



# RESOURCE CENTER

*for independent living*

Consumer Newsletter • Winter 2018

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## Office Closures

December 24 & 25 - Christmas

January 1 - New Year's Day

## 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 prizes. Food is provided at all Christmas parties. 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.

### Christmas Parties Schedule

**Fort Scott** - Dec. 11 at the Fort Scott Housing Authority (315 Scott St.) from 1:00pm - 3:00pm

*\*Activity: Bring a gift value at no more than \$10 for a white elephant gift exchange.*

**Osage City** - Dec. 12 at the Park Place Apartments (207 S. 6th St.) from 1:00pm

- 3:00pm

*\*Activity: Bingo*

**Eureka** - Dec. 18 at the Magic Circle Apartments in the South Community Room (301 Magic Circle Rd.) from 1:00pm - 3:00pm

*\*Activity: Bingo and Left Right Center (LRC) dice game.*

**Iola** - Dec. 18 at the Iola Housing Authority (217 N. Washington Ave.) from 1:00pm - 3:00pm

*\*Activity: Bring a gift value at no more than \$10 for a white elephant gift exchange.*

**El Dorado** - Dec. 19 at the RCIL Office (615 1/2 N. Main) from 1:00pm - 3:00pm

*\*Activity: Bingo, and Left Right Center (LRC) dice game.*

**Paola** - Dec. 28 at the Timber Ridge Apartment Homes (908 N. Hospital Dr.) from 1:00pm - 3:00pm. It is in the same building as the office.

*\*Activity: Bring a gift value at no more than \$10 for a white elephant gift exchange.*

**Emporia** - Dec. 31 at the Broadview Towers Apartments (110 W. 6th Ave.) from 1:30pm - 3:30pm

*\*Activity: Bingo*



## RCIL Directors

Deone Wilson  
*Executive Director*

Mike Pitts  
*Deputy Director*

Becky Brewer  
*Director of Financial  
Management Services*

Adam Burnett  
*Director of Core Services*

Tania Harrington  
*Director of Disability  
Services*

## Alternate Formats

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

## KanCare Open Enrollment

The Kansas Department of Health and Environment announced that Aetna will be a new KanCare Managed Care Organization (MCO) provider beginning on January 1, 2019 along with existing MCOs Sunflower Health Plan and United Healthcare. Amerigroup will no longer be a KanCare Provider after December 31, 2018.

Home and Community Based Service (HCBS) recipients receiving services from Amerigroup were notified that they could choose from the three MCOs Aetna, Sunflower Health Plan or United Healthcare beginning October 1, 2018. Those consumer/employers that have not chosen an MCO by December 31, 2018 will automatically be enrolled with Aetna.

Per the KanCare website, enrollment packets were sent beginning in October 2018 for 2019. The packet contained a letter telling you what MCO you are assigned to. If you are already enrolled you will be assigned to the MCO you have now. You have the choice of choosing to change to a different MCO or staying with the MCO you are currently with. You will have until April 3, 2019 to make your choice by either sending in your packet or calling 1-866-305-5147. Once a year, during your open enrollment, you may choose to change to a different MCO. Your yearly open enrollment is during the month you first enrolled in the program. If you are currently with Amerigroup, you will get to choose now.


RCIL encourages all consumer/employers receiving HCBS to contact their other providers (doctors,

pharmacies, therapists, home delivered meal providers, personal emergency response providers, etc.) to ensure they are enrolled with the MCO they have chosen.

All KanCare MCOs offer the same physical, mental and substance abuse services but each MCO offers additional "Value-Added Services." The KanCare website lists the basic medical services for all eligible members. Some of them include:

- Doctor's office visits
- Transportation to medical appointments
- Vaccines and check-ups
- Hospital services
- Blood work and lab services
- Pharmacy and prescription drugs
- Eye doctor visits
- Behavioral health services
- Some preventative dental care for adults
- Heart/lung transplants
- Bariatric weight loss surgery

A copy of the "Health Plan Highlights for 2019" which lists the additional "Value Added-Services" each MCO provides is included in this newsletter. Please see which Managed Care Organization best fits your needs. Again, be sure to check with the MCO and your other providers to ensure they are contracted with the MCO you plan to choose.




To change MCOs call 1-866-305-5147. 














## Health Plan Highlights for 2019

Look at the highlighted services below to compare plans. All physical, mental, and substance abuse services are the same in each MCO. The table below shows extra services you can receive in KanCare. Please contact your MCO by phone or the MCO website for additional details related to the value added services.




