

ON THE LEVEL

From the League of Human Dignity

October 2021

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

Annual League Golf Benefit Resumes

Lincoln Fundraiser Comes Off One-Year Hiatus, Welcomes 22 Teams

Golf was back on the fundraiser calendar this year, after a year off due to the COVID-19 pandemic.

The League of Human Dignity's Lincoln center welcomed 22 teams to the four-player 2021 scramble Sept. 16, at The Highlands Golf Course.

Garrett Krause, Clay Peterson, Nick Turner and Clayton Peterson, representing INSPRO Insurance, shot a 17-under par 55 to win the event. They edged out JE Tile Concepts, made up of Jesse Erickson, Aroun Phaisan, Evan Anderson and Russ Sehnert by two strokes.

The League welcomed long-time supporters of the benefit, as well as welcoming new friends we hope to see again. It started with lunch and included golf, games, a silent auction throughout the day, buffet dinner and awards presentation.

Teams were divided into three flights. Following the Championship Flight West Gate Bank, including Lindsey Kirkendall, Mitch Glause, Amber Holmberg, Nick Parker led the First Flight with a score of 63. Taking second in the flight was Cutting Edge Electric, Kevin Jeppson, Adam Stokes, Mike Streit and Chad Lyon with a 64,

Caring for People Services #1, Dave Elsesser, Charly Huddleston, Tim Neal and Sam Costanzo led the Second Flight with a 68. In second was V & K Construction, Jason Nitz, Kevin Vech, Andrew Hartman and Brett Kolb with a 69.

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.

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

\$800-\$1,100 — Telesis Inc. (Lazlo's & FireWorks), Lincoln Federal Savings Bank, Caring for People Services, West Gase Bank, Security First Bank

\$350-\$500 — Mobile Computer Repair, Lincoln Industries, Q2, Amie Martinez & Vic Rawl, Hillcrest Country Club, Spotlight VR

\$350 and under — 31:13 Studio, 9 South Chagrill, Austad's Golf, Auto Zone, Blur Parties, Capitol Patio & Grill, Carpetland, Certified Piedmont Beef, CheesSteak Grille, Copper Kettle, Eileen's Cookies, HyVee, Ivana Cone, Jack's Bar & Grill, James Arthur Winery, John & Kathy Fink, Kinkaider, Leadbelly, Lincoln Zoo, Meier's Cork 'n Bottle, Midwest Barrel Co., Misty's, Moose's Mad Fresh, Nebraska Lottery, Patty's Pub, Rosie's Bar & Grill, Salt Dogs, Scheels, Scooter's Coffee, Slim Chickens, Stop 'N Shop, T.O. Haas, Topsy Tina, Toast, Trader Joe's, Vicki Kinsey.

Four photos accompany this article.

In the first photo, a man swings a golf club at a golf ball. The caption reads: Brandon Davis of the Davis Plumbing Team tees off on the 12th hole at The Highlands Golf Course Sept. 16. Davis was part of the 22-team field at the League of Human Dignity Lincoln Benefit Golf Event. Davis' team finished in a tie for fifth place in the Championship Flight.

In the second photo, four men stand together smiling at the camera. The caption reads: The INSPRO Insurance Team won the Championship Flight with 17 under par 55. The team was made up of, from left, Garrett Krause, Clay Peterson, Nick Turner, and Clayton Peterson

In the third photo, four men stand together smiling at the camera. The caption reads: The JE Tile Concepts Team, made up of, from left, Jesse Erickson, Aroun Phaisan, Evan Anderson, Russ Sehnert took second in the Championship flight with a score of 57.

In the fourth photo, several men stand at a table full of silent auction items and some are writing on slips of paper on the table. The caption reads: Golfers place their bids on items in the event's silent auction, which ran throughout the day.

League Wraps Up Successful Benefit Golf Event

Six photos fill the page. In the upper left corner are four group photos of three or four people each, standing together smiling at the camera. The captions read: Top: The West Gate Bank Team took first in the First Flight. The team included, from left, Lindsey Kirkendall, Mitch Glause and Amber Holmberg. Not pictured is Nick Parker.

Above: Cutting Edge Electric took second in the First Flight. Team members are, from left, Kevin Jeppson, Adam Stokes, Mike Streit and Chad Lyon

Top: Caring for People Services Team 1 took first in the Second Flight. The team included, from left, Dave Elsesser, Charly Huddleston, Tim Neal and Sam Costanzo.

