

LEAGUE OF HUMAN DIGNITY

ON THE LEVEL

FEBRUARY/MARCH 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

**THE ROAD TO FREEDOM
KEEPING THE PROMISE OF THE AMERICANS WITH DISABILITIES ACT ON TOUR
NOVEMBER 2006 - NOVEMBER 2007**

Most people remain unaware of the compelling history of the disability civil rights movement in America that led to the greatest accomplishment of the disability rights struggle: enactment of the Americans with Disabilities Act (ADA) more than 15 years ago.

Even fewer may be aware that – following a string of setbacks in the Courts – people with physical, mental, cognitive and developmental disabilities, along with family members, advocates and policymakers, still must reclaim the civil rights protections they thought to have been secure.

A growing coalition of disability, civil rights and social justice organizations have united in the production of a national awareness campaign, traveling history exhibit and year long, cross-country bus tour to promote and strengthen the call for the most basic freedoms: access to public buildings, the opportunity to live independently, and the chance to work to support one's self and one's families.

The tour stops will feature: a display highlighting the disability civil rights movement in America featuring narrative, photographs and artifacts; two highly visible and brightly wrapped buses; a team of experienced disability community leaders including photojournalist Tom Olin, whose images are central to our exhibit and whose work has been featured at the Smithsonian.

At each stop, the goal is to create an opportunity for people with disabilities and advocates to give personal testimonials about living life with a disability and the promises of the ADA – those kept and broken. We would like to invite the press to these events so they can learn this history and report to the public at large the stories and the compelling need to keep the promise of the ADA.

“Bus Stops” on the tour will include events at mainstream venues such as statehouses, businesses, schools, college campuses, sporting events, community events, and parades; as well as disability-specific events such as the World Congress and Disability Expo in Philadelphia, the Assistive Technology Industry Association conference in Orlando, the national Statewide Independent Living Council Congress in New Orleans, the Disability Pride Parade and 17th anniversary of the ADA celebrations in Chicago, and more.

A number of national organizations have joined together to form this tour. The League of Human Dignity will have more information about these important stops in our area in the future. Listed below are a few local dates to put on your calendar: August 1st-3rd in Topeka, Kansas; August 5th-7th in Lincoln, Nebraska; August 9th - 11th in Des Moines, Iowa.

For more information on the tour or to see a complete schedule, check out www.roadtofreedom.org.

C.E.O.'S NOTE

The start of the new year is behind us and we are already full force into 2007. What a year it should be. One word comes to mind - that word is busy.

In April, we will host our 7th Annual Benefit Auction at Ameristar Casino in Iowa. The proceeds from that night will benefit both our Omaha and Southwest Iowa Centers for Independent Living.

This year the League of Human Dignity will celebrate its 35th Anniversary. It is difficult to imagine that the League has been around that length of time. Much has been accomplished since our founders gathered in Lincoln in 1971 to address transportation accessibility and other concerns for people with disabilities. We still have a distance to go, but this event will be a chance to look back on the past 35 years and celebrate the progress.

Each and every day our staff and volunteers work to fulfill the mission of this organization -- they are striving to help people with disabilities live more independently in their own communities. Our employees seem to stay extremely busy and we look forward to continuing our working relationship with many of you in 2007.

The Road to Freedom caravan (from page 1) will be stopping in Lincoln in August and we encourage you to take part in this important event.

This fall we will once again host our 16th Annual Benefit Auction in Lincoln. Add in all of the health fairs, disability awareness trainings and other events we take part in, 2007 will indeed be an eventful year. We look forward to the year ahead and are happy that you are here with us.

Mike Schafer

35 YEARS OF WORKING FOR & WITH PEOPLE WHO EXPERIENCE A DISABILITY

Since Jean Stever Scanlon first helped establish it, the League of Human Dignity has been working to promote the full integration of persons with disabilities into society. This year, we will mark our 35th anniversary. Please keep an eye out for the April issue of the On The Level as plans are in the works to celebrate this important occasion.

NEW STAFF ORIENTATION

(pictured in the middle left of the page is Sandra Dresser, Robbie Hudson and Gregory Nowel sitting at a table)

From left: Sandra Dresser, Robbie Hudson and Gregory Nowel.

On Thursday, January 18th, the League held new employee orientation. Education and Q.A. Manager Sandra Dresser orchestrated a day full of listening and learning for the new employees. Different staff joined the group throughout the day to help the new employees familiarize themselves with what the League's mission is and how each person works together to make that mission a reality.

