

LEAGUE OF HUMAN DIGNITY

ON THE LEVEL

JUNE/JULY 2005

(DESCRIPTIVE TEXT VERSION)

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

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

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

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

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

ON THE LEVEL is available in Braille and on audio cassette. To request these formats, contact the Public Information Office in Lincoln, or the League of Human Dignity in your area. For information on display advertising, please contact Public Information. Classified ads are also available.

To provide support group listings, news releases, or other information contact: Editor, ON THE LEVEL, League of Human Dignity, 1701 P Street, Lincoln, NE 68508; (402) 441-7871 Voice/TDD; FAX: (402) 441-7650; or info@leagueofhumandignity.com.

ON THE LEVEL STAFF

Mike Schafer, CEO

Michelle Martin, Editor

Bill Rush, Contributing Writer

LEAGUE OF HUMAN DIGNITY

WHERE TO FIND US...

LINCOLN

Center for Independent Living
and Mobility Options

1701 P Street

Lincoln, NE 68508

(402) 441-7871

NORFOLK

Center for Independent Living

400 Elm Avenue

Norfolk, NE 68701

(402) 371-4475

OMAHA

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

SOUTHWEST IOWA

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

PANHANDLE

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

LOCATION, LOCATION, LOCATION!

When Southwest Iowa Center for Independent Living Director Christy Solomon was looking for a new location for the Southwest Iowa CIL, she arrived at 1520 Avenue M in Council Bluffs, and she liked what she saw. So did League Chief Executive Director Mike Schafer.

“We purchased the building on Avenue M because it will provide us with more space, and after the remodeling is complete, the space will help us better meet our needs than our current location,” Schafer said.

In mid-May, remodeling began to make half of the interior into office space. The League will likely have enough additional office space that they can lease some space to compatible businesses.

“We have leased space since we opened the CIL in Council Bluffs, and we felt it was time for us to invest in a building from which we can serve people who experience disability,” Schafer remarked.

Besides the interior face-lift, the exterior is getting a boost as well, to add a little curb appeal.

The remodeling project is to be completed in July with plans to have the offices moved into the new space by later that month.

“This whole process is very exciting for us,” CIL Director Christy Solomon said.

Until the office moves, you can still get the same dependable services at the current location, 1417 1/2 Broadway, 712-323-6863.

(at the bottom left of the page is a picture of the new Southwest Iowa CIL location, pictured from the front)

Here is the first look at the League’s future Southwest Iowa location. The new address will be 1520 Avenue M.

(at the bottom right of the page is a picture of the new Southwest Iowa CIL location, pictured from the front at a different angle)

Another angle of the new Council Bluffs location. This new location is just a mile North of our

current location on Broadway.

MESSAGE FROM THE CEO

Most of us work hard to overcome obstacles that are placed before us. We work diligently to beat physical or emotional problems that nag us. But what can we do about the obstacles we can't see, like an inaccurate and negative stereotype about us. How do you fight a stereotype? Unfortunately, people with disabilities face a negative stereotype on a daily basis.

There is a pervasive thought by some in this country that people with disabilities are not as capable as people without disabilities And it is these negative stereotypes that hinder the everyday lives of people with disabilities and affect their efforts to live independently.

Examine this situation in which a negative stereotype hinders an effort to live independently. A landlord meets a person with a disability who applies for a vacant apartment. Immediately, the questions and assumptions come to the surface....how will this person pay for rent?? Does this person even have an income?? Will I need to change the apartment to make it more accessible?? Will that cost money?? The landlord rents the apartment to someone else. There are so many examples of discrimination that people with disabilities face, in their search for employment, housing and just the basics of everyday life.

Stereotypes and discrimination are wrong. People with disabilities are capable, intelligent, humorous, hard-working, diligent individuals who want the same things in life as everyone else. The League of Human Dignity has worked alongside people with disabilities for the last 34 years to fight these stereotypes and to live more independently. We at the League are proud to be a part of the solution.

