

LINK INK

JULY-AUGUST-SEPTEMBER 2016

A Newsletter Advocating and Promoting Independent Living for Person with Disabilities

LINK, Inc. 2401 E. 13th Street, Hays, KS 67601

CDC's Response to Zika

Zika virus is spreading to people mainly through the bite of an infected mosquito. Mosquitos that spread Zika virus bite mostly during the day, but they can also bite at night. The best way to prevent Zika is to protect yourself from mosquito bites.

Use insect repellent

Use EPA-registered insect repellents with one of the following active ingredients: DEET, Picaridin, IR 3535, Oil of lemon eucalyptus, or paramenthane-diol. Always follow the product label instructions.

When used as directed, these insect repellents are proven safe and effective even for women who are pregnant or breastfeeding.

Reapply insect repellent as directed.

Do not spray repellent on the skin under clothing.

If you are also using sunscreen, apply sunscreen first.

The effectiveness of non-EPA registered insect repellents, including some natural repellents, is not known.

Treat clothes and gear

Treat items such as clothing and gear with permethrin or buy permethrin-treated clothes and gear.

See product information to find out the number of washings or length of time the protection will last.

If treating items yourself, follow the product instructions.

Do not use permethrin products directly on skin.

Control Mosquitos inside your home

Keep windows and doors shut and use air conditioning when possible.

Use, install, or repair window and door screens.

Once a week, empty or throw out any items that hold water like vases and flowerpot saucers.

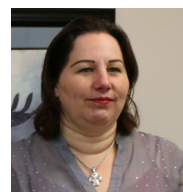
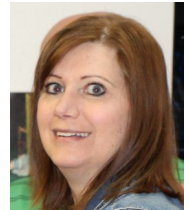
Use an indoor flying insect fogger or indoor insect spray to kill mosquitos and treat areas where they rest.

These product work immediately, but may need to be reapplied. Always follow label directions.

Only using insecticide will not keep your home free if mosquitos.

Personnel Changes at LINK

We are pleased to announce that Angie Zimmerman has accepted the position of Executive Director May 1st after serving as Interim Executive Director since December 1st.



Laura Denny will cover the Information & Referral Services at LINK and also will still be working in her position as an Independent Living Specialist.

Both ladies bring a lot of invaluable experience to their position and we are happy that we could retain them as part of the LINK family

Congratulations!

2016 Kansas Youth Leadership Forum

The Kansas Youth Leadership Forum for Students with Disabilities (KSYLF) is gearing up for its sixteenth annual program. Twenty-one motivated young leaders have been selected to attend the 2016 forum. This year's KSYLF will be held July 12-16 at Washburn University in Topeka.

The selected delegates will enjoy a week full of learning, fun, friends and, most of all, a new sense of empowerment! The delegates will participate in large and small group sessions, a barbecue with adapted recreation, a Day at the Capital, Mentor Luncheon, resource fairs, talent show, and a dance.

A diverse group of delegates were selected to attend the 2016 KSYLF, including students from a variety of cities in Kansas with a wide range of disabilities.

Board of Directors

Tamy Allen —Convener
 Nikki Legleiter—Sec./Treasurer
 Jim Keith
 Tom Leikam
 Jody Patten
 Alfred “Lonnie” Kerr
 Joella S. Green

Community Action Public Policy Change Agent



Looking beyond to-
 day to create a better
 tomorrow for people
 with disabilities in
 Western Kansas

Meetings are held on the **first Tuesday** of
 each month from
10—11:00 a.m.
 at the LINK office. You can participate
 in person or by phone
1-866-906-9888

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LINK STAFF

Angie Zimmerman—Executive Director
 Carol Boxberger—Human Resource Manager
 Ervis Dinkel—Finance Manager
 Laura Denny—I & R/IL Specialist
 Brian Atwell—Consultant/Advocate
 Brenda Libal—Bookkeeper
 Kandi Engel—Bookkeeper
 Mandy Kinzie—FMS I&A
 Raina Huff—ILS/TLS/ILC
 Denise Henkle—ILS/TLS
 Paul Schmeidler—ILS/TLS
 Greg Thyfault—Peer Support
 Rose Storm—Secretary

*When you walk to the edge of all the light
 you have
 and take that first step into the darkness of
 the unknown,
 you must believe that one of two things
 will happen:*

*— There will be something solid for you to
 stand upon,
 — or, you will be taught how to fly. .*

Patrick Overton



Avoid the Payday Lender Trap

By Paul Schipp— North-Central Flint Hills Area Agency on Aging

The number of Payday lenders has grown exponentially over the past few decades, especially in low income areas. Typically these lenders market directly to low-income borrowers—especially those with steady, fixed and guaranteed incomes.

