

ON THE LEVEL

From the League of Human Dignity

October 2022

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

Attention Lincoln Paratransit Users

Annual Paratransit Forum

Wednesday, Oct. 19, 2020

11:30 a.m. to 12:30 p.m.

Online via Zoom

Contact Shawna Keller at the League of Human Dignity for an invitation to participate in this Zoom meeting. Email: skeller@leagueofhumandignity.com Phone: 402-441-7871

We want to be ready to answer all of your questions, so please let us know your questions when you register so we can be ready to answer them at the meeting.

League Golf Event Welcomes Biggest Turnout Yet

There are two photos. The photo above shows a woman presenting a plaque to a man at right while a man at left talks into a microphone. Emcee Clay Peterson, above, far left, announces the award for Eagle Sponsor John Walker, right, presented by League of Human Dignity Co-CEO Kathy Kay, center, during the Sept. 15 Lincoln Benefit Golf Event. Below photo shows, participants checking out out the silent auction table.

CEO's Note

This year marks the 77th anniversary of National Disability Employment Awareness Month (NDEAM). The purpose of the October observance is to encourage organizations, companies, and individuals spread the word about this the important contribution to the workplace made by individuals who live with a disability.

NDEAM was created to educate the general public on the issues that workers with disabilities face and help employers to be more inclusive in their hiring practices, according to the National Day website.

The celebration began decades ago, in 1945, when Congress enacted Public Law 176. The law designated the first week in October as "National Employ the Physically Handicapped Week." The observance has expanded and evolved over the years into what we know today.

In 1962, the word 'physically' was removed to make the celebration inclusive of individuals with disabilities that were not physical. Now, the celebrations encompass a whole month and were renamed National Disability Employment Awareness Month in 1988.

Centers for Independent Living have always embraced the idea that all people, with disabilities or without, should be given the chance to pursue their employment of choice and skill level. The League of Human Dignity, Inc., will be engaging in a variety of activities to educate its employees, consumers and the community on disability employment issues and the role they play in fostering a disability friendly work culture. The League is proud to be a part of this year's NDEAM.

We want to spread the important message that a strong workforce is one inclusive of the skills and talents of all individuals, including individuals with disabilities. The League is more concerned with what a person can do, than what they cannot do. As an organization, the League embodies this concept: more than 51 percent of the League's staff and board of directors live with a disability. All are contributing, capable members of the workforce and society.

Employers and employees in all industries can learn more how to participate in National Disability Employment Awareness Month and how to promote its messages during October and throughout the year by visiting the U.S. Office of Disability Employment Policy website at www.dol.gov/agencies/odep or by visiting the League of Human Dignity website at leagueofhumandignity.com or on Facebook at League of Human Dignity.

Kathy Kay
League Co-CEO

NDEAM Recognizes Workers with Disabilities

The U.S. Department of Labor is recognizing the vital role people with disabilities play in making America's workforce diverse and inclusive.

The department has chosen "Disability: Part of the Equity Equation" as the theme for this year's National Disability Employment Awareness Month (NDEAM) in October.

The annual observance acknowledges the contributions workers with disabilities, current and past, make to the nation's economy. It also showcases supportive and inclusive policies and practices benefiting workers and employers.

"A strong workforce is the sum of many parts, and disability has always been a key part of the equation," said Assistant Secretary for Disability Employment Policy Taryn M. Williams.

"People with disabilities make up a wonderfully multifaceted group. By recognizing the full complexion of our community, we can ensure our efforts to achieve disability inclusion are, in fact, truly inclusive."

The Biden-Harris administration is attempting to identify and eliminate barriers to helping historically underserved communities, including people with disabilities.

In April 2022, the department published its Equity Action Plan to support marginalized, vulnerable and underserved communities, and outline its efforts to advance equity across the department.

