

Topeka Resource Checklist

JUNE 2016

Name _____ Date _____

Agency _____ Worker _____

This is a list of possible resources to help you stretch your dollars and avoid economic emergencies. Please place a check beside the ones you are using or have used.

Managing Your Income

_____ Do you receive Supplemental Security Income (SSI) or Social Security Disability Income (SSDI)?

Call the Social Security Office at 1-888-327-1271 for more information.

_____ If yes, are you using a Representative Payee Program? *Social Security Office 1-888-327-1271*

_____ Have you attended a free budgeting workshop such as “Money Matters”? *For workshops schedule visit <http://hcci-ks.org/programs/educationalevents> or call Housing & Credit Counseling (HCCI) at 234-0217*

_____ Have you received budget counseling through Housing and Credit Counseling or another organization? *Call Housing & Credit Counseling (HCCI) at 234-0217 and stay on the line to make an appointment.*

Managing Housing Costs

_____ Section 8 Rental Housing- *Topeka Housing Authority, 2010 SE California 357-8842*

_____ Public Housing- *Topeka Housing Authority, 2010 SE California 357-8842*

_____ Apartment or townhouse with utilities included in the rent.

Obtain information from the Kansas Housing Resources Corporation’s Rental Listings at <http://www.kshousingcorp.org/find-an-apartment>.

_____ Affordable Housing Directory – *City Dept. of Neighborhood Relations – 368-4490*

_____ Weatherization or insulation program- *Community Action, 232-3499*

_____ Home Emergency Repair, Handicapped Accessibility and Demolition Programs

City of Topeka, Dept. of Neighborhood Relations (DNR) 368-3711

_____ Free smoke detector / installation *City of Topeka, Fire Department 368-4000*

_____ Minor home repairs for low income, homeowners who are elderly & or disabled in Shawnee County *Christmas in Action, Topeka Inc. 272-0749*

_____ Level Pay Utility Agreement or utility pay agreement - *Contact your utility provider*

_____ Tenant/Landlord Counseling- (HCCI) Rental Housing Counselors 234-0217

_____ Shawnee County Landlord’s Association – 266-4818

Managing Food Costs

_____ For the most current information on food pantries, food banks and meals in the Topeka area ask the agency for the most current Food List or contact the City of Topeka, Dept. of Neighborhood Relations (DNR), 368-4490.

_____ For the most current Harvesters information on food pantries and distribution, *go to www.harvesters.org, and click “Get Help” or call (877) 653-9519.*

_____ Supplemental Nutrition Assistance Program (SNAP, formerly food stamps) Also known as Vision Card: Call toll free (877) 653-9522 or email snap@harvesters.org. Harvesters’ SNAP Coordinator can help with questions about eligibility, assist with completing & submitting the application.

_____ Food Assistance Vision Card- DCF *Topeka Area Office, 500 SW Van Buren, 296-2500*

_____ Commodity Supplemental Food Program 1-877-774-5413 *(60 yrs. or older)*

_____ The Emergency Food Assistance Program (TEFAP) 1-877-774-5413 *(must be income eligible)*

_____ Meals on Wheels Dining Centers (lunch served to those Age 60 and older at 11:30 am),
Call (785) 295-3980 for locations and reservations. Vision Cards are accepted.

_____ Meals on Wheels Home-Delivery Program (Lunch meal for those 60 and older)
Call (785) 295-3980 for more information. Vision Cards are accepted.

_____ Do you have school-age children?

_____ If yes, are they participating in the Free/Reduced Price Lunch program?

_____ Do you have children under age five?

_____ If yes, are your children enrolled in the Women, Infant, and Children (WIC) program?

Call 251-2170, if you would like more information.

_____ Get the latest Food Bank / Pantry / Meals in Topeka listing – City Dept. DNR, 368-4490.

Managing Health and Prescription Costs

_____ Medicaid- Dept. for Children and Families DCF *Area Office, 500 SW Van Buren, 296-2500*

_____ Transportation to doctor or clinic appointments:
LULAC 233-7498- must be age 60+ or be disabled.

_____ East Topeka Sr. Center for rides to medical appointments. Must be age 60 or over or disabled (of any age). To reserve rides call 785-251-2988. For more info call 785-232-7765.

