



# RESOURCE CENTER



*for independent living*

Consumer Newsletter • Spring 2013

## Upcoming Events

Come and Visit RCIL at  
Local Community Events

**April 6, 9:00am-2:00pm**  
*Arkansas City Health Fair*  
Where: Fire/EMS Dept.  
Town: Arkansas City

**April 13, 8:00am-2:00pm**  
*RCIL/KYEA Spring Fling*  
Where: RCIL/KYEA  
Parking Lot  
Town: Topeka

**April 25, 10:00am-1:00pm**  
*Osage County Senior  
Resource Fair*  
Where: Senior Center  
Town: Osage City

**April 26, TBD on Time\*\***  
*Disability Mentoring Day*  
Where: Butler Community  
College in Student Union  
Town: El Dorado

*\*Lunch will be open to the public  
\*\*Call Macy at 1.800.960.7853 for  
more information.*

**May 8, 9:00am-2:00pm**  
*El Dorado Spring Fling*  
Where: Civic Center  
Town: El Dorado

Office Closures

May 27 - Memorial Day

## Celebrating Success!

*Submitted by Jane Kelsey*

I have never imagined I would become a consumer of the Resource Center for Independent Living (RCIL). Due to the fact I was born with retinitis of prematurity (ROP), I had observed over 15 years with slow vision changes before I needed some assistance to stay as independently as possible. My vision loss forced me to cease all my driving in 2009 and in March 2011 I retired from my job since it was getting too difficult for me. In June 2011, my life changed suddenly in an unexpected way when I hit the final stages of ROP. However, my heart still had hoped that this wasn't happening to me. Everything I learned about ROP

was a personal blow to my identity and for three months I had my own private pity party. In September 2011, it was time to stop "not dealing" by reevaluating life and to begin a newly remodeled future by learning how to live my visually changing life. I came to realize that the world was not going to stop just because I could not see it. Therefore, I had to face some life-changing events by adjusting to retirement, finding out outcomes when I'm totally blind, and taking big adjustments in my marriage.

I entered RCIL and gained the assistance from an Orientation and Mobility

Specialist named Mandy Smith. She came out to my home and discussed how I had come to need the services provided by RCIL. My concerns, needs, and goals were addressed as well as the impact that my diminishing vision had on my family. I told Mandy I will end up totally blind so I needed to start early to develop the new skills to live life as an independent blind person.

My number one concern was how to handle the household basics such as cooking, laundry, house cleaning, and money management. Mandy taught me new skills in my kitchen such as learning

how to label every item in my kitchen cabinets. By doing this, I was able to find a cookie sheet that has dimples so I can put cookie dough on it instead of creating unintended bar cookies. I have also gained my own ability without Mandy's help to look at everyday items and see new creative ways to use them. For example, "Did you know that an antique glass juicer makes a really nice earring and bracelet holder?"

Then Mandy helped me identify all the places in my home where a bump dot



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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 800.580.7245.



## Attention FMS Consumers New Payroll Policy

Due to the new KanCare program, Managed Care Organizations (MCO) are requiring timely filing. As of January 1, 2013 RCIL added a new payroll policy for the self-directed Financial Management Services (FMS). The new policy states: **Timely Filing-All time worked must be received within 60 days of service date.**

## Success Story cont.

*Continued from page 1*

would be useful. During this process, I realized how many appliances that had touch pads or digital displays that were not useful for me. One of the appliances I had was a front loader washer and I was able to replace it with a top loader washer with dials that click. Then I added bump dots to help me use the machine more comfortably. Another area Mandy taught me was how to arrange my clothes in my closets. I learned how to identify clothing by color and a system of sock rings for different kinds of socks. I also learned to use a mesh laundry bag instead of laundry basket to carry up and down the stairs when doing laundry. This way I was able to use one hand on the stair rail to feel more secure going up and down the stairs.

Losing my vision changes everything in my life. So one of the biggest and unexpected problems I dealt with were the social and psychological aspects of blindness. It influenced my marriage, family relationships, and how friends perceive me. Even though Mandy does not have extensive psychological training, she "got it" on how I was feeling about the changes in my life while she was working with me. She gave me

pointers on how to order a meal at a restaurant such as requesting my steak be cut in small bite-sized pieces. I had developed coping skills especially how to meet and greet people. I was able to discuss how to handle the social aspects of losing my eyesight with Mandy. She taught me ways of handling the "fear factor" associated with being out and about in the community. Mandy became a part of my new support system. I feel blessed to have the help of friends and former co-workers. Also as an avid reader and knowledge seeker, I was able to get the intellectual "fix" I need every day so I feel very blessed to have my computer, the Audio-Reader program, and Talking Books.

