

ON THE LEVEL

From the League of Human Dignity

October 2023

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. Our website: leagueofhumandignity.com

Annual League Golf Benefit a BIG Success

It was a beautiful day for golf Sept. 21, and 100 golfers took advantage of that fact to benefit the League of Human Dignity.

The League welcomed 25 four-person teams to this year's Lincoln Benefit Golf Event, held at the Highlands Golf Course in Lincoln. A portion of this year's proceeds will be donated to Mission 22, a veterans organization that supports veterans, active military and their families, in the name of the late John Fink. John, who died in May, was a long-time friend of the League.

The event was an 18-hole, four-person scramble that followed a hamburger and hotdog lunch. A silent auction ran throughout the day and the event concluded with a buffet dinner, putting contest and awards presentation.

This was the 14th year for the benefit, which is the major fund-raising event for the League's Lincoln Center for Independent Living.

More about the event later in this newsletter.

The photo accompanying this story shows two women holding a plaque. League Co-CEO Kathy Kay, left, presented Katie Panton, right, of Caring for People Services with a plaque honoring the agency for its Eagle Sponsorship (\$5,000) of this year's golf event.

Attention Lincoln Paratransit Users

The annual Paratransit Forum will be held Tuesday, Oct. 24, 2023, 10 to 11 a.m., at the League of Human Dignity, 1701 P St., Lincoln, NE

StarTran personnel will offer updates on paratransit services. Any additional questions or concerns, please contact Shawna Keller at the League of Human Dignity. Email skeller@leagueofhmandignity.com or call 402-441-7871. Let us know if you need any accommodations by Oct. 17.

CEO's Note

The League of Human Dignity Inc., announces its participation in National Disability Employment Awareness Month, an annual awareness campaign that takes place each October. The purpose of National Disability Employment Awareness Month is to educate about disability employment issues and celebrate the many and varied contributions of America's workers with disabilities.

The history of the observance traces 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.

This year, the theme of NDEAM is "Advancing Access and Equity" Reflecting this year's theme, throughout the month, The League 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 observance. 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. At the League, we are more concerned with what a person can do, rather than what they cannot do. As an organization, LHD embodies this concept: 51 percent of LHD's staff and board of directors have a disability. All are contributing, capable members of the workforce and society.

Employers and employees in all industries can learn more about how to participate in National Disability Employment Awareness Month and ways they can promote its messages during October and throughout the year by visiting the Office of Disability Employment Policy website at www.dol.gov/odep

Information is also available on the LHD website at www.leagueofhumandignity.com

Kathy Kay, League Co-CEO

Celebrate: Rehabilitation Act 50th Anniversary; Disability Employment Awareness Month

This year we celebrate two major events for people with disabilities.

Each October is National Disability Employment Awareness Month (NDEAM), recognizing the contributions of America's workers with disabilities past and present and showcasing policies and practices that benefit employees and employers alike.

This year also marks the 50th anniversary of the Rehabilitation Act of 1973, which laid the foundation upon which the more comprehensive Americans with Disabilities Act of 1990 stands.

The Rehabilitation Act prohibits disability-related discrimination in programs that are run by federal agencies or receive federal funding. It also protects federal employees and contractors from discrimination. The act also requires that federal contractors and subcontractors take affirmative action to recruit, hire, employ, promote, and retain qualified people with disabilities.

In May, the Office of Disability Employment Policy of the U.S. Department of Labor, which sponsors NDEAM, selected the theme "Advancing Access and Equity" to both promote NDEAM and honor the 50th anniversary of the passage of the Rehabilitation Act.

These laws continue to be vital tools used to advance access and equity for workers from historically underserved communities and meet the goals in the department's Equity Action Plan.

The 2023 NDEAM poster is a rectangle with a white background. The words, "Advancing Access & Equity, National Disability Employment Awareness Month, Celebrating 50 years of the Rehabilitation Act of 1973" are on the right of a field of red, gray, teal, blue and yellow arrows. Mixed within the arrows are images of people with disabilities in workplace settings. At the top in small gray letters are the hashtags "NDEAM" and "RehabAct50" followed by the website address, dol.gov/ODEP. In the lower right corner is the DOL seal and the words "Office of Disability Employment Policy, United States Department of Labor" and the Rehabilitation Act 50 logo.

Lincoln CIL Volunteer of the Year

A photo shows three people. A man in the middle holds a plaque. A woman is to his right and another man stands to his left. Jeremy Schafer, center, long-time Benefit Golf Event volunteer, accepts the Ken Lindhorst Volunteer of the Year Award for 2023 from League Co-CEO Kathy Kay, right, and event committee chairman and Emcee Clay Peterson, left. The award was presented during the program at the 2023 Lincoln Benefit Golf Event, Sept. 21, at the Highlands Golf Course.

Thank You to All Our Sponsors, Donors

This is an 18-hole, four-player scramble. Register a team! The 2023 Lincoln Benefit Golf Event would not have been a success without the support of our generous sponsors and donors.