Borrowers are usually at or below poverty level. Many live off only Social Security and are elderly or disabled.

The lenders boast that borrowers can get cash “Now!” and without credit checks. Advertising focuses on borrowers’ needs for quick fixes in emergency situations.

The reality: most borrowers who take out these loans unintentionally trap themselves in a never-ending cycle of renewing their loans. The “quick fix” turns into a very stressful quagmire that often requires help from an aggressive advocate.

The borrower’s guaranteed income is central to how the Payday lender operates. The typical payday loan is short-term and high-cost and has one single payment due on the borrower’s payday. Loans are usually for \$500 or less and the interest ranges anywhere between 125% to more than 700 %. When a borrower takes out the loan they only have to produce a statement showing the amount of their guaranteed income and the day it’s deposited. After a borrower is approved for the loan, the borrower gives a post-dated check to the lender and agrees that the lender will cash this check on the due date unless the borrower comes back to personally discuss the loan.

The Payday lender literally banks on the borrower not being able to pay the loan back, the lender usually agrees to collect the interest and immediately renew the loan. A typical loan of \$500 (for 30 days) usually has an interest fee of \$75 (a 182.5% interest rate). When the borrower comes in to explain they cannot afford to pay the \$575 that day, the lender accepts the \$75 interest payment, and then agrees to renew the loan until the next month. With this new renewal the borrower will still owe \$575 the next month having gotten nowhere but further behind financially.

Most borrowers wanted the loan in the first place because they were short on cash because of their fixed or low incomes. Loans are typically taken out to pay expenses like rent, food, utility bills, car repairs, etc.

When the next month comes and the borrower doesn’t have the money again the cycle continues. Basically the borrower is paying the lender \$75 not to collect on the loan.

Of course, the Payday lender is in a strong position. The borrower knows that if the loan is not paid that the lender will cash the post-dated check, usually making the borrower’s deposit account negative—and no money to pay bills and necessities. If the check bounces then the borrower incurs additional fees at the bank and the Payday lender. It becomes an impossible situation because even though Social Security or disability payments are protected by Federal law, this protection is lost if recipients voluntarily grant creditors access to the funds.

These situations often end terribly with borrowers defaulting and not only owing the Payday lender additional fees but also owing their own financial institution because of negative account balances. Some borrowers take out other Payday loans to prevent the catastrophe that eventually happens.

These loans should be avoided. If you or someone you know is caught up in this trap and need help please contact Kansas Legal Services, 800-723-6953 for free legal help from a licensed attorney.

2007 Chrysler Town and Country Handicap Van

Color: White

Miles: 92,600

Ramp and hand controls—Driver’s seat can be taken out—New Tires—Detailed—New Battery—Carpet worn in back where wheelchair sits—

Clear Title

Price: \$19,000—negotiable

If interested call:
Sandra Tuller
785-421-5484
Hill City, KS

Fibromyalgia: A Painful, Puzzling Disorder

You have probably heard of Fibromyalgia, but you may not know what it is.

Fibromyalgia is a long-term or chronic pain condition that affects at least five million Americans age 18 or older. People with this disorder have widespread musculoskeletal pain accompanied by fatigue, sleep, memory and mood issues.

Many people with fibromyalgia also have anxiety, depression, tension headaches, irritable bowel syndrome and temporo-mandibular joint (TMJ) disorder. Symptoms sometimes begin after a physical trauma, surgery, infection or significant psychological stress. In other cases symptoms accelerate over time with no single triggering event.

For unknown reasons, most people diagnosed with fibromyalgia are women, however, men and children can also be affected. People with certain disorders, such as rheumatoid arthritis or lupus, may also have fibromyalgia, which can affect their disease course and treatment.

Fibromyalgia can take a powerful toll on health, well-being and quality of life. For those with severe symptoms, fibromyalgia can be extremely debilitating and interfere with basic daily activities.

“People with fibromyalgia suffer from severe, daily pain that is widespread throughout the body,” says Dr. Leslie Crofford, a researcher at Vanderbilt University.