 <p>Aetna Better Health<sup>SM</sup> of Kansas <b>1-855-221-5656 (TTY 711)</b></p>	 <p><b>sunflower health plan<sup>SM</sup></b> <b>1-877-644-4623</b></p>	 <p><b>UnitedHealthcare<sup>®</sup></b> Community Plan <b>1-877-542-9238</b></p>
<p>Members 21 yrs. and older receive \$500 per year toward dental services, including: Dental exams/cleanings twice each year, Annual bitewing X-rays, Fillings and extractions and Fluoride treatments.</p>	<p>Two dental visits (cleanings, screenings) for adults 21 and older every year. Children are covered under regular Medicaid benefits on most dental services.</p> <ul style="list-style-type: none"> <li>• We provide practice visits to dentists for members with developmental disabilities and children on the autism waiver to help them become more comfortable with dental preventive care visits.</li> <li>• Dentures are covered for members receiving Frail &amp; Elderly waiver benefits. Eligibility is based on determination of need.</li> </ul>	<p>Any member age 21 and over can visit a participating dental provider to get screenings, x-rays, cleanings and filling restorations (silver or white tooth colored). This includes scaling and polishing teeth. Members have a maximum benefit of \$500 per calendar year for covered services.</p> <p>Dentures are covered for eligible Frail and Elderly waiver members at no cost.</p>
<p>Healthy Rewards Incentive program where members can get \$10-\$25 gift cards when they complete wellness activities such as:</p> <ul style="list-style-type: none"> <li>• Shots</li> <li>• Yearly check ups</li> <li>• Diabetic eye exams</li> </ul>	<p>Members can earn between \$10 - \$50 in healthy rewards or a combination of these rewards on a CentAccount card for receiving healthy checkups. These rewards can be used to buy from hundreds of items at participating retail stores such as CVS Pharmacy, Dollar General and Walmart. Qualifying purchases includes but are not limited to: baby care, diabetes care, digestive health, eye and ear care, foot care, first aid, groceries, home care (like air purifiers), household products (like pesticides), over the counter (OTC) medicine, personal care and wellness &amp; fitness.</p>	<p>Healthy Rewards Program allows members to earn debit card credits between \$10 and \$25 to use in retail stores. Members can purchase health related items for doing healthy things like wellness checkups, immunizations, and flu shots.</p>

 <p>Aetna Better Health™ of Kansas</p> <p><b>1-855-221-5656 (TTY 711)</b></p>	 <p><b>sunflower health plan™</b></p> <p><b>1-877-644-4623</b></p>	 <p><b>UnitedHealthcare®</b> Community Plan</p> <p><b>1-877-542-9238</b></p>
<p>Free Android Smartphone with 1,000 minutes per year or 1,000 megabytes data per year for members 18 yrs. and older. Members will also receive these health extras:</p> <ul style="list-style-type: none"> <li>• Health tips and reminders by texts</li> <li>• One-on-one texting with your health care team</li> <li>• Free calls with our member services team</li> </ul> <p>Texting Health Programs: <b>Care4life<sup>SM</sup></b>, <b>Text4kids<sup>TM</sup></b>, <b>Text4health<sup>SM</sup></b>, <b>Text4baby<sup>SM</sup></b> and <b>Text2quit<sup>SM</sup></b></p>	<p>Free smartphone through SafeLink®, which provides up to 350 free minutes of service per month for members who qualify. This includes unlimited texting and 1GB of data per month for the first three months (then 500MB per month). Members will be able to have telephone access to their KanCare providers and unlimited calling to Sunflower.</p>	<p>Member Advocates can help members who qualify get free Federal Lifeline cell phones. Members can get up to 350 free minutes of service a month. Benefit includes: cell phone with text messages and data plan. Coverage may not be offered in certain remote service areas.</p>
<p>Pregnant members are encouraged to make early and frequent prenatal and postnatal visits. The PROMISE Pregnancy Program includes:</p> <ul style="list-style-type: none"> <li>• Gift Card Rewards for visits (up to \$30)</li> <li>• Gift Card Rewards for valuable baby equipment, such as stroller, portable crib, play yard, car seat, diaper-and-wipe package for completing pre and postnatal visits (up to \$150)</li> <li>• Text4baby<sup>SM</sup> texting health program</li> </ul>	<p>Start Smart for Your Baby® program for pregnant members, babies and families. Start Smart offers nursing support, education and gifts. There is no cost to the member.</p> <ul style="list-style-type: none"> <li>• In-home help with healthcare and community services</li> <li>• Special texting program for Start Smart participants</li> <li>• Community baby showers for pregnant members. Diapers and other gifts are included in these events.</li> <li>• Birthday programs for children</li> </ul>	<p>Special benefits for pregnant and new moms:</p> <ul style="list-style-type: none"> <li>• Earn a \$200 debit card for completing first prenatal visit in first trimester (within 42 days of plan enrollment). Card can be used to purchase wellness items for self and baby including diapers and wipes</li> <li>• Get the "Baby Basics" book.</li> </ul> <p>Earn up to \$190 in rewards by joining Baby Blocks program and completing all prenatal and post-birth visits. Get a \$20 gift card or a cool diaper bag for joining. Earn seven more rewards for staying with the program until your baby is 15 months old.</p> <ul style="list-style-type: none"> <li>• Pregnant and new moms can get transportation to WIC appointments. Community baby shower events for pregnant and new mothers. Moms learn about health and wellness for themselves and their babies.</li> <li>• Get OFF brand bug spray to help protect against mosquitos.</li> </ul>

