



RESOURCE CENTER

for independent living

Consumer Newsletter • Fall 2018

In This Issue

Defining Independence.....	1
Keep Us In The Loop!..	2
Kansas Voting Registration Deadlines.....	2
What is Sepsis?.....	3
SPIL Workgroup: Housing.....	3
RCIL Friends Group Schedule.....	4
Enter For Your Chance to WIN a FREE Prize!.....	5
You Asked for It.....	5
Kansans with Disabilities Can Work flyer is between pages 2 and 3.	

Office Closures

Nov. 12 - Veterans Day

Nov. 22 & 23 - Thanksgiving

Dec. 24 & 25 - Christmas

Defining Independence

By Mandy Smith, Orientation and Mobility Specialist

There is something about the end of summer that is exciting. School starts and it could be a new beginning for some students or “back to routine” for others. Students have the opportunity for new experiences along with the learning of new lessons. For some, these lessons might be from books. But for most, lessons are learned from their experiences and the people around them.

One lesson a student may learn is his/her definition of independence. If you look up independence in the dictionary you will find “freedom from the control, influence, support, aid, or the like, of others.” But let’s dive deeper into how this definition is free flowing and not as black and white as one might think.

“Control” is the exercise of restraint or direction. This can be accomplished by making a choice and the person making that choice doesn’t have to necessarily be the one that performs that task. I remember years ago I was asked if I was independent. I, of course, answered “YES!” I was asked if I changed my own oil... no. Do I cut my own hair... no. Do I cook every single meal for myself...

no. But I’m still independent right? I started to question myself. It then was explained how I chose who changed my oil. I chose who cut my hair. And I chose where I was going to eat if I didn’t cook for myself. Those choices made me able to accomplish tasks how I wanted therefore I was free from the control of someone else making those choices for me. “Influence” can be thought of several ways. One of which is, it is all around; from our friends, family, classmates, and the media. Can we really ever be free from it? Being around people with negative thoughts can also influence others’ decision making.

However, this is where we go back to control and how the person can control who helps influence his/her choices. “Support and aid” is needed but to what extent is up to that person. Support and aid could be anything from transportation support, accommodations for tests, use of a Smart Phone, and much more. The words support and aid can have negative connotations with them but they shouldn’t. No one can get through life without support or aid of someone or something. “Others” can include those mentioned before: friends, family,



Continued on page 2

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Alternate Formats

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

KEEP US IN THE LOOP!

In order for RCIL to provide you with the best possible service, it's important that you keep us updated with your status and contact information.

It is your responsibility to notify RCIL if you have a change in address or a new telephone number. Keeping your contact information current with RCIL is extremely important. We make every attempt to keep our FMS consumers informed of up to date information regarding your services and the service provided by your Direct Support Workers. If we have an incorrect address or telephone number it may cause unnecessary delays in contacting you with, or for, information. Such delays may result in an interruption of your services or a delay in your DSW's pay.

It's also important, and a requirement, that you, or someone on your behalf, notify RCIL when you are out of the home due to a hospitalization, nursing home or rehabilitation facility stay

or incarceration (jail). Of course, we do not expect you to delay your treatment because you have to notify RCIL that you are headed to the hospital, but please add RCIL to your list of people to contact when an event happens that requires you to be out of the home and temporarily unable to receive Home and Community Based Services.



REMEMBER – YOUR DSW CANNOT BE PAID TO PROVIDE SERVICE FOR YOU IF YOU ARE OUT OF THE HOME DUE TO A HOSPITALIZATION, NURSING FACILITY OR REHABILITATION FACILITY STAY OR IF YOU ARE IN JAIL! THIS IS MEDICAID FRAUD!


Please think of RCIL when you are planning to move, are getting a new telephone number or are out of the home and unable to receive Home and Community Based Services. Keep us in the loop so we can keep you in the loop!



Defining Independence Continued

Continued from page 1

classmates, etc. which I don't think most people want to be free from...


Just like everything else in the world independence looks different on different people. So, as this school year begins and continues, keep in mind all the choices that are being made. Whether you are a student, have a student living at home, or are just a learner of life we can all learn the lesson of finding our own definition of independence. 

