



RESOURCE CENTER

for independent living

Consumer Newsletter • Winter 2020

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Dec. 24 & 25 - Christmas	
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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.

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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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



RCIL Directors

Deone Wilson
Executive Director

Mike Pitts
Deputy Director

Becky Brewer
*Director of Financial
Management Services*

Adam Burnett
Director of Core Services

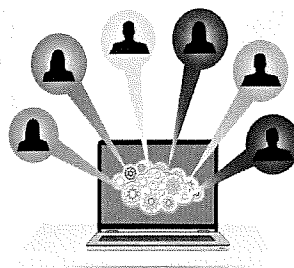
Tania Harrington
*Director of Disability
Services*

Alternate Formats


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

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.

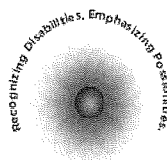
During the pandemic, the SPIL outreach workgroup changed their way of doing outreach in order to maintain their awareness about CILs to the general public. Historically, the members would do outreach by interacting with people in person either by giving presentations, attending community partner meetings, 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. 



SILCK
Statewide Independent Living Council
of Kansas

Symptoms in Adults

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

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

For more information: 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. 

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 deci-

sions 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



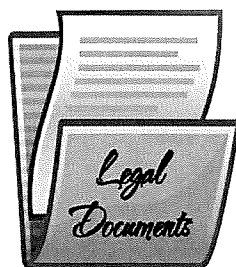
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Guardian, DPOA, Designated Representative? Continued


Continued from page 3

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




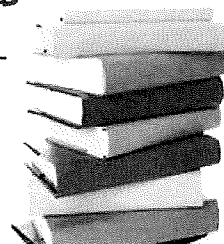
appointed to mitigate conflict of interest situations by making decisions about a consumer's Home and Community Based Services when the Guardian or Active Durable Power of Attorney will also be providing Direct Support Worker services for the individual for whom they are legally responsible.

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.

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

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:

- 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 21, 2020 and the prize will be mailed to the winner.



✂ Cut Here

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 enjoys 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." 

You Asked for It

Does Everygy offer any emergency assistance?

Yes. Everygy offers "Project DESERVE" to help pay the Everygy 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 Everygy 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 Everygy 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.



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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 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
1.800.580.7245 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