



RESOURCE CENTER

for independent living

Consumer Newsletter • Spring 2022

RCIL Names 2021 Direct Support Worker of the Year

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Office Closures

April 15 - Good Friday

May 30 - Memorial Day

The Board of Directors of the Resource Center for Independent Living, Inc. (RCIL) has named Jola Casey of Madison, Kansas as RCIL's 2021 Direct Support Worker (DSW) of the Year. Jola was nominated for this recognition by Edwina Ware, also of Madison. Edwina shared that Jola "is a constant" in her life. As Edwina's DSW, Jola prepares meals (including special treats like fudge), helps with cleaning, medicine management, and household organization, and just "doesn't give up" according to Edwina. The consistent presence and care Jola has provided has given Edwina a reason to "get out of bed".




Pictured: Edwina Ware (seated on the left) and her DSW Jola Casey (standing on the right).

"The support that DSWs provide is incredibly valuable for the individuals they provide service to and for the DSW themselves. Not only is this work rewarding and challenging, it's life-changing", said Deone Wilson, Execu-

tive Director of RCIL. Wilson went on to say, "Direct Support Workers are vital to Home and Community Based Services. RCIL provides services throughout the state of Kansas and many people

are going without support because they have been unable to find anyone to hire." RCIL helps connect DSWs with the individuals that need assistance with activities of daily living such as cooking, housekeeping, personal care, sleep support, etc. Anyone interested in working as a DSW should call RCIL toll free at 877-929-7655.

RCIL plans to make this an annual event. Nominations will be sought again in December 2022. Watch RCIL's newsletters and social media for more details in the future. 

Obtaining A Ramp

Independent Living Specialist, Macy, assisted Marie in obtaining a ramp. Marie's ramp was so rotten that Marie and her boyfriend thought they were going to fall through. Marie needed financial assistance and did not know

what resources to utilize. She reached out to Macy for assistance. Macy educated her on funding resources available in the area such as Build a Ramp Program (BARP), Cerebral Palsy Research

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RCIL Board of Directors

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Lyndon, KS

Carrie Sunday
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Alternate Formats

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

Obtaining A Ramp Continued

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Foundation (CPRF) and Friends of Man. She also explained to her on how to apply for those resources. Marie chose to apply for CPRF and Friends of Man. As part of the application, Marie needed to provide a couple of estimate bids to build a ramp. Macy taught her where to locate contractors in the area whom may work with her to build a ramp. Marie received a couple of bids and applied for CPRF and Friends of Man.



Marie received an award letter from CPRF and Friends of Man however, it wasn't enough to pay the entire cost of a ramp. Macy shared with her about the K-Loan program and the Modest Needs program for potential funding assistance. Marie chose to apply for K-Loan. She was accepted for a loan and her contractor built her a ramp. Marie stated that she now has a beautiful, safe ramp, and is no longer scared to leave the home as needed. ☺

Coffey 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 Coffey 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
Coffey County Health Department	Immunizations, Kansas WIC Program	620-364-8631
Coffey County Public Transportation	Provides transportation for residents who reside in Coffey County	620-364-1935
Coffey Health System	Hospital, Clinics, Physicians, Therapists	620-364-2121
Crosswinds Counseling and Wellness	Counseling Services, Medication Services	620-343-2211
COF Training Services, Inc.	Case Management, Employment Services, Day Services	620-364-2151
East Central Kansas Economic Opportunity Corporation (ECKAN)	Weatherization, Head Start, Housing Vouchers, Food Distribution, Case Management	620-364-8223
The Jones Foundation	Financial assistance with dental, eyeglasses, medical equipment, etc. for 21 years old and younger	620-342-1714

Spring 2022

WANTED

YOUR CURRENT ADDRESS AND TELEPHONE NUMBER!

We are starting to see some of the restrictions and services that were put on hold during the recent pandemic being lifted or decreased. That is great news! However, it is more important than ever that you check in with the KanCare Clearinghouse, your Managed Care Organization (MCO) and the Resource Center for Independent Living, Inc. (RCIL) to ensure they have your current contact information and address.

Lots of things have happened over the last two years. People's telephones have been changed (often more than once!), consumers have moved back into their own homes after living with family or friends or have just plain moved.

It is very important that the KanCare Clearinghouse, your Managed Care Organization and the Resource Center for Independent Living, Inc. has your most current contact information to ensure your services remain in place without any interruptions. Medicaid renewals may need to take place and if the KanCare Clearinghouse renewal information is sent to the wrong address and is not completed and returned, it may result in a loss of your Medicaid services.

MCOs have indicated they will once again begin in-home, in-person visits. They, too, will need your current contact information.

RCIL often needs to contact the consumer regarding services or missing claims. We, too, need to be aware of any address or telephone number changes.

Some consumers have already lost services due to their MCO not being able to locate the consumer or due to their Medicaid being terminated because the renewal was not completed. **Don't let this happen to you!**

To check, or update, your address and telephone number, contact the following:

KanCare Clearinghouse	1-800-792-4884 TTY 1-800-792-4292; Relay: 711
Aetna	1-855-221-5656; Relay: 711
Sunflower	1-877-644-4623 TTY 888-282-6428; Relay: 711
United Healthcare	1-877-542-9238; Relay: 711
RCIL:	1-785-528-3105 or 1-800-580-7245

Please ensure the services and safety you receive from your Home and Community Based Services are not interrupted, or stopped, because you cannot be located. **Call today!**