Thank you everyone who made the success possible, starting with Caring for People Services, this year's Eagle Sponsor, donating \$5,000.

Other major sponsors, in the \$1,100 category were Baylor Evnen Wolfe & Tannehill, INSPRO Insurance – a MarshMcLennan Agency, and Telesis (Lazlo's Brewery & Grill – Haymarket, Fireworks, Empyrean, and Data Security).

Donors in the \$350 and above category were O Street Carpet, Mobile Computer Repair, and Complete Family Dentistry.

Other donors were Security First Bank, the Henry Doorly Zoo, Pinnacle Bank, Hillcrest Country Club, Sun Valley Lanes & Games, Papa D's, Durham Museum, Scheels, Hotworks, Radcliffe Gilbertson & Brady, James & Julie Nygren, AutoZone, Marriott/Residence Inn, Agave, Texas Roadhouse, Lincoln Stars, Buffalo Wings & Rings, Del Gould Meats, HyVee, Red Fox Steakhouse, Russ Lenhoff, Ed & Liz Schulenberg, YMCA of Lincoln, the Lincoln Children's Zoo, Vicky Kinzie, Granite City Brewery, The Hawk's Nest, LeadBelly, StopNshop, Scooter's, Slim Chickens, Patty's Pub, Austad's Golf, Moose's Mad Fresh, CheeseSteak Grille, Rosie's Sports Bar & Grill, Jack's Bar & Grill, Allie Nitz Photography, and The Copper Kettle.

INSPRO Team '3-peats' at Golf Event

This year the League welcomed 25 teams to its Benefit Golf Event — a beautiful day at the Highlands Golf Course Sept. 21.

The winning team was made up of Clay Peterson, Nick Turner, Ty Crandon and Clayton Peterson. This was the third straight win for the team, representing INSPRO - a MarshMcLennan Agency.

The winners also finished the 18-hole scramble with a 20-under-par 52, the lowest score in the 14-year history of the event. They beat the previous record of 53, which the Bob Tridle team scored in the inaugural event in 2009, and the John Fink team scored in 2014.

Second in the Championship Flight, with a 53, was the team of Ben Vigil, John Larreau, Nick Petersen and Mike Hannon.

The field was divided into three flights. After the Championship Flight, the The team of Eric Harms, Tobin Spangler, Mitch Glause and Seth Fitzke, shooting a 60 was first in the First Flight. Second Second, also with a 60, was the team of Bob Hendricks, Mike Bryant, Jason Bryant and Martin Bohling.

Winning the Second Flight was the team of Chad Seim, Russell Robinson, Tom Ellsworth and David Storm, shooting a 64. Taking second was the team of Cory Osborn, Chase Piel, Jason Gayed and Logan Russell, who also shot a 64.

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

This year, in honor of the late John Fink, 10 percent of the proceeds are being donated in John's name to Mission 22.

John was a long-time friend of the league and supporter of the annual golf event, who died in May. He had been chairman of the committee that organized the event for several years. He also played in the event. Teams that John sponsored and played on won the scramble in 2011, 2013 and 2014.

Mission 22 is a national organization supporting active service members, veterans, and their families through three areas of focus:

Support and Treatment Programs: Addressing post-traumatic stress, traumatic brain injury, suicide risk and other challenges.

Social Impact: Raising awareness of issues active service members, veterans, and their families face.

Memorials: Remembering and honoring service members and Veterans through large scale installations and digital initiatives, while raising awareness for issues faced at home.

Three photos accompany this article. One is a half-column head-and-shoulders photo of a smiling man, bearing the caption John Fink.

The other two photos each show four men holding golf clubs, smiling at the camera. The top photo: The team of (from left) Nick Turner, Clay Peterson, Ty Crandon and Clayton Peterson shot a 20 under par 52 to win the Championship Flight.

The bottom photo: Taking second in the Championship Flight with a 19 under par 53 was the team of (from left) Ben Vigil, John Larreau, Nick Peterson and Mike Hannon.

League Golf Benefit First Flight Winners

Two photos each show four men holding golf clubs, smiling at the camera. The left photo: Taking first place in the First Flight, in the Sept. 21 Lincoln Benefit Golf Event, shooting a 12-under-par 60, was the team of (from left, Eric Harms, Tobin Spangler, Mitch Glause and Seth Fitzke.

The right photo: Second place in the First Flight, with a 12 under par 60, was the team of (from left) Bob Hendricks, Mike Bryant, Jason Bryant and Martin Bohling.

Second Flight Winners

Two photos each show four men holding golf clubs, smiling at the camera. The left photo: First place in the Second Flight went to the team of (clockwise from top) Russell Robinson, David Storm, Tom Ellsworth and Chad Seim. The team shot an 8 under par 64.

The right photo: Taking second place in the Second Flight, with a score of 64, was the team of (from left) Cory Osborn, Chase Piel, Jason Gayed and Logan Russell.

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 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

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

Health Observances

October 2023

National Disability Employment Awareness Month, U.S. Department of Labor

Children's Health Month, Office of Children's Health Protection, U.S. Environmental Protection Agency

Healthy Lung Month, American Lung Association

National Breast Cancer Awareness Month, National Breast Cancer Foundation

National Depression and Mental Health Screening Month, Screening for Mental Health Inc.

