

LEAGUE OF HUMAN DIGNITY
ON THE LEVEL

AUGUST/SEPTEMBER 2005

(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. For information on display advertising, please contact Public Information. Classified ads are also available.

To provide support group listings, news releases, or other 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 info@leagueofhumandignity.com.

ON THE LEVEL STAFF

Mike Schafer, CEO

Michelle Martin, Editor

LEAGUE OF HUMAN DIGNITY
WHERE TO FIND US...

LINCOLN

Center for Independent Living
and Mobility Options

1701 P Street

Lincoln, NE 68508

(402) 441-7871

NORFOLK

Center for Independent Living

400 Elm Avenue

Norfolk, NE 68701

(402) 371-4475

OMAHA

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

SOUTHWEST IOWA

Center for Independent Living
1417 ½ West Broadway
Council Bluffs, IA 51501
(712) 323-6863

PANHANDLE

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

HAVE YOU BOUGHT YOUR TICKET TO THE LEAGUE'S 14TH ANNUAL LINCOLN FUNDRAISING AUCTION??

The annual fundraising auction is coming to Lincoln - have you bought your ticket yet? Don't delay because you won't want to miss this exciting evening filled with baseball, fun and prizes.

The League of Human Dignity started hosting benefit auctions in 1992, and each year the auction gets bigger and better. Once again, the theme is Field of Dreams.....If You Build It Accessible, We Will Come. The League continues the baseball theme by having NU Baseball Announcer Matt Coatney as Master of Ceremonies for the evening.

Unlike in previous years, the auction will be held at the Nebraska Champions Club, 707 Stadium Drive. The club is located directly across the street west of Memorial Stadium.

For an admission price of \$35, you can delve into a delicious buffet dinner, enjoy a beverage or two provided by Empyrean Ales, and peruse the various items up for auction. The night features three silent auctions, a balloon raffle, a cash raffle and the event of the evening, the live auction.

Need to get into shape, bid on the gift certificate from Curves. Need some jewelry, check out the bracelet and earring sets from Earth Bead Gallery. Do you enjoy a good game of Hockey? There will be a chance to grab four tickets to see the Lincoln Stars. Other items of interest include dinner for eight at Lazlo's; Husker items; a computer from Mobile Computer Repair, and an eight-foot oak tree.

So join in on the fun and help us assist people with disabilities live more independently.

MEMBERSHIP GROUP HOSTING TAILGATE PARTY

On Saturday, September 17th, the League of Human Dignity's Membership Group will be hosting a tail gate party in the League's parking lot at 1701 P Street.

Before the Huskers take on the Panthers of Pittsburgh University, the membership group will feast on hamburgers, hot dogs and the works. For more information, please contact Kathy Johnston at (402) 805-9469.

MESSAGE FROM THE CEO

On July 26th, 1990, former President George Bush signed into law the Americans with Disabilities Act (ADA). This single piece of legislation has brought more parity to the lives of people with disabilities, and hopefully knocked down some barriers as well.

The purpose behind the ADA was one of removing all kinds of physical and attitudinal barriers that people with disabilities face on a daily basis. These barriers include challenges with employment, transportation, public accommodations, public services and telecommunications. When the ADA was established, society started to benefit from the vast skills and talents of individuals with disabilities that had previously been ignored.

The passage of the ADA has opened many doors for people with disabilities, quite literally. It gives civil rights protection to people with disabilities similar to the protection given to people on the basis of race, color, age, religion, etc. We have made strides in the last 15 years, we have progressed. And while we have not yet achieved all of our goals regarding equality for all, we should celebrate the 15th Anniversary of the ADA and what this anniversary means.

Mike Schafer

Chief Executive Officer

League Of Human Dignity

A CHRONOLOGY OF THE DISABILITY RIGHTS MOVEMENT

The Disability Rights Movement started in 1817 when the first school for children with disabilities, the American School for the Deaf, was founded in Connecticut. In the last issue we chronicled 1909 through 1929. Take a look at what happened from 1932 through 1944.

1932 - The Treaty of London standardizes American and English Braille.

Disabled American Veterans is chartered by Congress to represent disabled veterans in their dealings with the federal government.