Overall, I firmly believe with Mandy's wonderful guidance, my attitude and determination to succeed improved greatly and pulled me into action to help myself. RCIL has staff that I have yet to consult and I will be meeting them in the next few months to check into other services they have available for me. I would encourage you and your family to be familiar with RCIL programs and take the opportunity to support it in all ways possible.






## RCIL's Iola Office has Moved!

As of March 4, 2013 RCIL's Iola office has changed their location to 335 North Cottonwood Street, Suite C in Iola. The entrance to the office is on the south side of the building. The phone number 620-365-8144 and fax number 620-365-7726 are still the same. The office hours will continue to be Monday 8:00am to 4:00pm, Tuesday through Thursday 10:00am to

2:00pm, and Friday by appointment.

Our Independent Living Specialist Casey Gaines facilitates strong and active RCIL Friends groups every month on the 4th Tuesday at Townhouse Apartments in Iola and on the 2nd Wednesday at High Rise Apartments in Fort Scott. Both meetings are from 1:00pm to 3:00pm. If you are interested and want to attend go to page 4 in this newsletter for more information.

RCIL offers 5 core services to people with disabilities in Allen County and surrounding counties. They are Advocacy, Peer Counseling, Deinstitutionalization, Independent Living Skills Training, and Information and Referral. RCIL also provides other services in the area. For more information or if you need assistance please call 1-800-580-7245 or visit our website at [www.rcilinc.org](http://www.rcilinc.org).

Feel free to stop by and see us! 

## RCIL Office Hours

OPENING HOURS	
MON	
TUES	
WED	
THUR	
FRI	
SAT	
SUN	

RCIL has experienced a lot of changes within the last several months. Due to these changes, RCIL had to adjust office hours at several RCIL satellite offices. Please see the RCIL offices hours listed below to know when your local RCIL office is open.

### RCIL offices are open:

*Osage City* – Monday through Friday from 8:00am to 4:00pm

*Emporia* – Monday through Wednesday 12:00pm to 4:00pm and Thursday through Friday by appointment


*El Dorado* – Monday and Wednesday 8:00am to 4:00pm and Tuesday, Thursday and Friday by appointment

*Iola* – Monday 8:00am to 4:00pm, Tuesday through Thursday 10:00am to 2:00pm, and Friday by

appointment

*Topeka* – Monday and Friday 8:00am to 4:00pm and Tuesday through Thursday 10:00am to 4:00pm\*

★ (Closed Monday through Friday 12:00pm to 1:00pm for lunch)

Feel free to stop by and see us! 


## Emporia Ribbon-Cutting Ceremony

On February 11, 2013 the Emporia Area Chamber



of Commerce hosted a Ribbon-Cutting Ceremony at RCIL's new office location in Emporia.

Twenty-five people were present to celebrate the event. Information and Outreach Coordinator/Independent Living Specialist, Beth Burnett, gave a presentation about RCIL services.

The Emporia RCIL Office is now located at 215 West 6th Avenue, Suite 208. The office is in the Emporia Humanitarian Center with Flinthills Technology College and other non-profit agencies such as Kansas Assistive Technology Cooperative and Kansas Children's Service League. 

# FRIENDS GROUP SCHEDULE

To save on costs we will no longer be sending out postcard invitations. Please save this page!



El Dorado	Time	Topic
April 24th	1pm	Flowers and Gardens: When To Plant
May 22nd	1pm	Beating The Heat
June 26th	1pm	City Improvements: How To Get Involved

**\*\*Location** RCIL Office in El Dorado

Emporia	Time	Topic
April 29th	1:30pm	10 Tools To Live Your Life Well
May 20th	1:30pm	Gardening
June 24th	1:30pm	Living Wills

**\*\*Location** RCIL Office in Emporia

Eureka	Time	Topic
April 23rd	1pm	Flowers and Gardens: When To Plant
May 28th	1pm	Beating The Heat
June 25th	1pm	City Improvements: How To Get Involved

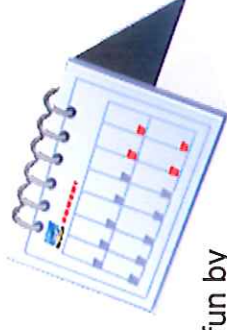
**\*\*Location** Magic Circle Apartments in Eureka

Ft Scott	Time	Topic
April 10th	1pm	CPR 101
May 8th	1pm	KanCare Information
June 12th	1pm	Medical Decision/Living Wills

**\*\*Location** High Rise Apartments in Fort Scott

**RCIL Office is CLOSED on MAY 27, 2013 for Memorial Day**

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!