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<p>Additional Transportation Services – Free rides for members going to the pharmacy, WIC eligibility appointments and prenatal classes. Ten round trips per year for members going to job interviews, job training, shopping for work type clothing, food bank or grocery store for food and getting community health services otherwise not covered.</p>	<p>Enhanced transportation to local community events and social activities for members receiving Frail &amp; Elderly and Physical Disability waiver benefits. This benefit includes three round trips a year.</p>	<p>Extra transportation benefits:</p> <ul style="list-style-type: none"> <li>• Transportation to job related activities. Six one-way or three roundtrip rides annually for all adult members.</li> <li>• Members can also get rides to and from support group meetings.</li> </ul> <p>Members on the Physically Disabled, Frail Elderly and Traumatic Brain Injury waivers can get six one-way or three round trip rides to social events.</p>
<p>Stop-smoking Program that includes:</p> <ul style="list-style-type: none"> <li>• Nicotine Patches, gum, lozenges and some prescription drugs for extra three months beyond normal Medicaid limits.</li> <li>• Text2quit<sup>SM</sup> texting health program</li> </ul>	<p>Members can participate in a smoking cessation program offered through Sunflower's Healthy Solutions for Life program. Counseling treatment sessions are unlimited. Nicotine replacement therapy is a regular Medicaid benefit when prescribed by the doctor.</p>	<p>Members can download Health4Me app on their phone. This app can help members manage their health.</p> <p>Members, or those responsible for members, can access <a href="http://myUHC.com">myUHC.com</a> online to help access health history, educate members on working with their doctor, and track doctor visits.</p>
<p>Provide membership to Weight Watchers® standard 12-week program.</p>	<p>Weight management through Sunflower's Health Solutions for Life program with unlimited coaching.</p>	<p>FreshEBT is a mobile app to help members manage their SNAP (food) benefits. Member can get balance and find stores that accept SNAP.</p>

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<p>Members who have dementia or Alzheimer's moving to a private home from a nursing home will get 2-door alarms and 6 window locks, this is a one-time benefit.</p>	<p>Community-based Health Services staff can provide in-home member visits to assist with scheduling healthcare appointments and transportation as well as help with paperwork for benefits. They also assist members with accessing food, shelter, or other health or social programs. This service is complementary to case management and is performed by certified Community Health Workers.</p>	<p>Adult members on the Physically Disabled, Frail Elderly and Intellectually/Developmentally Disabled waivers can pick up to \$50 in items from the catalog per year. Select from items such as adult briefs, tub safety rails a shower bench, over-the-counter items and other home safety and support items. The service coordinator will assist with your order.</p> <p>Frail Elderly members will be mailed a wellness calendar at the beginning of each year to track their doctor appointments, medications timeline, and social events.</p>
<p>Peer Support Specialists offer community programs for members on Physical Disability (PD) and Autism waivers and those suffering from Serious Mental Illness (SMI) by mentoring and supporting members in their journey to wellness</p>	<p>MyStrength digital behavioral health program has online tools to help members overcome depression and anxiety. MyStrength includes weekly exercises, mood trackers and daily inspirational quotes and videos. The program can be used on its own or with other care to support mental health.</p>	<p>Internet Access: Persons on the Physically Disabled, Frail Elderly, Intellectually/Developmentally Disabled or Autism waiver can get internet service covered as incentive for completing specific health activity.</p>
<p>Provide members 21 yrs. and older with vision coverage including \$50 per year toward glasses, or contacts</p>	<p>Disease management for members with asthma, COPD, diabetes, heart disease or high blood pressure through Healthy Solutions for Life Program. Members can enroll in any of these programs.</p>	<p>We offer members who need glasses an enhanced benefit of higher quality lenses beyond what Medicaid covers to help members maintain their vision and improve their self-esteem.</p>



