

REVOLUTIONS

CREATING OPPORTUNITIES FOR PEOPLE WITH DISABILITIES



In Memory

Frederick M. Markham Ph.D.

August 18th, 1948 • March 28th, 2009

CILSWKS Board Member

Advocate for people with disabilities

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Dr. Fred M. Markham, 60, died March 28, 2009, at the Kearny County Hospital.

He was born Aug. 18, 1948, in Hutchinson, the son of Frederick and May Snell Markham. He was a graduate of Cappers Foundation, Topeka and had received his Doctorate of Massive Communications from KU.

He was one of the first to help start Adapt in the state of Kansas, he was the President of the Board of the Independent Living Center, Hutchinson, and he served on the ADA Board for the City of Hutchinson. A resident of Garden City since 2006, he had previously lived in Hutchinson. He was a freelance writer.

Survivors include: a sister, Edith (Raymond) Wingert, Hutchinson; a brother, Dr. Robert Dick (Brenda), Sedona, Ariz.; nieces, Buffy Countryman and Christina Cobb; many other nieces and nephews; his aunt Norma “Tootsie” Burwell; his uncle Carroll Snell; and his dog Lila.

He was preceded in death by his parents.

Cont. next page



I want to make you aware of two programs available through Kansas Medicaid called Working Healthy and Work Opportunities Reward Kansans (WORK).

What is *Working Healthy*?

Working Healthy is a Medicaid program that encourages employment by allowing Kansans with disabilities to work and have increased income without reducing their medical benefits.

What is *Work Opportunities Rewards Kansans (WORK)*?

WORK is for people who are enrolled in *Working Healthy* and need personal assistance services (bathing, dressing, eating, etc.) to live and work in their communities. *WORK* provides the same services that are available through the Physical Disability Waiver; personal assistance services, assistive technology, and independent living counseling. You must be eligible for *Working Healthy* in order to be assessed for *WORK* services.

Are you eligible for *Working Healthy*?

You are eligible if you:

- are between the ages of 16 and 64
- have been determined disabled by the Social Security Administration have verifiable earned income from competitive employment meet income guidelines are a Kansas resident

Where can you get more information about *WORK*?

Contact a *Working Healthy* Benefits Specialist located in SRS offices across Kansas

1-800-449-1439.

Frederick M. Markham Ph.D. 1948 - 2009



A Friend

Remember when you were little,
And mom could always make things right.
And then you grew-up and found
That things really do go bump in the night
When you are feeling lost and lonely,
And you can't make it through a plight
Just look into the heavens, God will take you to the light...

When things in life seem too much for a person to bear,
He will reach down with his sweet love, and show you how he cares...
He will give you strength, you never knew you had...
He can show you are here for reasons that are not always sad

For we are all of someone, who feels our pain and our shame.
A big part of someone, who loves us without blame
Although they cannot always help us to get through the dark,
They walk that long way with us down deep in their heart.

And when you see the sun again, and joy replaces pain,
That same heart feels the triumph, and smiles with you again
For God has given us a gift, a precious one indeed,
The gift of a friend, to help another Friend in need.

- Frederick M. Markham

Appliance Roundup to Help Families Give “Energy Hogs” the Boot

New Statewide Initiative to Reduce Energy Consumption, Lower Utility Costs for Homeowners and Renters

Helping Kansas families cut energy consumption and reduce utility costs is the goal of a new statewide initiative launched by Kansas Housing Resources Corporation (KHRC). The Residential Appliance Replacement Program allows income-eligible homeowners and renters to replace old, energy-hungry and unsafe appliances with new, energy-efficient and environmentally-friendly models.

“Installing energy-efficient appliances is one of the best ways to lower a household’s energy costs,” said Gary Allsup, KHRC Executive Director. “Kansas Housing is pleased to help families save both energy and money.”

Cost savings from replacing outdated appliances can be substantial. While exact energy use depends on the particular model number, the U.S. Environmental Protection Agency estimates that simply replacing a 20-year-old refrigerator with an ENERGY STAR qualified model will save roughly 700 kWh of electricity or more annually.

