently. In addition, people with disabilities should consider these additional precautions:

Ensure you have back up attendants, in case your regular attendant becomes sick or cannot work. Ensure that you have the ability to get assistance if an attendant is unable to show up for work.

Try to have at least a week's worth of nonperishable food in your home — two weeks is better — and identify people who can help with shopping. If this is not financially feasible, seek out assistance from local organizations or food banks

Stock up on other important supplies, including toilet paper, cleaning supplies, hygiene products and such.

Identify a way to ensure you get your medications in a timely manner.

Plan for your pets. There may be difficulties in getting pet food or your pets may need someone to take care of them if you are hospitalized.

Have your attendants wash their hands and use hand sanitizer when they arrive at your home and each time prior to touching or feeding you.

Regularly clean, sanitize and disinfect the surfaces in your home that people touch. Use disinfectant wipes on items that are frequently touched, including your telephone, doorknobs, refrigerator handle, wheelchair controls, etc.

If your attendant has been exposed to others who are sick, have them take extra steps to avoid infecting you by wearing a surgical mask. They should be extra vigilant about not touching their face or yours. If your attendant becomes sick, urge them to seek medical care.

If you or a member of your household become sick, act immediately to avoid infecting your attendants. As a person with a disability, it may be difficult for you to cover a cough or sneeze, so wear a surgical mask if you are sneezing or coughing.

If someone in your household becomes sick, take steps to avoid infecting other people. If possible, have them stay in a separate room of your home until they are well.

If you become sick, seek medical care immediately.

## Life during Coronavirus — COVID-19

I never imagined that I would be writing my April 2020 CEO column during a Pandemic. Who saw this coming? It is like we are in a very bad nightmare, but, we are not. It is our responsibility as citizens to do what has to be done to keep people, our families, our loved ones and ourselves safe during these trying times.

The League of Human Dignity is still providing services, but in a different manner. We have closed all our offices to traffic that is not vital and have minimized our personal contact with people. We are conducting much of our business by phone and will continue in this manner for the foreseeable future. We realize that we work with populations who may be most seriously and negatively impacted by this cruel virus.

The outbreak of coronavirus disease 2019 (COVID-19) is increasing stress in many people. Fear and anxiety about a disease can be overwhelming and can cause strong emotions in adults and children. The changes to our routine and the self-imposed quarantine status are very difficult for all of us. Coping with stress will make you, the people you care about, and your community stronger.

Here are some things you can do to support yourself:

- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body. Take deep breaths,

stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.

- Make time to unwind. Try to do some other activities you enjoy.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.
- Reduce stress in yourself and others
- Sharing the facts about COVID-19 and understanding the actual risk to yourself and people you care about can make an outbreak less stressful.
- When you share accurate information about COVID-19 you can help make people feel less stressed and allow you to connect with them.

For legitimate information and help please use reputable sources for your information, including:

[www.cdc.gov](http://www.cdc.gov)

[www.who.int](http://www.who.int)

<https://coronavirus.jhu.edu/map.html>

<https://coronavirus.jhu.edu/>

<https://www.unmc.edu/>

<http://dhhs.ne.gov/>

Stay safe everyone!



Kathy Kay  
League Co-CEO

### ON THE LEVEL

Volume 49 • Number 2

***ON THE LEVEL** is the bi-monthly newsletter of the League of Human Dignity, Inc. The League is a consumer-based, nonprofit organization, dedicated to independent living for people with disabilities. The League offers services throughout Nebraska and Southwest Iowa through Centers for Independent Living and Medicaid Waiver offices.*

*This newsletter is available online, by email subscription, Braille and on audio CD. To subscribe in any of these formats, contact us at: Editor, On The Level, 1701 P Street, Lincoln, NE 68508; 402-441-7871 V/TDD. The newsletter also is archived on our website: [leagueofhumandignity.com](http://leagueofhumandignity.com)*

# 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 and Southwest



Iowa Centers for Independent Living are taking part in Omaha Gives! and Pottawattamie Gives! and the Lincoln CIL is taking part in 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 8th Annual Omaha Gives! sponsored by American National Bank on Wednesday, May 20, 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, using the same online platform.

