



On My Own, Inc.

Independent Living Center

428 E. Highland Avenue, Nevada, MO. 64772

1301 DeLaPorte, Collins, MO. 64738

October-December 2013

NEWSLETTER

Independent Living Center: (417) 667-7007 Voice/TDD

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On My Own In-Home Care: (417) 667-4926

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Toll free (877) 275-2815 Fax (417) 275-1113

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Website- omoinc.org

On My Own Donates \$3500 to Senior Centers



Willie Kimbrough from OMO presenting to Cedar Co. Senior Center



Willie Kimbrough from OMO presenting to Wheatland Senior Center



Linda Longstreth from OMO presenting to Osceola Senior Center



Brian Davis from OMO presenting to Nevada Senior Center



Willie Kimbrough presenting to Butler Senior Center



Willie Kimbrough presenting to Kern Senior Center

Stockton Senior Center was also included in the donations. No picture available.

Saving energy in the winter while keeping warm

Make sure your thermostat is located on the inside wall away from windows and doors. Cold drafts on the thermostat will keep your system running even if the rest of the house is comfortable.

Set the thermostat as low as comfortable. Each degree above 68°F adds up to three percent to the energy needed for heating. Lowering the thermostat five degrees at night saves substantially.

Make sure that heating vents and return air ducts are not blocked by furniture or drapes.

Humidifiers make you feel more comfortable in winter without turning up the heat. They also help protect wood furniture from drying out.

Replace your old thermostat with a newer programmable model. The new devices can be set to automatically lower the temperature at bedtime and rise in the morning. If you have a heat pump, select an automatic setback thermostat specifically designed to work with heat pump systems.

Make sure fireplace dampers are closed tightly when NOT in use.

Clean or replace furnace filters once a month.

“Don’t wait for extraordinary opportunities. Seize common occasions and make them great.”

~ Orison Swett Marden

CDC recommends a three-step approach to fighting the flu.

CDC recommends a three-step approach to fighting influenza (flu). The first and most important step is to get a flu vaccination each year. But if you get the flu, there are prescription antiviral drugs that can treat your illness. Early treatment is especially important for the elderly, the very young, people with certain chronic health conditions, and pregnant women. Finally, everyday preventive actions may slow the spread of germs that cause respiratory (nose, throat, and lungs) illnesses, like flu. This flyer contains information about everyday preventive actions.



How does the flu spread?

Flu viruses are thought to spread mainly from person to person through the coughing, sneezing, or talking of someone with the flu. Flu viruses also may spread when people touch something with flu virus on it and then touch their mouth, eyes, or nose. Many other viruses spread these ways too.

People infected with flu may be able to infect others beginning 1 day **before** symptoms develop and up to 5-7 days **after** becoming sick. That means you may be able to spread the flu to someone else before you know you are sick as well as while you are sick. Young children, those who are severely ill, and those who have severely weakened immune systems may be able to infect others for longer than 5-7 days.

What are everyday preventive actions?

Everyday preventive actions are steps that people can take to help slow the spread of germs that cause respiratory illness, like flu. These include the following personal and community actions:

- Cover your nose and mouth with a tissue when you cough or sneeze. This will block the spread of droplets from your mouth or nose that could contain germs.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose, and mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you or your child gets sick with a respiratory illness, like flu, limit contact with others as much as possible to help prevent spreading illness. Stay home (or keep your child home) for at least 24 hours after fever is gone except to seek medical care or for other necessities. Fever should be gone without the use of a fever-reducing medicine.
- If an outbreak of flu or another illness occurs, follow public health advice. This may include information about how to increase distance between people.



What additional steps can I take at work to help stop the spread of germs that can cause respiratory illness, like flu?

- Find out about your employer's plans if an outbreak of flu or another illness occurs and whether flu vaccinations are offered on-site.
- Routinely clean frequently touched objects and surfaces, including doorknobs, keyboards, and phones, to help remove germs.
- Make sure your workplace has an adequate supply of tissues, soap, paper towels, alcohol-based hand rubs, and disposable wipes.
- Train others on how to do your job so they can cover for you in case you or a family member gets sick and you have to stay home.
- If you begin to feel sick while at work, go home as soon as possible.



What additional preventive actions can I take to protect my child from germs that can cause respiratory illness, like flu?

- Find out about plans your child's school, child care program, or college has if an outbreak of flu or another illness occurs and whether flu vaccinations are offered on-site.
- Make sure your child's school, child care program, or college routinely cleans frequently touched objects and surfaces, and that they have a good supply of tissues, soap, paper towels, alcohol-based hand rubs, and disposable wipes on-site.
- Ask how sick students and staff are separated from others and who will care for them until they can go home.



Everyday preventive actions can help slow the spread of germs that can cause many different illnesses and may offer some protection against the flu.

