



## Community Connections

### Main Office:

428 E. Highland Ave.  
Nevada, MO 64772

### PHONE:

(417) 667-7007 Voice/TDD  
(800) 362-8852

### FAX:

(417) 667-6262

### Collins Branch Office:

1301 DeLaPorte  
PO Box 211 (mailing)  
Collins, MO 64738

### PHONE:

(417) 275-1115 Voice/TDD  
(877) 275-2815

### FAX:

(417) 275-1113

### We're on the Web!

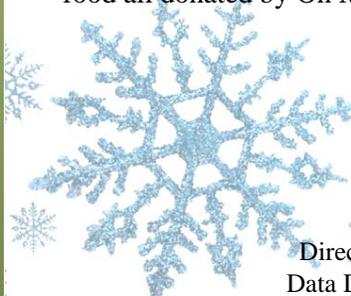
See our monthly event  
calendar at:

[www.omoinc.org](http://www.omoinc.org)

 like us Facebook

## OMO Adopted a Family for Christmas

On My Own, Inc. adopted Jennifer Bailey and her 3 children for Christmas in 2015 from Community Outreach in Nevada, MO. We are hoping they had a Merry Christmas after receiving gifts for the children, bedding and food all donated by On My Own and staff.



Pictured here is Jennifer Bailey with Executive Director, Jennifer Gundy and Data Director, Chris McCarty, when they brought donated items to her house.



## Lights at the Lake

On My Own participated in the Lights at the Lake in Nevada, MO on December 11<sup>th</sup>. There were many people out that evening enjoying the lights and showing their support. **OMO raised \$246** from donations half of which will go toward helping people with disabilities and the other half goes back to the City of Nevada.



## OMO Services and Benefits

OMO strives to provide the best possible customer service and support for our consumers and the community. Below is a list of services we can provide and the benefits of being an On My Own client or consumer.

*"I would probably be  
in a nursing home  
without On My  
Own"*  
- E. Nichols

- In Home Services
- Nursing Care
- Consumer Directed Services
- Information and Referral
- Advocacy
- Peer Counseling
- Independent Living Skills Training
- Transitions
- Home Modifications
- Ramps
- Assistive Equipment Loans
- Adaptive Telephones
- Air Conditioner Loan Program
- 911 Emergency Dialers
- Community Advocates
- ADA assessments
- Support Groups
- Monthly Social Activities
- Library of Educational Materials
- Disability Awareness Presentations
- Scholarship Program
- Payee Program
- Budgeting Skills Training
- RESPECT Institute

In addition to these services, there are also a couple of area businesses that will give discounts to consumers of On My Own. Call these businesses for more information.

- DB Disposal (Trash service) - 417-876-4746
- Highley Tire Center – 417-667-6134

*If your business would like to offer similar discounts, please contact Tara Prince at 417-667-7007 ext. 46.*

## Moving to a different county?

If you move out of our 5 county area, but still want to receive services from an Independent Living Center, call our office to find out which center serves your area. Here are a few and the counties they provide services to:

- The Independent Living Center, Joplin, MO – Barton, Dade, Jasper, Newton, McDonald and Barry
- The Whole Person, Kansas City, MO – Cass, Jackson, Clay and Platte
- West-Central Independent Living Solutions – Henry, Benton, Johnson, Pettis, Lafayette, Saline

## Social Events at OMO

BINGO – 2<sup>nd</sup> Friday and 4<sup>th</sup> Tuesday monthly from 1:00-3:00pm

Parent Support Group – 4<sup>th</sup> Thursday monthly from 6:00-7:30pm

Cancer Support Group – 2<sup>nd</sup> & 4<sup>th</sup> Wednesday from 2:00-3:00pm

Easter Seals Autism Group – 3<sup>rd</sup> Wednesday monthly 2:30-7:00pm – various ages  
(Call 800-420-7410 or 417-667-7007 ext. 42 to register)



## Circuit Breaker Program at OMO

**On My Own** is doing the Missouri Property Tax Credit or Circuit Breaker this year for 2015 taxes. The Missouri Property Tax Credit Claim is a program that allows certain senior citizens and 100 percent disabled individuals to apply for a credit based on the real estate taxes or rent they have paid for the year. The credit is for a maximum of \$750.00 for renters and \$1,100.00 for owners. The actual credit is based on amount paid and total household income, taxable and nontaxable.

