



RESOURCE CENTER

for independent living

Consumer Newsletter • Fall 2022

In This Issue

RCIL receives \$1,000 Grant from the Community Foundation of Southeast Kansas.....1

SPIL Employment Workgroup.....1

Proper Lifting Techniques.....2

RCIL Hires Independent Living Specialist.....2

HCBS.....3

- DSW Recruitment Bonus
- AuthentiCare Mobile Application

Elk County Resource Guide.....3

RCIL Friends Schedule...4

Enter For Your Chance To WIN A FREE Prize!...5

Success! Financial Stability for Consumer....5

You Asked for It.....5

Office Closures

Nov. 11 - Veteran's Day

Nov. 24 & 25 - Thanksgiving

Dec. 23 & 26 - Christmas



communityfoundation
of SOUTHEAST KANSAS

RCIL receives \$1,000 Grant from the Community Foundation of Southeast Kansas

RCIL received a grant from Kansas Health Foundation Public Health Fund administered by the Community Foundation of Southeast Kansas to purchase medical equipment for its medical equipment loan and distribution program in Iola. Items such as shower chairs, toilet seat risers, and tubs of Sani-Cloth will be available free-of-charge, while supplies last to local consumers from that office which is located at 104 S. Washington Ave. in Iola.

Individuals interested in utilizing the program should call 620-365-8144 to

ensure the availability of desired equipment.

Thank you Community Foundation of Southeast Kansas! The Community Foundation of Southeast Kansas hosts individual charitable funds created by donors who have a passion for giving back to their community. Grants from these funds assist people throughout Southeast Kansas and beyond. Call the Foundation at 620-231-8897 with questions about the Community Foundation or visit their website to learn more: <https://southeastkansas.org/>.

SPIL Employment Workgroup

The Statewide Plan for Independent Living (SPIL) Employment Workgroup recently met and had guests present about the Southcentral Regional Employment Summit that has been held in Butler County. The Summit is designed to help persons with disabilities learn about employment resources, options, and connect with service providers. The organizers suggest other regions of the state follow their model and offer an Employment Summit that would be more accessible to persons in

their areas. The workgroup then discussed the upcoming Workforce Innovation Conference in Lawrence and not having a clear picture on the amount of coordination amongst transition and employment service providers. This is an area we can and need to learn more about. If you are interested in joining our group please contact Adam at the Osage City office at 785-528-3105. The next SPIL Employment Workgroup meeting will be on Zoom November 10, 2022 at 2 pm.



RCIL Board of Directors

Loren DeBaun
Osage City, KS

Carrie Hagemann
Topeka, KS

Kraig Kettler
Chairperson
Paola, KS

Dana Pinkston
Lyndon, KS

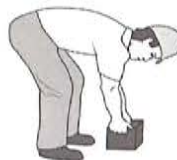
Carrie Sunday
Overbrook, KS

Alternate Formats

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

Proper Lifting Techniques

Have you experienced lifting a heavy object? Did you wonder if you lifted the object properly? To avoid back pain or injuries, below are some of the proper lifting techniques according to the OrthoInfo website at www.orthoinfo.org.



Guidelines for Proper Lifting Left picture: Wrong way to lift.
Right picture: Right way to lift.

Whether you are lifting a heavy laundry basket or a heavy box in your garage, do the following:

- Take some time to determine your plan for lifting and do not rush.
- Position yourself close to the object you want to lift.
- Stand with your feet shoulder-width apart to give yourself a solid base of support.
- Bend at the knees.
- Tighten your stomach muscles.
- Lift with your leg muscles as you stand up.
- Do not bend at your waist.
- If an object is too heavy or is an awkward shape, do not try to lift it by yourself. Get help.

Holding an Object

- While you are holding the object, keep your knees slightly bent to maintain your balance.
- If you have to move the object to one side, avoid twisting your body. Point your toes in the direction you want to move and pivot in that direction.
- Keep the object close to you when moving.

