RCIL Names 2021 Direct Support Worker of the Year

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.”

“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, Executive 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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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.

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<thead>
<tr>
<th>Agency Name</th>
<th>Services</th>
<th>Phone Number</th>
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<tbody>
<tr>
<td>Coffey County Health Department</td>
<td>Immunizations, Kansas WIC Program</td>
<td>620-364-8631</td>
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<tr>
<td>Coffey County Public Transportation</td>
<td>Provides transportation for residents who reside in Coffey County</td>
<td>620-364-1935</td>
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<tr>
<td>Coffey Health System</td>
<td>Hospital, Clinics, Physicians, Therapists</td>
<td>620-364-2121</td>
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<tr>
<td>Crosswinds Counseling and Wellness</td>
<td>Counseling Services, Medication Services</td>
<td>620-343-2211</td>
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<tr>
<td>COF Training Services, Inc.</td>
<td>Case Management, Employment Services, Day Services</td>
<td>620-364-2151</td>
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<tr>
<td>East Central Kansas Economic Opportunity Corporation (ECKAN)</td>
<td>Weatherization, Head Start, Housing Vouchers, Food Distribution, Case Management</td>
<td>620-364-8223</td>
</tr>
<tr>
<td>The Jones Foundation</td>
<td>Financial assistance with dental, eyeglasses, medical equipment, etc. for 21 years old and younger</td>
<td>620-342-1714</td>
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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!
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<tr>
<th>Location</th>
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Due to COVID-19 ALL Friends group meetings are subject to change. PLEASE CALL AHEAD to check the status of your meeting.

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.

*Location: 217 N. Washington Ave., Iola, KS 66749
*Location: 615 1/2 N. Main St., El Dorado, KS 67042
*Location: 110 W. 6th Ave., Emporia, KS 66801
*Location: 301 Magic Circle Rd., Eureka, KS 67045
*Location: 107 S. 6th St., Osage City, KS 66523
*Location: 207 S. 6th St., Osage City, KS 66523

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.

In cases of inclement weather, please call ahead.

Spring 2022
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 lyndsie@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: lyndsie@ku.edu
Phone Number: 785.864.1611

*IRB Approval Number: STUDY00146843
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.

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!

Kansas Disability Caucus 2022
August 10-12, 2022
Hotel Topeka
at City Center

Together We Rise
United in Action

SAVE THE DATE!
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:
Facebook and Twitter

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
1.785.528.2938 Payroll Fax

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