

LEAGUE OF HUMAN DIGNITY

ON THE LEVEL

FEBRUARY 2008

(DESCRIPTIVE TEXT VERSION)

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

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

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

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

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

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

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

LEAGUE OF HUMAN DIGNITY

WHERE TO FIND US...

LINCOLN

1701 P Street

Lincoln, NE 68508

(402) 441-7871

NORFOLK

400 Elm Avenue

Norfolk, NE 68701

(402) 371-4475

OMAHA

5513 Center Street

Omaha, NE 68106

(402) 595-1256

SOUTHWEST IOWA

1520 Avenue M

Council Bluffs, IA 51501
(712) 323-6863

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

THE TEN COMMANDMENTS OF COMMUNICATING WITH PEOPLE WITH DISABILITIES

Many of you have probably seen this before but it is such an important piece of information that we thought it would be good to run it again for all to see.

I. Speak directly rather than through a companion or sign language interpreter who may be present.

II. Offer to shake hands when introduced. People with limited hand use or an artificial limb can usually shake hands and offering the left hand is acceptable greeting.

III. Always identify yourself and others who may be with you when meeting someone with a visual disability. When conversing in a group, remember to identify the person to whom you are speaking. When dining with a friend, who has a visual disability, ask if you can describe what is on his or her plate.

IV. If you offer assistance, wait until the offer is accepted. Then listen or ask for instructions.

V. Treat adults as adults. Address people with disabilities by their first names only when extending the same familiarity to all others. Never patronize people in wheelchairs by patting them on the head or shoulder.

VI. Do not lean against or place your hand on someone's wheelchair. Bear in mind that people with disabilities treat their chairs as extensions of their bodies. (And so do people with guide dogs and help dogs. Never distract a work animal from their job without their owner's permission.)

VII. Listen attentively when talking with people who have difficulty speaking and wait for them to finish. If necessary, ask short questions that require short answers, or a nod of the head. Never pretend to understand; instead repeat what you have understood and allow the person to respond.

VIII. Place yourself at eye level when speaking with someone in a wheelchair or on crutches.

IX. Tap a person who has a hearing disability on the shoulder or wave your hand to get his or her attention. Look directly at the person and speak clearly, slowly, and expressively to establish if the person can read your lips. If so, try to face the light source and keep hands, cigarettes and food away from your mouth when speaking.

X. Relax. Don't be embarrassed if you happen to use common expressions such as "See you Later" or "Did you hear about this?" that seem to relate to a person's disability.

C.E.O.'S NOTE
HAPPY 2008!

The dawning of a new year is an exciting and liberating time. So much can be

accomplished in the coming year. The Nebraska Legislature is starting a new session and undoubtedly there will be a few bills proposed that will affect people with disabilities. We will be watching closely to see what the League can do to help.

More importantly, 2008 is an election year. On November 4th, we will elect a new president and various senators, governors, representatives, and more. These elected officials are here to represent each and every one of us. It is imperative that we take this role as a voter seriously.

Voting is a responsibility and a right. Soldiers and many others have sacrificed so that we could each have a say in electing our leaders. Most people with disabilities, at least 7 out of 10, aren't registered to vote. Please register to vote so your voice can be heard.

You may call the League of Human Dignity nearest you (page 8) to get information on how and where to go to get registered. Or if you have computer access you can easily type in your county name and glean information from your election commissioner.

This is one of the most important things you can do to make a difference and advocate for yourself. The big catch phrase so far in this election year is CHANGE, and the only way we will bring about change is to vote and let our voices be heard.

Mike Schafer, League CEO

STARS & STRIDES 2008

League of Human Dignity

Omaha Center for Independent Living & Southwest Iowa Center for Independent Living
8th Annual Benefit Auction

Friday, April 18th

at The Holiday Inn (next to Ameristar) in Council Bluffs, Iowa

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.

To purchase tickets, reserve corporate tables, offer sponsorship or donate auction items, please call (712) 323-6863 (V/TDD) or (402) 595-1256 (V/TDD). www.leagueofhumandignity.com

There is something for everyone!