A total of \$4 million in Low-Income Energy Assistance monies is available to fund the appliance replacement program. Financial assistance is available on a first-come, first serve basis. The program begins immediately; however, once funding runs out, the program will end.

To be eligible for the program, the applicant household’s Adjusted Gross Income must not exceed 75 percent of the state median income. Income guidelines are as follows:

INCOME RESTRICTIONS

1 person	\$27,247
2 persons	\$35,630
3 persons	\$44,014
4 persons	\$52,397

KHRC will review applications for program eligibility and certify that the applicant’s household income meets program guidelines.

Appliances eligible for replacement include refrigerators, water heaters, heating and cooling systems and window air units. The appliance to be replaced must be at least 10 years old. Applicants must be a Kansas resident and the household where the work is completed must be within the state of Kansas. The property to be assisted must be the applicant’s primary residence. Renters may qualify by having landowners complete a simple Property Owner Consent Form.

Anyone interested in applying for the program may download an application form through KHRC’s website at www.kshousingcorp.org or they may call 1-785-291-3282.

Though any retailer may accept vouchers and participate in this program, a list of the participating vendors is available on KHRC’s website and will be updated periodically as new vendors sign on. A step-by-step explanation of how the program operates is also available on KHRC’s website or by calling the number listed above.

Note: Retailers participating in the program must deliver and install the selected new energy-efficient appliance, plus properly dispose of the old unit. If you’re a retailer and would like to participate in the program, please call 785-296-7912 for details. Women and minority business owners and contractors are encouraged to apply.

NEW MS. WHEELCHAIR KANSAS CROWNED

Mayetta woman to serve as advocate and spokesperson for people with disabilities.

TOPEKA, Kan. – The 2009 Ms. Wheelchair Kansas (MWKS) was recently crowned during a weekend ceremony held March 15, 2009, at the Capitol Plaza Hotel in Topeka, Kan. Marie Clement of Mayetta received her crown after participating in four judging sessions, as well as many other activities, throughout the three-day event held March 13-15. The weekend concluded with a formal crowning, where Marie was chosen as the new titleholder and fellow contestants Cherie Armstrong of Edwardsville and Ashley Wagner of Manhattan were recognized for their accomplishments.

The crowning ceremony, held on Sunday, was attended by more than 80 family, friends, and community members. Notable guests included Senator Vicki Schmidt and Topeka mayor Bill Bunten. The event consisted of platform speeches by each of the three contestants, as well as two on-stage questions. The audience enjoyed a slide show of memories from the weekend; two dance performances from Groovability; a keynote speech from advocate and speaker Donna Janes; as well as a farewell from the 2008 MWKS titleholder, Amanda Steiner of Lawrence and Marion.

Marie, the new titleholder, has dedicated most of her life to giving back to other people. She is married and has three children. Marie has lived in the state of Kansas for the past six years and currently resides in Mayetta, where she and her family are members of the Prairie Band Potawatomi Nation. Outside of taking care of her family, Marie loves gardening and planting flowers. She is also an

artist and works on projects such as beading, crocheting, creating stained glass art, and decoupage. Marie, who is quadriplegic, has a passion for increasing public accessibility. Her goal is to educate others about improving the lives of people with disabilities. She would like to help other people with disabilities broaden their horizons and not feel limited by barriers.



Marie will serve as a role model and spokesperson for people with disabilities in Kansas in the coming year. She will strive to educate, advocate, and empower all people in our state. Marie will have the opportunity to travel throughout Kansas educating various groups about the issues of importance to people with disabilities. She will advocate for greater accessibility in local

areas by sharing her platform of "Greater Mobility through Accessibility." Marie enjoys trying out new restaurants and shops, but has found barriers to accessibility, especially in rural areas. She would like to educate others about this issue and develop a tool to review accessibility of local stores and restaurants. Marie will ultimately represent Kansas in the Ms. Wheelchair America competition, held in Rapid City, SD in August, where she will compete for the national title alongside 28 other women from varying states.

