

OCCK Inc. Spotlight

OCCK has joined with KU Alzheimer's Disease Center

OCCK has joined KU Alzheimer's Disease Center (The University of Kansas Medical Center) to participate in and offer to North Central Kansas counties the Reducing Disability in Alzheimer's Dementia or RDAD. RDAD is an in-home program supporting caregivers and providing mobility techniques to improve the overall health of the person cared for.

According to the Alzheimer's Association there is an estimated 5.2 million Americans that have Alzheimer's and there is currently no proven treatment to prevent, cure or slow the disease. By 2025 it is expected that 7.1 million people will be affected by the disease. The likelihood of developing Alzheimer's disease for adults with Down syndrome is 50% or more.

There is hope; in 2011 the KU Alzheimer's Disease Center was launched with an initial grant from the National Institute on Aging and this grant was renewed in 2016. Over 100 investigators are working on new ways to fight the disease.

As part of the RDAD grant collaborative with KU, funded in part by a grant from the US Department of Health and Human Services Administration on Community Living; OCCK is able to provide the RDAD in home support program to North Central Kansas as part of OCCK's ongoing commitment to all people with disabilities and the communities they live in.

Who can participate?

- People with significant memory problems due to dementia or anyone with an intellectual/developmental disability who has or may be at risk for dementia and their caregivers.

What does participation include?

- Having a trained professional come to your home for 5 or more visits and 2-3 phone calls depending on caregiver needs. The home visits last about an hour and the phone call 5-10 minutes.
- The trained professional will work with the caregiver and the person they care for to improve challenging situations. Caregivers may be informal family supports, spouses or paid supports.
- Participants will be loaned a computer tablet with instruction videos that lead them through light mobility activities.
- Caregivers will be asked to complete 3 surveys about the sessions.

How do I get more information, or ask to participate?

- You can call OCCK Inc. directly at 800-526-9731 and ask for Susan Sprague. Or you can email a request on our website at www.occk.com.



Jane Doverspike and Joleen Jay participate in RDAD along with OCCK caregiver Cynthia Ortman

It is always fun to hear first-hand what participants in RDAD have to say.... Jane shared that the exercises helped to make her legs stronger; Joleen agreed with this statement and added that she has enjoyed doing the exercise and feels better.

The caregiver and participants are encouraged to complete exercises 3 days per week, skipping a day in between. Exercises include strengthening, balance, endurance and flexibility.

Cynthia Ortman is part of OCCK's residential care staff and was the primary caregiver working with both Joleen and Jane. When asked about her experience as a participant in RDAD and challenges faced by caregivers of individuals with Alzheimer's, she said that the information and encouragement provided through the RDAD intervention was helpful. In response to the possibility of reducing disability in Alzheimer's disease, Cynthia states, "When they tell you something is possible.... Go for it and help to make it happen!"

OCCK Welcomes Director of Transportation

OCCK, Inc. is proud to appoint Michelle Griffin as the new Director of the Transportation Department, effective June 4, 2018.



“OCCK is fortunate to have an exceedingly qualified individual from within its ranks to serve as the Director of the Department of Transportation,” said Patrick Wallerius, Vice President/CFO of OCCK, Inc.

Griffin served as the Mobility Manager for the North Central Kansas Coordinated Transit District for the past two years and was instrumental in the creation of the 81 Connection regional route from Belleville to Salina, as well as the development of the Kansas Rides website.

“Over the last 2 years, I am most proud of my efforts to collaborate with public transportation providers and continue conversations in the region that helped us to start the new 81 Connection fixed route. This additional service provides a smart and innovative solution that improves the existing services. Because

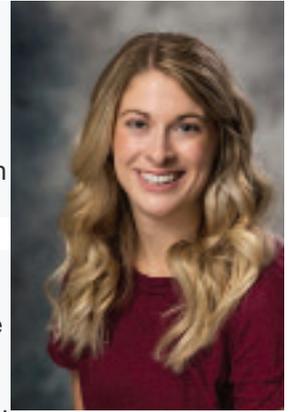
of what we have done, general public transportation has become more efficient and a greater number of people are being served through this provider coordination. I look forward to inspiring continued teamwork and leading OCCK’s Transportation department into the future,” said Griffin.

Griffin was born and raised in Saline County and only lived away from the area when she obtained her Bachelor of Science in Business from Kansas State University, Manhattan. She was excited to move back to the Salina to what she has always considered her home. In addition to her bachelor’s degree, Griffin also has a Master’s Degree in Counseling and Student Development, also from Kansas State University.

She and her husband, Scott, who works full time for the Kansas National Guard, have been married 22 years and have five children. The Director of Transportation position is a new role in the company.

