



On My Own, Inc.

Independent Living Center

428 East Highland
1301 DeLaPorte, Collins, MO. 64738

Jan-March 2015

NEWSLETTER

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

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

Collins Branch office: (417) 275-1115

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

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

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

Website- omoinc.org

From the Director's Chair

In 2010, the Missouri General Assembly passed Senate Bill 1007 establishing the requirement that all Consumer Directed Service and In-Home providers use a telephone tracking system to verify and review timesheet accuracy and ensure accurate billing of services delivered. This system will also be used to process payroll for their employees. All providers will be required to have this system in place by July 1, 2015. Some of the things that the State requires this telephone tracking system to do are:

- Record the exact date services are delivered
- Record the exact time the services begin and exact time the services end
- Verify the telephone number from which the services are registered
- Verify that the number from which the call is placed is a telephone number unique to the consumer/client

Require a personal identification number unique to each personal care attendant/aide

On My Own, Inc. is working to become compliant with this new requirement. We have chosen to use MITC as our Telephony provider. We are excited to offer this service to you and your attendant/aide. Some of the advantages of using this system are:

- Attendants/aides are able to clock-in/out without using paper timesheets allowing for their time to be tracked through a computer instead of paper timesheets.
- We can leave a message for the attendant/aide that plays when they clock-in/out.
- Attendants/aides are less likely to miss paychecks due to timesheets not being filled out correctly or not being received because they were lost in the mail.
- Customer service is increased with this system.

This transition will be over a short period of time where we first have the attendant/aide just clock-in/out, and then we will add the tasks that they complete while they are working for you. We want to make this transition as smooth as possible and for a time the attendant/aide will continue to use paper timesheets so that we will have a backup in case there are any errors. We look forward to working with you on this transition. We are starting with a select few consumers/clients but if you are interested in learning more about telephony or participating in this timekeeping system please call Sara Nunez for CDS or Amanda Fisher for In-Home.

FOOD FOR THOUGHT/TAKE TIME TO PONDER

By Linda Longstreth

Pursuing Happiness When It's Already Within You

By [Leo Babauta](#)

One of the key things I have learned is that everything I need to be happy is [already within me](#).

I firmly believe that, but I've been asked a good question: if happiness comes from within, why should you pursue anything in life?

Why should you pursue goals, achieve anything, connect with others, exercise, eat good food ... if you don't need to do any of that to be happy? It's a great question, and I'll answer it with a simple exercise:

Let's assume you don't need to do any of that to be happy. You have happiness, from within, and you can go about your day and have just about anything happen and you'll still be happy.

Now what? You can sit there and watch TV or do absolutely nothing, and you'll be happy. Let's call that *Choice No. 1*.

Or you can take actions to make others happy, to relieve their suffering, to see that they have the tools for happiness already. Focusing on the happiness of others is *Choice No. 2*. Now, with either of these choices, you'll be happy. You can do either, and it won't necessarily affect *your* happiness. But with Choice No. 2, you're increasing the happiness of the world.

I'd argue that Choice. No. 2 is better.

And this choice, to dedicate your time to helping others, relieving their suffering, making them happy ... this is the motivation you can use for doing great things, for building something useful, for creating and working and being a good parent. It's not about increasing your own happiness, but the happiness of others.

A.C. LOANS BEGIN APRIL 20th



By Brian Davis

On My Own, Inc.'s Air Conditioner Loan program could be the heat-beating help you need. Loans of the 1 room, 110 volt air conditioning units will begin on April 20th. The eligibility guidelines for the A.C. Loan program are:

1. The consumer must have a disability and medical condition that requires air conditioning.
2. The consumer cannot have any existing air conditioning-window units or central air-in their residence.
3. A statement signed by their doctor prescribing the need for air conditioning is required.
4. There is a \$50.00 deposit required which is refunded when the unit is returned in clean and working condition.
5. As with the equipment loan program, there is a loan agreement form for this program.
6. All units loaned by **On My Own, Inc.** are 5,000 to 6,500 BTU designed for only one room use!
7. The consumer is responsible to pick up and return the unit from the **On My Own, Inc.** office in Nevada.

"Life is 10% of what happens to us and 90% how we react"

~ John Maxwell

OATS transportation is for ANYONE, regardless of age or disability. There are three busses that work within the Vernon County Area.

