



RESOURCE CENTER

for independent living

Consumer Newsletter • Summer 2016

Upcoming Events

Visually Impaired Person (VIP) Groups

Abilene - next meeting is September 7, 2016 at 12:30pm at the Abilene Senior Center.

Junction City - 12:30pm on the first Thursday of every month at the Junction City Senior Center.

Wamego - 12:30pm 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 is between pages 4 & 5.

Office Closures

July 4 - Independence Day


September 5 - Labor Day

Kansas Budget Cuts Impacted the Senior Care Act Program

On May 23, 2016 the Kansas Association of Area Agencies on Aging and Disabilities announced they had to cut \$2.1 million to the Senior Care Act program which was a 30% decrease to the overall program. Over 1,300 seniors were negatively impacted. The Kansas Area Agencies on Aging (AAA) said they plan to mail letters to seniors during the beginning of June indicating if services will be terminated or reduced. The Kansas AAAs also initiated a state-wide waiting list for the Senior Care Act program effective on May 23rd.

The Senior Care Act program was enacted by the Kansas legislature in 1989. The Kansas AAAs provides the Senior

Care Act program to elderly state residents the opportunity to receive care services and support in their homes or primary places of residence. RCIL is affiliated with the Kansas AAAs to serve as a payroll agent for the Senior Care Act Program. The Kansas AAAs have offered the Senior Care Act program for almost 30 years effectively until now. Over 4,500 seniors across Kansas are receiving services.

For more information, contact Janis DeBoer with the Kansas Association of Area Agencies on Aging and Disabilities at 785-267-1336. 



Kansas Voting Registration Deadlines

People with disabilities have many options in how to place their vote. Below are 5 ways to place your vote:

1. Use the accessible voting machine at your polling places.
2. Curbside voting within your car – 2 poll workers from different parties should be present.
3. Use the assistance of a poll worker or other individual.
4. Advanced Voting by mail.
5. Permanent Advanced Voting by mail.

Review the “Important Deadlines to Remember” on page 9 to find out when is the last day to register to vote and to apply for advance voting ballot. You will also find dates for the primary election and general elections. To learn more about your voting rights or to request assistance with registering to vote, contact your local RCIL office. Additional information and resources can be found at <http://www.drckansas.org/drc-programs/voting>.

Continued on page 9

RCIL Directors

Deone Wilson

Executive Director

Becky Brewer

*Director of Financial
Management Services*

Adam Burnett

Director of Core Services

Tania Harrington

*Director of Disability
Services*

Mike Pitts

*Director of Finance
& Technology*

Beat the Heat

Summertime is here. Everyone is spending more time outside and enjoying the sunshine while doing their favorite fun activities. To have a safe and fun summer while beating the heat, let's review these summer safety tips below to avoid experiencing the heat disorders written by the National Weather Service.

Avoid the Heat: Stay out of the heat as much as possible. Spend time in an air conditioned space. If air conditioning is not available, stay on the lowest floor out of the sunshine.

Dress for the Heat: Wear loose-fitting clothes that cover as much skin as possible. Lightweight, light-colored clothing that reflects heat and sunlight and helps maintain normal body temperature. Protect your face and head by wearing a wide-brimmed hat. Avoid too much sunshine. Sunburn slows the skin's ability to cool itself. Use a sunscreen lotion with a high sun protection factor (SPF) rating.

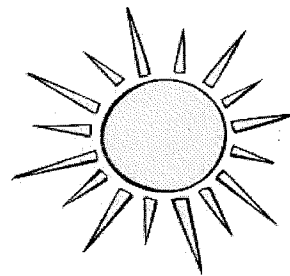
Drink FOR the Heat: Drink plenty of water and natural juices, even if you don't feel thirsty. Even under moderately strenuous outdoor activity, the rate your body can absorb fluids is less than the rate it loses water due to perspiration. However, if you have epilepsy or heart, kidney, or liver disease; are on fluid-restrictive diets; or have a problem with fluid retention you should consult a doctor before increasing liquid intake.

Do not drink IN the Heat: Avoid alcoholic beverages and beverages with caffeine, such as coffee, tea and cola. Alcohol and caffeine constrict blood vessels near the skin reducing the amount of heat the body can release and it can cause further body dehydration.

Eat for the Heat: Eat small meals more often. Avoid

foods that are high in protein

because they increase metabolic heat. Avoid using salt tablets, unless directed to do so by a physician.



