



On My Own, Inc.

Independent Living Center

428 E. Highland Avenue, Nevada, MO. 64772

1301 DeLaPorte, Collins, MO. 64738

October-December 2014

NEWSLETTER

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

Collins Branch office: (417) 275-1115

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

Toll-free (800) 362-8852 Fax (417) 667-6262

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

Toll-free (800) 210-0922 Fax (417) 667-6262

Website- omoinc.org

OMO's In-Home Care FAQ

- 1) How many years has On My Own, Inc. been providing in-home services?

OMO is in its 8th year of providing In-Home services to our five county area including Vernon, Cedar, Bates, Hickory and St. Clair.

- 2) What kinds of services are offered through In-Home Care?

Through the In-Home or "Agency –Directed option," individuals may be eligible for personal care, homemaker services, and/or respite. The personal care and homemaker services are medical-related and household tasks provided as an alternative to nursing facility care. These services are designed to meet the maintenance needs of individuals with chronic health conditions, and must be reasonable and necessary. Respite services are maintenance and supervisory and may be provided to a participant in an individual's home to provide relief to the regular caregiver(s).

- 3) Are there in-home services available for children?

All in-home care recipients are required to be at least 18 years of age. There is a program called "Healthy Children and Youth" whereby children may be eligible. Call the office and we can give you more information about that program.

- 4) Why should I choose On My Own, Inc. as a provider?

We are committed to providing the best possible services to our clients. One example of this is that over the course of the last year, we have been working diligently to make improvements in the program, including the addition of a full-time Quality Assurance Specialist. The addition of this position ensures on-going monitoring of the care provided through phone calls, home visits, and documentation monitoring.

- 5) How do I know that I am getting a quality employee to come and help me in my home?

Dani Fine and Amanda Fisher, the co-directors of the in-home department, have been working closely with the Human Resources Director, Jamie Patrick, to hire and train quality in-home aides. Once an aide has met requirements for employment and has completed the rigorous application and interview process, they receive many hours of classroom and on-the-job training to prepare them for their daily work as an in-home aide. All of our aides must be 18 or over and must pass a back-ground screening.

- 6) How do I know if I am eligible for in-home services?

In order to check eligibility for In-Home services through MO Health Net (Medicaid), individuals may call the Nevada office at (417)667-7007. If a person is not a Medicaid recipient, we can assist in exploring other pay options such as private pay, long term care insurance, and veterans aide and attendance pension.

Individuals who are interested in or who have a family member who may benefit from In-Home Services should contact the On My Own, Inc., In-Home department for more information.

FOOD FOR THOUGHT/TAKE TIME TO PONDER

By Linda Longstreth

Fear is the Root of Your Problems

By [Leo Babauta](#)

Every problem you or I have (and they are many, small and large), is rooted in fear.

For some, that might seem obvious: the question is how to beat the fears. For others, it's not so self-evident: why are my financial or relationship or procrastination problems caused by fear?

Let's tackle both questions — the Why and the How.

First the Why: think about each problem you have, and then think about why you have the problem. Or why you aren't able to solve it.

A few examples:

- **Procrastination:** you probably fear failure, or the discomfort of doing something hard, or your fear missing out on something important (why you check email & social media instead of doing the hard task).
- **Debt:** There are many possible causes, but often you're spending more than you make because of a shopping habit, or a fear of letting go of some of the comforts you're used to. The shopping habit might be caused by anxiety (fear that something you want isn't going to happen) or loneliness (fear that you're not good enough) or wanting your life to be better than it is (fear that you're not OK as you are). Letting go of comforts (like your morning Starbucks, or your nice house or car) can be difficult if you fear discomfort, fear that you won't be OK if your life is less comfortable, fear that others will judge you if your house/car/clothes aren't as nice.
- **Relationship problems:** There are obviously lots of possible causes (including that the other person has major problems, though you should always look at yourself as well) ... but some fears that cause relationship problems include fear of letting go of control (causing you to want to control the other person), fear that you're not good enough, fear of abandonment and other trust issues, fear of not being accepted, fear of accepting the other person (actually this is a fear of control problem).
- **Can't exercise:** Again, lots of causes, but some of them include: not enough time (fear of letting go of something else that you're used to doing), exercise is too hard (fear of discomfort), distractions like TV and the Internet (fear of missing out, fear of discomfort).
- **Can't change diet:** Same as exercise really. Although there are also often emotional issues, in which case the fears can be very similar to the ones that lead to the shopping habit and financial problem

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.



Centers for Disease
Control and Prevention
National Center for Immunization
and Respiratory Diseases

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

How to Keep Active and Mentally Healthy to Beat the Winter Blues

Sometimes, winter can be a difficult time for people to manage. From the hectic holidays to ice storms, winter tends to add stresses that we don't face during the rest of the year. The following provides a few tips for individuals to help each of us get through the winter as active and as mentally healthy as possible.

General Safety and Health:

- 1) **Keep driveways and walkways shoveled and free of ice.** If you do not have a family member or friend who can do the shoveling for you, contact a local church or senior center to see about volunteers who could help you out.
- 2) **Change furnace filters.** Filters should be changed at least every 1-3 months for safety and efficiency. This is a great job for a caregiver or family member and it only takes a matter of minutes.
- 3) **Find out about heating bill assistance.** Heating bills tend to mount this time of year. But don't let the worry of heating bills reduce your overall health. If you need financial assistance for your utilities, you may be able to access local programs through the Red Cross (417-624-4411), Economic Security Corporation (417-781-0352) or the Area Agency on Aging (417-781-7562).
- 4) **Don't stretch yourself too thin.** During the winter, we often aren't able to accomplish as many tasks as we can at other times. Don't feel bad about saying "No" to family or friends who want you to make your famous pie or who insist that you attend every holiday-related school pageant.
- 5) **Take your vitamins.** Talk to your doctor about taking vitamin supplements that may help with your energy level and mood. Supplements like B12 and melatonin have been shown to improve overall health.

Socializing and Exercise:

- 1) **Keep up social commitments if possible to avoid isolation.** Attending your normal activities like church and bingo help to keep your mind mentally active.
- 2) **Check out group meals at Senior Centers or churches.** Group meals are great for reducing the amount that you have to worry about cooking while also getting you out of the house and involved with other people. For a listing of area Senior Centers, contact Janelle at 417-659-8086 or 800-346-8951.
- 3) **If your doctor approves, follow a mild exercise program.** Exercising tends to increase our overall sense of well being. Walking, stretching or swimming are excellent low-impact ways to increase overall health. Make sure an exercise program is approved by your doctor prior to participation.

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.

On My Own, Inc.'s
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Advertisements



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



**For more information or to make
an appointment, contact:**
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800 S. Ash, Nevada, MO 64772
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