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In the next issue:

Omaha/SW Iowa Auction Preview

Info. on the Medicaid Waiver program

Update on Legislative bills

More details on 35th Anniversary

and much, much more!

MISCELLANEOUS NEWS

RULING ON ACCESS TO PAPER CURRENCY FAVORS PEOPLE WITH VISUAL IMPAIRMENTS

In 2002, the American Council of the Blind (ACB) filed suit against the Department of the Treasury alleging that they violated Section 504 of the Rehabilitation Act through repeated and continued failures to design and issue paper currency that is readily distinguishable to people who are blind and have visual impairments.

U.S. District Court Judge for the District of Columbia, James Robertson, ruled that “it can no longer be successfully argued that a blind person has ‘meaningful access’ to currency if she cannot accurately identify paper money without assistance.” The order required the Treasury Dept. to start work on a solution within ten days!

Of the over 180 countries that issue paper currency, only the United States prints bills that are identical in size and color in all denominations. The Euro, Swiss Franc, Japanese Yen, Canadian Dollar, English Pound are all accessible to people with visual disabilities, as well as the currency in China, Argentina, Israel and Saudi Arabia.

Responding to the Treasury Department’s claim that any “drastic or sudden” changes to the currency could undermine international recognition and acceptance of U.S. currency “as a common medium of exchange throughout the world,” Judge Robertson stated that the contention was not only “unsupported, but, on its face, is fairly absurd.”

The Treasury Department is considering its options and may appeal the decision to the DC Circuit Court of Appeals.

RULING RECOGNIZES PATIENT’S RIGHT TO REFUSE MEDS

The Vermont Supreme Court recently clarified the rules on when the state can force people residing in the Vermont State Hospital to take medications against their will, recognizing the patients’ right to refuse the drugs.

“As long as patients can understand the consequences of refusing medication, the statute permits him to do so, even if refusing medication will be to his detriment,” Justice Denise Johnson said for the unanimous court.” In other words, a person who is competent to make a medication decision within the meaning of the statute has the same right as any other person to refuse beneficial medication.”

Jack McCullough, who represented the plaintiff on behalf of Vermont Legal Aid, said the decision was an important one because it would guide the 25 to 30 cases of involuntary medication Legal Aid handles each year.

“It’s very significant,” McCullough said. “Ever since we started, the state essentially has argued whenever the patient doesn’t agree with the hospital psychiatrist, that proves that they can’t make a decision. The Supreme Court specifically says that’s not the case. The state has to show something more than just disagreeing with your doctor to show you incompetent to make a decision.”

For more information, visit: http://dol.state.vt.us/gopher_root3/supct/current/2005-368.op
PENNSYLVANIA NEWS

Tired of the lack of 504 Compliance by your local housing authority? One CIL in Pittsburgh was too; and they did something about it.

The results will not only benefit their community, but will create precedent that could help improve things in your area as well. After four years of struggle, the Pittsburgh Three Rivers Center for Independent Living (TRCIL) and the Housing Authority of the City of Pittsburgh, entered a Court approved class action Settlement Agreement.

The Settlement Agreement requires substantial number of UFAS (Uniform Federal Accessibility Standards) public housing units to be developed by the Housing Authority (HA). Specifically, 321 UFAS accessible units will be developed from the Housing Authority's existing housing inventory. These will reflect the full range of both bedroom sizes and geographical locations. These will also result in 10% of the public housing for seniors and 5% for families be fully UFAS accessible.

The Settlement Agreement puts the Three Rivers Center for Independent Living at the table with the HA and any private developers. For example, if the HA has an accessible unit and does not know of a person who needs it, the HA shall notify TRCIL "before leasing such unit" to a person without a disability "in order to allow TRCIL to locate a person who needs and qualifies for such a unit."

There are a number of other positive outcomes to this decision. For more information, visit: <http://www.stevegoldada.com/stevegoldada/archive.php?mode=A&id=185;&sort=D>

STARS & STRIDES 2007

League of Human Dignity

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

7th Annual Benefit Auction

Friday, April 20th at Ameristar Casino & Hotel in Council Bluffs, Iowa

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

Beverages, Dinner, Silent & Live Auctions, Prizes

All tickets must be purchased 7 days prior to auction.

