

ON THE LEVEL

ON THE LEVEL is the bimonthly newsletter of the League of Human Dignity, Inc.

The League of Human Dignity is a consumer based nonprofit organization, whose purpose is to promote the full integration of persons with disabilities into society. To this end, we will advocate their needs and rights, while providing quality service to assist them in becoming and remaining independent citizens.

Established in 1971, the League now serves consumers in 62 counties throughout Nebraska and Southwest Iowa through our Centers for Independent Living in Lincoln, Norfolk, Omaha, and Council Bluffs; our Panhandle Medicaid Waiver Office in Scottsbluff; and our subsidiary, Mobility Options in Lincoln.

ON THE LEVEL is available in Braille and on audio cassette. To request these formats, contact the Public Information Office in Lincoln, or the League of Human Dignity in your area.

To update support group listings (pages 12-14); place classified ads for accessible equipment or supplies (page 15); or to provide news items and other related information contact:

Editor, ON THE LEVEL, League of Human Dignity, 1701 P Street, Lincoln, NE 68508; 402-441-7871 Voice TDD; FAX: 402-441-7650; dmitzlaff@leagueofhumandignity.com



www.leagueofhumandignity.com

ON THE LEVEL STAFF

Mike Schafer, CEO
Deb Mitzlaff Koenen, Editor
Bill Rush, Contributing Writer



Message from the CEO

Caregiver vs. Personal Assistant

“Caregiver” or “personal assistant.” Are these terms really interchangeable?

Not if you follow the independent living philosophy. “Giving care” and “providing assistance” don’t even come close in meaning.

It’s been years since disability rights advocates first sanctioned the terms “personal assistant” and “personal service assistant” as acceptable job titles for the individuals hired to assist those with disabilities in their daily routines.

Yet lately I’ve noticed an increasing use of the term “caregiver” or “care provider” to describe this profession.

The terms are commonly used on forms and applications, in employment listings, advertisements, medical journals, family discussions—even in courtrooms.

Are we just becoming careless in our use of appropriate terminology? Or is there some kind of concerted effort to portray “caregivers” as wonderful, self-sacrificing folks who are called upon by society to “take care of” those poor, pitiful people who experience disabilities?

It’s not just inappropriate—it’s inaccurate. Most personal assistants are being paid for their services. How can they technically “give” care, if they’re being compensated?

Of course most people want to hire employees who are “caring” and “giving,” but these qualities are character traits—not designated duties.

The term “caregiver” conjures up images of helpless individuals with other people vigilantly watching over them and making decisions for them.

When you create an image like that, you not only take away the dignity of the person with the disability—you give undue power to the person providing assistance.

“Personal assistants,” on the other hand, are hired to perform the duties assigned to them by their employer. When you employ a personal service assistant you are calling the shots. You are empowered. You are living independently.

So the next time you’re tempted to use the term “caregiver”—or someone uses it in your presence—I hope you will make a conscious effort to insist on the term “personal assistant” instead.

You’ll be doing more than improving our language. You’ll be helping instill an attitude—in those providing assistance, those requesting assistance and those getting some insight on the true meaning of independent living.

Sincerely,

Mike Schafer
Chief Executive Officer
League of Human Dignity



Promoting Independent Living—Since 1971
Now serving 62 counties throughout Nebraska and Southwest Iowa

Our Mission is to actively promote the full integration of individuals with disabilities into society. To this end, we will advocate their needs and rights, and provide quality services to involve these persons in becoming and remaining independent citizens.

You Can Help by sending a donation in any amount to the League of Human Dignity, 1701 P Street, Lincoln, NE 68508. You may honor a loved one's birthday through an Honorarium Gift; remember someone special in death with a Memorial Gift; include the League in your will; support our annual benefit auctions; or be creative and come up with your own style of giving!

Thank You For Your Donations!

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Who's What's New...?

CONGRATULATIONS TO:

The following employees have been assigned new positions or given additional responsibilities:

Sandra Dresser

Education and Quality Assurance Manager
Lincoln Center for Independent Living

Kellie Rix

Independent Living Advisor/Barrier Removal Program Advisor
Omaha Center for Independent Living

FAREWELL TO:

Joan LaBelle

Systems Change Coordinator
Lincoln Center for Independent Living

Paul Matthews

Barrier Removal Program Advisor
Omaha Center for Independent Living



UNITED in our mission to promote independent living for those with disabilities

Where to find us....



LINCOLN

Center for Independent Living and Mobility Options
1701 P Street
Lincoln, NE 68508
402-441-7871 (V/TDD)

OMAHA

Center for Independent Living
5513 Center Street
Omaha, NE 68106
402-595-1256 (V/TDD)

NORFOLK

Center for Independent Living
400 Elm Avenue
Norfolk, NE 68701
402-371-4475 (V/TDD)

SOUTHWEST IOWA

Center for Independent Living
1417½ West Broadway
Council Bluffs, IA 51501
712-323-6863 (V/TDD)

PANHANDLE

Medicaid Waiver Office
17 E 21 St #2
Scottsbluff, NE 69361
308-632-0470 (V/TDD)

**LEAGUE
OF
HUMAN
DIGNITY**



**Stars and Strides
2004**

**Southwest Iowa Center for Independent Living
Omaha Center for Independent Living**

**4th Annual Benefit Auction
Friday, April 23**

Doors Open at 5:30 p.m. - Buffet Dinner at 6:45 p.m.

Ameristar

**Casino Hotel
Council Bluffs, Iowa**

Beverages · Dinner · Silent and Live Auctions · Prizes

Admission: \$25

*To purchase tickets, reserve corporate tables, offer sponsorship or donate auction items please call: **712-323-6863** (Voice/TDD) or **402-595-1256** (Voice/TDD)*

There are lots of ways to help...!

A great way to promote your business or organization is to donate a product, service or gift certificate to be auctioned off at our annual benefit event.

Raffle and door prizes will also get your name out in front of our patrons.

Your ticket purchase or cash donation will help us ensure a successful event.

Why not reserve a corporate table—and get everybody in on a fun-filled evening!

Come join the fun! It's a good time for a good cause—independent living.

