

LEAGUE OF HUMAN DIGNITY

ON THE LEVEL

APRIL/MAY 2007

(DESCRIPTIVE TEXT VERSION)

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(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](mailto: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

Happy Anniversary to us!! The League of Human Dignity is celebrating our 35th Anniversary this year. Can you believe it? While we will formally celebrate on June 6th, we plan to enjoy the accomplishments we have achieved throughout the entire year and share some of those memories with you.

We want to take the opportunity this year to celebrate all that has been accomplished in the past 35 years. We want to thank all of the important people who have helped us along the way. We want to remember what it was like when our founders first gathered together to share their concerns about what faced people with disabilities.

As I look through old issues of the League's newsletters, I see how similar the mission statement from 1972 is to the one we have today. The League has always been about bringing together people with disabilities. We have always been concerned about helping people with disabilities keep their dignity and their independence.

We will be including articles that were printed in the very first years of the League's existence in each newsletter for the remainder of the calendar year. This will give everyone a glimpse of what it was like in the beginning. Hopefully, it will also demonstrate how far the League has come and what amazing things have been accomplished since Jean Scanlon ran her first newspaper ad. Enjoy!

**“POWER TO THE CRIPPLES!”**

Two weeks ago when I was being introduced as the speaker for the evening, the woman making the introduction announced that I was there to speak for “Handicapped Liberation”. This idea turned on some of the people in the room - myself included. When you think about it, this is a logical way to express what the League is all about.

First of all, the evidence is overwhelming that we are indeed a minority group. And a big one at that. Federal figures show that up to 20% of the population is permanently disabled. Now that, my friends, is a lot of people! We possess many of the characteristics of ethnic, religious, and sexual minority groups. For example, employment opportunities, particularly at the higher levels, are sharply limited. Also, social and recreational activities on which persons with a disability are able to engage are frequently restricted. Moreover, many members of the favored majority wish and frequently insist that the person with a disability not only know his place, but also keep his place; that is, that he feel and act like a less fortunate human being.

Now, I don't know about you, but that rather upsets me. The only way we are ever going to change any of this is to get out into the community. We can only do this by alleviating transportation and architectural barriers. We must change these so that we can become visible to the public in order that we might work on attitudinal barriers. What this all amounts to is liberation -- physical and emotional freedom from the shackles placed on us from our environment...and sometimes by ours.

--Nancy Erickson, President of the League Membership Group in 1972

#### C.E.O.'S NOTE

In preparation for the League's celebration of its 35th anniversary, I have had occasion to review historic documents, and view pictures dating back to the League's beginning. Reviewing the early newsletters has been a lot of fun for me, and this process has reinforced for me, the League of Human Dignity's important role in pioneering the Disability Rights and Independent Living Movements in Nebraska. The League also played the lead role; among organizations of people with disabilities, to assure that state laws were introduced and passed in the early 70's, requiring that public buildings must be wheelchair accessible.

As I read the early newsletter articles written by founders of the League of Human Dignity, I feel a great sense of pride that as individuals and as a group, the League of Human Dignity Founders were true visionaries! The League Founders recognized the need for a solid philosophical foundation, and began building the framework of a strong organization; controlled by people with disabilities, that provides effective advocacy, and efficient and effective services to people who experience disability.

I suspect that most of the League's Founders did not envision that 35 years later, the League would have three Centers for Independent Living in Nebraska, one in Iowa, and an additional office in Nebraska. I wonder if any of the founders thought that as a result of the organization they started, literally thousands of people with disabilities would be given the opportunity to live in their own homes, and would not be forced to live in nursing homes or other institutional settings.

During the next several months, the League will hold several different events at which we will recognize and thank our founders and leaders, and celebrate the League's history and its accomplishments. We hope that you will be able to join us as we celebrate 35 years!

Best regards!

Mike Schafer

#### LEGISLATIVE BILLS TO WATCH IN THE NEBRASKA UNICAMERAL

Since the last issue of this newsletter, the League of Human Dignity and its Systems Change program have been watching and waiting to see the fate of four Legislative Bills (LB) that have been introduced into the Nebraska Unicameral.

The first bill the League was interested in was LB397, a first attempt to identify the industry that provides "in-home services" and to license their activities. The League voiced its concern about LB397 and later it was indefinitely postponed.

