Consumer Christmas Parties

The holiday season is here! RCIL will have their annual consumer Christmas parties during the month of December. Below is a listing of the dates and locations of the parties. Pick the event you would like to attend and RSVP to the RCIL office hosting that event at least one week prior. Please be sure to request special accommodations when you RSVP if necessary.

The Christmas parties are being held in conjunction with the December RCIL Friends meetings. There will be fun activities and food provided. If you have questions or would like more information, feel free to contact your local RCIL office.

RCIL staff would like to wish you a Happy Holiday Season and safe travels.

Fort Scott - Dec. 13 at the Fort Scott Housing Authority (315 Scott St.) from 1:00pm - 3:00pm

Osage City - Dec. 13 at the Park Place Apartments (207 S. 6th St.) from 1:00pm - 3:00pm

Paola - Dec. 15 at the Paola Housing Authority (310 S. Iron Ave.) from 1:00pm - 3:00pm

Emporia - Dec. 18 at the Broadview Towers Apartments (110 W. 6th Ave.) from 1:30pm - 3:30pm

Eureka - Dec. 19 at the Magic Circle Apartments in the South Community Room (301 Magic Circle Rd.) from 1:00pm - 3:00pm

El Dorado - Dec. 20 at the RCIL Office (615 1/2 N. Main) from 1:00pm - 3:00pm

Christmas Parties Schedule

Iola - Dec. 12 at the Iola Housing Authority (217 N. Washington Ave.) from 1:00pm - 3:00pm

14 Weeks To A Healthier You!

The Kansas Disability and Health Program are working with the National Center on Health and Physical Activity for People with Disabilities (NCHPAD) to offer Kansans with disabilities a free web-based physical activity and nutrition program.

What is the program?

Continued on page 2
14 Weeks To A Healthier You Continued

Continued from page 1

- Designed for people with mobility limitations, chronic health conditions and physical disabilities.
- The goal is to help you get moving and making healthy nutrition choices.
- The duration of the program is 14 weeks.

How does it work?
- You register online for the program and tell us a little about yourself.
- We take your information and provide you with personalized resources and exercises that meet your individual needs over the course of 14 weeks.
- You receive new material each week that builds on the previous weeks.
- For best results, visit our website at least once a week.
- The University of Kansas will contact you to see what you thought of the 14 week program.

What do I get throughout the program?
- New personalized weekly exercises, recipes and nutrition tips.
- Motivational resources such as articles, tips, reminders and alerts.
- Features to help you track your activity and what you eat.
- Access to 14-week coaches.

If you or someone you know would like to try this program, just register online at www.nchpad.org/14weeks/?f=KS. For more information contact NCHPAD at 1-800-900-8086.

Let’s talk about Medicaid Fraud

While most people are good-hearted, well-meaning, law abiding citizens, there are times when the claims they submit for time worked for their consumer/employer may constitute Medicaid fraud.

Direct Support Workers (DSWs) cannot be paid for time worked while the consumer/employer they work for is out of the home due to an in-patient stay in a hospital, rehabilitation facility or nursing facility. Medicaid will only pay one provider and if Medicaid is paying for the consumer/employer’s care in one of these institutions, they will not pay a Direct Support Worker’s claim for Home and Community Based Services for the same time period.

A Direct Support Worker also cannot be paid while the consumer/employer is incarcerated (in jail or prison). Claiming time worked while the consumer/employer is out of the home due to incarceration constitutes Medicaid fraud.

You cannot be paid with Medicaid funds to clean the home, pick up the mail, or transport clothing/meds/supplies to the consumer/employer, etc. while the consumer/employer is out of the home.

Performing activities such as watering the plants, caring for the consumer/employer’s pets (unless it is a registered service animal), painting the walls, tending the garden, mowing the lawn, shoveling the snow, and doing home repairs...
are not approved activities. Claiming time worked while performing these tasks constitutes Medicaid fraud.

A DSW clocking in as working and then leaving the consumer/employer’s home only to return to clock out is Medicaid fraud. Someone else working for you and using your DSW AuthentiCare ID number to clock in and out is Medicaid fraud. Consumer/employers clocking a DSW in and out when they are not there is Medicaid fraud. DSWs running personal errands, picking up their children, attending personal or family member’s appoint-
ments, and working at another job while clocked in as working for the consumer/employer is Medicaid fraud.

The Home and Community Based Services program is a fantastic service that allows individuals with a disability, or the elderly, to remain independent in their own home instead of moving into a nursing facility or institution. Committing Medicaid fraud or allowing Medicaid fraud to be committed, jeopardizes the safety of the consumer/employers, the integrity of the program and puts individuals at risk of losing much-needed services, being assessed fines or penalties or even jail time.

Many, many individuals have devoted their lives working so individuals with disabilities have the right to remain as independent as they want to be by being able to self-direct their own services. Don’t let the actions of a few individuals destroy years of progress for individuals with disabilities. Help keep your independence and right to choose by not allowing Medicaid fraud to occur. Do the right thing. Follow the rules. Report Medicaid fraud.