Some groups play bingo, join the fun by bringing a small, wrapped gift along. Everyone is welcome, a gift is **NOT** required to play! Call your local office for more information.

In cases of inclement weather, please call ahead!

	Time	Topic
April 23rd	1pm	Share Your Hobby/Craft
May 28th	1pm	KanCare Information
June 25th	1pm	Medical Decisions/Living Wills

**\*\*Location** Townhouse Apartments in Iola

Osage City	Time	Topic
April 10th	1pm	Diabetes/Healthy Diets
May 8th	1pm	Computers 101
June 12th	1pm	Advocacy Issues

**\*\*Location** Park Place Apartments in Osage City

## Special 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](mailto:info@rcilinc.org)

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# Handwashing Awareness for Home Caregivers

It may seem like a simple act, but proper handwashing can be a crucial element in proper home care techniques.

You may already be aware that the easiest way to spread germs and catch a cold is by not keeping your hands clean. You may know that if you don't wash your hands after eating or using the bathroom, your germs are immediately spread to the next thing you touch, such as the telephone or the door knob.

It is even more important during the flu season that hands are washed multiple times during the day. Handwashing is not only important for caregivers, but also for consumers, family members and friends. It's important all day, every day.

Because people who have serious illnesses often have a more difficult time fighting off infection, it is ever so important for caregivers to prevent passing infections to or from their consumers. Here are some simple steps to protect yourself, consumers, and your loved one from infection.

Wash your hands thoroughly and frequently.

- You should wash your hands before and after caring for others, after handling soiled laundry or bandages, before preparing and eating food, after coughing or sneezing, and after using the restroom.

- Liquid handsoap is preferred over bar soap that is sitting by the sink and used by many people. The liquid handsoap does not have to be antibacterial.

- Friction is important in cleaning hands so be sure to rub hands and fingers

vigorously.

- Be sure to include your wrists and get under your nails.

- Sing the Happy Birthday song to yourself two times while washing your hands to ensure even time is spent on the process.

- Rinse well with running water.

- Drying hands with disposable hand towels is better than using the cloth hand towel hanging on the bathroom rack. This prevents the transfer of bacteria to your just cleaned hands.

- Dry hands completely and feel free to use hand lotion if you desire.

- Wear gloves when touching infectious items.

Children and family members who come in from school and work should wash up before coming in contact with the consumer. Continual handwashing can be drying to your skin, especially in cold weather. Using a good hand cream or moisturizer is just as important as washing hands in the first place. If your skin becomes dry and cracked, you will be more vulnerable to germs entering your body. Your skin is your first line of defense in protecting your body from germs. Keep it clean and keep it intact.

*This article is from The Ezra Home Care Blog at [www.ezrahomecare.com/news---events/home-care-blog/bid/92097/Hand-Washing-Awareness-for-Home-Caregivers](http://www.ezrahomecare.com/news---events/home-care-blog/bid/92097/Hand-Washing-Awareness-for-Home-Caregivers)*



## You Asked for It

### Need a ramp to get in and out of your home?

RCIL is seeking skilled volunteers and applicants for their Build a Ramp Program (BARP). The BARP was created to increase independence by building accessible ramps at the homes of individuals with disabilities. These ramps provide people with disabilities with better access to their homes and the opportunity for greater participation in their communities.

Interested applicants and individuals or groups interested in donating their skills, time, or resources are asked to contact Adam Burnett at 1-800-580-7245.

Applications for ramps are considered on a first come, first served basis. Projects will be awarded while funds remain available.

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



PO Box 257  
Osage City, KS 66523

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## 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:  
[rcilinc.org](http://rcilinc.org)

Find us on:



## RCIL Home Office

Address	Phone	Fax
P.O. Box 257	785.528.3105 Voice	785.528.3665
1137 Laing	800.580.7245 Toll Free	
Osage City, KS 66523	785.528.3106 TDD	

## Satellite Offices

### El Dorado

615 1/2 N. Main  
El Dorado, KS 67042  
316.322.7853 Voice  
800.960.7853 Toll Free  
316.322.7888 Fax

### Emporia

215 W. 6th Ave., Suite 208  
Emporia, KS 66801  
620.342.1648 Voice  
888.261.4024 Toll Free  
620.342.1821 Fax

### Iola

335 N. Cottonwood St., Suite C  
Iola, KS 66749  
620.365.8144 Voice  
877.944.8144 Toll Free  
620.365.7726 Fax

### Topeka

519 SW 37th St.  
Topeka, KS 66611  
785.267.1717 Voice  
877.719.1717 Toll Free  
785.267.1711 Fax