Kansas Voting Registration Deadlines

In order to vote for the **General Election** on **November 6, 2018** you will need to register to vote by October 16, 2018.



If you prefer to vote in your home you can apply for Advance Voting Ballot by October 30, 2018.

To learn more about your voting rights or to request assistance with registering to vote, contact your local RCIL office. 

Kansans with Disabilities Can Work



Disability and Health Program
kansans with disabilities can be healthy

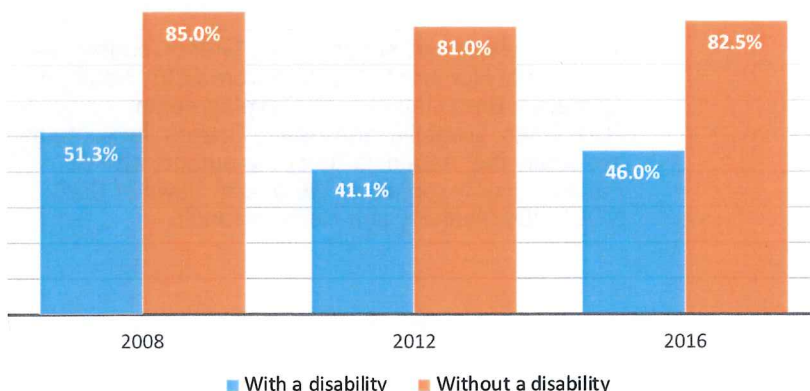
People with disabilities are more likely to be in fair or poor health and to experience worse health outcomes than their peers without disabilities. The Kansas Disability and Health Program (DHP) and others like it around the U.S. are working to reduce these disparities because, contrary to public perception, **people with disabilities can be healthy.**

Likewise, people with disabilities have lower income and higher rates of unemployment than those without disabilities. While many factors affect the employment rate of people with disabilities, one widespread misconception is that people with disabilities are unable to work or do not have the desire to work. Although some individuals with disabilities may experience complications from poor health that limit their ability to work full-time, **people with disabilities can work and want to work.**

In fact, research conducted in Kansas¹ has shown that people with disabilities who engage in paid employment are actually in better health than their peers. Some may explain this by saying, “They work because they are healthy enough to do so,” but the opposite has also been found: People with disabilities who work, even for a few hours weekly, and are not discouraged to do so by their families and health care or service providers, report better health and quality of life.

“We are trying to better our lives. We want to be working members of society and live the American dream.”
- A Kansan with mental illness

Kansas Employment Rates²



Though a cause and effect relationship between working and improved health is not conclusive, it is clear that many people with disabilities can work when they have adequate opportunities and supports to do so. The common assumption that people with disabilities cannot work not only limits their income potential and independence – it could also negatively affect their health.

¹Hall, Kurth, Hunt. Employment as a health determinant for working-age, dually-eligible people with disabilities. *Disability & Health Journal*. 2013; 6(2):100-106.

²Erickson, Lee, von Schrader. *Disability Statistics from the American Community Survey (ACS)*. Ithaca, NY: Cornell University Yang-Tan Institute (YTI). Retrieved from Cornell University Disability Statistics website: www.disabilitystatistics.org.



One Kansan's Journey to Health and Self-Sufficiency

When he was 21 years old, Melvin was in a car crash that left him with paraplegia. He had worked for years in construction, but after his injury was not able to return to his construction career. His income dropped significantly, and he decided that college and a new career path were his next steps.

Melvin returned to school and earned a master's degree, but then he was confronted with paying student loans along with his other living expenses. While in college he lived in a studio apartment and got by with services and supports available for people with disabilities.

However, Melvin wanted to achieve financial stability. He knew he needed to put his degree to work and get a job. After convincing his doctors and family that he was able to work and still maintain his health, Melvin found a full-time job – one that paid much more than minimum wage.

While it took him years to recover from his injury and then to obtain his college degree, Melvin is now better off than he was before his injury 30 years ago. He said that working has allowed him to make mortgage payments on a house remodeled to meet his needs, drive his own accessible van and, in his words, "be a productive, healthy citizen."

