RCIL Hires a Youth Transition Specialist

RCIL is pleased to announce it has hired Myra Cassady as the Youth Transition Specialist. Myra started at RCIL October 2, 2020 in the Emporia Office. She will be providing Youth Transition services to assist youth with disabilities between ages 14-24 as they transition into adulthood. The Youth Transition program is funded by the Walter S. and Evan C. Jones Testamentary Trust, Bank of America, N.A., Trustee, to offer services for youth with disabilities in Lyon, Osage, and Coffey Counties. Myra will be assisting youth with disabilities in defining their educational, employment, and independent living goals. She will serve youth who reside in Lyon County during her first year and then will serve youth in Osage and Coffey County in subsequent years. Myra is eager to serve her community and looks forward to connecting with the local youth and organizations in all three counties.

Consumer Success Story

James and Sandy Garner were thrilled to have their ramp built at their home. For several years, James spent numerous days inside their home because it was difficult for him to walk and to use steps. When he had to go to the hospital, the Emergency Medical Services (EMS) had to use their back door and cut some of the handrails on their porch to make it easier for them to carry James out of the house to the ambulance. Sandy reached out to RCIL for assistance.

The Independent Living Specialist, Beth Burnett, assisted them to achieve their goal to get a ramp built. James and Sandy received a power chair covered by their health insurance for James to use. They found two contractors to submit bids to build the ramp. They also applied and received funding assistance from the Build a Ramp Program and the Cerebral Palsy Research Foundation.

After the ramp was built to their front door, James was happy to use his power chair to get in and out of their home independently. Sandy said, “Having a ramp has made their life a little easier.” They like sitting on their deck outside of their front door to enjoy the fresh air.

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Online RCIL Friends Group

RCIL is offering an online Friends group meeting for individuals who have, or have experienced, a disability. RCIL Independent Living staff will share information about disability related topics such as health and wellness, safety, transportation, and direct support worker concerns. The Online Friends group meets the fourth Tuesday of each month from 2:00pm to 3:00pm through Zoom. You can participate in the meeting by using your computer, tablet, smartphone, or your phone.

The online RCIL Friends group will meet on December 22, 2020 at 2:00pm. All participants who attend will be entered into a drawing for a chance to win a FREE prize!

Are you interested? Contact Beth at RCIL at 785-528-3105 for more information and to sign up.

SPIL Outreach Workgroup

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.

During the pandemic, the SPIL outreach workgroup changed their way of doing outreach in order to maintain their awareness about CILs to the general public. Historically, the members would do outreach by interacting with people in person either by giving presentations, attending community partner meetings, and setting up booths at health fairs. Currently, the members are utilizing social media, contacting consumers by phone, and/or attending community meetings by video conference. The SPIL outreach workgroup is meeting monthly by video conference to develop new goals and objectives focusing on increasing awareness about CILs consistently across the State. Once the goals are developed, the workgroup will continue to meet monthly to work towards achieving their goals for the next three years.

RCIL is actively involved in all four 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 anyone who is interested to be advocates for people with disabilities by participating in any of the workgroups. If you are interested and want to get involved, contact an Independent Living Specialist (ILS) at your local RCIL office or contact the SILCK office at 785-234-6990.
# Symptoms in Adults