1) Nevada Medical Center OATS Bus

417-448-3800, 8am-5pm

For anyone in VERNON COUNTY that has an appointment/procedure at NRMC, Nevada Medical Clinic or any physician/surgeon/optometrist associated with NRMC. They usually request 2-3 day advance notice.

2) In-Town Transportation (aka: Senior Center Bus)

417-667-5847, 9am-3pm

For anyone within the City Limits that wants transportation somewhere else within City Limits. They do NOT have to be a resident of Nevada. Appointments are required to be made the day prior. For Monday appointments, they need to schedule on Friday. Pick ups begin no earlier than 8:45 a.m. and end at 1 p.m. (We will pick someone up as late as 1 p.m. and take them to an appointment/Walmart/etc. and then return them home as long as their return is prior to 3 p.m.) A \$.50 donation is asked for each leg of the trip.

3) Regional Trips

417-667-1483, 9am-5 pm

There are set monthly trips to Kansas City, Joplin, Springfield and a couple that change between area cities for those that want to shop, have appointments, etc. Kathy Carr is the volunteer that coordinates this transportation. A \$5 donation is asked for each direction of the trip.

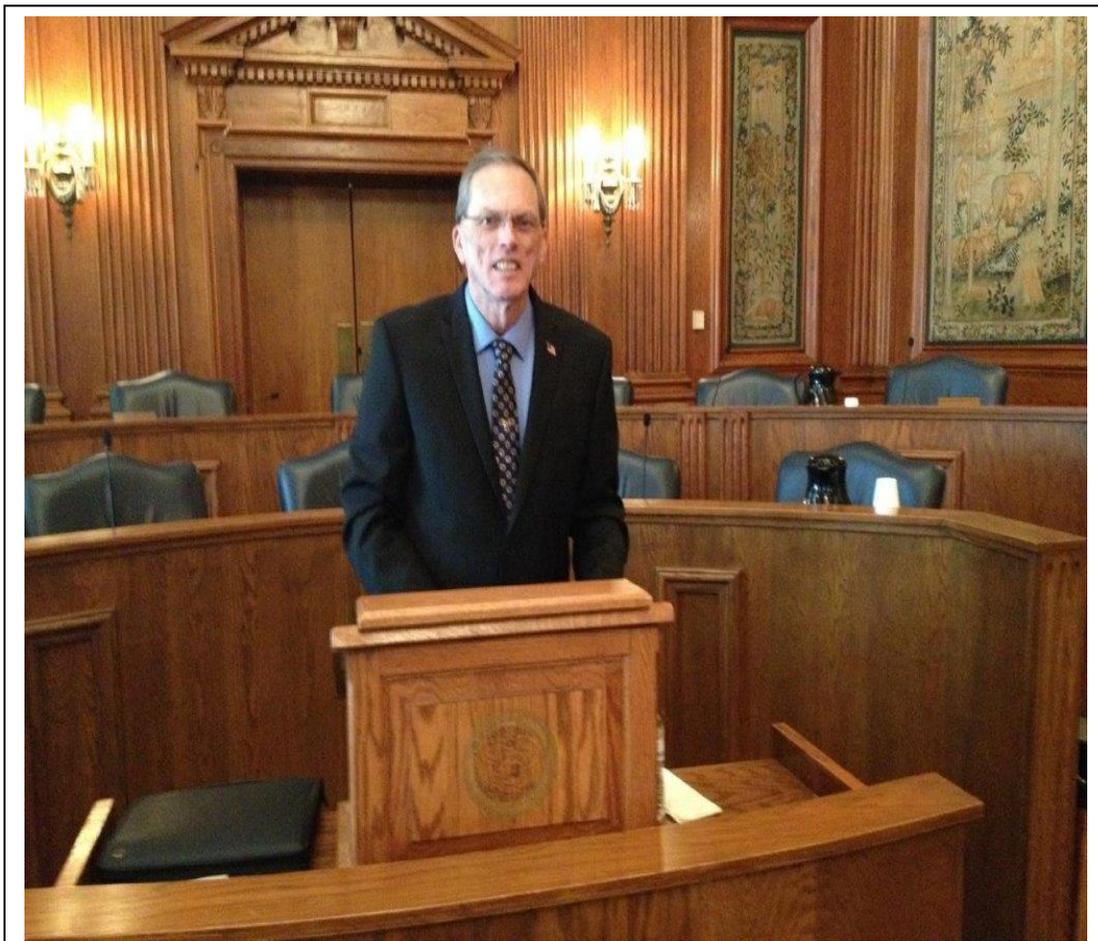
Scholarship applications due by June 15th