The federal effort to recognize people with disabilities began in 1945, when Congress declared the first week in October to be "National Employ the Physically Handicapped Week." The word "physically" was dropped in 1962 to include individuals with all types of disabilities. In 1988, Congress expanded the week and christened the month of October as National Disability Employment Awareness Month.

The official NDEAM 2022 poster accompanies this story. The poster is rectangular in shape with a black colored chalkboard background overlaid with mathematical

equations. In the center of the poster, on a diagonal, is a black rectangle bordered by small teal, yellow and red rectangles. It features the 2022 NDEAM theme, “Disability: Part of the Equity Equation,” along with an equation composed of several graphics: a circular photo of a woman in a wheelchair working at a computer with colleagues, followed by a plus sign, followed by a square image of a woman who uses crutches viewing a document with a colleague, followed by an equal sign, followed by a light bulb icon. Across the top of the rectangle in small, white letters are the words National Disability Employment Awareness Month. Along the bottom in small white letters is the hashtag “NDEAM” followed by ODEP’s website address, dol.gov/ODEP. In the lower right corner in white lettering is the DOL seal followed by the words “Office of Disability Employment Policy United States Department of Labor.”

League Welcomes 27 Teams to Event

It was the biggest field of teams yet.

The League of Human Dignity’s 2022 Lincoln Benefit Golf Event welcomed 27 teams on Sept. 15 at the Highlands Golf Course. That’s one better than the previous best — 26 teams in 2017.

In all, 107 golfers enjoyed a day of it — an 18-hole four-player scramble following a hamburger and hot dog lunch, along with contests, a putt-off, all-day silent auction, a buffet dinner, and an awards presentation. Lunch and dinner were provided by Lazlo’s, a subsidiary of Telesis.

The day was sunny, warm and a little breezy.

Teams were divided into three flights. The winner of the First Flight, shooting a 16-under-par 56, was the team representing INSPRO Insurance, including Clay Peterson, Danny Clare, Clayton Peterson and Nick Turner. Taking second place in the flight, with a score of 57, was the Complete Family Dentistry team of Todd Flodman, Kelley Sears, Tony Richie and Peter Sartori.

The winner of the second flight, with a score of 62, was the Mike Lenhoff Team, made up of Adam Lenhoff, Russ Lenhoff, Julian Dible and Mike Lenhoff. Taking second in the flight, also with a 62, was the Cattle Bank & Trust #1 team of Doug Ganz, Ed Schulenberg, Steve Knobel and Bob Danley.

The winner of the third flight, with a score of 67, was the Caring for People Services team of Mike Messerole, Gary Schleppenbach, Glen Wragge and Eddie Pantan. Taking second in the flight, with a score of 68, was the Caring for People Services team of Sam Costanzo, Tim Neal, Gary Kinloch and Charly Huddleston.

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

The annual event is primary fundraiser for the Lincoln CIL. The benefit began in 2002 with an 11-team tournament. It was held for 11 years in a row before an interruption in 2020 due to the COVID-19 pandemic.

Six golf team photos accompany this article. Each shows four golfers standing in a row, smiling at the camera:

Winning the First Flight, with a 16-under-par score of 56, was the INSPRO team of, from left, Clay Peterson, Danny Clare, Clayton Peterson and Nick Turner.

Second in the first flight, with a score of 57, was the Complete Family Dentistry team of, from left Todd Flodman, Kelley Sears, Tony Richie and Peter Sartori.

Taking first in the second flight, with a score of 62, was the Mike Lenhoff Team of, from left, Adam Lenhoff, Russ Lenhoff, Julian Dible and Mike Lenhoff.

Second in the second flight, also with a 62, was the Cattle Bank & Trust team of, from left, Doug Ganz, Ed Schulenberg, Steve Knobel and Bob Danley.

First in the third flight, with a score of 67, was the Caring for People Services team of, from left, Mike Messerole, Gary Schleppenbach, Glen Wragge and Eddie Panton.

Second in the third flight, with a score of 68, was the Caring for People Services team of, from left Sam Costanzo, Tim Neal, Gary Kinloch and Charly Huddleston.