**LEAGUE
OF
HUMAN
DIGNITY**



- *Promoting independent living for those with disabilities—since 1971*
- *Now serving 62 counties throughout Nebraska and Southwest Iowa*

THE MIND BEHIND

Although “A Hysterical Mind” might be easily categorized as a film about schizophrenia, Lincoln, Nebraska filmmaker Mike Kula said he prefers to think of his video production as a work of art.

Artistic pursuits, however, are not often viewed as practical career goals. This conflict is evident in “A Hysterical Mind.” The main character, Mark (played by Jared Thompson), is obviously a talented painter.

Throughout the film, however, he is confronted by a man in a custodian’s uniform. Walter (played by Kula) tries to convince Mark that he is a custodian, not an artist.

Other influential characters in Mark’s confusing life also appear—sometimes unexpectedly—throughout the film: musicians hosting jam sessions in his living room; waitresses pouring coffee in the diner; staff and patients at the mental health center; art instructors and students at the recreation center; and a girlfriend who, partway through the film, becomes the former girlfriend.

The film is comically disturbing—and disturbingly comic—at the same time.

Some of the characters say and do funny things. But are we supposed to laugh? This is a serious topic.

What about the young man in group therapy who insists he was rescued from a highway collision by a “blonde Oriental woman named Yoko” on a motorcycle? He’s not really supposed to be funny. Or is he...?

PERMISSION TO LAUGH

“It’s okay to laugh,” said Kula, even though observing a pathological liar might make people uneasy.

“Humor can alleviate the tension” between those who have experienced a difficult situation—and those who have not, he explained. Laughter can open up the channels of communication and understanding.

Kula was impressed with the use of humor in “A Beautiful Mind.” The movie—based on the true story of David Nash (played by Russell Crowe), a mathematical genius experiencing schizophrenia—earned an Academy Award for Best Picture in 2001.

This was the movie which inspired Kula to try his hand at filmmaking.

His film’s working title, “A Hysterical Mind,” is actually a take-off on “A Beautiful Mind,” said Kula. But to avoid copyright disputes, the final cut may be titled “Hysteria.”

No matter what the title, humor will remain a key ingredient in Kula’s film.

One of the most memorable lines in Kula’s script is delivered by Walter while seated with Mark on a park bench. It’s a classic theatrical setting—or is it a set-up for a comedy sketch?

“It’s always darkest,” says the imaginary custodian, “right before it goes completely black.”

“Your eyes adjust,” he adds matter-of-factly. This twist on the familiar “darkest before the dawn” quotation is jolting—yet strangely amusing.

BASED ON REAL LIFE

Kula credits his friend Bob Derricks for coming up with the line, which was not created with a film script in mind. It was simply a remark made by Derricks during an actual conversation. A remark that stuck with Kula.

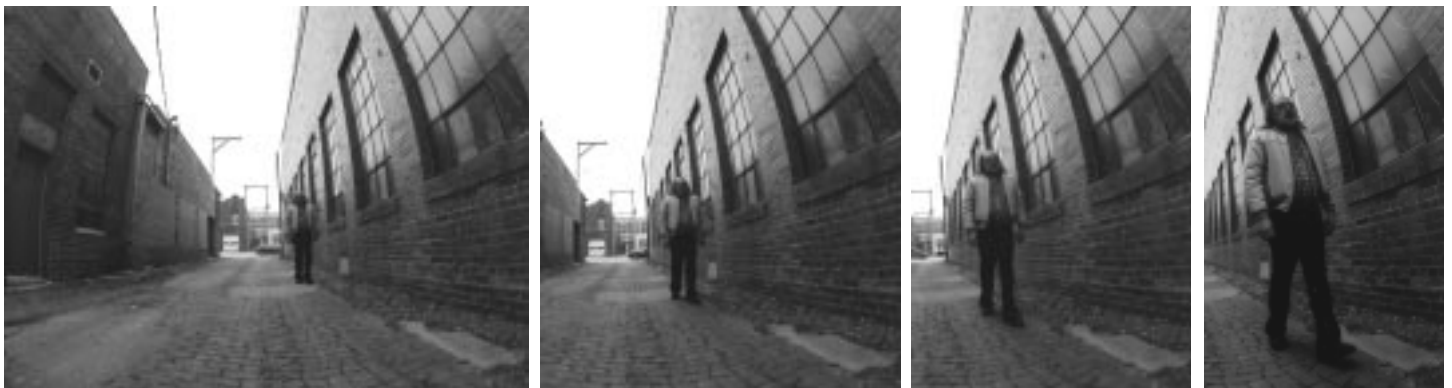
Most of the script is based on real-life conversations and experiences, said Kula.

Despite the fact that Walter may get a few laughs from the audience, “the reference to the custodial profession was intended as a tribute,” not as a joke, said Kula. His respect for custodians comes from his personal experience in the field.

Though the audience may question the very existence of Walter, his character strongly symbolizes the more practical trades that aspiring artists may be forced to consider at some point in their lives.

Most artists have a difficult time finding a career that satisfies them, said Kula. “Many people attending art school end up dropping out to become grocers, day care providers, housekeepers or whatever type of profession comes along.” They might be forced to give up their art aspirations entirely, in order to make a living.

Those who continue pursuing the arts will almost always need alternate sources of income, he said, whether it be part-time jobs, disability benefits or a spouse who is willing to provide financial support.



STANDING BACK: Taking on the duties of writing, producing, directing, acting and editing for the same film requires the ability to stand back and take a look at your work, separating yourself from the project—while remaining immersed in it...

“A HYSTERICAL MIND”

Despite the challenges of making a living through art, Kula said he enjoys collaborating with other artists.

“Most artists are tuned into things that the average person passes over...there’s more of a hyper-awareness.”

This heightened awareness can sometimes be a challenge. “It’s easy for me to be tuned into sensitive issues, but at the same time it’s hard for me to process these ideas into tangible things—the finished artwork.”

He’s experienced at expressing himself through artwork—as a painter, musician, theater and film student, art instructor and television producer. When creating a film, he said, these skills “all blend together.”

Each type of art, however, requires a different approach. Creating a painting, for instance, is a “one-man show. Any time of day—or night—you can put together your art,” he explained.

GROUP EFFORT

Producing a film or video is more like forming a band. It’s a “group effort” during which you become “dependent on one another. You have to get along—while allowing everyone to contribute to the project.”