Mike Schafer

Chief Executive Officer

League Of Human Dignity

A CHRONOLOGY OF THE DISABILITY RIGHTS MOVEMENTS

The Disability Rights Movement started in 1817 when the first school for children with disabilities, the American School for the Deaf, was founded in Connecticut. In the last issue we chronicled 1817 through 1908. Take a look at what happened from 1909 through 1929.

1909 - The New York Public School System adopts Modified, or American Braille for use in its classes for blind children, after public hearings in which blind advocates call for abandoning New York Point.

The National Committee for Mental Hygiene is founded by Clifford Beer in New York City.

The first folding wheelchairs are introduced for people with mobility disabilities.

1911 - Congress passes a joint resolution (P.R. 45) authorizing the appointment of a federal commission to investigate the subject of workers' compensation and the liability of employers for financial compensation to disabled workers.

1912 - Henry H. Goddard publishes *The Kallikak Family*, the best seller purporting to link disability with immorality and alleging that both are tied to genetics. It advances the agenda of the eugenics movements, which in pamphlets such as *The Threat of the Feeble Minded* creates climate of hysteria allowing for massive human rights abuses of people with disabilities, including institutionalization and forced sterilization.

1918 - The Smith-Sear Veterans Vocational Rehabilitation Act establishes a federal vocational rehabilitation for disabled soldiers.

1920 - The Fess-Smith Civilian Vocational Rehabilitation Act is passed, creating a vocational

rehabilitation program for disabled civilians.

1921 - The American Foundation for the Blind is founded. Helen Keller becomes its principal fundraiser, (Robert Irwin becomes director of research, 1922 executive director in 1929.)

1927 - Franklin Roosevelt co-founds the Warm Springs Foundation at Warm Springs, Georgia. The Warm Spring facility for polio survivors becomes a model rehabilitation and peer-counseling program.

The U.S. Supreme Court, in *Buck v. Bell*, rules that the forced sterilization of people with disabilities is not a violation of their constitutional rights. The decision removes the last restraints for eugenists; advocating that people with disabilities be prohibited from having children. By the 1970s, some 60,000 disabled people are sterilized without consent.

1929 - Seeing Eye establishes the first dog guide school for blind people in the United States.

Look for more information in the next edition of the *On The Level*.

WE CAN HELP

GRANTS NOW AVAILABLE

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

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

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

LINCOLN

Center for Independent Living

1701 P Street

Lincoln, NE 68508

(402) 441-7871

SOUTHWEST IOWA

Center for Independent Living

1417½ West Broadway

Council Bluffs, IA 51501

(712) 323-6863

OMAHA

Center for Independent Living

5513 Center Street

Omaha, NE 68106

(402) 595-1256

(in the lower left of the page is a picture of a scooter)

THIS IS NOT A SCOOTER

It is independence. It is the chance for mobility and the freedom to live life on your terms.

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1701 P Street, Lincoln

UNMET NEEDS: STATISTICS ON THE LACK OF ACCESS TO ASSISTIVE DEVICES, TECHNOLOGIES, AND RELATED SERVICES

Millions of Americans do not have access to the assistive devices and technologies that they require to maximize their health and quality of life:

A More than 2.5 million Americans report they need assistive technology that they do not have, with about 70% citing cost as the primary reason. (National Center for Health Statistics, 1992)

A Almost one-quarter of persons 50 and older with disabilities who do not use any special equipment said that equipment such as a hearing aid, wheelchair, cane, or walker would improve their lives. (AARP, 2003) These assistive devices and technologies included:

A wheelchair or scooter (51%)

A hearing aids (51%)

A walker, cane, or crutches (38%)

A aids for bathing or using the toilet (38%)

A orthopedic equipment (34%)

A other home modifications for movement (30%)

A other aids for daily activities (24%)

A communications and reading equipment (18%)

A oxygen or respirator (12%)

A Between 1994 and 1997, 1.3 million Americans with disabilities working at the time reported needing one or more additional assistive devices. (National Institute on Disability and Rehabilitation Research, 2001)

A Less than 20% of the estimated 28 million Americans who could benefit from hearing devices currently have them. (Hearing Review, 2000)