More information can also be found on the Ms. Wheelchair Kansas web site at www.mswheelchairkansas.org.

The Cuddle Cure

Nancy Gordon's rare Mexican hairless dogs are hot to the touch -- so much so that their hugs help relieve her chronic pain.

By *Linda Childers*

A Dog That Heals

When Nancy Gordon relaxes in front of the TV in her San Diego living room, the pain in her neck often flares up. But instead of reaching for ibuprofen or a heating pad, she simply says, "Neck, please," to the little gray, brown, and white dog snuggled at her side. Right away Toaster jumps onto Gordon's shoulders and wraps her 14-pound body around her owner's neck, offering instant relief.

Toaster is a Mexican hairless breed known as Xolos (pronounced show-low). Considered sacred by the Aztecs, who believed that the dogs have healing powers, the breed has a 3,000-year history of soothing arthritic pain. The body temperature of a Xolo is a toasty 102 degrees F., the same as any other dog. But the lack of fur means there's little to no insulation -- when you touch a Xolo, you feel every bit of that heat. Combine that with the dog's friendly nature and you've got a living, breathing heating pad.

Gordon, 54, says her Xolo saved her life. She was living in Portland, Oregon, and working as a licensed clinical social worker when her car crashed on a rainy highway in 1992. Doctors told her she was lucky to have survived the accident, but Gordon was left with excruciating neck and back pain. "A year later the pain wasn't any better," she says. "There were days when the simple act of driving to work would leave me feeling sore and exhausted." Medications and physical therapy didn't help, and

Gordon sank into a depression. In 1995, she was diagnosed with fibromyalgia. Finally, in 1998, she closed her psychotherapy practice. "Letting go of my career was one of the most painful experiences of my life," she says. "I loved helping people, but I didn't know how I could really be a good therapist when I couldn't even help myself."

In 1999, when a friend called to tell her about Xolos and how they relieve pain by giving off extraordinary body heat, Gordon was cautiously optimistic. The friend knew a breeder who had told her of the Xolos' history as healers. Intrigued, and smitten with the dogs' cute appearance and bat-like ears, Gordon bought a Xolo puppy -- her first dog -- and named it Toaster.



Gordon was amazed at how quickly the cuddly puppy could not only lift her spirits but also relieve her pain. "Before I adopted Toaster I had to wear a microwavable wrap around my neck almost 24/7." Toaster's not quite as warm as a heating pad, which means she can lie on Gordon's neck indefinitely without causing burns, and

Gordon says that the little dog's weight provides gentle traction, which helps relax her muscles.

The benefits go far beyond that, though. Before she got Toaster, simple errands were exhausting and painful for Gordon. Suddenly they became fun. "She'd be wrapped around my neck while I was driving, helping my muscles stay relaxed and lifting my mood," Gordon says. Toaster turned out to have plenty of other qualities not found in a medical device. Often, before Gordon could even utter a command, Toaster would intuitively move to lie against the area of her body that was hurt-

ing. And Toaster needed her, too. "Having to get up each morning and take her for a walk helped me to focus less on my own pain."

Understanding the Pet Bond

Michel Selmer, DVM, of the Advanced Animal Care Center, in Huntington Station, New York, isn't surprised at Gordon's dramatic turnaround. "Xolos are perfectly suited for soothing joint and soft tissue pains because they easily give off body heat," he says. And owning any kind of dog has therapeutic benefits. "Just petting a dog has been shown to lower blood pressure," Dr. Selmer says. "Dog owners tend to be healthier, and taking care of a dog can lower stress and help ward off depression."

When Toaster, now 10, was 1 year old, Gordon enrolled her in a service-dog program, which opened up Gordon's world even more. With the service-dog-in-training certificate, Toaster could accompany Gordon wherever she went: the movies, the mall, even restaurants.

