

LINK, Inc

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LINK, Inc.
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What is a Direct Support Worker?
As a Direct Support Worker, you must be **at least 18 years of age**. You are hired and supervised by a person to assist that person with completing activities of daily living. Some of your duties might be assisting someone with eating, dressing, preparing meals, bathing, toileting, transferring, or any other activity that would ensure the health and safety of a person.

Do you know someone who is looking for a part-time job and might be interested in working for a person with a disability? Have them call Rose at the Hays office or stop by and request an application. If you request an application by e-mail, please include your name and mailing address.

LINK serves consumers in Northwest and Southwest Kansas!



LINK, Inc.

DSW NEWSLETTER

January-February 2016

**HAPPY NEW YEAR
HAPPY VALENTINE'S DAY**



Thoughts for the New Year:

Life isn't fair but it's still good.

When in doubt, just take the next small step.

Life is too short to waste time hating anyone.

You don't have to win every argument. Agree to disagree.

Cry with someone. It's more healing than crying alone.

It's okay to get angry with God. He can take it.

Make peace with your past so it won't screw up the present.

It's okay to let your children see you cry.

Don't compare your life to others. You have no idea what their journey is all about.

If a relationship has to be secret, you shouldn't be in it.

Everything can change in the blink of an eye.

Life is too short for long pity parties. Get busy living.

You can get through anything if you stay put in today.

It's never too late to have a happy childhood. But the second

one is up to you and no one else.

When it comes to going after what you love in life, don't take no for an answer.

Burn the candles, use the nice sheets, use the special plates, don't save it for a special occasion. Today is special.

Over prepare, then go with the flow.

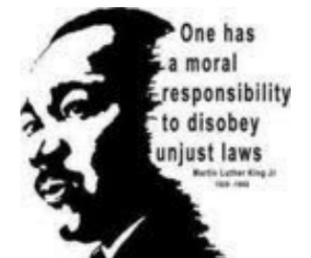
Be eccentric now, don't wait for old age to wear purple.

Life is not a dress rehearsal, you only get one shot at it.

Growing old beats the alternative.

Forgive everyone everything. Believe in miracles.

All that truly matters in the end is that you are loved!



LINK Inc. Office closure

Please remember that all LINK, Inc.

offices will be **closed** on **01-18-2016**

In honor of Martin Luther King, Jr. Day.

Post Office, Banks & all Federal Buildings will also be closed.

LINK offices will open **01-19-2016**

at their regular time.

Pay Period	Pay Info due	Pay Day
12/16/15 to 12/31/2015	01/05/2016	01/12/2016
01/01/16 to 01/15/2016	01/20/2016	01/27/2016
01/16/2016 to 01/31/2016	02/03/2016	02/10/2016
02/01/2016 to 02/15/2016	02/18/2016	02/25/2016
02/16/2016 to 02/29/2016	03/03/2016	03/10/2016

Kansas Low Income Energy Assistance Program (LIEAP)

The Low Income Energy Assistance Program (LIEAP) is a federally funded program that helps eligible households pay a portion of their home energy cost by providing a one-time per year benefit.

In order to qualify, applicants must be living at the address, be personally responsible for purchasing heating costs incurred at the current residence, demonstrate a recent history of payments toward purchase of primary heating energy, and the combined gross income (before deductions) of all persons living at the address may not exceed 130 % of the federal poverty level.

Persons with incomes with-

in the following guidelines may receive LIEAP benefits:

One person living at the address, maximum allowable monthly income of \$1,265;

Two people at address, maximum allowable monthly income of \$1,705;

Three people, maximum monthly income of \$2,144;

Four people, maximum monthly income of \$2,584 and

Five people maximum monthly income of \$3,024.

Add \$ 440 for each additional person.

The level of benefit varies according to household income, number of persons living at the address, type of dwelling, type of heating fuel and utility rates. Applicants must demonstrate they have made payments on their heating utility bill two out of the last three month's, and those payments must be equal to or exceed \$ 80 or the total balance due on their energy bills, whichever is less.

At least one member of the household must be a US Citizen or "qualified alien".

LIEAP applications are available at local DCF offices or can be requested by calling toll-free 800-432-0043. You can also apply online at www.dcf.ks.gov.



Mexican hot chocolate shots with spicy foam

2 can (12 fluid ounces ea.) Carnation evaporated Milk, divided.

1 cup water

9 oz. semi-sweet or milk chocolate morsels

1 1/4 tsp Vanilla extract, divided

1/2 plus 1/8 tsp. ground Cinnamon, divided

1/8 tsp. ground Cayenne pepper, divided (optional)



Pour 1/2 cup evaporated milk in medium mixer bowl. Place beaters into mixture. Freeze about 30 minutes or until ice crystals form around edge of bowl.

Heat remaining evaporated milk, water, morsels, 1 tsp. vanilla extract, 1/2 tsp. cinnamon and a pinch of cayenne pepper in medium saucepan over low heat, stirring frequently, until melted. Do not boil; set aside.

Remove chilled evaporated milk from freezer. Beat on high speed one minute or until very frothy. Add 1/4 tsp vanilla extract, 1/8 tsp. cinnamon and a pinch of cayenne pepper. Continue beating three to four minutes until mixture form soft peaks. Pour hot chocolate into eight 4-ounce cups and immediately dollop with foam topping. Great on a cold winter night!

280 cal. Per serving

January 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 	2
3	4	5 Pay Info due 1 p.m.	6	7	8	9
10	11	12 \$ Pay Day \$	13	14	15	16
17	18 MLK Day LINK closed	19	20 Pay Info due 1 p.m.	21	22	23
24	25	26	27 \$ Pay Day \$	28	29	30
31						

February 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 Groundhog Day	3 Pay Info due 1 p.m.	4	5	6
7	8	9	10 \$ Pay Day \$	11	12	13
14 	15 President's Day Banks, Post Office closed	16	17	18 Pay Info due 1 p.m.	19	20
21	22	23	24	25 \$ Pay Day \$	26	27
28	29					