

LEAGUE OF HUMAN DIGNITY

ON THE LEVEL

APRIL 2008

(DESCRIPTIVE TEXT VERSION)

WWW.LEAGUEOFHUMANDIGNITY.COM & WWW.MOBILITY-OPTIONS.COM

(The League of Human Dignity logo features the capital letter “H” (royal blue) with a larger size capital “D” (white) behind it. A thick white arrow pointing upward forms the center of the “H.” The words “League of Human Dignity” (black) appear to the left of the symbol.)

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 Mobility Options shop 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; or mmartin@leagueofhumandignity.com.

LEAGUE OF HUMAN DIGNITY

WHERE TO FIND US...

LINCOLN

1701 P Street

Lincoln, NE 68508

(402) 441-7871

NORFOLK

400 Elm Avenue

Norfolk, NE 68701

(402) 371-4475

OMAHA

5513 Center Street

Omaha, NE 68106

(402) 595-1256

SOUTHWEST IOWA

1520 Avenue M

Council Bluffs, IA 51501
(712) 323-6863

PANHANDLE
Medicaid Waiver Office
17 E 21 ST #2
Scottsbluff, NE 69361
(308) 632-0470

STARS & STRIDES

League of Human Dignity Omaha Center for Independent Living & Southwest Iowa Center for Independent Living 8th Annual Benefit Auction

Friday, April 18th at The Holiday Inn (next to Ameristar) in Council Bluffs, Iowa

Beverages, Dinner, Silent & Live Auctions, Prizes - all for just \$45

All tickets must be purchased 7 days prior to auction. To purchase tickets, reserve corporate tables, offer sponsorship or donate auction items, please call (712) 323-6863 (V/TDD) or (402) 595-1256 (V/TDD). www.leagueofhumandignity.com

There is something for everyone! Over 100 auction items up for grabs. Come join the fun. It's a good time for a good cause -- independent living.

C.E.O.'S NOTE

Most of you are probably familiar with the MiCASA legislation of old. Last year a new legislative bill was introduced entitled: The Community Choice Act of 2007. This bill is touted as giving people real choices in long term care options.

The Community Choice Act of 2007 works to reform Title XIX of the Social Security Act (Medicaid) by ending the institutional bias. The Community Choice Act allows individuals eligible for Nursing Facility Services or Intermediate Care Facility Services for the "Mentally Retarded" (ICF-MR) the opportunity to instead choose instead a new alternative, "Community-based Attendant Services and Supports." The money follows the individual (much like MiCASA) into Community based services.

In addition, by providing an enhanced match and grants for the transition to Real Choice before October 2011 when the benefit becomes permanent, the Community Choice Act of 2007 offers states financial assistance to reform their long term service and support system to provide services in the most integrated setting. Please contact Nebraska and Iowa's Congressional delegations, and encourage them to support this very important legislation.

Mike Schafer, League CEO

Round Table Discussion for Persons Experiencing a Disability

An hour of informal discussion.

We want to hear your views and ideas about your concerns.

Held at the Norfolk Public Library 308 Prospect Ave on April 16, 2008 at 1:00 p.m.

For further information or accommodations call the League at (402) 371-4475.

Check out our classifieds on Page 15.....

**YOUR \$5 CLASSIFIED AD WILL REACH
over 8,000 READERS!**

LEAGUE OF HUMAN DIGNITY, attn: Michelle, 1701 P Street, Lincoln, NE 68508;
402-441-7871 (V/TDD) FAX: 402-441-7650
(\$5.00 for the first 25 words, 25 cents for each additional word)

MOTHER OF A CHILD WITH BLINDNESS CREATES BEAUTIFUL JEWELRY

Promoting Braille Literacy with Jewelry by Leslie Ligon

In 1997, at my oldest son, Ethan's, two-month well-baby exam, my husband and I were told, "Brace yourselves; Ethan can't see."

After a specialist determined Ethan's retinas had detached, we took him for surgery to attempt to re-attach them. One month later, we were told the surgery had not been successful and were offered a rather stark idea of what Ethan might be doing.

With a gift from my grandmother, I was fortunate to be able to leave my full-time job. I wanted to be completely involved in Ethan's educational and developmental early intervention program, which began in our home when Ethan was three months old. Fortunately, our first teacher of the visually impaired (TVI) was wonderfully forthright, assuring us with an easy air that Ethan would naturally be a reader because my husband and I are avid readers. We were, to say the least, a little daunted.