### Qualifications for Home Owners; owned and occupied the entire year:

- Maximum income level of \$30,000 for single and \$34,000 for married filing joint.
- You must have been in the home for the entire year you are filing for
- You must be 65 years of age or older as of December 31<sup>st</sup>, 2015 OR you or your spouse are 100 percent disabled OR you were 60 years of age or older as of December 31<sup>st</sup>, 2015 and are receiving surviving spouse social security benefits.

### Qualifications for Renters / Part Year Owners:

- Maximum income level of \$27,500 for single and \$29,500 or less for married filing joint
- If you rent from a facility that does not pay property taxes, you are not eligible for a Property Tax Credit.
- You must be 65 years of age or older as of December 31<sup>st</sup>, 2015 or you or your spouse are 100 percent disabled or you were 60 years of age or older as of December 31<sup>st</sup>, 2015 and are receiving surviving spouse social security benefits.

For more information and for assistance with your filing call 417-667-7007.

You can also visit <http://dor.mo.gov/personal/ptc/> for more information.

## Filing your taxes for a discount

**G&L Bookkeeping in Nevada, MO** is offering a VITA program to file taxes free of cost to persons who are disabled, elderly or on low income.

If you prefer to file electronically you will need to bring banking information for direct deposit.

For any questions on what to bring or to make an appointment call Gale Agee at 417-667-5851

**Linda Honeyfield in Collins, MO** offers discounted filing based on your income. Call her for an appointment and more information at 417-428-3282.

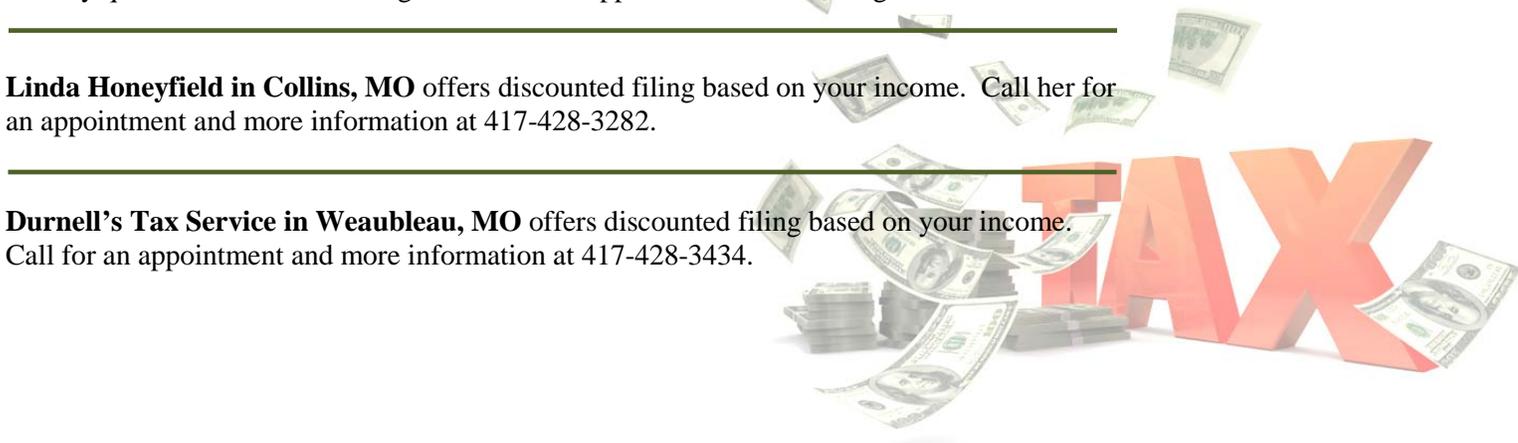
**Durnell's Tax Service in Weaubleau, MO** offers discounted filing based on your income. Call for an appointment and more information at 417-428-3434.

