

Three Rivers Inc

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3RIVERS
Inc.

ACCESS TO INDEPENDENT LIVING

Holiday Parties

Please join us for food, fun and games as we celebrate this joyous season.

*Wamego
(3 Rivers Office)*

11:30 a.m.-1 p.m. Tuesday, Dec. 10

*Atchison
(3 Rivers Office)*

11 a.m.-1 p.m. Thursday, Dec. 12

*Clay Center
(Westside Apts., Clifton)*

2-4 p.m. Friday, Dec. 13

Prairie Band Potawatomi Reservation

10:30 a.m.-12:00 p.m. Thursday, Dec. 19

December 2019

- ◇ Student loan forgiveness
- ◇ Utility assistance
- ◇ DMD 2019
- ◇ Consumer story
- ◇ New staff
- ◇ Miss Wheelchair Kansas
- ◇ Tax prep services
- ◇ Address change
- ◇ Holiday party dates

From the Executive Director

Happy Holidays from all of us at 3Rivers! We hope that you are able to spend time with family and friends during this busy time of year.

I also know the holidays can be a difficult time for many of us for a lot of different reasons. Many of you may have to rely on others for transportation or your family might be far away.

Sometimes we aren't even sure why we "feel blue" during the holidays. For most of us, staying connected is more important than the gifts we give or receive. Did you know that

most people sleep better after a day spent with friends?

I encourage you to reach out to others around you, volunteer in your community or church. Call a friend you haven't seen in a while. Make an effort to reach out to others, don't wait for someone to reach out to you. Most of all, take care of yourself and celebrate the holidays in your special way.

We will see you in 2020!



Eligible for student loan forgiveness?



In August, the Federal Dept. of Education and Administration's office moved to automatically forgive student loans for disabled Veterans and those who are on Social Security disability.

For more info. or to see if you qualify

- <https://disabilitydischarge.com>
- 1-888-303-7818

Utility Assistance

The Kansas Low Income Energy Assistance Program (LIEAP) is a Federally funded program that helps eligible households pay a portion of their home energy costs by providing a one-time per year benefit. Benefit levels vary according to the following factors: 1) Household income, 2) number of persons living at the address, 3) type of dwelling, 4) type of heating fuel, and 5) utility rates. The 2020 LIEAP application period is from Thursday, January 2, 2020, through Tuesday, March 31, 2020. Applications must be received prior to 5:00 PM, March 31, 2020.

Print application available December 16, 2019. Online application available January 2, 2020. Additional information may be obtained by calling 1-800-432-0043.

Persons Eligible

In order to qualify, applicants must meet the following requirements:

1. An adult living at the address must be personally responsible for paying the heating costs incurred at the current residence, payable either to the landlord or the fuel vendor.
2. Applicants must demonstrate a recent history of payments toward purchase of the primary heating energy.



Weatherization Works

Kansas Weatherization Assistance Program is a federal program, administered by the Kansas Housing Resources Corporation, which provides weatherization services to income-eligible Kansas. These services may involve installation of air-sealing and thermal envelope measures, such as caulking around windows and doors, adding insulation to attics, walls, ceilings, foundations, and cleaning, testing, and repairs to refrigerators and heating and cooling equipment.

Call 785-264-4814 or visit their website:

<https://kshousingcorp.org/renters/weatherization-assistance>

KANSAS GAS SERVICE

SHARE THE WARMTH

Heating Assistance Program



Guidelines

- Applicant must be a permanent resident of the home for which the application is tendered
- The utility bill must be in the applicant's name
- **NO LANDLORDS MAY APPLY**
- Assistance is available by requesting an application through The Salvation Army hotline **816-756-5392 Option #2** or visiting <https://centralusa.salvationarmy.org/mokan/utility-assistance>
- Assistance is subject to funding availability, a phone call into the hotline does not guarantee approval
- Assistance is available one time per program period, **November 15 through April 30**
- **Applications must be submitted to The Salvation Army, P.O. Box 412577, Kansas City, MO 64141**

DMD 2019



Three Rivers hosted their bi-annual student employment and education event for Disability Mentoring Day (DMD) over the course of three days October 22-24.

