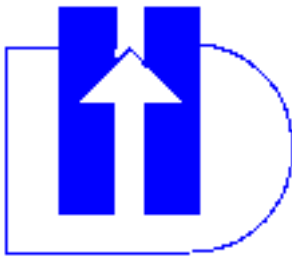


**LEAGUE
OF
HUMAN
DIGNITY**



JULY • AUGUST 2003

**ON THE
LEVEL**



League Launches New Website

LEAGUE
OF
HUMAN
DIGNITY



WELCOME TO THE
LEAGUE OF HUMAN DIGNITY.

The source for information
and resources for people
who have disabilities.

ABOUT
THE LEAGUE

LOCATIONS &
SERVICE AREA

LEAGUE SERVICES

GET INVOLVED

GET THE WORD OUT

EMPLOYMENT
OPPORTUNITIES

NEWSLETTER



Welcoming visitors to the League of Human Dignity's new website with a sign language message of "love" are consumers Johnny Palmer (left) and Tim Zeiger. We hope the public will love our new website. Let us know what you think.

Responding to the ever-increasing importance of Internet communication, the League of Human Dignity has updated its website.

The new site was developed by Bailey Lauerman, a local marketing and communications firm with an outstanding international reputation.

Taking advantage of Bailey Lauerman's marketing knowledge, technical skills and artistic expertise, League staff members gathered ideas, information and photographs to be incorporated into the new website.

The League made its first appearance on the Internet several years ago with assistance from local university students exploring a new field of study—web design.

Though considered state-of-the-art at the time, the website remained informative, but was not interactive.

Serving mainly as an online brochure, it was in need of an update in order to attract today's sophisticated web-surfers. The new version takes advantage of the latest technology, featuring eye-catching graphics, web links and interactive capabilities.

The public is encouraged to visit the new website and to contact the League staff with feedback.



COMING SOON:

A new website
for our subsidiary
Mobility Options
is also in the works.
Watch for it!

<http://www.leagueofhumandignity.com>

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 (page 12); 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

Advocates—a varied species...!

Are you a disability rights advocate? Just what do you picture when someone uses that phrase?

Mobs of people with wheelchairs, crutches and canes—chaining themselves to the White House gates?

Or chanting and carrying protest signs while circling the State Capitol?

Or silently blocking an inaccessible entrance to the City-County facility?

These are realistic images. Colorful images. Media-oriented images. But they don't give us a complete picture.

Disability rights advocates come in a variety of species. Take a look around you—or a glance through this publication—and you'll find individuals advocating in many different ways.

How do you fit in?

Maybe you're the type who will join the delightfully radical ADAPT organization forming a state chapter in Nebraska.

Maybe you'll sue your employer for not accommodating your disability. Or maybe you'll be the attorney representing that employee.

Maybe you'll sit in on a task force that will actually change the laws and policies affecting your life. Or maybe you'll participate in a survey to improve public transportation.

Maybe you'll offer the professional talents of your staff to create a website for a disability-based organization.

Maybe you'll support that organization's benefit auction. Or make an annual contribution.

Maybe you're a property-owner willing to make your rental units safe and accessible to your tenants.

Maybe you're an advocate and you don't even know it.

You might not feel comfortable carrying a protest sign or risking arrest—but maybe you'll address the same issues in a letter to your legislators, your local newspaper or a business that refuses to accommodate you.

Casual comments or simple gestures can be a form of advocacy. A wheelchair user and an attendant may work out a routine to use at the checkout stand whenever a clerk speaks to the attendant instead of the person actually making the purchase.

Any word or action that increases awareness about disability issues is advocacy. Whether you're inciting a riot, initiating a discussion, opening a mind or simply raising an eyebrow—you're advocating for disability rights.

So the question isn't whether or not you're an advocate. The real question is—"What species are you?"

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!

Believer
Keith Snyder

Friend
Warren Busacker

Additional Donor
B. J. Hendry
Joyce Henrichson

**Are you tired of fighting the system?
Would you like to see some changes made?**

**Here's your chance
To make a difference!**

If you're interested in improving the quality of life for those with disabilities—we'd like to get you involved in our task forces for systems change advocacy.

The League of Human Dignity is looking for a few select advocates from across our service area who are interested in finding ways to change the laws, policies and regulations that affect our lives.