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 \$1, and hour-

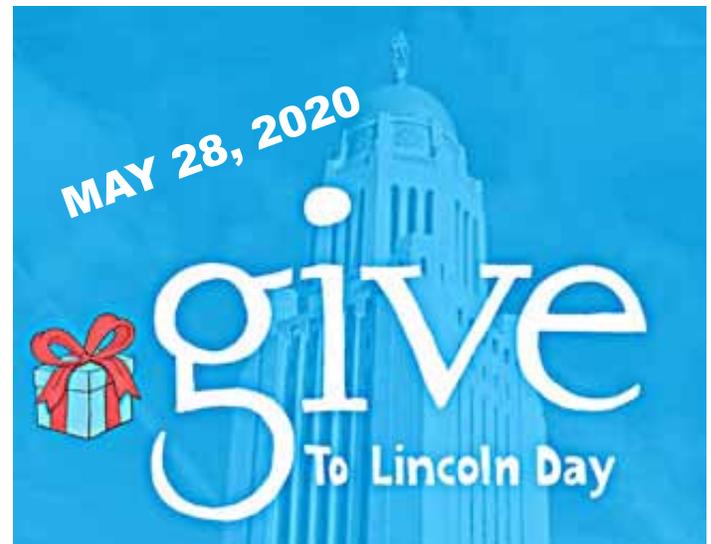
ly drawings, prizes and bonus dollars will boost gifts. The official website, [www.omahagives.org](http://www.omahagives.org), as well as [www.omahagives.org/pottawattamie](http://www.omahagives.org/pottawattamie) features a list of all nonprofits and their updated donations totals throughout the day.

The 9th annual Give To Lincoln Day starts at 12 a.m. on Thursday, May 28, and 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](http://www.givetolincoln.com) from 12 a.m. to 11:59 p.m. May 31. But the foundation has in the past also accepted in-person donations. During the current coronavirus pandemic and resulting federal, state and local precautions, it remains to be seen how in-person giving will be affected this year.

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](http://leagueofhumandignity.com) and Facebook page. And follow the League on Twitter (@league68508) for the most up-to-date information.

**April is Fair Housing Month**  
**End Housing Discrimination in Every Community**

# Nebraska, Iowa Legislation to Watch

Both the Nebraska and Iowa Legislatures suspended their sessions in March amid coronavirus concerns — Nebraska indefinitely and Iowa for 30 days.

When lawmakers do get back to work, here are a few of the bills we're keeping an eye on:

## Nebraska 106th Legislature

LB 786 would require that Department of Corrections inmates be screened for traumatic brain injury, mental illness and disability upon admission. The bill is currently in the Legislature's Judiciary Committee.



LB 864, the Bed Bug Detection and Treatment Act, would make landlords in Omaha responsible for inspection and treatment for bed bugs by qualified pest inspectors. The act would not affect other Nebraska cities. The bill is currently in the Legislature's Urban Affairs Committee.

LB 976 would redefine "handicapped" or "disabled" for purposes of acquiring handicapped or disabled parking permits, by including neurological impairments. The bill has been placed in the Legislature's General File.

LB 1164 would replace outdated terms for people with disabilities in state civil rights provisions. The bill is currently in the Legislature's Judiciary Committee.

LB 1204 would develop a family support waiver and family support program under the Disabled Persons and Family Support Act. It would provide families with children who have disabilities access to supports and services without consideration for parental income, and would allow family members to maintain employment. The bill is currently in the Legislature's Health and Human Services Committee.

LB 1020 would ban housing discrimination based on lawful income by requiring landlords to accept Section 8 vouchers and other government housing subsidies. The bill is currently in the Legislature's Judiciary Committee.

LB 827 would pay for a 2.2 percent raise for providers of developmental disability services. The bill is currently in the Legislature's Appropriations Committee.

LB 851 would require the Department of Health and Human Services to provide continuous Med-

icaid eligibility for minors without additional review and regardless of changes in resources or income, with annual eligibility reviews up to age 19. The bill is currently in the Legislature's Health and Human Services Committee.

LB 933 would limit public utilities from charging excessive fees for disconnection or reconnection of services due to nonpayment. It also would prevent shutoff for at least 60 days for customer with illness or disability. The bill has been placed in the Legislature's General File.

LB 955 would require DHHS to provide further support and explain why eligibility for Medicaid services is discontinued or modified and allows 30 days to appeal. The bill is currently in the Legislature's Health and Human Services Committee.

LB 994, the Organ Transplant Fairness Act, would prohibit discrimination on the basis of mental or physical disability against people who need organ transplants. The bill is currently in the Legislature's Judiciary Committee.

LB 1215 would eliminate the developmental disability services waiver waiting list. It would appropriate funds to the DHHS to fund all persons currently on the waiting list. The bill is currently in the Legislature's Appropriations Committee.

LB 932 would speed Medicaid expansion, allowing 15,000 to 20,000 people with disabilities without health insurance access to Medicaid. The bill is currently in the Legislature's Health and Human Services Committee.

