



RCIL's Topeka Office Has Moved!

RCIL's Topeka office moved to its new location at 2200 SW 10th Ave. on January 16, 2025. See you there!

CLOSED

Office Closures

Good Friday
April 18, 2025

Memorial Day
May 26, 2025



We are on the Web!

Visit us at:
www.rcilinc.org
or scan our QR code below.



Find us on:



Like and Follow us!

RCIL Honors Direct Support Workers

The Board of Directors of the Resource Center for Independent Living, Inc. (RCIL) has named Bobbie Freeman and Kelly Rutledge as RCIL's 2024 Direct Support Workers (DSW) of the Year.

Ed and Mary Alonge, of Garnett, nominated Bobbie Freeman for this recognition. Ed shared that Bobbie "takes really good care of us" and "she is the one of the best DSWs in the state of Kansas." Bobbie has made helping others her life's work and has worked in this field since she was sixteen years old. Ed and Mary stated that they would not want anyone else to take care of them. The relationship they all have developed over time is truly caring and important to them all.



Pictured: Ed Alonge (left)
Bobbie Freeman (center)
and Mary Alonge (right)

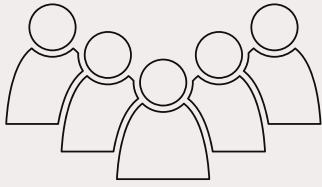


Pictured: Kelly
Rutledge (left) and
Dina Boan (right)

Kelly Rutledge was nominated by Dina Boan (both of Chanute) for the DSW of the Year program. Dina shared that, "she is like family after many years of working for me. She is a very sweet, dedicated, caring, kind, a generous woman. She cleans and works hard and has helped me cook." Again, the relationship that Dina and Kelly have grown over the years is very meaningful and important to them both.

"The stories that Ed, Mary, Bobbie, Dina and Kelly shared demonstrate the power of Home and Community Based Services. More people like Bobbie and Kelly are needed to do this work", said Deone Wilson, Executive Director of RCIL. Wilson went on to say, "Direct Support Workers are vital to thousands of Kansans with disabilities choice to live independently in their own homes rather than institutions. 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.

The DSW of the Year program has become an annual event at RCIL. RCIL's Board of Directors selects the awardees. Watch RCIL's newsletters and social media for more details in the future.



RCIL

Board of Directors

Loren DeBaun
Osage City, KS

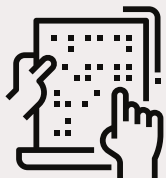
Carrie Hagemann
Topeka, KS

Kraig Kettler
Chairperson
Paola, KS

Dana Pinkston
Lyndon, KS

Tim Reeser
Melvorn, KS

Carrie Sunday
Overbrook, KS



Alternate Formats

To receive a copy of this newsletter in an alternate format, please call RCIL at 785-528-3105.

Utilizing Resources to Access Services

When an Independent Living Specialist with RCIL first met Marvin, age 65, he was living in a transitional home with at least a dozen or so other men and women. His number one concern was simple: maintaining independence and autonomy. His goal was clear- move out of transitional housing into his own apartment by January of 2025. The challenge was welcomed, especially knowing that independence was the prize for completing this daunting task. "Where to begin? Who do I call? What do I say?" were some of the questions Marvin asked himself. He knew this task was too big to try and achieve all alone. He needed help and support, so Marvin turned to his resources to get the information and tools he needed to succeed. He created a plan to achieve his goal.



Pictured: Marvin smiling at the camera.

Moving into his own apartment seemed impossible until he broke it down into 4 simple, easy steps: submit application, have a meeting with the property manager, acquire household items and furniture, and ultimately move into a new apartment.

Utilizing the Core Services offered by RCIL and case management services through his mental health provider, Marvin was able apply for affordable housing. What started as hope turned into reality. Marvin utilized his resources and reached out to different agencies and organizations to reach his goal.

