

LEAGUE OF HUMAN DIGNITY

ON THE LEVEL

DECEMBER 2007

(DESCRIPTIVE TEXT VERSION)

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

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

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

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

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

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

To update support group listings (page 12); place classified ads for accessible equipment or supplies (page 15); or to provide news items and other related information contact: Editor, ON THE LEVEL, League of Human Dignity, 1701 P Street, Lincoln, NE 68508; (402) 441-7871 Voice/TDD; FAX: (402) 441-7650; or mmartin@leagueofhumandignity.com.

LEAGUE OF HUMAN DIGNITY

WHERE TO FIND US...

LINCOLN

1701 P Street

Lincoln, NE 68508

(402) 441-7871

NORFOLK

400 Elm Avenue

Norfolk, NE 68701

(402) 371-4475

OMAHA

5513 Center Street

Omaha, NE 68106

(402) 595-1256

SOUTHWEST IOWA

1520 Avenue M

Council Bluffs, IA 51501
(712) 323-6863

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

Lincoln, NEB. -- The League of Human Dignity is getting into the holiday spirit and people with disabilities in Lincoln that need accessible transportation are going to have some extra happy holidays because of it. The League established the Extended Hours Service (EHS) in September of this year. The EHS transportation initiative provides night, weekend, and holiday transportation for people with disabilities who need accessible transportation.

The League is implementing a Holiday Fare of \$1.00 per one-way ride. The new Holiday Fare will start on Monday, November 19th and run through January 15th, 2008.

“We hope people realize that this is a great way to get around town and enjoy the holidiays,” said League CEO Mike Schafer. “You really can’t beat a \$1.00 fare.”

EHS provides transportation from 5 p.m. to 11 p.m. on weekdays, 8 a.m. to 11 p.m. on Saturdays and 8 a.m. to 5 p.m. on Sundays and all legal holidays.

Lincolnites who are currently eligible for the Handi-Van will be able to use this service for a \$1.00 fare, each way. These rides are on a first come, first serve basis. Someone already using the Handi-Van will just be required to show the driver their Handi-Van I.D. card to ride. Individuals who are not eligible to ride the Handi-Van, but have a permanent disability that makes them dependent on accessible transportation can call the League of Human Dignity’s Transportation Coordinator at (402) 441-7871 for detailed eligibility requirements and reservation information.

C.E.O.’S NOTE
December 2007

Dear Friends of the League,

It is autumn the leaves have fallen, temperatures have started to drop, and we just started the holiday season by celebrating Thanksgiving.

We hope that you are enjoying the start of the holiday season and that you were able to celebrate with those you hold dear. Thanksgiving is the beginning of such a wonderful time of year.

It is a time for giving thanks for all the blessings and good things that we have. It is a time to be thankful for all of the wonderful people who are in our lives. It is a time to be grateful and hopeful. Even when we have hard times throughout the year we can always stop for a moment at Thanksgiving and reflect on the cherished memories of the past.

If you are one of the 233,000 individuals in Nebraska and Southwest Iowa who happen to experience a disability, we hope that you are thankful for the League of Human Dignity and the positive experiences you have had with our organization. We hope that the services we have provided to you have been a valuable part of your life. We hope that you can help us continue to provide these services to Nebraskans and Iowans for many years to come.

We help consumers acquire funding, in-home services, and the essential equipment they

need to live more independently. We offer peer counseling, independent living skills training, advocacy, information and referral, and help with hiring and managing personal assistants. For more than 35 years the League of Human Dignity has been working to promote independent living for all.

As you prepare for the holidays, we hope you give thanks for all of your blessings, and for the League of Human Dignity. We are indeed grateful for friends like you.

Sincerely,
Mike Schafer

YORK VOLUNTEER RECOGNITION LUNCHEON

(pictured in the upper left of the page is the York Chapter sitting around a group of tables)

The York Chapter gathers for lunch!

(pictured in the middle left of the page is Walt & Colleen Heidbreder sitting at a table)

Walt & Colleen Heidbreder enjoy the food at Chances R.

