



Upcoming Events

2014 Low Vision Support Groups

Council Grove - at Council Grove Senior Center

Time: **1:00pm**
When:
April 30
May 28
June 25

Wamego - at Wamego Senior Center

Time: **1:00pm**
When:
April 24
May 29
June 26

Contact Mandy Smith at 1.877.719.1717 for more information.

RCIL Friends Group Schedule on page 3

Office Closures

May 26 - Memorial Day

Are You on the Waiting List to Receive Physical Disability Waiver Services?

Thousands of Kansans have been waiting (in most cases, for years) to receive Home and Community Based Services from the Physical Disability waiver (PD waiver). Beginning March 12, 2014, the Kansas Department on Aging and Disability Services (KDADS) sent letters and self-assessment forms to people on the waiting list asking them to confirm that they are still interested in remaining on the waiting list. The letter states that if consumers do **not respond in 20 working days of the date of the letter**, KDADS will place them in the **inactive status waiting list**.

If you **did not** receive a letter and self-assessment form from KDADS: Immediately contact KDADS at 1-785-296-0648; or the Resource Center for Independent Living (RCIL) at 1-800-580-7245 or any Center for Independent Living near you.

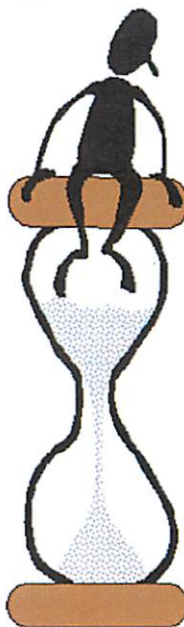
If you **did** receive a letter and self-assessment form from KDADS: Don't wait! Let KDADS know right away if you want to stay on the list to receive the services by submitting the self-assessment

form!

You can submit the self-assessment in the following ways:

- In person, by contacting KDADS directly at 785-296-0648; or
- By faxing it to 785-296-0256; or
- By emailing the self-assessment to HCBS-KS@kdads.ks.gov
- By mail send to Attention: KDADS PD Waiting List

Community Services & Programs Commission
New England Building
503 South Kansas Avenue, 3rd Floor
Topeka, KS 66603-3404



If you need assistance to complete and submit the self-assessment you can contact the RCIL at 1-800-580-7245 or any Center for Independent Living near you.

If KDADS does not hear from you by June 30, 2014, they will assume you are no longer interested in HCBS services, *you will be sent a Notice of Action, and your name will be removed from the waiting list.*

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Alternate Formats

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




From the Desk of the Payroll Department

Many 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 Direct Support Worker's (DSW's) time is in the system and they will be getting paid correctly and on time.

- It is a state requirement that all DSW's must clock in and out using the consumer's phone that is listed in the Kansas AuthentiCare system.
- If the DSW forgets to clock in or out,

please be sure that you (consumer or Durable Power Of Authority (DPOA)) contacts RCIL at 1-785-528-5045 or 1-877-929-7655 to adjust the entry so that it is correct.

- If you have missing clock in and out entries during the week, please contact RCIL by noon on Wednesdays to ensure that the DSW will be paid correctly and on time. If entries are not completed, RCIL will print out an adjustment log and mail it to the consumer for correct times and signatures. That entry will be deleted, if the adjustment log has not been completed and returned to RCIL. 

Homestead Refund

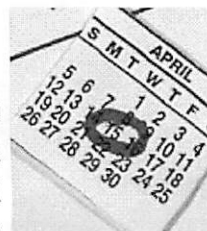
The homestead refund had been revised during the 2013 legislations. So now the homestead refund is a rebate program for the property taxes paid by homeowners. The refund is based on a portion of the property tax paid on a Kansas resident's home and the maximum refund is \$700.


To qualify for homestead refund, you must be a Kansas resident and living in Kansas the entire year. Also, your total household income must be \$32,900 or less.

You must also meet one of the following requirements:

1. You were born before January 1, 1958; OR
2. You must have been totally and permanently disabled or blind during the entire year, regardless of your age; OR

3. You must have had a dependent child living with you all of last year who was born before January 1, 2013, and was under the age of 18 the entire year.



The deadline to file is April 15, 2014. If you meet the requirements and you need assistance, there are free Volunteer Income Tax Assistance programs (VITA) in every local community. They are trained by the Internal Revenue Services (IRS) on how to file Homestead tax refund and Income taxes electronically. They will be first come first served basis with evening appointments available. To find out where the VITA site in your area is located, contact your local Department on Aging, Senior Center, Public Library, or County Courthouse. 

Smart Shopping for Vegetables and Fruits



It is possible to fit vegetables and fruits into any budget. Making nutritious choices does not have to hurt your wallet. Getting enough of these foods promotes health and can reduce your risk of certain diseases. There are many low-cost ways to meet your fruit and vegetable needs.

1. Celebrate the season. Use fresh vegetables and fruits that are in season. They are easy to get, have more flavor, and are usually less expensive. Your local farmer's market is a great source of seasonal produce.

