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 Group 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

**Eureka** - Dec. 17 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. 17 at the Iola Housing Authority (217 N. Washington Ave.) from 1:00pm - 3:00pm
*Activity: Bring a gift valued at no more than $10 for a white elephant gift exchange.

**El Dorado** - Dec. 18 at the RCIL Office (615 1/2 N. Main) from 1:00pm - 3:00pm
*Activity: Bingo, and Left Right Center (LRC) dice game.

**Emporia** - Dec. 23 at the Broadview Towers Apartments (110 W. 6th Ave.) from 1:30pm - 3:30pm
*Activity: Bingo

**Paola** - Dec. 27 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 valued at no more than $10 for a white elephant gift exchange.
What Is Your Wish?

Do you wish there were more accessible housing options in your area? Do you wish there were more accessible transportation options in your community? Do you wish that you had a job? Do you wish that more people in your area were familiar with a Center for Independent Living? We all have our own wish list of things that we would like to have that would make our lives a little easier. Having your voice heard is a step toward having your wish list come true. You can start by expressing your ideas or concerns by completing a short survey for the Statewide Independent Living Council of Kansas (SILCK).

SILCK promotes the integration and full inclusion of all Kansans with disabilities. Their mission is developing and implementing a Statewide Plan for Independent Living.

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SPIL Workgroup: Outreach

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 outreach workgroup.

The SPIL outreach workgroup has a representative from most of the Centers for Independent Living (CILs) across Kansas. 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. 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 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 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.
MEDICAID FRAUD IS A SERIOUS ISSUE!

Medicaid Fraud is a crime. By accepting Medicaid Funds, you agree to use those funds only in the manner for which they were intended. You need to be alert to any signs of potential Medicaid Fraud. Medicaid Fraud is committed when a CONSUMER, WORKER or PROVIDER intentionally submits false information to the Medicaid program about services rendered to Medicaid recipients. It is important that suspected fraud is reported to the Kansas Attorney General’s office, whose investigators and prosecutors work to ensure people who mistreat taxpayers, Medicaid recipients or workers are caught and punished as provided by law. Consumers should share this information with their workers.

Medicaid Fraud includes:
- Direct Support Workers (DSWs) submitting time when not actually working
- Employers/consumers submitting time for a worker who is not working
- Using someone else’s worker ID to submit time
- Submitting incorrect dates and times for services performed
- Submitting overlapping hours for two or more Medicaid beneficiaries for the same time period
- Submitting time to Medicaid and accepting private pay from another source for the same service
- Submitting time for performing tasks not on the authorized Plan of Care/Service Plan
- Submitting time for activities not provided
- Giving or accepting “kickbacks” (something of value in return for receiving services)
- Knowingly submitting false information
- Splitting paychecks with your worker
- Claiming time worked when the consumer is out of the home due to hospitalization, nursing facility or rehabilitation placement or incarceration.

There are serious consequences for committing Medicaid Fraud:
- Arrest and prosecution, criminal penalties, fines and jail time
- Civil damages and monetary penalties
- Termination of Medicaid Provider Services
- Exclusion from working in any facility receiving federal health care funds
- Loss of certification (e.g. CNA, LPN, RN, etc.)

To Report Suspected Medicaid Fraud Call 1-866-551-6328 or 785-368-6220

Retaliation against any individual who reports suspected fraud or participates in an investigation of such reports (referred to as whistleblowing) is strictly prohibited by law.

What Is Your Wish? Continued

Continued from page 2

Resident Living (SPL). It is a three-year plan for Centers for Independent Living in Kansas and other community partners to work together on goals to help improve awareness, accessibility, and opportunity for people with disabilities. The current SPL is close to being finished so SILCK has started preparing to develop their next SPL for Kansas. They had a public forum on November 22, 2019 in Topeka to discuss community needs for people with disabilities and for development of the SPL. They also created a short four question survey online. They are requesting feedback from people with disabilities, community partners, and anyone else who has experiences in working with people with disabilities from all areas in Kansas by completing the survey.

Are you ready to make your wish list into a reality? Share your ideas or concerns by completing the survey on the website at https://www.surveymonkey.com/r/B6V3NCD.

RCIL has a resource library in most of their offices. You are welcome to use the computer in the resource library to complete the survey. If you are not computer savvy but want to complete the survey, contact your local RCIL office and an Independent Living Specialist will assist you.
## 2020 FRIENDS GROUP SCHEDULE

