



RESOURCE CENTER

for independent living

Consumer Newsletter • Spring 2021

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Office Closures

April 2 - Spring Break

May 31 - Memorial Day

Youth Transition Club

Resource Center for Independent Living, Inc. (RCIL) is inviting you/your student to join Youth Transition Club! This group is for youth and young adults (ages 14-24) with disabilities in Lyon County. In this group, youth will have the opportunity to learn independent living skills such as cooking, cleaning, budgeting, and employment skills. Youth Transition Club meets on the fourth Monday of each month (except on holidays) at 5:00 p.m. Currently, all meetings will be virtual via Zoom until further notice. Youth Transition Club is organized and led by Myra Cassady,

RCIL's Youth Transition Specialist.

Grab your popcorn and join us to prepare for Earth Day with a virtual watch party. We will be watching Wall-E via Zoom on April 19, 2021 at 5:00 p.m. This is a free event for youth ages 14-24 with disabilities and their families. To receive the zoom link, email



Myra at myra.cassady@rcilinc.org or you can direct message RCIL via Facebook. Please RSVP by April 16, 2021. For more information contact Myra at our Emporia office, 620-342-1648

Consumer Success Story

A consumer's daughter called Mandy Smith, Certified Orientation and Mobility Specialist, wanting to get her mother a device that would help her read. The family had tried to work with another organization but kept hitting a brick wall due to COVID. The consumer who is 102 years old and has vision loss is "as sharp as a tack" her daughter ex-

plained. She needed a device to be able to read and continue being as independent as possible. Mandy helped the consumer apply for funding through iKan-RCIL, which is RCIL's older blind program. Once it was approved, Mandy ordered her a Topaz, desktop video magnifier, and had it delivered to the consumer's home. The daughter and son-in-law were able to set up the Topaz and help the consumer learn how to use it. The consumer was so happy to receive it, she immediately looked at a clothing catalog, a magazine, and cards she had been saving to read!



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Advocacy Services

Do you know that one of the five Core Services that RCIL offers is Advocacy? RCIL offers two forms of advocacy services and they are individual advocacy and system advocacy. Individual advocacy services help people with disabilities develop the skills they need to represent themselves. These skills help them act on their own behalf to obtain support services from agencies in the community. Through systems advocacy, RCIL works at community, state, and federal levels for policy changes that make facilities, services and opportunities accessible to people with disabilities.

There are a number of good advocacy skills that can help you to become an effective advocate. Here are a few skills that you can consider as you advocate on behalf of yourself or others.

1. Preparation

- Identify the key issues that you are

encountering.

- Identify some possible solutions that you see as workable.
- Identify people who may be able to help you.

2. Communication


- Be clear, concrete, and assertive.
- Listen carefully to what other people are saying.
- Ask questions.

3. Documentation

- Record your discussions in a notebook.
- Keep a file of written responses and other documents.

4. Follow up

- You may ask to speak with a supervisor or director.


If you are a person with a disability and want to improve your advocacy skills, contact RCIL at 785-528-3105 for more information and to request services. 

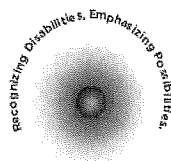
Statewide Plan for Independent Living

The Statewide Independent Living Council of Kansas, also called SILCK, promotes the integration and full inclusion of all Kansans with disabilities. The mission of the SILCK includes, with the input from Centers for Independent Living (CIL) such as RCIL and other community partners, developing and implementing a Statewide Plan for Independent Living (SPIL). The current SPIL has four areas to focus on to help remove barriers for people with disabilities. Those four areas turned into four SPIL workgroups. The workgroups are Employment, Housing, Outreach, and Transportation. RCIL along with other CILs and other com-

munity partners are working together in each of the workgroups. Each workgroup has their own goals that will bring awareness to, develop access to, and promote opportunities for consumers with disabilities.