Loads of Jewelry

Electronics Equipment n Birthday Parties

Gift Baskets perfect for that special someone

Gift Certificates for FOOD and ITEMS

Grand Prize Cash Drawing and much, much more!

Over 150 auction items up for grabs. Come join the fun. It's a good time for a good cause -- independent living.

Sign language interpreter and reasonable accommodations will be provided.

(pictured in the upper left of the page is Jan Denker and Randy Kasik)

Norfolk secretary Jan Denker shows Volunteer-of-the-Year recipient Randy Kasik his award.

(pictured in the middle left of the page is Jan Denker and Trisha Hytrek)

Both Jan Denker and Trisha Hytrek take a moment to thank the Norfolk volunteers for their efforts all year long.

(pictured in the bottom left of the page is Santa Claus and Marilyn Morse)

Good ole Santa stopped by the Norfolk Volunteer Recognition gathering to reward all in

attendance. Marilyn Morse received a candy cane so she must have been on the nice list. (pictured in the bottom right of the page is Santa Claus and Sonja Apking)

Volunteer Sonja Apking must have also made Santa's nice list.

NORFOLK VOLUNTEER RECOGNITION LUNCHEON

On December 12, 2007, the Norfolk Center for Independent Living hosted their annual Volunteer Recognition luncheon. The roads stayed clear long enough for several volunteers to be honored that day.

The Volunteer-of-the-Year was Randy Kasik. Randy comes into the office each week to help with clerical duties like copying. Norfolk staff member Sue Green said this of Randy in her nomination letter, "He is always smiling and seems to really enjoy making copies and visiting with the staff. Randy is a pleasure to have around and we always look forward to the days he comes into the office."

Those gathered munched on sandwiches from Subway and wonderful fruit and veggies from Hy-Vee. Perhaps the highlight of the day was an early visit from Santa Claus. He shared candy canes with everyone and added an extra shot of jolliness to the day's festivities.

It was an enjoyable day all around and a chance to once again let our volunteers know that we really do appreciate all that they do to help us at the League. Volunteers really do make the difference!

MISC INFO

ELIGIBILITY FOR BENEFITS UPDATE:

HOW TO APPEAL A DECISION ON YOUR SOCIAL SECURITY DISABILITY CLAIM ONLINE

This is the starting point to request a review of SSA's medical decision about your eligibility for disability benefits. There are two parts to this Internet Appeal process: (1) an Appeal Request Internet form and, (2) an Appeal Disability Report that gives us more information about your condition. You can complete both forms online. This information has recently been updated, and is can be accessed by visiting this link:

<http://www.disabilityinfo.gov/digov-public/public/DisplayPage.do?parentFolderId=169>.

INNOVATIVE NEW "COMMUNITY OF PRACTICE" WEBSITE LAUNCHED

This past fall the Beach Center on Disability at the University of Kansas launched an innovative, online communication tool called a "Community of Practice (CoP)" so that families of children with cognitive disabilities, the professionals who serve them, researchers and policy makers could learn from each other. Since it was launched, more than 100 family members, practitioners and researchers have connected via the CoP to discuss Early Childhood Family Supports.

A computer is the only item needed to join this community of learners. The CoP differs from ordinary blogs, discussion boards, or e-mails in that members of the community can join in the conversation as it is taking place, or read, reflect and comment later. A facilitator monitors and weaves together multiple conversations to keep participants engaged. Photos, documents and web links can be posted. Membership is free, and members have access to additional features such as meeting space to use for ongoing discussions; an online library; and space to share comments and ideas.

To access the Community of Practice, go to the Beach Center website - <http://www.beachcenter.org/> and click on Communities of Practice. Then select the Early Childhood Support link.

VIDEO TO HELP PERSONS WITH DISABILITIES PREPARE FOR DISASTER

People with disabilities and special needs may need to make specific preparations for emergencies. This new, five-minute Homeland Security video provides helpful information on how to do so in three easy steps—(1) Get an Emergency Supply Kit; (2) Make a family emergency plan; and (3) Be informed about different types of emergencies.

Viewers may download a list of items for an emergency supply kit at - <http://www.ready.gov/america/getakit/disabled.html> .

