



NEW LOOK,
SAME GREAT
INFO!

Fall 2025

Toll Free: 800-555-3994
Phone: 785-456-9915
Fax: 785-456-9923
Text: 844-617-9689

The Access

Director's Note...



Erica Christie,
Executive Director

3Rivers Consumers, Families & Friends,

I know there is a lot of uncertainty about the future of services available to people with disabilities. My message to you is: We will always work hard to support your independent living goals. Call us if you have questions about your benefits and please open your mail..... 😊

Remember, your strength is not defined by what others see, but by the courage you show every day. Every challenge you face is a testament to your resilience and determination.

With 3Rivers you have a community that sees you, values you, and stands with you. Your voice matters. Your journey, though it may be different than others, is no less extraordinary.

Keep moving forward. Keep believing in your worth.

This newsletter is funded in part through the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS). The contents do not necessarily represent the official views of ACL or HHS, and you should not assume endorsement by the U.S. Government.

AuthentiCare App Instructions for HCBS Consumers:

Must Use AuthentiCare!!!

The State of Kansas requires HCBS consumers to have their workers clock in and out using either the AuthentiCare app on their smartphone or by calling the automated system on the consumer's landline phone at 1 (800) 903-4676. ***It is not a choice anymore.***

This only applies to people on Medicaid Waiver programs, HOME (private pay) consumers will continue using paper timesheets.

For help setting up the AuthentiCare app, please have your worker call the office at (785) 456-9915.

The app is available on both Android and Apple.

Missed Clock-ins or Clock-outs

If your worker missed a clock-in or clock-out please call (785) 456-9915 and press "3" when prompted to reach the voicemail box for missed clock-ins or clock-outs and provide:

- Your name
- Your worker's name
- The date of the missed clock in/out
- The clock-in time
- The clock-out time
- The activity codes for work completed

Reminders

DID YOU OR YOUR WORKER MOVE?

Please contact 3Rivers at 785-456-9915 or email Kennetha at kennethac@threeriversinc.org to update your home address, phone number, and email address.



Community Resources

✓ “Get Alarmed” Kansas Free Smoke Alarm Program SMOKE ALARMS FOR KANSANS WHO ARE DEAF OR HARD OF HEARING

Download the order form at [GetAlarmedKS.org](https://getalarmedks.org) or call 785-291-3586.

To qualify for the program you must-

- A. Be a Kansas resident over the age of four.
- B. Have a listed certifying health care professional sign your order form.
- C. NOT live in an institutional facility (nursing home, hospital, etc.).

Once approved, the alarms will be delivered and installed by a participating fire department or OSFM representative who can ensure the alarms are set-up properly and the individual knows how to use them.

✓ 211 Kansas

Connects Kansas citizens to resources and services in their area. Can assist in finding resources (transportation, shelter) for an emergency preparedness plan.

Common Scams

Sweetheart Scams

In sweetheart scams, someone develops a romantic relationship with an elderly person online. After gaining trust, they ask for money.

Example:

A person you’ve met on a dating site claims they need money for an emergency or to travel to meet you.

Tips to Avoid:

- Be Cautious Online: Approach online relationships with skepticism, especially if someone asks for money.
- Talk to Family: If you suspect a scam, discuss it with a trusted family member or contact authorities for advice.

Source: techwise@greenbush.org

Peer Support Opportunity

Long-COVID Peer Support Group

Have you been diagnosed with or think you may have Long-COVID?

A Long-COVID Peer Support Group brings together people via Zoom to share, learn and connect. Mark your calendar for the **first Wednesday of each month, 4:00pm-5:00pm**. This group is co-facilitated by 3Rivers, Independent Connection, and Independence, Inc. For details about joining, call us today.



Two people sitting talking in a group (stock).

Call 3Rivers: 785-456-9915!

Join Us

Craft Class

Starting in November, join us on the 2nd Thursday of each month from 1PM-3PM at our Wamego office.

