



RESOURCE CENTER

for independent living

Consumer Newsletter • Spring 2017

Want to get Involved?

Visually Impaired Person (VIP) Groups

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

Junction City - 12:30pm on the second Tuesday 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 Groups

See page 4 in this newsletter for details.

Office Closures

April 14 - Good Friday

May 30 - Memorial Day

DSW Background Checks and Backup DSWs

With the new Direct Service Worker (DSW) background check requirements that went into effect on January 1, 2017, it is more important than ever that you maintain a backup plan which includes DSWs that have already passed the required background checks and completed the DSW paperwork to obtain their Authenticare KS identification number.

There are some background checks that take a minimum of three weeks to receive a response from the agency processing the request. Some have taken as long as five weeks. Due to this delay, some consum-

ers have not had an approved DSW available to provide their services.

It is extremely important that you select backup DSWs and have their background checks completed in the event your regular DSW cannot work. It is your responsibility to have a backup plan



in place in the event your DSW has an emergency, sudden illness, departure and/or termination. Having the background checks and DSW paperwork already completed and obtaining their Authenticare KS identification number will allow your backup DSWs to begin working immediately should the need arise.



ATTENTION FMS Consumers!

You now have the option to pay your client obligation and/or background checks fee by credit card on our website. How?

- | |
|---|
| 1. Go to RCIL website at www.rcilinc.org . |
| 2. To pay your client obligation - Click on "Client Obligation Payment" button on the right side of the website. |
| 3. To pay your background checks fee - Click on "Background Check Payment" button on the right side of the website. |
| 4. It will open a new screen for you to select "credit card" for the payment type. |
| 5. Then enter your credit card information and click "Submit" when you are ready to make your payment. |

Questions or need assistance? Call RCIL at 1-800-580-7245. 

Prepare for Emergencies Now

RCIL Board of Directors

Carrie Hagemann
Osage City, KS

Kraig Kettler
Paola, KS

Dana Pinkston
Chairperson
Lyndon, KS

Alice Purvis
Osage City, KS

Carrie Sunday
Overbrook, KS

According to the National Weather Service (NOAA) at www.weather.gov/top/swaw, Kansas experiences a wide variety of summertime severe weather, including: tornadoes, damaging winds, large hail, and flash flooding. The Severe Weather Preparedness week is from March 6 – 10, 2017. Residents are encouraged to review their severe weather safety plans and practice what they would do as if the event was REAL.

On the Ready website at www.ready.gov, they listed three things

to prepare for emergencies and they are:

1. **Get a Kit** of emergency supplies,
2. **Make a Plan** for what you will do in an emergency.
3. **Be Informed** about what might happen.



Today we are going to focus on what items we need to consider when making an emergency supplies kit. While making your kit think about what you have on hand to make it on your own for **at least three days** or more. While there are so many things that might make you more comfortable, think first about fresh water, food and clean air according to the Ready website. Then review recommended supplies list below to include in your basic kit. The list is also on the Ready website.

✓ **Water:** one gallon per person per day, for drinking and sanitation

✓ **Non-perishable food:** at least

Continued on page 5

2017 Local Community Events



RCIL is actively involved in community events in various places in the Eastern part of Kansas. You are welcome to attend at any of the events to learn more about RCIL and other community partners.

Date	Event Name	Location	City	Time
April 1st	Annual Health and Safety Fair	Agribusiness Building	Arkansas City	9:00 am - 12:00pm
April 18th	Transition Pathways Fair (for youth with disabilities)	El Dorado Civic Center	El Dorado	4:00pm-7:30pm
April 26th	Franklin County Resource Fair	Neosho County Community College	Ottawa	10:30am - 12:30pm
May 3rd	Spring Fling	El Dorado Civic Center	El Dorado	9:00am - 3:00pm
May 5th	Community Connections	Community Building	Osage City	1:00pm - 3:00pm
May 10th	Osage Senior Fair	Senior Center	Osage City	9:00am - 1:00pm
May 24th	Keep It a Safe Summer	Lyon County Fairgrounds	Emporia	5:00pm - 7:30pm

Alternate Formats

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

RCIL Friends Group

Do you have a disability? Do you want to get out and socialize? Do you want to make a change in your local community to accommodate people with disabilities? If you answer is yes to one or all of those questions you should be a member of RCIL Friends.

RCIL Friends are groups of individuals who have, or have experienced, a disability that come together for social and educational events. There are seven RCIL Friends groups in the Eastern part of Kansas. They are located in El Dorado, Emporia, Eureka, Fort Scott, Iola, Osage City, and Paola. Each group meets monthly to share and learn about disability related topics such as fair housing rights, emergency preparedness, transportation, accessibility, and much more. They also work together on their community advocacy projects. Advocacy projects are designed to make a change in your local community to accommodate people with dis-

abilities. Some of the examples of past advocacy projects are longer spotlight crossing times, increased accessibility at a local business, improving street conditions, and working for an accessible entrance at a housing authority. Afterwards members have some fun socializing and playing bingo or other games of their choice. Refreshments are provided and prizes are given away during the meeting.