Marvin refuses to allow his disability to become a handicap. Being without sight, the sky is still the limit! Utilizing resources like RCIL, his Managed Care Organization (MCO), his mental health provider, and other community resources, Marvin has hope for an autonomous and independent future.

Free Emergency Preparedness Classes

Severe Weather Awareness week is in March and an important reminder to all Kansans. As the freezing cold temperatures and snow stop trying to kill us, the spring and summer thunderstorms take their place.

Springtime emergencies may come in the form of tornadoes, floods, or fires... are you ready? Do you have an emergency supply kit ready to go at a moment's notice? RCIL's Independent Living Specialists are available to help people with disabilities create a personal emergency preparedness plan before disaster strikes.



Pictured: A picture of a severe thunderstorm.

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Monthly Self-Directed Trainings in Topeka

RCIL will hold monthly trainings for Consumers that are Self-Directing their Home and Community Based Services (HCBS) at the Topeka RCIL office. Direct Support Workers are welcome to attend.

Please see the information below and call Becky Brewer or Lita Bloomquist at 785-528-3105 for additional information or to register.



You Are Invited!

Home and Community Based Consumer Self-Directed Training

Who: HCBS Consumers and their Direct Support Workers

When: 4th Thursday of Each Month

Where: Topeka RCIL Office
2200 SW 10th Ave.
Topeka, KS 66604

Time: 1:00 pm to 3:00 pm

Please join us for an educational meeting on Self-Directing your Home and Community Based Services. Topics will include information on:

- How to Recruit, Select, Interview, Hire, Train, Supervise and Dismiss Direct Support Workers.
- Understanding Enhanced Care Services (Sleep Cycle Support)
- KS Authenticare (the Electronic Visit Verification Call in System)
- Emergency and Backup Plans
- Medicaid Fraud
- Abuse, Neglect and Exploitation
- And More.....

Consumers and Direct Support Workers completing the training will receive a thank-you gift!

**To register, call Becky Brewer or Lita Bloomquist at the
Osage City RCIL office at 785-528-3105.**

Space is limited so call and reserve your space soon!



2025 Upcoming Events

RCIL will be having a booth at the following events below.

If you are in the area, stop by and see us!

April 16 - Emporia

Bridging the Gap:
Community Resource Fair

Where:

Flint Hills Mall

Time:

4:00 pm - 7:00 pm

April 17 - Osage City

Osage County Senior
Health Fair

Where:

Osage County
Senior Center

Time:

10:00 am - 2:00 pm

April 17 - Emporia

Keep It A Safe Summer

Where:

Lyon County Fairgrounds

Time:

5:00 pm - 8:00 pm

Continue on page 6



2025 RCIL 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!

All Friends group meetings are from 1:00 pm to 3:00 pm unless otherwise noted on the schedule.

El Dorado

April 16 Exercises for Seniors
May 21 Stress Management
June 18 Working while on Social Security
*Location: Resource Center for Independent Living, Inc. (RCIL)
120 S. Gordy St., Suite 3 El Dorado, KS 67042*

Eureka

April 8 Exercises for Seniors
May 13 Stress Management
June 10 Working while on Social Security
*Location: Magic Circle Apartments
401 Magic Circle Rd., Eureka, KS 67045*

Iola

April
May
June
Coming soon!
Call the Iola Office if interested in attending!
*Location: Resource Center for Independent Living, Inc. (RCIL)
214 N. Jefferson Ave., Iola, KS 66749*

Osage City

April 23 Diabetic Recipes
May 28 Gardening
June 25 Osage County Resources
*Location: Osage City Public Library
515 Main St., Osage City, KS 66523*

Emporia

April 28 In-Home Services
May 19 DCF for Elderly and Persons w/ Disabilities
June 30 Tenant/Landlord Rights
*Location: Broadview Towers Apartments
110 W. 6th Ave., Emporia, KS 66801*