We set out to learn all we could about Braille though, and were completely astounded to learn what would come to completely change our lives: as few as 10% of people who are blind or visually impaired actually read Braille. We wondered what the other 90% were doing to deliciously pass free time on a summer evening, or how they applied for jobs, or read to their children or grandchildren. We soon found out many people who are visually impaired are told to, "Try a little harder," to read print, or that older people who've lost all or most of their sight think they are too old to learn. One man I spoke to was actually told by a professional rehabilitator, "You won't learn Braille until you're totally blind," which he of course, believed. A professional should know, right?

How easy it would be if these thousands of people, young and old, knew how easy it is to learn at least alphabetic Braille at any age and how liberating it is to read and write Braille even if there is some residual vision. As one woman who is visually impaired says, "Reading print when you're visually impaired is a little like trying to listen to a radio station that's not quite within range. You have to work so hard to hear the music it almost completely negates the listening experience. So, when you learn to read Braille, it's like hearing a symphony clearly for the first time."

When Ethan was first receiving TVI services we didn't realize, but quickly learned, not all professionals in the blindness community have the same philosophy about teaching Braille pre-reading skills to infants and toddlers as our first teacher. When Ethan was about two and a half years old, we asked when Braille books were going to be used during his class times. Our highly-regarded teacher replied, "Oh, Ethan's too young to start Braille pre-reading." When is any child too young for reading?

With all of this in mind, in 2001, when I began making and selling fashion jewelry, I soon noticed many items (most mass-produced) incorporated Balinese-style, almost Braille-like beadwork called granulation. Since Ethan was immersed in Braille for his first year, it was always around us and I started thinking about creating a fun, funky line of Braille fashion jewelry. I knew other lines of Braille jewelry were being designed, but I wanted something different. I wanted to offer pieces anyone would want to wear.

I started shopping the idea around to a variety of wholesale jewelers and got, "No," or

even, “Why should they care? They can’t see,” from most everyone. One day, as I was selling jewelry in a local Starbuck’s, two men looking at my jewelry told me they were mass production jewelers from China. After sharing my ideas with them (starting with explaining what Braille is) they told me, “If you can draw it, we will make it.”

Having launched my first few pieces, my intent is to promote Braille literacy within the blind and sighted communities by offering fun, reasonably priced fashion jewelry for everyone. A percentage of the company’s profits have already benefited Braille Without Borders and BrailleInk.

For more information or to check out the beautiful jewelry try www.braillestone.com

MISC INFO

PILOT PROGRAM WILL ADDRESS PAIN SO PEOPLE WITH DISABILITIES IN NORTHEAST NEBRASKA CAN RETURN TO WORK

Lincoln - A new program will give northeast Nebraskans with disabilities access to experts to help keep pain and other symptoms from getting in the way of daily activities, like holding a job.

“Being able to work provides people not only with a source of income, but also gives them a sense of dignity,” said Vivianne Chaumont, Director of the Division of Medicaid and Long Term Care of the Nebraska Department of Health and Human Services (DHHS). “People want to be independent and self-reliant.”

The pilot, called Ticket to Work Palliative Care, is accepting a small number of northeast Nebraskans from the counties of Burt, Cuming, Dakota, Dixon and Thurston. The pilot is a joint project of the Nebraska Hospice and Palliative Care Partnership and DHHS.

A nurse and social worker will work with participants and their physicians on recommendations related to pain management and refer participants to appropriate community resources.

The pilot program has been serving Nebraskans in the Lincoln area for the past year and is now expanding by working with Siouxland Palliative Care to implement the program in the northeast part of the state.

For more information or to be considered for this innovative program, call the Hotline for Disability Services at 1-800-742-7594 or visit www.nepalliativecare.org.

The Nebraska Hospice and Palliative Care Partnership is a collaborative effort of more than 50 organizations with an interest in good care for terminally and chronically ill Nebraskans. The partnership includes Nebraska’s hospices, community end-of-life coalitions, and other health and elder-care organizations.

RESOURCE FAIR COMING SOON

The Lincoln Area Agency on Aging ElderCare Connection will sponsor the Annual Family Caregiver Resource Fair on Thursday, April 10, 2008, from 4:00 to 8:00 p.m. at Southeast Community College Continuing Education Center, located at 301 So 68th Street Place. Check it out!

GOLF ANYONE?

Save the Date: Thursday, Sept. 18th

Mark your calendars for the League’s Fall Fundraiser..... A Day of Golf at the Highlands Golf

Course in Lincoln, Nebraska. Details coming soon.

MISCELLANEOUS LEAGUE NEWS

Council Bluffs, Iowa -- The League of Human Dignity's Southwest Iowa Center for Independent Living (CIL) was recently awarded a grant to co-fund accessible modifications in the homes of lower-income Council Bluffs residents who experience a disability. The Iowa West Foundation, which is headquartered in Council Bluffs, Iowa, bestowed more than \$5.8 million in grants to various non-profit agencies this past quarter, including a \$20,000 grant to the League of Human Dignity.