To accommodate the number of students interested in attending the workshop, it was necessary to split the event between three different locations, hosting five area high schools. Combined, the Wamego, Junction City and Atchison events

hosted 85 students, staff and employers.

Many of the attendees shared positive comments and every student left with a resume pocket guide and a prize and/or promotional item.

Three Rivers Executive Director Audrey Schremmer welcomed everyone at the Wamego location. After a brief overview of the mission of DMD, she spoke to attendees about how to present yourself to an employer.

Erica Christie, director of supports and services at Three Rivers, welcomed everyone at the Atchison and Junction City locations and led a similar group discussion. In Junction City, Allen Dinkell, city manager greeted students and welcomed local employers.



In Atchison, a representative with Aetna Health Care spoke about Managed Care Organizations' services available to transition-aged youth.

Employers explained their business and talked with youth about what they are looking for in potential employees.



3 Rivers Handyman.....



Charles is an Information & Referral Specialist for Three Rivers. He started in the Fall of 2017 making IL Skills survey calls two days a week. He now works five days a week and has transitioned to I & R specialist, peer counselor and all around handyman. Charles still completes all of our surveys as his phone skills are superb. He has a calm soothing voice that puts people at ease, allowing them to give us valuable feedback on service delivery. Charles can fix almost anything and has put together all of our conference tables and bariatric chairs for our new conference room and IL training space.

Free Tax Preparation



AARP

We offer free tax preparation to the disabled and the low-and moderate-income taxpayers, especially those 60 and older.

Beginning February 7, 2020

Located at
Three Rivers Inc
Wamego

You must call for an appointment

785-456-9915 or
800-555-3994

Ask for a list of the items
needed to complete your
return



W2s are coming!

**Do we have your personal
attendants updated
address?**

Please call the office at 785-456-9915 or
email reception@threeriversinc.org with
any updated information.

Welcome Aboard

3 RIVERS STAFF

Cindy joins Three Rivers team as our main receptionist. She is originally from NE Kansas and moved to Wamego in 1996 after her husband was transferred for work. She has 5 grown kids, a son-in-law, daughter-in-law, a granddaughter, and a grandson. She has spent the last 20 years as a remote medical transcriptionist working for several different hospitals.

- Favorite drink: Margaritas
- Favorite sound: Thunderstorm
- Dream vacation: A tropical paradise anywhere with a white sand beach and crystal clear ocean



3 Rivers welcomes **Paula** as the new Accounting Specialist. She was born and raised in Manhattan, KS. She is married and she and her husband have 3 girls. Paula graduated from K-State and is an avid Wildcat fan! She loves the outdoors and enjoys pretty much anything that lets her be outside with the family.

- Favorite Christmas tradition – My Mom, both my sisters, myself and all the grandkids get together and do a Christmas goodies bake day every year.
- Least favorite household chore – Dishes
- Favorite sound – The true genuine deep belly giggle of a baby when they think something is funny

Wheelchair Kansas and Little Miss Wheelchair Kansas Seeking Contestants for 2020

Ms. Wheelchair Kansas, Inc. is currently searching for women of achievement, who are wheelchair mobile, to serve as contestants in the 16th Annual Ms. Wheelchair Kansas event. Contestants can be nominated by a person or group or can choose to participate in the program. Organizations and companies are being encouraged to nominate women who are passionate, dynamic, articulate, and who have a message to share throughout the state.

MWKS is also seeking nominations for the Little Miss Wheelchair Kansas program that celebrates young spirited girls, ages 5-12, who are wheelchair mobile.



The 2020 event will take place on March 13-15 at the DoubleTree Hotel in Lawrence. Pre-nominations for **Ms. Wheelchair Kansas** must be sent in by December 6, 2019. MWKS contestant application packets must be post-marked by January 7, 2020.



This program is NOT a beauty contest, but rather a competition to select the most articulate, accomplished delegate to serve as a role model and spokesperson for people with disabilities in Kansas.

Nomination forms and more information can be found at www.mswheelchairkansas.org/MWKSLittleMWKS or on Facebook at www.facebook.com/mswheelchairkansas and www.facebook.com/littlemisswheelchairkansas.