1933 – Franklin Delano Roosevelt, the first person with a serious physical disability ever to be elected as a head of government, is sworn into office as President of the United States. He continues his “splendid deception,” choosing to minimize his disability in response to the ableism of the electorate.

1935 - Congress passes, and President Roosevelt signs the Social Security Act, establishing federal old-age benefits and grants to the states for assistance to blind individuals and children with disabilities. The act also extends the already existing vocational rehabilitation programs established by earlier legislation.

The League of the Physically Handicapped is formed in New York City to protest discrimination against people with disabilities by federal relief programs. The group organizes sit-ins, picket lines, and demonstrations, and it travels to Washington, D.C., to protest and meet with officials of the Roosevelt administration.

1936 - Passage of the Randolph Sheppard Act establishes a federal program for employing blind vendors at stands in the lobbies of federal office buildings.

1937 - Herbert A. Everest and Harry C. Jennings patent a design for a folding wheelchair with an X-frame that can be packed into a car trunk. They found Everest & Jennings (E & J), which eventually becomes the largest manufacturer of wheelchairs in the United States.

1938 - Passage of the Fair Labor Standards Act leads to an enormous increase in the number of sheltered workshop programs for blind workers. Although intended to provide training and job opportunities for blind and visually disabled workers, it often leads to exploitation of workers at sub-minimum wages in poor conditions.

1940 - The National Federation of the Blind is formed in Wilkes-Barre, Pennsylvania, by Jacobus Broek and other blind advocates. It advocates for “white cane laws” and input by blind people into programs for blind clients, among other reforms.

The American Federation of the Physically Handicapped is founded by Paul Strachan as the nation’s first cross-disability, national political organization. It pushes for an end to job discrimination and lobbies for passage of legislation calling for a National Employ the Physically Handicapped Week, among other initiatives.

1942 - Henry Viscardi begins his work as an American Red Cross volunteer, training 1944 soldiers with disabilities to use their prosthetic limbs. His work at Walter Reed Army Medical Center in Washington, D.C., draws the attention of Howard Rusk and Eleanor Roosevelt, who protest when Viscardi’s program is terminated by the Red Cross and the military.

THE LIVING WELL WITH A DISABILITY PROGRAM TAKES SHAPE IN IOWA

The Living Well with a Disability Program, developed by researchers at The University of Montana, Rural Institute on Disabilities, is a health promotion or wellness program for adults with physical disabilities. It is the culmination of ten years of research aimed at reducing the severity and incidence of secondary conditions. A secondary condition occurs when a person with a disability develops a complication related to his or her impairment. Secondary conditions can include psychological as well as physical limitations, such as depression and pressure sores.

Preliminary research revealed that participants who complete the eight-week Living Well workshop experience a 37% decrease in limitation due to secondary conditions and report a significant decrease in depression levels. This preliminary research has been replicated with similar results.

The League of Human Dignity’s SW Iowa CIL in Council Bluffs has had the appropriate training and is certified to run this program. We want to inform and encourage our consumers to contact the SW Iowa office at 712-323-6863 if you are interested in the doing this innovative program.

Program Description:

The Living Well with a Disability Program is an eight-week workshop that introduces a process for setting and clarifying goals, as well as teaching skills for generating, implementing, and monitoring solutions. Goal setting and problem solving becomes the framework for developing healthy lifestyles and making the necessary connection between health and function. Keeping quality of life issues at the forefront, Living Well with a Disability teaches skills for:

- | | | | |
|---|----------------------------------|---|--|
| A | Preventing health problems | A | Keeping health problems under control |
| A | Physical conditioning or fitness | A | Information seeking and systems advocacy |
| A | Beating the blues | A | Developing and maintaining healthy relationships |
| A | Goal setting | A | Making healthy lifestyle changes. |

Living Well Workbook:

The Living Well Workbook is broken into ten chapters. The following outline gives a brief overview of several of the chapter’s contents.

Chapter 1: Setting Goals: Where Do I Want to Go and How Do I Get There?