After producing a public access television program for 10 years Kula said he “had a handle on video production and was ready to kick it up a notch” and do a scripted film.

Rounding up a talented cast and crew was easy. But, no matter how high the enthusiasm, producing a low-budget film is a challenge.

When you’re not paying anyone, he explained, “you can’t expect everyone to show up at two o’clock...and you can’t fire them if they don’t!” You continuously find yourself “at the mercy” of those who are donating their talents and services while juggling their other obligations.

A passion for the arts—namely the theater arts—kept everyone together, despite any difficulties.

Another trait they shared was the “thick skin” that enables actors and other artists to “jump right in” and take the risks required to express themselves.

Kula took a risk creating a film—but it’s not something he rushed into.

The desire to produce a film, he said, “springs out of a lifelong experience with art.” He traces his “earliest lesson in film studies” back to a part time job at the local movie theater in Fremont.

AUDIENCE REACTION

As a high school student his duties were varied—from ushering to putting the letters up on the marquee.

“After you’ve watched ‘The Love Bug’ nine times or ‘The Sound of Music’ 113 times,” he said, “you learn to pick up on crowd reactions.”

After the first showing of each movie, the staff could predict exactly when—and how loudly—the audience would laugh or scream.

One of the most interesting audience reactions Kula remembers was not a laugh or a scream.

It took place during a scene when a “Whiskey City” road sign came up on the screen. Every time the movie was shown, the audience would read the sign aloud—in unison.

While reinforcing his love for film, all those extra hours at the theater taught him the importance of audience response—something he now seeks himself.

Though he welcomes feedback from viewers, Kula emphasizes that the film is still a “work-in-progress,” with a re-shoot and final editing yet to be scheduled.

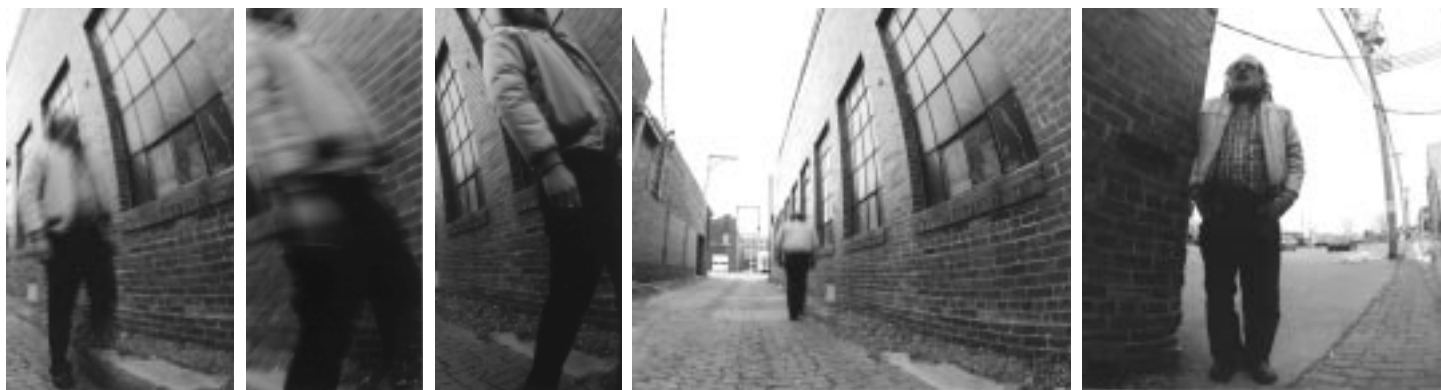
The reaction so far has been positive, he said. People have told him the film is “fun”—especially those involved in its production and those familiar with the topic.

Those who are interested in viewing the film, or offering suggestions for funding and promoting the project, may contact Kula at: mkula@neb.rr.com

No matter where his first film may take him, he said he doesn’t have great aspirations for a movie career. He is simply “following a path to see where it leads.”

“I don’t envision a star on the sidewalk. I just want to see how far I can go before someone says, ‘Don’t make any more films!’”

Despite the long hours and stress involved, Kula gives this advice to those who have been thinking about expressing themselves through the arts: “Do it.”



...This can be especially challenging if the film is autobiographical. **Mike Kula** took on a complex project—and successfully accomplished what he set out to do in his production of “**A Hysterical Mind**.”

South Dakota



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SNOW CLOSING INFORMATION

We have designated KFOR
Radio as our official weather
station.

In times of severe weather,
please tune to KFOR 1240AM
for the latest word regarding
any cancellations.

KFOR 1240 AM

The one you turn to
for winter weather information.

Public Reminded to Clear a Path

Unusually heavy snowfall this winter triggered several calls to the League of Human Dignity from individuals using wheelchairs, scooters or public transportation.

Snow-packed streets and icy sidewalks made travel difficult in many communities—especially when curb cuts were repeatedly blocked by city crews plowing the streets.

When sidewalks and curb cuts are not properly cleared, personal mobility equipment can be difficult or impossible to maneuver. Bus and van drivers also have problems operating wheelchair lifts on uneven, snow-covered surfaces.

Consumers who contacted the League were advised to report unsafe conditions to the appropriate city officials in their communities.

They were also encouraged to respond to local media requests for public comment.

By demonstrating for reporters the difficulty of using a wheelchair on snow and ice, several League consumers helped increase awareness about the importance of proper snow removal by property owners and renters.

The League also encouraged the media to help spread the word by reissuing this annual public service announcement:

Sidewalks and curb cuts blocked by snow and ice can prevent those with disabilities from getting to work, to the store—or to the doctor. The League of Human Dignity reminds you to be a good neighbor—and make travel easier for everyone—by following the law and keeping your sidewalks and curb cuts clear.



2004 FAIR HOUSING CONFERENCE

Tuesday, April 13

8:00 A.M. to 5:00 P.M.

Embassy Suites Conference Center

Lincoln, Nebraska

No Charge for Conference (Luncheon - \$15)

KEYNOTE ADDRESS:

“Valued Resources in the Fight for Fair Housing”

Mr. Kenneth F. Holbert

*Special Assistant to the Deputy Assistant Secretary for Operations & Management
Housing & Urban Development (HUD), Washington, D.C.*

PLENARY SESSIONS:

“Fair Housing Laws: A Legal Update”

Mr. John Relman

Attorney with Relman & Associates, Washington D.C.