Xolos are rare and expensive -- until recently the American Kennel Club considered them nearly extinct -- so part of Gordon's deal with Toaster's breeder was that she'd breed Toaster and give him the pick of the litter. Toaster had four pups in 2002, and Gordon eventually decided to keep the runt, an even-hotter-to-the-touch dog she named Pink. (There are two types of Xolos, both essentially hairless, but Toaster is the variety that has an extremely short coat and a hairless belly. Pink has hardly any hair at all.)

Pink got into service-dog training as a puppy and excelled at it. Now 6, she brings Gordon the cell phone and picks up anything she has dropped, so Gordon doesn't have to bend down. "She can

retrieve all four of my television system remotes by name." And at night, when Gordon's pain turns to stiffness, Pink helps her to get ready for bed by pulling off her socks and sweaters.

When Gordon went to place Toaster's other puppies with people who suffer from chronic pain, she found that there was a huge demand. So, inspired by her dogs, Gordon slowly got back into the business of helping others. In 2003, following up on an idea she'd had when Toaster was a puppy, she set up Paws for Comfort, a company selling greeting cards that feature cute pictures of Toaster and Pink and inspiring messages for people living with chronic illness. And in April 2008 she founded Xolos for Chronic Pain Relief (X-CPR), a nonprofit that matches these unique dogs with pain sufferers who can't afford to buy one.



To date Gordon has placed about 10 Xolos in loving homes, where they provide their owners with comfort and pain relief. She hopes to increase the number of dogs available through X-CPR and is looking to partner with more breeders and to secure corporate funding. "I'd love to be able to match a Xolo with everyone who needs one of these wonderful dogs," she says.

With both Xolos snuggling on her lap, Gordon laughs when she thinks of how in her younger years she was a confirmed cat person. "My friends use to rave about their dogs and I never understood the bond they claimed to have with their pets," she says. "Now, these two are a part of my family and they make me smile every day."

Originally published in Ladies' Home Journal, March 2009. ■

On A Statue Of A Mourning Women In A Cemetery

Cold, cold statue stone
and visage of lament
who is it you bemoan
in human form thus lent
by the sculptor's hand
for all eternity
by mortal man's command
of "immortality"
through a day of life you'll never see
nor draw a single breath
how ironic the truth can be
that when you think you run from death
your existence seems to say
it's from life you run away.

- Frederick M. Markham

KANSAS LIFELINE PROGRAM

Save up to
\$17.77 off your
telephone bill!

You may be eligible to receive up to **\$17.77** off your monthly local telephone bill through the Lifeline Program. If you don't currently have telephone service, you may also be eligible for a discount on your connection charge through Link Up America.

You are eligible if you receive any of the following: **Food Stamps, General Assistance, Supplemental Security Income (SSI), Temporary Assistance to Families, Medicaid, United Tribes Food Distribution Program, Bureau of Indian Affairs General Assistance, Tribally Administered Temporary Assistance for Needy Families, Head Start (only those meeting its income qualifying standard), Free School Lunch Program, 150% of the federal poverty level***. A consumer must provide **THREE CONSECUTIVE MONTHS** of statements as documentation of income, or provide a copy of their tax return for the previous year.

*2009 Kansas Poverty Level Guidelines

Number In Family	Maximum Annual Income
1	\$16,245
2	\$21,855
3	\$27,465
4	\$33,075
5	\$38,685
6	\$44,295
7	\$49,905
8	\$55,515
each additional person	\$ 5,610

The Kansas Lifeline program is 150% of the 2009 federal poverty level.

For more information about Kansas Lifeline or Link Up America, call your local telephone company.