Above: V&K Construction was second in the Second Flight. Team members are, from left, Jason Nitz, Kevin Vech, Andrew Hartman and Brett Kolb.

In the upper right photo three people distribute prizes to winning golfers. The caption reads: At the end of the event, golf committee members, from left, Clay Peterson, John Fink and League Co-CEO Kathy Kay distribute awards and prizes.

In the bottom left photo, people are in line at a table of food, filling their plates. The caption reads: The buffet dinner following the Sept. 16 Golf Event was provided by Telesis Inc./Lazlo's.

In the bottom right corner is the results of the golf event:

League of Human Dignity

2021 Lincoln Benefit Golf Event

Championship Flight

1. INSPRO Insurance 55; 2. JE Tile Concepts 57; Jeremy Schafer 59; Todd Koeppe 60; Bryant, Kett & Assoc. 62; Davis Plumbing 62; Cattle Bank #2 62; Bouwens Plumbing 62; NIR 62.

First Flight

1. West Gate Bank 63; 2. Cutting Edge Electric 64; Mike Lenhoff 65; Pro Line Construction 65; Cattle Bank #1 65; Telesis Inc./Lazlo's 67; Caring for People Services #2 67.

Second Flight

1. Caring for People Services #1 68; 2. V & K Construction 69; CKF 70; Wayne Lenhoff 70; TELECOR 71; Red Rebel Media 73;

CEO's Note

As the days shorten and the temperatures get cooler, we naturally turn our thoughts to the fall. If you're like me, you welcome this time of year. Not only is it more pleasant to be outdoors, but it is beautiful as the trees take on their autumn colors.

Fall is a time to be thankful for more than just the change in the weather, though. It's also a time to appreciate the many acts of generosity and giving that we have experienced throughout the year.

We recently held our 12th annual Benefit Golf Event – it would have been our 13th, had the event not been cancelled last year due to the COVID-19 pandemic. And our Omaha and Southwest Iowa offices were able to hold their annual golf benefit in Council Bluffs as well. It is always so heartwarming to receive so much community support. This year we welcomed back friends who have supported these events for years, as well as new supporters, and we thank you all very much! There is more to be found elsewhere in this issue regarding these events.

Along with the many items we have to be thankful for at this time of year, it is also a time to be prepared. September was National Emergency Preparedness Month. With the recent natural disasters our nation has experienced, more than ever it is imperative

that we each have a plan in case of a disaster or emergency. Make sure that you are aware of the locations of local emergency shelters. Make sure that you have an emergency bag packed and ready to go in case of emergency.

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. Please be aware of where to go for help in case of need.

Have a happy, thankful and safe fall season!

Kathy Kay, League Co-CEO

Nations Recovery Must be ‘Powered by Inclusion’

“America’s Recovery: Powered by Inclusion”.

That is the theme of this year’s National Disability Employment Awareness Month. The theme reflects the importance of ensuring that people with disabilities have full access to employment and community involvement during the national recovery from the COVID-19 pandemic.

“Our national recovery from the pandemic cannot be completed without the inclusion of all Americans, in particular people with disabilities,” said U.S. Secretary of Labor Marty Walsh.

“Their contributions have historically been vital to our nation’s success, and are more important today than ever. We must build an economy that fully includes the talent and drive of those with disabilities.”

NDEAM is held every October to commemorate the many and varied contributions of people with disabilities to America’s workplaces and economy.

The history of the celebration can be traced back to 1945, when Congress enacted a law declaring the first week of each October “National Employ the Physically Handicapped Week.” In 1962, the word “physically” was removed to acknowledge individuals with all types of disabilities. In 1988, Congress expanded the week to a month and changed the name what it is now.

The U.S. Department of Labor’s Office of Disability Employment Policy maintains the official NDEAM website — www.dol.gov/NDEAM — featuring resources for anyone to participate in celebrating the annual observance during October and throughout the year.

The poster that accompanies this article is rectangular in shape with a deep rust color background. A cream-colored depiction of the United States and its territories spreads across the poster and is covered with illustrations of people of diverse races, sizes and disabilities wearing colorful outfits. Written in bold letters in the center of the map is the 2021 NDEAM theme, America’s Recovery: Powered by Inclusion. Under the theme in smaller letters are the words National Disability Employment Awareness Month. Along the bottom (left to right) is the DOL logo, followed by ODEP’s logo, followed by the words Office of Disability Employment Policy United States Department of Labor. In the right lower corner is ODEP’s website, dol.gov/ODEP, with hashtagNDEAM underneath.

