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.

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

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?

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

### 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)

### 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 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

### 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

This infographic 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, NCBD, Disability and Health Branch.
<table>
<thead>
<tr>
<th>Area of Health I’d Like to Improve</th>
<th>Program Title</th>
<th>Online Link</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Kansas Department for Children and Families - Food Assistance</td>
<td><a href="http://www.dcf.ks.gov/services/ees/Pages/Food/FoodAssistance.aspx">http://www.dcf.ks.gov/services/ees/Pages/Food/FoodAssistance.aspx</a></td>
<td>Gives information for the Kansas Food Assistance Program, which helps elderly and low-income households in Kansas.</td>
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<tr>
<td></td>
<td>Maine SNAP-Ed: Healthy Recipes</td>
<td><a href="https://www.mainesnap-ed.org/recipe/">https://www.mainesnap-ed.org/recipe/</a></td>
<td>Has healthy recipes and videos about how to cook using foods available through SNAP.</td>
</tr>
<tr>
<td>Stop Smoking</td>
<td>CDC - Tips From Former Smokers</td>
<td><a href="https://www.cdc.gov/tobacco/campaign/tips/">https://www.cdc.gov/tobacco/campaign/tips/</a></td>
<td>Has tips, stories and videos from people who have stopped smoking.</td>
</tr>
</tbody>
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SPIL Workgroup Updates: Transportation

The Statewide Independent Living Council of Kansas (SILCK) has a Statewide Plan for Independent Living (SPIIL). The SPIIL was developed from feedback they received from people with disabilities and community partners from all areas in Kansas. There are four SPIIL 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 SPIIL transportation workgroup.

The SPIIL 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 promoted 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 SPIIL workgroups. Each workgroup is a group of individuals from CILs in Kansas and community partners to collaborate on their goals to meet the SPIIL. 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 SPIIL transportation workgroup, can help present information to transportation providers, transportation coordinators or city councils regarding the needs for accessible transportation within their communities.

If you are interested and want to get involved in the SPIIL transportation workgroup or any other SPIIL 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

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.

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

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Payroll Fax
1.785.528.2938

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