



NEW LOOK,  
SAME GREAT  
INFO!

Spring 2025

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

# The Access

## Director's Note...

Three Rivers, Inc. (3Rivers) is pleased to announce the promotion of Erica Christie from Assistant Director to Executive Director. With 23 years of experience at our non-profit, Erica brings dedication, knowledge, and compassion to our communities.



Erica Christie,  
Executive Director

Erica's passion stems from watching consumers achieve independence and her own experiences with her autoimmune condition and chronic pain. This history solidifies her steadfastness in creating accessible spaces for people with disabilities. As she continuously reminds us, everyone has a right to live independently and participate fully in society.

"I am excited to start this new chapter as Executive Director", said Erica. "I feel blessed to be part of the work we do and the impact we can make for people with disabilities," About her vision, Erica said, "my vision for the agency is to grow with an engaged staff who provide outstanding consumer support and increased consumer participation."

Erica recently retired from the Kansas Army National Guard after 35 years of service. Under her leadership, 3Rivers will continue to provide essential services, including Independent Living training, in-home care services, Information & Referral, Peer Support, and Advocacy.

"When I joined the 3Rivers board 13 years ago, I felt a kinship with Erica as a disabled veteran myself and her being a fellow servicewoman," said Karla Johnson, Board President. Karla went on to say, "As the new Executive Director, I feel confident Erica can lead us into our next phase of operation with her excellent leadership qualities."

Please join us in celebrating Erica's promotion. We look forward to the continuance of our mission and the positive changes she will bring to the communities we serve.

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.

# Payroll/Fiscal Management Services (FMS)

## FMS Tips

Your worker must use one of the following ways to clock in and out for every shift:

- \*The AuthentiCare app on their cell phone
- \*Calling 800-903-4676 on your home phone (not cell phone)

If your worker missed a clock-in or clock-out:

\*Please call 785-456-9915 and press “3” when prompted to reach 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 that was done

If your worker missed both the clock-in and the clock-out:

\*We will need a paper timesheet with both you and your worker’s signature, as well as the date and time of the shift and the activity codes for the work that was done

*\*Timesheets may cause a delay in payment and should only be used as a last resort*

If your worker is unsure which Service Number to use:

\*Please refer to your Service Plan or call 785-456-9915 and speak with someone to find out which waiver you are on. If your worker is using the automated system to clock-in, these are the service numbers for each waiver:

- PCS = PD 100 | FE 102 | TBI 121 | IDD 101
- ECS = PD 104 | FE 112 | TBI 119 | IDD 115

If you have hired a worker:

\*Please call the FMS Department at 785-456-8573 and let us know who you hired so we can get you the proper documents. These documents need to be signed before they can start working for you.

## Reminders

**DID YOUR DSW MOVE?  
DO THEY HAVE A NEW MAILING ADDRESS?**



Please have your worker contact 3Rivers at 785-456-9915 or email Kennetha at [kennethac@threeriversinc.org](mailto:kennethac@threeriversinc.org) to update their 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.

## ✓ Sun Bucks

A \$120 one-time benefit per eligible child to purchase groceries during the summer.

Eligibility Requirements:

The child is aged 7 to 17 and their household already participates in Food Assistance or Temporary Assistance for Needy Families (TANF).

OR

The child attends a school that offers the National School Lunch or School Breakfast Program, and their household income meets the requirements for free or reduced-price school meals.

If your child is not automatically eligible for SUN Bucks, you can submit an application at [SUNBucks.dcf.ks.gov](https://SUNBucks.dcf.ks.gov). Applications must be submitted no later than 5 p.m., August 29, 2025.

## ✓ 211Kansas.Com – Connects Kansas citizens to resources and services in their area. Can assist in finding resources (transportation, shelter) for an emergency preparedness plan.

# Peer Support Opportunity

## Long-COVID Peer Support Group

*Do you have lingering symptoms long after a COVID infection? Have you been diagnosed with or think you may have Long-COVID?*

A Long-COVID Peer Support Group has started! This 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.

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



Two people sitting talking in a group (stock).



## Join Us

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### **Diamond Art Class**

Join us on the 2<sup>nd</sup> Thursday of each month starting in May from 4PM-6PM at our Wamego office.

Please bring your own diamond art.

Light snacks provided!



A colorful diamond art activity (stock).