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*"Linda did a good job with my rebate and it was very helpful."*

- L. Painter

*On My Own completed over 80 Circuit Breakers last year.*



## Fresh Start for the New Year from the Office Manager

### 6 Organizing Resolutions

#### **Quarterly Technical Tip:**

from the Director of  
Finance

*If you are needing  
to magnify  
something and  
don't have a  
magnifying glass,  
take a picture of it  
on your cell phone  
and zoom in.*

1. Downsize – For every new item you get, get rid of 1 old item.
2. Label – Label every box or bag that you stash in storage this year. Apply the same strategy throughout the house, starting with closets and drawers.
3. Resolve to have a cleaner, neater home – Now that you have de-cluttered and organized, cleaning should be a breeze. Start a new cleaning routine (i.e. laundry on Mondays, bathrooms on Tuesdays, trash and Sundays, etc..)
4. Resolve to save money – Write down essential expenses and bills then figure out how much you have for luxuries. Write down some goals if you want to save for something a little more expensive and put small amounts away at a time.
5. Resolve to take care of yourself – Don't forget to take time for yourself. You won't be any good to anyone if you don't take time to relax and enjoy life.
6. Resolve to be the best you can be - If you have accomplished resolutions 1 through 5, this one takes care of itself. If you find time to be good to yourself, you will find the time, energy and patience to be good to your loved ones. One just flows from the other.

But you can't go directly to Resolution No. 6, unfortunately. These resolutions are like building blocks. If the bottom layer is unstable, you can't build on top of it.

So take a deep breath and decide to start fresh with No. 1. Don't expect to finish the resolutions in a day, week or even a month. This is a continuous process that will provide ample rewards in the year ahead.

Happy Organized New Year!

## Staying Active this Winter

### Low-Impact Exercises as you age from WebMD

#### 1. Seated Hamstring Stretch

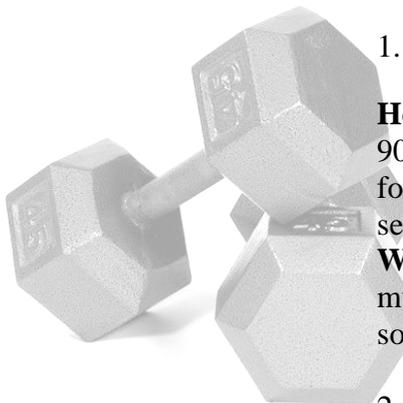
**How to Do It:** Sit in a chair. Place one foot flat on the ground with the knee at a 90-degree angle. Extend your other leg straight out with the foot flexed. Reach forward toward the flexed foot to stretch your hamstring. Hold for 30 to 60 seconds, and then repeat with the other leg.

**Why it's good for you:** Keeping your hamstring flexible is important because the muscle connects down to the knee and up to the hip joint. Tight hamstrings can sometimes cause lower back pain, too.

#### 2. Speed Drill

**How to Do It:** Make a ladder design on the floor using chalk or tape. Walk through the "steps" of the ladder. Put one foot in a square, and then bring the other leg into the same square. Keep going until you reach the end of the ladder.

**Why it's good for you:** It builds your balance and agility.



## Community Advocates Group

OMO's Community Advocates are a group of people that bring awareness and education concerning Americans with Disabilities Act (ADA) guidelines and regulations to our communities.

The Internal Revenue Service (IRS) has assistance for small businesses who comply with the ADA regulations. This Disabled Access Credit, IRS Code 44, is for businesses with 30 or fewer full-time employees or with total revenues of \$1 million or less in the previous tax year. Eligible expenses may include the cost of undertaking barrier removal and alternations to improve accessibility, provide sign-language interpreters, or making material available in accessible formats such as Braille, audiotape or large print.

Section 190 of the IRS Code provides a tax deduction for businesses of all sizes for costs incurred in removing architectural barriers in existing facilities or alterations. The maximum deduction is \$15,000 per year

In the near future this group is going to provide business education classes on ADA Accessibility at the office in Nevada. For more information call Jill Jenkins at 417-667-7007 x42.

