



RESOURCE CENTER

for independent living

Consumer Newsletter • Spring 2023

2023 Upcoming Events

Come and Visit RCIL at
Local Community Events

April 6 - 8:00am - 4:00pm
SC KS Employment First Summit
Where: Hyatt Regency
Wichita
Town: Wichita

April 13 - 5:00pm - 7:00pm
Transition Pathways Fair
Where: Andover eCademy
Town: Andover

April 19 - 10:00am - 2:00pm
*Osage County Senior
Resource Fair*
Where: Senior Center
Town: Osage City

May 6 - 9:00am - 12:00pm
Health and Safety Fair
Where: Winfield Fairgrounds
Town: Winfield

May 11 - 9:00am - 3:00pm
Spring Fling Senior Resource Fair
Where: Civic Center
Town: El Dorado

Office Closures

April 7 - Good Friday
May 29 - Memorial Day

RCIL Names 2022 Direct Support Worker of the Year

The Board of Directors of the Resource Center for Independent Living, Inc. (RCIL) has named Mary Monasmith of Chapman, Kansas as RCIL's 2022 Direct Support Worker (DSW) of the Year. Mary was nominated for this recognition by Rachel Owen, also of Chapman. Rachel shared that she has known Mary for over two years and that what she values most about Mary is "her communication skills, her willingness to go above and beyond in all tasks, and her dedication to ensuring my safety". Rachel truly values the trust filled relationship that has developed between her and Mary. Rachel added, "To sum Mary up in four words would be compassionate, motivated, present, and involved. Many times she has motivated me to do something that I never thought I could do. She is actively involved in the community and strives to make a difference for others as an active member in both the senior center board and city council.

It's been said that to know somebody is to observe how they treat people. She is the true epitome of a caregiver and a friend and has added a wonderful di-

mension to my life".

"The support that DSWs provide is incredibly valuable, 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 the backbone of the Senior Care Act and Home and Community Based Services that RCIL provides throughout the state of Kansas. Unfortunately, many people are going without the services and support they need 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.



Pictured: Rachel Owen (left)
and Mary Monasmith (right).

The DSW of the Year program has become an annual event at RCIL. Nominations for the 2022 DSW of the Year quadrupled from the previous year and will be sought again in December for 2023. RCIL's board of directors recognized each of the nominees. Watch RCIL's newsletters and social media for more details in the future. 📧

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.

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!

Important Changes Coming to KanCare Eligibility

By the Centers for Medicare & Medicaid Services

Do you or a family member currently have health coverage through Kansas Medicaid (KanCare) or the Children's Health Insurance Program (CHIP)? If so, you may need to update your contact information. Soon, states will resume KanCare and CHIP eligibility reviews. This means some people with KanCare or CHIP may get renewal notices or requests for information from the KanCare Clearinghouse.




Here are some things you can do to prepare:

1. Make sure your address is up to date.
 - Make sure the KanCare Clearinghouse has your current mailing address, phone number, email or other contact information. Call 1-800-792-4884 or go to Kancare.ks.gov to update the Clearinghouse if your contact information has changed. This way they will be able to contact you about your

2. Check your mail.
 - The KanCare Clearinghouse will mail you a letter about your KanCare or CHIP coverage. This letter will also let you know if you need to complete a renewal form to see if you still qualify for KanCare or CHIP. If you get a renewal form, fill it out and return it right away. This may help you avoid a gap in your coverage.

Get more information:

- Contact the KanCare Clearinghouse at 1-800-792-4884 or visit their website at www.kancare.ks.gov for more information about KanCare or CHIP renewal.
- Call the Marketplace Call Center at 1-800-318-2596 to get details about Marketplace coverage.

If you need to use TTY to get more information, you can call at 1-855-889-4325. 

SC KS Employment First Summit: Creating Equity and Access for all to Employment

Do you want to work but afraid to lose your benefits? Check out the South Central (SC) Kansas (KS) Employment First Summit event on April 6, 2023. This event is an opportunity for professionals, employers, job coaches, caregiv-

ers, and people with disabilities to learn about raising awareness, increasing opportunities, and sustaining competitive, integrated employment for people with disabilities.