**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

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### **Victoria Hennes, Business Manager, Wamego**

Public service has always been a big part of my life, and I am excited to be joining a community that advocates for people with disabilities. I am a graduate of Washburn University. In 2020 I moved to Wamego, and I love being involved in this community. My hobbies are varied but I enjoy being active, dancing, and reading. I look forward to being part of 3Rivers and learning more about the programs we offer.



Victoria Hennes, Business Manager

## Remember these safety tips as the weather gets warmer

### 1. Monitor outdoor safety

Use Assistive Technology, Durable Medical Equipment, and/or ramps & handrails when outside, especially during high winds and rain. The last thing we want is an injury when the weather is nice!



### 2. Personal updates

Make changes in your home that benefit you. Some examples include updating your medications list, installing grab bars in your bathroom, posting your emergency contact information on the fridge, and checking that appliances are in good working order.

### 3. Connect with yourself and others

Mental health is important year-round, and especially in springtime. Plan activities that get you out into the community. There are tons of ideas that are low-cost or free, like reading a book at a local coffee shop, volunteering at a Church or soup kitchen, stargazing, or going to a museum.

### 4. Spring up your home

Have you or someone else do the following activities to safeguard your home.

- Check your roof for clutter or damages.
- Trim trees away from your home.
- Check the seals on your windows.
- Clean the gutters.
- Have your A/C unit checked by a professional.
- Confirm you have the insurance coverage you want.

Source: <https://www.seymouremms.org/14-point-checklist-for-spring-safety-tips-2020/>



## Common Scams Targeting the Elderly

### 1. Telemarketing and Phishing Scams

Telemarketing scams involve someone calling and pretending to represent a trusted institution, like a bank or credit card company. They may claim that urgent action is needed to prevent identity theft or to transfer money.

*Example:*

A caller may say, "We need you to verify your account information immediately to prevent fraud." They might provide a link to log into your account.

Tips to Avoid:

- **Do Not Click Links:** Never click on links from unknown callers.
- **Hang Up and Verify:** If you receive a suspicious call, hang up and contact the institution directly using a trusted number, like the one on your bank statement.

### 2. Medicare and Social Security Scams

Scammers may impersonate representatives from Medicare or Social Security, claiming there is an issue with payments or coverage and asking for personal information.

*Example:*

A caller might say, "We need your Social Security number to fix a problem with your benefits."

Tips to Avoid:

- **Be Cautious:** Remember that legitimate representatives will not contact you first unless you have reached out to them.
- **Verify Calls:** If you receive such a call, hang up and contact the official Medicare or Social Security office using a trusted number.

Source:





## Bonnie.....

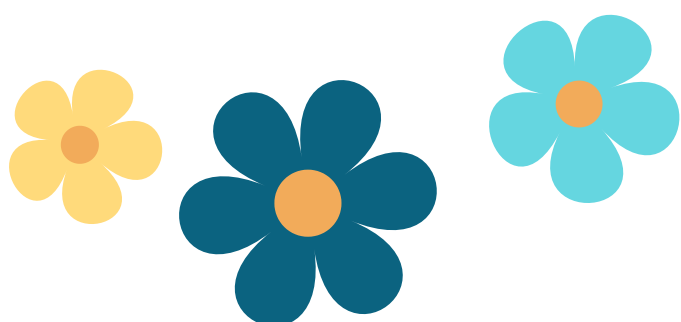
Jeanie Combs, 3Rivers Senior Independent Living Specialist, helped Bonnie access funds through the Kansas Department for Aging and Disability Services Grant to purchase a new bed and lift chair.

After a serious fall at the end of May, she needed a lower bed and a lift chair to safely transition to her home after her hospital and rehabilitation facility stays. Knowing of Bonnie's struggles, Jeanie acted quickly and reached out to her when consumer assistance funds became available. Within days her items were ordered and now Bonnie is able to get in and out of bed and her chair with ease and stability. She is happy to be home safely and says she's doing well.

Bonnie wanted to say, "Thank you all!"



Bonnie Thomas, Consumer  
Bonnie is wearing a melon colored shirt and glasses. She is sitting in a chair with an orange blanket behind her.



Top: Two people sitting holding mugs.  
Bottom: Two people sitting at a table, one person standing with a walker. (stock images).



## H.O.M.E. Services Program Information

### NEWS!

- Your cost for the H.O.M.E Program are staying the same, but your workers received a raise!
- The new rate for H.O.M.E workers is now \$15 per hour!
- The new Wage Agreement forms have been mailed, please complete them and return them to us at your earliest convenience.

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

Upcoming Holiday Hours...

Our offices will be closed May 26, 2025 for Memorial Day.

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 8  
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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