The League's grant will be used to expand accessible housing in Council Bluffs through its Barrier Removal Program. There is currently a two-to-three year waiting list for funding through the League's Barrier Removal Program for residents of Council Bluffs who need to make home modifications. The League's program works in conjunction with Council Bluffs Community Development Block Grant program to provide \$5,000 per person/project. Most of the time, the projects exceed that amount, leaving a gap in the funding.

The grant from the Iowa West Foundation will make it possible for these projects to be completed, thus increasing the number of homes in Council Bluffs that are accessible. This is quite important because as the population ages, and as more people become disabled, people with physical disabilities will have more choices for accessible and affordable housing in Council Bluffs.

The League of Human Dignity is a consumer-controlled community-based nonprofit organization whose mission is to actively promote the full integration of persons with disabilities into society. One of our key services is the Barrier Removal Program.

The League has Barrier Removal Programs in Lincoln, Omaha and Council Bluffs. These programs offer a variety of services to assist in making homes and buildings more accessible. Renters or homeowners who experience a mobility limitation AND who are low to moderate income may apply to the League for a grant to remove or modify barriers in their home. Some eligible modification examples include outside ramps or lifts, grab bars in bathrooms, handrails, wider doorways, accessible tubs and showers, and reachable sinks and counters.

Those individuals interested in information about Barrier Removal Grants please contact the Southwest Iowa Center for Independent Living at (712) 323-6863.

A CLOSER LOOK AT THE COMMUNITY CHOICE ACT

We mentioned this Legislative Bill in the CEO's Report. Here are some more specifics on what this Bill does.....

1) Provides community-based attendant services and supports ranging from assistance with: activities of daily living (eating, toileting, grooming, dressing, bathing, transferring), instrumental activities of daily living (meal planning and preparation, managing finances, shopping, household chores, phoning, participating in the community), and health-related functions.

2) Includes hands-on assistance, supervision and/or cueing, as well as help to learn, keep and enhance skills to accomplish such activities.

3) Requires services be provided in THE MOST INTEGRATED SETTING appropriate to the needs of the individual.

4) Provides Community-based Attendant Services and Supports that are: based on functional need, rather than diagnosis or age; provided in home or community settings like —

school, work, recreation or religious facility;
selected, managed and controlled by the consumer of the services; supplemented with backup and emergency attendant services; furnished according to a service plan agreed to by the consumer; and that include voluntary training on selecting, managing and dismissing attendants.

5) Allows consumers to choose among various service delivery models including vouchers, direct cash payments, fiscal agents and agency providers. All models are required to be consumer controlled.

6) For consumers who are not able to direct their own care independently, the Community Choice Act allows for “individual’s representative” to be authorized by the consumer to assist. A representative might be a friend, family member, guardian, or advocate.

7) Allows health-related functions or tasks to be assigned to, delegated to, or performed by unlicensed personal attendants, according to state laws.

8) Covers individuals’ transition costs from a nursing facility or ICF-MR to a home setting, for example: rent and utility deposits, bedding, basic kitchen supplies and other necessities required for the transition.

9) Serves individuals with incomes above the current institutional income limitation — if a state chooses to waive this limitation to enhance employment potential.

10) Provides for quality assurance programs which promote consumer control and satisfaction.

11) Provides maintenance of effort requirement so that states can not diminish more enriched programs already being provided.

12) Allows enhanced match (up to 90% Federal funding) for individuals whose costs exceed 150% of average nursing home costs.

13) Between 2007 and 2011, after which the services become permanent, provides enhanced matches (10% more federal funds each) for states which: begin planning activities for changing their long term care systems, and/or include Community-based Attendant Services and Supports in their Medicaid State Plan.

SYSTEMS CHANGE

14) Provides grants for Systems Change Initiatives to help the states transition from current institutionally dominated service systems to ones more focused on community based services and supports, guided by a Consumer Task Force.

15) Calls for national 5 -10 year demonstration project, in 5 states, to enhance coordination of services for individuals dually eligible for Medicaid AND Medicare.

LEGISLATIVE UPDATES IN NEBRASKA

LB738 - CHANGE BRAIN INJURY REGISTRY NOTIFICATION AND REPORTING REQUIREMENTS

STATUS = On General File

LB 806 - CHANGE PROVISIONS RELATING TO DOG GUIDES, HEARING AIDE DOGS, AND SERVICE DOGS

STATUS = On General File with Amendment 1815 (this amendment prohibits extra charges/deposits for service animals).