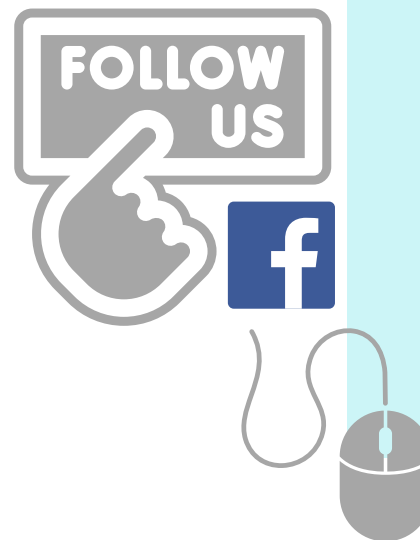
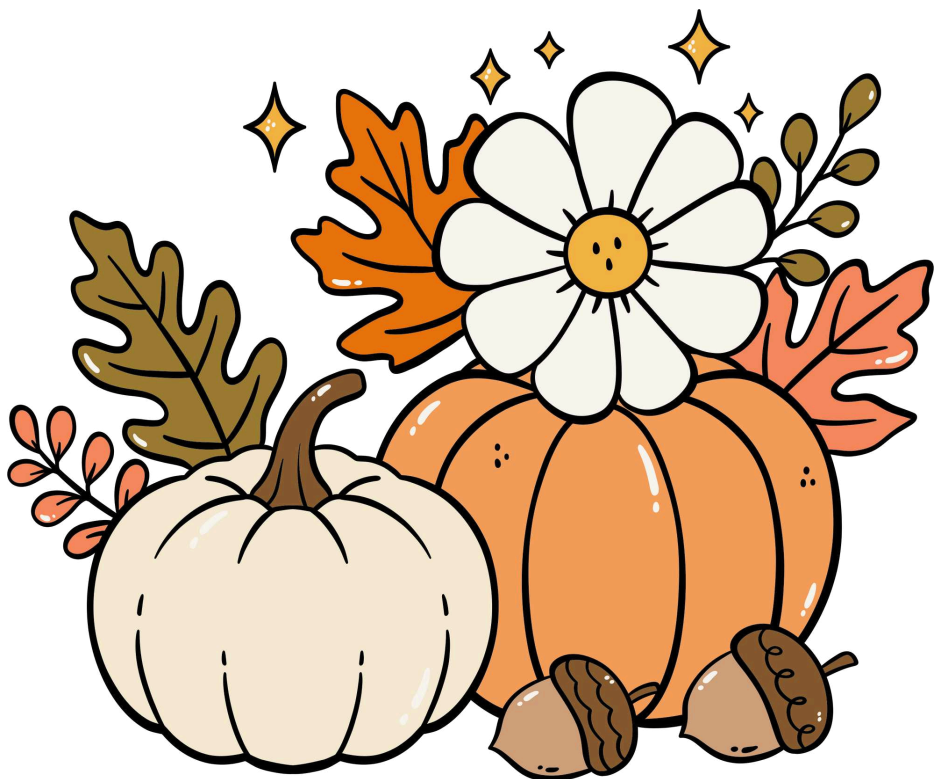
Please bring your own craft.

Light snacks provided!



Colorful craft supplies on table

Call us for more info: 785-456-9915!



3Rivers shares updates, news, and information from the disability community on Facebook. Be sure to like & follow us!

New Staff Spotlights

Sunday Schmidt- Independent Living Specialist, Junction City Office

My name is Sunday Schmidt, I moved to Manhattan in 1990 with my Mum & sister. We are 1st and 2nd generation KSU graduates.

♥ My Mum always told us as children to give back to our community, advocate for & empower those who need support, and never judge a book by its cover.

My husband Russell and I share a 13 year old son, Brody who attends AMS. We like watching football, repeating movie lines that make us giggle, and enjoying my family Mexican dishes! I'm excited for this adventure with 3Rivers and hope to be an asset to the organization & enrich others lives.



Remember these safety tips for cooler weather-

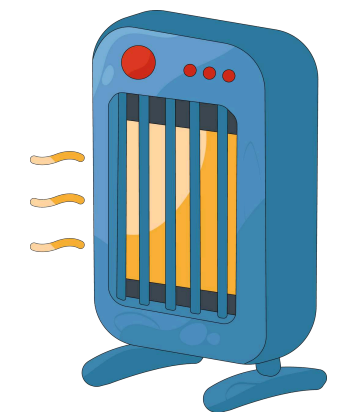
- **Service your HVAC system**

Before the cold weather sets in be sure to call your heating and cooling company to service your HVAC system.