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<p>Healthy Teens Program offers membership fees of up to \$35 per year paid to join the YMCA, 4-H, Boys and Girls Club, Boy Scouts or Girl Scouts. Members aged 13-21 yrs. who get their checkups each year will get a \$25 gift card every year they get a checkup.</p>	<p>Free services and events to promote healthy lifestyles for kids, such as covering membership fees to the Boys &amp; Girls Clubs. Sunflower's Adopt- a-School Program brings activities, speakers and books into the schools, as well as summer program locations like YMCAs, Libraries, Parks &amp; Recreation Departments and Boys &amp; Girls Clubs.</p>	<p>Youth members up to 18 will have access to programs at the YMCA, Boys and Girls Clubs, 4-H, and selected Parks and Recreation Departments.</p> <p>Adults on the Physically Disabled, Frail Elderly waiver can get access to one \$50 activity per member per year at local Parks and Recreation locations.</p>
<p>Members who have diabetes, ages 21 and older will receive 2 podiatry visits each year.</p>	<p>A Comprehensive Medication Review with a local pharmacist is available to eligible members. The review includes a 30 minute Face-to-Face consultation with a local pharmacist.</p>	<p>Intellectually/Developmentally Disabled waiver members and/or caregivers can download eBook. This eBook was developed with the National Association of Councils on Developmental Disabilities (NACDD).</p>
<p>An extra 24 hours of Personal Care Services per year for members on the following waivers: Intellectual/Developmental Disability (I/DD), Physical Disability (PD) or Frail and Elderly (FE).</p>	<p>In-home tele-health available for adults. This service helps members stay at home when they need help to manage their chronic conditions.</p>	<p>Pest Control treatments for HCBS waiver members who own their home. Services must be set up through service coordinator.</p>
<p>Mental Health First Aid is a class that teaches the general public how to help someone who may be having a mental health or substance use problem. The training helps to spot, understand and respond to signs of addictions and mental illnesses.</p>	<p>Members can receive produce vouchers worth \$10 at special events with participating Farmers Markets.</p>	<p>Medical Alert bracelets available for those who are autistic, Intellectually/Developmentally Disabled or suffering from Alzheimer's or dementia.</p>
<p>An extra 120 hours of respite care per year, no more than 48 hours in a single month, for the caretakers of our members on the Intellectual/Developmental Disability (I/DD), Autism, Frail and Elderly, Physically Disabled (PD), Traumatic Brain Injury (TBI) waivers, HCBS waiting list or children in foster care.</p>	<p>Care Grants benefiting children in Foster Care. Sunflower will provide care grants to be used in helping members in Foster Care access person-specific resources that are not covered by Medicaid, such as hypo-allergenic sheets for those with asthma, art supplies, clothing, camp fees or other personal items.</p>	<p>Respite Care for Intellectually/Developmentally Disabled waiver members receiving supported home care or home based services. Up to 40 hours of respite care.</p>



Aetna Better Health<sup>®</sup> of Kansas

**1-855-221-5656 (TTY 711)**



**sunflower  
health plan**

**1-877-644-4623**



**UnitedHealthcare<sup>®</sup>**

Community Plan

**1-877-542-9238**

Ted E. Bear, M.D. Club<sup>™</sup> Program is for members from newborn to age 12, members get incentives like: Activity Book, Pedometers and \$10-\$15 gift cards for meeting identified goals

Up to 16 hours of hospital companionship for persons on the Intellectual/Developmental Disability (I/DD) and Frail & Elderly waivers.

Members 20 and under and their parents can use KidsHealth. This is an online tool that provides videos and articles on health topics. The site aims to help members manage their health conditions.

Home-delivered Meals for members 21 yrs. and older with a medical need who have been discharged from an inpatient stay; up to 2 meals per day for up to 7 days.