DECEMBER 28, CMS ANNOUNCED THE ABOLISHMENT OF ITS 10 REGIONAL OFFICES AND THE ESTABLISHMENT OF FOUR CONSORTIA

While there is no general explanation of these administrative changes, it is clear that the new Consortium for Medicaid and Children's Health Operations will be the focal point for all CMS activities relating to the Medicaid program, including serving as the point of contact for all state and local officials on the Medicaid program and the home and community based waiver.

The newly established consortia are: For Medicare Health Plans Operations; For Financial Management; For Medicaid and Children's Health Operations; and For Quality Improvement, Survey and Certification Operations.

WHAT:

The Extended Hour Service has a new permanent fare of just \$2.00 for each one-way ride. The EHS is a program started by the League in September 2007.

WHO:

The Extended Hour Service is for Lincolniters who are currently eligible for the Handi-Van.

WHERE:

Lincoln, Nebraska

WHY:

The EHS provides night, weekend, and holiday transportation for people with disabilities who need accessible transportation in Lincoln. Hours of operation are: 5 p.m. to 8 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.

HOW:

For eligibility or general information, please call the League's Transportation Coordinator at (402) 441-7871.

BE ON THE LOOK OUT.....

The legislative season is upon us. Below are three bills we will be following. Others we have an interest in will most likely be introduced after we go to print for this issue. Stay tuned for more detailed information about these and other important bills.

LB 738 — Change Brain Injury Registry Notification and Reporting Requirements

LB 806 — Change Provisions Relating to Dog Guides, Hearing Aid Dogs, and Service Dogs

LB 1006 - Provide for a Registry and Salary Study of In-Home Personal Services Workers

DISCOVERY DAYCAMP AND MADONNA PROACTIVE

March 24-28, 2008 at Madonna Proactive

Camp Information & Requirements – Developed by Madonna’s Adaptive Sports and Recreation program team, the camp is the first of its kind in Lincoln. Children and young adults with physical disabilities will have the opportunity to discover and participate in group sports and recreation activities.

The camp is designed for children and young adults grades Kindergarten – 12 with physical disabilities. The camp will include, but is not limited to, participants with cerebral palsy, spinal bifida, amputations, spinal cord injuries and stroke.

Participants are not required to use a wheelchair on a daily basis, but will be required to independently maneuver a manual wheelchair for certain sports offerings. This helps equalize activities for all participants, regardless of ability.

Campers must require no more than minimal assistance (needing 25% assist) or less for selfcares. If more than minimal assistance is needed, a caregiver or family member is requested to attend and assist with self-cares.

Camp Objectives – Present campers with new sports & recreation opportunities; Enhance strength and endurance; Boost self esteem; Develop mobility and physical skills; Encourage individual and team skills; Provide positive role models and strong leaders

Additional Camp Benefits – Registered nurse on site at Madonna ProActive for emergency purposes only; Sports equipment provided, including sports wheelchairs; Camp T-shirts; Daily snacks; Pizza party

Camp Cost is FREE!

2008 ADAPTIVE SPORTS & RECREATION EVENTS & YOUTH WORKSHOPS

Mark your calendar for these additional sports and recreation events presented by Madonna Rehabilitation Hospital:

March 8: Youth Sled Hockey,
Workshop, 4-7 p.m. at the Ice Box,
Nebraska State Fair Grounds

March 24-28: Now You Can —
Discovery Daycamp

April 5: Youth Power Soccer Workshop,
1-4 p.m. at Madonna ProActive,
7111 Stephanie Lane
(55th & Pine Lake Road) in Lincoln

April 19: Youth Sled Hockey Workshop
3:30-6:30 p.m. at the Ice Box,
Nebraska State Fair Grounds

April 20: Youth Integrated Dance Workshop
1-4 p.m. at Madonna ProActive,
7111 Stephanie Lane
(55th & Pine Lake Road) in Lincoln

May 17: Youth Horseback Riding Workshop,
10 a.m.-Noon
Windsong Equitherapy,
2536 N. 78th St. in Lincoln

June 7: Youth Fishing Workshop
9 a.m.- Noon at Holmes Lake

(70th St. & Normal Blvd.) in Lincoln
June 14: Youth Integrated Dance Workshop
1-4 p.m. at Madonna ProActive,
7111 Stephanie Lane

The number of campers is limited, so please register early to reserve your space in the camp.
REGISTRATION & DEADLINE

For more information, or to register, contact Ian Thompson, Camp Coordinator, at (402) 486-7766 or email ithompson@madonna.org.