For more information, visit www.cdc.gov, or call 1-800-CDC-INFO.

Getting prepared for WINTER STORMS

Take time now to review your family's emergency preparedness with this Winter Preparedness Checklist. It'll help you prepare your home and automobile for cold-weather hazards.

Will your home welcome winter visitors safely? Get ready for snow, ice or rain on walks and driveways by stocking up on these cold-weather basics.

- Snow shovel
- De-icing compound
- Waterproof floor mats

Household emergency supplies should include enough food, water and supplies to last four days without power or help. Check your home emergency kit against this basic checklist.

- Food that doesn't require heating or refrigeration, such as canned meats, soups and stews, cereal, and energy bars
- Manual can opener
- Paper plates, cups and plastic utensils
- 1 gallon of water per person per day (allow enough for four days)
- Flashlights and batteries
- Battery-powered radio
- Battery-powered clock
- Cellular phone
- First-aid kit (printable first-aid kit checklist)
- Four-day supply of prescription medicines
- Blanket and cold-weather clothing for each family member
- Pet food and additional water for household pets

Winter transportation can mean coping with ice, snow, and hazardous roads. Road conditions can change in an instant. Before traveling, give cars a winter preparedness exam.

- Check antifreeze
- Check and replace older batteries
- Remember to keep the gas tank near full to avoid freezing water in the fuel line
- Check tires and spare tire for proper inflation

Make sure automobiles contain the following emergency supplies to handle winter road hazards.

- Bag of sand, road salt or non-clumping cat litter. The bag's extra weight means better traction, and the contents can be spread under slipping tires.
- Ice scraper
- Jumper cables
- Small shovel (to dig snow away from wheels, or scatter sand on roadway)
- Tire chains (every driver should practice putting them on)
- Flares or reflective triangle to warn other motorists if you break down
- Blanket
- Flashlight and batteries
- Gallon jug of drinking water
- First aid kit

MISSOURI PROPERTY TAX CREDIT

CIRCUIT BREAKER

The Circuit Breaker is the name for a property tax credit issued by the state of Missouri. Your property tax credit is figured by comparing your total income received to 20% of your net rent paid or 100% real estate taxes paid. To make the comparison and determine your credit, you must use the current year you are filing property tax credit chart to complete the MO-PTC form. If you must file a MO income tax return, you must use a MO-PTS form and qualify for the property tax credit. It must be filed at the same time you file your MO income tax.

The first qualification for home owners is a maximum income level of \$30,000 for singles and \$34,000 or less for married filing combined. They must have occupied the home for the entire year. The maximum income level for residents who owned their own home a portion of the year or have rented housing is \$27,500 for singles or \$29,500 or less for married, filing combined. If renters rent from a facility that does not pay property taxes (non-profit), they are not eligible for a Property Tax Credit.

The second qualification is that you or your spouse is 65 years old by December 31st of the year you are filing; or you are 100% disable due to other reasons; or you or your spouse is 100% disable as a result of military service; or you were 60 years of age or older as of December 31st of the filing year and received surviving spouse social security and file under married, filing combined. A copy of a death certificate must be attached if the check is to be issued in another name such as the surviving spouse. A Federal Form 1310 must be attached. Any existing POA (Form 2827) is then required.

The maximum credit allowed for residents who own and occupy their home is \$1,100. The maximum credit allowed for residents who rent is \$750.00.

The items one needs to bring with them are: rent receipts/landlord's statement that has the landlord's information on letterhead (if possible), their EIN number or social security number, address, phone, renter's name. rent total for the filing year, all income (including SSA-1099, dividends, interest, annuities, rental income.RRB-1099. SSI, home owner's paid real estate receipts, and any other forms that may apply such as POA/Federal Form 1013, Death Certificate, or MO-CRP. If you own your own home or farm and it has more than 5 A. or you own a mobile home and it is classified as personal property, a Form 948 Assessor's Certification must also be attached with a copy of your paid personal/real estate tax receipt.

If you share paying rent with another or more, you can only claim a percentage according to the number of people paying the rent.

Most senior centers, tax preparers, Care Connection, and Independent Living Centers can give you additional information. You can get the MO-PTC form and instructions from these sources of reference or off the internet at www.dor.mo.gov/tax. On My Own, Inc. will also be providing a workshop to teach how to complete the circuit breaker yourself. Call 1-800-362-5288 if interested in the workshop.

Advertisements



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Psychiatrists, Drs. David Taylor and Micaela Wexler and the staff at New Beginnings Behavioral Health are ready to address the mental health needs of any individual, of any age. Individuals may be seen on an in-patient or out-patient basis at one of three specialized areas of NRMC Behavioral Health Services.

David Taylor, M.D. Micaela Wexler, D.O.



**For more information or to make
an appointment, contact:**
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