The next bill that merited attention from the League was LB236. At first glance, LB236 seems like a good idea: it would allow an individual to remain self-sufficient in his or her residence for as long as possible. The League felt that LB 236 set the stage for eliminating the option of consumers having the right to hire individual independent workers who are not employed by an agency. That approach is unacceptable. We want people to have control over their decisions. The League pushed to postpone this legislation. At the time of this publication, LB236 had been placed on general file while LB523 has been indefinitely postponed.

LB523 creates the Quality Home Care Council to oversee independent providers of home health care services who are paid with public funds and to assure consumers receive quality services. The League opposes LB523 as we feel it takes power away from the consumer. Essentially, a consumer would have to hire a personal assistance worker from a registry and thus

they wouldn't be able to choose their own neighbors or relatives to work for them. This would be disruptive of a consumer's sense of security, choice and the ongoing quality and pace of service provision. And while the League whole heartedly believes there is a need for an increased and consistent supply of personal assistance and chore service workers, we believe the consumers' right to choice and control must first be protected.

However, there is one Legislative Bill that the League is very supportive of, LB647. LB647 requires that when a health insurance plan in the State of Nebraska provides coverage for a diagnosis of a physical illness, it must provide at least the same level of coverage for the diagnosis of a behavioral health illness, which would include mental and substance abuse illnesses. We feel that every person has the right to expect equal opportunities to live and work in their community. These rights include the right for them to access all of the benefits, services, resources, and facilities.

Approximately one of every four people experience a psychiatric disability. As we have seen in our current system where there is not coverage for the treatment, the symptoms could undermine the individual's independence and quality of life. Treatment will empower people to cope better with social, emotional and vocational complications and will be an antidote to some of the potential indirect costs that stem from being overwhelmed by symptoms.

LB647 is currently being held by the Banking, Commerce and Insurance Committee. We will update all of these important issues in the next edition of the On The Level. (excerpts taken from the League's System Change Coordinator's testimony and letters)

The next issue of the On The Level will be a special commemorative issue celebrating the League's 35th Anniversary. Look for this treat the early part of June.

#### STARS & STRIDES 2007

League of Human Dignity

Omaha Center for Independent Living & Southwest Iowa Center for Independent Living

7th Annual Benefit Auction

Friday, April 20th

at Ameristar Casino & Hotel in Council Bluffs, Iowa

Doors Open at 5:30 p.m., Buffet Dinner starts at 6:30 p.m.

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

All tickets must be purchased 7 days prior to auction and that date is quickly approaching!!! To purchase tickets, reserve corporate tables, offer sponsorship or to donate auction items, please call (712) 323-6863 (V/TDD) or (402) 595-1256 (V/TDD). Or visit

[www.leagueofhumandignity.com](http://www.leagueofhumandignity.com)

There is something for everyone!

Kansas City Chiefs Pennant signed by Larry Johnson t Golf Certificates from Bent Tree Golf

One Hour Massage from Loess Hills Chiropractic t Tickets for two to see Peter Pan at the Omaha Community Playhouse

Beautiful Black Jade Ring t Limo service from A Class Act Limousine Service

One Night Stay with Breakfast at Kansas City Residence Inn t NU Football tickets vs. Iowa State

24K Gold Tie Bar t Six Month Membership at YMCA for New Members

And SO MUCH MORE.....

#### MISCELLANEOUS NEWS

## HARKIN INTRODUCES BILL TO SUPPORT COMMUNITY-BASED SERVICES LEGISLATION WOULD INCREASE ACCESS FOR PEOPLE WITH DISABILITIES AND OLDER AMERICANS

Washington, D.C. - Senator Tom Harkin (D-IA) today introduced the Community Choice Act of 2007, bill number S.799. The legislation, co sponsored by Senator Arlen Specter (R-PA), would increase access to community-based services and other supports for Americans with disabilities and older Americans.

"I strongly believe that it is important to level the playing field and give eligible individuals equal access to community-based services and supports," Harkin said. "This legislation is needed to truly bring people with disabilities into the mainstream of society and provide equal opportunity in employment and community activities."

Specifically, the Community Choice Act of 2007 gives individuals who are eligible for nursing home services or other institutional care equal access to community-based services and supports. The legislation also provides enhanced federal matching funds to help states develop their long-term care infrastructure and grant funds to help states increase their ability to provide home and community-based services. Finally, this bill creates a demonstration project to evaluate service coordination and cost sharing approaches for those eligible for both Medicaid and Medicare services.