“Linguistic Profiling”

Professor John Baugh

*Stanford University
(Luncheon - \$15 fee)*

“Urban Apartheid”

Professor Karen Curls

Penn Valley Community College & the Community Development Corp. of Kansas City

CONCURRENT SESSIONS:

“Fair Housing Act Accessibility Requirements: An Overview”

“Common Design & Construction Violations & Solutions”

Ms. Sara Pratt

The Bearingpoint Team

“HUD Free-For-All”

Ms. Myrtle Wilson

Office of Fair Housing & Equal Opportunity, HUD, Kansas City

“Accommodating Disabilities in Rental Housing”

Mr. Gary Fischer

Fair Housing Center of Nebraska

“Housing the Seriously Mentally Ill - Our Challenge, Our Responsibility”

Mr. Tim Keelan

Hanna-Keelan Consulting & Planning Organization

“Fair Housing and Advertising - Do’s & Don’ts”

Mr. Alfonza Whitaker

Nebraska Equal Opportunity Commission



For more information, contact the LINCOLN COMMISSION ON HUMAN RIGHTS
at 441-7625 or TDD at 441-8398 or E-mail: smoody@ci.lincoln.ne.us



Nebraska
Statewide Independent Living Council
SILC

**SUPPORTING
THE RIGHT
TO
INDEPENDENT
LIVING**

Do you experience a disability? Are your consumer needs being met?

The Nebraska Statewide Independent Living Council (SILC) is conducting a survey to determine the needs of Nebraskans with disabilities in regard to independent living.

You can help by participating in the survey.

Copies of the survey can be obtained by contacting NE SILC at:

215 Centennial Mall South, Suite 520, Lincoln, NE 68508;
1-402-438-7979; Fax 1-402-438-7991; nesilc@alltel.net

The deadline for the survey is March 15, 2004

“Keeping In Touch” is Important to Those With Myositis

Keep In Touch—or KIT—is more than a slogan or a memorable acronym.

It's a mode of operation for the more than 50,000 Americans affected by myositis.

KIT stands for “Keep In Touch,” which is the name given to support groups being organized by those experiencing myositis, as well as their friends, family members and medical professionals.

What is myositis? Not many people know the answer to that question. That's why people like Mac Warren of Lincoln, Nebraska are joining forces to address this lack of awareness.

Myositis is a little-known disability that is difficult to diagnose, said Warren. The condition is considered incurable, he added. And many forms are not treatable.

According to The Myositis Association (TMA), myositis is a “rare, chronic form of autoimmune disease.”

Various types of myositis—also known as the inflammatory myopathies—are inclusion-body myositis, dermatomyositis, polymyositis and juvenile myositis.

All forms of myositis can cause muscle weakness, but each type is different. Because muscle mass is lost over time, many people with myositis eventually use power wheelchairs or scooters for mobility.

There is no known cause of myositis. But according to TMA, “it is believed that people are genetically predisposed to autoimmune diseases, with environmental factors playing a role in disease onset.” People of all ages and backgrounds can be affected.

Juveniles typically experience dermatomyositis, which causes an often itchy and painful skin rash, along

with muscle weakness.

Though treatments vary greatly from patient to patient, most involve suppressing the immune system and decreasing muscle inflammation. Many patients do not respond to any treatment, while the medicines used often cause uncomfortable and lasting side effects.

Warren experiences inclusion-body myositis (IBM). The onset of muscle weakness in this type of myositis is generally gradual—over months or years. He said he currently uses a cane or scooter to get around.

Many people are not aware they have IBM. Symptoms usually develop after the age of 50, though the onset can occur earlier.

Tripping and falling are early signs of the disease, as is a weakening of the hands. Because many people attribute these symptoms to the aging process, they do not seek medical assistance as soon as they should. Awareness is the key to early diagnosis.

Currently about 20 people in Nebraska are aware they have myositis, said Warren. The Nebraska KIT is active and keeps its members informed by inviting neurologists to every meeting. Initiating a mayoral proclamation declaring September 21 as Myositis Awareness Day was one of the group's major accomplishments last year.

Staying connected to the national association and networking with KIT groups in other states is also important, as Nebraskans try to find ways to maintain independent lifestyles while coping with myositis. Support, education, advocacy and research are their mutual goals. To “Keep in Touch” is their method.

To learn more about myositis contact: Mac Warren, 1626 S. 11 St, Lincoln, NE 68502, 402-438-5183; Monica Breitingner, 3335 S. 115 Ave, Omaha, NE 68144, 402-333-2970; Harley Russell, 3013 Garland St, Leavenworth, KS 66048, 913-682-8520, hcrussell@prodigy.net; The Myositis Association (TMA), 755-C Cantrell Ave, Harrisonburg, VA 22801, 540-433-7686, tma@myositis.org; www.myositis.org

Mobility Options Staff Recommends Maintenance For Outdoor Equipment

'Tis the Season...



...to make sure your vertical platform lift is in good working order!

Harsh winter weather can put a strain on outdoor mobility equipment—especially vehicle and vertical platform lifts, according to the staff at Mobility Options.

“When the temperature is low,” said Manager Bryan “Kubie” Kubicek, “your lift has to work twice as hard.” Wind, rain and snow can also increase the wear and tear on equipment exposed to Midwestern weather conditions.

A postcard reminder was mailed in January to customers who own outdoor vertical platform lifts.

However, Mobility Options also emphasizes the importance of regular maintenance on van lifts and other vehicle equipment used outdoors.

“Whether you own a hydraulic or mechanical lift, it’s going to work harder during the winter,” said Kubicek.

“Regular lubrication is the key to equipment longevity.”

Check Indoor Equipment Also

Indoor equipment—including stair lifts and elevators—should also be maintained regularly, said Kubicek, to make sure they are working properly.

Mobility Options technicians are skilled at installing, servicing and repairing all types of mobility equipment.

“No matter where you purchased your lift equipment,” said Kubicek, “we’ll be glad to take a look at it.”

“Regular service calls are almost always more economical than repairs,” he said, “and the best way to avoid the stress and inconvenience of equipment failure.”

