



Access to Independent Living

# The Access

From the Executive Director's Desk

June 2022

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**FMS**

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**Welcome Aboard!**

**Games**

When was the last time you voted in an election? Hopefully you can answer “in the last election!” 3Rivers and Centers for Independent Living across the country have been assisting individuals with disabilities to register to vote and “Get Out and Vote.” Nearly 62% of people with disabilities voted in 2020, which is a big jump from the previous presidential election where only 56% voted. People with disabilities are more likely NOT to vote and we want to change that.

Your voice is important and we want to help you be heard. We have included some basic information in this newsletter about registering to vote in Kansas. In Kansas, you must have a Kansas state issued ID to register and vote in Kansas elections. If you need assistance getting a State ID, give us a call. The registration deadline is July 12th so you need to act quickly to get registered! Remember, “Vote like your life depends on it, because it does” - Justin Dart, American Activist and advocate for people with disabilities.

Another way to make your voice heard is

to attend the Kansas Disability Caucus this August in Topeka. Hundreds of Kansans with disabilities will be coming together to share feedback about problems or barriers that they face in their communities. This information helps guide our Kansas Plan for Independent Living. The Plan is shared with legislators, the Governor, and other officials to help guide policies and programs. Your input is very important! There will be other opportunities to provide input but the Disability Caucus will be the most fun! While you are there, you have the opportunity to attend informational sessions on lots of important topics as well as mingle with others for peer to peer sharing. Check out the Caucus information included in the newsletter.

As always, please contact our team at 3Rivers if you have questions about services, experience problems in your community, or just have ideas about making services and programs better. We love to hear from you!



## PPE Items Available

- Hand Sanitizers
- Masks
- Face Shields
- COVID-19 test kits
- Call 785-456-9915



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### Notice:

3Rivers will be closed Monday, July 4th to celebrate Independence Day. We will be open Tuesday, July 5th.

# Bi-Annual Disability Caucus

The purpose of the Kansas Disability Caucus is to “provide opportunities for Kansans with disabilities to learn, share, and provide solutions to issues faced by the disability community.”

The next Kansas Disability Caucus will be held August 10-12, 2022 at the Hotel Topeka at City Center in Topeka. Events during the three days include an Awards banquet, the Caucus dance, many speakers and focus groups, and three regional Caucus sessions.

This year’s theme is “**Together We Rise, United in Action!**” According to the Caucus organizers, this theme, “celebrates the strength of our Kansas disability community and encourages advocacy to improve independent living for people with all disabilities.”



There are scholarships for people with disabilities who require financial aid to attend the Caucus. Partial and full scholarships are available.

For more information and to register, visit [kansasdisabilitycaucus.org/upcoming-caucus/](https://kansasdisabilitycaucus.org/upcoming-caucus/) or contact 3Rivers! Registration and payment are due July 10.

## Get Out The Vote!

3Rivers wants your voice to be heard! No matter the issue, no matter the side, know the rules and your rights before Election Day

### Deadlines to Register

Registration to vote is due 21 days before Election Day. Register to vote by July 12 for the Primary Election (August 2) and register to vote by October 18 for the General Election (November 8).

You only need to re-register if you have changed your name, address, or party affiliation.

You will need a valid Kansas driver’s license or non-driver’s identification card to register.

Register at your elections office or at [sos.ks.gov/elections/voter-information.html](https://sos.ks.gov/elections/voter-information.html)

### Request an Absentee Ballot

Any registered voter can request an absentee ballot.

To request an absentee ballot, complete the Kansas Absentee Ballot application at [vote.org/absentee-ballot/kansas/](https://vote.org/absentee-ballot/kansas/) or visit your local elections office.

You must return the absentee ballot by mail or in person.

The deadline to apply is 7 days before Election Day.

### Request a Permanent Mailed Ballot

You can request to be placed on a permanent mailed ballot list in Kansas if you have a permanent disability or illness.

By being on this list, you will automatically receive a mailed ballot for each election.

Find the application at [kcdinfo.ks.gov/voter-registration-and-advanced-voting](https://kcdinfo.ks.gov/voter-registration-and-advanced-voting)

3Rivers can assist anyone with this process.

Give us a call!

# Financial Management Services (FMS)

## Frequently Asked Questions

**How do I request a change to my plan of care?** The consumer will need to contact their care coordinator with their Medicaid insurance company (MCO). The care coordinator will setup a meeting to assess the consumer's needs. If changes are made to your plan of care, the insurance company will send 3Rivers an updated document.

**Can my worker be clocked in if I am not home?** No. The consumer is responsible for supervising their worker. If you are away from home, including hospitalization and temporary rehab, a worker cannot clock in and be paid for services.

**Can I have more than one worker clocked in at a time?** No. A consumer is only allowed to have one worker clocked in at a time. Exceptions to this rule may only be made by your Medicaid insurance company care coordinator.

