

OCCK Inc. Spotlight

Board of Directors

Jane Foltz, Chairperson
Jon Starks, Vice-Chairperson
Gina McDonald, Past Chairperson
Julie Lemons, Treasurer
Steve Phillips, Secretary
Barb Wise
Lance Gustin
Dusty Moshier, Ex-Officio

Executive Staff

Shelia Nelson-Stout, President/ CEO
Patrick Wallerius, VP/CFO
Susan Sprague, VP
Kendra Krier, VP
Mieke Hoeffner, VP

Editor

Janae Cramer

Alternate Formats

Spotlight and all other printed materials produced by OCCK, Inc. are available in alternative formats. Please let us know if you'd like to receive this newsletter or other documents in one of these formats. Call us at 785-827-9383 or 1-800-526-9731.

Board Member Retires

Sherri Barragree retired in 2022 as a Board Member for OCCK.

wish her well as she enjoys her family and retirement.

Sherri joined the Board in December, 2002.

Sherri brought many years of experience as a County Commissioner and a community leader.

Sherri believed in the mission of community services so people could be successful as a part of their chosen communities.

She was thoughtful and strategic in her leadership as a Board Member.

The OCCK Board and staff are grateful for Sherri's leadership and



follow us
ON SOCIAL MEDIA



@OCCKINC



@OCCK_INC



@OCCK_INC

Vice President of Rural Services & Outreach

OCCK is pleased to announce Kendra Krier as Vice President of Rural Services and Outreach.

Kendra began her career at OCCK as a Direct Services Professional. During her 15 year career, she has been a Supervisor, Coordinator and Director of Services.

Kendra has her Associates in Arts and Science, and is finishing her Bachelor's Degree with an Emphasis in Leadership Studies and Business.

Kendra has led a variety of services for children and adults that OCCK serves. Kendra is a strong advocate to advocate to make rural services strong at a statewide level in Kansas, as well as at a local level.

We are excited to watch Kendra lead OCCK to higher levels of service in the coming years.

Please join us in congratulating Kendra on her achievements.



Successful Transition

Do you or a family member want to move from a nursing home, hospital, or any type of institutional facility into your own home? Are you unsure of what supports you need to make that move? There's no place like home! OCCK, Inc. can help you make the transition from a facility to your home.



Pictured is Irene Sell Transition Specialist, Maria, and her guardian.

Maria successfully transitioned from a nursing home and she is very excited to be living in the community. She is delighted to have a kitchen and all new items that are all for her!

How we can help you or someone you know:

We believe every person can benefit from living where they choose to live. Our job is to figure out how to make that possible by tapping into community resources and supports. OCCK can support your transition to your home and community by assisting you to:

- Find accessible and/or low-income housing.
- Obtain furnishings and household items.
- Find financial support for housing deposits and other items.
- Find community supports.
- Help to establish in-home supports.
- Access technology you need.
- Navigate health systems.
- And more....

Just call us at 785-827-9383 and ask for Yesica Swenson.

Tips for Keeping People Safe at Home As They Age

Various definitions describe the desire of older adults to remain in their homes and communities as they age. In my opinion, the US Center for Disease Control and Prevention has the best one: aging in place is the ability to live in one's own home and community safely, independently, and comfortably, regardless of age, income, or ability level.

A study by the National Conference of State Legislatures and the AARP Public Policy Institute found that 90% of people want to stay in their own homes as they age. Because of this preference, families, communities, and organizations like OCCK must promote natural support to respect seniors' decisions.

The first step to aging in place is staying safe. The National Council on Aging reports that falls are the leading cause of fatal and nonfatal injuries for people aged 65 or older. Falls can result in hip fractures, broken bones, and head injuries. The good news about falls is that most are preventable with some planning. Here are some tips to reduce falls, along with other safety suggestions.

Throw Rugs

Issue: While they are pretty, throw rugs are not stable, so catching a toe under the edge can lead to a fall.

Solution: The safest course of action is to remove all throw rugs. The next best option is to tape the edges of the rug to the floor which will reduce this hazard without sacrificing style.

Best words to search to find a solution: carpet tape, double-sided tape

Bathroom Surfaces

Issue: Bathroom surfaces get slippery, and towel racks used as assistance can lead to falls.

Solution: To reduce slippery conditions, use non-slip rugs and bath mats. The

second step is to have a professional install grab bars. Grab bars provide the safest method of entering and exiting bathtubs and showers.

Best words to search to find a solution: non-slip bath rugs, non-slip bath mats, non-slip shower mats, and non-slip shower stickers

Grab Bars

Most people think grab bars are only used for bathtubs and showers. Not true. Strategically placed grab bars can assist people in lowering and getting up from the toilet. A good rule to follow with grab bars: If you frequently use it, then add a grab bar to stay safe. This could include grab bars in hallways, stairways, and kitchens.

Best words to search to find a solution: contractors near me, Moen grab bars, Kohler grab bars, or Delta grab bars

Lighting

Issue: As people age, eye muscles weaken, and pupil size decreases. This fact doesn't take into account cataracts, glaucoma, macular degeneration, diabetic retinopathy, and retinitis pigmentosa. Thus, poor lighting may make it challenging to see stairs, doorways, furniture, and other obstacles.

