Don't FALL in the Fall (or Anytime)

Fall Prevention Awareness

The leaves are turning color, the temperature is getting cooler...the season of fall is on its way. It is also the season for Fall Prevention Awareness.

According to the Centers for Disease Control and Prevention (CDC), every second of every day, an American older than age 65 suffers a fall in the United States – making falls the leading cause of injury and injury death in this age group.

Falls can be prevented. Practicing these 3 simple things can keep you from falling:

1. **Talk to your health care provider**
   - Assess your risk of falls. Tell your doctor if you have fallen, if you are afraid you might fall or if you feel unsteady or dizzy when walking or standing.
   - Review and evaluate all of your medications. Make sure side effects are not increasing your risk of falling. Only take medications as prescribed.
   - Have your eyes and ears checked at least once per year. Update your lenses, if needed.

2. **Stay active**
   - Do exercises that strengthen your legs and improve your balance.
   - Tai Chi is a good exercise that may help improve your balance. Tai Chi is a self-paced program of gentle physical exercise and stretching.

3. **Keep your home safe**
   - Remove trip hazards like throw rugs and clutter.
   - Increase lighting.
   - Install grab bars in key areas like the bathroom.
   - Make stairs safe with handrails on both sides and good lighting.
What Is The SPIL Housing Workgroup?

The Statewide Independent Living Council of Kansas (SILCK) is a not-for-profit corporation, governed by a Board of Directors. The Council, in conjunction with the Centers for Independent Living (CILs), is responsible for the development of the State Plan for Independent Living (SPIL). The SILCK is also responsible for monitoring, reviewing and evaluating the implementation of the State Plan.

The SPIL has been broken down into four vital workgroups to focus on the most important barriers facing people with disabilities. These groups include: Outreach, Transportation, Employment, and Housing. In this article, we would like to share updates from the Housing workgroup. This workgroup has a representative from most of the CILs in Kansas.

The main goals of the workgroup are as follows:

Goal 1:
The workgroup will participate in housing related cross disability events (such as conferences, workshops, forums, etc.).

Goal 2:
Advocate for an increase in the development of accessible housing units.
- Develop relationships with developers. (Private, Public, and Non-Profit)
- Encourage funders to increase accessibility/universal design in projects they fund.
- Encourage reinstatement of the Kansas Accessibility Modification Program (KAMP).

This past year something exciting happened in Kansas, a statewide housing assessment! Below is the announcement about the housing assessment from the Kansas Housing Resource Corporation's (KHRC) website at www.kshousingcorp.org

“In 2021, KHRC and the Office of Rural Prosperity launched the state's first comprehensive housing needs assessment in nearly 30 years, aiming to address a decades-long shortage of data on existing housing resources and current and projected needs. A lack of quality, affordable housing is widely recognized as one of the state's biggest barriers to growth and development, particularly in rural and underserved communities. The Office of Rural Prosperity's Housing Work Group, an interagency team of state leaders, identified a comprehensive assessment as the crucial first step in addressing the state's housing needs and identifying development priorities.

RDG Planning & Design was selected via a competitive Request for Proposal (RFP) process to assess current housing opportunities, identify goals, and develop strategic initiatives to guide the state's future housing development efforts.”

The SPIL Housing workgroup has been working hard to attend all public hearings concerning this assessment to advocate for the increase of accessible housing and universal design. Due to the

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Throughout the year of 2020, the Resource Center for Independent Living, Inc. (RCIL) accomplished several great things, including providing personal protective equipment to consumers, offering services to youth in Lyon County, facilitating the West Regional sessions at the Kansas Disability Caucus, distributing disability history and awareness bulletin board kits to elementary schools, and enhancing their information and referral service delivery. While the accomplishments described below highlight some of the great things that happened at RCIL, there is great pride in the many accomplishments for 2020 despite the pandemic and we are excited to find out the opportunities and challenges RCIL will face in 2021!