Thank You Sponsors, Donors for a Successful Golf Event

The League's 2022 Lincoln Benefit Golf Event would not have been a success without the support of our generous sponsors and donors.

A big Thank You goes out to everyone who helped make this year's event a success, beginning with Caring for People Services and John Walker, this year's Eagle Sponsor, donating \$5,000.

\$800 to \$1,100 donors included Baylor Evnen LLP, INSPRO Insurance, and Telesis (Lazlo's Brewery & Grill - Haymarket, Fireworks, Empyrean, Data Security).

And thank you to all our other donors:

Mobile Computer Repair, Bryant Katt & Assoc., Topsy Tina's Cantina, Complete Family Dentistry, John & Kathy Fink, Security Bank, Autozone, Tomahawks, Scooters, Omaha Henry Doorly Zoo, Sun Valley Lanes & Games, Carpetland, Durham Museum, Loft Community Theater, Saltdogs, Midwest Ventures 2 LLC, Runza, Stormchasers, Minnesota Twins, Lansky's, Pittsburgh Steelers, Chicago Bears, Minnesota Vikings, Chicago Cubs, John's Crazy Socks, Green Bay Packers, Scheels, Indianapolis Colts, Radcliff Gilbertson & Brady, Julie Nygren, UNL, Good Life Fitness, Austad's Golf, Blur

Parties, Stop 'N Shop, Rosie's, Home Solutions, CheeseSteak Grille, LeadBelly, Jack's Bar & Grill, Copper Kettle, 9th South Char Grill, Patty's Pub, Slim Chickens, Meier's Cork & Bottle, Nebraska Lottery, Moose's Mad Fresh, Grizzly Tote, Freddy's Steakburger, Dirty Solutions, Black Label Studios, Trader Joe's.

Teeing Off

A photo shows a man hitting a golf ball as two other men, at left, look on. Tim Walker tees off on the 12th hole Sept. 15, at Highlands Golf Course, as teammates Lee Rhian and Patrick Laird look on during the League's annual Benefit Golf Event.

Have Your Say: Head to the Polls on Nov. 8 and Vote

A box with a red background shows a photo of Justin Dart speaking. Next to his photo are the words "Vote as if your life depends on it . . . Because it does!"

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

2022 Health Observances

October

International Eye Injury Prevention Month, American Academy of Ophthalmology.
National Healthy Lung Month, American Lung Association
Breast Cancer Awareness Month, National Breast Cancer Foundation
Down Syndrome Awareness Month, National Down Syndrome Society
Spina Bifida Awareness Month, Spina Bifida Foundation
National Physical Therapy Month, American Physical Therapy Association
Oct. 7 is National Depression Screening Day, Mental Health America
Oct. 13 is Metastatic Breast Cancer Awareness Day, Metastatic Breast Cancer Network

November

American Diabetes Month, American Diabetes Association
COPD Awareness Month, National Heart, Lung, and Blood Institute
Lung Cancer Awareness Month, Lung Cancer Foundation of America
National Alzheimer's Disease Awareness Month, Alzheimer's Foundation of America
Epilepsy Awareness Month, Epilepsy Foundation
National Home Care & Hospice Month, National Association for Home Care & Hospice
National Pancreatic Cancer Awareness Month, Hirshberg Foundation for Pancreatic Cancer Research
Stomach Cancer Awareness Month, No Stomach for Cancer
Nov. 14 is National Diabetes Day, International Diabetes Federation
Nov. 19 is the Great American Smokeout, Centers for Disease Control & Prevention

League Donors

July 7 through September, 15, 2022

Builder (\$500 or more): Baylor Evnen, Mobile Computer Repair, INSPRO Insurance, Caring for People Services

Supporter (250 to \$499): Topsy Tina's Taco Cantina

Century (\$100 to \$249): Radcliff Gilbertson & Brady, Julie Nygren

In Honor of Joel Fustrom: Jean Winslow

In Memory of Kevin Underwood: Sue Tricker and Ed Tricker

Thank you all for your generosity!