### *Did you know?*

*Accessibility attracts not only people with disabilities but also their families and friends. This market is growing fast.*

*The US Census Bureau reported over 57 million people have disabilities in the United States alone.*



Pictured here is our Community Advocates group with World Finance Corporation employees. World Finance in Nevada, MO recently made their office ADA Accessible.

Community Advocates are also working in conjunction with Healthy Nevada to make their raised garden bed into a covered bed for growing a winter garden. Last summer a significant amount of produce raised in this bed was donated to Community Outreach. They are working towards having an accessible greenhouse in the future as well.



## RESPECT Speakers in Southwest Missouri

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*“Tell me a fact,  
and I’ll learn.  
Tell me a truth,  
and I’ll believe.  
But tell me a  
story... and it will  
live in my heart  
forever.”*

- *Unknown  
author*

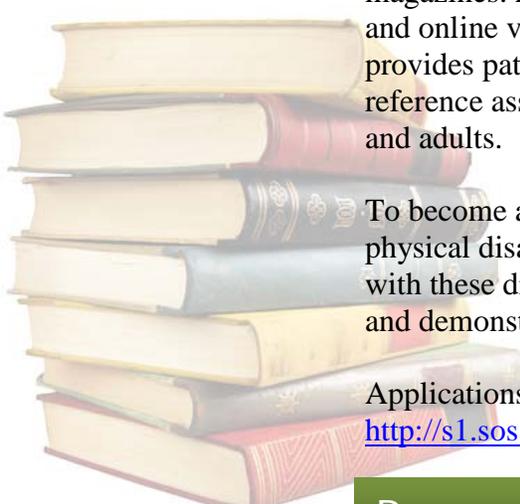
RESPECT Speakers learn through the RESPECT Institute, an intense 4-day training, to organize their experiences living with a physical/mental disability into a short presentation to share with others. Their stories are not only powerful and inspiring, but also to educate the community and help fight stigma that exists regarding disability.

RESPECT stands for Responsive, Encouraging, Sensitive, Perceptive, Empowering, Caring, Thoughtful.

The RESPECT speakers of Southwest Missouri have a few speaking engagements at various locations in the coming months. They speak to a variety of venues including schools, health care facilities, first responders, city workers and civic clubs and organizations.

If you would like your business or group to hear our RESPECT speakers, please call Tim Boyd at 417-667-7007 ext. 44.

## Wolfner Library Resources



The Wolfner Talking Book and Braille Library in Jefferson City serves Missouri children and adults with visual and physical disabilities. Besides offering fiction and nonfiction Braille and audio books, Wolfner Library provides patrons with talking book players, large print books, print/Braille games, descriptive DVDs and audio magazines. Audio books are available both on audio cartridge from Wolfner Library and online via BARD (Braille and Audio Reading Download). Wolfner Library also provides patrons with a range of services including reader advisory, youth services, reference assistance, accessible newspapers and library programming for both children and adults.

To become a patron of Wolfner Library, an individual must have a qualifying visual or physical disability as described in the application. Institutions that serve individuals with these disabilities are eligible for an institutional membership to assist their clients and demonstrate Wolfner Library services to prospective patrons.

Applications can be obtained by calling (800) 392-2614 or located online at <http://s1.sos.mo.gov/wolfner/publications/applications>.

## Resources for the Vision Impaired

OMO’s Services for Independent Living department has annual calendars available for anyone who is visually impaired. Call ahead to pick one up today at 417-667-7007, and ask for Susan.