A 50% of assistive technology users and 75% of those with home modifications paid for this assistive technology themselves or with the help of family members, with no help from third party payers. (National Center for Health Statistics, 1992)

A Individuals with disabilities are only half as likely to have access to the internet as those without a disability: 21.6% compared to 42.1%. (National Telecommunication and Information Administration, 2000)

A More than one-third of homeowners would like to make home modifications that would prevent injuries and make their lives easier, such as installing grab bars in the bathroom, but have not done so, largely because of cost. (AARP, 2003)

A 27% reported that they would like to add grab bars in the bathroom, 25% stated they would like to have an accessible shower with no shower lip, and 22% reported that they would like to add extra handrails in their halls and stairs.

LEAGUE OF HUMAN DIGNITY

Promoting Independent Living Since 1971

Now service 62 counties throughout Nebraska and Southwest Iowa

You Can Help by sending a donation in any amount to the League of Human Dignity, 1701 P Street, Lincoln, NE 68508. You may honor a loved one's birthday through an Honorarium Gift; remember someone special in death with a Memorial Gift; include the League in your will; support our benefit auctions; or be creative and come up with your own style of giving!

JUSTICE DEPARTMENT ANNOUNCES NEW ADA VIDEOS

WASHINGTON, D.C. - The Justice Department recently announced the release of two new videos intended to raise awareness of the Americans with Disabilities Act (ADA) and make it easier for businesses to understand and comply with the Act.

The first video, "ADA Signing Ceremony," documents President George H. W. Bush's signing of the ADA into law on July 26, 1990. The 22-minute video was provided to the Department by the George Bush Presidential Library. It is being re-released on the Internet and on DVD to increase awareness of the ADA in advance of the 15th anniversary of the law's signing, which will be celebrated on July 26, 2005.

The second film, "Ten Small Business Mistakes," identifies common mistakes that small businesses make when trying to comply with the ADA. The film runs 13-minutes, featuring statements by store owners expressing their misunderstandings about the ADA, followed by responses from Assistant Attorney General R. Alexander Acosta and other Department employees explaining the law in common sense terms. The film is part of a broader initiative called the ADA Business Connection that gives businesses information needed to succeed in attracting and serving customers with disabilities. The multifaceted project consists of holding meetings with business and disability leaders around the country, creating easy-to-understand ADA compliance materials, and hosting an ADA Business Connection site on the ADA website. It was established by the Justice Department in response to President George W. Bush's New Freedom Initiative.

The "ADA Signing Ceremony" and "Ten Small Business Mistakes" are both available online and on DVD. Two online versions, for dial-up and high speed access, can be viewed at the Department's ADA website, www.ada.gov. This is the first streaming video on the ADA site. The DVD version can be ordered free of charge by calling the Department's toll-free ADA Information Line at 1-800-514-0301 (voice) or 1-800-514-0383 (TTY). All versions have captioning for viewers who are deaf or hard of hearing and audio-description for people who are blind or have low vision.

The Justice Department has an extensive technical assistance program offering free assistance to businesses, governments, and the public. These activities are a key component of the Department's efforts to secure voluntary compliance by explaining the law's requirements to those with rights and responsibilities under the ADA.

THANK YOU FOR YOUR DONATIONS

March 28 - May 17

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People's National Bank

FRIENDS (\$25 - \$49)

Sun Valley Lanes

Denise Wiemer

IN HONOR OF NANCY LARIMER

from Cheryl Larson

WHO'S NEW...

Michelle Martin, Public Information Specialist, Lincoln

WHO'S SAYING GOODBYE...

Andrea Wenke, Public Information Specialist, Lincoln

Janice Peregoy, Independent Living Advisor, Norfolk

CAPTEL SERVICE IS COMING SOON TO NEBRASKA

On October 1st, the State of Nebraska will begin offering a new service designed for individuals who have difficulty hearing on the telephone. Called CapTel, it is a captioned telephone service similar to the closed captioning provided on most television programs. The CapTel telephone displays written, word-for-word captions of everything the caller says.