(pictured in the lower left of the page is the York Chapter)

The York Chapter who were able to join in on the luncheon fun included: Front row, from left: Stan Dinkelman, Ken Mayberry, Jerry Byrne, Yvonne Stuhr, Sue Curran and Dan Gibb. Back row, from left: Camelia Radcliffe, Walt Heidbreder, Colleen Heidbreder, Marcie Jacobson, Virginia Fox, Leigh Qubty, Alvin Fox, Virginia Kleinholz, and Randy Nun.

(not pictured Karren and Dean Radcliffe)

Wednesday, October 17th was the day the York Chapter of the League of Human Dignity held its annual Volunteer Recognition Luncheon. Each year the chapter recognizes all of the members who volunteer in various ways throughout the year.

This year the group met at Chances R for a scrumptious lunch. Twenty members were honored at the luncheon and each received a special gift of appreciation. Also, three volunteers received year pins to celebrate and acknowledge the years they have volunteered.

This year Donna Tietmeyer was awarded a one-year pin, Marcia Jacobson was awarded a five-year pin and Sue Curran celebrated 20 years of volunteer work. Congratulations ladies!

The League greatly appreciates all our volunteers do for us throughout the year.
Thanks!!

LINCOLN VOLUNTEER RECOGNITION LUNCHEON

(pictured in the upper left of the page is Jack & Kathy Johnston and Marlene Brondel)

Top: Ken Lindhorst Award Winners Jack and Kathy Johnston with Lincoln CIL Director Marlene Brondel.

(pictured in the bottom left of the page is Mike Schafer and a group of volunteers)

Bottom: Mike Schafer handing out appreciation gifts to League volunteers.

(pictured in the bottom right is Marlene Brondel and Mike Schafer standing at a podium)

Right: Marlene Brondel and Mike Schafer taking a few moments to thank Lincoln CIL volunteers!

Wednesday, October 24th was the day the Lincoln Center for Independent Living held its Annual Volunteer Recognition Luncheon. Each year the Lincoln Center of the League recognizes all of the members who volunteer in various ways throughout the year. This might include being on the auction committee, helping with a training or assisting in a mailing.

This year the group met at the Lancaster Education Extension Office for a tasty lunch from Erbets & Gerberts. Fifty-three members were honored and each individual in attendance

received a special gift of appreciation. Also, one dedicated volunteer, Howard Kling, received a 15-year pin to celebrate and acknowledge the years he has volunteered.

This year Jack and Kathy Johnston were awarded the Ken Lindhorst Volunteer-of-the-Year Award. Both are long-time League members and volunteers. They serve in various ways for the League including as Board Members and as active participants in the Membership group.

Thanks volunteers for all you do throughout the year!!

OMAHA VOLUNTEER RECOGNITION LUNCHEON

(pictured in the upper right of the page is Bob Gomez sitting at a table with staff and volunteers)
Top: Omaha CIL Director Bob Gomez chats with Omaha staff and volunteers at the luncheon on October 31st.

(pictured in the bottom right of the page is Tracy Curtis and Mark Lindquist)

Bottom: Omaha Secretary and Volunteer Coordinator Tracy Curtis presents a thank you gift to Mark Lindquist.

Wednesday, October 31st was the date for the Omaha Center for Independent Living's Annual Volunteer Recognition Luncheon. Every year each League Center recognizes all of the members who volunteer in various ways throughout the previous fiscal year.

Fall decorations adorned the League conference room for the gathering. A wonderful buffet featuring fried chicken was served to the staff and volunteers. There were nearly ten individuals recognized that day - each was given a thank you gift from the League and a special treat bag from the Omaha office.

This year Doug Lane was awarded the Ken Lindhorst Volunteer-of-the-Year Award. Perhaps you have spoken with Doug in the past when you have called into the Omaha office.....he is a dedicated volunteer receptionist. Doug was unable to be at the luncheon but will be pictured in the next issue of this newsletter.

Thanks to all the Omaha volunteers for all you do throughout the year!!

THANKS DOUG!

SOUTHWEST IOWA VOLUNTEER RECOGNITION LUNCHEON

(pictured in the upper left of the page is a group of volunteers seated at some tables)

Top: Fellowship is one of the highlights of the annual luncheon to recognize the volunteers.

(pictured in the middle left of the page is Sandra Dresser applauding Roger Gorn)

Bottom: Sandra Dresser applauds as Roger Gorn receives his gift of thanks.