This is a FREE event and it will be located at the Hyatt Regency Wichita. The address is 400 W. Waterman, Wichita, KS 67202. The registration begins at 7:00 a.m. There will be keynote speak-

Continued on page 5

SPIL Workgroup: Transportation

The Statewide Independent Living Council of Kansas, also called SILCK, promotes the integration and full inclusion of all Kansans with disabilities. One role of the SILCK includes, with the input from Centers for Independent Living (CIL) such as RCIL, consumers, and other community partners, developing a Statewide Plan for Independent Living (SPIL). The current SPIL is focused on four areas: Employment, Housing, Outreach, and Transportation. Today we are going to give you updates on the SPIL transportation workgroup.

The SPIL transportation workgroup has two objectives that they are working on this year:

- A representative of each CIL will research resources for accessible transportation in their

area in order to disseminate the information for consumer use and knowledge.

- Make recommendations to local, regional and/or statewide transportation councils with consumer driven input.



They are working on these objectives by brainstorming resources for services and inviting Vocational Rehabilitation (VR), public schools, and other transportation organizations to attend their workgroup meetings. They plan to update the SPIL Transportation workgroup website at www.spiltrans.org and to

increase awareness about transportation services on social media.

The workgroup will be collecting consumer stories about their struggles and their successes with transportation. They plan to share these stories with their local Transportation Councils and their local Community Transportation Departments across the state. They also plan to post these stories on the SPIL Transportation workgroup website. They hope these stories will empower communities across the state to access needed transportation services.

If you are interested to share your story about your experiences with transportation services, contact Suzanne at the RCIL Emporia office at 620-342-1648. 📞

It's Time To File Taxes

Do you own your home? You may be eligible for Homestead Refund or Property Tax Relief Claim.

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 and the maximum refund is \$700.

To qualify for Homestead Refund, you must have been a homeowner and a Kansas resident all of 2022 and your total household income must be \$37,750 or less. This refund program is not available to

renters.

You must also meet one of the following requirements:

- You were born before January 1, 1967; OR
- You must have been blind or totally and permanently disabled all of 2022; OR
 - You must have a dependent child who lived with you the entire year who was born before January 1, 2022, and was under the age of 18 all of 2022.

The Property Tax Relief Claim is a property tax refund program for homeowners that were 65 years of age or older, with a household income of \$22,000 or less, and a

resident of Kansas all of 2022. The refund is 75 percent of the 2022 property taxes actually and timely paid on real or personal property used as their principal residence. Individuals who receive this refund cannot claim a Homestead Refund.

The deadline to file is April 18, 2023. If you meet the requirements and you need assistance, there are free Volunteer Income Tax Assistance (VITA) programs in every local community. They will be first come first serve basis with appointments available. To find out where the VITA site in your area is located, contact your local Department on Aging, Senior Center or Public Library. 📞




Improve Access To Get Into My Home

RCIL was contacted by a retired Fireman and Emergency Medical Services (EMS) medic who now requires assistive technology to get around. He moved into a home he had built, but it has a porch five feet off the ground. He needed a ramp to use besides the steps to get in and out of his home. He stated using the steps were causing him an enormous amount of pain. He planned the ramp design on his own, talked to a contractor, and used knowledge from past experiences. When he started this project money was a barrier so he requested resources from RCIL. Independent Living Specialist Suzanne worked with him to get an application for Friends of Man and

the Cerebral Palsy Research Foundation (CPRF).


The consumer applied for financial assistance at Friends of Man and CPRF. Friends of Man requires a licensed contractor so he searched high and low to try to get in contact with a licensed contractor, but he found that they were either booked out or not answering phone calls. The consumer learned of a friend of a friend, "Joe" from a local building company who provided an estimate. CPRF then approved half of the funding for the project and the consumer was able to pay for the other half himself.

"RCIL provided me with resources

for getting financial assistance to pay for the ramp through a grant from CPRF." The consumer added, "I am finally using the porch and front door and I no longer have to use the stairs to get into my home." The consumer said he has noticed the following improvements since he set his goal; "I have less pain and fewer doctor appointments." He said in the process of reaching his goal he learned, "Gravity is not your friend. It hurt to climb stairs. Help is available, don't give up on searching." By achieving his goal he said, "I am able to easily get into and out of my house. Having a ramp saves me from the pain of going up and down stairs and going to extra doctor appointments." 