Healthy Solutions for Life is a disease management program for members with asthma, COPD, diabetes, heart disease or high blood pressure. Members can enroll in any of these programs.

Families with children age 2 to 8 can participate in the Sesame Street "Food for Thought" program. The program is where families can learn about how to eat healthy on a budget from Sesame Street characters.

The program also helps members determine how emotions impact their condition. It helps with stress, poor sleep and appetite. As a part of the program, participants are assigned a Health Coach who works with the entire healthcare team to ensure members have everything they need to feel their best.

Members with an asthma diagnosis will get one set of hypoallergenic sheets each year to help lower the chance of an asthmatic attack.

Smartphone application for members experiencing Substance Use Disorder who want instant access to support groups and personal tools. The Addiction CHES application provides timely monitoring to prevent relapse as well as one-touch communication with the provider. Sunflower helps with phone and service access for participants.

The child member with Asthma is sent information presented by Sesame Street characters that teaches them how to deal with Asthma. Children 1 to 4 will receive the A is for Asthma newsletter.




Members 16 yrs. and older who would like to get their GED certificate will get help through work preparation and attainment programs available (\$120 one-time benefit)




Sunny's Kids Club program mails a new book four times a year to children (parents) who subscribe to the program. Each Kids Club member also receives a welcome packet with a Club Membership Card. Sunny is the health plan's mascot and can be spotted at community events and at provider offices serving Foster Care members.

Adults can get help with getting their GED. Health plan will help find and pay for resources to get GED.

Adults can learn to code. Health plan will help find and pay up to \$200 annual for coding classes.



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<p>No Place Like Home Grant - for members in long stay nursing homes for 60 days or more who are moving into HCBS to help with the move, (up to \$5,000/member).</p>	<p>Sunflower offers nursing home transition support by partnering with providers to:</p> <ul style="list-style-type: none"> <li>• Conduct pre-placement transition meetings and activities which may include: finding and securing housing, securing household items, confirming informal supports, completing in-home risk assessments, and assisting with hiring of caregivers.</li> <li>• Follow-up visits to ensure services and equipment are in place and meeting the member's needs, to confirm or set up a PCP appointment, among other personal support activities.</li> <li>• Cover 1 week of home-delivered meals for each member transitioning out of a nursing facility regardless of waiver benefit coverage.</li> </ul> <p>Members may be eligible for additional financial assistance or benefits, based upon need, when transitioning to independent living situations.</p>	<p>Behavioral Health and Substance Abuse Training Programs:</p> <ul style="list-style-type: none"> <li>• Question Persuade and Refer (QPR): Learn what to do in an emergency mental health moment. Be able to help someone showing suicide warning signs.</li> <li>• Behavioral Therapy Program: A web-based tool to help support and overcome issues with drinking and drug use. Learn useful ways to cope and set goals.</li> <li>• A-CHESS: A phone app that helps provide support to fight substance use disorders.</li> <li>• Mental Health First Aid: A training class that is like regular first aid training. Learn how to identify and respond to signs of mental illness and substance abuse.</li> <li>• Seeking Safety: A training that teaches coping skills to help adults, children and youth attain safety from trauma and/or substance abuse.</li> </ul>
	<p>Extra support to Foster Care families and agencies through nationally recognized Parent Management Training program. The goal is to enhance stability in the home. This program is ideal for many families because it is known to strengthen interventions that address conduct, social behavior and other associated symptoms.</p>	<p>On My Way (OMW): Young adult members can access websites to help prepare them for adult life. OMW teaches skills like managing money, getting housing, finding job training and applying for college.</p>

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	<p>Caregivers are supported through various channels in the Caregiving Collaborations program. This benefit is available to one primary, informal support caregiver per member. Benefits include the Caregiver Resource Center and a Caregiver Journal. In addition to the program benefits, each member and caregiver will continue to receive coordination of respite services available through the individual care plan.</p>	
	<p>Sunflower Transition to Employment Program (STEP) is a workforce development and employment support resource program. We help members identify and remove employment barriers. Benefits include enhanced transportation coverage, GED prep test vouchers and assistance with career counseling services. Members are connected with a benefits specialist to learn how their income may impact their benefits, as well as to learn about the STEP Scholarship program.</p>	

To change plans call 1-866-305-5147

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## KanCare and MCO Reference Guide

The 2019 KanCare Enrollment Booklet contains the following helpful information. Keep it as a handy reference. Please see the services KanCare offers for Accessibility should you need information in an alternate format.