- A Select an area in your life you want to work on
- A Write a goal statement
- A Write a clear description of your current situation in that area
- A Write a clear description of what you want your future to look like in that area

Chapter 2: Solving Problems: Navigating the Sometimes Bumpy Road to Success

- | | | | |
|---|--|---|----------------------------------|
| A | Planning a strategy to achieve your goal solutions | A | Searching for creative solutions |
| A | Deciding which solutions to try | A | Making time |
| A | Tracking your progress toward your goal | A | Observing your own behavior |
| A | Rewarding yourself | | |

Chapter 3: Healthy Reactions: Don't Feel Bad Without a Good Reason

- | | | | |
|---|---|---|---|
| A | Thoughts and feelings | A | Changing the way you think |
| A | When to search for new explanations events in your life | A | Your reaction to positive events in your life |

Chapter 5: Healthy Communication: It Takes Two to Reach an Understanding

- | | | | |
|---|--|---|--|
| A | Understanding others by using active listening | | |
| A | Making yourself understood non-disabled | A | Talking with people who are non-disabled |

Chapter 7: Physical Activity: Use It (Your Body) or Lose It (Your Ability)

- | | | | |
|---|--|---|-----------------------------------|
| A | Physical activity checklist | A | Possible activities |
| A | Benefits of increased physical activity activity | A | How to increase physical activity |

Chapter 8: Eating Well to Live Well: You Are What You Ate Last Week

- | | | | |
|---|---|---|---------------------------|
| A | Just exactly what is food | A | The seven USDA guidelines |
| A | The food pyramid | A | Track your eating habits |
| A | Changing your body and size through nutrition | | |
| A | Major nutrients and secondary health problems | | |

THANK YOU FOR YOUR DONATIONS

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Marvin Rhodes

IN HONOR OF

Wendell Lytle

WHO'S NEW...

Charlotte Breuer, Independent Living Advisor, Norfolk

SAYING GOODBYE...

Carol Frost, Secretary, Scottsbluff

COURT EXPANDS SCOPE OF DISABILITIES LAW

By HOPE YEN, Associated Press Writer, June 6, 2005

WASHINGTON (AP) - The Supreme Court ruled Monday that foreign cruise lines sailing in U.S. waters must provide better access for passengers in wheelchairs, expanding the scope of a landmark federal disabilities law.

The narrow 5-4 decision is a victory for disabled rights advocates, who said inadequate ship facilities inhibited their right to "participate fully in society."

Congress intended the 1990 Americans With Disabilities Act to apply to cruise lines,

justices said.

“The statute is applicable to foreign ships in the United States waters to the same extent that it is applicable to American ships in those waters,” Justice Anthony Kennedy wrote for the majority. He was joined by Justices John Paul Stevens, David H. Souter, Ruth Bader Ginsburg and Stephen G. Breyer.

Still, the ruling is unclear how much the \$2.5 billion foreign cruise industry, two-thirds of whose passengers are Americans, will actually have to reconfigure pools, restaurants and emergency equipment for wheelchair accessibility, an upgrade that could cost the industry millions.

That’s because Kennedy also writes that cruise lines need not comply with the ADA to the extent it creates too much international discord or disruption of internal affairs, under a provision of the statute that calls only for “readily achievable” modifications.

Three passengers with disabilities, who boarded Norwegian Cruise Line in Houston in 1998 and 1999, say they paid premiums for handicapped-accessible cabins and the assistance of crew but the cruise line failed to configure restaurants, elevators and other facilities in violation of the ADA.

Norwegian Cruise Line countered that only an explicit statement of Congress can justify imposing the U.S. law on a ship that sails under a foreign flag, even if it is docked at a U.S. port. The federal law is silent as to whether foreign cruise lines are covered by the ADA.

STATEMENT OF SOLIDARITY ON 15TH ANNIVERSARY OF ADA JULY 26, 2005

DEVELOPED BY THE NATIONAL COUNCIL ON INDEPENDENT LIVING’S CIVIL RIGHTS COMMITTEE AND THE AMERICAN ASSOCIATION OF PEOPLE WITH DISABILITIES BOARD OF DIRECTORS

Fifteen years ago today, with bipartisan support in Congress and broad endorsements from the civil rights coalition, President George H. W. Bush signed into law the Americans with Disabilities Act (ADA), calling for the “shameful wall of exclusion” to come tumbling down. As we mark this significant anniversary, we celebrate improvements in access to polling places and the secret ballot, government services and programs, transportation, public places, communication and information technology. Parents pushing strollers, workers delivering packages, and travelers pulling roller bags have grown accustomed to curb cuts, ramps, and other accessibility features less common in 1990. Our country is more accessible today thanks to the ADA, and all Americans are better off.