“Their pain is typically accompanied by debilitating fatigue, sleep that does not refresh them, and problems with thinking and memory.”

Fibromyalgia sufferers often see many doctors before finally receiving a diagnosis. The main

symptoms—pain and fatigue—overlap with many other conditions. This can complicate the diagnosis.

To make this more challenging, there are no blood tests or x-rays that are abnormal in people with this disorder,” Crofford said. With no specific diagnostic tests, some doctors may question whether a patient's pain is real. “Even friends, family and co-workers may have a difficult time understanding the person's symptoms.”

Since people with fibromyalgia often look healthy and conventional tests are typically normal, the Fibromyalgia Association says that a physician knowledgeable about the disorder is necessary to make a diagnosis.

Doctors familiar with fibromyalgia can make a diagnosis based on the criteria established by the American College of Rheumatology (ACR).

The diagnostic criteria, established in 1990, includes a history of widespread pain in all four quadrants of the body lasting for at least three months, and pain in at least 11 of the 18 designated tender points when a specific amount of pressure is applied.

Fatigue and other symptoms are considered. In making the diagnosis, doctors consider the number of areas throughout the body where the patient had pain in the past week and may do blood tests to rule out other causes of the disease.

What causes fibromyalgia isn't yet fully understood. Researchers believe that fibromyalgia amplifies painful sensations by affecting the way the brain processes pain signals.

Researchers believe repeated nerve stimulation causes the brains of people with fibromyalgia to change. This change involves an abnormal increase in levels of certain chemicals in the brain that signal pain (neuro-transmitters). In addition, the brains' pain receptors seem to develop a sort of memory of the pain and become more sensitive, meaning they can overreact to pain signals.

“We know that people with fibromyalgia have changes in the communication between the body and the brain,” Crofford said. These changes may lead the brain to interpret certain sensations as painful that might not be bothersome to people without the disorder.”

Researchers have found several genes that may affect a person's risk of developing fibromyalgia. The disorder is often seen in families, among siblings or mothers and their children.

Stressful life events may also play a role. Fibromyalgia isn't a progressive disease—it doesn't get worse over time and may even improve. It's never fatal, and it won't harm the joints, muscles, or internal organs.

Medications may help relieve some—but not all—symptoms of fibromyalgia.

“Drug treatments by themselves don't result in remission or cure of fibromyalgia,” Crofford said. “We have learned that exercise may work as well as—or better than—medications.

Also, therapy such as tai chi, yoga, and cognitive behavior therapy may also help to reduce symptoms.”

People with fibromyalgia often have the best results when treated with multiple therapies.

“It's critically important for

Fibromyalgia

health care providers to help patients develop an understanding of fibro-myalgia, and to provide realistic information about treatments, with an emphasis on using exercise and other physical therapies in conjunction with medication," Crofford said.

With funding from the National Institutes of Health (NIH) Crofford and colleges are exploring whether a treatment called TENS (transcutaneous electrical nerve stimulation) can help people with fibromyalgia exercise more comfortably and reduce pain.

She and other NIH-funded teams are also seeking markers of fibromyalgia in the blood that might ultimately lead to more targeted and effective treatments.

Source: *News in Health, The National Institutes of Health*,
www.mayoclinic.org,
National Fibromyalgia Association
www.fmaware.org



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*True strength is  
Smiling when you want to cry,  
Laughing to hide the pain,  
and going on,  
no matter what*

*Anonymous*

## Self-Advocates Change the Handicapped Parking Sign in Connecticut

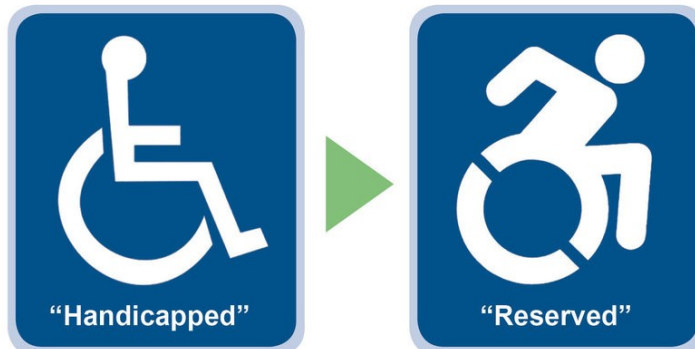
By Stephen Morris, Canton, CT

Thanks to the initiative of Self-Advocates at Favarh, HB 5050—An Act concerning the modernization of parking spaces for people with disabilities, passed both the house and the senate and awaits the expected signature from the Governor. With that, Connecticut becomes the second state in the country to both remove the word “handicapped” from parking signs and to change the static wheelchair to a more active, independent, modern icon.