Living in the Heat: Slow down. Reduce, eliminate, or reschedule strenuous activities such as running, biking and lawn care work when it heats up. The best times for such activities are during early morning and late evening hours. Take cool baths or showers and use cool, wet towels.

There are 4 heat disorders and they are sunburn, heat cramps, heat exhaustion, and heat stroke. Sunburn is when the skin turns red and may be painful. If the burn is severe, there will be swelling, blisters, fever and headaches. Heat cramps are painful spasms in muscles such as legs and abdomen. Heat exhaustion symptoms include heavy sweating, feeling body weakness, fainting, and vomiting. Skin maybe cold, pale and/or clammy. Heat stroke is also known as sun stroke. The symptoms include high body temperature (106+), hot dry skin, rapid and strong pulse and possible unconsciousness. If you believe someone is suffering from a heat stroke, call 911 immediately. With all other heat disorders, have the person move to an air conditioned area, sip water and call medical help if vomiting continues.

Have a safe and fun summer while beating the heat and following these summer safety tips. If you would like more information, visit the National Weather Service website at www.srh.noaa.gov/oun/?n=safety-summer-summertsafety.

Alternate Formats

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

2015 Highlights & Donors

Workers, family and friends to help me when I need them. Living in my apartment made my life easier for me.”

RCIL Celebrated the ADA 25th Anniversary

During the month of July 2015, RCIL celebrated the Americans with Disabilities Act's (ADA) 25th Anniversary during its RCIL Friends group meeting in El Dorado, Emporia, Eureka, Fort Scott, Iola, Osage City, and Paola. Each group had speakers that discussed the ADA and refreshments were provided. The ADA prohibits discrimination and ensures equal opportunity for people with disabilities in employment, State and local government services, public accommodations, telecommunications, commercial facilities, and transportation.



Carrie was crowned Ms. Wheelchair Kansas on March 15, 2015.

2015 Ms. Wheelchair Kansas Elected Member for RCIL Board of Directors

RCIL is honored to have Carrie Sunday, 2015 Ms. Wheelchair Kansas, as the newest member of our board of directors in August 2015. Carrie lives in Osage County. She was crowned Ms. Wheelchair Kansas on March 15, 2015. Since she received her title, she traveled to different areas meeting Kansans of all ages, speaking to different groups, and participating in local events. She was the twelfth woman to represent the state of Kansas at the national competition since the creation of the Ms. Wheelchair Kansas program in 2004. Carrie fulfilled the Ms. Wheelchair Kansas mission, which is to educate, advocate, and empower all people on a state level. Carrie's experiences will be a great asset for RCIL.

2016 Paralympic Games

Every two years the Olympic Games are on television (TV). This year is the Summer Olympic Games. It will be on TV during the month of August following with the Paralympic Games in September. Do you remember growing up watching the Olympic Games but not being



able to watch the Paralympic Games because it wasn't shown on TV? In today's society, the technology is so far advanced that there will be opportunities to watch the Paralympic Games on TV or online. Let's make an effort to watch the Paralympic Games to support our disability pride and to

cheer for USA athletes in their competitions.

The Paralympic Games are a multi-sport event for athletes with physical, mental and sensorial disabilities. This includes mobility disabilities, amputees, visual disabilities and

Continued on page 8

2016 Paralympic Games Cont.

Continued from page 7

those with cerebral palsy. It all started in 1948 when Ludwig Guttman organized a sports competition in Stoke Mandeville, England which involved World War II veterans that had spinal injuries. In 1960, the Olympic-style games for athletes with a disability were organized for the first time in Rome. Then in 1976 in Toronto, other disability groups were added and the idea of merging together different disability groups for international sports competitions was born. In the same year, the first Paralympic Winter Games took place in Sweden.


This year the Summer Paralympic



Games will be held from September 7 – 18, 2016 at Rio de Janeiro in Brazil. According to the Paralympic Games website at www.paralympic.org, there will be around 4,350 athletes from more than 160 countries traveling to Rio to compete in 526 medal events in 22 different sports. Some of the sports are archery, boccia, football, sitting volleyball, swimming, wheelchair tennis, and wheelchair basketball. There will be two new sports included in the Summer Paralympic Games for the first time and they are canoe and triathlon. All of the athletes are placed in categories for competition based on their impairment also known as sport classes. The classification system

determines which athletes are eligible to compete in a sport and how athletes are grouped together for competition so that they can compete equitably.

