~Serving Adair, Chariton, Knox, Linn, Macon, Putman, Schuyler, Scotland, Shelby, and Sullivan Counties~

Kirksville Office
1100 S. Jamison St.
Kirksville, MO 63501
660-665-9849

Macon Office
203 E 2nd St.
Macon, MO 63552
660-385-6789

Open Monday – Thursday 8:00 am – 5:00 pm
Open Friday–8:00 am – 12:00 pm

Website: www.railkv.org

Like us on Facebook: Rural Advocates for Independent Living

Our Mission Statement: "To assist persons with disabilities to live as independently as they choose within the communities of their choice."

THOUGHT FOR THE DAY

To your enemy, forgiveness. To an opponent, tolerance. To a friend, your heart. To a customer, service. To all, charity. To every child, a good example. To yourself, respect. -Oren Arnold

December 2017

Rural Advocates for Independent Living, Inc. (RAIL) is a 501c3 nonprofit agency that was established in 1992. Years have come and gone, we have endured the good times as well as the rough times. These past few years have been rough ***BUT*** we are alive and well. I want to assure everyone that ***we are not closing***! Whatever rumors might be out there flying around are **false**. We are here to continue to serve all of our consumers to the best of our abilities. Sometimes business' have to make cuts in order to keep our doors open. And that is what we have done.

We have had several cuts to our budget for this Fiscal Year - First the Legislature decided to cut our State Independent Living Grant Funds that are made available to the 22 Centers for Independent Living in the state. RAIL took a 41% cut for FY18. Regarding our MoHealth Net HCBS Consumer Directed Services (CDS) program the following cuts were made: 3% provider rate reduction in our reimbursement rates; 2) the required Level of Care Score that is used to determine whether an individual qualifies for the program went from 21 to 24 points; 3) a 60% cost cap reduction went into effect as well for all CDS Consumers. All of this along with the fact that the number of consumers we have as participants on our Consumer Directed Service Program has declined, it was our accountant's advice that we needed to reduce our personnel costs. The Board of Directors agreed to take her recommendation. In June of this year we laid off 4 of our staff. We still have major challenges in our future. We have to continue to try to educate our State Legislatures as to the benefits that we as an Independent Living Center provide to consumers in order to assist them to remain as independent as they chose in the community of their choice.

For those of you who have been to our Kirksville office, you may have noticed our sign was destroyed in a storm a few months ago. We are working on a new design and hope to have it replaced soon.

On behalf of our Board of Directors, all of our staff and myself, we would like to wish each of you a Very Merry Christmas and Happy New Year! Should ever you have any questions about our agency, please feel free to call either of our offices or stop by at your convenience.

Best wishes in the coming year!

LaDonna Williams
Executive Director

Do you have any Durable Medical Equipment laying around that is not in use? Consider donating it! We accept equipment that is in good shape and donate it back to individuals in need. As a 501c3 non-profit organization all donations are tax deductible.

