



# RESOURCE CENTER

*for independent living*

Consumer Newsletter • Fall 2014

## Upcoming Events

### 2014 Low Vision Support Groups

**Wamego** - Last Thursday of every month at Wamego Senior Center

**Both groups start following lunch at 12:30pm.**

Contact Mandy at 1-785-267-1717 for more information.

### RCIL Friends Group Schedule on page 4

### Office Closures

**November 11** - Veteran's Day

**November 27 & 28** - Thanksgiving

**December 25 & 26** - Christmas




## RCIL Celebrates 30th Anniversary with Open House

The Resource Center for Independent Living, Inc. (RCIL) is celebrating its 30th anniversary while also educating visitors about the organization's programs and services Thursday, September 25.

Guests will be able to visit RCIL's main office from 11:00 a.m.-1:00 p.m., Sept. 25, at 1137 Laing in Osage City. Visitors will be treated to a lunch of sloppy joes, hot dogs, chips, soda and cake as they visit the office to learn about the many services offered through the organization. Door prizes will add to the excitement.

RCIL first opened in 1984 in Carbondale and was led by its first director Bill Reyer. Since then RCIL has grown to provide a

wide array of programs and services for individuals with disabilities and currently has offices in Osage City, Emporia, El Dorado, Iola and Topeka. RCIL is governed by an all-volunteer board of directors, members of which include: Dana Pinkston, Dr. Carrie Hagemann, Phyllis Satterfield, Kraig Kettler, Ed King, Carol Irby and Alice Purvis.

"Often people drive by and wonder what RCIL is all about without really knowing all the services available to support people with disabilities and their independent living goals," said Deone Wilson, RCIL executive director. "We thought it would be a wonderful idea to open our doors and encourage people to come in and see what we do firsthand." 

## Your Vote Matters

If you have turned on a TV or radio lately, you already know – there is an election coming up. The candidates are busy telling us why we shouldn't vote for that other person. Are you tired of hearing them?

Are you frustrated with the status of your services? Are you frustrated with losing your Kansas homestead and food

sales tax rebates? Are you frustrated with the healthcare services you're receiving – or not receiving – from providers? Are you concerned about state finances or education funding? There is a solution.

*Continued on page 3*



# RCIL Board of Directors

Carrie Hagemann  
*Osage City, KS*

Carol Irby  
*Lyndon, KS*

Kraig Kettler  
*Paola, KS*

Edward King  
*Osage City, KS*

Dana Pinkston  
Chairperson  
*Lyndon, KS*

Alice Purvis  
*Osage City, KS*

Phyllis Satterfield  
*Topeka, KS*

## Alternate Formats

To receive a copy of  
this newsletter in an  
alternate format, please  
call 1.800.580.7245.

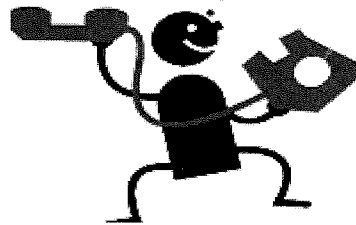
# KanCare Ombudsman Lunch and Learn Call – For Consumers

**K**anCare Ombudsman provides an independent and confidential resource for Kansas Medicaid members' issues and assists members in resolving their concerns. The KanCare Ombudsman also provides guidance to the Secretary of the Department of Aging and Disability Services on policy issues and periodically reports to the Legislature.

Conference Calls are held every other Wednesday from 12:00pm to 1:00pm. These are informational sessions about different KanCare topics that matter to you.

### Save the Dates

Sept. 24th                      Oct. 8th & 22nd  
Nov. 5th & 19th              Dec. 3rd & 17th



On each of those dates at 12:00pm,  
**Dial: 1-866-620-7626** then enter the  
**Conference Code: 4283583031#.**

During each 1 hour call, the KanCare Ombudsman, Kerrie Bacon, will introduce the topic of the day. Then panel members, including Managed Care Organizations (MCOs), may be available to address the topic or answer questions from the KanCare Ombudsman or consumers on the call. ***Please keep your phone on mute (\*6 on your key pad or use your mute key).***

Consumers, Parents, Guardians, Family and Friends are encouraged to submit topic ideas and questions by emailing [KanCare.Ombudsman@kdads.ks.gov](mailto:KanCare.Ombudsman@kdads.ks.gov).

