



RESOURCE CENTER

for independent living

Consumer Newsletter • Spring 2019

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Take Charge of Your Own Health! flyer is between pages 2 and 3.	

Office Closures

April 19 - Good Friday

May 27 - Memorial Day

South Central Kansas Employment First Summit

Do you want to work but afraid to lose your benefits? If so, you should attend the Employment First Summit. This event is an opportunity for professionals, employers, job coaches, caregivers, people with disabilities, family

members, students, and anyone else who wants to learn about raising awareness, increasing opportunities, and sustaining competitive, integrated employment for people with disabilities.



ENCOURAGING INTEGRATED, COMPETITIVE EMPLOYMENT

This event is FREE! It is on May 3, 2019 from 8:00 a.m. to 4:30 p.m. at the Butler Community College Welcome Center. The registration begins at 7:30 a.m. The address is 901 South Haverhill Road El Dorado, KS 67042. There will be keynote speakers, breakout sessions, and vendors throughout the day. Breakfast and lunch will be provided. If you are interested to

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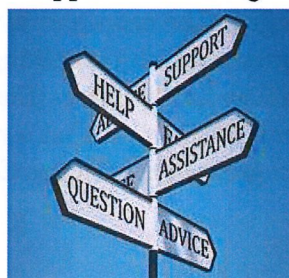
Attention! Self-Directing Consumers! Learn How To Be A Better Employer!

Do you have trouble hiring competent, reliable Direct Support Workers? Have you had little or no experience being an employer? Do you find it difficult to have an employer/employee relationship with your Direct Support Workers?

to direct their own care, to learn how to be a better employer of your Direct Support Workers.

Some of the topics included in these trainings are:

- How to Recruit, Select, Interview, Hire, Train, Supervise and Dismiss Direct Support Workers (DSWs)



RCIL will be providing several Self-Direction Toolkit training opportunities for those individuals directing their own care, or those who may want

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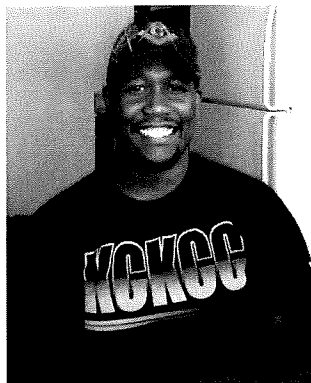
Alternate Formats

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

Consumer Success Story

Michael is 37 years old who has had multiple sclerosis (MS) since the age of 26. The MS had progressed to the point where he had to use a walker and drag his right foot behind him to get around. In spite of his difficulties and pain, Michael was always in great spirits and focused on what he has to be grateful for.

Michael had used a device called the Bioness L300 in one of his rehabilitation stays. It is a muscle stimulator that fits around his calf and ankle. With the Bioness, Michael could walk upright, simply using a cane!



The equipment is very expensive so he worked with RCIL Assistive Technology for Kansans (ATK) to apply for funding to purchase one. It took a year and a half to get the full funding and by August 2018 he received his Bioness.

Now Michael is taking yoga classes at a local gym to further improve his balance. He is able to be more active with projects in his Lodge and play with his daughter. He is thrilled with the improvement in his quality of life and is very thankful to RCIL/ATK for assisting him with achieving his goal. 🙌

What Is The KanCare Ombudsman?


The KanCare Ombudsman helps consumers who receive KanCare with concerns about getting the services they need through KanCare. For example, the Ombudsman provides assistance to KanCare members in the Home and Community Based Services (HCBS) waiver programs and others who get their long-term care services through KanCare. The Ombudsman provides KanCare members with information about the KanCare grievance process and the appeal and state fair hearing processes.

The KanCare Ombudsman also provides information on a variety of resources such as how to contact a managed care organization on the KanCare website at www.kancare.ks.gov. The resources are available for anyone who is seeking information about KanCare. The KanCare Ombudsman also has a volunteer program in the Kansas City Metro

and Wichita areas. Their volunteers are trained to help serve KanCare members in resolving problems regarding their services, coverage, access, and rights.

If you are having difficulties resolving your KanCare issues, contact the KanCare Ombudsman at 1-855-643-8180. You can also contact your local RCIL office if you need additional assistance. 🙌

Are you having difficulties resolving your
KanCare/Medicaid issues?