(pictured in the bottom left of the page is Jennifer Gutierrez)

Left: Secretary and Volunteer Coordinator Jennifer Gutierrez formally thanks the volunteers present for their consistent help and great attitudes.

(pictured in the bottom right of the page is Joan Bonea)

Right: Ken Lindhorst Volunteer-of-the-Year Joan Bonea.

On Thursday, November 8th the Southwest Iowa Center for Independent Living held their annual Volunteer Recognition Luncheon in their conference room.

Festive autumn decor and Valentinos Pizza gave everyone a smile as they arrived at the Center. There were nearly ten individuals recognized that day - each was given a thank you gift from the League staff.

This year Joan Bonea was awarded the Ken Lindhorst Volunteer-of-the-Year Award. Joan volunteers in many ways for the League. She is on hand each week to answer the phones

and take messages. She also donates items for the Southwest Iowa-Omaha Fundraising Auction each spring. Joan, along with the other Southwest Iowa volunteers, were extremely important especially this year as the Center has been without a director for several months.

Thanks Southwest Iowa volunteers.....we couldn't do it without you!

ROAD TO FREEDOM TOUR ENDED

November 15, 2007

(Washington, DC)

Senator Tom Harkin and other members of Congress joined Yoshiko Dart and disability rights leaders to welcome back The Road To Freedom: Keeping the Promise of the Americans with Disabilities Act (ADA), the yearlong, cross-country bus tour and traveling exhibit that promoted the civil rights of people with disabilities and advocated for passage of the ADA Restoration Act of 2007. This legislation will restore the vital civil rights protections under the ADA that have been weakened in the courts in recent years. A U.S. Senate hearing on the ADA Restoration Act of 2007 was scheduled to coincide with the return of the Road To Freedom bus to Washington, DC on November 15, 2007.

With Yoshiko Dart, widow of the late disability rights leader Justin Dart onboard for the first leg of the journey, the Road To Freedom bus tour launched from Washington on November 15th of 2006 and has traveled to all 50 states, driving more than 25,000 miles to more than 100 bus stop events. Road To Freedom events have included disability leaders and U.S. Senators, Members of Congress, Governors and other policymakers at sites such as the National Civil Rights Museum, Brown v. Board of Education Historic Site, Clinton Presidential Library, Mount Rushmore, as well as statehouses, city halls, museums, churches, colleges, and schools throughout the country.

The Road To Freedom was a project of ADA Watch and the National Coalition for Disability Rights (NCDR), an alliance of hundreds of national, state and local disability, civil rights, and social justice organizations united to defend and promote the civil rights of children and adults with physical, mental, cognitive, sensory and developmental disabilities.

For more information go to: www.roadtofreedom.org and for tour photos, go to: <http://adawatch.smugmug.com/gallery/2925333>

Major sponsors of Road To Freedom educational activities included Open Society Institute, IndependenceFirst, AARP, AOL, Bruce Hornsby, Ted Leonsis Foundation, Dircks & Associates, Browser Media, Arizona Bridge to Independent Living, Christopher and Dana Reeve Paralysis Resource Center, Mitsubishi Electric America Foundation, Embassy of Austria, Embassy of Croatia, Democracy In Action, National Disability Rights Network, Sweet Honey In the Rock and more.

HAPPY HOLIDAYS FROM THE LEAGUE OF HUMAN DIGNITY!

LEAGUE DONORS FROM 9/19/2007 TO 11/5/2007

Believer Level: \$50 and above

Jason Vandeventer

Friend Level: \$25 and above

Pfizer Inc.

Jeanne Schneider

WE APPRECIATE YOU!

LEAGUE EMPLOYEES SAYING HELLO...

Elaine Pike, Omaha, Services Coordinator

Sheryl Witkowsky, Omaha, Services Coordinator

Carrie England, Southwest Iowa, CIL Director

OF LOCAL INTEREST... ADAPTIVE SPORTS & REC AT MADONNA

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

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

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

MISC. NEWS

From MSNBC, October 2007

WASHINGTON - The Supreme Court on Wednesday affirmed a ruling that requires New York City schools to reimburse a wealthy businessman for private special education for his son.