## Iowa 88th General Assembly

HF 2097 would require the Department of Transportation to install adult changing stations in rest areas. The bill is currently in the House Judiciary Committee.

HF 2138 would cap the amount private insurance can charge for insulin cost-sharing at \$100 for a 30-day supply. The bill passed 98-1 in the House and is now being considered in the Senate.

HF 2222 would require the state to ask Medicaid for a waiver to allow federal Medicaid funds to be used to provide services in larger mental health facilities (those with more than 16 beds). This would allow the state to spend less state dollars at the state institutions, which are currently funded with 100% state funds. The House Human Resources Committee has recommended passage.

see **LEGISLATION** on page 5

# LEGISLATION

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HF 2526 would allow funds from a medical assistance special needs trust or supplemental needs trust to be transferred to an Iowa ABLÉ savings plan trust account. The bill is currently in the House Human Resources Committee.



HF 2561 would prohibit transplant discrimination against people with disabilities. The bill passed 99-0 in the House and is now being considered in the Senate.

SF 2017 would require Iowa Medicaid to create and maintain an interactive database of community choice option (CCO) and consumer-directed attendant care (CDAC) providers for use by Medicaid members who utilize personal care services. The bill is currently

in the Senate Human Resources Committee.

SF 2106 would require that certain housing build with public funds incorporate universal design standards relating to accessibility. The bill is currently in the Senate's Committee on State Government.

SF 2177 would make several changes to improve Medicaid managed care processes, including case management services, workforce retention programs, uniform authorization criteria, and Medicaid MCO oversight ombudsman. The bill is currently in the Senate's Appropriations Committee.

SF2272 would require DHS to conduct national accuracy clearinghouse matches and conduct asset tests for people applying for or receiving food assistance (SNAP), Medicaid, and other public assistance programs administered by the department. The bill also requires DHS to redesign or establish a new verification system for public assistance programs. The bill passed 32-17 in the Senate and is now being considered in the House.

SF 2366 would place work requirements on individuals receiving food assistance (SNAP) or Medicaid, and applies a graduated eligibility phase-out of childcare assistance. The bill passed 31-18 in the Senate and is now being considered in the House.



## BRP 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 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

# Youth Transition Course



The League of Human Dignity is excited to announce a new course designed to help young people with disabilities find success in their lives after high school.

Whether your plans include continuing education, joining the work force or simply living a productive, independent life as part of your community, this six-week course will provide the tools needed to help you make healthy changes, set and achieve goals, overcome obstacles, and advocate for yourself as you make the transition from high school.

Classes will focus on:

- Effective communication and dealing with negative emotions
- Acquisition and use of information
- Physical activity and healthy levels of exercise
- Maintaining a healthy diet
- Advocating for personal and healthcare system improvements
- Maintaining positive changes

Eligible students must:

- be age 14 to 21
- have a disability
- be enrolled in high school during the 2019-2020 school year
- have a current 504 plan or IEP

Plans are for these six one-hour classes to be held this summer during June and July, — dates to be determined — at the League of Human Dignity, 1701 P Street in Lincoln.

If you would like to attend this course, or to learn more, send your contact information or call Shawna Keller at 402-441-7871.



**The League of Human Dignity**  
1701 P Street | Lincoln, NE 68508

LEAGUE  
OF  
HUMAN  
DIGNITY



# 2020 LINCOLN Benefit Golf Event

**Thursday, September 17, 2020**  
**The Highlands Golf Course**  
5501 NW 12th Street, Lincoln, NE

**This is an 18-hole, four-player scramble.**  
**Event includes lunch, silent auction, cash games, prizes & dinner buffet.**  
**Register a team for \$400.**

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](mailto:janderson@leagueofhumandignity.com)



Proceeds from this 12th 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.

Visit us online at [leagueofhumandignity.com](http://leagueofhumandignity.com) & follow us on Facebook & Twitter

## **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!



## LEAGUE EMPLOYEES

### Saying Hello:

**Katie Navratil**, Outreach Coordinator, Lincoln.

**Danette Novotny**, Level of Care Specialist, Lincoln.

**Cindy Huelsdonk**, Level of Care Specialist, Lincoln.

**Gail Schmelzer**, Services Coordinator, North Platte

### Saying Good-Bye:

**Quen Johnson**, Independent Living Advisor, Omaha.

**PJ Wilson**, Level of Care Specialist, Lincoln.

**Andrea Pedersen**, Independent Living Advisor, Omaha.

**Charley Bonanno**, Services Coordinator, Norfolk.

## LEAGUE DONORS

**Dec. 31, 2019 through March 12, 2020**

**Builder (\$500 or more):** Black Hills Iowa; Schneider Electric North America Found

**Supporter (\$250 to \$499):** INSPRO, Brandon

**Century (\$100 to \$249):** Tim Poole

**Believer (\$50 to \$99):** Elaine Bills

**In Memory of Elaine Usher:** Christina Usher

**In Memory of Kathleen Garza:** Kathleen DeRoos; Thomas Brannen; Five Points Bank

*Thank You All  
for Your Generous Donations!*

## TAGG Purchases & Support the League



1. Download the TAGG mobile app.
2. Choose us & Upload a photo of your receipt from a participating business.
3. The business will make a donation to us AT NO EXTRA COST TO YOU!