Fort Scott

April
May
June
Coming soon!
Call the Iola Office if interested in attending!
*Location: Fort Scott Housing Authority
315 Scott Ave., Fort Scott, KS 66701*

Online

Meeting Time: 2:00 pm to 3:00 pm
April 15 Health and Nutrition
May 20 ABLE Accounts
June 17 Talking Books
Location: Zoom - Video Conference by computer or phone

Topeka

April 25 Emergency Preparedness
May 30 HCBS Questions & Answers
June 27 Tenants Rights
*Location: Resource Center for Independent Living, Inc. (RCIL)
2200 SW 10th Ave., Topeka, KS 66604*

PLEASE CALL AHEAD to check the status of your meeting.

All Friends group meetings are subject to change.

For more information about RCIL Friends group or to request

accommodations two weeks prior to a meeting

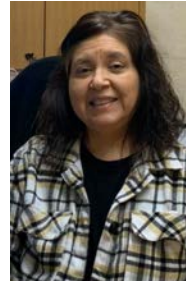
Contact RCIL at 1-800-580-7245 or info@rcilinc.org

RCIL's New Full Time Staff

RCIL is excited to introduce their newest staff members to their team!



Lori Thurston, Authorization Clerk, started at RCIL on December 2, 2024 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 Community Based Services Waivers.



Diana Cole, Independent Living Specialist, started at RCIL on January 2, 2025 in the Iola office. She will be providing RCIL's five core services in Allen County and surrounding counties. The core services are information and referral, advocacy, peer counseling, independent living skills training, and transition services.



Brittany Humbert, Receptionist/Office Assistant, started at RCIL on January 14, 2025 in the Emporia office. She will be providing a variety of office functions and directing incoming calls to appropriate RCIL staff. She will also be assisting RCIL staff in the office with a variety of projects.



Kayla Lang, Independent Living Specialist, started at RCIL on January 27, 2025 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.



Kim Bungart, Hiring Clerk, started at RCIL on February 13, 2025 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 Community Based Services Waivers.



Need Gloves and Face Masks?

RCIL currently has gloves and face masks available in each of their offices. If you need these supplies, call your local RCIL office.



Have you Moved?

If you have moved or changed your phone number, name, or email address, call 1-800-580-7245 so we can keep in contact with you!



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.

2025 Upcoming Events Continued

If you are in the area,
stop by and see us!

April 17 - Topeka

Older Adult Resource Fair

Where:

Brewster Place

Time:

9:00 am - 2:00 pm

April 30 - El Dorado

Spring Fling Butler County
Senior Resource Fair

Where:

El Dorado Civic Center

Time:

9:00 am - 2:00 pm

April 30 - Topeka

Disability Job Fair

Where:

Hillcrest

Community Center

Time:

3:30 pm - 4:30 pm

May 17 - Winfield

Cowley County Health
and Safety Fair

Where:

Winfield Fairgrounds -
Barn 4

Time:

9:00 am - 12:00 pm



United Way of El Dorado

Anderson 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 Anderson County.

Contact RCIL at 785-528-3105 if you have questions or need assistance to locate resources in your area.



Pictured: A person dialing their phone to make a phone call.

Agency Name	Services	Phone Number
Anderson County Health Department	Immunizations, Health and Wellness, & Women, Infant, and Children (WIC) program.	785-448-6559
Garnett Farmers Market	Home grown goods, fresh baked items, & farm raised meats and eggs.	785-204-1568
Garnett Housing Authority	Low Income Housing.	785-448-6990
General Public Transportation	Transportation within Garnett. Transportation for travel outside Garnett.	785-433-1901 785-433-1898
East Central Area Agency on Aging	Home Delivered Meals, Homemaker Services, Attendant Care Services, Health & Wellness Programs, & Legal Assistance.	785-242-7200
ECKAN	Weatherization, Housing Vouchers, Rental Housing, Food, Case Management, and Emergency Assistance.	785-242-7450 Ext. 7651

Free Home Modification Items

RCIL has a limited number of FREE grab bars, special door hinges, and reachers available for consumers in our Core Service counties which includes Allen, Anderson, Bourbon, Butler, Chase, Coffey, Cowley, Elk, Greenwood, Linn, Lyon, Marion, Miami, Morris, Osage, and Shawnee.



