

# *On My Own, Inc.*

## Independent Living Center

428 E. Highland Avenue, Nevada, MO. 64772

1301 DeLaPorte, Collins, MO. 64738

*July-Sept. 2015*

# 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](http://omoinc.org)

## **Ride, Run & Roll 2015**

By Stacey Wilson

On My Own, Inc. hosted a Ride, Run and Roll Fundraising Event Sunday October 5th. Participants could ride a bike, run or walk, or roll in a wheelchair. The event was not a race but an opportunity to motivate all people to improve their fitness level regardless of their current ability.



# October is

## Disability History Month

Web: <http://disability.mo.gov>

State of Missouri

### Governor's Council on Disability

In May 2011, the Missouri legislature passed House Bill 555, which authorizes school boards to require the provision of disability history and awareness instruction in public schools during the month of October of each year. House Bill 555 further requires the month of October to be designated "Disability History and Awareness Month".

To learn more about disability history and find great resources on how to promote and celebrate Disability History Month, download the

### [Disability History and Awareness: A Resource Guide for Missouri](http://dese.mo.gov/se/documents/se-admin-modishistresguide.pdf)

at <http://dese.mo.gov/se/documents/se-admin-modishistresguide.pdf> or visit [disability.mo.gov](http://disability.mo.gov) and click on Educational Resources.

**On My Own, Inc.** is excited to announce that the next RESPECT Institute will be held at On My Own, Inc. in Nevada at 428 E. Highland the week of **Monday, November 9, 2015 – Thursday, November 12, 2015**. This is a four-day training for individuals who would like to learn to share their story of mental and/or physical struggles and triumphs in a way that is educational and inspirational.

# Classes offered at On My Own, Inc.

## Budgeting:

AN 8 week class on Mondays at 10:00a.m. starting Monday October 19<sup>th</sup>. Please call to register.

## Self Determination:

An 8 week class on Mondays from 3:30-4:30 starting Monday October 19<sup>th</sup>. Please call to register.

## Parent Support:

A class for Parents with children with any type of disability. Second Monday of the month at 5:30-7:00 starting November 9<sup>th</sup>. Please call to register.

“Men’s best successes come after their disappointments”