The justices split 4-4 on the case, which means a lower court ruling siding with former Viacom executive Tom Freston remains in place.

Lower courts had ruled in favor of Freston against New York City's board of education, saying the city must pay for educating learning-disabled students in private schools, even when they don't first give the public school system a chance.

New York City's legal department said the decision detracts from schools' abilities to work with parents for the best possible educational outcomes for children with disabilities.

Since the decision is not a precedent which would guide all U.S. public school districts, "we are hopeful that the Supreme Court will resolve this important issue in the near future," the city's legal department said in a statement.

The student's parents had insisted that public schools were unable to meet the child's needs. His learning disabilities were diagnosed after he was enrolled in private school.

The board of education had asked the justices to take the case after a lower court said tuition reimbursement is available to the parents under the Individuals With Disabilities Act.

Justice Anthony Kennedy did not participate in the case and the court's two-sentence statement gave no explanation for Kennedy's absence. Lawyers for the boy's parents said the special education program proposed by the public school system was inadequate to meet the child's needs.

The parents say that under federal law, they may challenge inappropriate proposals and obtain reimbursement for the costs of placement in private school.

On Sept. 5, 2006, Freston was ousted by Viacom's board, which agreed to pay him \$75 million over three years.

In arguments before the Supreme Court on Oct. 1, New York City's top appeals lawyer argued that when a school district says it has a good program for special ed students, the law requires parents to enroll their children in the program before transferring to private school and seeking reimbursement.

The nation's main special education law guarantees every student a free appropriate

public education and requires school systems to pay for private placements when their own programs or classrooms are not suitable.

Nationwide, the number of special education students placed in private schools at public expense has risen steadily, from about 52,012 pupils in 1996 to 71,082 in 2005, according to the U.S. Department of Education. Overall, however, the number of such placements remains relatively small — just 1.1 percent of the country's 6.1 million special education students. In New York, a growing number of parents have been exploring a private-school option. During the 2002-2003 school year, the city received 3,908 tuition reimbursement requests, officials said. By the 2005-2006 school year, that number had jumped to 4,804.

WASHINGTON - The Justice Department today sued the town of St. John, Ind., for violating the Fair Housing Act when it denied a petition for a variance based on the disability of a prospective resident. The suit, filed in the U.S. District Court for the Northern District of Indiana, charges that St. John intentionally discriminated against persons with disabilities when it refused to allow a St. John resident a variance to allow one unrelated individual with multiple sclerosis to live with the resident in his home.

Under the town's zoning regulations, unrelated persons cannot live together in a dwelling in a single-family district. The complaint alleges that the requested variance was reasonable and necessary to afford prospective residents with disabilities an equal opportunity to use and enjoy a dwelling in a residential neighborhood in St. John.

"This lawsuit is another example of this Administration's commitment to end the exclusion of persons with disabilities from the mainstream and to increase their opportunities to share in the American dream," said Rena J. Comisac, Acting Assistant Attorney General of the Civil Rights Division.

This lawsuit arose as a result of a complaint filed with the U.S. Department of Housing and Urban Development (HUD). HUD referred the case to the Justice Department after conducting an investigation.

The suit seeks a court order prohibiting future discrimination by the town and requiring the town to grant the requested variance, pay monetary damages to compensate victims, and pay a civil penalty.

PONCHOS..... GET YOURSELF A WARM, LOCALLY-MADE PONCHO!!!

(pictured in the upper left of the page is a person in a wheelchair wearing a poncho)

There is a saying that necessity is the mother of invention, and for one woman in Lincoln it was. After finding it difficult to get a jacket for her son with cerebral palsy, Patty Wilson decided to make ponchos for Charlie and others who use wheelchairs.

After researching on-line products and finding that the quality was lacking, she decided to work with local seamstresses to create a line of outerwear that met her requirements for construction. Her ponchos are sure to make facing inclement weather a little easier. Patty's line includes light weight fleece, rain-resistant, and extra warm fleece-lined Sherpa ponchos. Charlie appreciates how nice it is to put on the velcro enclosed poncho and face the day with a smile.

A notebook with all available prices and styles is available. Patty can be reached at (402) 421-3472. Prices start at \$80.00.