Even if you didn't receive this postcard reminder (left) it may be time to have your vehicle or vertical platform lift serviced by Mobility Options.



mobilityoptions

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402- 441-7871

1701 P Street • Lincoln

DID YOU KNOW? Because Mobility Options is a subsidiary of the League of Human Dignity—all net profits from sales and service are used to support the independent living services provided by the League.

Associations and Support Groups You Can Count On

When You Need Someone Who Understands

The information listed here has been shared with the League of Human Dignity by individuals and organizations involved in local, regional and national associations and support groups. Please let us know if you would like to add a listing.

PLEASE HELP KEEP US UPDATED: For corrections, additions or special announcements, contact Deb in Public Information, League of Human Dignity, 1701 P St, Lincoln, NE 68508; 402- 441-7871 (V/TDD); FAX 441-7650; dmitzlauff@leagueofhumandignity.com

ADD vance

■ Support Group, **Council Bluffs**, 3rd Tuesday of each month at 7 pm, Lewis Central Middle School.

Advocacy

■ EAD-Equal Access for the Disabled, meets 1st Monday of the month at 1:30 p.m. at the **Council Bluffs**, IA, 6th St & 9th Ave. Contact Pat Butler, President 712-323-1894 pr Pat Lawson, Secretary 712-323-3438.

■ Advocates Creating Changes for Persons with Disabilities (ACCPD) in **Sioux City**, Cross-disability support and advocacy group sponsored by Three Rivers Center for Independent Living. Call Rev. Jimmy Weber, 712-239-9227 or 712-255-1065

ALS

■ Amyotrophic Lateral Sclerosis (ALS)(Lou Gehrig's Disease) Support Group (MDA), **Omaha**, 7602 Pacific St, Suite 200, 68114 Jessi Thomsen,(402) 390-2914.

■ **Nebraska Office**, Shaker Place, 10730 Pacific, Ste 228, Omaha, NE 68114, 402-991-8788, 1-866-762-6361; FAX: 402-991-3691, Keith Worthington Chapter; 8340 Mission Rd, Ste B4, Prairie Village, **Kansas** 66206, 913-648-2062

Alzheimers

■ Alzheimers Association of **Lincoln/Greater Nebraska**, regular meeting is the 1st Monday of each month at 7 pm, Karen (402) 420-2540, Toll-Free 1-800-487-2585.

■ Support Group, 2nd Tuesday of each month, Veterans Home-EBY Bldg Room #122, Roseann (402) 370-3160.

■ Alzheimers Association **Omaha/Eastern Nebraska/SW Iowa** (402) 572-3010, 1-800-309-2112.

■ Support Group, **Fremont**, First United Methodist Church.

■ Support Group, Cass County, **Atlantic**, Cass County Memorial Hospital.

■ Alzheimer's Support Group, 1st Thursday of each month, Beverly Healthcare, 111 W. 36 St, **Scottsbluff**, Tammy Sauers or Bobbi Turner (308) 635-2019.

Amputee

■ Amputee Support Group, **Bellevue**, Sue Johnson (402) 733-4954; 2nd Sunday each month, 1-3 pm, Midlands Community Hospital, Reifschneider Suite, 1st Floor. Call any time. Come chat with us!

Arthritis

■ Arthritis Foundation **Nebraska Chapter, Omaha**, meets monthly; 402-572-3040; FAX: 402-572-3048; www.arthritis.org

■ **Columbus**, Jolene 402-564-7571
■ **Grand Island**, Connie 308-389-5565

■ **Lincoln**, Kaye (402) 481-3399.

■ **North Platte**, Doris 308-534-4228

■ **Omaha**, Patti (402) 895-6263

■ **Ord**, Don (308) 728-3306

■ Arthritis Foundation **Iowa Chapter, Des Moines**, meets monthly, 515-278-0636; FAX: 515-278-2636; Info.ia@arthritis.org; www.arthritis.org

Ataxia

■ Ataxia Support Group, **Omaha**, Lavonne (402) 573-5838.

Athletics

■ Cornhusker Wheelchair Athletics Ass'n **Lincoln** Matt (402) 421-8434.

■ Eastern Nebraska Wheelchair Athletic Association, **Omaha**, Greg (402) 289-3521.

■ Junior Wheelchair Basketball Team, **Omaha**, Mike (402) 554-2539; Rita (402) 551-4598.

Autism

■ Autism Society of **Nebraska**, Jean McDermott (402) 431-0166

■ Families for Early Autism Treatment (FEAT) of **Nebraska**, Mark Hirschfeld (402) 955-1780

■ Unlocking Autism, Connie Shockley (402) 933-2565

Blind/Visually Impaired

■ C-Big (**Council Bluffs** Blind Information Group) Chuck Dietz (712) 323-4817.

■ United Blind of **Omaha**, Gary 402-455-4116, Sherry 556-4156.

■ Support Groups for the Visually Impaired **Albion, Center, Columbus, Norfolk, Tekamah, Westpoint**, John/Glen 402- 370-3436.

■ Support Groups for the Visually Impaired in **Iowa**, Iowa Department for the Blind 1-800-362-2587

■ **VIPS** Support Groups for visually impaired; over 1000 members throughout **Nebraska**; to find your group, contact: President Howard Simons, Isanders Group, 324 W 13 St, Grand Island, NE 68801; 308-381-8003.

Cancer

■ American Cancer Society, **Heartland Division** (Omaha Office) 402-393-5800; 1-800-642-8116

PLEASE CALL FOR SUPPORT GROUPS IN OMAHA AND SURROUNDING AREAS

■ Support Groups, 2nd Tuesday of each month, 7-8 pm, Clarinda Regional Health Center, **Clarinda**

■ Coping With Cancer Support Group, University of Nebraska, **Lincoln**, Thursdays, 6-7:30 pm Nebraska Union Rm 338. Call Yasmin (402) 472-7450.

■ Breast Cancer Support Group **Lincoln**; meets 1st Wednesday of the month 7 - 9 pm. Call Mary Meredith-Scheiding, cancer care coordinator, for schedule and topics: 402-219-7258

Chronic Pain

■ American Chronic Pain Ass'n, PO Box 850, Rocklin, CA 95677; ACPA@pacbell.net; 1-800-533-3231; FAX: 916-632-3208

Deaf

■ **Nebraska** Commission for the Deaf and Hard of Hearing (NCDHH) 4600 Valley Rd, Ste 420; 402-471-3593 or 1-800-545-6244.