Although substantial progress has been made, we are reminded every day of the significant remnants of the “shameful wall of exclusion” that continue to prevent this great country from realizing the full promise of the ADA.

The majority of Americans with disabilities continue to live in poverty and unnecessary isolation.

Most adults with disabilities are either not working or not working to their full potential, robbing the economy of the contributions of tens of millions of would-be workers.

Children and youth in special education continue to drop out of school in alarming numbers before obtaining a regular high school diploma.

The promises of higher education, accessible and affordable housing and transportation, quality affordable healthcare, and a living wage continue to elude many adults with disabilities and their families. The ADA is slowly driving policy changes that have enabled more people

with significant mental and physical disabilities to live independently in the community, but the ongoing institutional bias in the Medicaid program keeps too many people trapped in nursing homes and other institutions, unable to enjoy the freedoms and personal choices about where and how to live that other Americans take for granted.

New technologies are increasing the independence and productivity of many Americans. Yet, advances in technology alone are not guaranteed to improve the lives of people with disabilities. As we develop applications like Voice-over-Internet-Protocol (VOIP) telephony, wireless tele-communications, widespread broadband internet connectivity, new medical devices, new computer applications, and a plethora of new genetic tests, it is critical that these technologies be designed and used in a way that increases the inclusion, independence, and empowerment of Americans with disabilities as well as America's growing senior population.

The ADA has begun to change the landscape of our cities and towns, but a civil rights law alone does not create the kind of transformation of attitudes that Americans with disabilities, their families, and allies are fighting to achieve. This kind of change requires widespread discussion, education, and consciousness-raising.

In 2005, how do fears, myths, and stereotypes continue to artificially limit understanding and acceptance of disability as a form of human diversity?

What role do the mass media and entertainment industries play in forming public perceptions of disability, and how can decision makers in these important fields be influenced to produce more content that depicts the actual life experience and first person perspectives of people with disabilities?

What can be done to further improve accessibility at the design stage of new products and programs? How can disability awareness and disability-friendly practices create more productive places of business and learning? What concrete actions can worship communities and sports and recreation programs take to foster full participation of children, youth, and adults with disabilities in these activities?

Why do so many Americans continue to view disability as a fate worse than death, and how do these views affect surrogate medical decision making and the application of new genetic testing technologies? These questions form the basis of an American conversation that still needs to take place.

Widespread social change cannot simply be legislated, and it will not occur without bold leadership from all sectors of American society. Public and private employers, in particular, must make a serious, concerted effort to recruit and advance qualified workers with disabilities within their labor force.

Election officials must take the necessary actions to ensure that every adult is able to enter his or her polling place and cast a secret and independent vote.

School administrators and university presidents must embrace their responsibility to deliver a world-class education to all their students.

It is time for leaders across America—business owners, little league coaches, moms and dads, sheriffs and clergy—to reject exclusion, paternalism, and segregation and to take personal responsibility for removing barriers to full participation that still exist in every community in this country.

With the aim of making America work better for everyone, the undersigned organizations pledge to build on the progress of the last 15 years and join together to promote the full participation and self-determination of the more than 50 million U.S. children and adults with disabilities. We believe that disability is a natural part of the human experience that in no way

should limit the right of all people to make choices, pursue meaningful careers, live independently, and participate fully in all aspects of society. We encourage every American to join us in this cause, so that our country may continue to the path that leads us to liberty and justice for all.

FORMER LEAGUE INDEPENDENT LIVING ADVISOR WINS NATIONAL HONOR (in the upper right of the page is a picture of Duane French)

Duane French, a former League employee, was recently presented with the Frank Harkin Leadership Award from the National Council of Independent Living (July - 2005), and was one of the first ten inductees May 9th into the Spinal Cord Injury Hall of Fame at the John F. Kennedy Center in Washington, D.C.

French is director of employment and assistance programs in the Department of Social and Health Services in Washington state. In that position he has helped write policies for programs that deliver \$2 billion in programs and services to more than 500,000 people.