To purchase tickets, 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; birthday parties; gift baskets perfect for that special someone; gift certificates for food and items; unique display of uncut \$2 bills signed by Warren Buffett; grand prize cash drawing and much, much more!

THANK YOU VOLUNTEERS!

(pictured in the upper left of the page is Mike Schafer presenting a plaque)

Mike Schafer, League CEO, reads the plaque being presented to Katherine Carey

(pictured in the upper right of the page is the Norfolk staff sitting around a table)

Norfolk staff, including CIL Director Lind Carey, discuss the many duties that volunteers do throughout the year to help staff

On Thursday, December 14, 2006, the Norfolk Center for Independent Living honored their volunteers who assist throughout the year with duties as wide-ranging as clerical to building maintenance. The guests were treated to sandwiches and cookies galore.

Katherine Carey was honored as the Ken Lindhorst Volunteer of the year. Katherine frequently helps at the League by shredding outdated papers and reports.

Thank You Volunteers for all that you do for the League of Human Dignity.

LEGISLATURE UPDATES

The Legislatures in both Nebraska and Iowa have convened and already are introducing bills for consideration. At the time this issue is headed to the printers, no pertinent bills have been introduced in Iowa but we will highlight any that are introduced and being pursued in the next issue on On the Level.

In Lincoln, several important bills have been introduced. LB 236, LB523, and LB 397 are critical bills that the League of Human Dignity is looking at more closely.

LB236 and LB397, both introduced by Sen. Johnson, provides for licensing of in-home care services workers. LB523 is of particular interest to the League as this Bill seeks to unionize in-home providers for people with disabilities.

The League of Human Dignity will be studying these and other key bills as the session continues. Check back in our April issue to see what steps have been taken to make these and other Bills law.

YAI/NATIONAL INSTITUTE FOR PEOPLE WITH DISABILITIES NETWORK ANNOUNCES CONFERENCE

New York City is the place to be this spring. YAI/National Institute for People with Disabilities Network will be hosting its 28th Annual International Conference from April 30 - May 4, 2007 at the Crowne Plaza Manhattan Hotel.

The five day conference will feature more than 300 prominent speakers throughout the United States and abroad. Some highlights from the conference will be: Dr. Kenneth Blanchard Founder, The Ken Blanchard Companies and Dr. Colleen Wieck, Executive Director Minnesota Governor's Council on Developmental Disabilities. More than 150 seminars and workshops will focus on key issues, some of which include: Residential Services, Early Childhood, Sexuality, Employment Training, Staff Training, Family Supports, and Technology.

For more information, contact Tina Sobel, at tsobel@yai.org, 212-273-6457 or visit www.yai.org.

OF LOCAL INTEREST

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

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

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

IOWA TO LAUNCH MODEL PROGRAM THAT OFFERS MORE AUTONOMY AND BETTER QUALITY OF LIFE TO ELDERLY MEDICAID BENEFICIARIES AND THOSE WITH DISABILITIES

The State of Iowa recently received a \$250,000 grant from The Robert Wood Johnson Foundation, becoming one of 11 new states to participate in the expansion of the successful Cash

& Counseling program. The program gives Medicaid recipients more choice and control over the personal care services they are eligible to receive.

Within the next three years, 16,418 older adults and persons with disabilities who receive Medicaid in Iowa will be given the option to direct their own personal care services and live more independently through a proven program to be administered by the state Department of Human Services with support from the University of Iowa's Employment Policy Group.

Iowa's program will be called "Developing Choices – Empowering Iowans," and will provide services to older Iowans and persons with physical disabilities. The project will create a viable infrastructure of services and supports that older Iowans and individuals with disabilities want by amending six Home and Community Based Services waivers currently operating in Iowa. The amendment of the waivers must be approved by the federal Centers for Medicare and Medicaid (CMS) to allow the project to move forward as well as the availability of dollars in the Iowa Medicaid budget.

The League's CIL in Council Bluffs will be active in this program and our Director Christy Solomon will be trained as an Independent Support Broker. We will have more information about this new and exciting program in the next few issues of the On The Level.

WHAT IS AN INDEPENDENT SUPPORT BROKER?

An Independent Support Broker is the individual hired by the consumer to provide information about community supports available, to assist the consumer in making informed and financially sound decisions, to assure that each consumer is using the budget to meet identified needs, and to monitor the health and welfare of the consumer. Every consumer in "Consumer Choices Option" will work with an Independent Support Broker.