To contact the KanCare Ombudsman for questions, comments, or concerns, call 1-855-643-8180 or for more information about the KanCare Ombudsman go to [www.kancare.ks.gov/ombudsman.htm](http://www.kancare.ks.gov/ombudsman.htm).

## From the Desk of the Payroll Department

**M**any times we receive calls asking questions concerning the AuthentiCare System on clocking in and out. Here are just a few tips that might help with ensuring your DSW's time is in the system and they will be getting paid correctly and on time.

- Do not enter more hours than the Plan of Care allows, this is also true when clocking in and out using the consumer's phone. The in and out times may only reflect the amount of hours allowed on the Plan of Care. If you missed your clock out time clock out as soon as you remember and call the EVV specialist at 877-

929-7655 or 785-528-5045 the following day to have the time adjusted back to the correct time.

- To help ensure your DSW is paid timely and accurately use the Kansas AuthentiCare System for clock in and out using the consumer's phone. For a more perpetual pay date have wage payments direct deposited into the DSW's account.
- Timely filing is very important, if you receive an adjustment log in the mail please complete, scan and email to [payrollhelpdesk@rcilinc.org](mailto:payrollhelpdesk@rcilinc.org) or fax to 785-528-3665 as soon as possible.

# Your Vote Matters cont.

*Continued from page 1*

## VOTE!

Now before you start complaining about how your vote “won’t make a difference” or how difficult it is to vote let me share some facts with you.

RCIL staff members are required to offer consumers the opportunity to register to vote as a part of providing them a service. Within the past year RCIL reviewed approximately 350 consumer files. A portion of those consumers said they were already registered to vote, but many more said they were “not interested.”

What difference can 350 consumer


votes make? In the August primary there were 52 races across Kansas in which two candidates of the same party faced off. 18 of those contests were decided by 317 votes or less and 8 of those winners were voted in by 148 votes or less. One race was decided by only 13 votes. Your vote will make a difference!

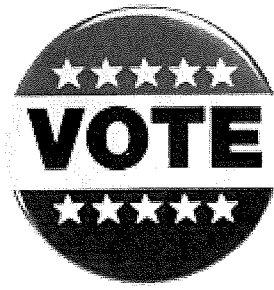
Once registered, people with disabilities have many options in how to place your vote. They include:

- 1) Using an accessible voting machine,
  - 2) Using the assistance of a person of your choice,
  - 3) Curbside voting (from a vehicle),
  - 4) Advanced voting (by mail), or
  - 5) Permanent advanced voting.
- Permanent advanced voting is only

available to people with disabilities.

It requires a special application, but means that you will be mailed a ballot for all future elections – even local special elections. Voting from home – what could be easier than that?

To learn more about your voting rights or to request assistance with registering to vote, contact your local RCIL office. **The deadline to register for the November election is October 14, 2014.** Additional information and resources can be found at <http://www.drckansas.org/drc-programs/voting>. 



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## Medicare Part D Open Enrollment: Oct. 15 - Dec. 7

**M**edicare Part D, otherwise known as Medicare Prescription Drug Plan, open enrollment begins on October 15 and ends on December 7. This gives people with Medicare a full seven weeks to explore new choices and pick the health and drug plans that work best for them. It also gives people a chance to compare, make decisions, and ensures that they will have information about the plan they

selected and membership cards in hand on January 1, 2015 when new coverage starts.

The Health Insurance Marketplace for the Affordable Care Act (ACA) open enrollment period overlaps the Medicare Part D open enrollment period. However, the Marketplace won't have any effect on Medicare benefits. So people with Medicare should continue to do

their annual procedures by examining their current plan or make changes to their Medicare Advantage Plan or Medicare Part D for the 2015 year.