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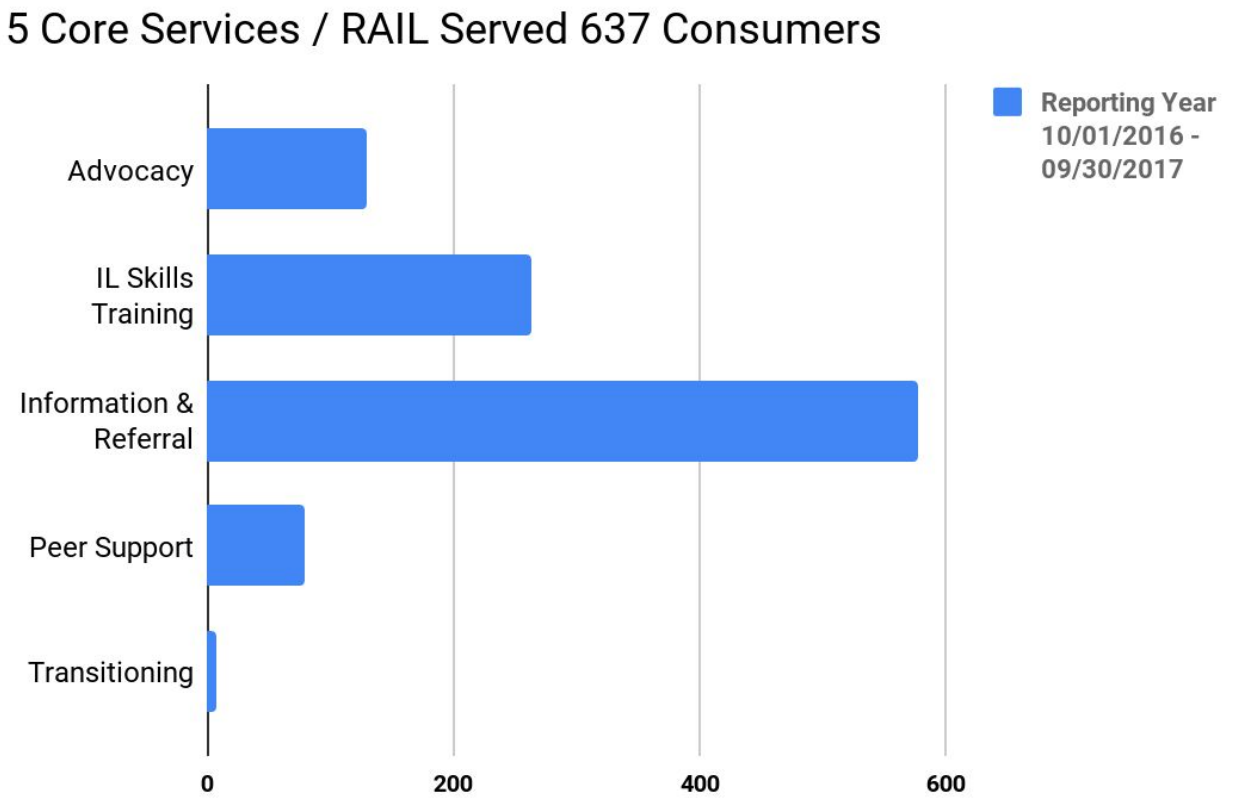


During the Reporting Year of 10/01/2016 - 09/30/2017 RAIL served 637 individuals with disabilities from the following counties: Adair 173, Carroll 5, Chariton 47, Clark 1, Grundy 1, Knox 19, Linn 87, Macon 118, Monroe 1, Putnam 34, Randolph 32, Schuyler 20, Scotland 30, Shelby 26, and Sullivan 43. As an Independent Living Center, RAIL is required to offer the 5 core services listed above in the graph. Additional services RAIL provided includes Consumer Directed Services, TAP- telephone, Personal Care Products and Durable Medical Equipment.

Solving the Medicare Puzzle

Are Parts A, B, C and D Confusing? Do I Need A MediGap Policy?

Are you or a love one about to age into Medicare? Or would you just like to know more information? This six-week course will expand your knowledge and understanding of the maze of Medicare benefits and coverages. Let us help you put your Medicare puzzle pieces together!

Class #1 – *New to Medicare*, February 20th
Are you eligible for Medicare and want to plan for your future healthcare coverage? This class should enlighten you on coverage and which plan or plans meet your unique needs.

Class #2 – *Better Understanding Medicare*, February 27th
In this class, anticipate detailed information for each of the parts of Medicare and help you make decisions on what will work for your unique needs.

Class #3 – *Medicare Supplements/MediGap*, March 6th
Information from this session will explain the eight plans within Medicare's MediGap or supplement plans. You will be able to decide which plan best meets your healthcare coverage needs.

Class #4 – *Medicare Advantage Plan*, March 13th
This session will briefly discuss Medicare's Advantage Plan benefits and disadvantages as related to medications, dental, visual, and other benefits along with location of providers.

Class #5 - *Medicare Preventive Services*, March 20th
Medicare pays for designated services to help you maintain your health and avoid major invasive surgical procedures. We will discuss current services offered free of charge for Medicare beneficiaries.