Personal Protective Equipment Efforts

When the COVID-19 pandemic started in March 2020, RCIL consumed most of their time for the remainder of 2020 to make sure their consumers had the resources they needed to protect themselves from getting COVID. They spent time calling consumers to check in and offering essential resources that they need in their area. They also spent time providing personal protective equipment (PPE) supplies to consumers. Below is the list of agencies who provided the PPE supplies along with the efforts on how RCIL distributed the supplies.

- RCIL received cloth masks from United Healthcare to be distributed to their consumers or anyone who needed them. RCIL was able to mail masks to 365 United Healthcare consumers along with staying safe information during the COVID crisis.

- RCIL received 2,300 masks and 100 boxes of gloves from Sunflower Health Plan to provide to their list of 439 consumers. RCIL received the masks in various stages which allowed them to distribute at least 5 masks to each consumer on the list. A postcard was mailed to each consumer on the list to inform them of the availability of gloves and instructions on where they could pick them up.

- RCIL provided supplies to make a mask from a bandana to 1,208 consumers. Instructions were provided from the Center for Disease Control and Prevention on how to make a reusable masks from a t-shirt or bandana with the supplies.

- RCIL received 1,200 face masks from Hill’s Pet Nutrition to be distributed to consumers served in Lyon, Coffey, Chase, Greenwood, and Morris counties. RCIL mailed a supply of these face masks to 183 consumers in the identified counties.

In November 2020, RCIL received funding from the Kansas Department on Aging and Disability Services (KDADS) through SPARK Coronavirus Relief funding to purchase PPE supplies for consumers who are receiving Home and Community Based Services (HCBS). The PPE supplies included face masks, gloves, sanitizing wipes, hand sanitizers, disinfectant sprays, face shields, and infrared non-contact thermometers.

Continued on page 4
RCIL started contacting consumers in December to inform them about the supplies and to make arrangements to get the supplies to them. The supplies were given to consumers by curbside pick-up at the nearest RCIL office or by delivery to their home.

**RCIL Receives Grant to Serve Youth**

RCIL received a three-year award from the Walter S. and Evan C. Jones Testamentary Trust, Bank of America, N.A., Trustee, to fund services for youth with disabilities between the ages 14-24 as they transition into adulthood in Lyon, Osage, and Coffey counties. A Youth Transition Specialist was hired in the Emporia Office in October 2020. The Youth Transition Specialist is focusing her first year serving youth who reside in Lyon County. She assists youth with disabilities in defining their educational, employment and independent living goals. When completing the processes necessary to achieve those goals, the Youth Transition Specialist teaches youth on how to fill out paperwork, conduct a job search, complete a resume, prepare for a job interview, and other necessary independent living skills the youth may need. In addition to Youth Transition services, the Youth Transition Specialist offers the other four core services to youth with disabilities and their families which include: Information and Referral, Advocacy, Peer Counseling, and Independent Living Skills Training.

The Youth Transition Specialist also started developing the Youth Transition Club 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. The youth will also be able to participate in community events such as the farmers market, going to the zoo, and engaging in recreational activities such as disc golf. The Youth Transition Club meets once a month virtually via Zoom due to the pandemic until further notice.

The Youth Transition Specialist plans to serve youth with disabilities in Osage County in 2022 and in Coffey County in 2023.

**Kansas ONLINE! Disability Caucus 2020**

Due to the COVID-19 pandemic and limits on social gatherings, the 15th Kansas Disability Caucus hosted their three day event virtually via Zoom on August 12 – 14, 2020. There were over 200 disability advocates across the state that attended including RCIL’s Independent Living Specialists and Peer Specialists. The Caucus focused on two central themes relating to the rights, responsibilities, and lives of Kansans with disabilities. The themes were voting and the COVID-19 pandemic. The participants attended Central, East, or West Regional Sessions to develop priority issues and specific solutions related to the COVID-19 pandemic and the needs of people with disabilities during the pandemic. RCIL Independent Living

*Continued on page 7*
Do you want to see changes in home and community based services (HCBS)?
We Need Your Help!