If you need assistance to enroll in Medicare Part D or change your prescription drug coverage plans, please call the RCIL office at 1-800-580-7245. 


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## Dental Hygiene Program

**D**ental Hygiene Program for Flint Hills Technical College is looking for new clients in need of teeth cleanings. Clinic days are Tuesdays and Thursdays at 8:00am and at 1:00pm. Fridays clinic is

only open at 8:00am.

Clinic is open to anyone interested, no insurance is needed. Cost is \$15.00 for adults, \$10.00 for kids, and free to students with stu-

dent ID. Exams include dental x-rays, doctor check, and cleaning. Appointment location is at 3021 Eaglecrest Drive, Emporia. Call today to schedule appointment at 620-341-1352. 






## Self Advocates Wanted

The Self Advocate Coalition of Kansas (SACK) is a statewide advocacy

group made up of adults with intellectual and/or developmental disabilities. SACK encourages and teaches people to speak up for themselves and to obtain the highest possible level of independence.

They provide local self advocacy groups across the state. The purpose of this group is to teach individuals about self advocacy and how they can advocate for

themselves and others. To find a group in your area go to [www.sackonline.org/get-involved.html](http://www.sackonline.org/get-involved.html) and click on the Kansas map to pull up a list of groups. If you are interested in joining a group, feel free to contact SACK.


SACK is currently developing a group in Osage County. Their next meeting is on September 30, 2014 at 2:00pm at the RCIL main office in Osage City. Individuals of all ages are welcome to attend. For more information, contact SACK at 785-749-5588. 

## How to Handle a Medical Emergency

The trick to handling a medical emergency is to prepare for the worst. A plan of action can save you crucial time. To set it into action, you need a calm head. There will be enough chaos around you. Sticking to the plan will help keep you focused. Below are some guidelines you can follow:

1. Call for help immediately if you think someone is in crisis. Don't delay. This includes seizures, shortness of breath, unconsciousness, chest pain, heavy bleeding, severe stomach pain, possible broken bones or poisoning.
2. Stay on the phone with the dispatcher. They are trained to help during emergencies. They'll continue asking you questions and can help you stabilize the person until help arrives.
3. Keep calm until the ambulance gets there. You need to be level-headed. Reassure the patient and keep the patient's temperature comfortable. Take it one step at a time.
4. Talk to the consumer to keep him/her from going into shock. Ask him/her questions about himself/herself, tell him/her stories. Fear and emotional stress can cause him/her to go into shock. Talking will keep him/her focused on something else.
5. Make it easy for the ambulance to find you. If there are other family members or friends around, send them to stand on the nearest corner. Turn on all the inside and outside lights if it's night time. Do anything to flag down the help, so they don't have to look for house numbers.
6. Follow the ambulance to the hospital. Put on your flashers and headlights. Remember, you must still obey all traffic laws.



*This article is from How to Handle Medical Emergency on the eHow website at [www.ehow.com/how\\_2125239\\_handle-medical-emergency.html](http://www.ehow.com/how_2125239_handle-medical-emergency.html) *

## You Asked for It

### Is it true that Iola RCIL Friends Group has been rescheduled in September?

Yes. Iola RCIL Friends group has been rescheduled to September 30th at 1:00pm. It will be located at Townhouse Apartment 217 N. Washington Ave. in Iola.

### When is Life After Brain Injury Seminar?

It is on Saturday October 25, 2014 from 8:30am - 2:25pm at the Kansas Rehabilitation Hospital. Attendees will learn three ways a brain is affected after the brain injury, strategies for thriving after a brain injury, and community resources for people and families dealing with brain injury. Registration is due by October 15th. For more information, call Brain Injury Association of Kansas and Greater Kansas City at 913-754-8883.

*Contact the Information & Referral Specialist at 1.800.580.7245 if you have any questions or need any resources.*