## COVID-19 vs. COLD vs. FLU vs. ALLERGIES

<table>
<thead>
<tr>
<th>SYMPTOMS</th>
<th>COVID-19* (Gradual onset)</th>
<th>COLD (Sudden onset)</th>
<th>FLU (Sudden onset)</th>
<th>ALLERGIES (Varies)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fever</td>
<td>Common (measured at 100°F or higher)</td>
<td>Rare</td>
<td>High (100-102°F), can last 3-4 days</td>
<td>No</td>
</tr>
<tr>
<td>General aches, pains</td>
<td>Common, sometimes severe</td>
<td>Slight</td>
<td>Common, often severe</td>
<td>No</td>
</tr>
<tr>
<td>Fatigue, weakness</td>
<td>Common (can lead to unexplained falls in elderly)</td>
<td>Slight</td>
<td>Common, often severe</td>
<td>Sometimes</td>
</tr>
<tr>
<td>Extreme exhaustion</td>
<td>Common</td>
<td>Never</td>
<td>Common (starts early)</td>
<td>No</td>
</tr>
<tr>
<td>Cough</td>
<td>Common</td>
<td>Mild to moderate</td>
<td>Common, can become severe</td>
<td>Sometimes</td>
</tr>
<tr>
<td>Shortness of breath</td>
<td>Common</td>
<td>Rare</td>
<td>Rare</td>
<td>Common</td>
</tr>
<tr>
<td>Chest pain</td>
<td>Common</td>
<td>Rare</td>
<td>Common</td>
<td>No</td>
</tr>
<tr>
<td>Poor appetite</td>
<td>Common</td>
<td>Sometimes</td>
<td>Common</td>
<td>No</td>
</tr>
<tr>
<td>Nausea, vomiting, abdominal pain</td>
<td>Common</td>
<td>Rare</td>
<td>Sometimes</td>
<td>No</td>
</tr>
<tr>
<td>Diarrhea</td>
<td>Common</td>
<td>No</td>
<td>Sometimes</td>
<td>No</td>
</tr>
<tr>
<td>Loss of smell or taste</td>
<td>Often</td>
<td>Rare (congestion could impact smell)</td>
<td>No</td>
<td>Possible (congestion could impact smell)</td>
</tr>
<tr>
<td>Chills</td>
<td>Sometimes</td>
<td>Rare</td>
<td>Common</td>
<td>No</td>
</tr>
<tr>
<td>Headache</td>
<td>Sometimes</td>
<td>Rare</td>
<td>Intense</td>
<td>Sometimes</td>
</tr>
<tr>
<td>Sore throat</td>
<td>Sometimes</td>
<td>Common</td>
<td>Common</td>
<td>No</td>
</tr>
<tr>
<td>Runny nose</td>
<td>Sometimes</td>
<td>Common</td>
<td>Sometimes</td>
<td>Common</td>
</tr>
<tr>
<td>Stuffy nose</td>
<td>Rare</td>
<td>Common</td>
<td>Sometimes</td>
<td>Common</td>
</tr>
<tr>
<td>Sneezing</td>
<td>Rare</td>
<td>Common</td>
<td>Sometimes</td>
<td>Common</td>
</tr>
</tbody>
</table>

For more information: [www.coronavirus.kdheks.gov](http://www.coronavirus.kdheks.gov)

Sources: KDHE, CDC, CSTE, WHO, NIH, National Institute of Allergy and Infectious Diseases, American College of Allergy, Asthma and Immunology.

Revised 9/22/20
The Kansas Low Income Energy Assistance Program

The Low Income Energy Assistance Program (LIEAP) is a federally funded program that helps qualifying households pay a portion of their home energy costs by providing a one-time per year benefit. The 2021 application period for LIEAP is from January 4, 2021 through March 31, 2021.

In order to qualify, applicants must meet the following requirements:

1. An adult living at the address must be personally responsible for paying the heating costs incurred at the current residence, payable either to the landlord or to the fuel vendor.

2. Applicants must demonstrate a recent history of payments toward purchase of the primary heating energy.

3. The combined gross income (before deductions) of all persons living at the address may not exceed 130% of the federal poverty level.

4. Benefit levels vary according to household income, number of persons living at the address, type of dwelling, and type of heating fuel.

During the application period, you can complete an application online at www.dcf.ks.gov; request an application by calling LIEAP at 1-800-432-0043 or pick up an application at your local Department for Children and Families (DCF) office.

Note: DCF will deny your application if they receive it before or after the application period.

Contact LIEAP Customer Service at 1-800-432-0043 or your local DCF office for more information.

