



Access to Independent Living

The Access

From the Executive Director's Desk

January 2019

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We've had a lot of changes since our last newsletter. We have leased an office in Atchison and excited to expand Three Rivers' full array of services to Northeast Kansas. Our newest staff members are learning the ropes and are getting acquainted with consumers. Pawnee Mental Health ended their lease in our Wamego office and expanded their services in a new space in Wamego. While we are sad to see them leave, it is exciting to see them expand their much needed services in our Wamego area.

Our Independent Living Program continues our focus on employment services for individuals with disabilities with a special focus on youth. With the shortage of

workers in our area, it is even more important we help connect youth with area employers to get the youth the education they need to be successful in their careers. Whether it's working on employment readiness or support for a current job, our Independent Living team is ready to help. We look forward to a successful year in 2019, helping individuals with disabilities reach their goals.

~Audrey Schremmer



Disability Integration Act 101

- Secures the Constitutional right to liberty for millions of Disabled people and seniors who are in institutions and want to live in the community.
- Helps senior stay in their own homes as they age.
- Saves million of Federal and State dollars compared with institutionalization.

Members from the 3R Board and Staff gathered for a celebration of another successful year (#32) and to highlight the **Disability Integration Act.**

3Rivers is accepting applications for Board members representing the following counties; Atchison, Brown, Clay, Doniphan, Jackson, Marshall, Nemaha, Geary and Wabaunsee counties. Contact us for more information.



3Rivers Board Staff Celebration

Consumer Corner

Staying the course to success!



ILS Nicole Knox brings to our attention the hard work of James Wahl. James recently completed his coursework in Information Network Technology and graduated from Manhattan Area Technical College (MATC). Beyond his academic accomplishment, James has been intentional in stepping out of his comfort zone and began getting to know his peers. Once uncomfortable chit chat has led to meaningful conversations about his program of study and future goals as well as discovering shared interests.

"I started classes at Manhattan Area Technical College roughly 4 years ago at the recommendation of Molly Campbell from 3Rivers. As a smaller technical college, I was able to get the individual focus I needed to excel and pace myself to ensure I absorbed as much information relating to Information and Network Technology as possible. Having graduated, I am assessing my available resources and shifting my focus to the job market with my new skills to fund full independent living and future certifications." ~James

Are you looking for a social interaction?

Do you have an idea for a peer group or event?

Let us know and lets get something started.

Game Night

Over the last few months a small group has been gathering to enjoy music, dancing and board games. ILS Nicole Knox helped get the idea started and 3Rivers hosts them in our office after hours.



Considering re-hiring a previous worker? Before they work contact Heather.

785.456.9915
ext 120

heather@threeriversinc.org

Do you or someone you know have a mobility limitation or chronic illness and want to be more physically active in 2019?

The [National Center on Health, Physical Activity and Disability \(NCHPAD\)](http://www.nchpad.org) offers Kansans with disabilities a web-based physical activity program.

The "14 Weeks to a Healthier You" program is a **FREE** online exercise and nutrition program for people with disabilities. Sign up now and start moving more this year!

To learn more and to register, visit website <http://ihdps.ku.edu/physical-activity> and click on **Register**

What do I get throughout the program?

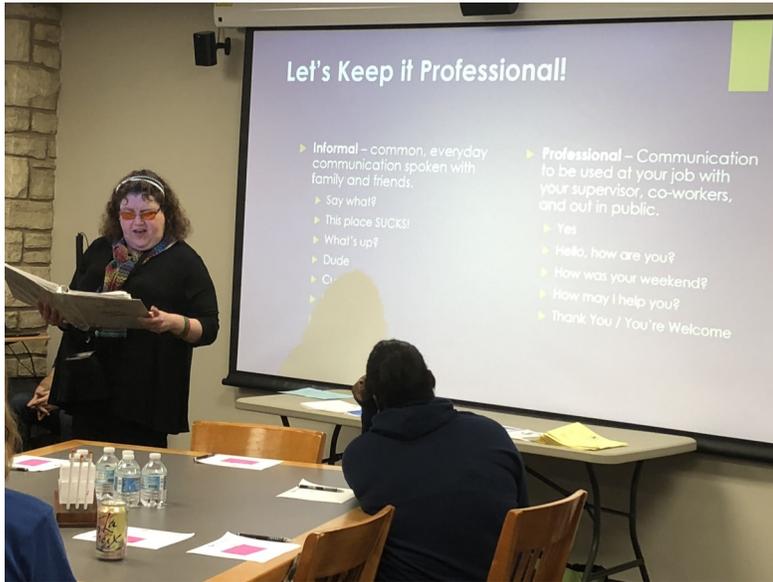
- Weekly exercises, recipes and nutrition tips.
- Motivational resources such as articles, tips, reminders and alerts.
- Features to help you track your activity and what you eat.