"I'm very honored by my induction, especially in the corporate government category," he said.

French experienced his disability at age 14. "It makes you realize life goes on and you've got to get over inhibitions."

"Teachers and counselors invested so much heart and soul to discover something in myself I thought was lost after my accident," he said. "Vision for life that was greater than the hopelessness I had at the time."

Duane worked at the League of Human Dignity in the early 80's. "I'm not sure if people think I'm getting old and on my way out or what, but I appreciate their praise and recognition. I credit people like Bill Rush, Eileen Roach, Tim Kolb, Mike Schafer, Marlene Brondel, and so many other Nebraskans for shaping the way I live and work in this world. Their patience with me during my formative years is something for which I am forever grateful."

He later became the director of Access Alaska before being appointed director of Alaska Vocation Rehabilitation. After eight years there he moved to his current position in Washington state.

For French, the hardest part of his disability is the oppression and discrimination he experiences as a result.

"I'm the same person," he said. "I just get around differently, but that is no reason I shouldn't be able to reach and grasp my wildest dreams."

IOWA INFORMATION: IOWA DISABILITY ADVOCATES YAHOO GROUPS

According to Southwest Iowa CIL Director Christy Solomon, more and more League of Human Dignity consumers are using the Iowa Disability Advocates Yahoo Groups to share information on legislative issues, upcoming trainings, etc.

"It is a wonderful resource for people with disabilities," Solomon stated.

Check on the site and see for yourself.

Description

Iowa Disability Advocates is an ad-hoc group focused on connecting Iowans who are interested in disability issues to each other and to the information they need to be effective advocates. The purpose of this listserv is to share news and information related to disability advocacy in the State of Iowa. There has been an average of 66 messages shared on the site each month in 2005.

Group Email Addresses

Post message: Iowa_Disability_Advocates@yahoogroups.com
Subscribe: Iowa_Disability_Advocates-subscribe@yahoogroups.com
Unsubscribe: Iowa_Disability_Advocates-unsubscribe@yahoogroups.com
List owner: Iowa_Disability_Advocates-owner@yahoogroups.com

FYI: \$\$ FOLLOWS THE PERSON INTRODUCED IN THE HOUSE TOO! HR 3063 & S 528!
Money Follows the Person (MFP) has a House sponsor and bill number now, and more folks have signed onto MiCASSA. It is HR 3063 sponsored by U.S. Representative Dale E. Kildee from Flint, Michigan. Kildee represents the State's 5th Congressional District. It was introduced June 24th 2005. To read the bills, go to Thomas: <http://thomas.loc.gov/> and enter HR 3063 or S 528 in the Search window.

GRANTS NOW AVAILABLE

Barrier Removal Grants are now 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 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.

LINCOLN

Center for Independent Living
1701 P Street
Lincoln, NE 68508
(402) 441-7871

SOUTHWEST IOWA

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

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VOLUNTEERS

The League of Human Dignity nearest you will soon be sending out invitations for the 2005 Volunteer Recognition Luncheons. Please join us on these special days so that we may give you a formal 'Thank You' for all of your hard work and dedication this past year.

THE LEAGUE OF HUMAN DIGNITY RURAL HOUSING DEVELOPMENT CORPORATION

s now taking applications for two 1-bedroom apartments in York, and a 1-bedroom apartment in Columbus.

The units 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.

Applicants must have a disability to qualify.

Contact Paula Shufeldt at

1 (888) 508-4758 voice/TDD

pshufeldt@leagueofhumandignity.com

Equal Housing Opportunity

OUR NEW LOCATION IS READY...

WELCOME TO: 1520 AVENUE M IN COUNCIL BLUFFS, IOWA

(pictured in the upper left of the page is the front of the new Council Bluffs location)

New windows and a swinging glass door grace the entrance to the new Southwest Iowa Center for Independent Living.

(pictured in the middle left of the page is the new empty conference room)

The new conference room.

(pictured in the bottom left of the page is the new empty lobby)

Looking out from the lobby to the world outside.

(pictured in the middle right of the page is a view of the doorways into the new offices)

A peek inside reveals the finished look of the new offices. The League has five offices in this location.

