



RESOURCE CENTER

for independent living

Consumer Newsletter • Fall 2020

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Office Closures

Nov. 11 - Veteran's Day

Nov. 26 & 27 - Thanksgiving

Dec. 24 & 25 - Christmas

RCIL Friends Group Update

RCIL in-person Friends groups have been on hold since March due to the COVID-19 outbreak. Unfortunately, those meetings will remain on hold until the virus subsides and it is safe for groups to get together again. RCIL recently started an alternative way for consumers to connect with each other using a remote meeting format. All you need to join the new group is a phone, a computer, a tablet, or a smartphone!



er "see" everyone, and you have access to the internet, you can join the meeting by computer, smartphone, or tablet. You have the option of sharing your picture or video with the other members. The new Friends group meets on the second Tuesday of each month at 2:00 pm. Contact Adam in the Osage City office for more details and to sign up.

Would you like a smartphone or tablet? Don't have an internet connection? You may be eligible to get those things for free or at a reduced cost. Call RCIL and we can help you explore your options! ☎

You can participate simply by calling in to the phone number. If you would rath-

er "see" everyone, and you have access to the internet, you can join the meeting by computer, smartphone, or tablet. You have the option of sharing your picture or video with the other members. The new Friends group meets on the second Tuesday of each month at 2:00 pm. Contact Adam in the Osage City office for more details and to sign up.

Are You Ready To Vote?

Everyone is gearing up for the General Election on November 3, 2020. People with disabilities who are registered to vote are allowed to receive any assistance they need to cast their ballots. Below are some options:

- **Permanent Advance Voting** – is available for Kansans with a permanent disability that choose to vote at home. The advanced ballot will be mailed to all permanent advance voters for every election. It is a one-time ap-

plication process and the application can be found on the Kansas Disability Rights Center website www.drckansas.org. You can also request a copy at your local County Courthouse.

- **One-Time Advance Voting** – is available for any registered voters in Kansas that choose to vote at home. Voters who want to vote at home have to apply for advance voting at least 20 days prior to an election. The deadline to



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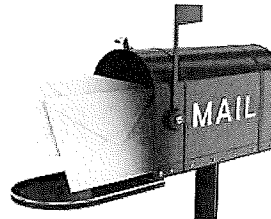
Alternate Formats

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

Open Your Mail – It Might Be Important!


Return Your DSW's Wage and Schedule Agreements

When you hire a new Direct Support Worker (DSW), or you change your DSW's work schedule, a ***Direct Support Worker/Employee Wage and Schedule Agreement*** is mailed to you. This form gives you the wage range you have available for you to set your DSW's wage. This wage range is based on the work schedule you provided to RCIL for this DSW.



If you change your DSW's work schedule, you are required to notify RCIL immediately. If the change in your DSW's work schedule constitutes a new wage range, an updated Wage Agreement will be sent to you. Each Wage Agreement you receive must be returned to RCIL within 14 days. If the DSW is no longer working for you or is un-

available to sign the form, the consumer should sign and date the form and return it to RCIL as confirmation that they have set the DSW's wage, even if the DSW no longer works for you.

Due to this Wage Agreement being a required document, your services may be interrupted if the Wage Form is not received by RCIL within the 14-day period from the date of the letter. 

The ***Direct Support Worker/Employee Wage and Schedule Agreement*** (Wage Agreement) is a required document in our files. You should verify that the information provided on the form is correct, sign and return it to RCIL within 14 days of the date of the letter. If the information on the form is incorrect, please contact RCIL for a revised Wage Agreement.

Statewide Plan for Independent Living - Housing Workgroup

Many changes had to be made this year due to COVID-19. The Statewide Plan for Independent Living (SPIL) Housing workgroup normally attends conferences to educate housing developers and managers on the housing needs of people with disabilities. We normally do presentations for people with disabilities to learn their housing rights and how to advocate for the housing they need. We also attend Kansas Housing Resource Corporation public input meetings to advocate

for accessible unit incentives and home modification funding to be reinstated.