Pictured:
A grab bar.



Pictured: A set of
swing-away door
hinges.

Swing-away door hinges will widen most entrances by swinging the door out of the entrance, adding a couple of inches to the clearance width of most doorways. Reachers are available in different lengths to help grab items out of reach. Grab bars are available in different lengths. Call to discuss your need. Consumers are responsible for installation.

For more information or if you need any of these items, contact your local RCIL office.

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 25, 2025 in the following ways:

- By mail: RCIL P.O. Box 257 Osage City, KS 66523
- OR emailing your answers to info@rcilinc.org.



The winning ticket will be drawn on April 28, 2025 and the prize will be mailed to the winner.



Fill in the Blanks

1. RCIL's Home and Community Based Consumer Self-Directed Training is on the 4th _____ of every month at the _____ RCIL office.
2. RCIL will have a booth at the _____ Fair in Topeka on April 30, 2025 from 3:30 pm – 4:30 pm.
3. RCIL offers _____ Classes across our Core Services area.
4. RCIL offers an _____ RCIL Friends group meeting via Zoom once a month.

Name: _____

Address: _____

Phone Number: _____

Emergency Preparedness Classes Continued

Continued from page 2

RCIL offers Emergency Preparedness Classes across our Core Service area. Those who attend will leave with a plan in place as well as a free fire extinguisher, smoke/carbon monoxide detector, and a weather radio. If you are interested in developing a personal preparedness plan contact your local RCIL office to learn more.



Pictured: A fire extinguisher, weather radio, and a smoke detector displayed on a table.



You Asked For It

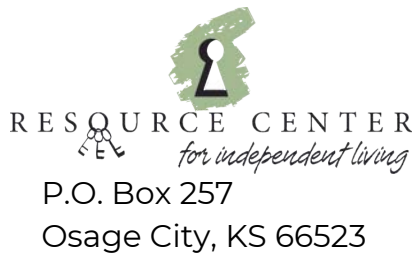
My lift chair is broke and I need help getting a new one?

Independent Living Specialist at RCIL can assist you by developing a plan on getting a new lift chair and working with you with tasks identified on the plan such as locating vendors who sell lift chairs and applying for financial assistance.

Who can I call to borrow a shower chair?

RCIL offers a short term equipment loan program to consumers who live in the following counties: Allen, Butler, Lyon, Osage, and Shawnee. Contact your local RCIL office if you need to borrow equipment or need assistance to locate resources in your area that offers loaner equipment programs.

If you have questions or need any resources call RCIL at 1-800-580-7245.



Non-Profit
Organization
PAID
Osage City, KS
Permit No. 93

OFFICE CLOSURES
APRIL 18, 2025
MAY 26, 2025

RCIL Home Office

Address

P.O. Box 257
1137 Laing St.
Osage City, KS 66523

Phone

785-528-3105 Voice
800-580-7245 Toll Free
877-929-7655 Payroll Help Desk

Fax

785-528-3665

Payroll Fax

785-528-2938

Satellite Offices

El Dorado

120 S. Gordy St., Suite 3
El Dorado, KS 67042
316-322-7853 Voice
800-960-7853 Toll Free
316-322-7888 Fax

Emporia

624 Commercial St.
Emporia, KS 66801
620-342-1648 Voice
888-458-2036 Toll Free
620-342-1821 Fax

Iola

214 N. Jefferson Ave.
Iola, KS 66749
620-365-8144 Voice
877-944-8144 Toll Free
620-365-7726 Fax

Topeka

2200 SW 10th Ave.
Topeka, KS 66604
785-267-1717 Voice
877-719-1717 Toll Free
785-267-1711 Fax