**What is the maximum number of hours a worker can log in a day?** By Medicaid standard, a consumer's workers can only log up to 12 hours/day. Exceptions to this rule may only be made by your Medicaid insurance company care coordinator.

**What is the maximum number of hours a worker can log in a week?** Each worker may only log 40 hours/week. If you have questions regarding this rule, please call the FMS department.

**How do I terminate my worker and hire a new worker?** It is the consumer's responsibility as the worker's employer to hire, train, and terminate a worker if employment is not working out. The consumer must contact 3Rivers promptly when a worker is terminated. Consumers may request a worker application for a person they wish to hire or request a Worker Registry List to assist them in finding a worker in their area.

## *New Phone System!*

3Rivers has a new phone system that will make it easier for you to connect with the person you want to reach. The next time you call, remember these numbers:

**Press 1** for general information

**Press 2** for Independent Living Department

**Press 3** for a missed clock-in or clock-out

**Press 4** for FMS, Payroll, or Caregiver Services

**Press 5** for Human Resources



If you need to contact the FMS department, you can call 785-456-9915 and press 4 or you can call 785-456-8573 for the FMS Direct Line. Both options will connect you with the 3Rivers FMS department.

# Consumer Corner

**Responding to mail is a necessity.** What begins as a few pieces can turn into a large pile very quickly. Not responding can lead to stress, late bills, and many missed messages. Reading and responding to mail is the most important thing you can do! Below are some tips and tricks for keeping an organized system.

**The first step:** find an organization method. Your mail should be organized in a central, accessible location. You can 1) use folders in a large drawer, 2) hang magazine holders (wire files) on the wall, 3) use a letter tray with several stacked sections, or 4) use tray dividers in a shallow drawer. There is no right method—use whichever one works best for you, your home, and your needs.



**The second step:** label your folders, trays, or holders. Important labels include “to pay,” “to read,” “to recycle,” “to shred,” “to mail,” or “to do first.” You may need more or less labels depending on your needs. For example, if you receive more bills, you may want two different labels to organize them: “pay immediately” and “pay later.” These labels will help you keep mail in the correct place.



sunflower  
health plan™



UnitedHealthcare



aetna™

Finally, recognize the professional logo for your insurance (Sunflower Health Plan, United Healthcare, or Aetna).

***When you see the above logos on any piece of mail, open immediately and respond appropriately.***

If your phone number, address, or healthcare needs change, notify your care coordinator and 3Rivers immediately.

## Time-Saving Tips for Sorting Incoming Mail

1. Spend a minute or two each day sorting your mail into the correct trays or folders
2. Designate 30 minutes a week to sort through your containers and complete the tasks from your mail (pay your bills, answer messages, etc.)
3. Once you receive your mail, shred or recycle junk mail. Be sure to remove any identifiable or personal information before doing so
4. Keep any emergency contact information and medical information in an easily accessible tray or folder. This will help you keep information safe and in a place you see each day

# Vaccine Villa

CDC recommendations for second doses, first boosters, and second boosters

Read the column for the COVID-19 vaccine you received for your first dose.



PHARMACEUTICAL COMPANIES OF  
*Johnson & Johnson*

1. Your first and second dose of Pfizer should be 3 weeks apart.
2. You should receive a booster of Pfizer or Moderna 5 months after your second Pfizer dose, or 3 months after if you are immunocompromised.
3. You can receive a second booster of Pfizer or Moderna 4 months after your first booster if you are 50 years and older or if you are immunocompromised.

1. Your first and second dose of Moderna should be 4 weeks apart.
2. You should receive a booster of Pfizer or Moderna 5 months after your second Moderna dose, or 3 months after if you are immunocompromised.
3. You can receive a second booster of Pfizer or Moderna 4 months after your first booster if you are 50 years and older or if you are immunocompromised.
4. Children between 5-17 should only receive Pfizer.

1. Your second dose should be Pfizer or Moderna 4 weeks after your first dose of J&J.
2. You should receive a booster of Pfizer or Moderna 2 months after your second dose
3. You should only receive the J&J vaccine if you have a severe allergy to an ingredient in the other two vaccines, you would remain unvaccinated due to lack of access to Pfizer and Moderna, or if you want to receive the J&J vaccine despite safety concerns.

75% of Kansans have received at least one dose of the COVID-19 vaccine.

62% are fully vaccinated.

Are you one of them?

# Welcome Aboard!



Barb Hillbrant joined 3Rivers in April! Barb works full-time as a Transitional Living Skills Trainer and as an Independent Living Specialist. She is originally from Iola, southeast Kansas. We are excited to have Barb here living out the Independent Living Philosophy!