Research Participants Wanted for Interviews

We are testing measures to improve person-centered Home and Community-Based Services (HCBS) outcomes for people with disabilities.

Getting services at home or in the community is important for people with disabilities. To make those services better, we need to know if and how the services are working. We are testing measures that include questions about how well Home and Community-Based Services (HCBS) are helping people live the lives they want. We need your help to make sure the measures provide valuable information.

In this research study, we will meet with you over Zoom. We will talk with you and ask questions about some important areas of your life. We may record the interview.

To take part, you must:
- Be at least 18 years old.
- Be getting services from the TBI Waiver, PD Waiver, I/DD Waiver, Fe Waiver or Working Healthy/WORK.
- Provide consent or assent (if not your own legal guardian).
- Be willing to take part in a 60-90 minute interview at three separate times over a 1-year period.

**Everyone we interview will get a $10 gift card for each interview**

IF YOU OR SOMEONE YOU WORK WITH IS INTERESTED OR HAVE ANY QUESTIONS PLEASE CONTACT:

Noelle Kurth at the University of Kansas (KU)
Phone: (785) 864-7085 or Email: pixie@ku.edu

This research study is overseen by co-directors of the Research and Training Center on HCBS Outcome Measurement, Dr. Brian Abery (abery001@umn.edu) and Dr. Renata Tichia (tichia0018@umn.edu) at the University of Minnesota Institute on Community Integration.
Independent Living Success

Independent Living Specialist, Macy, assisted a consumer in getting her bathroom remodeled. The consumer was having a difficult time getting into her bathroom because the doorway was too narrow for her wheelchair. The consumer explained, “I was hurting myself by falling in the bathroom without my wheelchair and not making it to the toilet in time.” Macy helped consumer develop a plan on making the bathroom accessible. While making a plan, Macy told the consumer about the assistive services funds. The consumer didn’t know the funds existed and she was interested to apply. Through the process, Macy coached her on self-advocacy skills. The consumer used the skills and talked to her Managed Care Organization (MCO) about the funds. She felt they were not taking her situation very seriously in which the project took longer than she would have liked. The consumer started calling them on a regular basis and shortly thereafter her project was finished. The consumer had her bathroom doorway widened for her wheelchair to get through and a barn door installed. She also had her closet removed from her bedroom to gain more floor space in the bathroom to maneuver with her wheelchair. A taller toilet and two grab bars were also installed.

The consumer told Macy she learned that the MCO had the funds and that sometimes you have to call a lot to get the things you need. She stated since her bathroom was remodeled, she is now able to get into her bathroom with her wheelchair without hurting herself and not having to worry about making it to the toilet in time.

Butler 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 Butler 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>Augusta Caring Center</td>
<td>Food, clothing, and utility assistance for individuals who reside in Augusta</td>
<td>316-775-3342</td>
</tr>
<tr>
<td>Butler County Department on Aging</td>
<td>Serves citizens 60 and older in Butler County. Offers meals on wheels, in home service programs</td>
<td>316-775-0500</td>
</tr>
<tr>
<td>Butler Homeless Initiative</td>
<td>Homeless shelter</td>
<td>316-323-4122</td>
</tr>
<tr>
<td>Central Plains Aging &amp; Disability Resource Center</td>
<td>Assessment for Home &amp; Community Based Services (HCBS)</td>
<td>855-200-2372</td>
</tr>
<tr>
<td>Community Aid Network (First Baptist Church)</td>
<td>Assistance with food, rent, utilities, and gas vouchers</td>
<td>316-321-3266</td>
</tr>
<tr>
<td>General Public Transportation</td>
<td>Provides transportation in Butler County and to Wichita</td>
<td>316-775-0500</td>
</tr>
<tr>
<td>Mid-Kansas Community Action Program (Mid-CAP)</td>
<td>Rent and utility assistance, housing resources, food assistance, financial counseling</td>
<td>316-775-3000</td>
</tr>
<tr>
<td>Salvation Army</td>
<td>Food pantry, clothing, rent and utilities assistance</td>
<td>316-321-4070</td>
</tr>
<tr>
<td>South Central Mental Health Counseling Center</td>
<td>Adult services, child and family services, community Support Services</td>
<td>316-775-5491</td>
</tr>
<tr>
<td>Twelve Baskets</td>
<td>Food pantry</td>
<td>316-390-8727</td>
</tr>
</tbody>
</table>
# 2021 FRIENDS GROUP SCHEDULE