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.

LINCOLN

Center for Independent Living

1701 P Street

Lincoln, NE 68508

(402) 441-7871

OMAHA

Center for Independent Living

5513 Center Street

Omaha, NE 68106

(402) 595-1256

SOUTHWEST IOWA

Center for Independent Living

1520 Avenue M

Council Bluffs, IA 51501

(712) 323-6863

CHRONOLOGY OF THE DISABILITY RIGHTS MOVEMENT

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

This issue focuses on late 1986, 1987 and early 1988.

1986 - The Employment Opportunities for Disabled Americans Act is passed, allowing recipients of Supplemental Security Income and Social Security Disability Insurance to retain benefits, particularly medical coverage, even after they obtain work. The act is intended to remove the disincentives that keep disabled people unemployed.

The Protection and Advocacy for Mentally Ill Individuals Act is passed, setting up protection and advocacy agencies for people who are in-patients or residents of mental health facilities.

The Society for Disability Studies is founded.

The Rehabilitation Act Amendments of 1986 define supported employment as a “legitimate rehabilitation outcome.”

1987 - The Alliance for Technology Access is founded in California by the Disabled Children’s Computer Group and the Apple Computer Office of Special Education.

Marlee Marlin wins an Oscar for her performance in Children of a Lesser God.

The AXIS Dance Troupe is founded in Oakland, California.

The DisAbled Women’s Network (DAWN) is founded in Winnipeg, Canada.

The US. Supreme Court, in School Board of Nassau County, Fla. v. Airline, outlines the rights of people with contagious disease under Title V of the Rehabilitation Act of 1973. It establishes that people with infectious; diseases cannot be fired from their jobs “because of prejudiced attitude or ignorance of others.” This ruling is a landmark precedent for people with

tuberculosis, HIV/AIDS, and other infectious diseases or disabilities, and for people, such as individuals with cancer or epilepsy, who are discriminated against because others fear they may be contagious.

The Association of Late Deafened Adults (ALDA) is founded in Chicago.

1988 - Students at Gallaudet University in Washington, D.C., organize a week long shutdown and occupation of their campus to demand selection of a deaf president after the Gallaudet Board of Trustees appoints a non-deaf person as president of the university. On March 13, the Gallaudet administration announces that I. King Jordan will be the university's first deaf president.

Deaf Life begins monthly publication in Rochester, New York.

The Technology-Related Assistance Act for Individuals with Disabilities (the "Tech Act" is passed, authorizing federal funding to state projects designed to facilitate access to assistive technology.

SUPPORT GROUPS

The information listed here has been shared with the League of Human Dignity by individuals and organizations involved in local, regional and national associations and support groups. (For corrections, additions or special announcements, contact Michelle in Public Information, League of Human Dignity, 1701 P St, Lincoln, NE 68508; 402- 441-7871 (V/TDD); mmartin@leagueofhumandignity.com)

ALS

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.

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

Missouri Valley, IA last Tuesday of each mo. at 3 pm, Longview Home, 1010 Longview Rd. Omaha, NE, various locations including Brighton Gardens, New Cassel, St. Joseph Villa, Thomas Fitzgerald Veteran's Home, Bickford Cottage, and St. Paul's Lutheran Church in Millard. Please call (402) 502-4300 for more specific information and times.

Osceola, 3rd Monday of each mo. at 7 pm, Osceola Good Sam., call Carmen at (402) 747-2691. Sidney, IA, 4th Monday each mo. at 7pm, First Community Bank.

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

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

AMPUTEE

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

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

ARTHRITIS

Arthritis Foundation, Nebraska Chapter (402) 330-6130 (within Omaha) and 800-642-5292 (outside Omaha) FAX: (402) 330-6167 The web site remains the same (www.arthritis.org).
Arthritis Foundation Iowa Chapter, Des Moines, meets monthly, (515) 278-0636; FAX: (515) 278-2636; Info.ia@arthritis.org; www.arthritis.org.

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.

ATHLETICS

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

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

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

AUTISM

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

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

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

BLIND/VISUALLY IMPAIRED

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

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

United Blind of Omaha, Gary (402) 455-4116, Sherry (402) 556-4156.

