RCIL Friends Groups
Hosting ADA Celebrations

Seven RCIL Friends groups continue to work hard on their community advocacy projects. The groups are advocating for changes in their communities such as: longer stoplight crossing times, increasing the number of Wal-Mart carts and benches, improving street conditions, additional accessible storm shelters, and an accessible entrance at the housing authority. One group is making a disability awareness theme quilt that will be displayed at the Annual Fall Festival in Fort Scott on October 4, 2014. Each group uses the Americans with Disabilities Act (ADA) to help support and guide their work on their project.

So what is ADA? ADA prohibits discrimination and ensures equal opportunity for people with disabilities in employment, State and local government services, public accommodations, commercial facilities, and transportation.

In July, each of the RCIL Friends group will be hosting a BBQ during their meeting to celebrate ADA’s 24th Anniversary. Please join us for a free hot dog and to learn more about the ADA, RCIL Friends’ community advocacy projects, and their importance to people with disabilities. Everyone is welcome! For more information, look at the 2014 Friends Group Schedule in this newsletter and/or contact your local RCIL office.

Lunch and Learn in Fort Scott

Presbyterian Village in Fort Scott is holding a Lunch and Learn on July 29th. This is free to the public but you must RSVP by July 25th because seating is limited. RCIL Orientation and Mobility Specialist, Mandy Smith, will be speaking about “Creating Independence” through different skills and/or adaptive equipment for individuals with vision loss. She will also be talking about RCIL’s program, iKan-RCIL, which serves people who are 55 years or older and are blind or have low vision.

If you are planning to attend the Lunch and Learn, please call Presbyterian Village at (620) 223-5550 to RSVP. Presbyterian Village is located at 2401 S. Horton, Fort Scott, KS 66701.
Welcome
I&A Coordinator Mandy!

RCIL is proud to introduce Mandy Kline as an Information and Assistance (I&A) Coordinator. Mandy has an array of experience working with individuals with disabilities. She has worked as a Direct Support Worker (DSW) and has seven years of Targeted Case Management experience. Mandy started on April 7, 2014 in the Osage City office. Her focus will be providing Information & Assistance services for individuals who receive Home and Community Based Services (HCBS). Information & Assistance services include teaching individuals who self-direct their care on how to recruit, hire, and manage their Direct Support Workers.

Welcome Mandy!

New RCIL Office Locations in Emporia and Iola!

RCIL moved its office in Emporia into a bigger office space on June 2, 2014. The Emporia office is still in the Emporia Humanitarian Center at 215 West 6th Avenue, however, they moved to Suite 202 which is on the east side of the building on the second floor. The phone number 620-342-1648 and fax number 620-342-1821 are still the same. The office hours have changed to Monday 8:00am to 11:30am and 12:00pm to 4:00pm, Tuesday and Wednesday from 12:00pm to 4:00pm, and Thursday and Friday by appointment.

The RCIL Iola office will be moving in June. Their new address will be 104 South Washington Avenue. The phone number 620-365-8144 and fax number 620-365-7726 will still be the same. The office hours will continue to be Monday 8:00am to 4:00pm, Tuesday through Thursday 10:00am to 2:00pm, and Friday by appointment.

Feel free to stop by and see us!

Service Changes Coming Soon at the Social Security Offices

The Social Security Administration (SSA) are making a few service changes later this year. The first change starts on August 1, 2014. They will no longer issue Social Security number printouts in their Social Security offices. If you need proof of your Social Security number and you can't find your card, you will need to apply for a replacement card. To get a replacement card, you must complete an Application for a Social Security Card (Form SS-5) online at

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From the Desk of the Payroll Department

What are Adjustment Logs? Adjustment Logs are generated when a Direct Support Worker (DSW) has missed a clock in or out time using the Kansas AuthentiCare payroll system. RCIL would like the consumer to contact the Osage City Office at 1-785-528-5045 or 1-877-929-7655 when an Adjustment Log is necessary. All Adjustment Logs are mailed to the consumer's address.

- 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 generate an Adjustment Log and mail it to the consumer for correct times and signatures. Incomplete entries are deleted from the system until a paper Adjustment Log is received. Complete the paper Adjustment Log and return it to RCIL as soon as possible in order to avoid a delay in payment to the DSW.