The Independent Support Broker must be free from conflict of interest. The Independent Support Broker cannot be a Financial Management Service, funder of service or a provider of services for the consumer. Family members will be eligible to be hired as an Independent Support Broker except for a spouse of the consumer and/or a parent of a consumer under the age of 22. The role of the case manager/service worker for consumers using "Consumer Choices Option" will be similar to what the role is today.

Consumers may select services from traditional Medicaid providers in addition to those included in the "Consumer Choices Option". The case manager or service worker will be responsible for developing and authorizing the service plan of care, which includes the monthly allocation for "Consumer Choices Option". The Individual Support Broker will be responsible for assisting the consumer with the development of the individual budget.

10 WARNING SIGNS OF ALZHEIMER'S

Some change in memory is normal as we grow older, but the symptoms of Alzheimer's disease are more than simple lapses in memory.

People with Alzheimer's experience difficulties communicating, learning, thinking and reasoning — problems severe enough to have an impact on an individual's work, social activities and family life.

The Alzheimer's Association has developed a checklist of common symptoms to help you recognize the difference between normal age-related memory changes and possible warning signs of Alzheimer's disease.

There's no clear-cut line between normal changes and warning signs. It's always a good idea to check with a doctor if a person's level of function seems to be changing. The Alzheimer's Association believes that it is critical for people diagnosed with dementia and their families to

receive information, care and support as early as possible.

1. Memory loss. Forgetting recently learned information is one of the most common early signs of dementia. A person begins to forget more often and is unable to recall the information later.

What's normal? Forgetting names or appointments occasionally.

2. Difficulty performing familiar tasks. People with dementia often find it hard to plan or complete everyday tasks. Individuals may lose track of the steps involved in preparing a meal, placing a telephone call or playing a game.

What's normal? Occasionally forgetting why you came into a room or what you planned to say.

3. Problems with language. People with Alzheimer's disease often forget simple words or substitute unusual words, making their speech or writing hard to understand. They may be unable to find the toothbrush, for example, and instead ask for "that thing for my mouth."

What's normal? Sometimes having trouble finding the right word.

4. Disorientation to time and place. People with Alzheimer's disease can become lost in their own neighborhood, forget where they are and how they got there, and not know how to get back home.

What's normal? Forgetting the day of the week or where you were going.

5. Poor or decreased judgment. Those with Alzheimer's may dress inappropriately, wearing several layers on a warm day or little clothing in the cold. They may show poor judgment, like giving away large sums of money to telemarketers.

What's normal? Making a questionable or debatable decision from time to time.

6. Problems with abstract thinking. Someone with Alzheimer's disease may have unusual difficulty performing complex mental tasks, like forgetting what numbers are for and how they should be used.

What's normal? Finding it challenging to balance a checkbook.

7. Misplacing things. A person with Alzheimer's disease may put things in unusual places: an iron in the freezer or a wristwatch in the sugar bowl.

What's normal? Misplacing keys or a wallet temporarily.

8. Changes in mood or behavior. Someone with Alzheimer's disease may show rapid mood swings – from calm to tears to anger – for no apparent reason.

What's normal? Occasionally feeling sad or moody.

9. Changes in personality. The personalities of people with dementia can change dramatically. They may become extremely confused, suspicious, fearful or dependent on a family member.

What's normal? People's personalities do change somewhat with age.

10. Loss of initiative. A person with Alzheimer's disease may become very passive, sitting in front of the TV for hours, sleeping more than usual or not wanting to do usual activities.

What's normal? Sometimes feeling weary of work or social obligations.

EMPLOYEES SAYING GOODBYE...

Kathy Scheele, Lincoln, Services Coordinator

EMPLOYEES SAYING HELLO...

Gregory Nowel, Omaha, Services Coordinator

Janay Bahnsen, Scottsbluff, Services Coordinator

BARRIER REMOVAL PROGRAM

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

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

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

SOUTHWEST IOWA

Center for Independent Living

1520 Avenue M

Council Bluffs, IA 51501

(712) 323-6863

LINCOLN

Center for Independent Living

1701 P Street

Lincoln, NE 68508

(402) 441-7871

OMAHA

Center for Independent Living

5513 Center Street

Omaha, NE 68106

(402) 595-1256

LEAGUE DONORS

WE APPRECIATE YOU!

Benefactor

Robert W. Allington Estate

Builder Level: \$500 & above

Information Technology Inc.

Lester Electrical

Supporter Level: \$250 & above

Dillon Chevrolet-Buick-Pontiac, Inc.