"This vital legislation will open the door to full participation by people with disabilities in our neighborhoods, workplaces, economy, and our American Dream," Harkin said.

The following Senators co-sponsored the Harkin-Specter legislation: Edward Kennedy (D-MA), Daniel Inouye (D-HI), Ken Salazar (D-CO), Joseph Biden (D-DE), Joseph Lieberman (ID-CT), Hillary Clinton (D-NY), Charles Schumer (D-NY), and Christopher Dodd (D-CT).  
Published by Monday Morning in Washington D.C. (The ARC of the US)

## NO MORE STEREOTYPES OF PEOPLE WITH INTELLECTUAL DISABILITIES!

The Entertainment Industries Council (EIC) has asked AAPD to help ensure that depictions of persons with intellectual disabilities in TV shows and in movies are not stereotypical or patronizing. They have asked AAPD to collect any personal stories you may be able to share with EIC that relate to any of the numerous issues surrounding intellectual disabilities. For example, they want to know about family, health care, legal, diagnostic, and developmental concerns, so that they can share actual stories (similar to case studies) with Hollywood writers and producers, with the hope that true-life stories will inspire fictional depictions.

If you would like to participate, please write up a "case study" and send it to AAPD. Just write up the details (the who-what-when-where-why) and send it to [aapdjenifer@aol.com](mailto:aapdjenifer@aol.com) as soon as you can. Maybe your true story of some outrageous comment or event will change how the world thinks about intellectual disability.

Published by The ARC of the US

## COULD BABY BOOMERS BE APPROACHING RETIREMENT IN WORSE SHAPE THAN THEIR PREDECESSORS?

Americans in their early to mid-50s today report poorer health, more pain and more trouble doing everyday physical tasks than their older peers reported at the same age in years past, a recent analysis has shown. The research, published in print and online this week by the nonprofit National Bureau of Economic Research (NBER), was supported by the National Institute on Aging (NIA), a component of the National Institutes of Health.

The study was conducted by Beth J. Soldo, Ph.D., Olivia Mitchell, Ph.D., and John McCabe, Ph.D., of the University of Pennsylvania, and Rania Tfaily, Ph.D., of Carleton University, Ottawa, Ontario. The newly published report appears as part of NBER's Working Paper series and follows the analysis' online appearance in 2006. It will also be published in a refereed volume from Oxford University Press in 2007.

Using a summary health index developed for their analysis, the researchers compared the overall, self-reported health of people in three birth-year groups — those born in 1936-41 (now ages 66 to 71), 1942-47 (now ages 60 to 65) and 1948-53 (now ages 54 to 59). The data came from the Health and Retirement Study (HRS), a nationwide, NIA-sponsored survey of more than 20,000 Americans over age 50 that began in 1992. It draws from survey respondents' answers to questions about their health and well-being when they were all between the ages of 51 and 56. The researchers' health index blended HRS participants' ratings of their health, difficulty with physical mobility and agility, and perception of physical pain.

The study showed:

The two younger groups were less likely than the oldest group to have said their health was "excellent or very good" at 51 to 56 years of age.

The youngest group reported having more pain, chronic health conditions, and drinking and psychiatric problems than people who were the same age 12 years earlier.

Compared with the oldest group, the youngest group was more likely to have reported difficulty in walking, climbing steps, getting up from a chair, kneeling or crouching, and doing other normal daily physical tasks.

This new analysis provides some initial data raising the question of whether today's pre-retirees could reach retirement age in worse shape than their predecessors, with individuals potentially in poorer health than current retirees and possibly increasing health care costs for society. In the past two decades, there has been a dramatic decline in disability among people 65 and older. One recent report of this trend, for example, found that the prevalence of chronic disability among people 65 and older fell from 26.5 percent in 1982 to 19 percent in 2004/2005.

Researchers and policymakers are vitally interested in whether this trend will continue, accelerate or decelerate with the retirement of the baby boom, a critically important question in planning for health, housing and other needs of this wave of retirees, who begin to turn 65 in 2011.

The NIA leads the federal effort supporting and conducting research on aging and the medical, social and behavioral issues of older people. For more information on research and aging, go to [www.nia.nih.gov](http://www.nia.nih.gov). Publications on research and on a variety of topics of interest on health and aging can be viewed and ordered by visiting the NIA website or can be ordered by calling toll-free 1-800-222-2225.