## Associations & Support Groups

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

To see the complete list, in pdf format, please

visit our website: [leagueofhumandignity.com/getinvolved/](http://leagueofhumandignity.com/getinvolved/) and click on "Support Groups."

We aim to keep the list as up to date as possible, so additions and changes are welcome. Call the League at 402-441-7871.

# Loan & Rental Program

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

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

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

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

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

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

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

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

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



## WHERE TO FIND US

### LINCOLN

#### Center for Independent Living

1701 P Street, Lincoln, NE 68508

Phone 402-441-7871

### OMAHA

#### Center for Independent Living

5513 Center Street, Omaha, NE 68106

Phone 402-595-1256

### NORFOLK

#### Center for Independent Living

400 Elm Avenue, Norfolk, NE 68701

Phone 402-371-4475

### SOUTHWEST IOWA

#### Center for Independent Living

1520 Avenue M, Council Bluffs, IA 51501

Phone 712-323-6863

### PANHANDLE

#### Medicaid Waiver Office

17 E 21 St., Scottsbluff, NE 69361

Phone 308-632-0470

### KEARNEY

#### Medicaid Waiver Office

3811 29th Avenue, Suite 2

Kearney NE 68845

Phone 308-224-3665

### NORTH PLATTE

#### Medicaid Waiver Office

2509 Halligan Dr., North Platte, NE 69101

Phone 308-532-4911

Online at: [leagueofhumandignity.com](http://leagueofhumandignity.com)  
& Please follow us on Facebook and Twitter

# Social Security Offices Closed to Public, Still Providing Services During Outbreak

Social Security has closed all its local offices to the public for in-person service starting Tuesday, March 17. This decision was made to protect the population Social Security serves — older Americans and people with underlying medical conditions — and employees during the Coronavirus (COVID-19) pandemic.

The pandemic will not affect payment of Social Security, as some scammers claim, said Andrew Saul, Commissioner of Social Security. In a news release issued March 18, Saul said the first thing he wants to make clear is that payments will continue.

“Don’t be fooled,” Saul said.

Local offices still are staffed and will continue to provide critical services over the phone. The agency also remains able to provide services online at [www.socialsecurity.gov](http://www.socialsecurity.gov). Social Security officials are working closely with the Centers for Disease Control and Prevention (CDC), state and local governments, and other experts to monitor COVID-19 and will let the public know as soon as possible when in-person service can be resumed.

Anyone needing help from Social Security:

- First, use online services available at [www.socialsecurity.gov/onlineservices](http://www.socialsecurity.gov/onlineservices). You can apply for retirement, disability, and Medicare benefits online, check the status of an application or appeal, request a replacement Social Security card (in most areas), print a benefit verification letter, and much more – from anywhere and from any of your devices. The agency can also answer most Social Security questions online, without having to speak with a Social Security representative in person or by phone. Please visit the online Frequently

Asked Questions at [www.socialsecurity.gov/ask](http://www.socialsecurity.gov/ask).

- If you are unable to conduct your Social Security business online, check the online field office locator for specific information about how to directly contact your local office. Your local office still will be able to provide critical services to help you apply for benefits, answer your questions, and provide other services over the phone.
- If you already have an in-office appointment scheduled, Social Security staff will call you to handle your appointment over the phone instead. If you have a hearing scheduled, staff will call to discuss alternative. Note that the call may come from a PRIVATE number and not from a U.S. Government phone. Please remember that Social Security employees will not threaten you or ask for any form of payment.
- If you cannot complete your Social Security business online, the National 800 Number at 1-800-772-1213 (TTY 1-800-325-0778). Social Security’s National 800 Number has many automated service options you can use without waiting to speak with a telephone representative. A list of automated telephone services is available online at [www.socialsecurity.gov/agency/contact/phone.html](http://www.socialsecurity.gov/agency/contact/phone.html).

Visit Social Security’s COVID-19 web page at [www.socialsecurity.gov/coronavirus/](http://www.socialsecurity.gov/coronavirus/) to find out what services are continuing and which ones have been suspended, how to contact Social Security, and other important information.