Placing an Object on a Shelf

If you need to place an object on a shelf:

- Move as close as possible to the shelf.
- Spread your feet in a wide stance, positioning one foot in front of the other

to give you a solid base of support.

- Do not lean forward, and do not fully extend your arms in front of you while holding the object in your hands.

If the shelf is chest high:

- Move close to the shelf.
- Place your feet apart and one foot forward.

ward.

- Lift the object chest high, keep your elbows at your side and position your hands so you can push the object up and on to the shelf.
- Remember to tighten your stomach muscles before lifting.

For more lifting techniques, visit OrthoInfo website at www.orthoinfo.org.

RCIL Hires Independent Living Specialist

RCIL is happy to introduce Suzanne Jahn as the newest member of the Core Services team. Suzanne started on April 1, 2022 as an Independent Living



Specialist in the Emporia Office. She will be providing RCIL's five core services in Lyon County and surrounding counties. The core services are information and referral, advocacy, peer counseling, independent

living skills training, and transition services. Welcome Suzanne!

Home and Community Based Services

Direct Support Worker Recruitment Bonus – Don't Miss Out!

Funds are still available to pay new Direct Support Workers a recruitment bonus. If you are hiring a new Direct Support Worker, or are looking for a new Direct Support Worker, remember to offer them the opportunity to receive a recruitment bonus up to \$1,500.00. New Direct Support Workers must work two months of continuous employment to be eligible. Background checks are required. Call RCIL at 785-528-3105 for more details.



AuthentiCare Mobile Application

Having trouble keeping a telephone available for your Direct Support Worker (DSW) to use to clock in and clock out when working for you? Encourage your DSW to call RCIL regarding the AuthentiCare mobile app. This is a free app that is downloaded onto your DSW's smart phone. It allows your Direct Support Worker to use their phone to clock in and clock out instead of your phone. Using the AuthentiCare mobile app is easy and convenient. Call RCIL at 785-528-3105 for more details and ask to speak to someone about the AuthentiCare mobile app.

Elk 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 Elk 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
Catholic Charities Southeast Kansas Services	Rent and Utilities Assistance, Domestic Violence Prevention, and Supportive Services for Veteran Families.	620-235-0633
Elk County General Public Transportation	Provides transportation for medical needs, shopping, etc. for residents who reside in Elk County.	620-647-6335
Elk County Health Department	Immunizations, Screenings, Healthy Start Program, and Clinics in Moline, Elk Falls, Grenola, and Longton.	620-374-2277
Four County Mental Health Center	Counseling Services, Supportive Employment, Peer Recovery Support, and Medication Services.	620-325-2141
Howard Housing Authority	Low Income Housing, Homeless Shelters, and Soup Kitchens.	620-374-2386
Rolling Prairie District Extension Office	Peer Support, 4-H, Nutrition Education, and Agricultural.	620-374-2174
Southeast Kansas Community Action Program	Early Childhood Services and Community Engagement Services.	620-724-8204
South Central Kansas Area Agency on Aging	Friendship Meals, Home Care Services, Legal Services, and Section 8 Rental Assistance.	620-442-0268

2022 FRIENDS GROUP SCHEDULE

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



Online Friends	Time	Topic
Oct 18th	2:00pm - 3:00pm	Quick Recipes (Microwave, Airfryers, etc.)
Nov 22nd	2:00pm - 3:00pm	Online Safety
Dec 20th	2:00pm - 3:00pm	Alone for the Holidays
*Location: Zoom - Video Conference by computer or phone		



El Dorado	Time	Topic
Oct 19th	1:00pm - 3:00pm	The Senior Community Service Employment Program (SCSEP)
Nov 16th	1:00pm - 3:00pm	Tools to help with Depression
Dec 21st	1:00pm - 3:00pm	Christmas Party
*Location: RCIL Office 615 1/2 N. Main St., El Dorado, KS 67042		

Topic
The Senior Community Service Employment Program (SCSEP) Tools to help with Depression Christmas Party