This year we had to think outside the box. While we were still able to advocate for people with disabilities housing needs, via online Kansas Housing Conference, we still asked ourselves "How can we still help, educate, and advocate, when we can't attend conferences and meetings?" Due to new and



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Internet Access At Low Cost

Since the COVID-19 pandemic started, a lot of businesses, organizations, and families are using Zoom as an alternate way to interact with people face to face through their computer screen or their phone screen instead of meeting in person. What is Zoom? Zoom is a web conferencing platform that is commonly used for audio and/or video conferencing. People use it to make phone calls or to participate in video conference meetings. RCIL uses Zoom to host an Online Friends group meeting once a month and to schedule consumer appointments when necessary.

In order to use Zoom for face to face interaction, below are the following things you must have:

1. A computer, smartphone, or a tablet with a web camera and a

microphone

2. Internet access
3. Email address - to receive information to use to join the meeting on Zoom.

Zoom offers a basic plan which is free for people to use to host meetings with a limit of 40 minutes per meeting. All meetings can be audio-only or video conferences. If someone else sets up the Zoom Meeting and invites you, all you need to do is follow the instructions in the email invitation to start using Zoom at no cost.

There are some companies that offer low-cost internet service for eligible households. The companies include:

- AT&T – Access program
- Cox Communications – Connect2Compete program
- Mediacom – Connect-2-Compete program
- Spectrum Internet Assist
- Internet Essentials from Comcast (Xfinity)

There is also a Telecommunication Access Program (TAP) for eligible individuals who qualify to get a specialty smartphone, tablet, or a phone at no cost.



If you are interested to learn how to use Zoom and/or need help figuring out your options, contact your local RCIL office and an Independent Living staff member will assist you. ☎

Are You Ready To Vote? Continued

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apply for advance voting for the General Election is October, 14, 2020. The advance voting application is on the Kansas Disability Rights Center website or you can request a copy at your local County Courthouse.

- **Curbside Voting** – elderly voters and people with disabilities are entitled to vote from their car. Polling places should have the Americans with Disabilities Act (ADA) accessible buttons connected to a wireless bell or some other effective method to inform workers that someone

wants to vote curbside. One poll worker from each political party should accompany the ballot or accessible voting machine to the voter's car.

- **Voting at the Polls** – voters with disabilities can request assistance from a friend, family member, or a poll worker in casting a ballot. If a voter has problems receiving assistance at their polling location on the Election Day, the voter can call Election Protection at 1-866-OUR-VOTE (1-866-687-8683) about their Election Day assistance problems.

While exploring your options, there are a few important voter registration deadlines to remember. They are:

- **October 13** – last day to register to vote for General Election
- **October 14** – advance voting in person and by mail may begin
- **October 27** – deadline for voters to apply for advance ballots by mail for General Election
- **November 3** – General Election

If you have questions or need assistance, contact RCIL at 785-528-3105. ☎

CHANGING IT UP:

How to modify your brushing routine when your body just won't cooperate

With physical limitations, taking proper care of your teeth can sometimes feel like it is not worth the effort. But wait... did you know that problems in your mouth can lead to health issues ranging from annoying to serious? And that people with disabilities are more likely to experience dental problems? Luckily, brushing your teeth daily can help you stay healthy. When body movements are limited, toothbrushing can be tough. Oral Health Kansas created a booklet called "CHANGING IT UP" to put together ideas to help people with disabilities to keep their mouth healthy. Below are a few ideas listed in the booklet.

Trouble with Spitting/Swallow-

ing? Try this...

- Use less toothpaste. You only need a pea-sized amount to do the job.
- Consider using a suction device while brushing.
 - Suction devices can be prescribed by your doctor and may be covered by insurance.
 - Use a suction toothbrush that attaches to the hose.

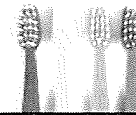
Trouble Gagging/Choking While Brushing? Try this...