Golfers Benefit Omaha, SW Iowa CILs

It was a Sunny and a little on the warm side for the renewal of the League's annual Omaha/Southwest Iowa golf benefit.

Eight teams made up of 31 golfers competed in the four-player scramble, held Friday, Aug. 27, at Bent Tree Golf Club just east of Council Bluffs, Iowa. The number of teams was no doubt affected by a scheduling issue discovered by the golf club only a few weeks before the event, requiring it be held a week later than originally scheduled.

Proceeds from the fundraiser benefit the Omaha and Southwest Iowa Centers for Independent Living.

The event was the League's 10th golf benefit, resuming after last year's event was cancelled due to the COVID-19 Pandemic.

Caring for People Services Team 1 took first place in the golf scramble. The team was made up of Tony Nielsen, Seth Beaman, Shane Beaman and Clarence Whitehill.

In second place was MediGuard, made up of Matt Jeter, Chad Seim, Dave Storm and Tom Pascale.

Taking third was Bellevue University, made up of Nate Geiser, Lucas Gabriel, Duane Monlux and Ed Lehotak.

The event also included a silent auction throughout the day, a buffet dinner and awards following the scramble.

The benefit was a success thanks to our sponsors and donors, including:

\$1,000 Sustaining Sponsors -- CareMinders Home Care, Caring for People Services

\$750 Hole Sponsors -- Black Hills Energy, CareOne Caregivers, Immanuel Pathways, Iowa Total Care, Tito's Vodka

\$250 - \$500 -- Alfa Home Health LLC (Meal Sponsor), Burton Plumbing, Creighton University Basketball, Global Home Health Care (Meal Sponsor), HyVee (Meal Sponsor), Key Home Care (Meal Sponsor)

\$250 Friend Sponsors -- 3rd Base Bar and Grill, Caretech Inc., First Light Home Care, Frontier Savings Bank, Hillcrest Home Care, Medicare Insurance Solutions – Matt Jeter

Silent Auction Sponsors -- 89.7 The River, American Legion Country Club, Annie's Irish Pub, Anytime Tees, Barley's Pub and Grill, Bellevue Berry and Pumpkin Patch n Bellevue University n Boulder Creek Amusement Park, Boxer Barbeque, Breezy Hills Winery, BroBaskets, Buffalo Bills, Chicago Cubs, Chipotle Restaurant, Craft Axe Throwing, Dallas Stars, Denver Broncos, Dodge Riverside Golf Club, Doll Distributing, Eileen's Colossal Cookies, Family Fare, Fareway Grocery Store, Fontenelle Nature Association, Frank Stpysich Meats, Godfather's Pizza, Grease Monkey, Greek Islands, Green Bay Packers, Happy Hollow Club, Harrah's Casino, Henningsen's Meat, Hog Wild Pit Bar B Q, Home Care Assistance, Ideal Pure Water, Indianapolis Colts, Johnny's Italian Steakhouse, Lansky's, Laurizen Gardens, Lazlo's Brewery and Grill, Le Mars Donuts, Lead Belly, Lighthouse Pizza, Lynch's Jewelry, Massage Envy, Mc Allister's Deli, Minnesota Vikings, Omaha Storm Chasers, Opera Omaha, Oriental Trading Company, Pacific Springs Golf Club, Palm Beach Tan, Papiro Fun Park, Pepper Jacks Grill, Pie King, Pines Country Club, Pittsburgh Steelers, Prairie Flower Casino, Quail Run County Club, Ribshack Smokehouse, Rotella Bread, Runza, Sam's Club, Scheels All Sports, Shoreline Golf Course, Strategic Air and Space Museum, Super Saver, The

Cryptic Room, The Durham Museum, The Hub, The Loft Community Theater, The Rose, Thunder Bowl, Upstream Brewing Company, Vic's Popcorn, Woodhouse – Omaha, YMCA. Thanks to everyone involved in this year's event!

Four photos accompany this article. In the top photo, a man on a golf course swings a golf club. The caption reads: Nick Plueger tees off on the 8th hole at Bent Tree Golf Club, just east of Council Bluffs, Iowa, Aug. 27. Plueger was one of 31 golfers competing in the four-player scramble to benefit the League's Omaha and Southwest Iowa Centers for Independent Living. The annual fundraiser resumed after a 2020 cancellation due to the COVID-19 pandemic.