**RCIL Offices are CLOSED on**

Nov. 11, Nov. 25-26, & Dec. 23-24 2021

**Due to COVID-19 ALL Friends group meetings are subject to change. PLEASE CALL AHEAD to check the status of your meeting.**

<table>
<thead>
<tr>
<th>Location</th>
<th>Time</th>
<th>Topic</th>
</tr>
</thead>
<tbody>
<tr>
<td>El Dorado</td>
<td>Oct 20th 1:00pm - 3:00pm</td>
<td>Housing Modification Requests</td>
</tr>
<tr>
<td></td>
<td>Nov 17th 1:00pm - 3:00pm</td>
<td>Meditation</td>
</tr>
<tr>
<td></td>
<td>Dec 15th 1:00pm - 3:00pm</td>
<td>Christmas Party (potluck)</td>
</tr>
<tr>
<td></td>
<td>*Location: RCIL Office 615 1/2 N. Main, El Dorado, KS 67042</td>
<td></td>
</tr>
<tr>
<td>Emporia</td>
<td>Oct 25th 1:00pm - 3:00pm</td>
<td>Welcome Back!</td>
</tr>
<tr>
<td></td>
<td>Nov 22nd 1:00pm - 3:00pm</td>
<td>Blind and Low Vision Services</td>
</tr>
<tr>
<td></td>
<td>Dec 20th 1:00pm - 3:00pm</td>
<td>Christmas Party</td>
</tr>
<tr>
<td></td>
<td>*Location: Broadview Towers Apartments 110 W. 6th Ave., Emporia, KS 66801</td>
<td></td>
</tr>
<tr>
<td>Eureka</td>
<td>Oct 12th 1:00pm - 3:00pm</td>
<td>Housing Modification Requests</td>
</tr>
<tr>
<td></td>
<td>Nov 9th 1:00pm - 3:00pm</td>
<td>Meditation</td>
</tr>
<tr>
<td></td>
<td>Dec 14th 1:00pm - 3:00pm</td>
<td>Christmas Party (potluck)</td>
</tr>
<tr>
<td></td>
<td>*Location: Magic Circle Apartments 301 Magic Circle Rd., Eureka, KS 67045</td>
<td></td>
</tr>
<tr>
<td>Ft Scott</td>
<td>Oct</td>
<td>Meeting Cancelled</td>
</tr>
<tr>
<td></td>
<td>Nov</td>
<td>Meeting Cancelled</td>
</tr>
<tr>
<td></td>
<td>Dec</td>
<td>Meeting Cancelled</td>
</tr>
<tr>
<td></td>
<td>*Location: Bourbon County Senior Center 26 N. Main St., Fort Scott, KS 66701</td>
<td></td>
</tr>
<tr>
<td>Iola</td>
<td>Oct</td>
<td>Meeting Cancelled</td>
</tr>
<tr>
<td></td>
<td>Nov</td>
<td>Meeting Cancelled</td>
</tr>
<tr>
<td></td>
<td>Dec</td>
<td>Meeting Cancelled</td>
</tr>
<tr>
<td></td>
<td>*Location: Iola Housing Authority—Kitchen 217 N. Washington Ave., Iola, KS 66749</td>
<td></td>
</tr>
<tr>
<td>Osage City</td>
<td>Oct 27th 1:00pm - 3:00pm</td>
<td>Fall Prevention Awareness</td>
</tr>
<tr>
<td></td>
<td>Nov 17th 1:00pm - 3:00pm</td>
<td>Give Thanks</td>
</tr>
<tr>
<td></td>
<td>Dec 15th 1:00pm - 3:00pm</td>
<td>Christmas Party</td>
</tr>
<tr>
<td></td>
<td>*Location: Park Place Apartments 207 S. 6th St., Osage City, KS 66523</td>
<td></td>
</tr>
<tr>
<td>Paola</td>
<td>Oct</td>
<td>Meeting Cancelled</td>
</tr>
<tr>
<td></td>
<td>Nov</td>
<td>Meeting Cancelled</td>
</tr>
<tr>
<td></td>
<td>Dec</td>
<td>Meeting Cancelled</td>
</tr>
<tr>
<td></td>
<td>*Location: Timber Ridge Apartment Homes—Clubhouse 908 N. Hospital Dr., Paola, KS 66071</td>
<td></td>
</tr>
<tr>
<td>Online Friends</td>
<td>Oct 17th 2:00pm - 3:00pm</td>
<td>To Be Determined</td>
</tr>
<tr>
<td></td>
<td>Nov 16th 2:00pm - 3:00pm</td>
<td>To Be Determined</td>
</tr>
<tr>
<td></td>
<td>Dec 21th 2:00pm - 3:00pm</td>
<td>Christmas Party</td>
</tr>
<tr>
<td></td>
<td>*Location: Zoom – Video Conference by computer or phone</td>
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</tr>
</tbody>
</table>