CapTel is a new technology developed by Ultratec, Inc., of Madison, Wisconsin that allows individuals with hearing loss to read their telephone conversations. This device is perfect for people who have intelligible speech but cannot hear well over the phone.

The CapTel phone works like a regular phone but has one major difference -- captions of the other party's conversation appear on the phone's built-in screen. Because the captions appear almost simultaneously with the spoken word, CapTel users can understand everything that is said - either by hearing it or by reading it. The CapTel phone allows people to enjoy natural telephone conversations through its high level of amplification, while at the same time giving them the capacity to check the captions for added clarity.

For more information on how to sign up for CapTel service and/or apply for a voucher to purchase a CapTel phone, please contact: the Nebraska Commission for the Deaf and Hard of Hearing at 1-800-545-6244 Voice/TTY or Nebraska Public Service Commission at 1-800-526-0017 Voice/TTY. For more information about Nebraska Relay, please visit www.hamiltonrelay.com/ne.

AGING AND DISABILITY COALITION FOR COMMUNITY FIRST

An organizational meeting was held on March 30, 2005 in Cedar Rapids, Iowa, that was attended by many who work in the Aging and Disability communities. The meeting was held at the Heritage Area Agency on Aging. The following are insights gained from that meeting.

The core values of the Aging and Disability Coalition for Community First are consumer choice and empowerment, and the expansion of home and community based services (which explains the significance of the phrase "Community First"). These are values important to both communities. However, it seems the two communities do not know each other well, something that will have to be worked on in the future as this coalition gains momentum. The intent of the

coalition is neither to hurry the discussion to premature consensus on an agenda, nor to waste participants' valuable time. The dialogue needs to be careful and open, giving everyone the opportunity to voice their concerns and uncertainties, with the assurance that they will be met with courtesy. Liz Selk, from the Heritage Area Agency on Aging, stated that the time is right for this dialogue, because of such on-going initiatives as the Aging and Disability Resource Center. She stated that the recent struggles at the Capitol over the Consumer Choice Education and Support Act clearly illustrate the need to improve our understanding of each other's positions.

Barriers and Common Issues

Liz O'Hara (Univ. of Iowa Center for Disabilities & Development) reported on some topics that have been discussed over the previous six months in both communities, and then facilitated a half hour conversation on barriers to collaboration between the two communities, the issues we hold in common, and why it is increasingly important that we find ways to work together. She cited as barriers the negative attitudes members of each community often have towards each other, the differences in their experience of disability, and the few opportunities for interaction between the two parallel service delivery systems. She stated that people with disabilities seem more likely to demand a public response to their issues based on principles of social justice, whereas older people may view their disabilities as an inevitable part of the aging process, and a concern to be dealt with by themselves, their families and their doctor.

O'Hara also spoke about similarities in the issues and threats facing both communities, and their similar service needs. Some examples include the desire to remain independent, the need for personal supports and information about them, the common, pressing issue of aging family caregivers, and the experience of discrimination. One of the biggest common issues is the threat to the Medicaid budget, since three fourths of Medicaid expenditures are on the Medicaid Aged, Blind and Disabled populations (2003 statistic).

Medicaid as the Proposed Immediate Focus

Ingrid Wensel, from Heritage, explained that Coalition organizers focused early on the Medicaid crisis because of its obvious importance for both persons with disabilities and older Iowans, and the ease with which people could unite to oppose cuts to the Medicaid budget. There are uncertainties about cuts and block granting at the federal level, and there are problems at the state level, too.

The Coalition tried its hand at joint advocacy to prevent the federal cuts in the Senate last month. Aging and disability advocates sent hundreds of postcards to Senators Grassley and Harkin, as well as to state legislators, and these got a very positive response. In addition, senior advocate Bob Welsh joined Keith Ruff of the Conner Center for Independent Living and Liz O'Hara in her capacity as Vice Chair of the Statewide Independent Living Council, in a visit to Senator Grassley's office in Cedar Rapids. The team reported that they worked well together. (The Senate ultimately reversed the proposed cuts.)

Stay tuned for updates on what the coalition is working on and what things they have been able to accomplish.