KanCare
Ombudsman

HERE TO ASSIST YOU

1(855) 643-8180 kancare.ombudsman@ks.gov
www.kancare.ks.gov/kancare-ombudsman-office

Take Charge of Your Own Health!

How do you want to feel?
How do you want to live?

Self-determination means you make the decisions about what you want to do in life. Self-determination is important for your health, too.

Every day, you can make **healthy choices** that make you feel good and help you live the way you want.
Unhealthy choices can make you feel bad — even though they feel good at the time!



Please see page 2 of this infographic for resources that can help you make healthy choices.

Healthy Choice



Eat fruits and vegetables every day



Exercise every day



Drink water every day



Brush teeth twice daily



Don't smoke or chew tobacco (call a friend, walk, read)

How Healthy Choices Can Change Your Life



- Lose weight
- Maintain a healthy weight
- Feel energetic
- Feel strong
- Sleep better
- Have good digestion
- Have healthy teeth and gums
- Have healthy skin
- Have a healthy heart
- Have healthy lungs

Unhealthy Choice

Eat foods with lots of fat, sugar and salt (like cookies, chips, and hot dogs)



Don't exercise



Drink soda or pop most of the time



Don't brush teeth



Smoke or chew tobacco



How Unhealthy Choices Can Change Your Life



- Gain weight
- Feel tired
- Feel sick
- Take lots of medicine (for diabetes, heart disease, or other chronic condition)
- Be in a hospital, nursing facility or emergency room
- Have dental problems like sore mouth, bleeding gums or pain with chewing
- Lose teeth
- Cough a lot
- Get cancer

Resources



In order to live a healthy lifestyle, you might need to create healthy new habits. These websites give information that can help you make good choices.

Area of Health I'd Like to Improve	Program Title	Online Link	Notes
Food and Nutrition	SNAP Retail Food Stores – “Am I Eligible for SNAP?”	https://www.fns.usda.gov/snap/eligibility	Tells how to get SNAP benefits. (SNAP = Supplemental Nutrition Assistance Program)
	USDA SNAP – “What Can SNAP buy?”	https://www.fns.usda.gov/snap/eligible-food-items	Tells what you can and cannot buy with SNAP benefits.
	Kansas Department for Children and Families - Food Assistance	http://www.dcf.ks.gov/services/ees/Pages/Food/FoodAssistance.aspx	Gives information for the Kansas Food Assistance Program, which helps elderly and low-income households in Kansas.
	USDA – “Eat Right When Money’s Tight” Fact Sheet	https://snaped.fns.usda.gov/snap/EatRightWhenMoney'sTight.pdf	How to shop for healthy foods on a budget.
Exercise	Maine SNAP-Ed: Healthy Recipes	https://www.mainesnap-ed.org/recipe/	Has healthy recipes and videos about how to cook using foods available through SNAP.
	Save More at the Store - ChooseMyPlate.gov	https://www.choosemyplate.gov/budget-save-more	Ideas for saving money while grocery shopping.
	NCHPAD Discover Accessible Fitness	https://www.nchpad.org/discoverfitness/files/inc/084021749b.pdf	Gives information on accessible exercise and equipment.
	Oral Health Kansas - Finding a Dentist	http://www.oralhealthkansas.org/FindingDentist.html	Lists places to get dental care for people in Kansas who have low income or no dental insurance.
Stop Smoking	CDC - Tips From Former Smokers	https://www.cdc.gov/tobacco/campaign/tips/	Has tips, stories and videos from people who have stopped smoking.
	Kansas Tobacco Quitline	http://www.kanquit.org/	Offers free help to those who are trying to quit using tobacco.

For More Information, Contact:

Kim Brun
 Disability and Health Program Coordinator
 kbruns@ku.edu
 Web: ihdps.ku.edu/dandhkansas
 Facebook: Kansas Disability & Health Program

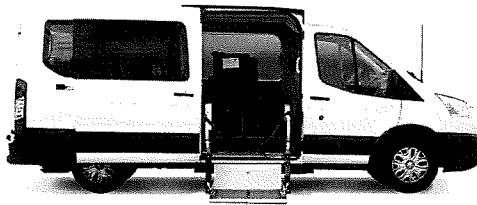
The University of Kansas
 Institute for Health and Disability Policy Studies
 1000 Sunnyside Ave.
 3099 Dole Center
 Lawrence, KS 66045

SPIL Workgroup Updates: Transportation

The Statewide Independent Living Council of Kansas (SILCK) has a Statewide Plan for Independent Living (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 transportation workgroup.