If you are a person who experiences a disability—and have what it takes to volunteer for this commitment—we would like to talk with you soon!

Please contact:

Joan LaBelle
Systems Change Coordinator
League of Human Dignity
1701 P Street • Lincoln, NE 68508
402-441-7871 (V/TDD)
FAX: 402-441-7650
jlabelle@leagueofhumandignity.com



Who's What's New...?

WELCOME TO:

Cathy Dannar
Medicaid Waiver Services Coordinator
Panhandle Medicaid Waiver Office

Sandra Dresser
Work Incentives Consumer Network Coordinator
League of Human Dignity

Darrell Lafler
Maintenance Worker
League of Human Dignity

Penny Vollbracht
Medicaid Waiver Services Coordinator
Norfolk 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)

12TH ANNUAL BENEFIT AUCTION · THURSDAY, SEPTEMBER 11TH
CORNHUSKER HOTEL BALLROOM · 333 SOUTH 13 STREET · DOORS OPEN 5:30 PM · TICKETS \$25

**To order tickets
or donate an item:
Call Elaine: 402-441-7871**

2003



FIELD OF DREAMS

IF YOU BUILD IT . . . ACCESSIBLE . . . WE WILL COME

BUFFET DINNER · BEVERAGES · SILENT & LIVE AUCTIONS · PRIZES

The Ultimate Donation

Not every expectant mother would be willing to place her bundle-of-joy on the auction block.

But that's exactly what this big-hearted black lab has done.

Her registered name is Wind Fall's Silver Bullet—which means she comes from a long line of hunting and field trial champions. But owner Mike Schafer just calls her "Charlie."

Although they are bred to be excellent hunters, keep in mind that Wind Fall puppies also make wonderful family members.

The litter is expected to arrive in time for the September 11th auction, though the prize pup might not be old enough to leave Mama Charlie.

But we'll make sure a "baby book" and a few home videos are on hand.

So you can get to know YOUR brand new puppy—and maybe even give it a name—before the bidding starts...!



"Accessory Queen" Shares Her Bounty

Though they have very little in common, both the dog and the diamond have earned the title of "best friend" to men and women everywhere. This auction offers both varieties.

For those of you interested in the less "cuddly" of the two—we're offering some exquisite jewelry pieces donated by the "Accessory Queen" (a.k.a. Ginny Wright).

Among the treasures: a 14-karat white gold ring with black and white diamonds; an emerald ring; two strands of multi-color Honora natural pearls; and several 14-karat gold bracelets and earrings.

Master of Ceremonies Team

It's difficult to compete with the excitement created by a newborn puppy, a treasure chest of jewelry or a brand new computer.

But we're certain this year's Master of Ceremonies duo will create their own brand of excitement—just as they do each day on KFOR 1240 AM.

Join us at the auction and spend a lively evening with local radio personalities Ward Jacobson and Cathy Blythe.

Special Thanks to:

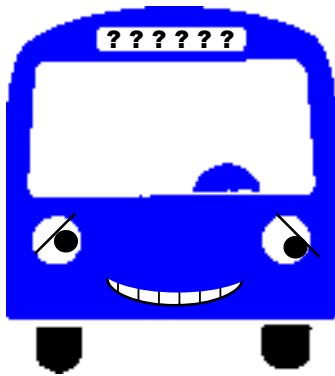
KFOR



Need a New Computer?

Mobile Computer Repair has donated a computer from NET Systems—with the works!

No place to put it? If you've got an empty corner, we've got a 42" natural oak computer desk that will fit perfectly.



How am I doin'...?

Your Input Wanted

For Public Transportation Survey

The University of Pittsburgh's Rehab Engineering Research Center on Wheelchair Transportation Safety recently contacted the League of Human Dignity to help get the word out about a survey of wheelchair users who ride public buses.

According to Research Associate Catherine Armstrong, the goal of the study is to use the information gathered in the survey to improve wheelchair safety technology such as wheelchair tiedown systems. Researchers also hope to better target advocacy toward local transit systems.

She said the survey is web-based and will be available on their website until mid September.

Here's How to Get Involved:

If you are a wheelchair user who sits in your wheelchair while riding public buses, and you can complete a survey on the Internet or have a family member or personal assistant help you complete it, we have an opportunity for you!

