



RESOURCE CENTER

for independent living

Consumer Newsletter • Fall 2016

Upcoming Events

Visually Impaired Person (VIP) Groups

Abilene - 12:30 p.m. on the first Wednesday of every month at the Abilene Senior Center.

Junction City - 12:30 p.m. on the second Tuesday of every month at the Junction City Senior Center.

Wamego - 12:30 p.m. on the last Thursday of every month at the Wamego Senior Center.

Contact Mandy Smith at 1-785-528-3105 for more information.

RCIL Friends Group Schedule on page 4.

Office Closures

Nov. 11 - Veterans Day

Nov. 24 & 25 - Thanksgiving

Dec 23 & 26 - Christmas

Fall 2016 Important Paperwork Coming Soon

Do you receive Financial Management Services (FMS) from RCIL? Be watching for a large envelope in your mail after September 23, 2016.

FMS has undergone many changes recently with the new Department of Labor regulations, including empowerment of the consumer by clearly defining the consumer as the sole employer of their DSWs. It is time to update the FMS Agreements required by the State of Kansas. All consumers, along with their DSWs, that receive FMS from Resource Center for Independent Living, Inc. (RCIL) are being asked to sign new agreements that reflect the new laws and regulations.



RCIL is planning to mail the following to all consumers that receive FMS on or soon after September 23, 2016.

• **FINANCIAL MANAGEMENT SERVICES AGREEMENT** - This is the agreement **between you (the consumer/employer) and RCIL**. The consumer and/or their authorized representative should carefully review the agreement, sign and return it to RCIL.

- **EMPLOYMENT AGREEMENT(s)** - This is the agreement **between you (the consumer/employer) and your Direct Support Worker(s)**. An agreement will be enclosed for each of your DSWs to sign. The

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USA Boccia

Boccia has been a Paralympic sport since 1984 and is becoming a popular activity for individuals with disabilities in the United States. It was originally presented as a sport for individuals with cerebral palsy, but is now open to any individual who uses a wheelchair. Boccia is a throwing sport of coordination, accuracy, concentration, and ability to strategize. Players who are unable to throw use a ramp to

propel the ball.



How to play boccia? Boccia involves a set of balls consisting of 6 red, 6 blue, and 1 white ball called the "jack." The boccia balls are made out of leather material and it comes in various degrees of hardness. Boccia is played on a flat smooth surface such as a gymnasium floor. The object of the game is to throw or roll the

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RCIL Board of Directors

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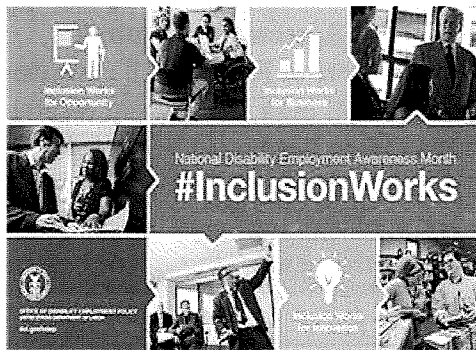
Alternate Formats

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

Disability Awareness Month in October

There is a lot happening in October in Kansas and across the United States. October is known for National Disability Employment Awareness Month, White Cane Safety Day, Disability History and Awareness Week, and Disability Mentoring Day. Read below to learn more about each event.

October 1-31, 2016 – National Disability Employment Awareness Month (NDEAM). It is a nationwide campaign that celebrates the contributions of workers with disabilities and educates about the value of a diverse workforce inclusive of their skills and talents. Every year in the spring, the NDEAM announce the annual theme to help organizations and groups plan their event. This year's theme is "#InclusionWorks". The hashtag (#) theme is intended to spur both individuals and groups to post images and stimulate discussion on social media about the many ways "inclusion works." For more information, check out the NDEAM's website at www.dol.gov/odep/topics/ndeam/.



October 15, 2016 – White Cane Safety Day. In 1964, the United States Congress approved to designate October 15 of each year as White Cane Safety Day. White canes are recognized for providing the visually impaired with greater mobility, allowing them to participate more within their communities. For more information, go to the National Federation of the Blind website at <https://nfb.org/white-cane-safety-day>.

October 16-22, 2016 – Disability History and Awareness Week. In 2009, the Kansas legislature passed a bill in support of disability history and awareness in public schools, and a proclamation was adopted by the Kansas State Board of Education designating the third week of October as Disability History and Awareness Week for schools.

RCIL visits at least two elementary schools every year in their designated counties to educate students and faculty members about disability history and awareness. They develop stations for students and faculty members to learn what it is like to have a disability. Some of the stations are a hearing loss activity, a beep-ball game stimulation, and a wheelchair pushing course. To learn more about disability history and awareness week, go to the Kansas Youth Empowerment Academy website at www.kyea.org/dahb.php#websites.

October 19, 2016 – Disability Mentoring Day (DMD). It is a national program coordinated by the American Association of People with Disabilities. They

promote career development for students and job seekers with disabilities through job shadowing and hands-on career exploration. DMD is recognized nationally on the third Wednesday of every October in conjunction with National Disability Employment Awareness Month. Contact your local RCIL office to find out what day DMD will be in your area. To learn more about DMD go to the Kansas Commission on Disability Concerns website at <https://kcd-cinfo.ks.gov/disability-mentoring-day>.

Kansas Fire Safety Solutions

Home fires are one of the main causes of home injury and death. Smoke alarms should be installed outside every sleeping area and on every level in homes. Kansas Fire Safety Solutions has made available, free of charge, for qualified Kansans, specialized smoke alarms designed to meet the unique needs of persons who are deaf or hard of hearing. The RCIL Assistive Technology team has been trained to conduct in-home-surveys, install equipment and assist with planning and practicing a fire escape plan through the program.



