Topeka Resource Checklist

JUNE 2017
(Rvsd 6-22-17)

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, leave a message and someone will return your call.*

_____ 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) 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, Kansas Benefits Card (Vision Card) - DCF *Topeka Area Office, 500 SW VanBuren, (785)296-2500*

_____ Commodity Supplemental Food Program (785) 368-8120 *(60 yrs. or older)*

_____ The Emergency Food Assistance Program (TEFAP) (785) 368-8120 (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. Kansas Benefit 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 251-5607, 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 (800) 792-4884

_____ 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 1-800-600-4441 *Sunflower 1-877-644-4623* *United 1-877-542-9238*

_____ The Shawnee County Health Department – (785) 251-5600 provides Immunizations, Communicable Disease, STD Clinic, Home Visitation for pregnant women and young children, Daycare Licensing and Environmental Health Programs.

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

_____ GraceMed Health Clinics - 861-8800, for services, hours and locations. Discounts available based on household income assessment. Services available for uninsured as well as those covered by Medicaid, Medicare and private insurance plans.

_____ Topeka Dental Clinic, *2037 SE 29th, 267-9500 (for children with Medicaid)*

_____ Marian Dental Clinic, 3164 SE 6th St., *call 233-2800 dental care for all ages. Private and public insurance accepted. Sliding Fee schedule available for those who are income eligible.*

_____ 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 Call center. 1-888-757-2445

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 Directions

New Directions
4123 SW Twilight Dr. Suite 6
Topeka, Ks 66614
(785) 228-2336
www.getmydiploma.org/NDLA

_____ 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

_____ Mirror Work for Success, helps unemployed dads with job readiness training, job placement and parenting classes. (785) 246-5737.

_____ Valeo Supported Education Program (SEP) assists persons with psychiatric disabilities in pursing educational goals. Participants are given individualized assistance in all phases of the educational process, from exploration to enrollment and success in the classroom. We assist individuals who are interested in attending college, technical school, GED programs or formalized educational opportunities. For further information please contact Terra Harris at 785-357-0580 ex 2419 or Pat Vega 785-357-0580 Ex 2149.

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
_____ COX – Home Internet for Students (855) 222-3252
Web Site: Connect2Compete.org/Cox
https://www.cox.com/aboutus/cox-in-the-community/connect2compete.html

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.

_____ Sims-Kemper Clinical Counseling and Recovery Services, 1701 SW Medford Ave., (785) 233-0666. Providing assessments, intensive outpatient treatment, outpatient treatment, relapse prevention, individual, group, family sessions, education and peer mentoring for adolescents and adults. Income-based State funding, Medicaid, most insurances, SB 123, SB 67 accepted.
No out-of-pocket cost for Problem Gambling Assessment/Care. www.sims-kemper.com

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*

Family Recreational Opportunities

Shawnee County Parks +Recreation, 1800 Se 21st Topeka Ks, 251-2600
Day Camps, Trails, Fitness, Sports, Classes, After School Activities
Scholarships available

Notes:

Monthly Living Costs

$_____Rent or mortgage
$_____Electric bill
$_____Natural gas/Propane bill
$_____Phone bill
$_____Cell phone costs
$_____Cable television/satellite/internet
$_____Water and Trash
$_____Homeowners or Renters Insurance
$_____Monthly rental furniture
$_____Laundry
$_____School costs
$_____Medical bills
$_____Prescription Drugs
$_____Life Insurance
$_____Bankruptcy fees
$_____Checking account overdraft charges
$_____Payday loan payments
$_____Loans to or from family or friends
$_____Court costs and fines
$_____Credit card payments
$_____Credit counseling payments
$_____Clothing and shoes
$_____Soap, shampoo, deodorant, etc.
$_____Hair Salon
$_____Nail Salon

$_____Diapers
$_____Car payment
$_____Car insurance
$_____Auto Repair/Maintenance
$_____Gas
$_____Taxi rides or bus rides
$_____Food cooked at home
$_____Dining out
$_____Child care or Preschool
$_____Child support payment
$_____Pet food and veterinary care
$_____Entertainment
$_____Internet connection
$_____Internet gambling
$_____Lottery tickets
$_____Bingo
$_____Casino gambling
$_____Cigarettes – monthly amount
$_____Alcohol – monthly amount
$_____Health Insurance
$_____Other
$_____Other
$_____Other

$_____Total Monthly Living Cost

Monthly Income (take-home)

$_____Monthly Income from Jobs
$_____Government assistance
$_____Food Assistance
$_____Income Tax Return
$_____Child Support
$_____Alimony/Spousal Maintenance

$_____Other Income

$_____ Total Monthly Income

Signature: _____ Date: _____