The University of Pittsburgh is investigating the real-world usage patterns of wheelchair transportation safety equipment on public buses, and we would like your input.

To participate in the study, you must:

Be eighteen years or older

Sit in your wheelchair while riding public buses

Have access to the Internet

Live in the United States of America

If you would like to participate or would like more information about this study, please point your browser at:

<http://www.wheelchairnet.org/survey/bus.html>

Is your used medical equipment stacking up on you?

We'll take it...!

Why do we hang onto medical equipment that's no longer in use?

Although it may be too valuable to throw out—it's not always easy to sell.

And sometimes we're just not ready to part with the personal belongings of our loved ones.

Whatever the reason, the League of Human Dignity has a solution. Why not make these items available to someone who can use them?

By donating equipment in good condition to our **Equipment Loan Program** your manual wheelchairs, folding walkers, canes, bath benches, safety rails, raised toilet seats and other items could help someone in your own community live more independently.

You'll free up some space at your place—while helping others increase the freedom at their place.

To donate your surplus medical equipment—or to inquire about our equipment loan program—contact the League of Human Dignity nearest you.

LEAGUE
OF
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Nebraska ADAPT Members Gather for All-Day Training



Discussing local disability rights issues with ADAPT trainer Greg Jones are (from left) Kathy Hoell, Jim Keef, Mary Angus, Mark McQueen, Janet Doulas and Bob Doulas.

The fifth floor conference room at the Lincoln Center for Community Services may not have been filled to capacity—but it was definitely overflowing with excitement.

Gathering for a day-long training on July 15 were several charter members of the Nebraska Chapter of ADAPT (Americans with Disabilities for Attendant Programs Today).

ADAPT—an organization made up of persons with disabilities, their friends, families and personal service attendants—has gained an international reputation for successful political action.

The Nebraska Chapter will operate on a local level, utilizing the proven methods of public protest developed by ADAPT organizations across the country.

Sharing ADAPT's special tactics with Nebraska advocates was workshop leader Greg Jones, director of advocacy services for the Southeast Kansas Independent Living (SKIL) Center.

Jones conducted lively discussions on the philosophy of independent living, while bringing the group to consensus on the major concerns facing those with disabilities in Nebraska.

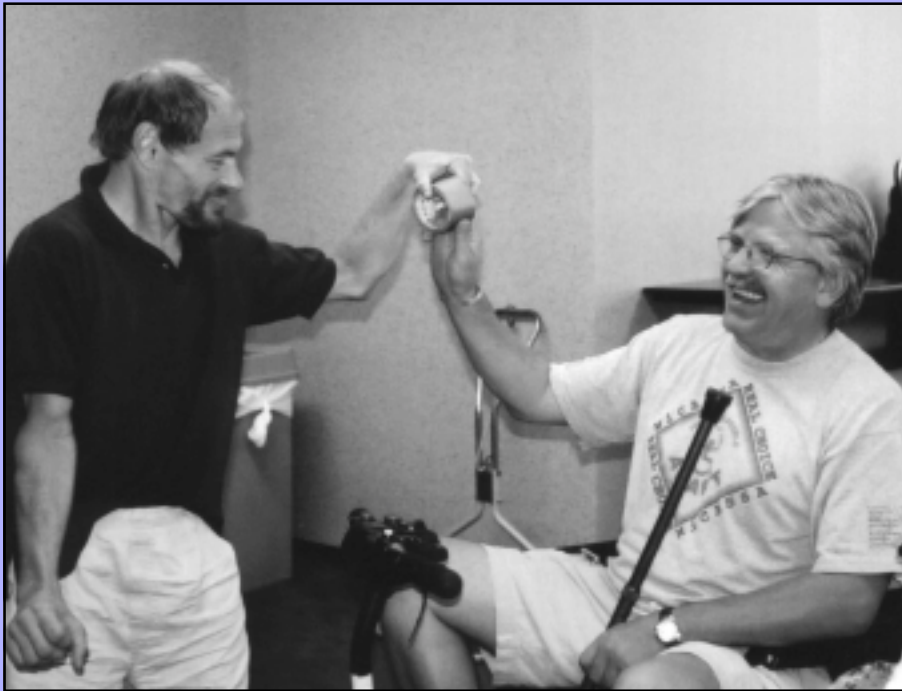
Topping the list—after lengthy discussions—were public transportation, nursing homes and personal service assistant training.