If you or someone you know is interested and deaf or hard of hearing, call Assistive Technology for Kansans at 1-800-526-3648 or e-mail atkapps@ku.edu to request an application before November 11, 2016. 📞

USA Boccia continued

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red and blue balls as close as possible to the jack. Boccia can be played one-on-one, in pairs, or in teams of three.

To play the game one-on-one, both players sit in their box on the court. Then the player with the red balls starts the game by throwing the jack on the court. The same player will throw again to throw their red ball as close as possible to the jack. The opposing player then throws their blue balls until one of them is closer to the jack than the red ball. The red team will then throw their red balls until one of them is closer to the jack. This continues until all balls are thrown and then the players determine the points. The closer player receives the number of points equal to the number of balls that they have closer to the jack than their opponent's closest ball. There are four ends in



a game to determine the winner.

If you would like to try boccia or another sport contact Cathy Drobny at cathy.drobny@gmail.com for more information. Cathy is the leader of a wheelchair sports club, "The Green Machine" in Topeka. They also provide experience in the following sports: slalom, track and field, and introduction to wheelchair basketball. If you are not near Topeka, please contact Cathy or contact RCIL at 1-800-580-7245 and we can help you connect with another sports club closer to your area. For more information about boccia go to the USA Boccia website at www.usaboccia.org

Whether you are super competitive or just want to play for fun, sports like boccia are a great way to meet new friends and get involved in your community! 📞

Advance Voting

Do you want to vote but unable to get to the polls? Advance voting makes that possible for any registered voter. They can vote by mail before the Election Day. This makes voting in Kansas easier than ever for voters.

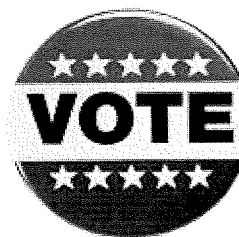
How to apply for advance voting? You must be registered to vote before you can apply for advance voting. You can print and complete voter registration application and/or the advance voting ballot application from the State of Kansas Office of the Secretary of State web-

site at www.sos.ks.gov. If you don't have access to a computer, contact your local County Election Office at your local County Courthouse to request voter registration application and/or an application for advance voting ballot. The last day to register to vote is October 18, 2016 and the last day to apply for advance voting ballot to be mailed to you is November 4, 2016. All applications need to be turned in to the County Election Office.

You can have your advance voting ballot mailed to you starting 20

days before the Election Day. The first day advance ballots will be mailed to voters who requested a ballot is October 19, 2016. All advance voting ballots must be turned in to their local County Election Office by the close of polls on Election Day November 8, 2016.

If you have questions or need assistance, contact RCIL at 1-800-580-7245. Every vote counts! 📞



Important Paperwork Coming Soon continued

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consumer (or their authorized representative) and each DSW that works for you should review, sign and return their agreement to RCIL.

- **DSW Work Schedule and Wage Agreement(s)** - This is an agreement between **you (the consumer/ employer) and each of your DSWs**. This agreement defines the schedule the DSW will work and also is where you set their hourly pay rate from the Wage Range provided. The consumer (or their authorized representative) and each DSW that works for you should review, sign and return their agreement to RCIL.
- **Mandatory Contact Notice** - This document requires **each DSW's signature** and includes educational information about important policies and procedures. A Mandatory Contact Notice is enclosed for each of your DSWs.
- **Notice of Privacy Practices** based on the Health Insurance Portability and Accountability Act of 1996 (HIPAA)

& Acknowledgement Form - This Notice describes how health information about you may be used and disclosed and how you can get access to this information. Each **consumer** should review it carefully, sign and return the Acknowledgement form to RCIL.

Please make copies of the agreements and notices for your records and return them to RCIL within ten business days of their receipt.

There are a number of ways to return the agreements, Contact Notice and HIPAA Acknowledgment Form:

- In - Person to any RCIL Office - call first to make sure the office will be open.
- Use the enclosed envelope to return by regular mail - RCIL, PO Box 257, Osage City, KS 66523
- Fax - 785-528-2938
- Scan and email to payrollhelpdesk@rcilinc.org

Questions? Please call 1-800-580-7245. ☎

Falls Prevention

Falls Prevention Awareness Day was observed on September 22, 2016. The National Council on Aging promoted this awareness and provided good information about falls. Below are some information they shared on their website at www.ncoa.org.

- Did you know that every 11 seconds an older adult is treated in the emergency room for a fall? And every 19 minutes an older adult dies from a fall!

Here are some ideas to limit falling and injuries.

- Do exercises to help with endurance, strength, balance and/or flexibility.
- Go for walks.
- Limit clutter, keep your floors free of obstacles.
- Keep a flashlight nearby your bed.

For more information go to the National Council on Aging at www.ncoa.org. ☎



You Asked for It

How many years has RCIL been in business?

32 years! RCIL was established on September 21, 1984. Happy Anniversary RCIL!

What are Kansas Voting Registration Deadlines?

October 18, 2016 -

Register for the General Election

November 4, 2016 -

Apply for Advance Voting Ballot for General Election

November 8, 2016 -

General Election

Read article "Advance Voting" on page 3 for more information.

Where can I find information about voting rights and how to register to vote?

You can find voting information on the Disability Rights Center of Kansas at <http://www.drckansas.org/drc-programs/voting>.

If you have any questions or need any resources call Independent Living Specialist at 1-800-580-7245.