Maxine Nichols

Century Level: \$100 & above

Anonymous, Caretech, Inc., Jim Carrier,

Deane Gustafson, Hanna Keelan & Associates, Becky Hanna, Tim Keelan, Diane Klima, Jeff Patterson, Eleanor Sack, Scheels All Sports, Edith Solomon, Sharon Thorson, Welfare Society Inc.

Believer Level: \$50 & above

Eileen Dendinger, Francis Haskins, Tom Lovgren, Kent Mattson, Shirley Nissen, Veronica

Paustian, Stephen Smith, Keith Snyder, Joel Thorson, Frank Velinsky, Jason Velinsky, Wayne Westfall

Friend Level: \$25 & above

Elaine Bills, Nye Bond, Thomas Davies, Stanley Hart, Bruce Helwig, Bob James, Irene LeBaron, Marianne Mack, Jerry McInnis, Rosalind Morris, Deborah Nienkamp, John Oakes, June Pickel, C.G. Pritchard, Maurice Radcliff, Kathleen Repp, Raymond Ross, Suzanne Schreiber, Edward Schulenberg, Penny Gillett Silvius, Roy Statton, Dan Zach, Robert Zeman

Other Level:

Eugene Kelly, Edward Porn, Pro Care 3 Inc., Donald Weber

LEAGUE OF HUMAN DIGNITY

RURAL HOUSING DEVELOPMENT CORPORATION

Is now taking applications for a 1-bedroom apartment in Hastings.

It has a roll-in showers and is wheelchair accessible.

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

A CHRONOLOGY OF THE DISABILITY RIGHTS MOVEMENT

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

This issue focuses on 1978 and 1979.

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

1978 -

Fiesta Educativa, Inc., is founded in Los Angeles by Hispanic parents of children with disabilities.

Adaptive Environments Center is founded in Boston.

Disability rights activism in Denver stage a sit-in demonstration, blocking several Denver Regional Transit Authority buses, to protest the complete inaccessibility of that city's mass transit system. The demonstration is organized by the Atlantis Community and is the first action in what will be a yearlong civil disobedience campaign to force the Denver Transit Authority to purchase wheelchair lift-equipped buses.

Title VII of the Rehabilitation Act Amendments of 1978 establishes the first federal funding for independent living and creates the National Council of the Handicapped under the U.S. Department of Education.

On Our Own: Patient Controlled Alternatives to the Mental Health System is published. Written by Judi Chamberlin, it becomes a standard text of the psychiatric survivor movement.

The National Center for Law and the Deaf is founded in Washington, D.C.

Handicapping America, by Frank Bowe, is published. The book is a comprehensive review of the policies and attitudes denying equal citizenship to people with disabilities, and it becomes a standard text of the general disability rights movement.

1979 -

The U.S Olympic Committee organizes its Handicapped in Sports Committee.

The U.S. Supreme Court, in Southeastern Community College v. Davis, rules that, under

Section 504 of the Rehabilitation Act of 1973, programs receiving federal funds must make “reasonable modifications” to enable the participation of otherwise qualified disabled individuals. This decision is the Court’s first ruling on Section 504, and it establishes reasonable modification as an important principle in disability rights law.

Marilyn Hamilton, Jim Okamoto, and Don Helman produce their “Quickie” lightweight-folding wheelchair which revolutionizes manual wheelchair design.

The Disability Rights Education and Defense Fund (DREDF) is founded in Berkeley, California, becoming the nation’s preeminent disability rights legal advocacy center and participating in much of the landmark litigation and lobbying of the 1980s and 1990s.

The National Alliance for the Mentally Ill is founded in Madison, Wisconsin, by parents of persons with mental illness.

Self Help for Hard of Hearing People, Inc., is founded in Bethesda, Maryland, by Howard “Rocky” Stone.

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. 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; 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.

ALZHEIMER’S

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

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

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

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

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

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

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

Sidney, IA, 4th Monday each mo. at 7pm, Sidney Presbyterian Church, 1000 Illinois St.

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

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

AMPUTEE

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

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

ARTHRITIS

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

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

ATHLETICS

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

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

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

AUTISM

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

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

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

BLIND/VISUALLY IMPAIRED

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

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

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

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

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

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

CANCER

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

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

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

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

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

CHRONIC PAIN

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

DEAF

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

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

DEPRESSION

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

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

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

DEVELOPMENTAL DISABILITIES

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

FIBROMYALGIA

Omaha, Arthritis Foundation (402) 572-3040.

