

Topeka Resource Checklist

JUNE 2019

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? Call the *Social Security Office*, 1-888-327-1271 for more info.

_____ 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.

_____ Cash assistance (Temporary Assistance to Needy Families) and Child Care assistance. Call toll free (877) 653-9522

_____ **Kansas Loan Pool Project.** Catholic Charities of Northeast Kansas, in conjunction with community banking partners offers a payday/title loan refinancing program. For more information or to inquire about the application process please contact: (913) 433-2050 for the Shawnee County Area.

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 Program- *Community Action, 836-4500*

_____ 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*

_____ 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.
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.

Managing Health and Prescription Costs

_____ Medicaid- Kansas Dept. of Health and Environment (KDHE), (800) 792-4884

_____ KanCare for children's health insurance - KDHE, (800) 792-4884

_____ 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)

AETNA 1-855-221-5656 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 – for appointments and locations call (785) 861-8800. Medical, dental, vision and behavioral health services available. Open to everyone, with or without insurance coverage. Discounted services available based on household income assessment. Medicaid/KanCare, Medicare and private insurance plans accepted.
- _____ 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
- _____ Successful Connections, Jane Redger, 1100 SW Wanamaker Rd., Suite 201, Topeka Ks. 66604. (785) 440-4509. Help moms that are pregnant and or have children to age 5 link to information and community resource, including child care.

Increasing your Income

- _____ 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 Utility Rebate/Credit Program
- _____ Child 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, 836-4500
- _____ Child Support Call center. 1-888-757-2445

Education / Employment

- _____ AO-K at Washburn Tech co-enrollment GED and Tuition Free Technical Training, 670-2248

- _____ Community Action - Ages 0-5, income based program (785) 836-4500
- _____ Competitive employment opportunities for the severe and persistently mentally ill.
Valeo Services for Employment Success 357-0580
- _____ English Language classes for Spanish speaking adults – Call Community Action, 836-4500
- _____ GED Preparation – Washburn Tech Education, 670-2248 or Let's Help 234-6208
- _____ GED Testing – Washburn Tech Pearson Vue Testing Center, 228-6455
- _____ High School Diploma for adults- High School Diploma Program:
Orion Diploma Completion
4123 SW Twilight Dr. Suite 6
Topeka, Ks 66614
(785) 228-2336
www.OrionDiplomaCompletion.org
- _____ Mirror Work for Success, helps unemployed dads with job readiness training, job placement and parenting classes. (785) 246-5737.
- _____ Older Kansans' Employment program at Let's Help offers basic computer skills and job readiness training for individuals 55 and older. (785) 234-6208.
- _____ Sheldon Head Start - Ages 3-4, income based program (785) 438-4530
- _____ Topeka Workforce Center assistance in finding a job or better job- 235-5627
- _____ Valeo Supported Education Program (SEP) assists persons with psychiatric disabilities in pursuing 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.
- _____ Washburn Rural Alternative High School
Call 339-4900 Diploma program open to out of district students

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Have you used the following?

- _____ 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.

_____ Friendly Visitor Program of Catholic Charities of Northeast Kansas
Do you need or know who does need a home visit or receive a phone call (daily or weekly. Contact the Friendly Visitor Coordinator. Services are available to homebound seniors and people with minor disabilities, regardless of faith. (785) 233-6300.

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

_____ Mirror of Topeka Residential Treatment Center – 2201 SE 25th St, Topeka. KS 66605. Providing assessments, referrals, adult residential treatment, adult reintegration treatment, and family sessions. State block grant funding, Medicaid, most insurances, SB 123, SB67, and private pay accepted. www.mirrorinc.org

_____ Mirror of Topeka Outpatient Treatment – 1401 SW Topeka Blvd., Topeka, KS 66612. Providing assessments, referrals, Intensive Outpatient Treatment, Outpatient Treatment, Continuing Care, ADIS Classes, and housing case management services. State block grant funding, Medicaid, most insurances, SB123, SB67, and private pay accepted.
www.mirrorinc.org

_____ 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.

_____ 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*

_____ 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

____ 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.

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: _____