Class #6 - *Other Medicare Information*, March 27th
Information handed out at this session should help you understand other benefits associated with Medicare coverage including: Home Health benefits, Nursing home coverage, coordination of benefits, diabetic coverage, end stage renal disease, and other items.

Call (660) 833-2462 to register!

Classes begin at 5:30pm at Home Care of Mid Missouri,
106 North Clark Street, Moberly, MO 65270

*Light refreshments will be provided

CLAIM State Health Insurance Assistance Program

ship State health insurance assistance program
LOCAL HELP FOR PEOPLE WITH MEDICARE

DIFP Department of Insurance, Financial Institutions & Professional Registration

MO-17-240-CLAIM This material has been created or produced by CLAIM with financial assistance, in whole or part, through a grant from the Centers for Medicare & Medicaid Services, the Federal Medicare agency. Funding is administered through the Missouri Department of Insurance Financial Institutions and Professional Registration.

Stretch Away

Stretching increases flexibility, range of motion, and energy levels. It reduces muscle tension, and provides relaxation and stress relief. Best of all it can be done almost any time and any place.

- ◊ Consult with a physician prior to starting any new fitness routine.
- ◊ Warm up your muscles with light exercises, such as walking in place and arm circles for 5 to 10 minutes **before** doing any stretch.
- ◊ Hold each stretch for 10–30 seconds (you've stretched too far if you feel pain).
- ◊ Breathe freely and do not bounce.

Triceps Stretch – Lift your right arm up and over your head, bending at your elbow. Grasp your elbow with your left hand and gently pull towards your left shoulder. Hold and switch arms.

Neck Stretch –With the palm of your right hand gently pull your head to your right shoulder. Hold the stretch and then repeat on the other side.

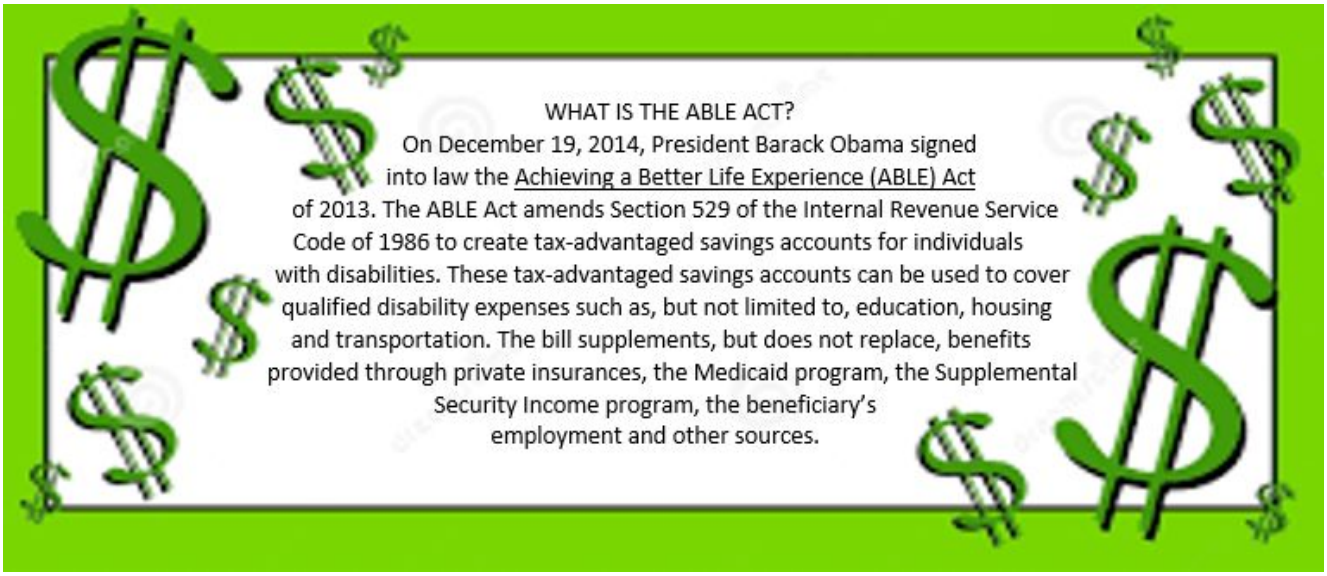
Calf Stretch – Stand at arms length from a wall. Place your right foot behind your left foot. Bend the front knee, keeping the right leg straight and the heel of your back foot on the ground. Repeat for the other side.

