



Access to Independent Living

The Access

From the Executive Director's Desk

December 2021

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Happy Holidays from all of us here at 3Rivers!

This holiday season seems a little more meaningful this year; reminding us to give thanks for all that we have and remembering those that we have lost. It seems that everyone I know has lost a friend or family member to COVID-19. We will be saying prayers for all of them this year.

We give thanks for the friends and families still with us and a special thanks to those of you who have helped support 3Rivers this year. We truly appreciate everyone's kindness and words of support as our staff struggled to provide the best service and support possible during this long pandemic. It hasn't been easy but we have amazing

staff who gave their very best during this difficult year.



While we focus on holiday celebrations, I would also encourage you to reach out to others who might be struggling this year. Mental health is a difficult topic to discuss but it is particularly important this time of year. There are local and statewide resources that you can learn about and share with others such as the **National Suicide Hotline: 1-800-784-2433**. Or you can call the **United Way hotline 211** for local resources.

Have a safe and happy holiday season!

Closure Information:

ALL 3Rivers offices will be closed Friday, December 24th and Friday, December 31st.

Happy Holidays!



Happy Holidays



Remember to order PPE from 3Rivers and stay safe this holiday season!

Consumer Corner



Scams are common and come in many forms. From internet to telephone to mail, scammers work hard to steal your money and private information. Below are the top four scams you should be aware of, along with tips to keep your information secure.

1. Social Security Scams: Scammers will try to impersonate government officials. They will say there is an issue with your benefits and ask for your credit, debit, or social security information.

Tip: Government agencies will usually send you notification of a problem in **writing** and will try to avoid discussing your personal information over the phone.



2. Debt Scams: Scammers will tell you there is a new program that will forgive all your debt. All they need to complete the process is your personal information!

Tip: There are no programs that sweep all debt away. There are a few programs that help with debt, but nothing that forgives all of it. If you receive one of these calls, know it is a scam!

3. "You Won" Scams: You might receive an email informing you that you have won the lottery, a new TV, or something else of great value. The email might say, "**click this link to redeem your prize,**" at which time scammers will be able to access all the private information stored on your computer.

Tip: Do not click on links unless the email is from someone you know or another trusted source. Remember which contests you have entered, if any. This will help inform you if the email is real or a scam.

Congratulations,
You Have Won
A Million
Dollars.



4. Door-to-Door Scams: Individuals might knock on your door and tell you they are selling canes, ramps, mobility scooters, or other high-quality equipment. They demand cash up-front, promise to deliver the equipment later, and then are never seen again.

Tip: Use trusted sources such as hospitals or nonprofit organizations to find and purchase equipment. These organizations do not go door-to-door selling equipment!

Service Animals vs. Emotional Support Animals

According to the Information, Guidance, and Training on the Americans with Disabilities Act (ADA), a service animal is, “any dog that is individually trained to do work or perform tasks for the benefit of an individual with a disability, including a physical, sensory, psychiatric, intellectual, or other mental disability.” Service dogs can be used for a variety of activities, including physical guidance, seizure alert, and allergy detection. A service animal must be a trained dog. However, in addition to the provisions about service dogs, the Department’s ADA regulations have a separate provision about miniature horses that have been individually trained to do work or perform tasks for people with disabilities.



Maggie the Service Dog.

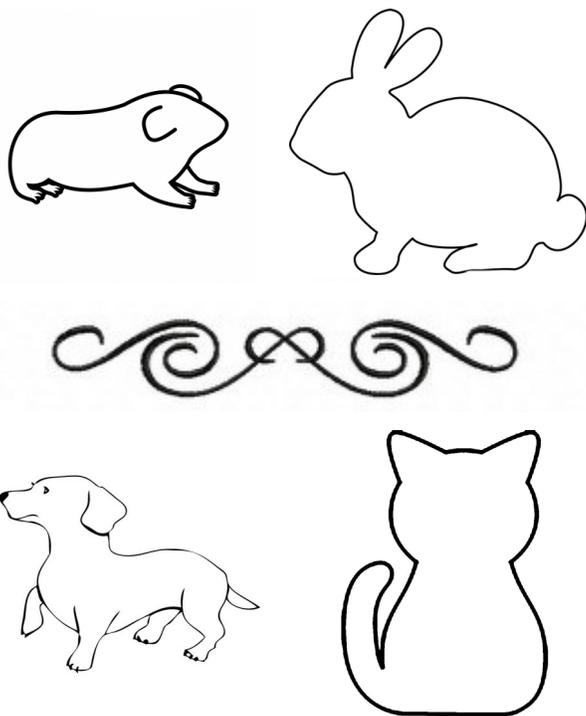
Maggie is located in the Wamego City Park, close to the pond. She was created by Rhonda Kesner and adopted by 3Rivers as part of the “Totos Around Town” project.