Emporia	Time	Topic
Oct 31st	1:00pm - 3:00pm	ABLE Accounts and Pumpkin Decorating
Nov 28th	1:00pm - 3:00pm	Recipe Exchange
Dec 19th	1:00pm - 3:00pm	Christmas Party
*Location: Broadview Towers Apartments 110 W. 6th Ave., Emporia, KS 66801		

Eureka	Time	Topic
Oct 11th	1:00pm - 3:00pm	The Senior Community Service Employment Program (SCSEP)
Nov 8th	1:00pm - 3:00pm	Tools to help with Depression
Dec 13th	1:00pm - 3:00pm	Christmas Party
*Location: Magic Circle Apartments 301 Magic Circle Rd., Eureka, KS 67045		

Topic	Time	Topic
The Senior Community Service Employment Program (SCSEP) Tools to help with Depression	Oct 26th 1:00pm - 3:00pm	Christmas Party
*Location: Park Place Apartments 207 S. 6th St., Osage City, KS 66523		

Osage City	Time	Topic
Oct 26th	1:00pm - 3:00pm	What Causes Cancer?
Nov 30th	1:00pm - 3:00pm	Winter Hobbies
Dec 28th	1:00pm - 3:00pm	Christmas Party
*Location: Park Place Apartments 207 S. 6th St., Osage City, KS 66523		

Iola, Paola and Fort Scott Friends group meetings are cancelled until further notice.

**RCIL Offices are CLOSED on
Nov. 11, Nov. 24-25, Dec. 23-26, 2022!**

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](tel:1-800-580-7245) or info@rcilinc.org
In cases of inclement weather, please call ahead!

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 12, 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 October 14, 2022 and the prize will be mailed to the winner.



✂ Cut Here

Fill in the Blanks

1. AuthentiCare Mobile App is easy and _____.
2. If the object is too heavy or is an awkward shape, _____ try to lift it by yourself. Find someone to _____ you lift the object.
3. The deadline to register to vote for the General Election is _____.
4. New Direct Support Workers (DSW) must work _____ months of continuous employment to be eligible for the DSW recruitment _____.

Name: _____

Address: _____

Phone Number: _____


Success! Persistence and Self-Advocacy Increases Financial Stability for Consumer

A consumer learned that the Social Security Administration (SSA) denied his Social Security Disability Insurance (SSDI) benefits. He contacted RCIL for assistance to understand why and to get his benefits back. He discussed his issues with an Independent Living Specialist (ILS) and they developed a plan. They called SSA and the consumer learned that they denied his benefits because he didn't follow through their renewal process. The consumer disagreed and requested to file for an appeal because he didn't receive any notification about it. He received the appeal paperwork and filed it. He followed up with SSA by phone every few weeks for an update. Meanwhile, he

learned he couldn't get his medications at his pharmacy because his Medicare insurance was denied since he was no longer receiving SSDI benefits. He called the KanCare Clearinghouse and updated his insurance information. He was able

to get his KanCare insurance to be his primary insurance and he was able to get his medications at the pharmacy.

After several months of following up with SSA and providing them information, the

consumer received an approval letter from SSA. He was excited to tell his ILS that he has his SSDI benefits back and it will help pay his monthly bills. 



You Asked for It

I have Medicare Part D. When can I change my prescription drug plan?

The Medicare Annual Enrollment Period is October 15, 2022 through December 7, 2022. Medicare Part D is known as Prescription Drug Plan. Individuals who have Medicare Part D can explore, compare drug plan options, and choose a plan that will meet their needs during annual enrollment. The plan they choose will go into effect on January 1, 2023.

Contact your local RCIL office if you need assistance to enroll in Medicare Part D or change your coverage plans.

When is the deadline to register to vote for the General Election?

October 18, 2022

When is the General Election?

November 8, 2022

Does RCIL have a Facebook page?

Yes. RCIL frequently posts disability related resources on their Facebook page.

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



PO Box 257
Osage City, KS 66523

Non-Profit
Organization
U.S. Postage

PAID

Osage City, KS
Permit No. 93

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