2022 FRIENDS GROUP SCHEDULE



**RCIL Offices are CLOSED on
April 15, 2022 and May 30, 2022!**

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

El Dorado
 April 20th 1:00pm - 3:00pm Internet Safety
 May 18th 1:00pm - 3:00pm Emergency Preparedness
 June 15th 1:00pm - 3:00pm Self-Advocacy
 *Location: RCIL Office
 615 1/2 N. Main St., El Dorado, KS 67042

Iola
 April Meeting Cancelled
 May Meeting Cancelled
 June Meeting Cancelled
 *Location: Iola Housing Authority—Kitchen
 217 N. Washington Ave., Iola, KS 66749

Emporia
 April 18th 1:00pm - 3:00pm iKan-RCIL Services
 May 23rd 1:00pm - 3:00pm CBD Oils
 June 20th 1:00pm - 3:00pm Fun and Games
 *Location: Broadview Towers Apartments
 110 W. 6th Ave., Emporia, KS 66801

Osage City
 April 27th 1:00pm - 3:00pm Social Isolation and Loneliness
 May 25th 1:00pm - 3:00pm How To Manage Diabetes
 June 22nd 1:00pm - 3:00pm Disability History & Advocacy
 *Location: Park Place Apartments
 207 S. 6th St., Osage City, KS 66523

Eureka
 April 12th 1:00pm - 3:00pm Internet Safety
 May 10th 1:00pm - 3:00pm Emergency Preparedness
 June 14th 1:00pm - 3:00pm Self-Advocacy
 *Location: Magic Circle Apartments
 301 Magic Circle Rd., Eureka, KS 67045

Paola
 April Meeting Cancelled
 May Meeting Cancelled
 June Meeting Cancelled
 *Location: Timber Ridge Apartment Homes—Clubhouse
 908 N. Hospital Dr., Paola, KS 66071

Ft Scott
 April Meeting Cancelled
 May Meeting Cancelled
 June Meeting Cancelled
 *Location: Bourbon County Senior Center
 26 N. Main St., Fort Scott, KS 66701

Online Friends
 April 19th 2:00pm - 3:00pm Workforce Center Services
 May 17th 2:00pm - 3:00pm ABLE Accounts
 June 21st 2:00pm - 3:00pm Recruiting, Hiring, and
 Managing DSWs
 *Location: Zoom – Video Conference by computer or phone

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!



RESEARCH PARTICIPANTS WANTED

- ✓ Do you use a manual wheelchair?
- ✓ Do you want to be more physically active?

Socialization and Technology to Assist Manual Wheelchair Users' Physical Activity Engagement (STAMPE)



For more information, contact Lyndsie Koon at lyndsiek@ku.edu or call us at 785.864.1611

Study for manual wheelchair users

We are recruiting participants to explore the effectiveness of technology and social media for increasing physical activity engagement. Individuals who use wheelchairs are often less active, which can lead to increased risk of developing chronic conditions (e.g., diabetes; obesity). This study aims to discover effective interventions for increasing physical activity.

Participants will be asked to:

- Complete surveys and a brief interview
- Wear an activity tracking technology device (e.g., Fitbit) throughout the entire course of the five-month study
- Engage weekly in a private online social media platform (e.g., Facebook) with other study participants for a portion of the study (three months)

Participants will receive:

- \$100 and keep the activity tracking devices at the completion of the study

Are you eligible?

- 18 years of older
- Have a mobility-related disability
- Use a manual wheelchair at least 50% of the time (for a minimum of 6 months)
- Have reliable access to the internet and a smartphone (Samsung or iPhone)

Location

- Completely remote – participate in the comfort of your own home!

If you are unsure if you meet the requirements or have questions, please contact us:

Lyndsie Koon, PhD
Email: lyndsiek@ku.edu
Phone Number: 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 April 15, 2022 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 18, 2022 and the prize will be mailed to the winner.



✂ Cut Here.....

Fill in the Blanks

1. The deadline to file the Kansas 2021 Homestead Refund is _____.
2. It is very important to check with the KanCare Clearinghouse, your Managed Care Organization (MCO), and the Resource Center for Independent Living, Inc. to ensure that they have your current _____ and _____.
3. RCIL helps connect _____ with the individuals that need assistance with activities of daily living such as cooking, housekeeping, personal care, and sleep support, etc.

Name: _____

Address: _____

Phone Number: _____

SPIL Transportation Group

Transportation is a barrier for many Kansans with disabilities, especially in rural areas. Did you know there is a group working to identify and overcome those barriers? The Statewide Plan for Independent Living (SPIL) Transportation workgroup consists of staff members from several Centers for Independent Living (CILs), consumers, and other stakeholders. The group meets regularly to share transportation resources, learn from transportation providers, and advocate for change. The group launched a Kansas transportation website to help expand its efforts. The website provides resources for transportation, has contact information for

mobility managers, lists transportation rights for people with disabilities, shares ways to advocate for improvements, and collects consumer stories. If you have a transportation resource, a barrier, or an idea for better transportation please visit www.spiltrans.org and share your information!



Join us as we gather in-person to build our knowledge, share experiences and areas of needed change, and unite in advocacy for Kansans with disabilities!

SAVE THE DATE!

Kansas Disability Caucus 2022

August 10-12, 2022
Hotel Topeka
at City Center

You Asked for It

What is Kansas Homestead Refund?

The Kansas 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 homeowner and a Kansas resident all of 2021 and your total household income must be \$36,600 or less. You must also meet one of the following three requirements:

1. You were born before January 1, 1966; OR
2. You must have been blind or totally and permanently disabled all of 2021, regardless of your age; OR
3. You must have a dependent child who lived with you the entire year who was born before January 1, 2021, and was under the age of 18 the entire year.

The deadline to apply for the Kansas 2021 Homestead Refund is April 15, 2022.

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



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Osage City, KS 66523

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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 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

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