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

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

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

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; Vocation Program; Group Residences; 1101 Arapahoe, Suite 5, (402) 421-8866; www.lincolnne.com/nonprofit/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.

Mosaic: at Bethpage Village, 1044 23rd Rd, PO Box 67, Axtell, NE 68924, (308) 743-2401, Mosaic_Axtell@mosaicinfo.org; 722 S. 12th; Box 607; Beatrice, NE 68310; (402) 223-4066.

DIABETES

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

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

Lincoln Diabetes Center: (402) 481-3055.

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

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

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

DOWN SYNDROME

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

Lincoln, NE Parent and family group; meetings, holiday events, Buddy Walk, parent packets, Call: Deb Safarik (402) 466-7641.

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

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

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

DYSLEXIA

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

EPILEPSY

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

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

FIBRROMYALGIA

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., no classes since spring 2007.

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

FMS-CF SYNDROME

www.wicfs-me.org.

GRIEF RESOLUTION

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

HARD OF HEARING

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

HEAD INJURY

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

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

Norfolk, 1st Monday, Faith Regional Health Services.

HYDRANENCEPHALY

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

LEARNING DISABILITIES

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

LEUKEMIA & LYMPHOMA

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

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

MDA

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

MEDICAL EQUIPMENT LOAN

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

MENTAL ILLNESS

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

MULTIPLE CHEMICAL SENSITIVITY

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

www.conceptmed.com.

MULTIPLE SCLEROSIS

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

Lincoln, Nat'l MS Society, 2nd Tues. of each month, 7 pm, 1st Lutheran Church (70th), call

Karen Lind-Olson (402) 486-1885 or Leatha Johnson (402) 826-4113.

Norfolk, (402) 648-7906.

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

MYOSITIS

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

Online, www.myositis.org.

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

PARENT SUPPORT GROUP

Parent Training and Information (PTI) for Families of Children with Disabilities 3135 N 93 St,

Omaha, phone & fax: (402) [346-0525](tel:346-0525); [1-800-284-8520](tel:1-800-284-8520); kheinen@pti-nebraska.org.

PARKINSON

Lincoln meets 4th Sunday each mo. (no Dec.); 2 p.m.; Madonna Rehabilitation Hospital, 5401

South St (52nd St entrance); Contact: 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.

RESPITE

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

SCHIZOPHRENICS ANONYMOUS

Lincoln Group meets Fridays 7-9pm; First Plymouth, 20th & D 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. Also, "Come Back Club", Lincoln 1-888-808-5678.

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

TOURETTE SYNDROME

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

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A 2003 Limited Edition Celebrity Pride XL 4-Wheel scooter, in excellent condition only used for two years. All for \$1000 OBO. Please call Dave as soon as possible at (402) 792-2013. (Hickman)

FOR SALE:

1999 Ford Econoline 150 with Ricon lift, 87k miles, in excellent condition, \$9000. Please call Bruce at (402)291-1697. (Bellevue)

FOR SALE:

Pride Sonic Scooter, in excellent condition, \$600 OBO. Please call Tom at (402) 488-8357 and please leave a message. (Lincoln)

FOR SALE:

Permobil C-300 Highback Power Chair, VSI Control Panel, right or left hand use, dual batteries, 3 months of light use, in excellent condition. \$2500. Please call Sheila at (402) 443-5351.

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FOR SALE:

Pride Go Go Elite Traveler Three-Wheel Scooter, like new, breaks down to 4 pieces, with rechargeable battery, \$1200. Also, Alante Motorized Wheelchair, standard size, only three years old, joystick, Ul sealed lead acid battery, \$1000. Please call Alice at (402) 488-6354. (Lincoln)

FOR SALE:

1995 Ford Windstar LXI Handicap van. Has only 48,600 miles. Has all options including alloy wheels. Has lowered-floor and knees, IMS Conversion. Is exceptionally clean and is a well-kept automobile. Price of \$18,950 is negotiable. Current value is \$22,000 - \$24,000. Please call Joe at (402) 489-9127 for information. (Lincoln)

FOR SALE: Heavy duty power wheelchair, used slightly but needs new battery. Would like to give to someone who needs it. Please call Terry at (712) 322-1469. (Council Bluffs)

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