LB 1006 - PROVIDE FOR A REGISTRY AND SALARY STUDY OF IN HOME PERSONAL SERVICES WORKERS

Still in Health and Human Services Committee
LB 1122 - CHANGE DENTAL COVERAGE PROVISIONS UNDER THE MEDICAL ASSISTANCE PROGRAM

Still in Health and Human Services Committee
LB 1176 - CHANGE PROVISIONS RELATING TO MEDICAID BENEFITS AND DEPARTMENTAL REPORTS

Still in Health and Human Services Committee
LB 1121 - ADOPT THE MEDICAID INSURANCE FOR WORKERS WITH DISABILITIES ACT

Still in Health and Human Services Committee

GOLF ANYONE?

Save the Date: Thursday, Sept. 18th

Mark your calendars for the League's Fall Fundraiser..... A Day of Golf at the Highlands Golf Course in Lincoln, Nebraska. Details coming soon.

OF LOCAL INTEREST...

ADAPTIVE SPORTS & REC AT MADONNA

Madonna Adaptive Sports and Recreation program offers opportunities for individuals with activity limitations to participate in a new sport or get back into the one they enjoyed in the past.

The program provides open practice times on a monthly basis and workshops periodically. Instructions and adaptive equipment are available for each sport.

For more information on upcoming activities or to be on the sports and recreation mailing list, please contact Ian Thompson at (402) 486-8449 or ithompson@madonna.org.

LEAGUE OF HUMAN DIGNITY RURAL HOUSING DEVELOPMENT CORPORATION has a one bedroom with a roll-in shower in York, a one bedroom with a roll-in shower in Hastings, a one bedroom with a roll-in shower in Columbus, a one bedroom with a roll-in shower in Norfolk, and a two bedroom with a roll-in shower in Norfolk.

The units come with a Section 8 certificate, and rent is based on income. Eligible persons must qualify under income guidelines as established by the U.S. Dept. of HUD. Available to individuals who experience a disability or are elderly.

Contact Paula Shufeldt at (888) 508-4758 voice/TDD
pshufeldt@leagueofhumandignity.com

LEAGUE OF HUMAN DIGNITY EMPLOYEES SAYING GOODBYE...

Elaine Pike, Omaha, Services Coordinator

Jan Denker, Norfolk, Secretary

LEAGUE OF HUMAN DIGNITY EMPLOYEES SAYING HELLO...

Shawna Keller, Lincoln, Services Coordinator

Jim Schmidt, Omaha, Services Coordinator

LEAGUE DONORS FROM 1-8-08 to 3-19-08

WE APPRECIATE YOU!

Builder Level--Woodmen of the World

Supporter Level--Brumbaugh Quandahl, Aquila

Century Level--Dale Young, Richard McCashland, Mark Ells, George Underwood, Kay King, Alice Kirby, Holland Basham Architects, Blue Cross Blue Shield Nebraska

Believer Level--Marcia Wythers, Jeffrey Knight, Larry Bechtel, Gayle Alexander, Larry Bird, Rodney Getting, Sue Dutton, Handprints & Footsteps PC, Nancy Ogden, Duane Singsaas, Stephenson Truck Repair, David Loope, Gates Automotive, James Ewald, Leo Jelinek, Miller Brewing Company, Robert Harris, Eleanor Francke, Peoples National Bank, Jared Thompson, Dale Gruntorad

Friend Level--Mrs. Kendall Schwab, Paul Kloster, Katheryn Ann Horstman Bratt, James Mowitz, Judy Greenwald, Tim Higgins, Richard Schroeder, Kent Folsom, Richard Peters, Vicki Gratopp, Frederick Browder, Jason Vandeventer, Dwayne Ryder, Harold Hopkins, R.K. Frey, Lawrence Parker, Ermal Collister, Billee Hazelwood, Mary Phelan, Robert Flynn, Floyd Warren, Valerie Phelps, Linda Eldred Kissler, James Jensen, Kirk Wythers, Kathy Huff-Wolcott, Robert Zeman, Thomas Ehlers, Judith Pittack, Velma Bower, Janet Johnson, Denise Wiemer, Bob James.

Other--Burdie Thrapp, Jane Wolfe, Carol Bowen, Donald Macke, Marilynn Schnepf, Mary Clark, Nancy McProud, Lee Rockwell, Teresa Schultz, Ronald Cerny, Jeff Casper, Pfizer Foundation, Leona Kirby, Robert Naumann, Richard Kohles, Dave Morrissey, Alan Radke, David Collister, Ron Johnson, Gary Anderson, Patricia Smith, Donald Piersol, Linda Mendoza, Gary Lohse, Robert Schindler, Barbara Sampson

Many of these donations were given In Memory of Ceil King and Rachel Schmidt. We thank these donors for honoring their friends with donations to the League.