On Thursday, July 21st, the League of Human Dignity started to move into their new digs in Council Bluffs. The new address is 1520 Avenue M and it is located about one mile North of the old location on Broadway.

The new location features a reception area, a conference room and several offices. The League will also be leasing offices to other businesses and agencies including one that provides Chore and Personal Assistance services.

If you are in the area, please stop by and say hello.

TAKE THE NEW AND IMPROVED SCENIC ROUTE

(pictured in the upper right of the page is a picture of the newly remodeled Sunken Gardens)

A glance at the Sunken Gardens in Lincoln, Neb. New accessible paths let you take in the water features and the beautiful flowers.

In August of 2005, the Lincoln (Neb.) Parks & Recreation Department will unveil the

new and improved Sunken Gardens. The Sunken Gardens, a Lincoln staple rich in beauty, has had a complete transformation in the last 14 months.

The Sunken Gardens were built as a Depression-era public works project during the winter of 1930 on an abandoned neighborhood dump site. The project to repair and update the aging infrastructure is the first major renovation of the Sunken Gardens. It includes a new accessible entrance, an entry pavilion, a restored cascading water feature, new sculptural elements, handicapped-accessible restrooms, renovated lily pools, and an automated irrigation system and lighting.

Sunken Gardens' infrastructure was aged, creating safety concerns, limiting accessibility and increasing maintenance that has to be done each year. The Sunken Gardens are located in the midst of Lincoln's historic neighborhoods and is the only Nebraska garden listed in the 300 Best Gardens to Visit in the United States and Canada.

If you are looking for something to do on a lazy summer afternoon, head on down to 27th & Capitol Parkway in Lincoln. They have built it accessible, so let us come to Sunken Gardens for a visit.

HUMAN SERVICES TRANSPORTATION COORDINATION PROJECT

On August 9th, the media and many community members involved with Human Services will be invited to the League of Human Dignity to hear an announcement about a new project that will change the face of transportation in Lincoln and Lancaster County. The project is a collaboration of many agencies and groups.

The Human Services Transportation Coordination Project has been in the planning stages for nearly 15 years. The project got its start in community agency efforts to facilitate coordination of transportation services.

Although there was much planning over the years, successful implementation of a plan did not start to take shape until mid-2004. Then, private funding from three local foundations was secured to initiate "year one" of the three year pilot project. The purpose is to develop a coordinated system for people with disabilities and the aged who can not ride standard buses and vans.

The Project Development Group who is working to build up this effort consist of the Community Services Initiative, StarTran, and the League. The Project Provider's Council, a select group of current transportation providers, consists of Region V Services, Lincoln Area Agency on Aging, Community Mental Health Center of Lancaster County, Vital Services, Developmental Services of Nebraska, and Transfiguration.

Some of the early goals for this project include: vehicle sharing between participating members, combined contracting for major vehicle repairs and refurbishing, bulk purchasing of vehicle fuel, parts and other supplies, etc. Another main objective of this project is to increase transportation for this select population of Lincoln by 20%.

We will have a progress report in the next issue.

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 Michelle in Public Information, League of Human Dignity, 1701 P St, Lincoln, NE 68508; 402- 441-7871 (V/TDD); FAX 441-7650; awenke@leagueofhumandignity.com

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

ALZHEIMER'S

Alzheimers Association of Lincoln/Great Plains Chapter, 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.
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

United Support for Amputees, Omaha Emmanuel Hospital Rehabilitation Center, 3rd Tuesday of each month, Maxine, (712) 644-2955, after 7 pm.
Beyond Limbloss, Lincoln, Kenny, (402) 466-0268, cell 540-0748

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

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

Breast Cancer Support Group (which formerly met at St. Elizabeth Medical Center), 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 month. Groups alternate times each week 5:30 - 7pm and 7 - 9 pm; Call Mary Meredith-Scheiding, Cancer Care Coordinator, for complete schedule 402-486-7258.

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.

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

DEVELOPMENT DISABILITIES

The ARC of Lincoln/Lancaster County; Individual & Family Support Services; Dads Groups; Sibships; PeopleFirst of Lincoln; Women Investing in Now (WIN); Parent-to-Parent; Video Project; Family Gatherings; Vacation Program; Group Residences; 1101 Arapahoe, Suite 5, Lincoln, NE 68502; (402) 421-8866; FAX: 421-8922; ArcLincoln@aol.com;

www.lincolnne.com/nonporofit/arc

East Seal Nebraska provides services to children and adults with disabilities and other special needs, as well as support to their families. Call 800-650-9880 or go to www.ne.easterseals.com.