Solution: Install brighter motion sensor light bulbs in those poorly lit areas. Where necessary, add more lighting. A majority of seniors report increased lighting improved performance of activities of daily living, reading, and writing.

Best words to search to find a solution: indoor motion sensor light bulbs

Kitchen

Issue: Placing food, plates, cups, and glasses in high cupboards and forgetting to turn off the stove oven.

Solution: The easiest solution for high cupboards is to move items to lower levels. If you cannot move everything, at least, place heavier objects lower.

For lighter weight items, reachers, and foldable non-slip step ladders are two good options.

For stoves, keep a fire extinguisher next to the stove. Ensure smoke alarms are in working order. Set a reminder to check the stove after eating. An easier option is including a couple of microwavable meals in your diet.

A final option is an automatic stove shut-off. The downside of automatic stove shut-off devices is the expense. These devices range from \$125 to \$500.

Best words to search to find a solution: grabber, reacher, foldable ladder for kitchen, and automatic stove shut-off

You can make your or a loved one's home safer with some small measures. By making simple, commonsense changes, you or your loved one can live comfortably and safely in the home for years to come.

Other Assistive Technology to increase you or your family member's independence

Would you like to explore equipment that can improve you or your family member's home, school, work, or social environment?

Do you need a hospital bed or shower chair? Do you have used equipment you would like to donate?

The Solution Outreach Center at OCCK, Inc. is one of five Assistive Technology Access Sites in Kansas, which are part of the Assistive Technology for Kansans (ATK) Project.

If you have any questions about what you can do to safely age in place or any other questions about assistive technology, please call our Solution Outreach Center at 785-827-9383, ext. 210.

*Michael Daniels,
OCCK Assistive Technology Director*

Workforce Corner

Success Stories

Jayce began working with Cody in Workforce Solutions after completing the Project Search program at Salina Regional Health Center.



Jayce began his career in the cafeteria of Ellsworth High School in August 2022. Jayce's duties include washing dishes and tables, and serving food to the students and staff. Occasionally Jayce will assist the cooks in food preparation. Jayce has been supported by Workforce Solutions via job placement and job coaching.

Jayce graduated from Ellsworth high school in 2021. Jayce knows all the school faculty, and many of the students. Jayce says hello to almost every person that passes through the lunch line.

Jayce's favorite benefit of his position is that he receives a free lunch Monday

through Friday. Jayce also receives free admission to all USD 445 sporting events. Jayce loves his job and looks forward to going to work every day. Congratulations Jayce!

When **Amy** started working with Workforce Solutions, she had a goal of getting a job that allows her to help and assist individuals within the Salina community. Amy achieved this goal through employment at Kenwood View Health & Rehab as a Dietary Aid.

Amy prepares sandwiches and snack trays, refills drink stations, and assists with cleanup after meals. Amy's favorite part about her job is interacting with the residents, seeing them smile, and making their days just a little bit brighter.



Mary started working with Workforce Solutions while she lived in Concordia.

Mary had the goal for herself to relocate to Salina and gain employment upon moving. Mary was successful in moving to Salina and finding employment right away.



Mary is a courtesy clerk at Dillon's. As Mary is bagging groceries, she always has a smile on her face when she greets and serves the customers.

Mary's coworkers describe Mary as kind, cheerful, and friendly.

Workforce Solutions wishes Mary the best in her role.

EMPLOYERS OF THE QUARTER

SALINE COUNTY

- Olive Garden
- USD#305
- Arbor Court Retirement Community
- Dillons
- Russell's Restaurant
- Little Caesar's Pizza
- Lowe's Home Improvement
- Salina Veterinary Hospital
- Schlotzsky's Deli

- Advance Auto Parts
- Kohls Department Store
- McDonalds
- Marshalls
- Sam's Club
- Kenwood Cove Aquatic Park
- Kenwood View Healthcare

ELLSWORTH COUNTY

- OPAA Food Management

BARTON COUNTY

- Sutherland's Lumber Company
- Freedom Claims Management

RILEY COUNTY

- CSL Plasma
- Scenic Woods Apartments

SHAWNEE COUNTY

- Cascade Health Service

RECEIVING SOCIAL SECURITY BENEFITS & WANT TO WORK?



Scan For information



**Call Workforce Solutions at
(785) 827-9383 ext 176**

Social Security's Ticket to Work Program supports career development for people with disabilities who want to work. Social Security disability beneficiaries age 18 through 64 qualify. The Ticket Program is free and voluntary. The Ticket Program helps people with disabilities progress toward financial independence. Choosing to work can change your life. The Ticket to Work Program and Work Incentives allow you to keep your benefits while you explore employment, receive vocational support and gain work experience. If you are age 18 through 64 and receive Social Security Disability Insurance (SSDI) and/or Supplemental Security Income (SSI) you already qualify! To figure out if Ticket to Work may be right for you, visit www.ssa.gov/work.