**RCIL Offices are CLOSED on December 24 & 25 2019 and January 1, 2020!**

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<thead>
<tr>
<th>Location</th>
<th>Time</th>
<th>Topic</th>
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<tbody>
<tr>
<td>El Dorado</td>
<td>Jan 15th</td>
<td>Energy Saving Tips For The Home</td>
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<tr>
<td></td>
<td>Feb 19th</td>
<td>Disability Etiquette</td>
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<tr>
<td></td>
<td>Mar 18th</td>
<td>Simple Home Repairs</td>
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<td><em>Location: RCIL Office</em></td>
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<td>615 1/2 N. Main, El Dorado, KS 67042</td>
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| Emporia        | Jan 27th   | To Be Determined                           |
|                | Feb 24th   | To Be Determined                           |
|                | Mar 30th   | To Be Determined                           |
| *Location: Broadview Towers Apartments* |           |                                            |
|                |            | 110 W. 6th Ave., Emporia, KS 66801         |

| Eureka         | Jan 28th   | Energy Saving Tips For The Home            |
|                | Feb 25th   | Disability Etiquette                       |
|                | Mar 24th   | Simple Home Repairs                        |
| *Location: Magic Circle Apartments* |           |                                            |
|                |            | 301 Magic Circle Rd., Eureka, KS 67045     |

| Ft Scott       | Jan 10th   | Planning and Goal Setting                  |
|                | Feb 14th   | Diabetes Prevention                        |
|                | Mar 13th   | Exercise for Seniors                       |
| *Location: Bourbon County Senior Center* |           |                                            |
|                |            | 26 N. Main St., Fort Scott, KS 66701       |

**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!*

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<tr>
<th>Location</th>
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<th>Topic</th>
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<tr>
<td>Iola</td>
<td>Jan 28th</td>
<td>Planning and Goal Setting</td>
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<tr>
<td></td>
<td>Feb 25th</td>
<td>Diabetes Prevention</td>
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<td></td>
<td>Mar 24th</td>
<td>Exercise for Seniors</td>
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<td><em>Location: Iola Housing Authority</em></td>
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<td></td>
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<td>217 N. Washington Ave., Iola, KS 66749</td>
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| Osage City     | Jan 8th    | How To Maintain A Healthier Lifestyle      |
|                | Feb 12th   | National Sleep Foundation                  |
|                | Mar 11th   | Walk Kansas                                |
| *Location: Park Place Apartments* |           |                                            |
|                |            | 207 S. 6th St., Osage City, KS 66523       |

| Paola          | Jan 24th   | Planning and Goal Setting                  |
|                | Feb 28th   | Diabetes Prevention                        |
|                | Mar 27th   | Exercise for Seniors                       |
| *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
MOBILITY IMPAIRED GET HEALTHY TOGETHER (MIGHTY)

Do you have a mobility-related disability and are looking to lose weight? You may be eligible for the University of Kansas Medical Center Research Study.

This weight management program provides diet guidance, physical activity and social interaction without leaving your home!

All participants must be over the age of 18 with a mobility related disability, and open to:

- Being randomized to either individual home visits or group participation via video conferencing
- Recording food and beverage intake, and participate in physical activity either self monitored or via group video

Participants will learn behavioral strategies from a trained health educator with compensation for their participation in the study. No travel is required.

For more information contact:
Trish Smith at mighty@ku.edu or call 785-764-1312 or visit www.ebl.ku.edu/mighty.

Individuals must live within 50 miles of Kansas City or Lawrence. This program is 18 months and takes place in the home.
WOMEN WITH PHYSICAL DISABILITIES NEEDED!

Researchers are asking women 18-50 years old with physical disabilities to take part in surveys* about their experiences related to women's health issues.

*Surveys can be done from home and compensation is available. The amount you receive will depend on the number of surveys you are eligible to complete.

Contact us today for more info.

The initial screening phone call takes about 5-10 minutes.

Please call (734) 763-9374, send an email to prowhd-surveys@umich.edu or view our study posting online at www.UMHealthResearch.org/#studies/HUM00151821
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 December 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 December 18, 2019 and the prize will be mailed to the winner on the same day.

Fill in the Blanks

1. Each year RCIL staff visit at least _____________ elementary schools and provide disability awareness activities to their students and staff.

2. RCIL Christmas parties are being held in conjunction with the December _____________ _____________ meetings.

3. The Cold Weather Rule comes into effect when the temperature is below _____________ degrees Fahrenheit within a 48 hour period during the timeframe from November 1, 2019 through March 31, 2020.

4. The Mobility Impaired Get Healthy (MIGHTY) is a weight management program that provides diet guidance, physical activity and social interaction without leaving your home.

5. Researches from The University of _____________ are seeking women with physical disabilities to take part in surveys about their experiences related to women’s health issues.

Name: ________________________________

Address: ________________________________

Phone Number: __________________________

RCIL Seeking Disability Awareness Volunteers!

RCIL believes it is important to reach out to young students and talk to them about what it is like to have a disability. Each year our staff visit at least two elementary schools and provide disability awareness activities to their students and staff. We show them that having a disability is not the end of the world, it just means some people may have to do things in a different way.

We need your help! RCIL is seeking persons with disabilities to join us as we travel to the schools and share our message. If you are comfortable sharing a little bit about your disability experience with small groups of students, or just assisting our staff with an event, please contact Adam Burnett at the Osage City office.

For more information about the Cold Weather Rule, contact KCC at 1-800-662-0027.

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:

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

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.