**What Are Your Hobbies?** I enjoy current events, gardening, cooking, and reading

**What is Your Favorite Quote?** I have three favorite quotes:

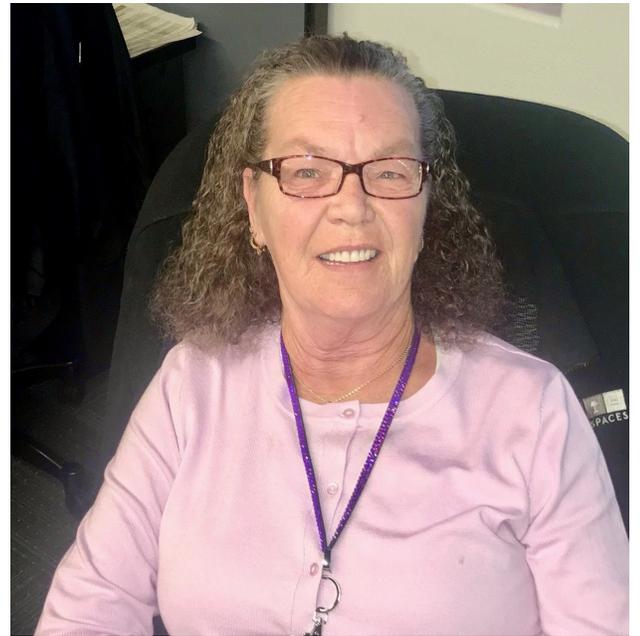
- “There is nothing impossible to him who will try” -Alexander the Great
- “If not us, who? If not now, when?” -John F. Kennedy
- “Someone is sitting in the shade because someone planted a tree a long time ago” -Warren Buffett

3Rivers welcomes Tweet Conner to our team! Tweet is working part-time as our Information & Referral Specialist in Wamego. She is originally from Anaheim, CA and moved to Kansas in 2020. She has 2 daughters, 6 grandchildren, 2 great granddaughters, and a 75-pound Pitbull-Boxer named “Babygirl” who are all the light of her life.

**The Best Way to Start Your Day?** A nice cup of Folgers coffee

**What is Your Favorite Drink?** Sweet tea

**What is Your Favorite TV Show?** My favorite channel is ID Discovery. I love Criminal Minds, The First 48, and Cold Justice.



3Rivers has a new summer intern—Natalie Degand! Natalie is from Alma, KS and graduated from Alma High School in May. She will be attending Emporia State University in the fall to major in Psychology and Sociology. Natalie will be shadowing our Independent Living Specialists to learn more about nonprofit leadership and experience.

**What Do You Miss Most About Being a Kid?** Not having to pay for my own expenses

**What Shows Do You Like?** Dry humor like Parks & Rec and The Office

**What is Your Dream Car?** A yellow Volkswagen Beetle



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

### Sudoku:

- Every square must 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

### Summer Word Search

#### Find these words:

- August
- Barbecue
- Beach
- Family
- Flip Flops
- Fun
- Hot
- Ice Cream
- Ice Pops
- July
- June
- Ocean
- Picnic
- Pool
- Relax
- Shorts
- Sprinkler
- Summer
- Sunglasses
- Sunscreen
- Sunshine
- Swimsuit
- Vacation

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

# Three Rivers Inc

PO Box 408  
504 Miller Dr.  
Wamego, Kansas 66547

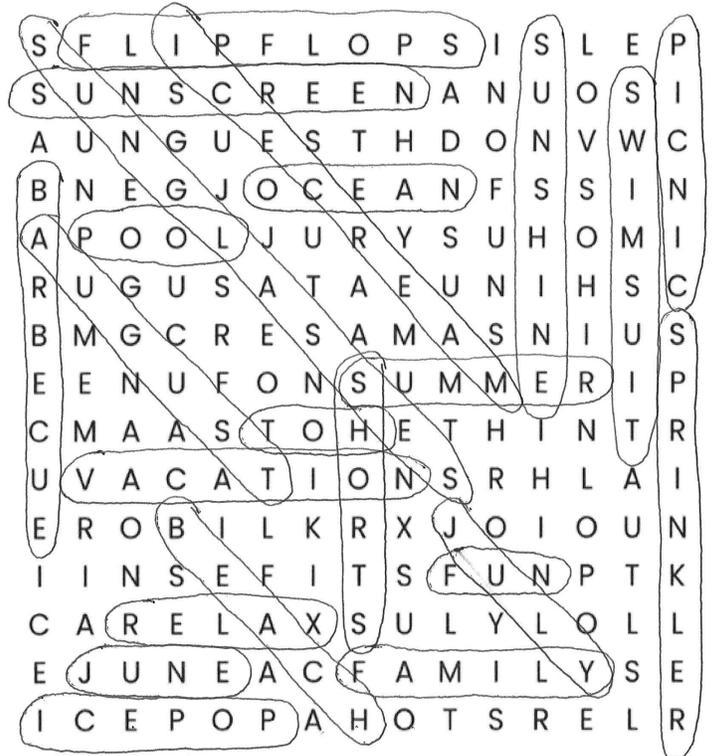
785-456-9915  
Toll Free: 800-555-3994  
Fax : 785-456-9923

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



## Solved Sudoku from Page 7

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



## Solved Word Search from Page 7