BARRIER REMOVAL PROGRAM

Barrier Removal Grants are available to qualified renters or homeowners who experience a mobility limitation (or have someone in their family who does). The program is offered in Lincoln/Lancaster County, Omaha and Council Bluffs, and is open to people who have low to moderate incomes (based on HUD income guidelines) and need funds to remove barriers in their homes.

A few modifications that may be considered eligible under the program include: outside ramps and lifts, grab bars, handrails, wider doorways, accessible tubs and showers, and reachable sinks and counters.

Applications for the grants are available at the Lincoln, Omaha, and Council Bluffs Centers for Independent Living.

LINCOLN

Center for Independent Living

1701 P Street

Lincoln, NE 68508

(402) 441-7871

OMAHA

Center for Independent Living

5513 Center Street

Omaha, NE 68106

(402) 595-1256

SOUTHWEST IOWA

Center for Independent Living
1520 Avenue M
Council Bluffs, IA 51501
(712) 323-6863

A CHRONOLOGY OF THE DISABILITY RIGHTS MOVEMENT

The League has been sharing the path of the Disability Rights Movement.
This issue focuses on 1990 and 1991.

1990:

Altered States of the Arts is founded.

The Wheels of Justice campaign in Washington, D.C., organized by American Disabled for Accessible Public Transit (ADAPT), brings hundreds of disabled people to the nation's capital in support of the Americans with Disabilities Act (ADAPT) activists occupy the Capitol rotunda, and are arrested when they refuse to leave.

The Americans with Disabilities Act is signed by President George H.W. Bush on 26 July in a ceremony on the White House lawn witnessed by thousands of disability rights activists. The law is the most sweeping disability rights legislation in history, for the first time bringing full legal citizenship to Americans with disabilities. It mandates that local, state, and federal governments and programs be accessible, that businesses with more than 15 employees make "reasonable accommodations" for disabled workers, that public accommodations such as restaurants and stores make "reasonable modifications" to ensure access for disabled members of the public. The act also mandates access in public transportation, communication, and in other areas of public life.

The Autism National Committee is founded.

The Committee of Ten Thousand is founded to advocate for people with hemophilia, and their family members, who have been infected with HIV/AIDS through tainted blood products.

The Ryan White Comprehensive AIDS Resource Emergency Act is passed to help localities cope with the burgeoning HIV/AIDS epidemic.

With passage of the Americans with Disabilities Act, American Disabled for Accessible Public Transit (ADAPT) changes its focus to advocating for personal assistance services and changes its name to American Disabled for Attendant Programs Today.

The Education for All Handicapped Children Act is amended and renamed the Individuals with Disabilities; Education Act (IDEA).

1991:

Jerry's Orphans stages its first annual picket of the Jerry Lewis Muscular Dystrophy Association Telethon.

SUPPORT GROUPS

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. (For corrections, additions or special announcements, contact Michelle in Public Information, League of Human Dignity, 1701 P St, Lincoln, NE 68508; 402- 441-7871 (V/TDD); mmartin@leagueofhumandignity.com)

ALS

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

For more info contact the Alzheimer's Association Chapter at (402) 502-4300 or (800) 272-3900.

Atlantic, IA, 3rd Thurs. of mo. 7:00 p.m., Home Care & Hospice Bldng, 1500 E. 10th St.
Council Bluffs, last Tuesday of each mo., 6:30 pm at Bethany Lutheran Home, 7 Elliott St.

Fremont, NE 3rd Thurs. of mo., 6:30 p.m. Pathfinder House, 3010 N. Clarkson St.

Alzheimers Association of Lincoln/Great Plains Chapter, regular meeting is the 1st Monday of each mo. at 7 pm, Karen (402) 420-2540.

Missouri Valley, IA last Tuesday of each mo. at 3 pm, Longview Home, 1010 Longview Rd.

Omaha, NE, various locations including Brighton Gardens, New Cassel, St. Joseph Villa,
Thomas Fitzgerald Veteran's Home, Bickford Cottage, and St. Paul's Lutheran Church in
Millard. Please call (402) 502-4300 for more specific information and times.

Osceola, 3rd Monday of each mo. at 7 pm, Osceola Good Sam., call Carmen at (402) 747-2691.

Sidney, IA, 4th Monday each mo. at 7pm, First Community Bank.

Scottsbluff 1st Thursday of each mo., Beverly Healthcare, 111 W. 36 St, Stacy Rotherham (308)
635-2019.

Shelby Co. in Harlan, 2nd Tues. each mo., 2:30 pm at Harlan Senior Center, 706 Victoria St.