_____ People with Medicaid cards can get free transportation to medical appointments by calling:
Their MCO (Managed Care Organization)

Amerigroup 1-855 345-6943 Sunflower 1-877 644-4623 United 1-877 796-5847

_____ KanCare for children’s health insurance (if not covered by Medicaid) 1-800-792-4884

_____ Shawnee County Health Agency Clinics, 251-2000 *for services, hours and locations*

- _____ Topeka Dental Clinic, 2037 SE 29th, 267-9500 (for children with Medicaid)
- _____ Marian Dental Clinic, 3164 SE 6th St., call 233-2800 for periodic enrollment schedule
- _____ Health Access Enrollment Card (for persons who are uninsured) (785) 235-0996
- _____ Do you use some prescription medications regularly?
 - _____ If yes, do you use generic drugs?
- _____ If yes, have you applied for a free Prescription Drug Program (PDP) through the manufacture? For more info call Health Access, 235-0996.
- _____ Do you receive Medicare? If yes you may qualify for prescription help under Part D or you may qualify for Low Income Subsidy to help pay your Medicare Part A, B and D costs. Contact Jayhawk Area on Aging (JAAA) 235-1367
- _____ Senior Health Insurance Counseling for Kansas (SHICK), JAAA (785) 235-1367
- _____ Caring Pregnancy Options, 2041 SW McAlister 249-6130
- _____ Birthright of Topeka, 512 SW 7th St, 234-0701

Increasing your Income

Do you receive any of the following?

- _____ Low Income Energy Assistance Payment (LIEAP) 1-800-432-0043
- _____ Project Deserve for Westar Energy Customers 316-219-4070 or 1-888-765-9058
- _____ Earned Income Tax Credit _____ Franchise Fee Rebate/Credit Program
- _____ Child Tax Credit _____ Child Care Tax Credit
- _____ Homestead Tax Credit – Homeowners only
- _____ Do you use a free tax preparation service?
 - February through April 15th call the Tax Assistance Center 368-8222*
 - or Community Action – 235-9296*
- _____ Child support payment center. Non-payments 1 (877) 572-5722

Education / Employment

- _____ Topeka Workforce Center assistance in finding a job or better job- 235-5627
- _____ Competitive employment opportunities for the severe and persistently mentally ill.
 - Valeo Services for Employment Success 357-0580*
- _____ AO-K at Washburn Tech co-enrollment GED and Tuition Free Technical Training, 670-2248
- _____ Washburn Rural Alternative High School
 - Call 339-4900 Diploma program open to out of district students
- _____ GED Preparation – Washburn Tech Education, 670-2248 or Let’s Help 234-6208
- _____ GED Preparation for Spanish Speaking – Community Action – 235-9296

_____ GED Testing – Washburn Tech Pearson Vue Testing Center, 228-6455

_____ High School Diploma for adults- High School Diploma Program:

New Direction

New Directions East
801 NE Poplar
Topeka, Ks 66616
(785) 234-9887

_____ Older Kansans' Employment program at Let's Help offers basic computer skills and job readiness training for individuals 55 and older. (785) 234-6208.

_____ English Language classes for Spanish speaking adults – Call Community Action, 235-9296

Have you used the following?

_____ Child Safety Seat Program- Infant & toddler seats for \$20 if you have a medical card.

If no medical card, qualifications are based on income. Call Community Action, 235-9296.

_____ Topeka/Shawnee County Public Library, 1500 SW 10th – 580-4606

(Classes are free, call for a time or you can view the schedule on the library's website www.tscpl.org under Programs & Services)

Senior Information & Assistance

_____ **Information** and referral services, case management, nutrition program, in-home services, caregiver support services, physical fitness programs. Jayhawk Area on Aging (JAAA) 2910 SW Topeka Blvd. 235-1367.

_____ Aging & Disability Resource Center provides information & referral services to all ages, all incomes and all ability levels. Provides Options Counseling regarding services & supports available in the community. Completes assessments for the Physical Disability & Traumatic Brain Injury and Frail Elderly Medicaid HCBS waivers as well as assessments for Nursing Facility entry. *Jayhawk Area on Aging (JAAA) 2910 SW Topeka Blvd. 235-1367.*

_____ Older Kansans' Employment program at Let's Help offers basic computer skills and job readiness training for individuals 55 and older. (785) 234-6208.

