Resource Center for Independent Living

Consumer Newsletter

Spring 2025

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!

Office Closures

Good Friday

April 18, 2025

Memorial Day

May 26, 2025

We are on the Web!

Visit us at:

[www.rcilinc.org](http://www.rcilinc.org)

Find us on:

Facebook and Twitter

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.

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 Directors Board of Directors

Loren Debaun

Osage City, KS

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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.

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.

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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 their 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

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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

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

Eureka

April 8 Exercise for Seniors

May 13 Stress Management

 June 10 Working while on Social Security

Location: Magic Circle Apartments

 401 Magic Circle Rd., Eureka, KS 67045

Fort Scott

April

 May Coming Soon! Call the Iola Office if interested in attending!

 June

Location: Fort Scott Housing Authority

 315 Scott Ave., Fort Scott, KS 66701

Iola

April

 May Coming Soon! Call the Iola Office if interested in attending!

 June

Location: Resource Center for Independent Living, Inc. (RCIL)

 214 N. Jefferson Ave., Iola, KS 66749

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

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

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

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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: Fairgrounds Barn 4

Time: 9:00 am – 12:00 pm

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.

|  |  |  |
| --- | --- | --- |
| **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. | 785-433-1901785-433-1898 |
| 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.

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 e-mailing 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 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 3

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.

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.

Office Closures

April 18, 2025

May 26, 2025

RCIL Home Office

Address: Phone: Fax:

P.O. Box 257 785-528-3105 Voice 785-528-3665

1137 Laing St. 800-580-7245 Toll Free

Osage City, KS 66523 877-929-7655 Payroll Help Desk Payroll Fax:

 785-528-2938

Satellite Offices

El Dorado Emporia

120 S. Gordy St., Suite 3 624 Commercial St.

El Dorado, KS 67042 Emporia, KS 66801

316-322-7853 Voice 620-342-1648 Voice

800-960-7853 Toll Free 888-458-2036 Toll Free

316-322-7888 Fax 620-342-1821 Fax

Iola Topeka

214 N. Jefferson Ave. 2200 SW 10th Ave.

Iola, KS 66749 Topeka, KS 66604

620-365-8144 Voice 785-267-1717 Voice

877-944-8144 Toll Free 877-719-1717 Toll Free

620-365-7726 Fax 785-267-1711 Fax