Published March 2007 by [www.nih.gov](http://www.nih.gov)

The Nebraska/Western Iowa Pulmonary Arterial Hypertension Support Group will meet on Saturday, April 14, at 11 AM to 1 PM at Hillcrest Health Plaza, 1702 Hillcrest Drive, Bellevue, NE. The speaker will be Sondra DeVorss of United Therapeutics and her topic will be "Remodulin and Miniaturization".

Sandwiches and soft drinks will be provided by United Therapeutics and members are asked to bring a snack to share. Friends and relatives interested in finding out more about PAH are welcome.

RSVP's should be e-mailed to [thegardener@hotmail.com](mailto:thegardener@hotmail.com) or telephoned to Barb at (402)

697-8990.

#### OF LOCAL INTEREST

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](mailto:ithompson@madonna.org).

#### IOWA STATEWIDE INDEPENDENT LIVING COUNCIL SEEKS INPUT REGARDING THE IOWA STATE PLAN FOR INDEPENDENT LIVING

The Iowa Statewide Independent Living Council (SILC) is currently working with the seven Iowa Centers for Independent Living, Iowa Vocational Rehabilitation, and Iowa Department for the Blind to develop the next 3 year State Plan for Independent Living (SPIL). Iowa is required to have a SPIL in place in order to receive federal Part B dollars for independent living services.

The SPIL provides us with guidelines and a plan as to how we are going to strengthen and expand the independent living network and philosophy in Iowa over the next three years.

**WE NEED YOUR HELP!!!**

We invite you to PLEASE participate in one of the two scheduled Consumer Partner Input Meetings to be held in April OR contact Dawn Francis, SILC Executive Director, for a copy of the new SPIL and to give her your comments. Dawn can be reached toll-free at 1-877-466-7442 or by e-mail at [dawn@iowasilc.org](mailto:dawn@iowasilc.org).

The first meeting will be in Des Moines on Friday, April 20th from 10:00 am to 12:00 pm in the Conference Room of the Central Iowa Center for Independent Living, 655 Walnut, Suite 131, Des Moines. You may choose to participate by phone (teleconference) by e-mailing Frank Strong at [frank@frankstrong.net](mailto:frank@frankstrong.net) or calling 1-515-243-1742. This meeting is open to anyone interested in providing input and feedback on the SPIL.

The second meeting will be in Cedar Rapids on Friday, April 27, 2007, from 10:30 am to 11:45 am at the Cedar Rapids Public Library, prior to the P.A.D.S. meeting at noon. This meeting is open to anyone interested in providing input and feedback on the SPIL.

We need your comments and suggestions on a draft of this new SPIL, and need you to review this draft of the SPIL prior to coming to the meetings in April. The draft of the new SPIL will be available on the SILC website at [www.iowasilc.org](http://www.iowasilc.org) by the second week of April for you to review. Cherie Clark will also be e-mailing and mailing copies of the SPIL draft out to her mailing lists, as well as placing it on the Disability Advocates ListServe. You can also contact Dawn Francis, Iowa SILC Executive Director, toll-free at 1-877-466-7442 or by e-mail at [dawn@iowasilc.org](mailto:dawn@iowasilc.org) to get more information and/or to give feedback on the SPIL.

**FREE LUNCH WILL BE PROVIDED TO ALL ATTENDING THESE MEETINGS!!!**

The input received from you at this meeting will be taken back to the committee that is developing the new SPIL so that comments and suggestions can be incorporated as much as possible.

Look forward to hearing from each of you!

## 35 YEARS AFTER WILLOWBROOK: ARE PEOPLE WITH DISABILITIES STILL SEGREGATED?

March of 2007 marks 35 years since the filing of a lawsuit against the infamous Staten Island, NY, institution for people with disabilities, the Willowbrook State School. This action paved the way for ending decades of horrid institutionalized conditions for people with developmental disabilities throughout the United States. Now, a new book called *Raymond's Room: Ending the Segregation of People with Disabilities*, makes a compelling case that, today, people with disabilities are still locked away from the rest of society.

Dr. Mike Wilkins worked as a staff physician at Willowbrook during the early 1970s. He was fired for his activities in which he tried to make improvements there. The evening of his dismissal, Wilkins gave his key to Geraldo Rivera, a young television reporter. Rivera's film crew documented squalid conditions in understaffed wards. The series, *Willowbrook—A National Disgrace*, won an Emmy. It sparked public outrage that led to a lawsuit filed on March 17, 1972, and a series of changes that still affect the disability system. From that lawsuit, a consent decree ultimately led to the closing of Willowbrook in 1987 and a movement grew to support people with disabilities to live their lives in their communities.