Are you interested? RCIL Friends groups meet a certain day of the week every month. Review the list below to find out when RCIL Friends get together in your area.

- El Dorado - 4th Wednesday
- Emporia - last Monday
- Eureka - 4th Tuesday
- Fort Scott - 2nd Wednesday
- Iola - 4th Tuesday
- Osage City - 2nd Wednesday
- Paola - resuming June 2017

For details such as dates, times,

topics, and locations go to the 2017 Friends Group Schedule on page 4 in this newsletter. In cases of inclement weather, please contact your local RCIL office to verify meeting plans.

Being a member of RCIL Friends will give you a great opportunity to meet new friends, share ideas and/or personal experiences, gather resources, make a difference in your community, and learn about new programs and services. All you have to do is show up at your local RCIL Friends meeting and have some fun! You are welcome to bring a friend too!



COMING SOON!

RCIL will be offering independent living skills workshops. If there is a topic you want to learn about contact RCIL at 785-528-3105.

Visually Impaired Person Groups

RCIL has three Visually Impaired Person (VIP) groups and they are located in Abilene, Wamego, and Junction City. The VIP meetings are for individuals who are blind or have low vision. They meet every month to share life experi-

ences and learn techniques and technology that will increase independence in their daily life. The group determines what topics they would like to discuss and present-

ers come in to share information and community resources with the groups.

These groups are held monthly at:

Abilene Senior Center
100 N. Elm St.

Abilene, KS 67410

When: First Wednesday of the month
Time: 12:30pm

Junction City Senior Center
1025 S. Spring Valley Rd.
Junction City, KS 66441

When: First Thursday of the month
Time: 12:30pm

Wamego Senior Center

501 Ash St.

Wamego, KS 66547

When: Last Thursday of the month
Time: 12:30pm

There is no cost to attend the meetings and everyone is welcome to learn more. Contact Mandy Smith, Certified Orientation and Mobility Specialist at 785-528-3105 with questions.



Prepared for Emergencies Now Cont.

Continued from page 2

three-day supply

- ✓ **Battery-powered or hand crank radio** and a NOAA Weather Radio with tone alert and extra batteries for both
- ✓ **Flashlight and extra batteries**
- ✓ **First aid kit**
- ✓ **Whistle** to signal for help
- ✓ **Filter mask** or cotton t-shirt, to help filter the air
- ✓ **Moist towelettes, garbage bags and plastic ties** for personal sanitation
- ✓ **Wrench and pliers** to turn off utilities
- ✓ **Manual can opener** if kit contains canned food
- ✓ **Plastic Sheeting and duct tape** to shelter in place
- ✓ **Important documents**
- ✓ **Items for unique family needs**, such as daily prescription medications, infant formula, diapers or pet food




service provider about their emergency plans. Work with them to identify back-up service providers within your area and other areas you might evacuate to.

Include Emergency Documents: Include copies of important documents in your emergency supply kits such as family records, medical records, wills, deeds, social security number, charge and bank accounts information, and tax records. It is best to keep these documents in a waterproof container. Also include any information related to operating equipment or lifesaving devices that you use. If you have a communication disability, make sure your emergency information list notes the best way to communicate with you. Also be sure you have cash or travelers checks in your kits in case you need to purchase supplies.

Additional Items: If you use eyeglasses, hearing aids and hearing aid batteries, wheelchair batteries or oxygen, be sure you always have extras in your kit. Also have copies of your medical insurance, Medicare and Medicaid cards readily available. If you have a service animal, be sure to include food, water, collar with ID tag, medical records and other emergency pet supplies.

Consider two kits: In one, put everything you will need to stay where you are and make it on your own. The other should be a lightweight, smaller version you can take with you if you have to get away.

Now you know what supplies you will need for your kit. Get started today! To learn how to develop a plan and be informed for severe weather go to www.ready.gov or call 1-800-237-3239. 

You Asked for It

RCIL provides Core Services. What are they?

There are five core services and they are Advocacy, Peer Counseling, Independent Living Skills Training, Transition Services, and Information and Referral. Contact RCIL at 1-800-580-7245 to learn more about any of the Core Services.

Does RCIL provide Core Services across Kansas?

No. RCIL provides Core Services in 15 counties in the Eastern part of Kansas. Core Services are provided in every county in Kansas. There are 11 other Centers for Independent Living (CILs) in Kansas and each CILs has designated counties to provide Core Services with no cost to individuals with all different types of disabilities of all ages.

Information and Referral is the only Core Service that RCIL and other CILs provide to individuals with or without disabilities in Kansas.

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