EMPLOYEES SAYING GOODBYE...

Greg Nowel, Omaha, Medicaid Waiver Supervisor
Sarah Hill, Omaha, Custodian

EMPLOYEES SAYING HELLO...

Chris O'Hanlon, Norfolk, CIL Director
Frank Greise, Omaha, Medicaid Waiver Supervisor

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.

January 15, 2008

Let's make 2008 great.

Together we can get more people with disabilities employed.

ABILITY Jobs/ JobAccess is an employment site that includes a resume bank for job seekers with disabilities looking for employment. (Since 1998)

Sponsored by ABILITY Magazine

Let's always focus on ABILITY.

Sincerely,

Jacqueline Migell

ABILITY Jobs - ABILITY Resume - JobAccess

<http://www.abilityjobs.com>

<http://www.jobaccess.org>

LEAGUE OF HUMAN DIGNITY RURAL HOUSING DEVELOPMENT CORPORATION

has a one bedroom with a roll-in shower in York, a two bedroom with a roll-in shower in Hastings, and a two bedroom with a tub/shower in Norfolk. The units come with a Section 8 certificate, and rent is based on income. Eligible persons must qualify under income guidelines as established by the U.S. Dept. of HUD. Available to individuals who experience a disability or are elderly.

Contact Paula Shufeldt at

1 (888) 508-4758 voice/TDD
pshufeldt@leagueofhumandignity.com

Check out our classifieds on Page 15..... YOUR \$5 CLASSIFIED AD WILL REACH over 8,000 READERS! LEAGUE OF HUMAN DIGNITY, attn: Michelle, 1701 P Street, Lincoln, NE 68508; 402-441-7871 (V/TDD) FAX: 402-441-7650 (\$5.00 for the first 25 words, 25 cents for each additional word)

LEAGUE DONORS FROM 11-6-07 TO 1/7/08
WE APPRECIATE YOU!

Builder Level--Dillon Foundation; Joyce Holtmeier; Lester Electrical; Sam & Sara Lord; Maxine Nichols

Supporter Level--Jim Carrier; Dillon Chevrolet-Buick-Pontiac, Inc.; John Fink; Diane Klima; Rohn Loyd

Century Level--Monica Balters; B & R Stores, Inc.; Caretech, Inc.; Thomas Davies; Becky Hanna; Hanna Keelan & Associates; Tim Keelan; Kent Mattson; Nebraska United Methodist Foundation; Shirley Nissen; O Media Group, Inc.; Jeff Patterson; Scheels All Sports;

Believer Level--Mike Boosalis; Eileen Dendinger; Shayne Fili; Lynn Cogburn; Henry Finkbeiner; Mike Foster; Francis Haskins; Irene LeBaron; Ken Mayberry; Stephen Smith; Lisa Ann Patterson; Kevin Underwood; Frank Velinsky; Jason Velinsky; Frances Young

Friend Level--Hazel Anthony; Elaine Bills; Nye Bond; Mike Boosalis; Edith Buckmaster; Arthur Dobson II; Donald Endacott; Mary Evans; Kenneth Henkens; Erik Lipins; Marianne Mack; Jerry McInnis; Rosalind Morris; Deborah Nienkamp; C.G. Pritchard; Maurice Radcliff; Frederick Schlingman; Edward Schulenberg; Bruce Snyder; Keith Snyder; Roy Statton; Joel Thorson; Ueberrhein & Associates, P.C.; Denise Wiemer; Dan Zach

Other--Rick Kennell; Sheldon Kushner; John Oakes; Eileen Stewart; Donald Weber
THANKS!