- **Use Fireplaces Safely**

Keep fires in their proper place by using a fireplace screen to mitigate sparks from flying out of the fireplace. Never leave a burning fire unattended.



- **Use Caution with Space heaters**

A space heater can be an effective way to warm up a chilly room, but its essential that you read the instructions on the unit before you use it. Always allow at least three feet of space around heaters.

- **Exercise Candle Caution**

Candles are a great to give a room that warm glow, but they can also cause fires. Never leave candles burning if you go out or go to sleep and keep your candles away from pets and kids.



- **Change smoke alarm batteries**

Change the batteries in your smoke alarms and carbon monoxide detectors monthly. Also check the alarms when new batteries are installed. Check and replace any fire extinguishers that have expired.



Source: Pinterest.com

Community Resources



Build Your Academic Skills

- College Success
- Workplace Credentials
- Kansas High School Diploma (GED Testing)
- English Language Acquisition

Contact our office today!

785-341-0246

Youth Employment

When Tristan S, Hiawatha, KS, needed help gaining employment while working with the State's Pre-Employment Transition Services (Pre-ETS) program who contacted 3Rivers. He successfully completed the 3Rivers Job Preparation classes then immediately started a job search with Senior Independent Living Specialist, Jeanie Combs. He found a match at the Mary Cotton Library and later at the Apostolic Christian Home (ACH) in Sabetha where he did laundry and cleaning. He enjoyed his time at both locations and even started volunteering at the library.

Tristan is excited to start his next chapter. He loves working at the ACH and gets along great with his co-workers. He was excited to learn he was offered a permanent position.

Tristan will also be attending Highland Community College this fall and will work at ACH when getting home from college. They are very excited for him to become a permanent member of their team.



Man in a blue shirt putting laundry in a washer

Helen Phillips - Overcoming Obstacles

At fifteen years old, I left everything I knew behind in China to begin a new life in America. Being adopted meant stepping into an unfamiliar world, learning a new language, and discovering who I was meant to become. It wasn't always easy, but those challenges taught me resilience, adaptability, and the importance of hard work.

Growing up in China with mild cerebral palsy and walking with a stick, I was constantly reminded of what I supposedly couldn't do. Because of my disability, many people saw me as nothing and told me I would never become anything. Those words weighed heavily on me, making it hard to imagine a future where I had value or purpose. Sewing became my escape from those voices—a place where I could create freely, prove to myself that I was capable, and let my imagination run without limits.

Now, in America, that once-private outlet has become my greatest strength. With freedom, opportunity, and confidence, I've built Phillips Sew Shop, a small business where I specialize in alterations, tailoring, and custom creations. From hemming and sewing patches on military uniforms to designing one-of-a-kind pieces, I take pride in helping people feel confident in clothes that truly fit them.

The journey hasn't been without obstacles. Here in America, I've had to overcome not only the daily challenges of living with a disability but also the barriers of being an immigrant, adapting to a new culture, and proving myself in the workplace and community. Each step forward has required resilience, earning trust, building relationships, and showing that my work speaks louder than any limitation. What began as a story of survival became a story of possibility. My shop is more than a business—it's proof that even when the world says you'll be nothing, with determination and creativity you can become more than you ever imagined.



Woman with black hair smiling.

Three Rivers Inc.
504 Miller Drive
P.O. Box 408
Wamego, KS 66547-0408

Upcoming Holiday Hours...

Our offices will be closed November 27th & 28th for Thanksgiving.

Alternate Formats Available

3Rivers is Connected In Your Community...

Wamego - Main Office
504 Miller Drive
P.O. Box 408
Wamego, KS 66547
P: 785-456-9915
F: 785-456-9923

Atchison Office
625 Commercial St., Suite 7
Atchison, KS 66002
P: 785-456-9915
F: 913-674-0417

Clay Center Office
820 Spellman Circle
Clay Center, KS 67432
Mailing address:
P.O. Box 132
Clifton, KS 66937
P: 785-777-2499

Prairie Band Potawatomi Nation
11400 158th Road
P.O. Box 174
Mayetta, KS 66509
P: 785-966-8344
F: 785-966-8388

Junction City Office
122 Grant Ave.
Junction City, KS 66441
P: 785-456-9915
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