AMPUTEE

United Support for Amputees, Omaha Emmanuel Hospital Rehabilitation Center, 3rd Tuesday of each mo., Maxine, (712) 644-2955, after 7 pm.

Beyond Limbloss, Lincoln, Kenny, (402) 466-0268, cell (402) 540-0748.

ARTHRITIS

Arthritis Foundation, Nebraska Chapter (402) 330-6130 (within Omaha) and 800-642-5292
(outside Omaha) FAX: (402) 330-6167 The web site remains the same (www.arthritis.org).

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

ATHLETICS

Cornhusker Wheelchair Athletics Ass'n Lincoln, Ian (402) 486-8449, www.cwaane.org.

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.

Nebraska Commission for the Blind & Visually Impaired, 877-809-2419. Serving Lincoln,
Omaha, Kearney, North Platte, Norfolk and Scottsbluff.

United Blind of Omaha, Gary (402) 455-4116, Sherry (402) 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, Islanders Group, 324 W 13 St, Grand Island, NE

68801; (308) 381-8003.

BRAIN INJURY

Council Bluffs, REM Iowa Community Services, (712) 323-5459. Who

CANCER

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

Lincoln, Thursdays, 6-7:30 pm Nebraska Union Rm 338. Call Yasmin (402) 472-7450.

Lincoln; Corporate Building, 7441 O St., Suite 301. "Breast Cancer Support Group" and "Look Good Feel Good" meetings will be held on 1st or 2nd Wednesday of the mo. Call Mary at (402) 486-7258.

Montgomery Co. in Red Oak, Breast Cancer group, meet monthly at Montgomery County Memorial Hospital, 4th Monday of mo at 6:30 pm, call Carla at (712) 623-7215.

Shelby Co. in Harlan, at Myrtue Memorial Hospital, 4th Monday of the month at 6:30 pm, call Cheryl at (712) 755-5161.

CHRONIC PAIN

Lincoln Chapter, American Chronic Pain Association, 1st & 3rd Tues each month, 7-8:30 pm, 1st Step Recovery & Wellness Center, 2231 Winthrop Rd. 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.

DEPRESSION

Manic Depressive and Depressive Association, Lincoln, (402) 483-8886.

Greater Omaha Depression & Manic Depression Association, Omaha, Kate (402) 551-3275.

Depression/Bipolar Support Alliance-Lincoln, 1st Tues each mo., 7 p.m., call (402) 481-5320.

DEVELOPMENTAL DISABILITIES

The ARC of Lincoln/Lancaster County; 1101 Arapahoe, Suite 5, (402) 421-8866;

www.lincolnne.com/nonprofit/arc.

The ARC of Omaha; 1941 S. 42nd St. (402) 346-5220, www.olliewebbinc.org. (Ind & family support services.)

Easter Seal, call 800-650-9880, www.ne.easterseals.com.

Mosaic: at Bethpage Village, 1044 23rd Rd, PO Box 67, Axtell, NE 68924, (308) 743-2401,

Mosaic_Axtell@mosaicinfo.org; 722 S. 12th; Box 607; Beatrice, NE 68310; (402) 223-4066.

DIABETES

American Diabetes Assoc. 1-800-342-2383.

Cass Co, 2nd Wednesday every other mo. at 6:30 pm, call Marcia at (712) 243-3250.

Lincoln Diabetes Center: (402) 481-3055.

Page Co., 4th Monday at 6:30 pm, call Elaine at (712) 542-2176.

Pottawattamie Co., 3rd Tues. at 5:30 pm, call Cheryl (712) 755-4316.

Shelby Co., 3rd Monday at 1:30 pm, March - Nov, call Jan at (712) 755-4316.

DOWN SYNDROME

Omaha Nat'l Down Syndrome Society (NDSS); Contact (402) 553-5335 or nebuddywalk@cox.net.

Lincoln, NE Parent and family group; meetings, holiday events, Buddy Walk, parent packets,

Call: Deb Safarik (402) 466-7641.

Lincoln Early Devel. Services Coordination (402) 441-6710.

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

Council Bluffs Down Syndrome Parent Group, Kyla Alba at (712) 366-0503 x257 or (712) 322-9391.

DYSLEXIA

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

EPILEPSY

Epilepsy Association of Nebraska, Omaha (402) 553-6567.

Epilepsy Support Group, meets third Tuesday each mo. in Omaha, Wittson Hall on the UNMC campus, Room 3010.

FIBROMYALGIA

Omaha, Arthritis Foundation (402) 572-3040.

Gordon area, meets various places.

Humbolt, IA area, call Judy at (515) 332-3376 (9 am-9 pm); bjmeris@goldfieldaccess.net.