To participate: www.nchpad.org/14weeks/?f=KS.



DMD 2018

Disability Mentoring Day (DMD) is a nationwide event taking place each October beginning in 1999. Events promote career development for students with disabilities through career exploration.



Three Rivers bi-annually hosts a student workshop. Thirty-five students and six school staff from four area high schools participated between our two DMD 2018 events. Attendants shared many positive comments and every student left with a door prize and/or fun promotional items.

Programs like DMD promote and enhance disability employment opportunities. This year's workshops focused on making a first impression-- from stand out applications, dressing for success, interviewing tips and follow up etiquette. Additional speakers presented about healthy work relationships and calming techniques for anxiety. Our goal for students who take part in DMD events have boosted confidence and the tools they need as they begin the transition to independent living.

Thank you to our guest speakers and sponsors: KYEA team, Pawnee Mental Health, Highland Community College, Manhattan Workforce Center, Vocational Rehabilitation, WTC, MATC, Sunflower Healthcare, United Healthcare & Amerigroup.

Photos: Above: Johnna with KYEA gives tips on keeping it professional in the workplace. Below: Group photos from each of the workshop events. Three Rivers Staff, KYEA team, high school students and staff.



Legislation and Advocacy

The Kansas Legislative Hotline is available.
800- 432-3924

Monday through Friday, 8 a.m. to 5 p.m.

- Answered by reference librarians at the State Library of Kansas with experience in researching Kansas legislation and legislative activity.
- Instant Message chat with reference librarians, “Ask a Librarian” and can be accessed through the State Library website kslib.info (M-F 8-5).
- On weekends, questions can be emailed or left on the answering machine and the librarians will follow up on Monday.

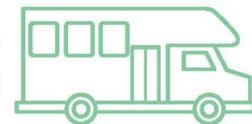


Typical questions received by the librarians correspond to the activities of the legislative session: who is my legislator, how do I contact them, what is the bill number, how do I testify, what is the status of the bill? Later in the session the questions are more about amendments, rules and deadlines. After the legislative session ends the hotline continues to receive calls from Kansans wanting to know if a bill passed or died, how they can see the final version, the effective date and where will the bill be codified in the statutes.

The staff at the State Library of Kansas welcomes your questions!

catholic  charities
OF NORTHEAST KANSAS

MOBILE RESOURCE BUS



COMMUNITY REFERRALS • FOOD & CLOTHING • RENT & UTILITY ASSISTANCE

Catholic Charities of Northeast Kansas

continues to serve area communities with their Mobile Resource Bus. Direct assistance is provided to those living in rural, outlying areas through their two Mobile Resource buses. Each bus is equipped with basic essentials including food and clothing. In addition, a case manager is on board to provide rent, utility and medication assistance, as well as community referrals.

Catholic Charities is committed to serving those who live in rural areas where emergency assistance may not be easily accessible. They have two Mobile Resource buses which serve northeast Kansas.

Appointment required and basic eligibility requirements for case management, financial assistance and/or budget coaching.

No income requirement or appointment required for food (including bread and cold/fresh items – depending on the

season), diapers, socks & underwear and seasonal clothing. These items are subject to change depending on availability.

DATES:

Alma & Wamego: 1/29 3/26 4/30 6/25
Alma 9-Noon Wamego 1-4 pm
Holton: 2/26 4/16 6/4 9:30-2:30
Hiawatha: 2/12 4/2 5/21 6/18 9:30-2:30
Marysville: 3/5 5/7 10-2:30
Seneca 2/5 3/19 9:30-2:30

For more information about the Mobile Resource Bus and an interactive map catholiccharitiesks.org/mobile-resource-bus. Or call the bus resource hotline to find the upcoming bus schedule for your community or to make an appointment.

Contact: 913 433 2039



Holiday Parties



Everyone enjoyed hearty soups, snacks and sweet treats while conversing with holiday games and of course, BINGO!

Gifts and holiday treats graciously provided by: 3Rivers, 3R Staff, PBDN Social Services Department, PEO Chapter EY, Girl Scout Troop 650, United Health Care Case Managers, and Pottawatomie County Health Department Staff. Thank you for all supporting our holiday events.



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Toll Free: 800-555-3994

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www.threeriversinc.org



Free Tax Preparation

AARP



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

February 7 through April 9, 2019

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



*Frustrated trying to
hear the caller on
your phone?*

*Missing calls because
you didn't hear the
ring?*

TAP may be your answer!

The Kansas Telecommunications Access Program (TAP) provides specialized telephones FREE to qualifying persons who have trouble hearing, seeing, speaking, remembering, walking, or holding a telephone.

These phones have a variety of capabilities including large numbers for ease of dialing, voice amplification, voice to text and light up ring so you don't miss a call.

To see available phones or learn more contact

Three Rivers Inc. —Wamego

(785) 456.9915

or

800-KAN DO IT (800.526.3648)