Friends are groups of individuals who have, or have experienced, a disability. We meet monthly to share & learn about disability related topics, to advocate for change in our communities, and to have fun!

For more information about RCIL Friends group
or
To request accommodations 2 weeks prior to a meeting

Contact RCIL at: 1-800-580-7245 or info@rcilinc.org

In cases of inclement weather, please call ahead!
Continued from page 4

Specialist, Macy Collins, facilitated the West Regional sessions. The Caucus also had speakers throughout the event to share information on voting rights, the impact of voting, ways that advocates are working through the pandemic, and disability rights during the pandemic. The Kansas Disability Caucus is held every two years in person. This was the first time the Caucus held their event virtually.

Disability History and Awareness Bulletin Board Kits

RCIL wasn’t able to provide disability history and awareness events in person at public schools due to the pandemic. Instead, they increased their efforts from a distance by developing the disability history and awareness bulletin board kits to give to public schools to post on their bulletin boards. The bulletin board kits included information on disability etiquette, stars with disabilities, and a timeline of disability history. In October 2020, RCIL distributed the bulletin board kits to the Emporia Public Schools. They included a letter and a flyer with the kits to show the schools how to display the materials on their bulletin boards. The bulletin board kits gave students the opportunity to learn about disability etiquette as they interact with their peers with disabilities. The “Stars with Disabilities” section of the kit, showed students that a person with a disability can be just as successful as their peers by seeing pictures of well known celebrities that have disabilities. The bulletin board kits also contained a disability history timeline that highlighted major events that have impacted disability rights as well as society. These events gave students an opportunity to learn how individuals with disabilities have advocated for themselves throughout American history and how society has improved because of those advocacy efforts. RCIL encouraged the schools to display the materials for at least a week to coincide with Disability History and Awareness week.

AIRS Certification

In December 2020, Director of Core Services, Adam Burnet, and Independent Living Specialist, Macy Collins, successfully passed an international certification examination through the Alliance of Information and Referral Systems (AIRS) for Information and Referral (I&R) service delivery. AIRS is the professional association for community I&R providers, primarily in the United States and Canada, helping to bring people and services together. The AIRS certification program awards professional credentials internationally to individuals. It is a recognition of demonstrated competencies in the field of Information and Referral that include knowledge, skills, attitudes and work-related behaviors needed by I&R practitioners to successfully execute their duties.