Identifying the group's concerns is the first step toward successful political action, said Jones. "Once you have a concern, you can turn that concern into an issue and then form your action plan."



Interested in joining Nebraska ADAPT?

To find out more about the organization, contact:
Mary Angus 402-498-8472 • maryangus2@msn.com
Kathy Hoell 402-734-6661 • khoell@cox.net



The many uses of...

Duct Tape

At the conclusion of a training session for members of the recently formed Nebraska ADAPT, Mark McQueen (left) of Omaha, is presented with a roll of duct tape by workshop leader Greg Jones.

Director of advocacy services for the Southeast Kansas Independent Living (SKIL) Center, Jones asked McQueen to spend some time thinking about the significance of the tape as it relates to the disability movement.

McQueen phoned in this response later in the week: "Duct tape is for protest."

What do you think?

Does duct tape have a symbolic meaning—or a practical use—in the disability movement?

Let us know what it means to you.

CONTACT: Mary Angus • maryangus2@msn.com or Kathy Hoell • khoell@cox.net

Nebraska SILC Opens New Headquarters Near State Capitol

The Nebraska Statewide Independent Living Council (SILC) has a new address:

215 Centennial Mall South - Suite 520

Lincoln, NE 68508

402-438-7979

FAX: 402-438-7991

NESILC@alltel.net

Located on the fifth floor of the Lincoln Center for Community Services, the SILC office is currently staffed only a couple of days a week.

However, fulltime office hours will begin as soon as an executive director and administrative assistant are appointed. Until then, visitors are encouraged to call the office before they stop by to be sure someone is on duty.

Nebraska SILC promotes the philosophy of Independent Living and works to develop Independent Living Services for persons with disabilities throughout the state.



Good Food Good Times Good Memories

The Lincoln Learning Group for the Deaf (LLGD) gathered at Bethany Park for their annual picnic—this time in memory of recently deceased member Richard Horacek.

They enjoyed the June weather, sharing chicken, barbecued ribs and memories of Richard.

Ahmed Al-Ghazawi (left) keeps the crowd entertained.



Photos courtesy of LLGD

ATTENTION:

Homeowners • Tenants • Landlords

Barrier Removal Grants May Be Available to You

Do barriers in your home or apartment keep you—or your tenants—from living more independently?

If someone in your household experiences a disability, you may be eligible for a barrier-removal grant.

You may also qualify for a grant if someone with a disability is leasing a house or apartment from you.

Grants are available to make home modifications for residents with disabilities who meet certain income guidelines in Lincoln,

Lancaster County, Omaha and Council Bluffs.

Barrier Removal Information Centers (BRIC) serve consumers at the League of Human Dignity Centers for Independent Living in Lincoln, Omaha and Council Bluffs.

Modifications may include ramps, lifts, grab bars, handrails, lever-type door handles, power door-openers, wider doorways, accessible tubs and showers and reachable sinks and countertops.

See how these modifications work at the League's model homes in Lincoln and Norfolk.

Funding is still available. Call today to see if you qualify!

LINCOLN: 402-441-7871 • OMAHA: 402-595-1256 • COUNCIL BLUFFS: 712-323-6863

Hearing-Impaired Employees Win Lawsuit Against UPS

Associated Press—United Parcel Service said on July 21 it has agreed to pay \$9.9 million and ensure deaf employees get full access to workplace safety materials and promotion opportunities under a proposed settlement of a class-action lawsuit.

“I’m hopeful that deaf employees will not be held back anymore,” Babaranti Oloyede, one of the plaintiffs, said through an interpreter.

Oloyede, a UPS employee in Oakland, CA has worked for the world’s largest shipping carrier for 12 years.

Along with other deaf employees, he claimed that UPS routinely precluded him from accessing workplace information, denied opportunities for promotion and exposed him to unsafe conditions.

“For all those years UPS didn’t provide interpreters, a telephone for emergency use, closed captioning on training videotapes or emergency signals like flashing lights,” said Oloyede, 45.

“We had many meetings, like a meeting about anthrax, and I didn’t have an interpreter, so I didn’t know what was going on.”