- Use non-foaming toothpaste; without SLS (Sodium lauryl sulfate) in the ingredients.
- Keep your head in a neutral or downward position while brushing.
- Use a wet toothbrush without

CHANGING IT UP:

How to modify your brushing routine when your body just won't cooperate

When physical limitations make brushing your teeth difficult, it's important to find ways to make it easier. This booklet provides tips and ideas to help you stay healthy. Below are some ideas listed in the booklet.



toothpaste. Follow with alcohol free mouth rinse with fluoride.

- Use a smaller, youth size toothbrush.
- Experiment with brushing at different times of the day. Some people gag less in the evening.

Below are some additional tips that can help keep your mouth healthy:

- Always brush before bed and use a toothpaste that contains fluoride.
- Avoid rinsing for at least 20 minutes after brushing to maximize the effectiveness of the fluoride toothpaste.
- If you have dentures, try using a denture soak. When brushing them, make sure to put a towel in the bottom of the sink so they won't break if dropped.
- Rinse with water after using an inhaler or taking liquid medications.
- Many medications can make your mouth feel dry. Dry mouth can be uncomfortable, and it increases your risk for cavities. Look for over the counter remedies and ask your doctor or dentist for ways to minimize the impact.

Want To Become Physically Active?

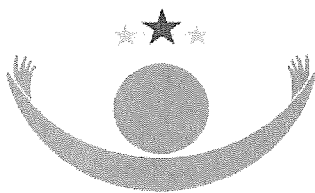
Join our online physical activity program for people with a mobility disability!

Researchers from The Kansas Disability and Health Program are looking for 15 people with mobility disability to take part in a 16-week, online physical activity program. Participants will attend weekly meetings online and exercise on their own. Participants will be provided with optional exercise equipment (arm cycle, resistance bands) and activity tracking wearable device (watch) and will be compensated

for their time.

Participants must:

- Be at least 18 years old
- Have a mobility disability and use a wheelchair
- Be able to use arms for exercise
- Have access to the internet
- Reside in Kansas



Disability and Health Program
Kansas: people with disabilities can be healthy

For details or to sign up, contact Lyndsie Koon by email lyndsie@ku.edu or phone 785-864-1611. ☎

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 October 19, 2020 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 October 22, 2020 and the prize will be mailed to the winner.



✂ Cut Here

Fill in the Blanks

1. RCIL uses _____ to host an Online Friends group meeting once a month.
2. The last day to register to vote for General Election is _____.
3. The Direct Support Worker/Employee Wage and Schedule Agreement (Wage Agreement) is a _____ document. If you receive a Wage Agreement from RCIL, it must be returned to RCIL within the 14-day period from the _____ of the letter or your services may be interrupted.
4. You can join the RCIL Friends group meeting by computer, smartphone, tablet, or _____.
5. During the 16-week online physical activity program, participants will attend _____ meetings online and _____ on their own.

Name: _____


Address: _____

Phone Number: _____

SPIL - Housing Workgroup Continued

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different housing crises in this pandemic situation, we decided to get information and helpful tools out to the Centers for Independent Living to aid in assisting and teaching people their rights during this COVID pandemic. We provided "Your COVID Related Housing Rights", information about the Governor's executive or-

ders temporarily prohibiting certain foreclosures and evictions, and a "Notice to Landlord of Eviction Protection Due to COVID-19" document that may be used by an individual who is facing a wrongful eviction. To view those documents, please visit our website at www.rcilinc.org or you can contact Macy Collins at 316-322-7853 for more information. 

**HOUSING
UPDATE
COVID-19**

You Asked for It

How many years has RCIL been in business?

36 years! RCIL was established on September 21, 1984. Happy Anniversary RCIL!

Where can I find information about voting rights and how to register to vote?

You can find voting information on the Disability Rights Center of Kansas website at <https://www.drckansas.org/drc-programs/voting>.

Who can I call to borrow a wheelchair?

RCIL offers short term loaner equipment programs to consumers who live in Butler County, Lyon County, and Osage County. Due to the COVID-19 pandemic, RCIL is able to loan out equipment to consumers by curbside pickup only. Contact RCIL at 785-528-3105 if you need to borrow equipment or need assistance to locate resources in your area that offers loaner equipment programs.

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

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

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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
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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
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