Soon after the Willowbrook exposé, as a young college graduate, author and disability advocate Dale DiLeo began working in a much smaller residential facility for children with autism. He was shown a tiny, hot and smelly bedroom. Reserved for up to four young men with autism, those least trusted by staff, this room was locked—from the outside—all night long. It was named after Raymond, the room's perennial resident.

Today, like the key offered to Rivera, DiLeo offers his book, *Raymond's Room*, as a way to help unlock a segregated disability system. According to DiLeo, although people with disabilities may not be still necessarily housed in rooms like Raymond's or in institutions as horrid as Willowbrook, they are still often placed in segregated facilities and programs that are run by a public monopoly unwilling to change.

"People with disabilities are the last minority group in which legal segregation for housing and employment is still routinely provided," writes DiLeo. "And their lives are controlled by one of the last publicly funded monopolies in America today." *Raymond's Room* outlines how the continued rampant segregation of people in day and residential programs, sometimes in institutions, sometimes in the community, has stifled the potential of millions of people to live quality lives.

The 230-page book mixes memoirs of experiences, both humorous and sad, with illustration and practical advice. DiLeo traces his career from direct care in an institution to international consulting in the disability field. For the most part, he said, his early services, like many disability services today, were delivered in specialized, separate settings. These places were, and still are, segregated and damaging, he asserts. "I believe the disability field is still stuck in an obsolete model that is ineffective, morally wrong, and resistant to change. Every day the number of people going into segregated programs far exceeds those in more integrated ones," said DiLeo.

Sure to be controversial, *Raymond's Room* not only takes aim at institutions, but also challenges the notion that group homes and sheltered workshops are cutting edge programs. He calls the current system the "disability industrial complex," a comparison to Eisenhower's warning of the military industrial complex over forty years ago.

DiLeo notes that we spend billions on services that have largely failed to deliver on their promise to provide very vulnerable people decent homes and jobs. And the blame for this failure

is often thrust back to the individuals themselves, with professionals saying people are not capable or ready for such things. But, according to Raymond's Room, the know-how to provide cost-effective supports, for even those with the most severe disabilities, is available now for jobs and homes. Still, he discusses the real challenges people with disabilities are up against – how our society negatively perceives those who have a disability, and how these perceptions translate into discrimination.

Raymond's Room: Ending the Segregation of People with Disabilities is published by Training Resource Network, Inc., and can be ordered in hardcover or paperback at [www.raymondsroom.com](http://www.raymondsroom.com), 800-280-7010, [amazon.com](http://amazon.com) or [barnesandnoble.com](http://barnesandnoble.com).

submitted by Training Resource Network

#### EMPLOYEES SAYING GOODBYE...

Melissa Tuttle, Lincoln, Independent Living Advisor

#### EMPLOYEES SAYING HELLO...

Kevin Cline, Lincoln, Services Coordinator

Jennifer Gutierrez, Council Bluffs, Secretary

Kathy Hall, Norfolk, Secretary

#### NEBRASKA AWARDED "MONEY FOLLOWS THE PERSON" GRANT

On January 11, 2007, Health and Human Services announced that Nebraska had been awarded a Money Follows the Person Grant. Nebraska is one of only 17 states, out of 38 applicants, receiving the award.

"It reflects your (human service agencies like the League of Human Dignity) commitment and support that Nebraska has been recognized by CMS as a state where Long Term Care rebalancing is underway," said Mary Steiner, Medicaid Director and Mary Jo Iwan, Home & Community-Based Services Administrator. "Your suggestions at our stakeholders meeting along with your strong support letters contributed to the application's success. As we begin the grant's implementation process we hope you will work with us in the future."

The demonstration grant is entitled, 'Deal or No Deal'. Nebraska's goal for this grant is to support the choice of more than 900 people (aged, physically disabled, developmentally disabled, traumatic brain injuries) to move from nursing homes and ICFs/MR to community settings. This is approximately ten percent of the current population in those institutions. The estimated budget for this program is roughly \$75 million dollars.

Stay tuned to the On The Level to see the progress that unfolds after the program is instituted.

#### LEAGUE DONORS (JAN. 13 - FEB. 26)

##### WE APPRECIATE YOU!

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Robert W. Allington

Century Level: \$100 & above

Dale L. Young

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Believer Level: \$50 & above

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riend Level: \$25 & above  
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Elayne L. Weickum  
Judith Pittack  
Other Level:  
Janelle Mussmann

## 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 or modify 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.