■ Communication Service for Deaf of **Iowa**, employment services 712-322-1489.

■ Deaf Services Commission of **Iowa**. 1-888-221-3724 V/TTY.

Depression

■ Greater Omaha Depression & Manic Depression Association, **Omaha**, Kate 402-551-3275.

Developmental Disabilities

■ The Arc of **Lincoln/Lancaster County**, providing support to people with developmental disabilities & families through Individual and Family Support Services: Family Connections, Women Investing in Now (WIN); Dads Events; Sibshops; People First of Lincoln; Resource Library; Vacation Program; Group Residences. 1101 Arapahoe, Ste 5, Lincoln, NE 68502, 402-421-8866, FAX: 421-8922, Arcoflincoln@alltel.net

Diabetes

■ American Diabetes Association **Fremont** Chapter 402-727-9431.

■ **Lincoln** Area Chapter, Pam 402-486-8777.

Down Syndrome

■ **Omaha** Nat'l Down Syndrome Society (NDSS) Nebraska Affiliate; Contact Mary: 402-553-5335 or nebuddywalk@cox.net

■ Down Syndrome Association for Families; **Lincoln**, NE Parent and family group; meetings, mother's coffees, newsletter, holiday events, Buddy Walk, parent packets, Call: Deb Safarik: 402-466-7641

■ Lincoln Early Development Services Coordination 402-441-6710

■ Early Development Network in Lancaster County; ESU #6, 1-800-327-0091

■ Early Childhood Training Center 6949 S 110 St Omaha, NE 68138; 1-800-89CHILD (media library offers books, videos, etc)

■ National Down Syndrome Congress, 7000 Peachtree-Dunwoody Rd NE, Bldg 5, Ste 100, Lake Ridge Office Park, Atlanta, GA 30328, 1-800-232-6372, FAX 7700-604-9898, ndscenter@aol.com

■ National Down Syndrome Society 666 Broadway, New York, NY 10012, 1-800-221-4602, FAX 212-979-2873, info@ndss.org

Dyslexia

■ Nebraska Branch International Dyslexia Association, "Smart Kids: School Problems" **Grand Island**, Brenda 308-381-8943.

■ **Lincoln**, Irene 402-327-0751.

Epilepsy

■ Epilepsy Association of Nebraska, **Omaha** 402-558-7383.

Fibromyalgia

■ Support Group, **Lincoln**, meets at Madonna Rehabilitation Hospital. For details and meeting schedule, call Liz Busch 402-423-2787

■ **Omaha**, Arthritis Foundation 402-572-3040.

■ Support Group, **Gordon area**, meets in various homes & churches, call Margaret at 308-282-0769

■ Support Group, **Humbolt, IA area**, call Judy at 515-332-3376 (9 am-9 pm); bjmerris@goldfieldaccess.net

■ Support Group, **Mercy Medical Center, New Hampton, IA area**, meets monthly, call Judy 641-394-3106 ext 189; FAX: 641-394-2328

■ Support Group, **Shenandoah, IA area**, meets four times a year or when requested, call Della 712-246-3244; delsta@netins.net

FMS-CF Syndrome

■ Support Group, **Council Bluffs**. Call 712-323-9448.

Grief Support

■ Many groups to help with the grieving process are available; contact your local hospital, funeral home or place of worship for details about groups meeting in your area.

Hard of Hearing

■ S.H.H.H. – **Lincoln**, 7 pm at 4600 Valley Rd., Rm 4B, 3rd Thursday of each month, Margaret 402-474-0479 V/TDD or call 402-471-3593.

Head Injury

■ Head Injury Support Group, **Lincoln**, Jan Lingren, 2nd Tuesday at 7 pm, First United Methodist Church 402-488-1916.

■ Head Injury Survivors Group, 3rd Wednesday at 6:30 pm at Goodwill Industries, **Lincoln** 402-231-1933.

■ Head Injury Support Group, **Omaha**, Gail Kerwin 402-571-5651.

■ Head Injury Support Group, **Norfolk**, 1st Monday, Faith Regional Health Services.

Hydranencephaly

■ **Omaha** Local contact: Lynne 402-485-2229 or rtrease@nntc.net; Internet support also available (please call for more information)

Learning Disabilities

■ Learning Disabilities Association of Nebraska, Sharon, **Omaha** 402-571-7771.

Leukemia & Lymphoma

■ **Lincoln** Family Support Group for adult patients with leukemia, lymphoma, Hodgkin's disease, myeloma or myelodysplastic syndromes (family and friends welcome). For meeting times and locations call Leukemia & Lymphoma Society, Nebraska Chapter: 1-888-847-4974.

■ **Lincoln** Telephone Support Group for adult myeloma and leukemia patients and family members; Tuesdays 10-11am; talk with support group from home; free service of **Nebraska Chapter, Leukemia & Lymphoma Society** Call Tonya: 402-344-2242 or 1-888-847-4974.

MDA

■ MDA Duchene Parents Support Group, **Omaha/Papillion**, meets quarterly Sat., 1-3; Papillion/LaVista High School, 420 S Washington St; Jessi Thomsen 402-390-2914

Mental Illness

■ **Nebraska Family Support Network** for families of children & youth with mental illness, 1st & 3rd Thurs each month, **Lincoln**, 215 Centennial Mall, Rm 220, Linda (402) 477-2992. (**Arlington**, Mary 800-245-6081, **Omaha**, Lori (402) 453-3154.)

■ **Mental Health Association of Nebraska** 1-800-422-6691 or www.MHA-NE.org ([more next page](#))

■ **National Alliance for the Mentally III (NAMI)** <http://ne.nami.org>; For questions, please call Ernie Paulsen at **NAMI Nebraska**, 1941 S. 42nd St., Suite 517, Omaha, NE 68105 Phone: (402) 345-8101; toll free: 1-877-463-6264; Fax: (402) 346-4070 (or contact the following locations)

■ **Grand Island** NAMI of Grand Island, NAMI Nebraska 877-463-6264; NAMI Heartland, Grand Island, Carole Denton (308) 382-8604; jdenton@navix.net

■ **Hastings** NAMI Hastings, Leahdele Cassel (402) 462-8657;

■ **Juniata/Hastings** NAMI - FORSE, Cindy Scott (402) 751-2226, hs35558@navix.net; Hastings NAMI CARE (Consumers Advocating Recovery Through Empowerment) Mike Best (308) 379-8752.