DIABETES

American Diabetes Association (800) 342-2383.

Lincoln Diabetes Center: (402) 481-3055

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

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

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.

HARD OF HEARING

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

HEAD INJURY

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

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

Head Injury Support Group, Omaha, Gail Kerwin (402) 571-5651.

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

HYDRANENCEPHALY

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

LEARNING DISABILITIES

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

LEUKEMIA & LYMPHOMA

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

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

MDA

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

MENTAL ILLNESS

Nebraska Family Support Network for families of children & youth with mental illness, 1st & 3rd Thurs each month, Lincoln, 215 Centennial Mall, Rm 220, Linda (402) 477-2992.

(Arlington, Mary 800-245-6081, Omaha, Lori (402) 453-3154.)

National Alliance for the Mentally Ill(NAMI)<http://www.nami.org/sites/ne>. For questions, please call Dan Jackson 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, 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 Lincoln, Susan Krome (402) 484-8653;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, 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.
Omaha NAMI Sally Glass (402) 493-1281 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 Karen Olson (402) 486-1885
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

MYOSITIS

Support Group, Lincoln, Contact Mac Warren, (402) 438-5183.
Online, www.myositis.org

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@webtv.net

South Sioux City meets at South Sioux City Library Annex every other month, 6:30 to 8:30 p.m. Meets again in Aug. Call Jane Woodward (402) 494-4532 for more information.

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.

Central NE Spinal Cord Injury Support Group, Hastings. Call Darla McAllister H: 402-463-5926 or W: 461-5161, bamadarla@alltel.net

STROKE

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

Nebraska Stroke Foundation "Come Back Club", Lincoln 1-888-808-5678

TOURETTE SYNDROME

Lincoln Nebraska Association for Tourette Syndrome Support Group (402) 467-9077

LEAGUE OF HUMAN DIGNITY

CLASSIFIED ADVERTISEMENTS

VEHICLES/EQUIPMENT

For Sale: 1987 Dodge Caravan with wheelchiar lift. Brand new tires. 68,224 miles. Asking \$4,000 OBO. Please call Mac at 402-438-5183 or 402-430-8537. (Lincoln)

For Sale: 1999 Saturn SL1, 4 dr, excellent shape, 48k, elec start, hand contorls, chair topper, a/c. \$8,500. Please call Stephanie at 402-573-5412 or e-mail namaste26@msn.com (Omaha)

For Sale: Go from sitting position to standing w/ Easy Std 5000. Padded side and hip support. Retail price is \$3,000. Asking \$1,000 OBO. Please call 420-5413 and leave message. (Lincoln)

For Sale: 1997 Chrysler Town & Country mini-van with a jet three-power chair, new batteries, Bruno curbsider. Please call Judy at 402-852-2800. (Pawnee City)

For Sale: 1998 Ford Windstar LX equipped w/ scooter and lift, 100K miles, \$4,000 OBO. Please call 402-612-2616. (Omaha)

SCOOTERS/WHEELCHAIRS

For Sale: New power wheel chair, owner passed away. Also have an older 3-wheel scooter and walker. Call Gladys at 402-601-0601 anytime. (Lincoln)

For Sale: Revo electric scooter, charger included. Purchased from Kohl's 6 months ago, asking \$1,500. Please call Pat at 712-366-9300. (Council Bluffs)

For Sale: Quickie tilt-in-space wheelchiar. Headrest with extras. New was \$4,000, will sell for \$750 OBO. Possible delivery. Please call 402-223-3266. (Beatrice)

For Sale: Chauffer Mobility motorized wheelchair, swivel seat, fair condition. New batteries.

Asking price is \$350 OBO. Please call 402-450-2729 to see. (Lincoln)

For Sale: Pace Saver Junior 3-wheel motorized scooter, swivel seat, good condition. Asking price is \$300 OBO. Please call 402-450-2729 to see. (Lincoln)

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