RCIL is proud to have Adam and Macy as Certified Community Resource Specialists (CRS). This is a huge accomplishment as there are only thirty-one individuals in Kansas that hold this certification. RCIL is currently the only independent living center in Kansas with four certified CRS staff.
RCIL serves more than 1,500 individuals through our many programs and services every year. While we receive funding from state and federal grants and waiver programs, many of our programs and services would not be as successful without the continued support of local businesses, organizations and individuals. In 2020, we were able to add new equipment to the Durable Medical Equipment Loan Program, complete a ramp project using the Build A Ramp Program, and share issues concerning the disability community virtually with community members. These are just a few of the great ways RCIL is able to use donations to serve Kansans with disabilities. We cannot thank our donors enough, but we would like to recognize the many businesses, organizations and individuals who helped make 2021 a successful year for RCIL.

**General Fund**
- Amazon Smile
- Rebecca Bina
- BT & CO., PA
- Bob and Linda Dayhoff
- Cheri Karns
- Dorothy Meyer
- Rella Moyan
- Non-Profits Insurance
  - Lynda Price
  - Patricia Robert
  - Donald Romine
  - Zelma Samuels
  - Gary Silver
  - Deone Thompson
  - Richard and Jeanette Swarts

**Durable Medical Equipment**
- Mike Bean
- Margaret Brooks
- Mary Ann Culbertson
- Georgina Furlinwider
- Kenny Graham
- Help House
- Cathy Jaap
- Jerry Jacobs
- Kenneth Jennings
- Robert Lagree
- Pat Lowrance
- Linda Melgren
- Jason Murray
- Candace Neises
- Brenda Nyberg
- Gerry O'Connor

**Equipment Loan Program**
- David Babler
- Mark and Debra Benson
- Peggy Fort
- Ellen Suzanne Johnson
- Doug Rickel
- Vicki Vawter
- Sandy Whalen

**Volunteer Program**
- Rita Dishon
- Kim Lister

RCIL had a couple of fundraising opportunities during 2020. RCIL is a member with Amazon Smile Foundation. It allows customers who shop on Amazon Smile to select RCIL or another charity of their choice when purchasing items. RCIL will receive 0.5% donation from Amazon Smile Foundation on any eligible purchases that were chosen to donate to RCIL. RCIL is also a member with Network for Good and posted the link on their website. It provides online fundraising for non-profit organizations. When visitors view the RCIL website they have an opportunity to make financial donations to RCIL through Network for Good.

RCIL accepts monetary donations for their general fund or the fund designated by the donor. RCIL also accepts gently used or new durable medical equipment for the Durable Medical Equipment Loan Program inventory or to give away as needed or requested. Furthermore, RCIL has a Volunteer Program to allow individuals who want to volunteer their time and have a meaningful experience at RCIL.
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 15, 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 October 19, 2021 and the prize will be mailed to the winner.

Fill the Blanks

1. RCIL has PPE supplies available for consumers and they are gloves, face masks, ____________________________ disinfectant sprays, sanitizing wipes, face shields, and non-contact thermometers.

2. Talk to your health care provider, stay active, and keep your home safe are three simple things that can prevent you from ____________________.

3. RCIL Friends groups meets monthly in El Dorado, Emporia, ________________, Osage City, and Online.

4. Mid-CAP assists with rent, utilities, food, and financial counseling for individuals who live in ________________ County.

5. The SPIL stands for State Plan for ____________________ Living.

Name: ____________________________________________

Address: __________________________________________

Phone Number: ____________________________________

SPIL Housing Workgroup Continued

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If you are interested in joining the SPIL housing workgroup, or have questions about the workgroup, please contact Macy Collins at the El Dorado Office at 316-322-7853.

pandemic, this workgroup has also been paying close attention to the resources that are becoming available to assist renters and homeowners with housing costs and housing related expenses. We have had many exciting speakers to our quarterly meetings, which created productive conversation and partnership such as the Kansas Housing Association and the Office of Rural Prosperity.

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:

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 St.
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 St.
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
1.888.261.4024 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