The **On My Own, Inc.** Scholarship program is accepting applications for the 2015 fall semester. The application deadline is Monday, June 15th. This program provides financial assistance for college or vocational training for the students of a disabled parent(s). The program is not for students with disabilities, the Division of Vocational Rehabilitation provides that type of assistance. To qualify, the student must:

- Be the child of a disabled parent.
- Must be enrolled as a full time student which is defined as a minimum of 12 hours per semester.
- Must maintain a 2.0 cumulative grade point average.
- The school must be an in-state college or vocational program or accept Missouri students on an in-state tuition basis.
- The student must be between 18 and 25 years of age when they begin their post-secondary education or training.
- Students wishing to apply for the **On My Own, Inc.** Scholarship program can obtain an application from the counselors office at their high school or by contacting **On My Own, Inc.** Director of Services for Independent Living Kelly Shrewsbury in the Nevada office at 667-7007 or toll-free, 1-800-362-8852.

Timothy Boyd, On My Own, Inc. RESPECT Coordinator for the Southwest Region was recently honored at the State Capitol in Jefferson City, Missouri. Tim was chosen to speak by the Department of Mental Health at the Director's Mental Health Ambassador Academy. Tim spoke about the RESPECT program and how mental illness and other disabilities are very common. He is the RESPECT Coordinator for the Southwest Region and organizes all speaking engagements in the area. The RESPECT program in the Southwest Region is comprised of 27 RESPECT speakers who provided 397 speeches in 42 venues to approximately 5,425 audience members in 2014. The RESPECT program offers speakers to the community to help people of all ages understand mental health issues.

Mental illnesses and disabilities affect many families, yet people often lack a basic understanding and may avoid seeking effective treatment because of the stigma associated with these disabilities. RESPECT speakers provide hope and help to families and individuals who may be affected by disabilities. In addition, RESPECT speakers offer insight into the ways general attitudes may affect the success or failure of the lives of people who face disabilities. RESPECT speakers have personally experienced the cycle of illnesses or disabilities; denial, acceptance, treatment, and triumph that leads to hope for their futures. These individuals are willing to share their stories to help others who may encounter similar obstacles. To learn more about the RESPECT program call Tim at On My Own, Inc. at 667-7007.



My name is Amber Fleeman. I am a LPN and am very excited to become a team member of On My Own, Inc. I graduated from Nevada Regional Technical Center in June of 2013. Soon after receiving my license I started working at Heartland Behavioral Health. I have done private duty nursing with a home health agency taking care of a pediatric client, surgery, med-surg, and scribing for a physician.

In my free time I enjoy spending time with my three children and husband. We often work our horses during the weekend and do a lot of outdoor adventures during the summer.

I feel like becoming part of On My Own, Inc. is a wonderful career choice that will allow me the opportunity to give my best qualities. I am looking forward to working with everyone.



“Happiness depends more on the inward disposition of mind than outward circumstances.”

Benjamin Franklin

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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:**
New Beginnings Behavioral Health
800 S. Ash, Nevada, MO 64772
in-patient (417) 448-3677
out-patient (417) 448-3690
No referral necessary

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an ad call Kelly Shrewsbury at 417-667-7007 or 1-800-362-8852.

On My Own, Inc.
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Know the Difference

Tornado Watch - Tornadoes are possible in and near the watch area. Review and discuss your emergency plans, and check supplies and your safe room. Be ready to act quickly if a warning is issued or you suspect a tornado is approaching. Acting early helps to save lives!

Tornado Warning - A tornado has been sighted or indicated by weather radar. Tornado warnings indicate imminent danger to life and property. Go immediately under ground to a basement, storm cellar or an interior room (closet, hallway or bathroom).

Don't forget to change your batteries in your smoke alarms and weather radios.