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THE LEAGUE OF HUMAN DIGNITY
RURAL HOUSING DEVELOPMENT CORPORATION

Is now taking applications for a 2-bedroom apartment in Norfolk, and 1- bedroom apartments in Columbus and York.

The unit comes with a Section 8 certificate, and rent is based on income.

Eligible persons must qualify under income guidelines as established by the U.S. Dept. of HUD.

Applicants must have a disability to qualify.

Contact Paula Shufeldt at

1 (888) 508-4758 voice/TDD

pshufeldt@leagueofhumandignity.com

STARS AND STRIDES '05

The Stars were out at the Mid-America Center on April 22nd, 2005, as the League of Human Dignity hosted their 5th Annual Benefit Auction.

The Omaha and Southwest Iowa Centers for Independent Living joined together for a fun evening dedicated to raising money to help the League in its mission to help people with disabilities live more independent lives.

“This auction just continues to grow -- both in numbers of people attending and in numbers of donations,” commented SW Iowa CIL Director Christy Solomon.

For the first year ever, the auction was held at the Mid-America Center due to construction at Ameristar Casino. The consensus from the auction’s attendees was that the Mid-America Center is a good fit, especially with the auction’s growth.

The auction featured a scrumptious buffet, a balloon raffle, three silent auction tables, door prizes, a cash raffle, and of course, the live auction. Auctioneer Shayne Fili and her two ringmen, Mark Beacom and Jack Hutchinson, once again helped move the fabulous merchandise from the display table into the hands of those in attendance at the auction. Elicia Hammond, a seasoned journalist who recently re-located to Omaha, was the Master of Ceremonies for the evening.

This annual event seems to get better each year. With your help, it will continue to grow each year. The money raised at this auction will be used by the League’s Omaha and Southwest Iowa CIL’s to help people with disabilities live more independently. So, remember this auction next year, invite your friends, and join us for a fun night...who knows what awesome auction item you will get to take home with you.

(at the bottom left of the page is a picture of Jerry Underwood displaying his newly acquired framing of a series of \$2 bills autographed by Warren E. Buffet)

Jerry Underwood shows off his Warren E. Buffet \$2 bill masterpiece

(at the top center of the page is a picture of Megan Bateman and Roger Gorn holding up a rug with a design that shows a golfer swinging his club)

left: During the auction’s live bidding, Roger Gorn and Megan Bateman display a gorgeous

“Golf” rug donated by Kelly’s Carpet.

(at the bottom left of the page is a picture of Elictia Hammond)

The League welcome Elictia Hammond, the Master of Ceremonies for the night. Elictia appears on KETV-Channel 7.

(at the bottom right of the page is a picture of Shayne Fili talking to the crowd)

Auctioneer Shayne Fili encourages the crowd to raise their bids during the live auction.

ASSOCIATIONS AND SUPPORT GROUPS YOU CAN COUNT ON WHEN YOU NEED SOMEONE WHO UNDERSTANDS

The information listed here has been shared with the League of Human Dignity by individuals and organizations involved in local, regional and national associations and support groups.

Please let us know if you would like to add a listing.

PLEASE HELP KEEP US UPDATED: For corrections, additions or special announcements, contact Michelle in Public Information, League of Human Dignity, 1701 P St, Lincoln, NE 68508; 402- 441-7871 (V/TDD); FAX 441-7650; awenke@leagueofhumandignity.com

ADVOCACY

EAD-Equal Access for the Disabled, meets 1st Monday of the month at 1:30 p.m. at the Council Bluffs, IA, 6th St & 9th Ave. Contact Pat Butler, President (712-323-1894) pr Pat Lawson, Secretary (712-323-3438).

ALS

Amyotrophic Lateral Sclerosis (ALS)(Lou Gehrig’s Disease) Support Group (MDA), Omaha, 7602 Pacific St, Suite 200, 68114 Jessi Thomsen,(402) 390-2914.

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

ALZHEIMER’S

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

Support Group, 2nd Tuesday of each month, Veterans Home-EBY Bldg Room #122, Roseann (402) 370-3160.