The SPIL transportation workgroup consists of persons from a few different agencies such as Kansas Centers for Independent Living (CILs) and University of Kansas Transportation Center. Together these individuals are working towards

achieving the workgroup's three main goals which are: 1) having representation at all Coordinated Transit District (CTD) meetings, 2) promoting accessible transportation statewide, and 3) making sure awareness of disability related transportation issues are promot-



ed within their communities. The workgroup usually has monthly meetings by conference calls. They plan to have an in-person meeting soon to review their goals.

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 goals to meet the SPIL. All workgroups want to invite any consumers who are interested in being advocates for people with disabilities by participating on workgroups or their local community partner meetings. Consumers who are interested in being involved in the SPIL transportation workgroup, can help present information to transportation providers, transportation coordinators or city councils regarding the needs for accessible transportations within their communities.

If you are interested and want to get involved in the SPIL transportation workgroup or any other SPIL workgroups, contact an Independent Living Specialist at your local RCIL office or contact the SILCK office at 785-234-6990. ☎

Employment First Summit Continued

Continued from page 1

attend this event, you will need to register at <https://employment1st-butlercounty.eventbrite.com>.

There are discount hotel rooms available at Holiday Inn Express in El Dorado if you need a place to stay. The Holiday Inn Express address is 3100 W. El Dorado Ave. and their phone number is 316-322-7275. When you reserve your room make sure you provide the promotion code: KDC for a discount rate by April 19, 2019.



If you are a person with a disability, a support person providing care to an attendee with a disability, and live 50 or more miles away from El Dorado, a limited number of hotel room scholarships are available. Contact Adriane Graves at 316-321-4200 by April 1, 2019 for more information.

Contact Macy at the RCIL El Dorado office at 316-322-7853 for more information about the Employment First Summit and if you need assistance registering online. ☎



7 Week Fall Prevention Program

Learn fall prevention techniques and exercises as well as hearing from community experts regarding overall health and wellness. This program is free to the public. The meetings are every Thursday from 1:00 p.m. to 3:00 p.m. in the Flinthills Room at Newman Regional Health in Emporia, KS. The first meeting starts on April 4, 2019! For more information contact Bobbi Larson at Newman Regional Health at 620-343-6800 ext. 2246. ☎

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 April 17, 2019 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 April 18, 2019 and the prize will be mailed to the winner on the same day.



Cut Here 

Fill in the Blanks

1. KanCare _____ helps individuals who are having difficulties resolving their KanCare/Medicaid issues.
2. Emporia RCIL Friends group will have Self- Direction Toolkit training on May _____, 2019.
3. Employment First Summit is a _____ event!
4. All workgroups want to invite any _____ who are interested in being _____ for people with disabilities by participating on workgroups or their _____ community partner meetings.
5. The 7 week fall prevention program is held at the Newman Regional Health in _____, KS.
6. The three things to prepare for emergencies are get a _____, make a _____, and be _____.
7. RCIL will be providing _____ Self-Direction Toolkit training opportunities on how to be a better employer of your Direct Support Workers.

Name: _____

Address: _____

Phone Number: _____


Learn How To Be A Better Employer! Continued

Continued from page 1

- Understand Enhanced Care Services (Sleep Cycle Support)
- KS AuthentiCare (the Electronic Visit Verification Call In System)
- Having a Backup Plan (of DSWs)
- Medicaid Fraud

- Abuse Neglect and Exploitation
- Explaining the Background Check Process for your DSWs



Watch your mail for notice of a training near you or call RCIL at 1-800-580-7245 for more information. 

You Asked for It

I hear severe weather season is approaching. What things do I need to prepare for emergencies?

There are three things to prepare for emergencies and they are:

1. **Get a Kit:** put together basic supplies, medications and medical supplies, an extra set of wheelchair batteries, etc. and copies of important documents.
2. **Make a Plan:** write a plan on paper and put it in your supply kit, make a list of emergency contacts, find locations to go inside and outside of your home, make transportation arrangements if needed, and decide how to handle situations when accommodations are not available..
3. **Be Informed:** understand what might happen and know what types of emergencies are likely to affect your region.

Check out the Ready website at www.ready.gov for more information. Do you need help making a plan? Call RCIL.

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



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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:
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.

RCIL Home Office

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