Are you interested to be an advocate for people with disabilities? All workgroups want to invite any interested consumers who want to be advocates for people with disabilities to participate in their

workgroup. For more information on how to get involved in any of the SPIL workgroups, contact an Independent Living Specialist at your local RCIL office. 



SILCK
Statewide Independent Living Council
of Kansas

Alternate Formats

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

Accessible Recreation Opportunities

The Kansas Disability and Health Program (KDHP) is compiling a list of accessible recreation opportunities across the state of Kansas. The list is posted on their website at www.ihdps.ku/accessible-recreation-opportunities. The list is organized alphabetically by county and within the list of counties, it is organized alphabetically by city or town. The list includes recreational programs, like adaptive exercise programs, which are inclusive of people with disabilities, and recreational sites, such as parks and trails that provide access to people with disabilities. KDHP updates the list once a week with a goal to eventually list accessible recreation opportunities in every county in Kansas.

Below are some of the accessible recreation



opportunities in Kansas.

Allen County - Iola

- Missouri Pacific Recreational Trail
- Thrive Trail - Southwind Rail Trail

Lyon County - Emporia

- David Traylor Zoo
- Flint Hills Technical College Disc Golf Course

Osage County - Melvern

- Melvern Lake Nature Trail

Shawnee County - Topeka

- The Green Machine paralympic sport club of boccea
- Topeka Zoo

If you know of a recreational program in Kansas that provide access to or are inclusive of people with disabilities, contact Dot Nary at dotn@ku.edu.

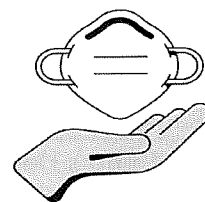
Online RCIL Friends Group

The Online RCIL Friends Group will meet on April 20, 2021 via Zoom at 2:00 p.m. They will be discussing service animals and how they can be helpful for people with disabilities. Individuals with disabilities are invited to attend the meeting. The group meets the third Tuesday of each month through Zoom. Individuals can participate in the meeting by using their computer, iPad, smartphone, or their phone. Are you interested in joining? Contact RCIL at 785-528-3105 to sign up and to attend the next online RCIL Friends group meeting on April 20th.



Attention HCBS Consumers!

RCIL currently has personal protective equipment (PPE) supplies available for consumers who are receiving Home and Community Based Services (HCBS). The supplies include gloves, face masks, hand sanitizers, and much more. RCIL staff are contacting consumers who are receiving HCBS and making arrangements to provide the PPE supplies to them. If you are receiving HCBS and haven't received a call about PPE supplies, please contact RCIL at 785-528-3105 for more information.



Meet Our Staff!

April Sherry, Receptionist, started at RCIL on January 4, 2021 in the Osage City office. She will be providing a variety of office functions and directing incoming calls to appropriate RCIL staff. She will also be assisting RCIL staff in the office with a variety of projects.



Annie Neary, Payroll Clerk, started at RCIL on December 28, 2020 in the Osage City office. She will be providing a variety of payroll functions for consumers who are self-directing their personal care services through the Home and Community Based Services Waivers.

Choosing to Self-Direct Your HCBS – It's Your Right

In 1989, Kansas passed K.S.A 39-17,100, a law requiring that all individuals 16 years of age and older who receive personal care services from Home and Community Based Services (HCBS) have the right to choose to Self-Direct those services and to choose their attendant. This law is based on the conviction that the person with the disability should be empowered to make decisions about the support services they receive as opposed to medical or social work professionals making those decisions for

them.

Self-Direction allows personal choice and control over the Home and Community Based Services authorized for your care and lets you, or your authorized representative, decide who provides your services and how and when the services are provided. This means you have the decision-making authority to recruit, hire, train and supervise the individuals that provide your services. Resource Center for Independent Living, Inc. (RCIL), as your Financial



Management Services Provider, is available to assist you in Self-Directing your HCBS by providing helpful information and resources.