Pelvic Stretch – Stand tall and bring one knee to your chest, keeping the other foot flat on the floor. If needed, place one hand on a wall or the back of a chair for support. Hold and hug. Repeat on the other side.

Lower Back, Hamstrings and Calves – Start by stretching both arms over your head, palms facing forward and your abdominal muscles pulled in. Bend forward from the waist allowing your weight to roll your body forward toward the ground. Reach your hands toward your toes.

Quad Stretch– Stand with your feet hip–width apart and your back straight. Hold a wall or chair for support if needed. Grab your right foot in your right hand. Keep your thighs lined up next to each other and your right leg in line with the hip. Repeat on the other side.

VA Caregiver



WHAT IS THE ABLE ACT?

On December 19, 2014, President Barack Obama signed into law the Achieving a Better Life Experience (ABLE) Act of 2013. The ABLE Act amends Section 529 of the Internal Revenue Service Code of 1986 to create tax-advantaged savings accounts for individuals with disabilities. These tax-advantaged savings accounts can be used to cover qualified disability expenses such as, but not limited to, education, housing and transportation. The bill supplements, but does not replace, benefits provided through private insurances, the Medicaid program, the Supplemental Security Income program, the beneficiary's employment and other sources.

Support us when you shop this holiday season

Buy your gifts and holiday essentials
at smile.amazon.com.
You shop. Amazon donates.

amazonsmile

Shop for everyone on your gift list this holiday at *smile.amazon.com/ch/43-1631638*
and Amazon donates to Rural Advocates for Independent Living.

Christmas

Find and circle all of the Christmas words that are hidden in the grid.
The remaining letters spell a secret message.

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

ANGEL
BELLS
BETHLEHEM
CANDLES
CANDY CANE
CAROLS
DECORATIONS
EGGNOG
FAMILY
FRANKINCENSE
FRIENDS
FRUITCAKE
GABRIEL
GIFTS
GOLD
GREETING
CARDS
HOLLY
ICICLES
JESUS
JOSEPH
LIGHTS
MANGER
MARY
MISTLETOE
MYRRH
ORNAMENT
POINSETTIA
SANTA
SHEPHERDS
SKATES
SLEIGH
SNOWFLAKES
SNOWMAN
STABLE
STAR
STOCKING
THREE WISE MEN
TOBOGGAN
TOYS
TREE

RAIL Staff

LaDonna Williams – Executive Director
Linda Himes – Registered Nurse
Carolyn Chambers – Transitions Coordinator/Legislative Advocate
Amy Cook – Administrator Coordinator
Amy Elliott – IL/CDS Program Coordinator
Adam Keim – Office Manager
Toni Rhoads – CDS Payroll/Billing Specialist
Linda Nicoli – Independent Living Specialist
Jean Spencer – Independent Living Specialist
Marilyn Wait – Independent Living Specialist
Brenda West – Independent Living Specialist

Board Members

Cynthia Higgins-President
Tony Stewart-Vice President
Derald Riekeberg-Treasurer
William "Bill" Smith

Interested in serving on our board?

Rural Advocates for Independent Living is always seeking individuals to serve on our Board of Directors. This volunteer service is a hands on way to be a part of shaping the future programs and services we offer. The Board meets every third Thursday of the month at 5:30pm. If you are interested in serving in this capacity, please contact info@railkv.org or call 888-295-6461.

RAIL
Rural Advocates for Independent Living INC.

1100 South Jamison
Kirksville, MO 63501