2. Why pay full price? Check the local newspaper, online, and at the store for sales, coupons, and specials that will cut food costs. Often, you can get more for less by visiting larger grocery stores (discount grocers if available).

3. Stick to your list. Plan out your meals ahead of time and make a grocery list. You will save money by buying only what you need. Don't shop when you are hungry. Shopping after eating will make it easier to pass on the tempting snack foods. You will have more of your food budget for vegetables and fruits.

4. Try canned or frozen. Compare the price and the number of servings from fresh, canned, and frozen forms of the same vegetable and fruit. Canned and frozen items may be less expensive than fresh. For canned items, choose fruit canned in 100% fruit juice and vegetables with "low sodium" or "no salt added" on the label.

5. Buy small amounts frequently. Some fresh vegetables and fruits don't last long. Buy small amounts more often to ensure you can eat the foods without throwing any away.

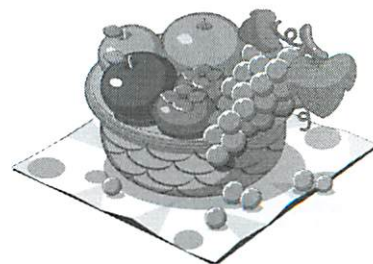
6. Buy in bulk when items are on sale. For fresh vegetables or fruits you use often, a large size bag is the better buy. Canned or frozen fruits or vegetables can be bought in large quantities when they are on sale, since they last much longer.

7. Store brands = savings. Opt for store brands when possible. You will get the same or similar product for a cheaper price. If your grocery store has a membership card, sign up for even more savings.

8. Keep it simple. Buy vegetables and fruits in their simplest form. Pre-cut, pre-washed, ready-to-eat, and processed foods are convenient, but often cost much more than when purchased in their basic forms.

9. Plant your own. Start a garden in the yard or a pot on the deck for fresh inexpensive, flavorful additions to meals. Herbs, cucumbers, peppers, or tomatoes are good options for beginners. Browse through a local library or online for more information on starting a garden.

10. Plan and cook smart. Prepare and freeze vegetable soups, stews, or other dishes in advance. This saves time and money. Add leftover vegetables to casseroles or blend them to make soup. Overripe fruit is great for smoothies or baking.



Kansas Tobacco Quitline

The Kansas Tobacco Quitline is a free service for Kansans who are ready to quit any form of tobacco. It is available 24 hours a day 7 days a week online at www.KSquit.org or by phone at 1-800-QUIT-NOW (784-8669). They have Quit Coaches to provide one-on-one coaching and participants support to create an individual plan to quit tobacco and fight cravings.

There are 5 things tobacco users can expect from the Quitline after signing up for this program.

1. Confidential, personalized support
2. One-on-one email, live chat or phone sessions with a certified cessation counselor
3. To set a quit date within a couple of weeks of registration
4. In-depth information on nicotine replacement therapy (patches, etc.) and cessation medications
5. Telephone assistance in English or Spanish and translation for more than 150 other languages

So what are the benefits of quitting tobacco use?

- Save money. A pack-a-day smoker can save around \$150 a month (\$2,000 a year) by quitting smoking.

- 1 year after quitting smoking, added risk of coronary heart disease is half that of a smoker's.
- 10 years after quitting smoking, lung cancer death rate is about half that of a smoker's.
- 5-15 years after quitting smoking, stroke risk is reduced to that of a nonsmoker.
- Smokers who quit at about age 30 reduce their chance of dying prematurely from smoking-related diseases by more than 90 percent.
- Smokers who quit before age of 50 have half the risk of dying in the past 15 years compared with continuing smokers.
- Quitting smokeless tobacco will reduce the risk of mouth and throat cancer.

The Quitline is provided through a partnership between the Kansas Department of Health and Environment (KDHE) and Alere Wellbeing. For more information on quitting call the Kansas Tobacco Quitline at 1-800-784-8669 or visit their website at www.KSquit.org



This article is from The Quitline Fact Sheet on the KDHE website at <http://www.kdheks.gov/tobacco/cessation.html>.

You Asked for It

How can I be prepared for natural disasters?

The State Emergency Management agencies and the United Way have developed a system where people with disabilities enter their information into a database for special assistance in emergency situations. The information is only used to plan and take action before, during, and after emergencies. To sign up for this service or for more information, go to www.helpmekansas.org or call United Way 2-1-1 hotline by dialing 211.

Do you have a walker I can borrow?

Yes. RCIL has a durable medical equipment (DME) loan program available at no-cost on a short term basis. RCIL accepts donations of new and gently used DME that we will add to our loan inventory or give to a person in need.

Contact the Information & Referral Specialist at 1.800.580.7245 to apply or have questions.

Welcome Ellana!



RCIL is happy to introduce Ellana Mahoney as the newest member of the Core Services team. Ellana started on January 3, 2014 as an Independent Living Specialist in the Emporia office. Ellana will be focusing on providing RCIL's five core services throughout Chase, Lyon, Morris, and northern Greenwood counties. The five core services are Advocacy, Peer Counseling, Deinstitutionalization, Independent Living Skills Training, and Information and Referral. Welcome Ellana! 🐾