Obtaining Free government phones / discounts:

_____ Telephone Lifeline Program visit website: <http://www qlinkwireless.com>

_____ Assurance Wireless (888) 898-4888

_____ ReachOut Wireless (877) 870-9444

_____ AT&T (800) 288-2020

Substance Abuse Services

_____ Shawnee Regional Prevention and Recovery Services (PARS) – Information and resources about substance abuse prevention, behavioral and chemical addiction, and other unhealthy behaviors.

_____ PARS provides a variety of workshops and presentations related to these topics and also can provide youth or adult substance abuse evaluation and referral. *Contact PARS at 785-266-8666 or check online at www.parstopeka.com*

_____ Valeo serves adults, and accepts most insurance, Medicaid, and offers a sliding scale fee for individuals with limited financial resources for the following services: detoxification, inpatient, outpatient, reintegration and relapse prevention, as well as evaluation and drug testing. 330 SW Oakley M-F 8-5p.m. call (785) 233-1730 and ask for admissions. Afterhours call (785) 234-3448 or go to the southeast entrance for assistance.

_____ New Dawn Wellness & Recovery, 4015 SW 21st St. (785) 266-0202, provides assessments, intensive outpatient treatment, outpatient treatment, continuing care, referrals, etc. State funding is possible, if funds are available, and income eligibility requirements are met.

Domestic Violence Assistance

_____ YWCA - Center for Safety & Empowerment Day #354-7927
Evening & Weekend 1 (888) 822-2983

Homeless Shelter

_____ Topeka Rescue Mission – 354-1744 600 N. Kansas

Neighborhood Services

_____ Safe Streets Topeka/Shawnee County (Safe Streets): Provides information & resources for neighborhood watches, crime prevention, & underage drinking. Safe Streets can help your neighborhood organize for the safety and wellbeing of its residents & can also help organize neighborhoods for the annual National Night Out celebration. *Contact Safe Streets at 785-266-4606 or check online at www.safestreets.org*

What does it cost to live each month?

Monthly Living Costs

\$_____ Rent or mortgage	\$_____ Diapers
\$_____ Electric bill	\$_____ Car payment
\$_____ Natural gas/Propane bill	\$_____ Car insurance
\$_____ Phone bill	\$_____ Auto Repair/Maintenance
\$_____ Cell phone costs	\$_____ Gas
\$_____ Cable television/satellite/internet	\$_____ Taxi rides or bus rides
\$_____ Water and Trash	\$_____ Food cooked at home
\$_____ Homeowners or Renters Insurance	\$_____ Dining out
\$_____ Monthly rental furniture	\$_____ Child care or Preschool
\$_____ Laundry	\$_____ Child support payment
\$_____ School costs	\$_____ Pet food and veterinary care
\$_____ Medical bills	\$_____ Entertainment
\$_____ Prescription Drugs	\$_____ Internet connection
\$_____ Life Insurance	\$_____ Internet gambling
\$_____ Bankruptcy fees	\$_____ Lottery tickets
\$_____ Checking account overdraft charges	\$_____ Bingo
\$_____ Payday loan payments	\$_____ Casino gambling
\$_____ Loans to or from family or friends	\$_____ Cigarettes – monthly amount
\$_____ Court costs and fines	\$_____ Alcohol – monthly amount
\$_____ Credit card payments	\$_____ Health Insurance
\$_____ Credit counseling payments	\$_____ Other
\$_____ Clothing and shoes	\$_____ Other
\$_____ Soap, shampoo, deodorant, etc	\$_____ Other
\$_____ Hair Salon	
\$_____ Nail Salon	\$_____ Total Monthly Living Cost

Monthly Income (take-home)

\$_____ Monthly Income from Jobs	
\$_____ Government assistance	
\$_____ Food Stamps	
\$_____ Income Tax Return	
\$_____ Child Support	\$_____ Other Income
\$_____ Alimony/Spousal Maintenance	\$_____ Total Monthly Income

Signature: _____ Date: _____