

On The Rise

Independence Rising

January 2014
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Welcome to Independence Rising!

Joni Thomas
Executive Director

Welcome to Independence Rising's first quarterly newsletter! With our new move to the Gateway Plaza on 3335 West Capital and the beginning of a new fiscal year, it seemed like the perfect opportunity to launch our communication with our communities.

I say communities because we serve 39 counties in the Central and south central Nebraska. We plan to bring news from as many of those counties as possible. Our newsletter will be both

electronic and print, as well as alternate accessible formats.

Independence Rising serves individuals with disabilities of all types and from birth to the end of life. We assist with providing:

1. information about community services,
2. teaching individuals skills to enable them to live as independently as they choose



Figure 1 Our New Office Space

Who We Are!

Independence Rising has moved!! Our new office space is 3335 West Capital. Our office hours are still 8 am-Noon and as always by appointment.

Meet our staff:
Wendy Space,
Independent Living
Specialist 308-390-2098

Irene Britt, Western
Program Manager 308-
258-1914

Joni Thomas Executive
Director 308-530-9209

Office number 308-382-
9255

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Our Services:

- Information and Referral.
- Independent Living Skills Training.
- Individual and Systems Advocacy.
- Peer Mentoring.
- Medical Equipment Loan
- Driver's Education.
- GIRP.
- Developmental Disability non-specialized Provider

Legislative News

We will use this section to keep everyone updated on what is happening in the Legislature that may impact individuals we serve. When the Legislature is not in session we will provide fun facts about the Legislature or process.

This session the big bills to watch may be: LB887, which would implement Medicaid for individuals up to 133% of the federal

poverty level; LB1076 which covers Home Health rates and services; LB261 is a holdover bill from last session about incentives for people who experience disabilities who work and keeping their Medicaid. There are many more important bills, these just illustrate a few.

You can read bills by clicking the link: <http://nebraskalegislature.gov/bills/intro.php>

You can track when Bill hearings are being held by clicking on this link:

http://nebraskalegislature.gov/calendar/hearings_range.php

News from Our Western Program Area

"I've spent hours trying to call Access Nebraska and Wendy was able to help me through the phone call and it went so much faster!" -Rhonda

Irene Britt, the Western Program Area Manager, provides Independence Rising's services in the Western half of our 39 county area.

Irene has office space in North Platte, McCook, Cozad, Holdrege, and Lexington. Irene is also planning to be present in the communities of Imperial, Broken Bow, and Ogallala in the upcoming months.

Irene participates in many local committees and works with multiple agencies to keep updated on the latest services available to the individuals our agency serves.

The current office schedule is as follows:

North Platte Public Library
9:00 -1:00 second
Tuesday

Lexington Public Library
9:00 – 12:30 third
Tuesday

Cozad Public Library
12:45 – 3:45 third
Tuesday

McCook Public Library
10:00 -2:00 fourth
Wednesday

Holdrege Public Library
10:00-2:00 first Thursday

News from Our Eastern Program Area

Wendy Space is Independence Rising's Independent Living Specialist and serves the eastern portion of our 39 counties.

Wendy is in the process of developing office space in Hastings, Kearney,

Superior and Ord.

Beginning on February 25, and continuing every 4th Tuesday, Wendy will be at the Kearney Public Library from 9:00am to 2:00pm. Call (308) 390-2098 if you have questions or would like to make an

appointment.

Wendy is newly appointed on the Mayor's Advisory Council in Grand Island.

Wendy is Independence Rising's contact person for GIRP program. See more details on GIRP on the next page.

Emergency Preparedness

Although we've had a mild winter this season, we all know that can change very quickly in Nebraska. Winter weather has been known to continue into March and April.

Many things can and should be done to prepare sooner than the day before the weatherman predicts a storm. For non-Winter related emergencies, we don't often have warning!

Some items to keep on hand are:

- Flashlight
- Portable radio
- Extra batteries
- Enough food for each person for a week
- Bottled water
- Enough medication for a week
- Extra blankets and warm clothes

Make sure you are storing

food that does not require heat or refrigeration, in case you end up without power. Also, be sure to have a non-electric can opener. You should have 1 gallon of water per person per day. You can find more information on emergency preparedness online at:

<http://www.nema.ne.gov/preparedness/index.html>
and
<http://www.ready.gov/>

Grand Island Inclusive Recreation Project

The Grand Island Inclusive Recreation Project (GIRP) is designed to support individuals of all ages with disabilities who may need an accommodation to access a typical recreational activity of their choice. GIRP partners include Independence Rising, Grand Island Parks & Recreation, Grand Island YMCA, and Grand Island area Boy Scouts of America. GIRP steering committee partners include representatives from Central Community College

Occupational Therapy Assistant Program, Grand Island Public Schools, People First of Nebraska, Goodwill Industries of Greater Nebraska Inc., and The Arc of Central Nebraska.

Independence Rising is the lead agency for GIRP and assists the partner agencies in developing accommodations for persons with disabilities. Independence Rising is able to provide leisure companions and volunteers



when individual support is necessary.

GIRP provides a model where everyone, regardless of ability level can participate together in the same activities.

For more information contact:
Independence Rising
308-390-2098

Driver's Education School

Independence Rising has a Department of Motor Vehicle certified Driver's Education School for youth and adults.

Our driving school is known as The Center for Independent Living and we provide the following:

- Evaluation of reaction time, visual perception, and behind the wheel skills.
- Education and Training
- Classroom Instruction
- On-the-road instruction

- Adaptive equipment evaluation and training

For more information call:
308-382-9255

Independence Rising is in search of a driving instructor. If you or someone you know may be interested call the number above.

Independence Rising
3335 W. Capitol
Grand Island, NE 68803

It is the vision of Independence Rising to obtain a barrier free society that encourages all people with disabilities to assert their freedom of choice in every aspect of their own lives.



www.cilne.org

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Wendy Space, Independent Living Specialist, wspace@cilne.org 308-390-2098

**No More Living Someone
Else's Dream**



Classified Ads

For sale:

Invacare Electric Hospital bed that raises at the head and feet. Bought new October 22, 2011. Asking \$800.00

Invacare wheelchair with manual, removable foot pedals, and seat cushion. Asking \$200.00.

Please call Terry at (308) 245-4183

If you have something you would like to add to our Classified section in future newsletters please call 308-382-9255