New Mobility Manager Hired

OCCK Transportation announces that Claire Mullen is the new Mobility Manager for north central Kansas.



Mullen, originally from Hays, has 5 years’ experience in management and sales. She previously worked for Alliance Monitoring Technologies, L.L.C., and In The Bag Cleaners, both of Wichita.

Mullen will work within the north-central Kansas counties of Saline, Ellsworth, Lincoln, Ottawa, Mitchell, Cloud, Republic, and Jewell to identify and close gaps in transportation services, as well as help facilitate agreements and relationships between transportation providers, major employment and medical providers and cities and counties.

“Michelle Griffin has laid a remarkable foundation as Mobility Manager before being promoted to Transportation Director of OCCK,” Mullen said. “I am looking forward to continuing to grow what is already put in place and working to further improve the transportation services of north-central Kansas. There are several gaps in transportation services but there is so much potential to meet those needs.”

Mobility management is a joint project between the member transportation agencies in the eight-county region and the Kansas Department of Transportation. For more information about OCCK Transportation, visit www.OCCK.org.

Shelia Nelson-Stout, *President/CEO*
Jan Pfannenstiel, *Editor*

A community partner
strengthening the quality of life
and independence of persons
with disabilities since 1970

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Interhab Outstanding Service Achievement Award Presented to Margaret Collins

The 2018 Interhab Outstanding Service Achievement Award was awarded to Margaret Collins. Margaret has been employed for the past 23 years as a supported community living direct support professional and is currently a team leader in Beloit. Not only does Margaret provide support for the Beloit region but she has also been helping in the Abilene region by providing supervisory support to living and day service staff.

Independence is one of OCCK's values, and Margaret feels it is her job role to challenge and encourage individuals to become more independent. She was instrumental in helping an individual move from a nursing home, into a community supported living location and then into living independently in her own apartment.

Another important part of Margaret's job is to assist people in becoming active members of the community. She feels it is important to work on an individualized basis to help people develop friendships, leisure activities, and attend community activities of their choice.

One of Margaret's greatest strengths is building positive relationships with individuals, families, and peers. She feels the positive relationship her team has developed ensures quality services are being provided to the individuals we serve.

Margaret has been involved with many different special teams and projects.

Margaret also has an impressive and extensive list of credentials that help to make her the wonderful and knowledgeable staff person that she is today. These credentials include:

- Butler Community College on the Direct Support Professional Course
- National Association for Direct Support Professional Frontline Supervisor Credential
- Crisis Prevention Invention Instructor
- Certified to teach First Aid/CPR from both the Heart Association and the National Security Council.

Margaret has a desk full of positive and encouraging words, but one in particular sticks out to us as encapsulating Margaret's attitude. It states "Stay positive, work hard and make it happen". Margaret truly exemplifies these words each and every day. We would like to thank Margaret for all of her hard work and for "making it happen" at OCCK.



Chad Vohen, Interhab Executive Committee President, Margaret Collins and Tim Graham, Interhab Interim Executive Director

OCCK Participates in Agency Fair

September 26th our agency participated in the 5th annual CKCIE Agency Fair organized by Central Kansas Cooperative in Education (CKCIE) at 409 W. Cloud in Salina. This event is held to provide information about disability services available in the community. The goal is to reach as many families as possible to educate them about services available to their children, infants through adulthood.

The format was an open house this year where each agency spoke about their

services and participants could visit booths any time between 6:00pm and 8:00pm. Along with OCCK, the following agencies also participated: Kansas Rehabilitation Services, DCF Working Healthy and Pre-ETS, all from DCF. Others included Project Search at Salina Regional Health Center, Independent Connection, CAPS program and Choices Network. Shanna Sowers represented OCCK this year.



Shanna Sowers, Workforce Solutions Director

Customer & Business Service Awards

Personal Growth

On October 9 the Annual Employment Awards celebration was held at the Rolling Hills Conference Center. Twenty-seven customers received awards for 3, 5, 10, 15, 20, 25, 30, 35, 40, and 45 years of employment service. Customers and their families enjoyed a PowerPoint presentation spotlighting their achievements and received a gift that they had previously chosen for their length of service.

Awards presented this year included Achievement in the Workplace, Personal Growth, Leadership, Outstanding Business, and Community Improvement. Staff submitted nominations to the board of directors who chose the recipients.

Personal Growth awards were presented to Charles Ayers, Kevin Donmyer, Janelle Hass, Tammy Jensen, and Brandon Snavely. Achievement in the Workplace award was given to Andrew Maynard. Leadership award was presented to

Tacita Slay. Community Improvement awards were presented to the City of Concordia Police Department, Cloud County Sheriff's Department, City of Concordia Fire and EMS, and Jewell, Lincoln, and Mitchell Collaborative Transition Council.