Information prepared by the Kansas Corporation Commission 1.800.662.0027

Resources for Hearing Testing, Evaluations, and Aids:

Affordable Hearing Aid Solutions

110 Lilac Drive, Liberal, KS 67901

620-626-6356

Free Hearing Test and Evaluation

- * Does not accept Medicaid
- * Does work with the Hear Now Program to get hearing aids and possibly other programs
- * Usually Self-Pay
- * Hearing Aids range from \$400.00 to \$2,500.00

Liberal Hearing Aid Center

1411 W. 15th Suite 201, Liberal, KS 67901

620-624-5216

1-800-728-2945

Free Hearing Test and Evaluation

- * Does Accept Medicaid/ can get a new hearing aid every four year's
- * Medicaid pays for batteries
- * Work with several different programs to help individuals get hearing aids, such as the Hear Now Program

Economy Hearing Aid Center

2018 1st Ave., Dodge City, KS

1-800-747-0529

Hearing Aids of Lansing

1000 N. Main St., Lansing, KS

1-800-946-0601

Midwest Hearing Aids

2200 Summerion Circle Suite C, Dodge City, KS

620-227-3713/ 1-800-739-4451

301 E. Pine St., Garden City, KS 620-275-4444/

1-800-739-4451

105 E. 6th St., Scott City, KS

620-872-2617/1-800-739-4451

Miracle Ear at Wal-Mart

1905 N. 14th Ave., Dodge City, KS

620-225-0522/ 1-800-308-5191

Miracle Eat at Sears

Garden City, KS

620-0013/ 1-888-422-0013

Northwest Kansas Hearing Services, INC.

175 S. Range Ave., Colby, KS

1-800-500-0206

Precision Hearing Aid Center

Dodge City, Village Square Mall Lower Level

620-225-5262

Ulysses 112 W. Central 620-356-3580

Scott City, KS 324 N. Main/ In Dr. Purma's Office

620-872-7045

Siena Medical Clinic

311 E. Spruce St., Garden City, KS

620-275-3700

This is a partial list of Hearing Aid Centers in the area. Most of the centers will offer free hearing tests and evaluations but not all of them will accept Medicaid. If you are having hearing problems, call one of the hearing centers in your area and inquire about free hearing tests and evaluations and whether or not they will accept Medicaid. There are several Hearing Aid Programs that each of these Centers work with, that can assist in getting Hearing Aids.



Adapted Tuesday Night Tennis

Adults with mental and physical challenges enjoy the fellowship and fun of getting together to play tennis. Practice and game time varied to meet the need of the group. Focus for this group is volley time, fundamentals, sportsmanship and etiquette.

Start Date: Tuesday, May 5th, 2009

Time: 7 - 8 P.M.

Location: Ben Grimsley Tennis Courts

Fees: \$1per night (4 weeks)

NOTE: If not part of an agency, must pre-register at Garden City Recreation Center.
310 N. 6th Street, Garden City, KS 67846, (620) 276-1200, www.grec.com

*MILES OF SMILE THERAPEUTIC RIDING PROGRAM PRESENTS:
6th ANNUAL*

Women's Day Out

Ladies, come spend a day just for yourself, getting pampered & shopping!

PLEASE JOIN US AT

FIESTA COURTYARD

ON

SATURDAY May 2nd, 2009

COME & GO Free Admission!!

9:00AM – 4:00PM

*MANICURES *MASSAGES*DRAWINGS *MAKE-UP VENDORS
*KITCHEN SUPPLIES *PURSE *JEWELRY *CLOTHING
*AND MUCH MORE...

**PERFORMANCES by Steps Dance School, GCHS Jazz Band
Smilin' Flyers Vaulting Team, Jared Bogard**

FOR MORE INFORMATION CONTACT: *Miles of Smiles* 260-9997



1802 East Spruce Street
Garden City, KS 67846

Phone: 620 276-1900

Fax: 620-271-0200

Web: www.cilswks.org

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CILSWKS

The Center for Independent Living in Southwest Kansas offers all of its service in any of its offices. If you are in need of assistance, please contact the office nearest you. n of all.

GARDEN CITY

1802 E. Spruce St.
Garden City, KS 67846
620.276.1900

DODGE CITY

2601 Central
Dodge City, KS 67801
620.227.6660

LIBERAL

1023 N. Kansas Suite 2.
Liberal, KS 67901
620.624.5500