Gordon area, meets various places.

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

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

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

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

FMS-CF SYNDROME

www.wicfs-me.org.

GRIEF RESOLUTION

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

HARD OF HEARING

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

HEAD INJURY

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

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

Omaha, Gail Kerwin (402) 571-5651.

Norfolk, 1st Monday, Faith Regional Health Services.

HYDRANENCEPHALY

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

LEARNING DISABILITIES

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

LEUKEMIA & LYMPHOMA

Lincoln Family Support Group for adult patients and family members with leukemia, lymphoma, Hodgkin's disease, myeloma or myelodysplastic syndromes. Call The L & L Society, (402) 344-2242 in Omaha, (402) 438-2242 in Lincoln. Omaha-area group meets 2nd Tuesday of the month and Lincoln-area group meets 2nd Monday of the month. Call for more info.

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

MDA

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

MENTAL ILLNESS

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

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

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

Mental Health Association of Nebraska 1-800-422-6691 or www.MHA-NE.org.

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, contact Karen Olson (402) 486-1885.

Norfolk, (402) 648-7906.

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

MYOSITIS

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

Online, www.myositis.org.

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.

SCHIZOPHRENICS ANONYMOUS

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

SCLERODERMA

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

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

lower lobby; Leader: Barb Heenan (402) 291-7670; omahassg@aol.com.
Grand Island meets at St. Francis Hospital, 2620 Faidley Ave, Conf. Rm 3A; Support
Leader: Terry Christensen (308) 384-4017; terry058@webtv.net.

SPINA BIFIDA

Spina Bifida Ass'n of the Star City, Lincoln, Jerry (402) 434-3000.
Omaha, meets 1st Wed. each month 7 pm, Quality Living East Campus, Cabana Room; Call
Jolene (402) 894-2070.

SPINAL CORD INJURY/DISEASE

ENWISCIA: Brian Richardson, (402) 573-6904 for information or e-mail at
ENWISCIA@cox.net.
Spinal Cord Injury Peers (SCIP) meets monthly; Regional West Medical Ctr, Scottsbluff. Call
(308)635-7901; or (308) 630-1070.
Central NE Group, Hastings. Call Darla (402) 461-5124.

STROKE

4th Thurs./mo. @ 1pm @ Madonna, 5401 South St., Lincoln, (402) 483-9590.
"Come Back Club", Lincoln 1-888-808-5678.
Cass Co., 3rd Wednesday at 3 pm at 1501 E 10th St, Atlantic, IA. Rita, (712) 243-7480.

TOURETTE SYNDROME

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

CLASSIFIEDS

FOR SALE: 13 foot Stair Chair Glide - works. Free to anyone who has a need for one. Already
off of stairs. You pick up. Please call Jean (402) 643-4172 (Seward).

FOR SALE: Rock N' Roll Pediatric cycle for outdoor freedom, independence & exercise. Hand
or foot powered. Lime Green. Asking \$450. Please call Teresa (402) 421-1670 (Lincoln).

FOR SALE: 2003 Quickie manual wheelchair, 26" wide, hardly used, removable tires, paid \$3k
in 2003. 2005 Pronto Invacare Power Wheelchair, deluxe extra wide chair with all the extras,
paid \$11k new. Please make offers and call Randy at (402) 362-1335. (York)

FOR SALE: POWER WHEELCHAIR 1999 Action Arrow Storm Series with GB motors, too
many options to list, asking \$2000.00. For more details call Robert at (402) 469-3489. (Hastings)

FOR SALE: Two older electric wheel chairs, in very good condition. One is Invacare \$1500 for
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FOR SALE: 1996 Ford Sport Van Winstar IMS conversion. Low miles. Front seats are
removable. Has power side ramp. \$10,000 or best offer. Call Ken at (308) 946-3465 or (308)
940-1374. (Central City)

FOR SALE: Rascal Type 3 scooter with basket, beautiful red, never been used. Paid \$2400 two
years ago. Asking \$2000. Please call Gerry at (402) 465-4816. (Lincoln)

FOR SALE: Invacare XT Manual reclining wheelchair, \$350. Small Manual wheelchair, \$125.
Both are like new. Roho air cushion, \$100. Other equipment for sale as well. Please call Bill at
(402) 274-4731. (Auburn)

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