More than 900 current and former hearing-impaired employees were part of the suit against the nation’s fourth-largest private employer.

The settlement still requires approval by the Federal District Court of Northern California. Both sides said they hope that final approval will occur by year’s end.

Company officials denied discriminating against hearing-impaired employees and said UPS has tried to accommodate deaf and hard-of-hearing employees.

“UPS has long been a positive work environment for those with disabilities and we’re proud of our record thus far,” said Peggy Gardner, spokeswoman for the

Atlanta-based company. “We feel the measures called for in the settlement are only going to make a positive work environment even better.”

Plaintiffs’ lawyers disagreed, saying that a cavalier attitude toward the disabled employees forced a settlement.

“Their defense was basically that deaf people should be happy to have a job,” said attorney Todd Schneider. “I was shocked, the court was shocked, and that’s why we settled.” Under the proposed settlement, UPS would create a system to track promotions, and make changes to ensure that deaf employees and job applicants have access to certified interpreters.

The company would also provide text telephones and vibrating pagers to alert deaf employees to emergency evacuations. Plaintiffs’ attorneys would get \$4.1 million of the settlement.

The settlement resolves all issues in the case, except for standards that UPS drivers must meet—the company adheres to a Department of Transportation test that requires a minimum level of hearing to pass. “This issue is one of safety, not a disability

or discrimination issue. UPS believes that any individual that cannot meet those minimum standards set by the Department of Transportation should not be driving a UPS truck,” Gardner said.

“We feel very strongly about that, which is why we did not come to an agreement.” Still, advocates for the disabled called the agreement a victory. “The courts have not been enforcing the ADA (Americans with Disabilities Act) very seriously,” said Larry Paradis, executive director of Disability Rights Advocates.

“This has forced an enormous employer—a recalcitrant employer—to change.”

“Their defense was basically that deaf people should be happy to have a job.”

Todd Schneider
Plaintiffs’ Attorney

Putting it in Perspective...

Norm Weverka, field representative for the Nebraska Commission for the Deaf and Hard of Hearing (NCDHH), provided a local point of view on the recent settlement between United Parcel Service and more than 900 hearing-impaired employees.

The outcome of the dispute reinforces the belief that “deaf people do have rights and should be treated equally in the workplace,” said Weverka, “and it will help educate the public about deafness and how to make employment accommodations.”

Though it is “great news for people with hearing loss,” he said, “it might scare employers when it comes to hiring those who are deaf and hard of hearing.”

“Many employers don’t want to be bothered

with hiring interpreters and making equal access to communications,” said Weverka.

Unlike making a one-time building modification, accommodating those who are deaf is an ongoing process and could be viewed by some employers as a continuing expense, he explained.

Employment challenges for those who are deaf can be especially difficult to overcome in the Midwest, according to Weverka.

Without schools for the deaf, young people lack role models in the classroom and in the workplace, he said.

Many deaf citizens are unaware of their rights—especially those in isolated rural communities.

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; dmitzlaiff@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).

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.

> **NEW LOCATION!** Breast Cancer Support Group (met temporarily at Corporate Building, 7441 O St) returned to St. Elizabeth Regional Medical Center, 555 S. 70 St.; auditoriums 11 & 12, lower level; **Lincoln**; meets 1st Wednesday of the month 7 - 9 pm. Call Mary Meredith-Scheiding, cancer care coordinator, for schedule and topics: 402-219-7258 (**new prefix**)

Chronic Pain

> **Lincoln** Chapter, American Chronic Pain Association, 1st & 3rd Tuesdays each month, 7-8:30 pm, First Step Recovery & Wellness Center, 2231 Winthrop Rd. For details call Chapter President Terrance Dukes 402-423-9405.

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

> Manic Depressive and Depressive Association **Lincoln** 402-483-8886.
> 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 and their 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, Suite 5, Lincoln, NE 68502, 402-421 8866, Fax: 402-421-8922, Email: 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** 402-553-6567.

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 you deal with the grieving process are available; please contact your local hospital, funeral home or place of worship for details about groups meeting in your community.

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.

Support Groups (cont.)

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.)