■ **Kearney** NAMI Central Nebraska, Merv Schliefert (308) 236-5513, mervbev@juno.com

■ **Lincoln** NAMI Lincoln, Sydney Langness (402) 435-4757; Tami Walden (402) 471-4515.

■ **Mental Health Lincoln** Support Group, Tuesdays 3-4 pm Bennet Martin Library Downtown 4th Floor

■ **McCook** NAMI Of SW Nebraska, Sandy Graves (308) 345-3013, dlmeyer@ncfcomm.com

■ **Norfolk/Hartington** NAMI Northeast Nebraska, Norma Harms (402) 692-3251; Norfolk NAMI, Connie Meyer (402) 370-3503.

■ **North Platte** NAMI Platte Valley, Ann Bartlett (308) 532-4053, ab11721@alltel.net

■ **Oakland** NAMI Greater Burt County Nebraska, Wayne Jarvill, (402) 685-6857.

■ **Omaha** NAMI Omaha, Glen or Sue Truax, (402) 292-3793, glentruax@msn.com; Omaha NAMI CARE (Consumers Advocating Recovery Through Empowerment) Annie (402) 551-9413; Marlene (402) 558-0304.

■ **Scottsbluff** NAMI Western Nebraska, Shirley McLaughlin (308) 635-2239, shirley@prairie.web.com

■ **Sutherland** NAMI Trails West Nebraska, Margaret Baker (308) 284-4078, bakerm@gpcom.net

Multiple Chemical Sensitivity

■ MCS Information Exchange, 2 Oakland St, Brunswick, ME 04011 conceptmed.com

Multiple Sclerosis

■ Support Group in **DeWitt**. Call Teresa (402) 683-4285

■ Support Group, **Council Bluffs**, meets 3rd Thursday every month, 7 pm, Queen of Apostles Catholic Church; Bruce 712-482-3412

■ Self-Help Group, **Lincoln**, contact 1-800-755-3959

■ MS Connection **Lincoln**, meets 2nd Tuesday every month, 7 pm, First Lutheran Church, 1551 S 70 St. Call Stacey (402) 486-1885

■ Support Group, **Norfolk**, 402-648-7906

■ Support Groups in **Omaha**, 402-572-3190 or 1-800-755-3959

■ Iowa Chapter Support Group in **Sioux City**, meets 1st Saturday each month, Morningside Branch Sioux City Public Library, 1:30 - 3:30 pm; Rev. Jimmy Weber 712-239-9227

Myositis

■ **NEW LISTING KIT** (Keep In Touch) Support Groups for The Myositis Ass'n (TMA); Mac Warren, 1626 S. 11 St **Lincoln** 68502, 402-438-5183; Monica Breiting, 3335 S. 115 Ave **Omaha**, 68144, 402-333-2970; Harley Russell, 3013 Garland St **Leavenworth, KS** 66048, 913-682-8520, hcrussell@prodigy.net; The Myositis Ass'n 755-C Cantrell Ave, Harrisonburg, VA 22801, 540-433-7686, tma@myositis.org; www.myositis.org

Parent Support Group

■ **Parent Training & Information (PTI) for Families of Children with Disabilities**, 3135 N 93 St, **Omaha**, phone & fax: 402-346-0525; 1-800-284-8520; kheinen@pti-nebraska.org

Parkinson

■ **Lincoln** Support Group meets 4th Sunday each month (except December); 2:00 pm; Madonna Rehabilitation Hospital, 5401 South St (52nd St entrance); Contact: Jill 402-486-8164 or Lori, 402-486-9040. **Call for schedule of topics.**

■ **Fremont** (402) 478-4853

■ **Panhandle Area** meets 4th Wed each month; Northfield Villa-Bldg 6, Vista Dining Rm, 1:30 pm; Contact: Maurice Wheeler (308) 623-2508

■ **Clarinda**, IHS, 600 Manor Dr., 2 pm, 3rd Thursday of each month. Connie (712) 542-5161

Peripheral Neuropathy

■ **Lincoln** Support Group meets Bryan Medical Plaza, 2nd Floor; Rm 3, 1600 S. 48; Call Sandy 402-483-4908; Nat'l Ass'n: 1-800-247-6968

Polio

■ Nebraska Polio Survivors Association, **Omaha** 402-341-0710.

■ **Lincoln/Lancaster County**, Vera (402) 467-5650.

Schizophrenics Anonymous

■ **Lincoln** Group meets Fridays 7-9pm; First Plymouth, 20th & D St.

Scleroderma

■ **Lincoln** meets at Roper & Son Resource Ctr, 4400 S 70 St; Support Leader: Terry Christensen (308) 384-4017; terry058@webtv.net

■ **Omaha** meets 2nd Tuesday every other month (Oct/Dec/Feb/Apr/Jun) 7-9 pm at Methodist Cancer Center; 8303 Dodge St; lower lobby; Support Leader: Barb Heenan (402) 291-7670; omahassg@aol.com

■ **Grand Island** meets at St. Francis Hospital, 2620 Faidley Ave, Conf. Rm 3A; Support Leader: Terry Christensen (308) 384-4017; terry058@webtv.net

■ **Siouxland** meets at St. Luke's Hospital, 2720 Stone Park Blvd, lower level Rm 3 & 4, 2nd Tues every other month, 6:30 - 8:30; Call Jane: 402-494-4532, www.scleroderma.com (or.org)

Spina Bifida

■ Spina Bifida Ass'n of the Star City, **Lincoln**, Jerry (402) 434-3000.

■ Spina Bifida Support Group, **Omaha**, meets 1st Tuesday each month 7 pm, Quality Living East Campus, Cabana Room; Call Jolene (402) 894-2070.