BARRIER REMOVAL PROGRAM

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

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

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

LINCOLN

Center for Independent Living

1701 P Street

Lincoln, NE 68508

(402) 441-7871

OMAHA

Center for Independent Living

5513 Center Street
Omaha, NE 68106
(402) 595-1256
SOUTHWEST IOWA
Center for Independent Living
1520 Avenue M
Council Bluffs, IA 51501
(712) 323-6863

A CHRONOLOGY OF THE DISABILITY RIGHTS MOVEMENT

The League has been sharing the path of the Disability Rights Movement. This issue focuses on 1988 and 1989.

1988: The Fair Housing Amendments Act added people with disabilities to those groups protected by federal fair housing legislation, and it established minimum standards of adaptability for newly constructed multiple-dwelling housing.

The National Council on the Handicapped issued *On the Threshold of Independence* and a first draft of the Americans with Disabilities Act (ADA), which is introduced into Congress by Rep. Tony Coelho and into the Senate by Sen. Lowell Weicker.

The Congressional Task Force on the Rights and Empowerment of Americans with Disabilities is created by Rep. Major R. Owens and co-chaired by Justin Dart Jr. and Elizabeth Boggs. The task force began building grassroots support for passage of the ADA.

Congress overturned President Ronald Reagan's veto of the Civil Rights Restoration Act of 1987. The act undid the Supreme Court decision in *Grove City College v. Bell* and other decisions limiting the scope of federal civil rights law, including Section 504 of the Rehabilitation Act of 1973.

The U.S. Supreme Court, in *Honig v. Doe*, affirmed the "stay put rule" established under the Education for All Handicapped Children Act of 1975, under which school authorities cannot expel or suspend or otherwise move children with disabilities from the setting agreed upon on the child's Individualized Education Program (IEP) without a due process hearing.

The National Parent Network on Disabilities is established as an umbrella organization for the Parent Training and Information Centers.

1989: The federal appeals court, in *ADAPT v. Skinner*, ruled that federal regulations requiring that transit authorities spend only 3 percent of their budgets on access were arbitrary and discriminatory.

The original version of the American with Disabilities Act, introduced into Congress the previous year, was redrafted and reintroduced. Disability organizations across the country advocated on its behalf with Patrisha Wright as "general" and Marilyn Golden, Liz Savage, Justin Dart Jr., and Elizabeth Boggs as principal coordinators of this effort.

The Center for Universal Design (originally the Center for Accessible Housing) is founded by Ronald Mace in Raleigh, North Carolina.

Mouth: The Voice of Disability Rights began publication in Rochester, New York.

The President's Committee on Employment of the Handicapped was renamed the President's Committee on Employment of People with Disabilities.

SUPPORT GROUPS

The information listed here has been shared with the League of Human Dignity by

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

ALS

Nebraska Office, Shaker Place, 10730 Pacific, Ste 228, Omaha, NE 68114, (402) 991-8788, 1-866-762-6361; FAX: (402) 991-3691, Keith Worthington Chapter; 8340 Mission Rd., Ste B4, Prairie Village, Kansas 66206, (913) 648-2062.

ALZHEIMERS

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

Atlantic, IA, 3rd Thurs. of mo. 7:00 p.m., Home Care & Hospice Bldng, 1500 E. 10th St. Council Bluffs, last Tuesday of each mo., 6:30 pm at Bethany Lutheran Home, 7 Elliott St. Fremont, NE 3rd Thurs. of mo., 6:30 p.m. Pathfinder House, 3010 N. Clarkson St.

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

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

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

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

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

AMPUTEE

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

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

ARTHRITIS

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

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

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. 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.

BRAIN INJURY

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

CANCER

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

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

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

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

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

CHRONIC PAIN

Lincoln Chapter, American Chronic Pain Association, 1st & 3rd Tues each month, 7-8:30 pm, 1st Step Recovery & Wellness Center, 2231 Winthrop Rd. Call Chapter President Terrance Dukes (402) 423-9405.

DEAF

Nebraska Commission for the Deaf and Hard of Hearing (NCDHH) 4600 Valley Rd, Ste 420; (402) 471-3593 or 1-800-545-6244.

Communication Service for Deaf of Iowa, employment services (712) 322-1489.