For More Information:

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This fact sheet was supported by Grant/Cooperative Agreement Number DD000006 from CDC, National Center on Birth Defects and Developmental Disabilities, Disability and Health Branch. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of CDC, NCBDDD, Disability and Health Branch.

What is Sepsis?

Sepsis is a complication caused by the body's overwhelming and life-threatening response to infection, which can lead to tissue damage, organ failure, and death.

Sepsis is **difficult to diagnose** because it happens quickly and can be confused with other conditions.

Sepsis is a medical emergency and is **deadly** when it is not quickly recognized and treated.

What can you do to **prevent** sepsis?

1. **Get vaccinated** against the flu, pneumonia, and any other infections that could lead to sepsis. Talk to your doctor for

more information.

2. **Prevent infections** that can lead to sepsis by

- **Cleaning** scrapes and wounds
- Practicing **good hygiene** such as hand washing



3. Know that **time matters**. If you have a severe infection, **look for signs** like: shivering, fever, or very cold, extreme pain or discomfort, clammy or sweaty skin, confusion or disorien-

tation, short of breath, rapid breathing, and high heart rate.

What should you do if **you think** you have sepsis?

Seek medical treatment if you have signs of sepsis following an infection.

For more information about sepsis, go to the Centers for Disease Control and Prevention (CDC) at www.cdc.gov/sepsis.

This article is from a fact sheet called, "What is Sepsis?" on the Safe Care Campaign website at <http://safecarecampaign.org/sepsis.html>.

SPIL Workgroup: Housing

The Statewide Independent Living Council of Kansas (SILCK) is a not-for-profit corporation, governed by a Board of Directors. The Council, in conjunction with the Centers for Independent Living, is responsible for the development of the State Plan for Independent Living. The SILCK is also responsible for monitoring, reviewing and evaluating the implementation of the State Plan.

The state plan has been broken down into four vital workgroups to focus on the most important barriers facing people with disabilities. These groups include: Outreach, Transportation, Employment, and Housing. In this article we would like to share updates about the Housing workgroup. This workgroup has a representative from most of the Centers for Indepen-

dent Living across Kansas.

The workgroup has two goals they are working on and they are:

Goal 1 - Encourage people with disabilities and CIL staff to participate with local, regional, and state organizations to promote and advocate for affordable, accessible, integrated housing.

Goal 2 - Identify housing information, resources, and training opportunities for workgroup members to share with local advocates.

Since the implementation of this group we have focused greatly on attending meetings with housing stakeholders present for the purpose of providing

education as to what people with disabilities need and the barriers we face when trying to find accessible, affordable housing. We also share information regarding rights, reasonable accommodations, and reasonable modifications. We encourage universal design in housing development and offer support to consumers who need to file a housing complaint, seeking education regarding their housing rights, or who would like to learn how to advocate for housing that is truly needed in the community. We also attend housing conferences that have developers, housing management, and property owners

in attendance to foster partnership, educate, advocate and provide resource information to as-



Continued on page 5

2018 FRIENDS GROUP SCHEDULE



RCIL Offices are CLOSED on

Nov. 12, Nov. 22 & 23, and Dec. 24 & 25 2018!

El Dorado	Time	Topic
Oct 17th	1pm	Preparing for Winter
Nov 28th	1pm	How to Combat Seasonal Depression
Dec 19th	1pm	Consumer Christmas Party

*Location: RCIL Office

615 1/2 N. Main, El Dorado, KS 67042

Emporia	Time	Topic
Oct 29th	1:30pm	Sleep Lab
Nov 26th	1:30pm	Cardio Pulmonary Services
Dec 31st	1:30pm	Consumer Christmas Party

*Location: Broadview Towers Apartments

110 W. 6th Ave., Emporia, KS 66801

Eureka	Time	Topic
Oct 23rd	1pm	Preparing for Winter
Nov 27th	1pm	How to Combat Seasonal Depression
Dec 18th	1pm	Consumer Christmas Party

*Location: Magic Circle Apartments

301 Magic Circle Rd., Eureka, KS 67045

Ft Scott	Time	Topic
Oct 10th	1pm	Diabetes and First Aid
Nov 14th	1pm	Missing/Lost Children
Dec 11th	1pm	Consumer Christmas Party

*Location: Fort Scott Housing Authority

315 Scott St., Fort Scott, KS 66701

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!