Linn 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 Linn 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
East Central Kansas Economic Opportunity Corporation (ECKAN)	Weatherization program - housing energy-efficient assistance	785-242-6413
Linn County General Public Transportation	Provides transportation for medical needs, shopping, etc. for residents who live in Linn County.	913-285-0707
Linn County Health Department	Health Screenings, Healthy Start Program, Immunizations, Family Planning/Women's Clinics, Emergency Preparedness, and Women, Infants and Children Supplemental Food Program (WIC)	913-352-6640
Linn County Senior Center	Meals on Wheels	913-352-8896
Southeast Kansas Community Action Program (SEK-CAP)	Immunizations, Screenings, WIC, and Emergency Preparedness	620-724-8204
Southeast Kansas Mental Health Center	Therapy and Counseling, Crisis Intervention, Peer Support Group, and Medication Management	913-352-8214

SC KS Employment First Summit Continued

Continued from page 2

ers, breakout sessions, and vendors throughout the day. The keynote speakers are:

- Dr. Kaye Monk-Morgan, Chief Impact Officer and Teacher with the Kansas Leadership Center
- Dan Meers, "KC Wolf" mascot of the Kansas City Chiefs

Are you interested to attend? If so, register at the website link listed below.

<https://www.eventbrite.com/e/sc-ks-employment-1st-summit-creating-equity-access-to-employment-for-all-tickets-510901870247>

The first 100 people to register will receive a free copy of the book

called, "When Everyone Leads: How The Toughest Challenges Get Seen and Solved" by Ed O'Malley and Julia Fabris McBride.

For more information, contact the RCIL El Dorado office at 316-322-7853. 📞



Kansas Renters Seminar in Emporia

The Housing and Credit Counseling, Inc. in partnership with the City of Emporia will be presenting the Kansas Renters Seminar on April 11, 2023. Tenants will learn what is expected when you rent an apartment, duplex, condo or house. Topics will include, but not limited to:

- Fair Housing
- Lease Agreements
- Late Rent and Fees
- Landlord Entry
- Eviction Notices
- Renter's Rights and Responsibilities

This seminar is set for 3:30 p.m. at the William Lindsay White (WLW) Auditorium Little Theatre. The address is 111 E. 6th Ave., Emporia, KS 66801. There is no cost to attend. To register, call Jeff Lynch at 620-343-4285. 📞

RCIL receives Grant from the Emporia Community Foundation

RCIL received a grant from the Morgan Wilkie Fund administered by the Emporia Community Foundation to purchase and distribute a limited supply of blood pressure monitors. Blood pressure monitors will be available free-of-charge, while supplies last to eligible individuals residing in Lyon County. Individuals interested in determining if they are eligible to receive a blood pressure monitor, should contact the Emporia RCIL office at 620-342-1648 or visit the office located at 215 W. Sixth Avenue, Suite 201 in Emporia.

Thank you to the Morgan Wilkie Fund and the Emporia Community Foundation! According to the Emporia Community Foundation's website, the Emporia Community Foundation (ECF) connects the diverse citizens and communities of Lyon and its six contiguous counties through the charitable actions of a variety of funds established for the purpose of bettering the lives of individuals within its communities. As a 501c3 Foundation, the ECF continues the traditional Kansas heritage of providing nonprofit service and supporting the charitable giving requests of donors who

wish to enrich the quality of life of local citizens. Call the Emporia Community Foundation at 620-342-9304 with questions about the Foundation or visit their website to learn more: <https://www.emporia-acf.org/>. 📞



2023 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
April 18th	2:00 pm - 3:00 pm	Beating the Odds
May 16th	2:00 pm - 3:00 pm	Beating the Boredom
June 20th	2:00 pm - 3:00 pm	Beating the Heat

*Location: Zoom – Video Conference by computer or phone



El Dorado
 April 19th 1:00 pm - 3:00 pm
 May 17th 1:00 pm - 3:00 pm
 June 21st 1:00 pm - 3:00 pm
 *Location: RCIL El Dorado Office
 628 N. Main St. El Dorado, KS 67042