DEPRESSION

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

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

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

DEVELOPMENTAL DISABILITIES

The ARC of Lincoln/Lancaster County; Individual & Family Support Services; Dads Groups; Sibshops; Family Gatherings; Vocation Program; Group Residences; 1101 Arapahoe, Suite 5, (402) 421-8866; 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.

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

DIABETES

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

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

Lincoln Diabetes Center: (402) 481-3055.

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

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

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

DOWN SYNDROME

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

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

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

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

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

DYSLEXIA

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

EPILEPSY

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

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

FIBROMYALGIA

Omaha, Arthritis Foundation (402) 572-3040.

Gordon area, meets various places.

Humbolt, IA area, call Judy at (515) 332-3376 (9 am-9 pm); 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 SYNTROME

www.wicfs-me.org.

GRIEF RESOLUTION

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

HARD OF HEARING

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

HEAD INJURY

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

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

Norfolk, 1st Monday, Faith Regional Health Services.

HYDRANENCEPHALY

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

LEARNING DISABILITIES

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

LEUKEMIA & LYMPHOMA

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

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

MDA

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

Medical Equipment Loan

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

MENTAL ILLNESS

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

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

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

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

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

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

Juniata/Hastings NAMI - FORSE, Cindy Scott (402) 751-2226, hs35558@navix.net; Hastings

NAMI CARE (Consumers Advocating Recovery Through Empowerment) Linda Shaw (402) 463-6354.

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

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

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

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

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

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

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

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

Multiple Chemical Sensitivity

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

www.conceptmed.com.

MULTIPLE SCLEROSIS

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

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

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

Norfolk, (402) 648-7906.

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

MYOSITIS

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

Online, www.myositis.org.

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

PARENT SUPPORT GROUP

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

PARKINSON

Lincoln meets 4th Sunday each mo. (no Dec.); 2 p.m.; Madonna Rehabilitation Hospital, 5401 South St (52nd St entrance); Contact: 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.

RESPIRE

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

SCHIZOPHRENICS ANONYMOUS

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

CLASSIFIEDS

For Sale:

Jazzy 1113 Power Chair in Excellent Condition, never used outside, with extras. Paid \$6600 new but selling for \$2200! Please leave a message for David at (402) 310-3524. (Lincoln)

For Sale:

Invacare Manual Wheelchair with large seat. New was \$675, never used, now selling for \$300. Please leave a message for David at (402) 310-3524. (Lincoln)

For Sale:

Invacare Bathroom/Tub/Shower Transfer bench plus second smaller bench. \$250 new, sell for \$60. Please leave a message for David at (402) 310-3524. (Lincoln)

For Sale:

1973 Champion 24'x 56', double wide for \$15,500. Wheelchair accessible, two decks, fenced in backyard, financing available. Please call Mike at (402) 467-3315 or (402) 617-1224. (Lincoln)

For Sale:

Braun Platform Wheelchair lift, used five years in a Plymouth Mini-Van, \$500 OBO. Please call Steve at (402) 223-2860.

(Beatrice)

For Sale:

Invacare Walker with metal basket, folds easily. Used only two weeks, like new. \$180. Please call Nadene at (402) 483-9927. (Lincoln)

For Sale:

Red-Tan Pronto M71 Sure Step Power Chair with a 300 pound max. capacity, \$1800. Please come to 3615 N 44th Street, Apt 3 between 2:00 p.m. and 8:00 p.m. (Lincoln)

For Sale:

1995 Ford Windstar LXI Handicap van. Has only 48,600 miles. Has all options including alloy wheels. Has lowered-floor and kneels, 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:

454 Christensen Ct. (#10058040), \$179,900. Five year old custom-built two bedroom barrier-free, spacious townhome. Has a sunroom, six appliances, double garage, no snow/mow, quiet area. Please call Rosemary Horner from Woods Bros. Realty at (402) 430-6117. (Lincoln) For Sale:

1991 Ford E150 Club Wagon, V8, A/C, P/B, P/S, Hand Controls, Power Driver's Seat, Braun lift. New tires, battery, shocks & starter. 102K. Portable Hoyer lift to use away from home. Please call Nick or Peg at (402) 443-4249.
(Wahoo)

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

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