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Guardian, Durable Power of Attorney, Designated Representative? What’s the Difference?

Do you often times read the words Guardian, Durable Power of Attorney or Designated Representative and wonder what do they mean?

A Guardian is someone that is appointed by the court to be legally responsible for the care and management of the person or property of another. Parents, either biological or adoptive, are considered to be the “natural guardians” for their children that are under the age of 18 unless the parent has been found to be an adult with an impairment in need of a guardian, or has had parental rights terminated by a court of competent jurisdiction. A guardianship is not always permanent. The objective is to restore the person to complete decision-making capacity, if possible, and close the guardianship. See “A Guide to Kansas Laws on Guardianship and Conservatorship” by the Kansas Guardianship Program for additional information. If a Guardian has been appointed by the court to act on a person’s behalf, the Guardian should sign all of the Home and Community Based Service documents for their ward.

A General Power of Attorney (POA) allows someone else to handle your legal, financial or medical matters. An ordinary Power of Attorney expires if you become mentally incompetent, while a Durable Power of Attorney (DPOA) remains in effect even if you are incapacitated. The purpose of a Durable Power of Attorney is to plan for situations where you are no longer capable of making decisions such as medical emergencies or cognitive decline.

It is considered to be an Inactive Durable Power of Attorney when the language specifies that the Durable Power of Attorney will only take effect if you are incapacitated. Up until that time, you are still able to make decisions on your own and would sign all of your Home and Community Based documents yourself. If your Power of Attorney paperwork says it becomes effective immediately upon signature, that is an Active Durable Power of Attorney and your DPOA should sign all of your Home and Community

Continued on page 4
Guardian, DPOA, Designated Representative? Continued

Based documents on your behalf.

A Designated Representative is appointed by a Guardian or Active DPOA to manage Home and Community Based Services (HCBS) for an HCBS consumer. An individual is not required to appoint a Designated Representative but may voluntarily decide to appoint one to perform the HCBS Self-Directed Employer functions on their behalf. A Designated Representative is often appointed to mitigate conflict of interest situations by making decisions about a consumer’s Home and Community Based Services when the Guardian or Active Durable Power of Attorney will also be providing Direct Support Worker services for the individual for whom they are legally responsible.

For more information, contact RCIL at 785-528-3105 or consult your attorney.

KS Weatherization Assistance Program

The East Central Kansas Economic Opportunity Corporation (ECKAN) Weatherization Assistance Program is accepting applications for individuals in Allen, Anderson, Bourbon, Chase, Coffey, Douglas, Franklin, Greenwood, Johnson, Linn, Lyon, Miami, Morris, Osage, Woodson and Wyandotte counties. Eligible individuals include home owners and renters that meet household income levels.

How to apply? Contact ECKAN at 785-242-6413.

Allen County Resource Guide

Information and Referral (I&R) is a Core Service that RCIL offers to anyone with or without a disability. RCIL staff receive calls from consumers with questions about available community resources in their county. Below are a few resources available in Allen County.

Contact RCIL at 785-528-3105 if you have questions or need assistance to locate resources in your area.