### Accessibility

We offer the following free options to help you understand these materials:

- Larger print size;
- Paper versions of information from the KanCare or health plan websites;
- Read to you in any language, including American Sign Language;
- Written translations in Spanish; and
- Additional aids and services, such as Braille or TTY services.

If you need these services, please call the KanCare Enrollment Center at 1-866-305-5147 or TDD/TTY 1-800-766-3777.

### Contact information - For more information, visit

<http://www.kancare.ks.gov/contact-us>

Agency & website	Telephone
<b>Enrollment Center</b> <a href="https://www.kmap-state-ks.us/hcp/member">https://www.kmap-state-ks.us/hcp/member</a> <i>Log on and password required.</i> To change your KanCare health plan.	<b>1-866-305-5147</b> TDD/TTY 1-800-766-3777 Business hours: Monday - Friday 7:30 AM - 5:30 PM
<b>Eligibility verification</b> <a href="https://www.kmap-state-ks.us/hcp/member">https://www.kmap-state-ks.us/hcp/member</a> <i>Log on and password required.</i> To confirm your eligibility and KanCare plan.	<b>1-800-766-9012</b> TDD/TTY 1-800-766-3777 Business hours: Monday - Friday 7:30 AM - 5:30 PM
<b>KanCare Clearinghouse</b> <a href="http://www.kancare.ks.gov/">http://www.kancare.ks.gov/</a> For questions about your eligibility. Also to report household changes such as address, phone number, or family size.	<b>1-800-792-4884</b> Business hours: Monday - Friday 8:00 AM - 7:00 PM
<b>Aetna Better Health</b> <a href="http://www.aetnabetterhealth.com/kansas">www.aetnabetterhealth.com/kansas</a> To pick a doctor and ask questions about your health care benefits including transportation.	<b>1-855-221-5656</b> Business hours: Monday - Friday 8:00 AM - 6:00 PM
<b>Sunflower Health Plan</b> <a href="http://www.sunflowerhealthplan.com">www.sunflowerhealthplan.com</a> To pick a doctor and ask questions about your health care benefits including transportation.	<b>1-877-644-4623</b> Business hours: Monday - Friday 8:00 AM - 5:00 PM
<b>United Healthcare Community Plan – Kansas</b> <a href="http://www.uhccommunityplan.com">www.uhccommunityplan.com</a> To pick a doctor and ask questions about your health care benefits including transportation.	<b>1-877-542-9238</b> Business hours: Monday - Friday 8:00 AM - 6:00 PM

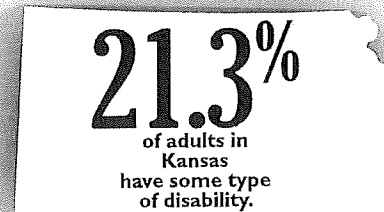


# Disability Impacts ALL of US

Each of us may experience a disability in our lifetime.

## A Snapshot of Disability in Kansas

This fact sheet provides an overview of disability in **Kansas (KS)** compared to national estimates. You can use this information to become aware of the number and characteristics of people with disabilities in Kansas.



## Disability Costs in HEALTH CARE EXPENDITURES



**\$3.4 billion per year\***  
in Kansas

Despite progress, adults with disabilities in **Kansas** and across the country continue to experience significant differences in health characteristics and behaviors compared to adults without disabilities.

The Centers for Disease Control and Prevention supports efforts to include adults with disabilities in disease prevention, health promotion, and emergency response activities, while working to remove barriers to health care and improve access to routine preventive services.

## Adults with Disabilities are more likely to

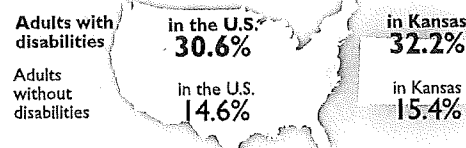
### be inactive



### have high blood pressure



### smoke



### be obese



## Percentage of adults with select functional disability types: \*\*

**MOBILITY:** Serious difficulty walking or climbing stairs.

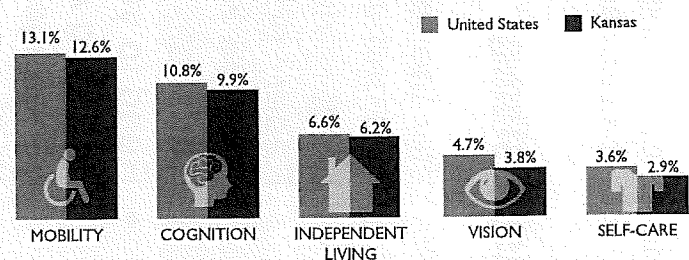
**COGNITION:** Serious difficulty concentrating, remembering, or making decisions.