The Rio Paralympic Games will be on TV on the National Broadcasting Company (NBC) channel from September 7th – 18th. It will also be shown on the Paralympic Games website at www.paralympic.org. Let's show our disability pride and support USA athletes by watching them play during the Rio Paralympic Games on TV or online! For more information, visit the Paralympic Games at www.paralympic.org.

(All information in this article is found on the Paralympic website.) 

Payroll Helpdesk: PCS, ECS, What?????

Some of your Direct Support Workers (DSWs) may have been experiencing some confusion when clocking in using the AuthentiCare KS system. With the State's change of Sleep Cycle Support to Enhanced Care Services, it's sometimes difficult to tell the difference between PCS (Personal Care Services) and ECS (Enhanced Care Services) when your DSWs are clocking in.




When calling to clock in, the Interactive Voice Response system in AuthentiCare KS will:

1. Ask the DSW to enter their ID number followed by the # sign.
2. Press 1 for Check-in.
3. Hear the name of the Consumer, if correct, press 1.
4. A list of services:
 - (Waiver) Self-Directed PCS – Press 1 – this is for Personal Care Services
 - (Waiver) ECS – Press 2 – this is for Enhanced Care Services (formerly

Sleep Cycle Support)

5. AuthentiCare KS will repeat your DSWs name, service (PCS or ECS) and the consumer's name. If this is correct, press 1. If the information is not correct, press 2 and you will be able to correct the information before finishing the call.

Please pay close attention to whether you are clocking in to provide PCS (Personal Care Services) or ECS (Enhanced Care Services). It makes a big difference! 

Consumer Success Story


Kalene, who is totally blind, moved to Topeka in the late 1970s. She has lived on her own most of her life and has always called herself independent. From about 1978 until 1990 Kalene used the fixed bus route system as her form of transportation. Kalene said she isn't sure but something caused her to stop. Instead she started depending on friends, cabs, and the door-to-door bus service offered in Topeka. This continued for 16 years.

Kalene decided one day that the door-to-door service was too expensive and did not offer her enough freedom to go and leave when she wanted. Kalene had heard from friends about Mandy Smith, Orientation and Mobility Specialist, at the Resource Center for Independent Living, Inc. (RCIL) and decided to call Mandy. They set up a plan with a goal to learn the fixed bus system and how to get off the bus and to different businesses and places Kalene travels to often. The Topeka Metro offers a FREEdom pass and allowed Kalene to attend training at the bus station where she could get on a parked bus and talk to the driver about the bus, routes, and questions she had. After about three months of training, with Mandy Smith, Kalene was able to learn the bus system routes and learn the

walking portions of the routes to several businesses and her friend's home.

"I feel like I've regained independence because I can do what I need when I need to do it," said Kalene. She enjoys being able to leave early in the morning to go get her shopping done before the stores get too busy but more importantly she doesn't have to worry about missing her ride back or waiting for her ride like she did with the door-to-door service.

"Orientation and mobility training allowed me to gain skills and build confidence to cross streets and get to the buildings/businesses I need to go to." Kalene said she was limited to where the door-to-door services would take her (and when) and the short walking routes in her area. Kalene said she is now able to travel to places by herself that she could only attend with a friend.

When asked if Kalene had advice for others Kalene said "Don't think about it. Start the process and use the resources that are available." 



You
Asked
for It

I have a disability and I want to work. Where can I get assistance to find employment?

Contact your local Department for Children and Families (DCF) office and speak with a Vocational Rehabilitation (VR) Counselor. Also contact your local RCIL office to learn how to fill out a resume and employment applications.

What does HCBS stands for?

It stands for Home and Community Based Services. This program allows individuals who need long term care services to stay in their home instead of an institutional setting. To request an assessment for HCBS, contact your local Aging and Disability Resource Center (ADRC). RCIL provides Financial Management Services (FMS) provider for HCBS across Kansas.

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

KS Voting Registration Deadlines Cont.

Continued from page 1



Important Deadlines to Remember:

July 12, 2016	Register for the August Primary	October 18, 2016	Register for the General Election
July 29, 2016	Apply for Advance Voting Ballot for primary election	November 4, 2016	Apply for Advance Voting Ballot for general election
August 2, 2016	Primary Election	November 8, 2016	General Election 