League Employees

Saying Hello:

Ashley Foltz, Independent Living Advisor, Lincoln

Saying Good-Bye:

Linnea Jones, Services Coordinator, Lincoln

Gail Johnson, Services Coordinator, North Platte

Join Us on Social Media

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

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

TAGG What You Buy & 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!

Football Fans:

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

2022 NU Home Games

Sat. Oct. 1	Indiana*	6 p.m.
Sat. Oct. 29	Illinois*	TBA
Sat. Nov. 5	Minnesota*	TBA
Sat. Nov. 19	Wisconsin*	TBA

* Big 10 Conference Games

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 donate, call or visit the League of Human Dignity office nearest you.

Keep Reading with Talking Book & Braille Service

People with limited ability to read, hold a book or turn pages still can enjoy their favorite books and magazines, through to the Nebraska Library Commission's free Talking Book and Braille Service.

The program provides free audiobooks and audio magazines and braille through the mail and through digital download to individuals with a visual or physical condition, or a reading disability which limits use of regular print.

The collection consists of books and magazines similar to those found in a public library. The service is part of a nationwide network of cooperating libraries headed by the National Library Service, a division of the Library of Congress.

The program provides easy-to-use playback equipment on long-term-loan free of charge. Materials in the collection and the playback equipment are mailed to and from the library postage-free.

The service is available to individuals, as well as schools and other facilities, such as nursing homes, hospitals and senior citizen centers.

The program's in-house sound studios also record and produce audiobooks and audio magazines from Nebraska and regional authors as well as material about Nebraska and the Great Plains. The recordings from the Nebraska Collection also are made available for loan to patrons.

For more information, e-mail nlc.talkingbooks@nebraska.gov or call 1-800-742-7691. For more information, the Nebraska Talking Book & Braille Service main page is at the Nebraska Library Commission website, nlc.nebraska.gov.

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.

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.

HELP WANTED: Services Coordinator - Omaha, Norfolk

The League of Human Dignity is seeking full time Services Coordinators in Omaha and Northeast Nebraska to assist adults with disability to remain in their homes and communities.

Baccalaureate or graduate degree in human services fields required AND at least two years full-time experience in long-term care, teaching, gerontology, rehabilitation, community health, working with individuals with disabilities, or closely related social human services.

Qualified candidates with disability are strongly encouraged to apply. These positions remain open until filled. Send cover letter and resume to: In Omaha, Lora Young, lyoung@leagueofhumandignity.com

In Norfolk, Jane Fink, jfink@leagueofhumandignity.com
EOE

HELP WANTED: Independent Living Advisor - Omaha

The League of Human Dignity Omaha Center for Independent Living is expanding and seeking to add to our team a full time Independent Living Advisor to provide services that assist people with disability to live independently in their homes and communities.

Applicant must have a degree in a human service field or experience working with individuals with disability.

Qualified candidates with disability are strongly encouraged to apply. Open until filled. Send cover letter and resume to: Lora Young, lyoung@leagueofhumandignity.com.
EOE

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

League of Human Dignity Building Corporation

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

To apply, or for more information, call 402-441-7871 or 888-508-4758 (toll free) or email: knavratil@leagueofhumandignity.com

EQUAL HOUSING OPPORTUNITY

League Services Promote Independence

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.

Services provided by the League 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 the experience and the expertise — we have been helping people achieve and maintain their independence since 1971.

Find out whether we can help you achieve or maintain your independence 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 call any of our other Centers for Independent Living, listed elsewhere in this newsletter.

Our Centers for Independent Living 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 people who are aged or have disabilities.

The League is a statewide partner agency with Nebraska's Aging and Disability Resource Center (ADRC). The ADRC is a state agency providing information, referral and assistance for accessing community services and long-term care options.

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