The measure is a ZERO COST bill which means the new signs will only be installed when existing signs need replacing and with new construction.

According to Favarh’s Executive Director Stephen Morris,” This change will create greater disability awareness, particularly around parking. The updated signs are eye catching and as they come online over the next few years, people will take notice, We hope that this leads to less abuse over those parking spots, so that they are available to the people who really need them. Let’s face it, if we live long enough, every one of us will need accessible parking at some point in our lives. We all benefit from a more accessible community!”

**CHANGE THE SIGN. CHANGE THE *ATTITUDE*.**



## ABC picks up Comedy focusing on Special Needs

A major television network is set to air a comedy about a family with a child who has special needs. ABC has picked up the 30-minute series “Speechless”, the network has confirmed to Disability Scoop.

The show stars actress Minni Driver as Maya DiMeo, a mother “who will do anything” for her husband and kids, including her eldest son JJ, who has special needs.

JJ is played by Micah Fowler, an actor who has cerebral palsy in real life. He previously appeared in the 2014 film “Labor Day.” The series will air, beginning this fall, on Wednesdays at 8:30 p.m. ET right before “Modern Family” Check local listings.



## Netflix to Enhance Access for Costumers Who Are Blind

In a first-of-its-kind settlement, advocates for people who are blind have reached an agreement with Netflix to make accessible the movies and videos offered through the Netflix streaming and DVD rental subscriptions. The settlement provides that Netflix will make its video content accessible by adding a new technology called “audio description” as a feature that blind customers can activate so they can more fully understand and enjoy the movie and video experience.

Under the agreement, Netflix will provide audio description for many popular titles in its streaming and disc rental libraries. Audio description lets blind people know what is happening in scenes without dialogue or scenes with significant visual elements via an audio description track that contains narration of the visual elements that is synchronized with the show or movie. Television and movie studios will create the audio description tracks and provide them to Netflix. Without audio description, blind individuals do not know what is happening in scenes without dialogue and can misinterpret the meaning of other scenes.

Under the settlement, Netflix will also provide audio description for the “Netflix Original” shows that Netflix has began distributing such as “House of Cards” and “Orange is the new Black.”

Under the agreement, Netflix will also make its website and mobile applications accessible to individuals who are blind and use screen-reading software to navigate websites and apps. Screen-reading software is an interface between people who are blind or low vision and computers and/or mobile applications. The software creates an audio-version of text and images that appear on the screen that it reads aloud to a user

This agreement is the first of its kind to provide screen-reader and audio access to users who are blind or low vision. These improvements will provide people who are blind or low vision with unparalleled access to online video entertainment services currently enjoyed by millions of Americans who identify as having a visual impairment.

*Source: American Council of the Blind (ACB)*

## Take a closer Look at Price tags

On your next shopping trip take a closer look at the price tag on the shelf of the product you want to buy. Locate the “Unit Price” on the shelf directly below the product. Use it to compare brand and different sizes of the same brand to determine which is more economical.

There is much more to a price tag on the grocery shelf. First, there’s the retail price. This is the price you pay for each item. But have you ever looked at the unit price?

The unit price will tell you how much an item costs per pound, ounce, quart, etc. Get the inside scoop on the unit price below, and try these tips at your next grocery visit to maximize your savings.



The image above shows two different price tags. In the first red box, the retail price is \$1.62 for one 32 oz. yogurt. The unit price is \$0.05 per oz.

In the second red box, the retail price is \$0.72 for one 6 oz. yogurt. The unit price is \$0.12 per oz.