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

National Mental Health Month, National Mental Health Association

Oct. 20 is World Osteoporosis Day, International Osteoporosis Foundation

November 2023

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 of America

National Home Care & Hospice Month, National Association for Home Care & Hospice & National Hospice & Palliative Care Month, National Hospice & Palliative Care Organization

Pancreatic Cancer Awareness Month, Pancreatic Cancer Action Network

Nov. 12 is World Pneumonia Day

Nov. 16 is The Great American Smokeout, American Cancer Society

Nov. 19 is International Survivors of Suicide Day, American Foundation for Suicide Prevention

Pain is Focus of Awareness Month

November is National Diabetes Month, a time when communities across the country team up to bring attention to the disease

Diabetes is a long-lasting health condition that affects how your body turns food into energy.

Your body breaks down most of the food you eat into sugar (glucose) and releases it into your bloodstream. When your blood sugar goes up, it signals your pancreas to release

insulin. Insulin acts like a key to let the blood sugar into your body's cells for use as energy.

With diabetes, your body doesn't make enough insulin or can't use insulin as it should. When there isn't enough insulin or cells stop responding to insulin, too much blood sugar stays in your bloodstream. Over time, that can cause serious health problems, such as heart disease, vision loss, nerve damage and kidney disease.

There's no cure, but the condition can be managed.

Diabetes is an epidemic, according to the American Diabetes Association. It affects about 37 million Americans, including adults and youth. Another 96 million adults have prediabetes — and 8 in 10 of them don't know they have it. With prediabetes, blood sugar levels are higher than normal, but not high enough for a diabetes diagnosis.

Learn as much as you can about your disease and talk with your primary care provider about how you can get the support you need to meet your goals.

Talk with your doctor about how you can manage your diabetes. Create a diabetes care plan. Research has shown that acting soon after being diagnosed can help prevent diabetes-related health problems. If your child has diabetes, be supportive and positive. Work with your child's doctor to set specific goals to improve their overall health and well-being.

Make physical activity and healthier eating a priority. Set a goal and try to be active most days of the week and follow a diabetes meal plan. Sleeping for seven to eight hours each night can help improve your mood and energy level.

TBBS Helps Nebraska Readers Keep Reading

Don't think you have to give up enjoying your favorite books or magazines just because your ability to read, hold a book or turn pages may be limited.

You still can enjoy reading with the aid of Nebraska Library Commission's Talking Book and Braille Service. The service is a part of a nationwide network of cooperating libraries, spearheaded by the National Library Service, a division of the Library of Congress.

The program is free, and provides audiobooks, audio magazines and Braille material through the mail and through digital download to people with a visual or physical condition, or a reading disability limiting their use of regular print.

The program's collection consists of books and magazines like those found in a public library. Easy-to-use playback equipment also is provided free on long-term-loan. 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, including how to apply for the service, email nlc.talkingbooks@nebraska.gov or call 1-800-742-7691. The Nebraska Talking Book & Braille Service main web page is at the Nebraska Library Commission website, nlc.nebraska.gov.

Equipment Loan Program

If you or a family member should find yourselves recovering from an injury or medical procedure and in need of a specific piece of durable medical equipment, either short term or long term, where would you turn? For crutches? A shower chair? A toilet riser?

Through the League of Human Dignity's Equipment Loan Program, you can borrow many durable medical equipment items for a small fee, for as long as you need them.

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

There is a one-time \$6 fee — \$25 for Rollator Walkers — and the loan lasts as long as the items are needed. All loans are subject to availability.

We also have items for rent, including Manual Wheelchairs, Transport Wheelchairs, Rolling Shower Chairs, Knee Walkers, and Hoyer Lifts. Monthly rental and deposits vary by item and rent includes maintenance and servicing during rental period. All rentals are subject to availability.

We do not loan or rent items that require special or custom fitting supervision by a doctor.

We also encourage donation of gently used equipment. All donated items need to be in good shape. We do not accept donations that need repair.

For details, about obtaining equipment or donating, call or visit the League of Human Dignity office nearest you.

League Employees

Saying Hello:

Megin Berlin, Independent Living Advisor, Norfolk

Mark Rassmusan, Medicaid Waiver Services Coordinator, Omaha

Julie Schmidt-Wells, Services Coordinator, Omaha

Catherine Boese, Secretary, Omaha

Jordan Nelson, Services Coordinator, Norfolk

Saying Good-Bye:

Stacie Thomas, Services Coordinator, Omaha

Matthew Nicholson, Services Coordinator, Lincoln

Paidon Meyer, Secretary, Lincoln

Julie Gubbels Thompson, Services Coordinator, Norfolk

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.

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 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 Katie Navratil at 402-441-7871 or 888-508-4758 (toll free) V/TDD or email knavrtil@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:

- 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 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 from 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 adults who are aged or have disabilities.

The League of Human Dignity 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.