**INDEPENDENT LIVING:** Difficulty doing errands alone such as visiting a doctor's office or shopping.

**VISION:** Blind or serious difficulty seeing, even when wearing glasses.

**SELF-CARE:** Difficulty dressing or bathing.

### Types of Disabilities Comparing U.S. with KS



\* Disability-associated healthcare expenditures are presented in 2006 dollars as reported in Anderson et al, 2010. This value represents approximately 24% of total healthcare expenditures for the state of Kansas.  
 \*\* In 2013 and 2014, the Behavioral Risk Factor Surveillance System (BRFSS) did not ask participants about deafness or serious difficulty hearing; however, BRFSS began collecting this information in 2016.

For more information go to [www.cdc.gov/disabilities](http://www.cdc.gov/disabilities)

# Kansas YLF Seeking High School Students with Disabilities

The Kansas Youth Leadership Forum for Students with Disabilities (KSYLF) is currently searching for motivated young leaders to attend the 19th annual forum held July 8-13, 2019 at Washburn University in Topeka.

The KSYLF is an annual conference serving students with disabilities across the state. During the forum, students enjoy a week full of learning, fun, friends, and a new sense of empowerment! Through various sessions, students will learn from disability history, advocacy, goal setting, leadership, resources, and much more. Students will also be able to share their life experiences, goals, and ideas during their small group sessions. By the end of the week, all students will have stated

their future plans and career goals in their very own Personal Leadership Plan.

All students who are interested in attending the KSYLF 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, 2018. 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 KSYLF funds. Accommodations such as personal care attendants, sign language interpreters, large print, and other accommodations will 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 2019 forum is December 15, 2018. Delegate applications are on the Kansas Youth Empowerment Academy (KYEa) website at [www.kyea.org/upcomingksylf](http://www.kyea.org/upcomingksylf). You can contact KYEa at 785-215-6655 for more information. 



## SPIL Workgroup: Outreach

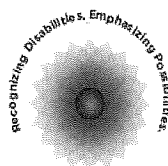
The Statewide Independent Living Council of Kansas (SILCK) has a Statewide Plan for Independent Living (SPIL). What is the SPIL? The SPIL was developed from feedback they received from people with disabilities and community partners from all areas in Kansas. There are four SPIL workgroups in Kansas to work on increasing access and independent living for Kansans with disabilities. The workgroups are housing, employment, transportation, and outreach. Today we are going to give you updates on the SPIL outreach workgroup.

The SPIL outreach workgroup has a representative from most of the Centers for Independent Living

(CIL) across Kansas. The workgroup has two goals they are working on and they are:

1) Develop action steps to maintain and increase relationships with key community partners to increase referrals to Centers by 6% throughout the SPIL 3 year plan. 2) Kansas CILs will increase their social media efforts.

The workgroup developed a motto for all CILs to use in their outreach efforts. The motto is "Recognizing Disabilities Emphasizing Possibilities". The motto is most commonly used when CILs give a presentation to their local community partners. The group meets every two months via conference call or in person depending on the meeting agenda.

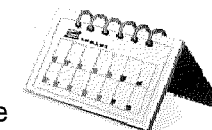


**SILCK**  
Statewide Independent Living Council  
of Kansas

During the meeting the participants share their outreach efforts of what they did since their previous meeting and what they plan to do by their next meeting. The majority of the participants are giving presentations to their local community partners, attending their community partner meetings, displaying their CIL booth at their local events such as health fairs and senior fairs, and educating their public schools about youth services. The workgroup created a hashtag for all CILs to use to increase their social media efforts. The hashtag is #KSCIL and it can be found on Facebook and

*Continued on page 15*

# 2019 FRIENDS GROUP SCHEDULE



## RCIL Offices are **CLOSED** on December 24 & 25 2018 and January 1, 2019!

El Dorado	Time	Topic
Jan 16th	1pm	Disability Etiquette
Feb 20th	1pm	Traveling with a Disability
Mar 20th	1pm	Accessible Gardening