Based on the unit price, you can determine that the larger, 32oz. yogurt is the better buy.



| Sun              | Mon                               | Tue                        | Wed | Thu | Fri | Sat |
|------------------|-----------------------------------|----------------------------|-----|-----|-----|-----|
| <b>July 2016</b> |                                   |                            |     |     | 1   | 2   |
| 3                | 4 LINK closed<br>Independence Day | 5 Pay Info due<br>by 1 pm  | 6   | 7   | 8   | 9   |
| 10               | 11                                | 12 \$ Pay Day \$           | 13  | 14  | 15  | 16  |
| 17               | 18                                | 19 Pay Info due<br>by 1 pm | 20  | 21  | 22  | 23  |
| 24 31            | 25                                | 26 \$ Pay Day \$           | 27  | 28  | 29  | 30  |

| Sun                                                                                    | Mon | Tue | Wed                       | Thu                        | Fri | Sat                                                                                    |
|----------------------------------------------------------------------------------------|-----|-----|---------------------------|----------------------------|-----|----------------------------------------------------------------------------------------|
|       | 1   | 2   | 3 Pay Info due<br>by 1 pm | 4                          | 5   | 6                                                                                      |
| 7                                                                                      | 8   | 9   | 10 \$ Pay Day \$          | 11                         | 12  | 13  |
| 14                                                                                     | 15  | 16  | 17                        | 18 Pay Info due<br>by 1 pm | 19  | 20                                                                                     |
| 21  | 22  | 23  | 24                        | 25 \$ Pay Day \$           | 26  | 27                                                                                     |
| 28                                                                                     | 29  | 30  | 31                        | <b>August 2016</b>         |     |                                                                                        |

| Sun                                                                                                   | Mon                        | Tue                       | Wed | Thu                                                                                                   | Fri | Sat |
|-------------------------------------------------------------------------------------------------------|----------------------------|---------------------------|-----|-------------------------------------------------------------------------------------------------------|-----|-----|
| <b>September 2016</b>                                                                                 |                            |                           |     | 1                                                                                                     | 2   | 3   |
| 4                                                                                                     | 5 Labor Day<br>LINK closed | 6 Pay Info due<br>by 1 pm | 7   | 8                                                                                                     | 9   | 10  |
| 11 <br>Patriot Day | 12                         | 13 \$ Pay Day \$          | 14  | 15                                                                                                    | 16  | 17  |
| 18                                                                                                    | 19 Pay Info due<br>by 1 pm | 20                        | 21  | 22 Autumn Begins  | 23  | 24  |
| 25                                                                                                    | 26 \$ Pay Day \$           | 27                        | 28  | 29                                                                                                    | 30  |     |

**LINK, Inc.**

2401 East  
13th Street  
Hays, KS  
67601

NON PROFIT  
US POSTAGE PAID  
Permit No. 99  
Hays, KS

**OUR MISSION:**

*LINK, INC. PROVIDES ADVOCACY AND SERVICES FOR THE NEEDS AND RIGHTS OF PEOPLE WITH DISABILITIES AND FURTHER EMPOWERS THEM TO EXPERIENCE THE HIGHEST QUALITY OF LIFE, INDEPENDENCE AND EQUALITY*

**WOULD YOU LIKE TO BE ADDED OR REMOVED FROM OUR MAILING LIST?**

Email or call Rose at  
LINK, Inc. 2401 E. 13th Street  
Hays, KS 67601  
785-625-6942 or 1-800-569-5926  
Email: [roses@linkinc.org](mailto:roses@linkinc.org)

LINK, Inc. provides services in the following counties:

BARTON, CHEYENNE, DECATUR, ELLIS, FINNEY, GOVE, GRAHAM, GRANT, GRAY, GREELEY, HAMILTON, HASKELL, KEARNEY, LANE, LOGAN, MEADE, MORTON, NORTON, OSBORNE, PAWNEE, PHILLIPS, RAWLINS, RICE, ROOKS, RUSH, RUSSELL, SCOTT, SHERIDAN, SHERMAN, SMITH, STANTON, STEVENS, SEWARD, THOMAS, TREGO, WALLACE, WICHITA

**Main Office  
LINK, INC.**

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Hays, KS 67601  
1-800-569-5926  
1-785-625-6942

**OUR CREDENTIALS**

This Program complies with the provision of the Rehabilitation Act of 1973, pub. Law 93-112, Section 504, Title VII and Title IX of the Civil Rights Act. This means that no person shall be excluded from participation, denied any benefits, or subjected to any form of discrimination because of his or her race, religion, color, sex, national origin, ancestry, age, disability, or political affiliation. LINK, Inc. is partially funded by the Department of Children and Families, U.S. Department of Education and Kansas Department for Aging and Disabilities.

**Satellite Office  
LINK, Inc.**

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Great Bend, KS 67530  
1-800-208-7114  
1-620-792-6600



A United Way of Seward County  
Agency