Spinal Cord Injury / Disease

■ E. Nebraska/W. Iowa Spinal Cord Injury Ass'n meets bimonthly various Omaha locations. Call Brian at 402-573-6904, enwiscia@cox.net or www.nebraskascia.org

■ Spinal Cord Injury Peers (SCIP) (Nebraska Panhandle) meets monthly; Regional West Medical Ctr, **Scottsbluff**. Call 308-635-7901; 630-1070; or Cheryl 436-1060.

■ Spinal Cord Injury Support Group in **Hastings**. Help us plan meetings! Call Darla McAllister H: 402-463-5094 or W: 461-5161

Stroke

■ Southeast Nebraska Stroke Club, **Lincoln** (402) 483-9594

Tourette Syndrome

■ **Lincoln** Nebraska Association for Tourette Syndrome Support Group 402-467-9077



Classified Advertisements

VEHICLES/EQUIPMENT

FOR SALE: 1973 Ford Cargo Van with Rear Door Lift, starts well in winter weather, good tires, best offer. Call 402-466-4060. (Lincoln, NE)

FOR SALE: 1994 Chevy Astro Van with Heavy-Duty Lift, (up to 400 lbs.), 95,000 miles, asking \$10,000. Call 402-730-6343. (Lincoln, NE)

FOR SALE: 2001 Ford E250 Van, V8 engine with 13,900 miles, raised roof, Ricon wheelchair lift with tie downs, 56" entry clearance, AC, CD and tape players, \$24,000 or best offer. Call 402-894-4912, 402-614-0896 or 610-831-0135 (after 2/16/04) (Lincoln, NE)

FOR SALE: 1993 Ford Conversion HiTop Van With Side Wheelchair Lift and Tie Down, only 15k, asking \$15,000. Number to be reached: 402-553-4606. Call any time for more information or email me at franknjean2@cox.com (Omaha, NE)

FOR SALE: 1985 F350 Ford XLT with Rear Load Wheelchair Lift, (600-lb capacity), 3-ft raised fiberglass roof, will seat 8 and one wheelchair user (as driver or passenger - can be modified either way), dual tanks, great heating and cooling system, 84,000 actual miles, 2 sets of tires, glassis good, new brakes, batteries, plugs and wires, chrome west coast bench mirrors, chrome aluminum running boards. Asking \$2,000 - will sell or trade. Call 712-329-0526. (Council Bluffs, IA)

FOR SALE: 2000 Plymouth Grand Voyager SE, silver, 48,000 miles, with \$16,000 Braun Entervan System, asking \$24,500. Call 402-480-8657. (Wahoo, NE)

FOR SALE: 1985 Ford E150 Van with Crow River Lift, side entry, hand controls, power steering, power brakes, cruise, tilt wheel, AC, 116,000 miles, dependable, no mechanical problems, uses no oil, rough body, asking \$1,500 or best offer. Call 712-225-3700. (Cherokee, IA)

SCOOTERS/WHEELCHAIRS

FOR SALE: Hoveround Power Wheelchair, Accessories, new condition, (lists for \$6,624) asking \$4,995 or best offer; **Manual Wheelchair**, wide seat, make offer. Call 402-489-9127. (Lincoln, NE)

FOR SALE: Pride Jazzy 1122 Power Wheelchair, with tilt, joystick, adjustable head rest and foot rest, includes Quadro Select ROHO seat cushion, used 2 months, (\$12,500 new), best offer accepted; **Raised Toilet Seat with Armrest**; best offer accepted; **Drew Diabetic Shoes**, size 11EE, best offer accepted. Call (after 6 pm) 402-453-5265. (Omaha, NE)

FOR SALE: Motorized Wheelchair - Pride Jazzy Model 1121, with tilt, seating system (ROHO Quattro seat), and adjustable headrest, used for only one month, \$8,000 or best offer. Call 402-894-4912, 402-614-0896 or 610-831-0135 (after 2/16/04) (Lincoln, NE)

FOR SALE: Jet 3 Power (Electric) Wheelchair, 2 years old, used no more than 40-50 hours total!; in excellent condition; joystick controller, anti-tip wheels, footrest, battery re-charger on board; weighs 160 lbs, 34" long, 23" wide, adjustable seatback and armrests. Call 402-441-6551 or 402-488-0028. Ask for Barb or leave message. (Lincoln, NE)

FOR SALE: Invacare 9000SL Power Wheelchair, lightweight, smaller version; **Recliner Lift Chair**, light blue fabric, works perfectly, used very little, looks like brand new. Call 402-339-0427. (Omaha, NE)

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EQUIPMENT/SUPPLIES

FOR SALE: Invacare Brand Fixed Off-Set Trapeze Bar, slightly used but like new, weight capacity-250 lbs, includes bar, brackets, and grab bar with wall bumpers and mounting bed brackets to protect wall surfaces and bed ends, (retail \$215) our price \$150. Call Chet (days) 402-472- 9333, ext 322 or (nights and weekends) 402-476-2287. I'm in and out a lot but please leave a message and I'll get back to you. (Lincoln, NE)

FOR SALE: Invacare Oxygen Concentrator, used only 4 months; excellent condition; humidifier, flowmeter, oxygen purity and fault indicators. Call 402-441-6551 or 402-488-0028. Ask for Barb or leave message. (Lincoln, NE)

FOR SALE: Vitalizer Hot Tub, 150 gallons, 4 feet wide, 7 feet long, 26 inches deep, oblong shape, 7 jets, includes oxygenator to purify water, little used, \$1500. Call 402-336-1451. (O'Neill, NE)

FOR SALE: Standard Walker; Twin Pressure Sensitive Mattress; Hemi - Small Adult or Adolescent Size - Wheelchair; Toilet Seat Riser, make an offer. Ask for Pat: 402-887-4726. (Neligh, NE)

HOMES

FOR SALE: Your Dream Home - a 1997 ranch in Lincoln was designed for wheelchair accessibility and is on the market for the first time!

Everything was built with your needs in mind - kitchen, bathroom, hardwood floors, doors, 1st floor laundry, and attractive ramps. A huge 19 x 16 deck makes outdoor living easy. This 3 bedroom, 2 bath home is waiting for you!

For more information and pictures of the home go to susanmarx@woodsbro.com or call Susan Marx at 402-434-3600. (Lincoln, NE)

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