Alzheimers Association Omaha/Eastern Nebraska/SW Iowa (402) 572-3010, 1-800-309-2112. Support Group, Fremont, First United Methodist Church.

Alzheimer’s Support Group, 1st Thursday of each month, Beverly Healthcare, 111 W. 36 St, Scottsbluff, Tammy Sauers or Bobbi Turner (308) 635-2019.

AMPUTEE

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

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

ARTHRITIS

Arthritis Foundation Nebraska Chapter, Omaha, meets monthly; 402-572-3040; FAX:

402-572-3048; www.arthritis.org

Columbus, Jolene 402-564-7571

Grand Island, Connie 308-389-5565

Lincoln, Kaye (402) 481-3399.

North Platte, Doris 308-534-4228

Omaha, Patti (402) 895-6263

Ord, Don (308) 728-3306

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

ATAXIA

Ataxia Support Group, Omaha, Lavonne (402) 573-5838.

ATHLETICS

Cornhusker Wheelchair Athletics Ass'n Lincoln Matt (402) 421-8434.

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

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

AUTISM

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

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

Unlocking Autism, Connie Shockley (402) 933-2565

BLIND/VISUALLY IMPAIRED

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

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

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

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

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

CANCER

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

PLEASE CALL FOR SUPPORT GROUPS IN OMAHA AND SURROUNDING AREAS

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

Breast Cancer Support Group (which formerly met at St. Elizabeth Medical Center), Lincoln; Corporate Building, 7441 O St., Suite 301. "Breast Cancer Support Group" and "Look Good Feel Good" meetings will be held on 1st or 2nd Wednesday of the month. Groups alternate times each week 5:30 - 7pm and 7 - 9 pm; Call Mary Meredith-Scheiding, Cancer Care Coordinator, for complete schedule 402-486-7258.

CHRONIC PAIN

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

DEAF

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

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

Deaf Services Commission of Iowa. 1-888-221-3724 V/TTY.

DEPRESSION

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

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

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

DEVELOPMENT DISABILITIES

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

DIABETES

American Diabetes Association (800) 342-2383.

Lincoln Diabetes Center: (402) 481-3055

DOWN SYNDROME

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

Down Syndrome Association for Families; Lincoln, NE Parent and family group; meetings, mother's coffees, newsletter, holiday events, Buddy Walk, parent packets, Call: Deb Safarik: 402-466-7641

Lincoln Early Development Services Coordination 402-441-6710

Early Development Network in Lancaster County; ESU #6, 1-800-327-0091

Early Childhood Training Center 6949 S 110 St Omaha, NE 68138; 1-800-89CHILD (media library offers books, videos, etc)

National Down Syndrome Congress, 7000 Peachtree-Dunwoody Rd NE, Bldg 5, Ste 100, Lake Ridge Office Park, Atlanta, GA 30328, 1-800-232-6372, FAX 7700-604-9898, dsccenter@aol.com

National Down Syndrome Society 666 Broadway, New York, NY 10012, 1-800-221-4602, FAX 212-979-2873, info@ndss.org

DYSLEXIA

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

Lincoln, Irene (402) 327-0751.

EPILEPSY

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

FIBROMYALGIA

Support Group, Lincoln, meets at Madonna Rehabilitation Hospital. For details and meeting schedule, call Liz Busch (402) 423-2787

Omaha, Arthritis Foundation (402) 572-3040.

Support Group, Gordon area, meets in various homes & churches, call Margaret at 308-282-0769

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

Support Group, Mercy Medical Center, New Hampton, IA area, meets monthly, call Judy
641-394-3106 ext 189; FAX: 641-394-2328

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

FMS-CF SYNDROME

Support Group, Council Bluffs. Call (712) 323-9448.