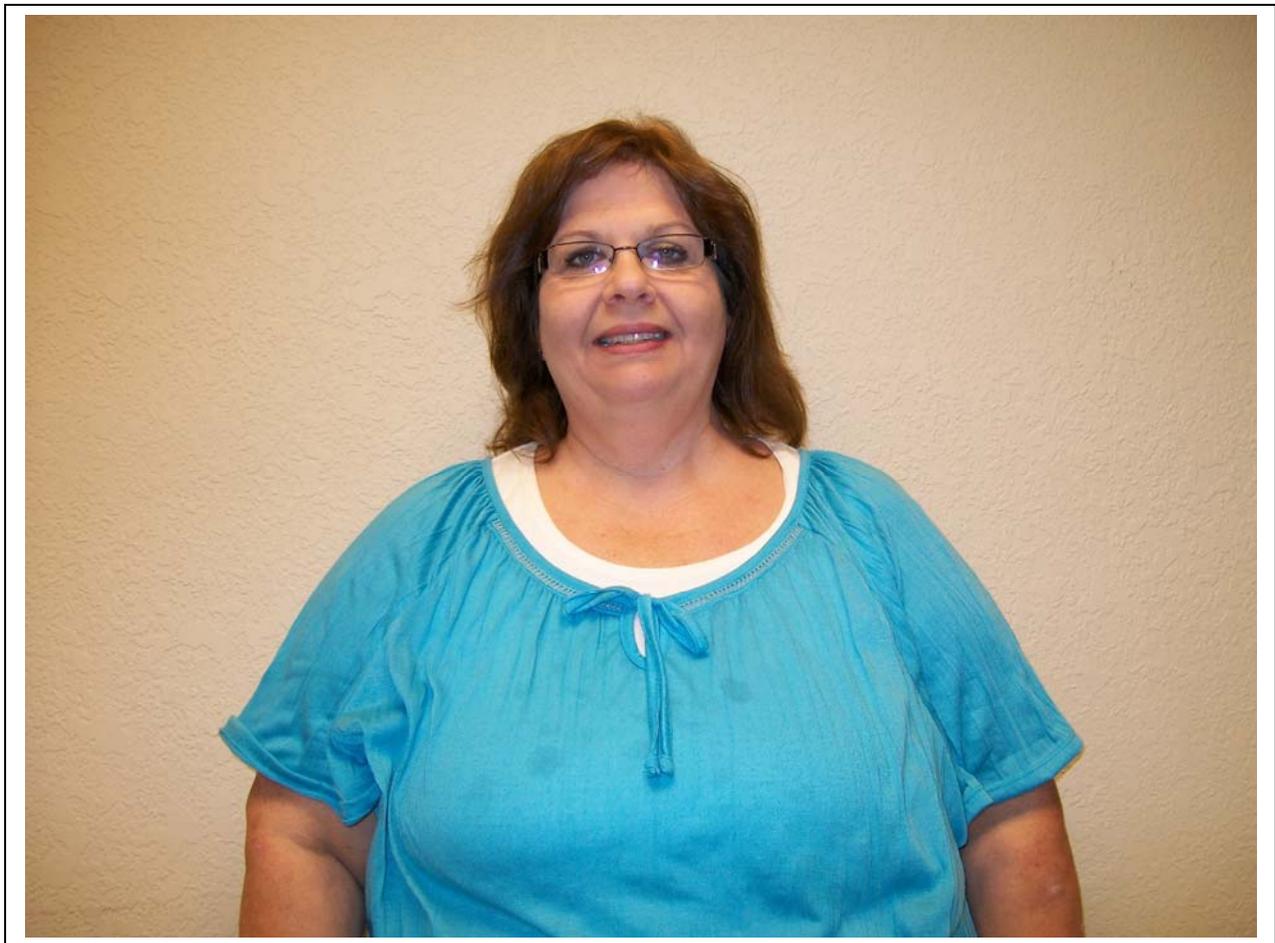
~Henry Ward Beecher

# People coming..... People going.....

## New employees

### **Jill Jenkins: Youth Transition Specialist**

My name is Jill Jenkins. I am married and have two grown children and three grand dogs. No grand children yet. I have lived in Lamar most of my life except for a couple of years living outside of Waterloo, Iowa which is where my husband's family live. My degree is in Education and I have a recent background of working with Children's Division and Intensive in Home Services which is contracted by Children's Division. I also worked for several years in schools with At Risk kids and for several years in nursing homes and home health while attending college. My time while not at work is spent on taking care of my home and family and various church activities. One of my more unusual hobbies is growing peppermint and lavender and I hope by next year to be able to buy the equipment to extract my own peppermint and lavender essential oil. I am really excited to be working here at On My Own and am excited to be a part of this team.



**Mary Feldman: Receptionist**

My husband and I live in Sheldon, MO on a little farm where we raise beef cattle and have a kennel in which we raise miniature Australian Shepherds'. I have two sons and one step daughter, two granddaughters and one grandson. In March we will have our first great grandbaby. I have three sisters all of whom live in California. I am excited to be working at On My Own. As a person with disabilities working towards helping others to keep their independence is very rewarding and very near and dear to my heart. Everyone here has been great to work with. I am looking forward to helping the betterment of On My Own.



**On My Own, Inc. is losing two very valued employees. Brian Davis, Ramps and Home modification Specialist is leaving to explore other job opportunities. And Stacey Wilson, Community Relations has accepted a position at Crowder College. Both will be missed GREATLY!!!**

# FOOD FOR THOUGHT/TAKE TIME TO PONDER

By Linda Longstreth

## The Delusional Fantasies We Live With Each Day

By Leo Babauta

‘Most human beings spend 50 to 90 percent or more of their time in their imagination, living in fantasy.’ ~**Charlotte Joko Beck**

We fail at creating new habits because of fantasies.

We procrastinate because of fantasies.

We get frustrated with other people, with ourselves, because of fantasies.

We miss out on the wonder of the world because of fantasies.

We — all of us — live our lives in delusion most of the time. That might not seem true, but consider:

- 1) When you wake up and start thinking about what you’re going to do today, your plans aren’t really happening, but are all in your head.
- 2) When you fear the failure that might come when you tackle this big work task, and you procrastinate, it’s not failure that’s actually happening but it’s all in your head.
- 3) When someone does something that irritates you, this is because they aren’t acting as you think they should (they should be more considerate), but this “acting how you think they should” is not reality but an ideal you have, in your head. The frustration stems not from their actions but from how their actions differ from your fantasies.
- 4) When you start out with a new habit (let’s say exercise), you are motivated by a fantasy of what your life will be like when you create the habit ... but that’s not real. When the reality of the habit happens, it never matches up with your fantasy. It’s often harder, sloppier. Less idealized. And so you quit.
- 5) When you move through your home or office, your mind is not on the action of walking and the things around you, but elsewhere. In fantasy.
- 6) When you eat, you’re not paying attention to the food most of the time. Your mind is somewhere else, in fantasy.
- 7) When you talk to someone, you aren’t focused on what they’re saying, but thinking of what you’re going to say, or thinking about something else.

Of course, some of the time we’re here in the present moment, but it’s probably less than you think.

The fantasies take up most of our time, and they are not usually helpful. They cause us to fear, to procrastinate, to become angry, disappointed, to quit. Instead, try this: let go of the fantasy and pay attention to this actual moment. See it for what it is, not what you’d like it to be. Accept it exactly as it is, warts and all.

Move through the day practicing this ‘seeing things as they are’. Do your work without thinking about the fear of your failure fantasy, or what might happen in the future, or how hard this work is going to be ... and just do it, in the present moment. Do your new habit (exercise, meditation, healthy eating) in the present moment, seeing it for what it is, not how it measures up to your fantasy of what it should be, not how it will be hard in the future, but as it is. See other people for what they are, and accept them without judgment, strangers included, warts and all. We can fantasize all we want, but the fantasy never happens. This present reality is all we got. Let’s learn to love it.

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



**For more information or to make  
an appointment, contact:**  
**New Beginnings Behavioral Health**  
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**~David Burns, Intimate connections**