Information for this story was provided by the Social Security Administration

## Join Us on Social Media



Find us on **Facebook and Twitter** — just click the logos at left or right, on our webpage, or search for us from your own accounts.



# Classifieds

Classified ads cost \$5 for the first 25 words and 25 cents for each additional word. To place an ad, write to: On The Level, League of Human Dignity, 1701 P Street, Lincoln, NE 68508; call Jim at 402-441-7871 v/tdd; call toll free at 888-508-4758; or fax: 402-441-7650. Equipment, supplies and other items for sale must be accessible to, or for the use of, people with disabilities.

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

## Get Your League of Human Dignity Cotton Tote Bag

**\$5.95**  
(Includes Tax)



**While Supplies Last!**  
**ONLY at the League of Human Dignity**

## League of Human Dignity Branded Apparel

### FLEECE VESTS

Blue or Gray  
Sizes Lg through 4XL  
While Supplies Last

All sizes **\$29.95**  
(price includes sales tax)



### HOODED SWEATSHIRTS

Navy Blue  
Sm-XL **\$24.95**  
2XL **\$25.75**  
(price includes sales tax)



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

The League of Human Dignity Building Corporation is taking applications for one and two bedroom apartments with roll-in showers in Lincoln, Omaha, York, Columbus, Norfolk and Hastings.

These units come with Section 8 certificates and rent is based on income.

Eligible applicants must qualify under income guidelines established by the U.S. Department of Housing and Urban Development (HUD).

Applicants must experience disability to qualify.

**To apply, or for more information,**  
**call Terri Kremer at 402-441-7871**  
**or 888-508-4758 (toll free) V/TDD**  
or email:

[tkremer@leagueofhumandignity.com](mailto:tkremer@leagueofhumandignity.com)



# GRIT Program Designed to Build Up, Champion

When legendary CrossFit Games competitor and CrossFit Omaha co-owner Stacie Tovar agreed to help QLI build a high-intensity fitness program for men and women with disabilities, it was because of people like Jeremy Wolzen.

At 46, Jeremy was a regular guy. Though he'd survived a traumatic brain injury 16 years earlier, he had also completed rehabilitation and now lived in his own apartment, volunteered a couple times a week at a nearby hospital, worked out regularly and volunteered at his Lutheran church.

There was room for something more in Jeremy's life. Something greater. Stacie and Stephanie Roob, QLI's Director of Nutritional Services, embarked on the mission to fill that void.

"The general mission," Stacie says, "was to teach participants functional movement they can carry into their lives. Improve their quality of life – build confidence and independence in demonstrating ordinary life skills."

Jeremy, in this way, embodied a theoretical demographic – someone who, despite the minor and major lasting effects of an injury, was starved for the opportunity to break barriers and achieve inspiring new levels of wellness and physical ability. He wanted to do more than survive. He wanted to thrive.

This was the start of GRIT. Engineered to provide maximum-intensity adaptive exercise to individuals throughout the community, the program combined QLI's unique clinical expertise with the peerless functional fitness knowledge and relentless drive of Stacie Tovar and her husband, Dustin.

GRIT has now been active for nearly a full calendar year. Word has spread and participants continue to flock to the program. To date, the program has served a wide range of individuals with physical and cognitive impairments, including brain and spinal cord injury survivors, amputees, stroke survivors, and individuals living with degenerative conditions such as Parkinson's Disease. Under the inclusive and encouraging leadership of the GRIT team, no trainee is left behind – the program's dynamic exercises are tailored to each participant's abilities.

"We adapt exercises so that what they're learning will crossover to everyday life," Stacie says.

"Together we are all working towards one common goal. We never miss the chance to build someone up and champion them."



**Jeremy Wolzen works out with Trainer Stacie Tovar as part of QLI's GRIT, a program Stacie says intends to build up its consumers and champion them.**

The GRIT program represents a partnership between two Omaha organizations making the entire community better. As a result, it has been a springboard for massive personal triumph. Some participants are walking for the first time in years, many using muscles they thought permanently lost – the same muscles that make commonplace, functional tasks easier. Even for someone like Jeremy, who continues a rapid ascent beyond limitation nearly two decades after his injury.

"It has changed everything," Jeremy says proudly. "My walking, my posture, my coordination. My day-to-day life is easier and better. I'm better for it."

***This story is by Carsten Froehlich, QLI's Communication Specialist and is reprinted by permission from QLI. Photo by Jan Pearson, QLI's Director of Creativity. For more information about the GRIT program, call QLI in Omaha at 402-573-3700.***