<table>
<thead>
<tr>
<th>Agency Name</th>
<th>Services</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Allen County Service To The Elderly</td>
<td>Transportation</td>
<td>620-365-1435</td>
</tr>
<tr>
<td>Grow Iola</td>
<td>Homes for Rent, Employment Opportunities</td>
<td><a href="http://www.growiola.com">www.growiola.com</a></td>
</tr>
<tr>
<td>Humanity House</td>
<td>Clothing, Food, Household items, Transportation</td>
<td>620-363-2757</td>
</tr>
<tr>
<td>Hope Unlimited</td>
<td>Domestic Violence and Sexual Abuse Shelter</td>
<td>620-365-7566</td>
</tr>
<tr>
<td>Meals on Wheels</td>
<td>Food</td>
<td>620-365-1407</td>
</tr>
<tr>
<td>Mom's Meals</td>
<td>Food</td>
<td>1-877-508-6667</td>
</tr>
<tr>
<td>Pay it Forward Iola, KS Facebook page</td>
<td>Clothing and Household items</td>
<td>Facebook page</td>
</tr>
<tr>
<td>Salvation Army</td>
<td>Housing resources</td>
<td>1-800-726-2769</td>
</tr>
<tr>
<td>Senior Center</td>
<td>Clothing</td>
<td>620-365-1440</td>
</tr>
<tr>
<td>Southeast Kansas Community Action Program</td>
<td>Housing resources, Tenant Based Rental Assistance (TBRA), Section 8 HUD</td>
<td>620-724-8204</td>
</tr>
<tr>
<td>Southeast Kansas Multi-County Health Department</td>
<td>Immunizations, Health and Wellness, Women, Infant, &amp; Children (WIC) program</td>
<td>620-365-2191</td>
</tr>
<tr>
<td>Thrive Allen County</td>
<td>Transportation to doctor's appointments</td>
<td>620-365-8128</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Agency Name</th>
<th>Services</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>File for health insurance</td>
<td></td>
</tr>
</tbody>
</table>

Winter 2020
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 18, 2020 in the following ways:
  1. By mail: RCIL P.O. Box 257 Osage City, KS 66523
  2. OR e-mailing your answers to info@rcilinc.org

The winning ticket will be drawn on December 21, 2020 and the prize will be mailed to the winner.

Fill in the Blanks

1. The online RCIL Friends group will meet on ______________________ at 2:00pm.

2. RCIL offers __________________ services to assists youth with disabilities between ages 14-24 as they transition into adulthood.

3. A ____________________ is someone that is appointed by the court to be legally responsible for the care and management of the person or property of another.

4. The 2021 __________ application will be available from January 4, 2021 through March 31, 2021.

5. A ____________________ is appointed by a Guardian or Active DPOA to manage Home and Community Based Services (HCBS) for an HCBS consumer.

6. RCIL offers Information and Referral to anyone with or without a __________.

Name:______________________________________________________________

Address:___________________________________________________________

Phone Number:_____________________________________________________

Consumer Success Story Continued

Continued from page 1

James often times goes to their mailbox to check the mail. He also enjoy going through his things in their garage. He uses public transportation to attend his medical appointments. Sandy explained, “It was so much easier for James to utilize transportation that has a wheelchair lift instead of him trying to transfer into their vehicle and leaving his power chair behind.” Sandy also stated, “The ramp was user friendly for the EMS crew.” She explained, “James was admitted to the hospital after the ramp was built. The EMS used our front door and the ramp to carry James out of the house with no issues.”

James and Sandy thanked Beth for their assistance to get a ramp built. Sandy told Beth, “The one thing I learned from the process is to be patient. It took a lot longer than I expected to get a ramp but it was well worth the wait.”

Does Every offer any emergency assistance?

Yes. Every offers “Project DESERVE” to help pay the Every electric bill for people with a severe disability (children or adults meeting Social Security disability criteria), older adults (65 years or older) and income-eligible households. Applicants may receive a one-time payment of up to $100 to $300, depending on their eligibility, to be applied toward their Every electric bill over a rolling 12 month period. If you think you might be eligible for Project DESERVE assistance, contact Center of Hope at 316-219-2121 or Every at 1-800-383-1183.

What is the phone number to the KanCare Clearinghouse?
The phone number is 1-800-792-4884 or you can visit their website at www.kancare.ks.gov.

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

RCIL Consumer Newsletter
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.

RCIL Home Office

Address
P.O. Box 257
1137 Laing
Osage City, KS 66523

Phone
1.785.528.3105 Voice
1.800.580.7425 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

Emporia
215 W. 6th Ave., Suite 201
Emporia, KS 66801
1.620.342.1648 Voice
1.883.261.4024 Toll Free
1.620.342.1821 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

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