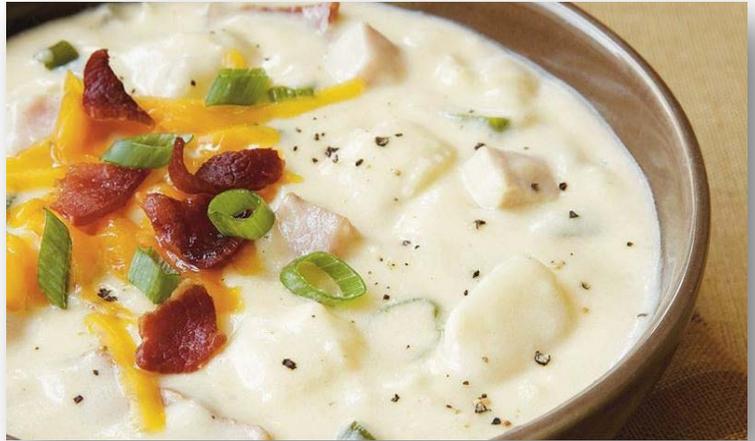
OMO also has a Merlin Desktop Electronic Magnifier for people with low vision. The Merlin lets people with low vision, macular degeneration, retinitis pigmentosa, glaucoma and cataracts read, write and regain their visual independence. You can visit our Nevada office to use this machine during our regular business hours.

If you have a vision impairment and need some resources, call Susan Maples at 417-667-7007 ext. 12 for more information.

## Potato Soup Recipe by Mary Feldmann

### Ingredients

- 1 – 20 oz bag of Potatoes, diced
- 6 oz Bacon, Chopped (can substitute bacon bits)
- 3 medium Onions, diced
- 2 tbsp. Butter
- 1 – 10 ¾ oz. can of Cream of Chicken Soup
- 6 cups Chicken Broth
- 2 cans of Corn (optional)
- 2 cups Half and Half
- Salt and Pepper to taste



### Directions

- In large stockpot over medium-high heat, cook the bacon until crisp (about 5 minutes). Remove bacon and set aside.
- Reduce the heat; add the onions and butter then cook 10 minutes until onions are translucent.
- Add Cream of Chicken soup, stir well.
- Add chicken stock, half and half, diced potatoes and corn; cook 10 minutes until everything is hot.
- Season with salt and pepper and serve warm.

### Optional toppings:

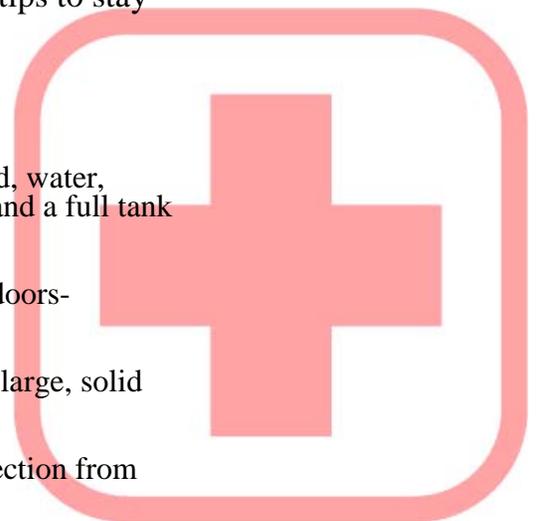
- Sour Cream
- Cheddar Cheese
- Green onions

## Inclement Weather

Tornados can start as early as March in the spring, so here are some tips to stay safe this Tornado season:

### **Safety Tips**

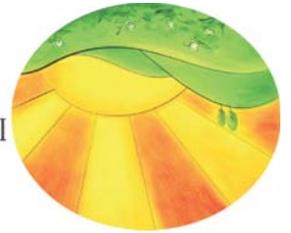
- Prepare for tornadoes by gathering emergency supplies including food, water, medications, batteries, flashlights, important documents, road maps, and a full tank of gasoline.
- When a tornado approaches, anyone in its path should take shelter indoors—preferably in a basement or an interior first-floor room or hallway.
- Avoid windows and seek additional protection by getting underneath large, solid pieces of furniture.
- Avoid automobiles and mobile homes, which provide almost no protection from tornadoes.
- Those caught outside should lie flat in a depression or on other low ground and wait for the storm to pass.



***Come see us at the Nevada Home & Leisure Show on Friday, March 18<sup>th</sup>, from 5:00 p.m. to 8:30 p.m. and Saturday, March 19<sup>th</sup>, from 9:00 a.m. to 2:00 p.m at the Nevada Middle School***

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(417)-448-3677

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### Nevada Medical Clinic

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