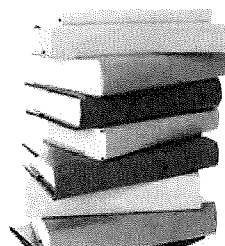
When you choose to Self-Direct, it is YOU, the Consumer, or your representative, that is in control of your care. It is your responsibility to manage your employees and ensure that your care is being provided.

To learn more about Self-Directing your HCBS or for support in directing your own care, contact the Resource Center for Independent Living, Inc. at 785-528-3105 or email payrollhelpdesk@rcilinc.org.

Anderson 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 Anderson 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
Anderson County Health Department	Immunizations, Health & Wellness, Women, Infant, & Children (WIC) program	785-448-6559
Anderson County Hospital	Laboratory & Imaging Services, Inpatient Care & Outpatient Surgery & Rehabilitation, Physicians	785-448-3131
East Central Kansas Economic Opportunity Corporation (ECKAN)	Food Pantry, Head Start, Housing Voucher/ Section 8, Weatherization	785-448-3670
Garnett Farmers Market	Food, Produce	785-204-1568
Garnett Housing Authority	Housing	785-448-6990
Garnett Senior Center	Transportation, Meals on Wheels	785-448-6996
General Public Transportation	Transportation within Garnett Transportation for travel outside Garnett	785-433-1901 785-433-1898
Kansas Workforce Center	Employment, Job Search, Resume	913-937-9462
My Father's House Community Services	Homeless Shelter, Commodities, Food Pantry, & Emergency Funds Assistance	913-294-3600
Southeast Kansas Mental Health Center	Therapy & Counseling, Crisis Intervention, Peer Support Group, Medication Management	785-448-6806

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 16, 2021 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 19, 2021 and the prize will be mailed to the winner.



✂ Cut Here

Fill in the Blanks

1. The _____ is a rebate program for the property taxes paid by homeowners.
2. _____ is a throwing sport of strategy and precision, played indoors with adapted equipment.
3. Youth with disabilities ages 14-24 in _____ County are invited to join RCIL's Youth Transition Club.
4. On April 20, 2021 the Online RCIL Friends group will be discussing _____ during their meeting via Zoom.
5. When a consumer chooses to _____, it is their responsibility to manage their employees and ensure that their care is being provided.
6. The Kansas Workforce Center offers _____ services in Anderson County.

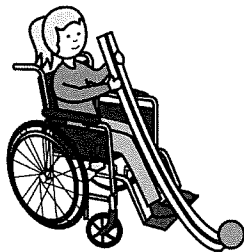
Name: _____

Address: _____

Phone Number: _____

Paralympic Sport of Boccia

Do you like to compete? Would you like to get involved in a Paralympic Sport? The Green Machine is a Kansas wheelchair sports club that features the Paralympic Sport of Boccia. Boccia is a throwing sport of strategy and precision, played indoors with adapted equipment. It was designed for persons with quadriplegia to compete at a high level. If you are not able to throw (or kick) the



ball, the athlete uses a ramp to propel the ball onto court. Green Machine is sidelined right now due to COVID restrictions, but they are using the time to educate and recruit. Girls and women are encouraged to take a look at the sport of Boccia! To learn more about your opportunities in the sport of Boccia, contact Cathy Drobny at cathy.drobny@gmail.com.

You Asked for It

Do I qualify for a Homestead Refund?

The Homestead Refund is a rebate program for the property taxes paid by homeowners. The refund is based on a portion of the property tax paid on a Kansas resident's home. The maximum refund is \$700. To claim a Homestead refund you must have been a Kansas resident all of 2020 and had an income of \$36,300 or less. You must also meet one of the following three requirements:

- You were born before Jan. 1, 1965; OR
- You must have been totally and permanently disabled or blind during the entire year, regardless of your age; OR
- You must have had a dependent child living with you all of last year who was born before January 1, 2020, and was under the age of 18 the entire year.

If you need assistance, contact your Independent Living Specialist at your local RCIL office.

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



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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