HARD OF HEARING

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

HEAD INJURY

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

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

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

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

HYDRANENCEPHALY

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

LEARNING DISABILITIES

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

LEUKEMIA & LYMPHOMA

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

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

MDA

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

MENTAL ILLNESS

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

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

National Alliance for the Mentally Ill (NAMI) <http://www.nami.org/sites/ne>. For questions, please
call Dan Jackson at NAMI Nebraska, 1941 S. 42nd St., Suite 517, Omaha, NE 68105 Phone:
(402) 345-8101; toll free: 1-877-463-6264; Fax: (402) 346-4070 (or contact the following

locations):

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

Grand Island NAMI of Grand Island, NAMI Nebraska 877-463-6264; NAMI Heartland, Grand Island, Carole Denton (308) 382-8604; jdenton@navix.net

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

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

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

Lincoln NAMI Lincoln, Susan Krome (402) 484-8653; Tami Walden (402) 471-4515.

Mental Health Lincoln Support Group, Tuesdays 3-4 pm Bennet Martin Library Downtown 4th Floor

McCook NAMI Of SW Nebraska, Sandy Graves (308) 345-3013. dlmeyer@ncfcomm.com

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

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

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

Omaha NAMI Sally Glass (402) 493-1281 Omaha NAMI CARE (Consumers Advocating Recovery Through Empowerment) Annie (402) 551-9413 or Marlene (402) 558-0304.

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

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

MULTIPLE CHEMICAL SENSITIVITY

MCS Information Exchange, 2 Oakland St, Brunswick, ME 04011 conceptmed.com

MULTIPLE SCLEROSIS

Support Groups in Omaha, (402) 572-3190 or 1-800-755-3959

Self-Help Group, Lincoln, contact Karen Olson (402) 486-1885

Support Group, Norfolk, (402) 648-7906

Support Group, Council Bluffs, meets 3rd Thursday every month, 7 pm, Queen of Apostles Catholic Church; Bruce (712) 482-3412

MYOSITIS

Support Group, Lincoln, Contact Mac Warren, (402) 438-5183.

Online, www.myositis.org

PARENT SUPPORT GROUP

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

PARKINSON

Lincoln Support Group meets 4th Sunday each month (except December); 2:00 pm; Madonna Rehabilitation Hospital, 5401 South St (52nd St entrance); Contact: Jill 402-486-8164 or Lori, 402-486-9040. Call for schedule of topics.

Fremont (402) 478-4853

Panhandle Area meets 4th Wed each month; Northfield Villa-Bldg 6, Vista Dining Rm, 1:30 pm; Contact: Maurice Wheeler (308) 623-2508

Clarinda, IHS, 600 Manor Dr., 2 pm, 3rd Thursday of each month. Connie (712) 542-5161

PERIPHERAL NEUROPATHY

Lincoln Support Group meets at Bryan Medical Plaza, 1600 S. 48 St; 2nd Floor; Room 3; Call Sandy (402) 483-4908; Nat'l Ass'n: 1-800-247-6968.

POLIO

Nebraska Polio Survivors Association, Omaha 402-341-0710.
Lincoln/Lancaster County, Vera (402) 467-5650.

SCHIZOPHRENICS ANONYMOUS

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

SCLERODERMA

Lincoln meets at Roper & Son Resource Ctr, 4400 S 70 St; Support Leader: Terry Christensen (308) 384-4017; terry058@webtv.net
Omaha meets 2nd Tuesday every other month (next meeting Dec.) 7-9 pm at Methodist Cancer Center; 8303 Dodge St; lower lobby; Support Leader: Barb Heenan (402) 291-7670; omahassg@aol.com
Grand Island meets at St. Francis Hospital, 2620 Faidley Ave, Conf. Rm 3A; Support Leader: Terry Christensen (308) 384-4017; terry058@webtv.net@webtv.net

SPINA BIFIDA

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

SPINAL CORD INJURY/DISEASE

Eastern Nebraska/Western Iowa Spinal Cord Injury Association meets bimonthly various Omaha locations. Call Brian at (402) 573-6904, enwiscia@cox.net or www.nebraskascia.org
Spinal Cord Injury Peers (SCIP) (Nebraska Panhandle) meets monthly; Regional West Medical Ctr, Scottsbluff. Call (308) 635-7901; 630-1070; or Cheryl 436-1060.
Central NE Spinal Cord Injury Support Group, Hastings. Call Darla McAllister H: 402-463-5926 or W: 461-5161, bamadarla@alltel.net