Fun fact: **Kansas** was the **first** state to pass legislation for service dogs. Maggie has the bill number for that piece of legislation painted on her collar!

The key differences between a service animal and an emotional support animal include the type of animal and what the animal does. The service animal, as stated above, is a dog (or, in some cases, a miniature horse) that has received specialized training to perform a specific task for a person with a disability.

An emotional support animal is an animal that:

- Provides emotional support alleviating one or more symptoms or effects of a person’s disability.
- Provides companionship, relieves loneliness, and sometimes helps with depression, anxiety, and certain phobias
- Does not have special training to perform tasks that assist people with disabilities.
- Can provide structure, purpose, and the feeling of being needed for the individual in charge of the animal
- Examples of emotional support animals include hamsters, bunnies, dogs, and cats (pictured to the left)



Beware! Service Animal Registration Scams

There are scams that ask you to register your emotional support animal or service animal using a link or website. Some Kansans have fallen for these scams and have paid hundreds of dollars to scammers! There is no law that requires a service animal to have a license. Speak to a licensed professional if you have questions.

Think you could benefit from a service animal or emotional support animal?

Talk with your doctor or a licensed mental health counselor. They will be able to speak with you about options and help you make an informed decision.

Advocacy:

Disability Mentoring Day 2021

3Rivers hosted 3 Disability Mentoring Day (DMD) events reaching 8 high schools in October 2021. GREAT turnout of students, educators, presenters, and 3Rivers staff members. The students were able to meet new people, learn about options after high school, receive interview tips from employers, and have fun! Several employers and a 3Rivers Pre-ETS graduate were able to answer questions about navigating employment during and after high school.

Wamego DMD

Lorinda Hanes, Activities & Transportation Director, Home of the Flint Hills.

Lorinda addressed the group about employment & volunteer options. Home of the Flint Hills answered many student questions about the different positions available and the requirements to work there. (pictured left)



Junction City DMD

Karalee Ridder, Owner of Midwest Ace Hardware.

Karalee grabbed the attention of students by providing tips for success during a job interview and what to expect from employers. (pictured below)



Atchison DMD

Delaney Bata, a 2019 3Rivers Pre-ETS graduate, employed for over 2 years.

Delaney spoke with students about her journey. She is still working and is attending college now with minimal support from 3Rivers. Go Delaney!!! (pictured below)



small steps every day

DMD could not have been in-person without the help of individuals becoming vaccinated against COVID-19. If you would like to help protect our students, educators, and 3Rivers employees in the days and months to come, **contact us and we can help** you schedule your COVID-19 vaccine or booster appointment.

Vaccine Villa

Can the COVID-19 vaccine give me COVID-19?

No. Unlike the flu vaccine, the COVID-19 vaccine is not created with a live strain of the virus. This means that individuals cannot contract COVID-19 from the vaccine.

Can the vaccine alter my DNA?

Definitely not. Pfizer and Moderna are both mRNA vaccines and J&J is a viral vector vaccine. Basically, all 3 vaccines teach our cells to recognize COVID-19 and create the antibodies needed to fight the virus. There is no altering any DNA as the vaccine never enters the nucleus where the DNA is.

Should I still get the vaccine if I want kids one day?

Yes! The COVID-19 vaccine is recommended for everyone 5 years of age and older, including those individuals who are pregnant or trying to become pregnant. There is no evidence of fertility problems in women or men who have received either COVID-19 vaccine.

Do the vaccines contain materials that can make me magnetic?

No way! There is a list of ingredients for each COVID-19 vaccine located on the CDC's website. There are no metals or any other ingredients that could cause you to become magnetic. Furthermore, there is no microchip in any of the vaccines. Vaccines are developed and distributed to protect you and those around you from illness— NOT to track your movements.

So why do people feel sick after they receive the vaccine?

Great question! Although it's not fun to have these mild symptoms, they exist because your body is working hard to create those antibodies to protect you from contracting COVID-19. Symptoms mainly include sore arm, headache, and fatigue and disappear in a few days. In rare cases, severe symptoms appear or mild symptoms continue for a long period of time. In these instances, it is a good idea to contact your doctor.

Well I guess that doesn't sound so bad. Where can I get my vaccine?

There are many options! You may contact your county health department and schedule an appointment or contact your doctor. If you have any questions, contact 3Rivers for more information!



Financial Management Services (FMS)

Helpful Hints from the FMS Payroll Department

Make sure to adhere to your Medicaid Plan of Care: if you are unsure how many hours you are approved for, please contact the FMS department. We are glad to look up this information for you!