Mercy Medical Center, New Hampton, IA area, meets monthly, call Judy (641) 394-3106 ext 189.

Page Co., no classes since spring 2007.

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

FMS-CF SYNDROME

www.wicfs-me.org.

GRIEF RESOLUTION

With Horizon Hospice, Monday evenings, (402) 474-3600. Lincoln.

HARD OF HEARING

S.H.H.H.- Lincoln, 7 p.m. New Covenant Church, 3rd Tuesday of each mo., (402) 471-3593.

HEAD INJURY

Lincoln, Nita Sipple, 2nd Tuesday at 7 pm, First United Methodist Church (402) 890-4521.

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

Norfolk, 1st Monday, Faith Regional Health Services.

HYDRANENCEPHALY

Omaha Local contact: Lynne (402)485-2229 or rtrease@nntc.net; Internet support also available.

LEARNING DISABILITIES

Learning Disabilities Association of Nebraska, Sharon, Omaha (402) 571-7771.

LEUKEMIA & LYMPHOMA

Lincoln Family Support Group for adult patients and family members with Leukemia, Lymphoma, Hodgkin's Disease, Myeloma or Myelodysplastic Syndromes. Call The L & L Society, (402) 344-2242 in Omaha, (402) 438-2242 in Lincoln. Omaha-area group meets 2nd Tuesday of the month and Lincoln-area group meets 2nd Monday of the month. Call for more info.

Lincoln Telephone Support Group for adult Myeloma, Lymphoma and Leukemia patients and family members; Mondays 10-11am; talk with support group from home; free service of The Leukemia & Lymphoma Society Call Tonya: (402) 344-2242 or 1-888-847-4974.

MDA

General Group, 3rd Tues of each mo. 7-8:30 p.m.; Parents Group, every other mo. on 3rd Sat. 2-4 p.m., both groups alternate between Lincoln and Omaha; Lincoln meets at Sheridan Lutheran & Omaha meets at Stonebridge Church. Please call Megan Burns at (402) 390-2914.

MEDICAL EQUIPMENT LOAN

Omaha, Presbyterian outreach Inc. HELP Program, call Jeremy Waymire at (402) 341-6559 x 101.

MENTAL ILLNESS

Page Co Serious & Persistent Mental Illness, 3rd Wed. at 1:30 p.m., call Jennifer (712) 542-2388.

Nebraska Family Support Network an advocacy organization for families, supporting Cass, Dodge, Douglas, Sarpy & Washington counties. 3568 Dodge St, Omaha, NE 68131, (402) 345-0791.

National Alliance for the Mentally Ill(NAMI)<http://www.nami.org/sites/ne>. Dan Jackson at NAMI Nebraska, 1941 S. 42nd St., Suite 517, Omaha, NE 68105 Phone: 1-877-463-6264; Mental Health Association of Nebraska 1-800-422-6691 or www.MHA-NE.org.

Council Bluffs, NAMI meets 1st Thurs of mo., call Laura at (712) 242-0050.

Grand Island 877-463-6264; or Carole Denton (308) 382-8604; jdenton@navix.net.

Hastings NAMI Hastings, Kevin Ehly (402) 462-8657;

Juniata/Hastings NAMI - FORSE, Cindy Scott (402) 751-2226, hs35558@navix.net; Hastings NAMI CARE (Consumers Advocating Recovery Through Empowerment) Linda Shaw (402) 463-6354.

Kearney NAMI Central Nebraska, Linda Jensen (308) 865-8729 or Cindy Mayer (308) 234-3212.

Lincoln NAMI, Susan Krome (402) 484-8653; Tami Walden (402) 471-4515; Mental Health Lincoln, Tuesdays 3-4 pm Bennet Martin Library.

McCook NAMI of SW Nebraska, Sandy Graves (308) 345-3013.

Norfolk/Hartington NAMI Northeast Nebraska, Tom Barr (402) 371-7175.

North Platte NAMI Platte Valley, Margaret Baker (308) 535-7434.

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

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, 3 Larrabee Farm Road, Brunswick, ME, 04011. www.conceptmed.com.

MULTIPLE SCLEROSIS

Omaha, (402) 572-3190 or 1-800-755-3959.

Lincoln, Nat'l MS Society, 2nd Tues. of each month, 7 pm, 1st Lutheran Church (70th), call Karen Lind-Olson (402) 486-1885 or Leatha Johnson (402) 826-4113.

Lincoln, MSA, meets 1st Sat. each mo. at Bryan LGH East-Classroom 2, 10 to Noon, call Kathy at (402) 438-3284.

Norfolk, (402) 648-7906.