\*Location: RCIL Office  
615 1/2 N. Main, El Dorado, KS 67042

Emporia	Time	Topic
Jan 28th	1:30pm	Fire Safety
Feb 25th	1:30pm	CPR and First Aid
Mar 25th	1:30pm	Massage Therapy

\*Location: Broadview Towers Apartments  
110 W. 6th Ave., Emporia, KS 66801

Eureka	Time	Topic
Jan 22nd	1pm	Disability Etiquette
Feb 26th	1pm	Traveling with a Disability
Mar 26th	1pm	Accessible Gardening

\*Location: Magic Circle Apartments  
301 Magic Circle Rd., Eureka, KS 67045

Ft Scott	Time	Topic
Jan 9th	1pm	Develop Personal Goals & Budgeting
Feb 13th	1pm	Healthy Relationships
Mar 13th	1pm	Computers

\*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
Jan 22nd	1pm	Develop Personal Goals & Budgeting
Feb 26th	1pm	Healthy Relationships
Mar 26th	1pm	Computers

\*Location: Iola Housing Authority  
217 N. Washington Ave., Iola, KS 66749

Osage City	Time	Topic
Jan 9th	1pm	House Plant Care Tips
Feb 13th	1pm	Volunteering is Good for Health
Mar 13th	1pm	Plan Ahead for Disasters

\*Location: Park Place Apartments  
207 S. 6th St., Osage City, KS 66523

Paola	Time	Topic
Jan 25th	1pm	Develop Personal Goals & Budgeting
Feb 22nd	1pm	Healthy Relationships
Mar 22nd	1pm	Computers

\*Location: Timber Ridge Apartment Homes (in the office building)  
908 N. Hospital Dr., 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](mailto:info@rcilinc.org)



## Enter For Your Chance to WIN a FREE Prize!


The winner for the fall newsletter quiz goes to Marlene Knapp! Congratulations!

To be entered into a drawing for a **FREE** prize, complete the quiz below and turn it in to RCIL by December 17, 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](mailto:info@rcilinc.org)



The winning ticket will be drawn on December 18, 2018 and the prize will be mailed to the winner on the same day.

Cut Here 

### Fill in the Blanks

1. \_\_\_\_\_ will no longer be a KanCare Provider after December 31, 2018.
2. The KSYLF is an annual conference serving \_\_\_\_\_ with disabilities across the state.
3. RCIL Christmas parties are being held in conjunction with the December \_\_\_\_\_ meetings.
4. The SPIL Outreach developed a motto to use in their outreach efforts. The motto is "Recognizing Disabilities Emphasizing \_\_\_\_\_".
5. \_\_\_\_\_ helps pay the Westar Energy electric bills for people with a severe disability.
6. \_\_\_\_\_ will be a new KanCare MCO provider beginning on January 1, 2019.

Name: \_\_\_\_\_

Address: \_\_\_\_\_


Phone Number: \_\_\_\_\_

## SPIL Workgroup: Outreach Continued

*Continued from page 13*

Twitter.

RCIL is actively involved in all 4 SPIL workgroups. Each workgroup is a group of individuals from CILs in Kansas and community partners to collaborate on their projects to meet the SPIL. All workgroups want to invite any consumers who

are interested to be advocates for people with disabilities by participating in their workgroup or their local community partner meetings. If you are interested and want to get involved in any of the SPIL workgroups, contact an Independent Living Specialist (ILS) at your local RCIL office or contact the SILCK office at 785-234-6990. 

## You Asked for It

### I am struggling to keep the heat. What are my options?

The Cold Weather Rule is in effect from November 1st through March 31st and it is designed to keep your utilities connected even when you are unable to pay your bill in full. Contact your utility company to see if you qualify to make payment arrangements under the Cole Weather Rule. Local weather forecasts and other restrictions may apply. For more information, call the Kansas Corporation Commission at 1-800-662-0027.

Project Deserve helps pay the Westar Energy electric bills for people with a severe disability. Children and adults who meet Social Security disability criteria and live in the home qualify for this program. For more information, contact Westar Energy at 1-800-383-1183.

Low Income Energy Assistance Program (LIEAP) applications will be available at your local Department for Children and Families (DCF) office from mid-January through end of March 2019.

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



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

Find us on:



## HIPAA Privacy Notice

RCIL's Notice of Privacy Practices based on the Health Insurance Portability and 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](mailto: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