### SOUTHWEST IOWA

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

### 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

## LEAGUE OF HUMAN DIGNITY RURAL HOUSING DEVELOPMENT CORPORATION

Is now taking applications for a 1-bedroom apartment in Hastings. It has a roll-in shower and is wheelchair accessible. The unit comes 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 1 (888) 508-4758 voice/TDD [pshufeldt@leagueofhumandignity.com](mailto:pshufeldt@leagueofhumandignity.com)

## A CHRONOLOGY OF THE DISABILITY RIGHTS MOVEMENT

The League has been sharing the path of the Disability Rights Movement.

This issue focuses on 1980-1983.

We will target 1984 in the next issue. As you can see, the 1970's and 1980's were a time of tremendous change in the disability rights movement.

1980 -

Congress passes the Social Security Amendments, with Section 1619 designed to address work disincentives within the Social Security Disability Insurance and Supplemental Security Income programs. Other provisions mandate a review of Social Security recipients, leading to the termination of benefits of hundreds of thousands of people with disabilities.

Congress passes the Civil Rights of Institutionalized Persons Act, authorizing the U.S. Justice Department to file civil suits on behalf of residents of institutions whose rights are being violated.

The first issue of the Disability Rag & Resource is published in Louisville, Kentucky.

Disabled Peoples' International is founded in Singapore, with the participation of advocates from Canada and the United States.

The Womyn's Braille Press is founded in Minneapolis to make women's and feminist literature available in braille and on tape.

1981 -

The International Year of Disabled Persons begins with speeches before the United Nations General Assembly. During the year, governments are encouraged to sponsor programs bringing people with disabilities into the mainstream of their societies.

In an editorial in the New York Times, Evan Kemp Jr. attacks the Jerry Lewis National Muscular Dystrophy Association Telethon, writing that "the very human desire for cures can never justify a television show that reinforces a stigma against disabled people."

Publication of Images of Ourselves: Women with Disabilities Talking by Jo Campling and Ad Things Are Possible by Yvonne Duffy highlights the concerns of women with disabilities.

1981-1983 -

The newly elected Reagan Administration threatens to amend or revoke regulations implementing Section 504 1983 of the Rehabilitation Act of 1973 and the Education for All Handicapped Children Act of 1975. Disability rights advocates, led by Patrisha Wright at the Disability Rights Education and Defense Fund (DREDF) and Evan Kemp, Jr. at the Disability Rights Center, respond with an intensive lobbying effort and a grassroots campaign that generates more than 40,000 cards and letters. After three years, the Reagan Administration abandons its attempts to revoke or amend the regulations.

## 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](mailto:mmartin@leagueofhumandignity.com))

### ALS

Amyotrophic Lateral Sclerosis (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

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. Hartington, 2nd Wed of mo, 7 pm, Library, 1124 S 13th.

Alzheimers Association of Lincoln/Great Plains Chapter, regular meeting is the 1st Monday of each mo. at 7 pm, Karen (402) 420-2540, Toll-Free 1-800-487-2585.

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, Parsons House, 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, Sidney Presbyterian Church, 1000 Illinois St. 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](http://www.arthritis.org)).

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

#### ASSISTANCE DOGS

Noah's Assistance Dogs, Crete, NE; 402 826-9012. Helps people with disabilities by providing a range of services using trained dogs to enhance quality of life. Organization dedicated to the training and placement of assistance dogs at a reduced, low cost to the recipient. [noahsdogs@diodecom.net](mailto:noahsdogs@diodecom.net).

#### ATHLETICS

Cornhusker Wheelchair Athletics Ass'n Lincoln, Ian (402) 486-8449, [www.cwaane.org](http://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.

#### 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; Individual & Family Support Services; Dads Groups; Sibshops; Family Gatherings; Vacation Program; Group Residences; 1101 Arapahoe, Suite 5, (402) 421-8866; [www.lincolnne.com/nonporofit/arc](http://www.lincolnne.com/nonporofit/arc).

Easter Seal provides services to children & adults with disabilities & other special needs, as well as support to their families. Call 800-650-9880, [www.ne.easterseals.com](http://www.ne.easterseals.com).