Council Bluffs, meets 3rd Thursday every month, 7 pm, Jerry Ebsen (712) 366-9569.

MYOSITIS

Lincoln, call Mac Warren (402) 438-5183.

Online, www.myositis.org.

Support Group, Bennington, call Laura at (402) 238-3261.

PARENT SUPPORT GROUP

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

PARKINSON

Lincoln meets 4th Sunday each mo. (no Dec.); 2 p.m.; Madonna Rehabilitation Hospital, 5401 South St (52nd St entrance); Contact: Delene (402) 486-4810 or David (402) 217-3833.

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, meets at Bryan Medical Plaza, 1600 S. 48 St; 2nd Floor; Room 3; Call Sandy (402) 483-4908.

POLIO

Nebr Polio Survivors Assoc., Omaha (402) 341-0710.

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

RESPIRATORY

Better Breathers, 4th Monday at 4 pm, call Sharon at (712) 328-5479.

The American Lung Association of Nebraska offers programs & services & education. Call 1-800-586-4872.

RESPIRE

Omaha, Senior Companions at Presbyterian Outreach Inc., call Pam Jones at (402) 341-6559 x 102.

SCHIZOPHRENICS ANONYMOUS

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

SCLERODERMA

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

Omaha meets 2nd Tues. every other month, 7-9 pm at Methodist Cancer Center; 8303 Dodge St; lower lobby; 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.

Omaha, meets 1st Wed. each month 7 pm, Quality Living East Campus, Cabana Room; Call Jolene (402) 894-2070.

SPINAL CORD INJURY/DISEASE

ENWISCIA: Brian Richardson, (402) 573-6904 for information or e-mail at ENWISCIA@cox.net.

Spinal Cord Injury Peers (SCIP) meets monthly; Regional West Medical Ctr, Scottsbluff. Call (308)635-7901; or (308) 630-1070.

Central NE Group, Hastings. Call Darla (402) 461-5124.

STROKE

4th Thurs./mo. @ 1pm @ Madonna, 5401 South St., Lincoln, (402) 483-9590. Also, "Come

Back Club”, Lincoln 1-888-808-5678.

Cass Co., 3rd Wednesday at 3 pm at 1501 E 10th St, Atlantic, IA. Rita, (712) 243-7480.

TOURETTE SYNDROME

Lincoln, Neb Assoc. for Tourette Synd, (402) 467-9077.

CLASSIFIEDS

For Sale: 18” Wheelchair; Oxygen Concentrater; Electric Homecare Bed; Rohol Cushion; Model Inspiration 626 Nebulizer. Please call Richard at (402) 534-4351. (Utica)

For Sale: 1995 Plymouth Grand Voyager van with raised roof and side door lift. Dependable transportation at a reasonable price. \$2,950.00. Call Darrell at (402) 464-5665 after 5:30 p.m. weekdays or anytime on weekends. (Lincoln)

For Sale: Easy Rider Scooter. Asking \$2,000 or best offer. Please call Betty at (712) 323-7011. (Council Bluffs)

For Sale: Red Quantum 1650 Power Chair. Extra Heavy duty, 650 lb. limit, like new, only used inside of home, has new gel cushion seat, paid \$16,000 a year ago, asking \$8,000 OBO. Blue Pride lift chair, 500 lb. limit, used about three years, good condition, asking \$300 OBO. Please call Leann at (402) 371-0964. (Norfolk)

For Sale: Invacare Shower/Commode Chair for \$600; Hand Controls for a golf cart, \$250; Small Dorm Refrigerator, \$50. Please call Frank at (402) 333-3465. (Omaha)

For Sale: Pride Revo Mobility Scooter, blue, like new. Has basket, charger, swivel seat, head light, tail light. New batteries, 21 mile range. \$750. Please call Jean at (402) 420-7478. (Lincoln)

For Sale: Freestyle by Quickie (electric chair) -- has new tires and new battery, runs good, asking \$850. Please call Diana at (402) 601-6766 or (402) 601-5460. (Lincoln)

For Sale: Jazzy 1170XL power chair, will hold up to 500 lbs. Some worn parts. Priced at \$2,000 or best offer. Please call Frank at (402) 932-6608. (Omaha)

For Sale: CTM Mobility Scooter. Two years old, seldom used, built to accomodate a larger individual. New \$2,500, selling for \$1000. Contact Jean at (402) 910-0249. (Columbus)

For Sale: Jazzy 1103 Power Chair. Used only two weeks, paid \$7000, in excellent condition. Please call Marilyn at (402) 946-7691. (Dorchester)

(pictured in the middle upper left of the page is a woman making cookies in her scooter)

(pictured in the middle upper right CTM scooter)

Do you wish to regain your independence?

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