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!

Iola	Time	Topic
Oct 23rd	1pm	Diabetes and First Aid
Nov 27th	1pm	Missing/Lost Children
Dec 18th	1pm	Consumer Christmas Party

*Location: Iola Housing Authority

217 N. Washington Ave., Iola, KS 66749

Osage City	Time	Topic
Oct 10th	1pm	History about Osage County KS
Nov 14th	1pm	History about Thanksgiving
Dec 12th	1pm	Consumer Christmas Party

*Location: Park Place Apartments

207 S. 6th St., Osage City, KS 66523

Paola	Time	Topic
Oct 26th	1pm	Diabetes and First Aid
Nov 16th	1pm	Missing/Lost Children
Dec 28th	1pm	Consumer Christmas Party

*Location: Paola Senior Center

121 W. Wea St., Paola, KS 66071

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

Enter For Your Chance to WIN a FREE Prize!

To be entered into a drawing for a FREE prize, complete the quiz below and turn it in to RCIL by October 16, 2018 in the following ways:

- By mail: RCIL P.O. Box 257 Osage City, KS 66523
- OR e-mailing your answers to info@rcilinc.org



The winning ticket will be drawn on October 17, 2018 and the prize will be mailed to the winner on the same day.

Cut Here. <

Fill in the Blanks

1. The State Plan for Independent Living has 4 workgroups. They are Transportation, Employment, _____, and Outreach.
2. If you have a new _____ or a new telephone number it is your responsibility to notify RCIL to update your contact information.
3. It is important to notify RCIL if you are in the hospital, nursing home, rehabilitation facility or _____.
4. Practicing good _____ such as hand washing is one way to prevent sepsis.
5. The general election is on November _____, 2018.
6. You can request a copy of the HIPAA notice at _____ by contacting RCIL.
7. People with disabilities who work report _____ health and quality of life.

Name: _____

Address: _____


Phone Number: _____

SPIL Workgroup: Housing Continued

Continued from page 3

sist in making housing more accessible and affordable for those living with a disability. In addition to those efforts we make a point to attend Kansas Housing Resource Corporation public hearings to make sure the voices of people with disabilities are heard when financial decisions are being made regarding housing

funding that is coming into Kansas and how those funds should be allocated.

If you are interested in joining the housing workgroup, or have questions, please feel free to contact Macy Collins at the El Dorado Office at 316-322-7853. 

You Asked for It

I want to vote for the general election. Where do I register to vote?

You can register at your local County Courthouse, on the Kansas Secretary of State's Office website at <https://www.kdor.ks.gov/Apps/VoterReg/Default.aspx>, or you can request a voter registration application from your local RCIL office.

Where can I find information about voting rights?

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

I received a call asking about my new Medicare card number and other personal information. Am I supposed to provide my information?

No. Medicare will never ask you to give them personal or private information to get your new Medicare number and card. If someone calls you and ask for your Medicare Number or other personal information, hang up and call Medicare at 1-800-633-4227.

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



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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:



HIPAA Privacy Notice

RCIL's Notice of Privacy Practices based on the Health Insurance Portability Accountability Act of 1996 (HIPAA) is available in every RCIL office and on the RCIL website at <http://rcilinc.org/resources>. You can request a copy of the notice at anytime by contacting RCIL at 1.800.580.7245 or info@rcilinc.org.

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

Satellite Offices

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

Iola

104 S. Washington Ave.
Iola, KS 66749
1.620.365.8144 Voice
1.877.944.8144 Toll Free
1.620.365.7726 Fax

Emporia

215 W. 6th Ave., Suite 201
Emporia, KS 66801
1.620.342.1648 Voice
1.888.261.4024 Toll Free
1.620.342.1821 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