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**Who Should I Call?**

The KanCare Ombudsman developed the “Who Should I Call?” list. This may be useful for consumers who have KanCare.

### Call the KanCare Clearinghouse
- To ask questions about applying
- To check on your application or if you are having problems with application process
- For renewals of applications
- To update your information
- To change the responsible party on your case
- To disenroll from KanCare/Medicaid

**KanCare Clearinghouse:** 1-800-792-4884  
**Children and Families Fax:** 1-800-498-1255  
**Elderly and Disability Fax:** 1-844-264-6285  
**Apply Online:** www.ApplyForKanCare.ks.gov

**MAILING ADDRESS:**  
KanCare Clearinghouse  
PO Box 3599, Topeka 66601-9738

### Call the Managed Care Enrollment Center
- To find your assigned managed care organization (MCO)  
- If you did not receive an enrollment package  
- For reassignment or exceptions  
- To change your MCO

**Managed Care Enrollment Center:** 1-866-305-5147

### Call your Health Plan Customer Service line
- If you haven’t received or have lost your medical ID card  
- To change your primary care physician  
- To ask about a prescription drug  
- To find out if a service is covered  
- For help finding a doctor, dentist or other provider  
- To file a complaint/grievance about your MCO or provider  
- To file an appeal or state fair hearing

- **Amerigroup:** 1-800-600-4441  
- **Sunflower:** 1-877-644-4623  
- **United Healthcare:** 1-877-542-9238
KSYLFF for High School Students with Disabilities

The Kansas Youth Leadership Forum for Students with Disabilities (KSYLFF) is currently searching for motivated young leaders to attend the 18th annual forum held July 9-14, 2018 at Washburn University in Topeka.

The KSYLFF is an annual conference serving students with disabilities across the state. All students who are interested in attending the KSYLFF must meet the following criteria:

- reside in Kansas.
- have a disability as defined with the Americans with Disabilities Act.
- be in the 11th or 12th grade as of December 31, 2017. Please note: Students who are in an 18-21 transition program qualify to apply as well.
- have demonstrated leadership potential or interest in school and the community.

There will be no cost for students who are selected to attend. All lodging, food, and accommodations are paid for through KSYLFF funds. Accommodations such as personal care attendants, sign language interpreters, large print, and other accommodations will be provided.

Extended on page 5
2018 FRIENDS GROUP SCHEDULE

**RCIL Offices are CLOSED on**

<table>
<thead>
<tr>
<th>El Dorado</th>
<th>Time</th>
<th>Topic</th>
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<tbody>
<tr>
<td>Jan. 24th</td>
<td>1pm</td>
<td>Low Income Energy Assistance Program</td>
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<tr>
<td>Feb. 28th</td>
<td>1pm</td>
<td>Emergency Preparedness</td>
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<tr>
<td>Mar. 28th</td>
<td>1pm</td>
<td>Top 10 Mental Illnesses and their Myths</td>
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*Advocacy Project — Accessibility Parking Surveys*
*Location RCIL Office, 615 1/2 N. Main, El Dorado*

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<tr>
<th>Emporia</th>
<th>Time</th>
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<tr>
<td>Jan. 29th</td>
<td>1:30pm</td>
<td>Honor Flight</td>
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<tr>
<td>Feb. 26th</td>
<td>1:30pm</td>
<td>Cooking Tips and Demonstration</td>
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<tr>
<td>Mar. 26th</td>
<td>1:30pm</td>
<td>Learn about the Dirty Kanza Event</td>
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*Advocacy Project — Public Transportation*
*Location Broadview Towers Apartments, 110 W. 6th Ave., Emporia*

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<td>1pm</td>
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*Advocacy Project — Develop Emergency Preparedness Plan*
*Location Magic Circle Apartments, 301 Magic Circle Rd., Eureka*

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<th>Ft Scott</th>
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<tbody>
<tr>
<td>Jan. 10th</td>
<td>1pm</td>
<td>Cooking For You</td>
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<tr>
<td>Feb. 14th</td>
<td>1pm</td>
<td>Emergency Preparedness</td>
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<tr>
<td>Mar. 14th</td>
<td>1pm</td>
<td>Diabetic Wellness</td>
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* Advocacy Project — Build an Accessible Playground at Gunn Park*
*Location Fort Scott Housing Authority, 315 Scott St., Fort Scott*

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**Advocacy Project** is a project to make a change in your local community to accommodate people with disabilities. Are you interested to get involved and to make a difference in your community? Attend your local Friends group for more information!

In cases of inclement weather, please call ahead!