Call AuthentiCare from the consumer's phone: select "Self-Directed PCS" for daytime hours and "Self-Directed ECS" for approved overnight hours.

Make sure your worker is only working 40 hours/week, unless approved by the 3Rivers FMS department: by standard, Medicaid does not pay time + half and workers can only work 40 hours in a week.

Always return your 3Rivers paperwork: for each attendant, you are required to sign an employment agreement, wage form, and relationship form. These documents must be returned within 2 weeks of attendant start date.

Keep a calendar near the phone or on your fridge: use this calendar to keep track of the hours your attendant has worked throughout the week. Visual representations are excellent!

Keep a special folder with important documents: this may include your approved plan of care, AuthentiCare clock-in instructions, the 3Rivers payroll schedule, a copy of your worker's employment agreement, your Care Coordinator's contact information, your medications list, etc.

Please do not hesitate to contact the FMS department at 785-456-8573!

How can caregivers help during the holiday season?

1. Ask how you can help with holiday shopping, decorating, and planning
2. Assist with any fun activities your employer might want to complete, such as baking, creating holiday cards, or inviting people over for the night
3. Ensure that your employer has everything he/she needs in case businesses or medical offices close during parts of the holiday season
4. Remember that the holiday season is stressful and that taking care of yourself ensures that you can be the best caregiver this holiday season!



B U G U N T L C Z M A D A O F
 M Q A E A T Y I Q U R P E A L
 E T A U H S P S T K P E M G F
 A C N A N A N U E L O I W N E
 Y J N Z Y R M I E R L I G F T
 S K G V O N D C P Y O G Z U A
 S M X C M Y I D S U X M B V T
 H Y A K S D S C D A M O S E X
 J E R Q E H A G B L E P U C U
 C K G R L R W S I L M A K S W
 K R U X E J I K K E B V E I J
 J U M C V V D D C A O Q S P N
 S T R K A C D P D V T J O S X
 O O B O N F I R E E L U T A I
 W E D I R Y A H R S S O M D U

Find these words:

- ACORN
- APPLE CIDER
- AUTUMN
- BONFIRE
- FAMILY
- HAYRIDE
- LEAVES
- PUMPKIN
- SCARECROW
- SMORES
- TURKEY
- THANKS

Sudoku:

- Every square has to contain a single number
- Only the numbers 1 through 9 can be used
- Each 3 by 3 box can only contain each number from 1 through 9 once
- Each vertical column can only contain each number from 1 through 9 once
- Each horizontal row can only contain each number from 1 through 9 once
- Once the puzzle is solved, every row, column, and 3 by 3 box will contain every number from 1 through 9 once
- **Answers to this and the word search are located on the last page**

5	3			7				
6			1	9	5			
	9	8					6	
8				6				3
4			8		3			1
7				2				6
	6					2	8	
			4	1	9			5
				8			7	9

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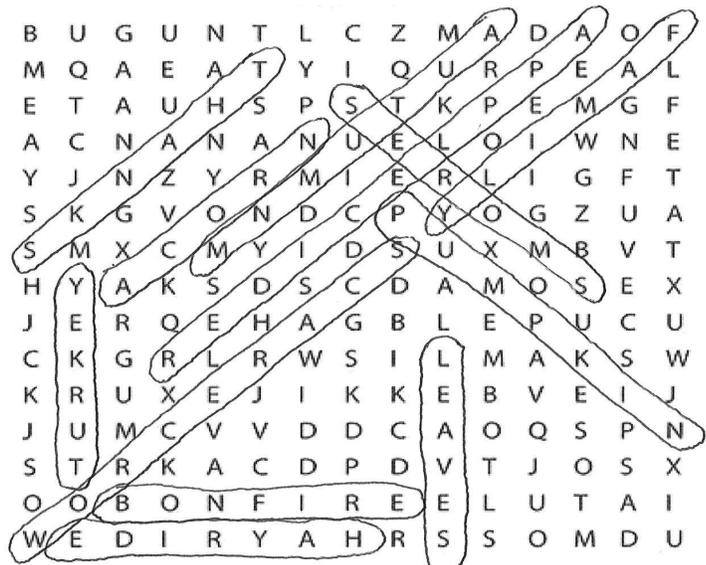
785-456-9915
Toll Free: 800-555-3994
Fax : 785-456-9923

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Keys to Sudoku and Word Search

5	3	4	6	7	8	9	1	2
6	7	2	1	9	5	3	4	8
1	9	8	3	4	2	5	6	7
8	5	9	7	6	1	4	2	3
4	2	6	8	5	3	7	9	1
7	1	3	9	2	4	8	5	6
9	6	1	5	3	7	2	8	4
2	8	7	4	1	9	6	3	5
3	4	5	2	8	6	1	7	9



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