Mosaic: at Bethpage Village, 1044 23rd Rd, PO Box 67, Axtell, NE 68924, (308) 743-2401, [Mosaic\\_Axtell@mosaicinfo.org](mailto: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](mailto: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); bjmerris@goldfieldaccess.net.

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

Page Co., 2nd Monday at 5:00 p.m. Call Shelly at (712) 542-2176.

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, 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.

Omaha, Gail Kerwin (402) 571-5651.

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

Duchene Parents Support Group, Omaha/Papillion, meets quarterly Sat., 1-3; Papillion/LaVista High School, 420 S Washington St; Maggie Phillips (402) 390-2914.

#### 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](http://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](mailto:jdenton@navix.net).

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

Juniata/Hastings NAMI - FORSE, Cindy Scott (402) 751-2226, [hs35558@navix.net](mailto: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](mailto:shirley@prairie.web.com).

Sutherland NAMI Trails West Nebraska, Margaret Baker (308) 284-4078, [bakerm@gpcom.net](mailto:bakerm@gpcom.net).

#### MULTIPLE CHEMICAL SENSITIVITY

MCS Information Exchange, 3 Larrabee Farm Road, Brunswick, ME, 04011.

[www.conceptmed.com](http://www.conceptmed.com).

#### MULTIPLE SCLEROSIS

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

Lincoln, contact Karen Lind-Olson (402) 486-1885.

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](http://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); [khein@pti-nebraska.org](mailto:khein@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: Jill (402) 486-8164 or Lori (402) 486-9040.

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.

## 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; 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.

“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, Nebraska Assoc. for Tourette Syndrome, (402) 467-9077.

## CLASSIFIEDS

FOR SALE: 2003 Quickie manual wheelchair, 26” wide, hardly used, removable tires, paid \$3k in 2003; 2005 Pronto Invacare Power Wheelchair, deluxe extra wide chair with all the extras,

paid \$11k new. Please make offers and call Randy at (402) 362-1335. (York)

FOR SALE: Used lift chair in excellent condition, dark blue, does not recline, \$300 OBO. Please call Barb at (402) 325-9200. (Lincoln)

FOR SALE: Electric hospital bed with hand control, good mattress, \$450. Please call Ruby at (402) 488-0610. (Lincoln)

FOR SALE: Invacare Pronto M71 Power wheelchair with Sure Step. Used only 2 months. Originally cost \$8768, asking \$6000 OBO. Stored in Lincoln. Please call Melvin at (703) 606-6457.

FOR SALE: '04 Chrysler Town & Country van, fully loaded, 17K miles, swing arm lift with Invacare Scooter, no ramp, asking \$18,500. Please call Diana at (402) 560-7287. (Lincoln)

FOR SALE: Pronto M91 Electric Wheelchair with extra battery, 20" seat and swing out arms, used only 7 months. Paid \$7100, now asking only \$4000 OBO. Please call Craig at (402) 486-1022 (eve) or (402) 450-9035 (day). (Lincoln)

FOR SALE: Two older electric wheel chairs, in very good condition. One is Invacare, \$1,000 for your choice or best offer. Please call Ken at (308) 946-3465 or (308) 940-1374. (Central City)

FOR SALE: Pride Mobility Jet 3 power scooter, only 6 months old, asking \$1,200. Please call Larry at (402) 639-9536. (Omaha)

RECOVERY SALE: For Sale -- a deluxe adjustable bed with warranty (has half length bed rails); folding, wheeled walker with no seat; toilet riser. Please call MaeAnn at (402) 443-3080. (Wahoo)

FOR SALE: '05 Dodge Caravan Grand SE IMS Ramp van. Only 2000 miles. EZ lockdown pin, power door/ramp, 10" lowered floor, kneel suspension, rear ac/heat, \$28,000. Please call Dave at (402) 662-3555 (day) or (402) 662-4175 (eve.). (Filley)

FOR SALE: Electric Mobility Scooter, 2000 Rascal 200, black & gray, good shape, \$750 OBO. Please call Karen at (402) 486-1885 (Lincoln).

FOR SALE: 1984 Ford F350 with wheelchair side lift. Equipped for handicapped driver. Bench seat makes into a bed. Good rubber, \$2000. Please call Lucille at (402) 729-3252. (Fairbury)

FOR SALE: 2003 Dodge 1-ton 19 foot Leisurer van with 319 motor. 21,000 miles, Handicap accessible, solar panel, loaded for travel, Braun lift. \$40,000 OBO. Please call Terry at (402) 477-9007. (Lincoln)

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