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<tr>
<th>Iola</th>
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<td>1pm</td>
<td>Diabetic Wellness</td>
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*Advocacy Project — Disability Cookbook*
*Location Iola Housing Authority, 217 N. Washington Ave., Iola*

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<th>Osage City</th>
<th>Time</th>
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<tr>
<td>Jan. 10th</td>
<td>1pm</td>
<td>How to Develop Goals</td>
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<tr>
<td>Feb. 14th</td>
<td>1pm</td>
<td>Valentine’s Party - Arts and Crafts</td>
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<td>Mar. 14th</td>
<td>1pm</td>
<td>Sit Down Exercise</td>
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*Advocacy Project — Pending*
*Location Park Place Apartments, 207 S. 6th St., Osage City*

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<td>Jan. 26th</td>
<td>1pm</td>
<td>Community Resources</td>
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<tr>
<td>Feb. 23rd</td>
<td>1pm</td>
<td>Disaster Preparedness</td>
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<tr>
<td>Mar. 23rd</td>
<td>1pm</td>
<td>Fair Housing Rights</td>
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*Advocacy Project — Mental Health Awareness event*
*Location Paola Housing Authority, 310 S. Iron Ave., Paola*

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Friends are groups of individuals who have, or have experienced, a disability. We meet monthly to share & learn about disability related topics, to advocate for change in our communities, and to have fun!

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**Accommodations:** Please contact us 2 weeks prior to a meeting to request accommodations.

For more information and locations please call or email us:
1-800-580-7245
info@rcilinc.org
Consumer Success Story

Dimity Lowell is a fighter. She has never been one to give up when things got tough so when she was diagnosed with ovarian cancer, her first thought was only about how she was going to beat the disease. Five years later, she continues to fight not only the disease but the system that is in place and meant to assist her with activities of daily living and other medical needs. Dimity participates in Home and Community Based Services (HCBS) and is covered under KanCare. At this time, the HCBS program pays for home based care so that she may remain at home, where she can live as independently as possible, instead of in a nursing home. However, Dimity has experienced several cuts to her service hours and those cuts have resulted in what she calls “infringement to my right to my own personal choices, time with my family and loss of my independence.”

As a result, Dimity came to RCIL to create a self-advocacy plan to learn how to appeal the cuts so she can access necessary healthcare services while enjoying the time that she may have left with her family. Dimity said, “I chose RCIL because it seemed like a good company from what I heard. RCIL is all about my personal choices and my freedoms. They teach us the tools we need to make our point and enhance our lives. It’s about what I need and what I want. They help me achieve that.” Dimity reports that over the years she has learned several things while working with her Independent Living Specialist (ILS) at RCIL. Dimity also said, "I worked with my ILS and learned to stand up for myself. Everything is not black and white with this system that I have to participate in to get my healthcare. Being part of a team, with someone who is there to have your back or someone who can tell you who will help you is so important if you want to get through all the hoops the state makes you jump through just to get the care that you need. Now with RCIL, I have a goal and direction. I’m able to be a part of choosing who comes into my home and RCIL always has someone who is available to help me."

Dimity states this help has been invaluable in creating a “better, healthier life.” Dimity said, “I have less stress and I’m actually more independent because they’ve given the tools and the knowledge I need to stay that way. And that is what I hope everyone understands. Centers for Independent Living are invaluable because, if they are as good as RCIL, they really help people be as independent as they want to be! Our personal choice is the most important thing in the world to a person with a disability. With RCIL’s help, I’ve learned how to make my voice heard. My voice. My choice!”

KSYL for Students with Disabilities Continued

Continued from page 4

be provided for those delegates who need them. Interested students must fill out an application that will be reviewed through a competitive selection process. The application deadline for the 2018 forum is December 15, 2017. Delegate applications are on the Kansas Youth Empowerment Academy (KYEA) website at www.kyea.org/upcomingksylf. You can contact KYEA at 1-866-577-5932 for more information.
Moved?
If you’ve moved or changed your phone number, name, or email address, call 1.800.580.7245 so we can keep in contact with you!

We’re on the Web!
Visit us at: www.rcilinc.org
Find us on: [Social Media Icons]

RCIL Home Office
Address
P.O. Box 257
1137 Laing
Osage City, KS 66523
Phone
1.785.528.3105 Voice
1.800.580.7245 Toll Free
1.877.929.7655 Payroll Help Desk
Fax
1.785.528.3665
Payroll Fax
1.785.528.2938

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El Dorado
615 1/2 N. Main
El Dorado, KS 67042
1.316.322.7853 Voice
1.800.960.7853 Toll Free
1.316.322.7888 Fax
Emporia
215 W. 6th Ave., Suite 202
Emporia, KS 66801
1.620.342.1648 Voice
1.888.261.4024 Toll Free
1.620.342.1821 Fax
Iola
104 S. Washington Ave.
Iola, KS 66749
1.620.365.8144 Voice
1.877.944.8144 Toll Free
1.620.365.7726 Fax
Topeka
1507 SW 21st St., Suite 203
Topeka, KS 66604
1.785.267.1717 Voice
1.877.719.1717 Toll Free
1.785.267.1711 Fax