> **National Alliance for the Mentally Ill (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)

> **Mental Health Association of Nebraska** 1-800-422-6691 or www.MHA-NE.org

> **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 or 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 Groups in **Omaha**, (402) 572-3190 or 1-800-755-3959

> Self-Help Group, **Lincoln**, contact Shane Koepke 1-800-755-3959

> Support Group, **Norfolk**, (402) 648-7906

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

Parent Support Group

> **Parent Training and 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 at Bryan Medical Plaza, 1600 S. 48 St; 2nd Floor; Room 3; 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 (next meeting Dec.) 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

Spina Bifida

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

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

Spinal Cord Injury / Disease

> Eastern Nebraska/Western Iowa Spinal Cord Injury Association 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.

> **NEW GROUP** 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: Bruno TAS 2500 Electric Turny Chair Seat; lifts and turns; ground level; passenger side; one year old; fits suburban or pickup; perfect for anyone; push button controls; easy to install; all original parts & instructions. Call 308-882-5713. (*Champion, NE*)

FOR SALE: 1988 Ford Fullsize One-Ton Econoline Van with Extra-Long Wheelchair Lift; Call (after 5:30 pm) 402-362-2453. (*Waco, NE*)

FOR SALE: 1993 Ford Aero Star; 4-wheel drive; 74,000 miles; new Braun wheelchair lift; new 12" raised roof; new 80,000-mile tires; 2" receiver hitch; tinted glass; \$9,150. Call 402-435-8683. (*Lincoln, NE*)

FOR SALE: 1991 Dodge Caravan LE with Wheelchair Lift; well-maintained; runs great; rides smooth; A/C cold; AM/FM cassette; newer tires; new fuel pump, transmission; 90% highway miles, 166,000; must sell—my daughter has outgrown the lift; ideal for a child in a wheelchair; asking \$4,995. Call 402-643-1627 or 402-202-5627. (*Utica, NE*)

FOR SALE: 2001 Chevrolet Tahoe with Bruno Curbsider Lift Installed Inside and Bruno Powerchair; rear-wheel drive with premium power seat; 2 years old; used 1 year; \$30,000 for complete package. Call 402-683-6185. (*DeWitt, NE*)

SCOOTERS/WHEELCHAIRS

FOR SALE: Invacare Action Power 9000 Wheelchair; good condition; with cushions; 2 batteries with charger; teal & black; used by a man 5'10"-175 lbs; \$500 or best offer. Call Bonnie at 402-484-8345 (leave message). (*Lincoln, NE*)

FOR SALE: 3-Wheeled Pride (Sidekick) Scooter; \$2,000 or best offer. Call 402-628-2565. (*Cedar Bluffs, NE*)

FOR SALE: 1995 Action Ranger X Storm Series Electric Wheelchair - Serial # W3343; very good condition; (\$15,000 new) asking \$7,000 or best offer (wheelchair is in Lincoln). Call 402-992-0272. (*Wisner, NE*)

FOR SALE: MVP4 Motorized Wheelchair; one-and-a-half years old; used very little; never outdoors; sell for \$4,000. Call 402-563-3021. (*Columbus, NE*)

FOR SALE: Invacare Panther LX-4 - Zoom 3 Scooter; less than a year old; used very little; red; Nonin Onyx Model 9500 Oxygen/Pulse Tester; in original box. Call 402-362-4914. (*York, NE*)

EQUIPMENT/SUPPLIES

FOR SALE: Kenko Pad From Nikken Inc - Magnet Mattress Pad for Full-Size Bed; has 158 magnets; inside size is 50 x 72 x 1½; \$300 or best offer. Call Bonnie at 402-484-8345 (leave message). (*Lincoln, NE*)

FOR SALE: Stairlift - Bruno Electric Floor-Mounted; 2 years old; used 1 year; excellent condition; have 2 lifts for \$1,500 apiece or 2 for \$2,500. Call 402-683-6185. (*DeWitt, NE*)

FOR SALE: Pride Mobility Products Corporation Lift Chair; brown velour; used only 6 months; (\$845 new) asking \$750; also commode and small bath chair. Call Agnes: 402-266-5861. (*Exeter, NE*)

FOR SALE: Air Sullivan Nasal CROP Breathing Machine - Model RNJ 3602; (\$3,000 new) \$200-300 make offer. Call 402-932-1200. (*Omaha, NE*)

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