This year's Outstanding Business awards went to Hilltop Retirement Community, Beloit and Salina Family YMCA. These businesses received their awards because they had demonstrated notable and continued support of individuals with disabilities.

Congratulations to all of our customers and partners for their employment achievements.



Charlie Ayers, Shelia Nelson-Stout, President/CEO, and James Quillen, Vice President of I/DD Services

Achievement in the Workplace



Andrew Maynard

Leadership



Tacita Slay



Brandon Snavely

Awards Banquet Celebrated

rowth



Tammy Jensen



Kevin Donmyer



Janelle Hass

Outstanding Business Awards

Hilltop Retirement Community, Beloit



Barb Wise, Beloit Regional Manager, Carl Noyes, Administrator, Brad Heidrick, CEO, and Diana Wolters, Assistant Administrator, Elzie Cunningham, Direct Support Professional

Salina Family YMCA



Angela Lassley, Salina Family YMCA, Shanna Sowers, Workforce Solutions Director, Shelia Nelson-Stout, President/CEO, and James Quillen, Vice President of I/DD Services

Community Improvement Award



Ken Davis, Concordia Sheriff Deputy, Shelia Nelson-Stout, President/CEO, James Quillen, VP/IDD Services and Jeffrey Sacco, Concordia Police Department



Back Row: Charlene Ruppert, Pawnee Mental Health, Darsey Offutt, NCKTC Resource Coordinator, Kathy Webster volunteer, Becky Mcqueen, Transition Coordinator, **Front Row:** Kim Gengler Volunteer, Alicia Thomas, OCCK, Peg Bohnert, volunteer, and Barb Wise, OCCK

Success Stories

J.D. Parks

LeRoy "JD" Parks has gained employment at McDonalds. JD works in the lobby, where he completes several cleaning tasks. JD completed a work experience at the Majestic Theatre, in which he gained several months of real work experience. Workforce Solutions has assisted JD with interview preparation, application assistance, learning work tasks, on the job training and increasing his workplace interpersonal skills. JD is doing an amazing job in his new role. JD is excited to be working and for his new found independence.



Luke Trigg

Luke Trigg is a recent graduate of the Project SEARCH program at Salina Regional Health Center where he completed an internship to build employment skills and gain workplace experience. After graduation Workforce Solutions assisted Luke with his employment search. Luke became employed with Wal-Mart as a stocker recently and his excited about his new role. Workforce Solutions continues to support Luke's employment through follow along services. Luke's employer has provided positive feedback and is very happy with Luke's progress. Luke will also be attending school at Kansas State University Polytechnic Campus where he hopes to acquire a degree in digital media. Congratulations Luke on your many

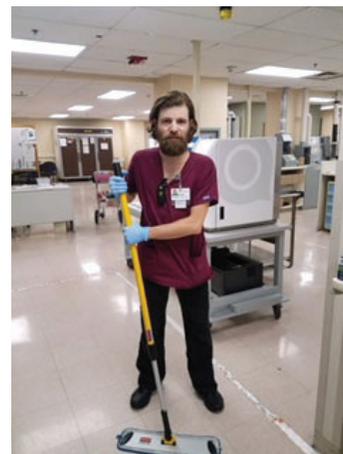


Jennifer Gavin

Jennifer Gavin was referred to Workforce Solutions through the EDK program. Jennifer has completed a work experience at Goodwill Industries where she gained additional workplace skills. Jennifer is now working at the YMCA as a Janitor part time. Workforce Solutions has helped to negotiate employment offers, on-site job coaching services, job preparation skills and follow along services to assist with Jennifer's stability. Jennifer is excited about her role at the YMCA and looks forward to continue working there. Congrats Jennifer!



Employee of the Quarter



Jarrod Rathbun

Workforce Solutions has worked with Jarrod twice in the last 4 years to further his career. Jarrod initially secured employment with their help at Long McArthur working in the detail department. After working there for nearly 4 years, Jarrod was ready for a change. Jarrod underwent the Job Prep program to enhance his job development and interview skills and was ready to go. Jarrod applied, completed a phone interview, video interview, and in person interview with Salina Regional Health Center in the Environmental Services Department. Jarrod secured a full time position, with full benefits with a wage higher than he has ever earned before. He is now able to completely cover all of his bills and rent on his own without help from his parents for the first time. Congrats Jarrod on your hard work and success.



InMyHome provides in-home services that support your choice to stay in your home and community. **Home care** is our state licensed agency that offers services for people of your community who need assistance with personal care, homemaking, companionship, and/or transitional living skills to maintain their personal independent lifestyle in a safe home environment. **Home Health** is our Medicare certified and accredited agency that offers skilled services guided by the person and their physician while recovering from a serious illness, struggling with a chronic illness, and/or following an injury or a complicated surgery. For more information, please call 785-823-2025.