- Adjustment Logs that have been mailed to the consumer for missed time are not to be photo copied. Adjustment Logs that have been photo copied will not be accepted.

- 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. DSWs are approved to work and submit only the hours on the Plan of Care.

- DSWs must clock in and out using only the consumer's phone. The consumer's phone number is the only authorized number to be used in the Kansas AuthentiCare system. If the consumer's phone number changes, be sure to contact RCIL.

Take Control of Your Health:
6 Steps to Prevent a Fall

Every 15 seconds, an older adult is seen in an emergency department for a fall-related injury. September 23rd is Falls Prevention Awareness Day. Below are 6 steps to prevent a fall. Stay safe with these tips!

1. **Find a good balance and exercise program.** Look to build balance, strength, and flexibility. Find a program you like and take a friend.

2. **Talk to your health care provider.** Ask for an assessment of your risk of falling. Share your history of recent falls.

3. **Regularly review your medications with your doctor or pharmacist.** Make sure side effects aren't increasing your risk of falling. Take medications only as prescribed.

4. **Get your vision and hearing checked annually and update your eyeglasses.** Your eyes and ears are key to keeping you on your feet.

5. **Keep your home safe.** Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas.

6. **Talk to your family members.** Enlist their support in taking simple steps to stay safe. Falls are not just a seniors' issue.

This article is from the National Council on Aging website http://www.ncoa.org/improve-health/falls-prevention/take-control-of-your-health.html. Visit their website to learn more information.
Social Security Changes cont.

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www.socialsecurity.gov/ssnumber. You also will need documents proving your identity, age and citizenship or lawful immigration status. When you complete your application, you can take, or mail, your application and original documents to your local Social Security office. After they process your application, they will return your documents to you along with your new Social Security card.

On October 1, 2014, Social Security will stop providing benefit verification letters in their offices. If you need proof of your Social Security or Supplemental Security Income (SSI) benefits, you can get a benefit verification letter online instantly through a “my Social Security account.”

To create an account, visit www.socialsecurity.gov/myaccount. After your account is created, you can easily view, print or save an official letter that includes proof of your:
- Benefit amount and type;
- Medicare start date and withholding amount (if applicable); and
- Age.

If you are unable to go online, you can call Social Security’s toll-free number at 1-800-772-1213 to request your letter be mailed to you. You can also use your annual cost-of-living adjustment notice or SSA Form 1099 as proof of income from Social Security.

Consumer Success Story

Our Orientation and Mobility Specialist, Mandy Smith, received a consumer success story from a former consumer. Mandy provided Orientation and Mobility (O&M) training through Vocational Rehabilitation (VR) to the consumer last year and it turned out to be a success! Read below to hear the consumer’s success story.

“I’m using the cane every time I’m out after dark, or when I’m in a crowded place. As a result, I recently was able to travel to NYC, and then to NJ independently, on planes, trains, and (no, not the movie name) buses. No rides from anyone. Flew to NYC, took a shuttle to Grand Central Station, met my daughter and walked a mile to her place, all at night and using my cane. I gotta tell you, using it has been very helpful. It helps me avoid rough pavement, AND, people are so courteous and helpful. Whatever people may say about east coast folks, they are quite kind and generous.

Then I took a train to Western NJ for a meeting/trade show, used a cab to get there and used the “crowded room” technique you taught me (cane diagonal from upper right to lower left). No shame and I was quite comfortable using the cane when I needed to, but also just as comfortable simply carrying it when situations allowed. Basically, I’m telling you that in spite of all my whining during our O&M training, this has been liberating for me. Thank you.”

If you have a consumer success story that you want to share in the newsletter, feel free to call RCIL at 1-800-580-7245 for more information.

What are the Social Security office hours?
The Social Security offices are open Monday, Tuesday, Thursday, and Friday from 9:00am to 3:00pm and Wednesday from 9:00am to 12:00pm. You can find your local Social Security office by visiting www.ssa.gov and clicking “Contact Us” at the top right corner of the page.

Where do I apply for Medicaid?
Department for Children and Families (DCF) office. DCF was formerly known as Social Rehabilitation Services (SRS). You can find your local DCF office by visiting www.dcf.ks.gov and clicking “Contact” at the top center of the page.

What is the phone number to Aging and Disability Resource Center (ADRC)?
ADRC main office phone number is 1-855-200-2372.

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