The bottom three photos each shows a group of four men, all smiling at the camera. The caption of the left photo reads: Caring for People Services Team 1 took first place in the Aug. 27 Omaha/SW Iowa Benefit Golf Event.. Team members are, from left, Tony Nielsen, Seth Beaman, Shane Beaman and Clarence Whitehill.

The caption of the center photo reads: Medi Guard took second place in the 2021 Omaha/SW Iowa Benefit Golf Event. The team included, from left, Matt Jeter, Chad Seim, Dave Storm and Tom Pascale.

The caption of the right photo reads: Bellevue University took third place in the 2021 Omaha/SW Iowa Benefit Golf Event Aug. 27. Team members are, from left, Nate Geiser, Lucas Gabriel, Duane Monlux and Ed Lehotak

Health Observances

October

October is National Breast Cancer Awareness Month, sponsored by the National Breast Cancer Foundation.

National Depression and Mental Health Screening Month, American Behavioral Clinics.

National Liver Awareness Month, American Liver Foundation

National Physical Therapy Month, American Physical Therapy Association

National Spina Bifida Awareness Month, Spina Bifida Association of America.

Oct. 3-9 is National Mental Illness Awareness Week, National Alliance on Mental Illness.

Oct. 29 is World Stroke Day, American Stroke Association.

November

American Diabetes Month, American Diabetes Association.

Lung Cancer Awareness Month, American Cancer Society.

National Alzheimer's disease Awareness Month, Alzheimer's Disease and Related Disorders Association.

National Epilepsy Awareness Month, Epilepsy Foundation.

National Family Caregivers Month, Caregiver Action Network.

National Home Care Month, National Association for Home Care & Hospice.

National Hospice and Palliative Care Month, National Hospice and Palliative Care Organization.

Pancreatic Cancer Awareness Month, Pancreatic Cancer Action Network.

Nov. 14 is World Diabetes Day, International Diabetes Federation.

Nov. 18 is the Great American Smokeout, American Cancer Society.

Mental Illness Awareness Week in October

Each year, during the first week of October, the National Alliance on Mental Illness and participants across the country raise awareness of mental illness, fight discrimination and provide support through Mental Illness Awareness Week.

One in five U.S. adults experience mental illness each year, one in 20 adults experience serious mental illness each year, and one in six U.S. youth aged 6 to 17 experience a mental health disorder each year. However, mental illness affects everyone directly or indirectly through family, friends or coworkers.

Congress officially established the first full week of October as Mental Illness Awareness Week in 1990 to shine a light on this issue.

This year's observance is centered around the theme, "Together for Mental Health." The focus will be on the importance of advocating for better care for people with serious mental illness.

League Services Promote Independent Living

People with disabilities often face barriers to achieving and maintaining their independence.

The services provided by the League of Human Dignity's four Centers for Independent Living in Nebraska and Southwest Iowa are designed to help them overcome those barriers.

These 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 or from school to the next phase of life
- * Training in personal assistant hiring and management
- * Barrier removal grants
- * Equipment loan and rental

The League has been helping people achieve and maintain their independence for 50 years.

Find out whether we can help you by calling 402-441-7871. Contact our offices at 1701 P Street in Lincoln, 8 a.m. to 5 p.m., Monday through Friday, or any of our other Centers for Independent Living, listed elsewhere in this newsletter.

Our CILs serve 43 Nebraska counties and eight counties in Southwest Iowa. We also serve all 93 Nebraska counties through the state's Medicaid Waiver Program for Adults with Disabilities.

League Loan & Rental Program

Have you or a family member ever suffered 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?

Through the League of Human Dignity's Equipment Loan Program, you can 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

Associations & Support Groups

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

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

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.

TAGG Your Purchases & Support the League

Download the TAGG mobile app.

Choose us & Upload a photo of your receipt from a participating business.
The business will make a donation to us AT NO EXTRA COST TO YOU!

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 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 are HUD units, 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 Nada Resnik-McNenny, 402-441-7871
or 888-508-4758 (toll free) V/TDD
or email: nmcnenny@leagueofhumandignity.com
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A Note to Our Consumers

While more and more people are getting vaccinated against the ongoing Coronavirus (COVID-19) pandemic, it still has not quite gone away — and new variants are causing increased cases in some areas.

With this in mind, the League of Human Dignity is continuing some of its precautions:

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. Our phone numbers are listed above. Thank you for your patience and understanding.

And please follow your local directives with regard to COVID-19 precautions.