Topic
 Living Wills/Medical Durable
 Power of Attorney (DPOA)
 ABLE Accounts
 Bee Venom Therapy

Emporia
 April 24th 1:00 pm - 3:00 pm
 May 22nd 1:00 pm - 3:00 pm
 June 26th 1:00 pm - 3:00 pm
 *Location: Broadview Towers Apartments
 110 W. 6th Ave., Emporia, KS 66801

Time

Topic
 Housing
 Flower Garden
 Service Animals

Eureka
 April 11th 1:00 pm - 3:00 pm
 May 9th 1:00 pm - 3:00 pm
 June 13th 1:00 pm - 3:00 pm
 *Location: Magic Circle Apartments
 301 Magic Circle Rd., Eureka, KS 67045

Topic
 Living Wills/Medical Durable
 Power of Attorney (DPOA)
 ABLE Accounts
 Bee Venom Therapy

Osage City
 April 26th 1:00 pm - 3:00 pm
 May 31st 1:00 pm - 3:00 pm
 June 28th 1:00 pm - 3:00 pm
 *Location: Park Place Apartments
 207 S. 6th St., Osage City, KS 66523

Time

Topic
 Emergency Preparedness
 What is Medicare?
 What is KanCare?

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

RCIL Offices are CLOSED on April 7, 2023 and May 29, 2023!

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
 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 April 12, 2023 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 14, 2023 and the prize will be mailed to the winner.



✂ Cut Here

Fill in the Blanks

1. SC KS Employment First Summit will be held on _____.
2. The deadline to file Homestead Refund is _____.

Name: _____

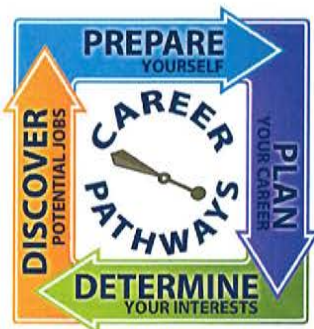
Address: _____

Phone Number: _____

Transition Pathways Fair: What's Next?

Are you a parent, student, or a family member of someone with a disability? Are you an individual with a disability wondering where to turn for assistance in planning next steps? The Transition Pathways Fair is a place to attend! It will be on April 13,

2023 from 5:00 p.m. to 7:00 p.m. at the Andover eCademy in Andover, KS. The



address is 1411 N. Main St. Andover, KS 67002.

There will be exhibitors at the fair that can assist you such as college representatives, employers, and adult service providers. They will be giving away door prizes during the

event. For more information contact the RCIL El Dorado office at 316-322-7853.

RCIL Hires I&A Case Manager

RCIL is happy to introduce Lita Bloomquist, as the newest member of the Financial Management Services team. Lita started on January 5, 2023 as an Information and Assistance (I&A) Case Manager 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 Com-



munity Based Services (HCBS) Waivers. Her primary focus will be providing Information and Assistance services for individuals who receive HCBS. Information and Assistance services include teaching individuals who self-direct their personal care on how to recruit, hire, and manage their Direct Support Workers.

You Asked for It

Who is Judith Heumann?

Judith "Judy" was known as "the mother" of the disability rights movement. She was born in 1947 and at age two she contracted polio. Her doctor advised her parents to put her in an institution because she would never be able to walk. Her parents refused. Judy began advocating her rights at a young age and it lasted for the remainder of her life. Judy passed away on March 4, 2023. She worked on numerous advocacy projects in her lifetime. She was a founding member of the Berkeley Center for Independent Living (CIL), the first CIL in the United States. She along with many other disability advocates, helped launch the Independent Living Movement. She also helped advocate at the Washington D. C. Capitol to develop and implement several disability laws and got them passed. Some of the laws were Section 504, the Americans with Disabilities Act (ADA), and the Rehabilitation Act.

To learn more about Judy's story, visit her website at www.judithheumann.com.

If you have questions or need any resources, call RCIL 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

We're on the Web!

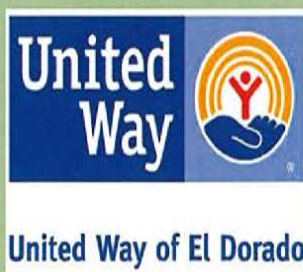
Visit us at:
www.rcilinc.org

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

628 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