Employers of the Quarter

Spangles
ResCare-Great Bend
Dillons Stores
Popeye's
USD 428
JR's Café – St. John
Happy Hearts Preschool
Subway
Kansas State University
Wal-Mart
Kristy's Family Restaurant, Concordia
Russell Stover
Key Management, Junction City
Cloud County Community College, Concordia
Aladdin Food Service – K-State Polytechnic
Holiday Inn Express, Concordia
Professional Transportation, Inc.
YMCA
Heavy's BBQ Restaurant, Concordia
Goodwill, Great Bend

911 Memorial Tribute celebrated in Concordia

On September 11, OCCK provided water and walked with the Concordia Fire Department as they walked the stairs of the Harold M. Clark Stadium in Concordia. For the past three years the local fire department has done this walk in memory of their brothers lost on September 11, 2001 in the World Trade Centers. The firefighters walk 2,226 steps which is equivalent to the number of stairs in one of the World Trade Center Towers, which is 110 floors. There were 343 firefighters lost to the tragedy that day 17 years ago. The Concordia firefighters do their memorial walk in full gear. Their gear weighs in at 80-100 pounds with a 30 pound air tank. This is the first year that water has been provided and distributed. It is also the first year that members



of the community have joined the firefighters on their memorial walk. We would like to thank the Concordia Fire Department for their memorial for those lost on September 1, 2001 and for their dedicated service to our community.

Contributors

OCCK continues to receive gifts of service, products, consultations, and funds from individuals, businesses, and groups. We are grateful for your confidence and support.

Cloud Cover, LLC
Larry & Sue Geiger, Salina
Roger Miles, Salina
Kayla Sicad, Concordia
Laua Krier, Concordia
David, Baker, Salina

Kathy Drury Memorial

Jerry & Rose Boehm, Lees Summit, MO
M. Neil & Jane McCaddon, Clifton
Michael & Brandi Hake, Concordia
Janice Ostrom, Salina
Roger's Electric & Plumbing, Concordia
Michael & Connie Tholstrup, Concordia
Gerald & Pamela Campbell, Concordia
John & Marylu Fellows, Concordia
Sharon Fuller, Concordia
Denise Hinson, Wichita
Greg Haddad, St. Petersburg, FL

Philip Estok Memorial

Marion Eklund, Lindsborg
Kimberly Bird, Salina
Leaann Seim, Salina

John & Nancy Bowden
Marisa Mondt, Salina
Walden, Ruth & Mark Peterson, Lindsborg
Tom & MNissy Hager, Salina
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J.L. & Lloyd Haukom, Lindsborg
Chris & Dolores Stevens, Lindsborg
Heidi & Mike Loomis, Lindsborg

Rodger Jolly Memorial

Paul & Naomi Gebhart, Salina
Barbara Adams Trust, Salina

John Rodgers Memorial

Joyce Fent & Stephan White, Salina
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Abbie Nestler, Overland Park, KS
Michael & Beverly Davis, Salina
D.E. & C.J. Stucky, Moundridge
L.A. & Elaine Nestler, New Cambria
John & Nancy Bowden, Salina
Ann Morris, Goddard
Jean Dress, Salina

In Honor of Diana Bowen

Ann Branden, Lawrence

A colorful poster for 'CityGo's Birthday Bash'. The top features a banner with orange, white, and green triangles. Below the banner, the text reads 'Cheers to 10 Years' in large, stylized letters. Underneath, it says 'CityGo's Birthday Bash' in a script font. The event details are listed: 'Saturday Nov 17 2018', '10:00 AM - 2:00 PM', '340 N. Santa Fe', and 'Bring your lawn chair!'. At the bottom, there are logos for CityGo and OCCK, and the slogan 'Be there!' in a white circle.



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Please contact Jan Pfannenstiel 827-9383 at ext. 148 if you have any questions.

Upcoming Events

October

October 1 Brain Injury Support Group
1710 W. Schilling Rd, Salina
4:30 p.m.

November

Nov. 5 Brain Injury Support Group
1710 W. Schilling Rd, Salina
4:30 p.m.

December

Dec. 3 Brain Injury Support Group
1710 W. Schilling Rd, Salina
4:30 p.m.

Alternate Formats

Spotlight and all other printed material produced by OCCK, Inc. are available in large type, electronically, or alternative languages. Please let us know if you'd like to receive this newsletter or any other document in one of these alternate formats. Call us at 785/827-9383 or 1-800-526-9731.