STROKE

Southeast Nebraska Stroke Club, Lincoln (402) 483-9594
Nebraska Stroke Foundation "Come Back Club", Lincoln 1-888-808-5678

TOURETTE SYNDROME

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

LEAGUE OF HUMAN DIGNITY

CLASSIFIED ADVERTISEMENTS

VEHICLES/EQUIPMENT

For Sale: Bruno lift, one-year old, fits in vans, suburbans or trucks, \$575. Pronto Surestep M-71 Mobility Chair, two-years old, new battery, \$2,200. Call Jim at 402-477-3175. Lincoln

For Sale: Back-packer lift, fits into Caravan or Town & Country Minivan. Make Best Offer.

Please call Mike at 402-525-9309. Lincoln

EQUIPMENT/SUPPLIES

For Sale: Electric Hospital bed, includes mattress/bed rails, \$350. Hoyer patient lift, \$300.

Sunrise Design Quickie Manual Wheelchair with removable head supprt, 16" seat for smaller adult or adolescent, over \$2,000 new, asking \$400. Tubmate bath lift, \$250. Elevating leg rests for E & J wheelchair, \$25. Equipment in excellent condition. Also have heavy duty Bathtub security rail, shower bench, commode, AC/DC portable suction aspirator, Kangaroo Feeding Pump, IV stand, motor with alternating air pressure mattress. Best offer or asking price within two weeks after receiving this publication. Please call Carolyn at 402-477-3793 days or leave message. Lincoln

SCOOTERS/WHEELCHAIRS

For Sale: Solara Tilt In Space Specialized Wheel Chair with: Adjustable height armrests, calf pads, Jay deep contour back, Jay 2 cushion, Headrest w/ hardware. Purchased 5/03 for \$4,401. Will take \$1200 or OBO. Contact Mark Spiers 402-420-2233 ext 14 (work). Lincoln

For Sale: New red & black Alante Power Chair, never used. Paid \$5,500, will sell for \$2,000. Please call Lois at 402-560-2920 or 402-781-9334. Eagle

For Sale: Chauffeur electric mobility scooter, used only six months. Scooter, lift/carrier and a class C hitch for a 1993 Chrysler included for \$1,200. Please call Irvin at 605-721-1645. Rapid City

For Sale: Arrow power wheelchair w/ charger and extra large seat. Will accept reasonable offer. Please call 402-483-2783 or 402-416-4865. Lincoln

For Sale: Pride Jazzy 1122, large seat on-board charger, been in storage for two years, retails at \$6,100, asking \$1,100. Will deliver to Omaha or Lincoln area. Call Kenny at 712-674-3849.

For Sale: Zippie TS by Quickie Wheelchair, black & red, adjustable, \$600 OBO, with tray and accessories. Please call Dennis or Cinda at 402-764-7391. Stromsburg

EQUIPMENT/SUPPLIES

For Sale: New droparm camode, \$75. Neoprene plush wrap-around knee support, \$50. Bedrail, \$25. Pick stick, \$10. Please call Jim at 402-477-3175 Lincoln

For Sale: two adjustable aluminum wheelchair ramps, \$100 OBO. Please call Dennis or Cinda at 402-764-7391. Stromsburg

YOUR \$5 AD WILL REACH 8,000 READERS!

Contact Us at: LEAGUE OF HUMAN DIGNITY,

attn: Michelle, 1701 P Street Lincoln, NE 68508; 402-441-7871 (V/TDD) FAX: 441-7650

(\$5.00 for first 25 words, 25 cents for each additional word)

(a picture of Ed McMahon is featured in the upper portion of the page – he is sitting in a lift chair with a scooter and a wheelchair to sitting to the right of him)

Take My Advice.... Make Dad's life easier with a Pride Lift Chair or a Go-Go Travel Product for Father's Day

Happy Father's Day!

Ed McMahon, spokesperson for Pride Mobility Products

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