**GIVE
BLOOD
GIVE LIFE**

**THURSDAY
MARCH 2ND
9 AM TO 3 P.M.**

***Call OCK to schedule an
appointment***

785-827-9383

Help save a life.

Schedule your
blood donation
appointment today.



Congratulations Retirees

Sharon Vajgrt contracted with OCCK, Inc. in Oct of 2014 to provide physical therapy supports to people receiving brain injury services.

In May of 2019, Sharon expanded her role to include PRN for home health InMyHome. Sharon attended team meetings and helped to teach others on positive progress towards individual goals.

It was often difficult to recruit home based physical therapy for rural



Lee Montgomery began working at OCCK as a mechanic in 2008.

He is a great mechanic who helped to keep our ever-growing fleet of vehicles safely ready to serve the public.

Lee enjoyed decorating for a holiday and would provide Transportation with festive creations that helped to enhance the shop. He especially enjoyed lighting up our busses each year for the Holiday Parade of Lights.



32nd Annual Employment Expo

The 32nd Annual Employment Expo was held on October 6th at the Tony's Pizza Events Center in Salina. The event was organized by Workforce Solutions, a division of OCCK.

This year's expo featured 52 booths with a wide range of employers looking to hire in healthcare, banking, foster care, manufacturing, home care, mental health services, disability services, law enforcement, employment services, animal services, food service, education, automotive, and human services.

Over 50 job seekers attended.

This year's event featured a live remote through 99KG. Employers

were able to promote their businesses and advertise current openings while live on the air.

KansasWorks mobile unit was available outside to assist job seekers with resumes, online applications, printing, and any other assistance needed to job seekers

attending the event.

Sponsors included: Tony's Pizza Events Center, KansasWorks, Eagle Communications, Salina Human Resource Management Association (SHRMA), Salina Area Chamber of Commerce, and Workforce Solutions of OCCK.



Ambucs Amtryke Delivery

OCKK is very fortunate to have a community partner like Ambucs. The mission of Ambucs is to inspire people to conquer \challenges related to independence through a network of volunteers working in partnership with therapists by providing adaptive trikes, scholarships, and ramp building. Salina has two Ambucs chapters, Noon Network and Breakfast Bandits.

In the mid-1990s, Ambucs started providing therapeutic trikes as a national project. These trikes are called Amtrykes. Since the program's inception, local chapters across the United States have delivered over 40,000 Amtrykes. OCKK's collaboration with oth Salina-based chapters has provided over 30 Amtrykes, free of charge, to OCKK customers.

Ambucs delivered the latest Amtryke

to Robert at the end of July. Robert received a ProSeries 1400 Amtryke. He plans to ride his Amtryke for exercise and fun.

For more information on Amtrykes, get in touch with Michael Daniels at OCKK, Inc., 785-827-9383, ext. 210.



Home Care for You or Your Loved Ones

Did you know? Having skilled nursing reduces the likelihood of a fall, lowers the likelihood that you will have to go back to the hospital, and provides support for your family or caregiver.

InMyHome, OCKK's Home Health agency is accepting referrals for:

- Skilled nursing
- Home health aid
- Physical therapy
- Occupational therapy
- Speech therapy

Do you know someone that needs a helping hand? OCKK's Home Care department can help.

Home Care Attendants can come into your home and help with household items like :

- Lawn care
- Preparing meals
- Grocery and personal needs shopping
- Light housekeeping (dusting, vacuuming, sweeping, trash)
- Laundry
- Organizing mail

InMyHome Home Health and Home Care Services offer you or your loved ones the opportunity to remain at home. Close to home but far from ordinary!!

Call 785-823-2025





1710 W. Schilling Rd.
PO Box 1160
Salina, Kansas 67402-1160

785-827-9383

Return Service Requested

Non-Profit Organization
U.S. Postage
PAID
Permit No. 18
Salina, KS 67401

Thank you to our Contributors

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

Mary Lou Anderson
Marshall Family Foundation
Susan Mazouch
Jack Crispin
Evangelical Lutheran Church
Doris Harder

In Memory of Maudina Douglas

David and Christine Wilson
Carol Hansen
Mr. and Mrs. Don Johnson
Brent & Melanie Melander
Carrie Melander
Tandis Peterson
Ronald & Patricia Gilbert

David & Susan Vaughn
Gordon & Joyce Hitchcock
Gary & Jeannie Hansen

In Memory of Ron Gosselin

Tom and Janet Whitehair
Susan Krier
Ross & Melva Hoffhines
Lynn & Kristen Kadel
Danny & Vickie Conn
Derrick & Amy Hittle
Vincent Sorell
Jay & Ashley Carlgren
Michael & Connie Tholstrup
Lyle & Theresa Bonebrake

Leslie Vytlačil
Frank and Cecilia Jarmen
Bill & Denise Lahodny
Michael & Theresa Hoffhines
Cloud County Community College
Edward & Anita Hoffhines

In Memory of Josh Ashbury

Lora Clark

In Honor of Robert Phillips

Evelyn Phillips

Scholarship Fund

Perry and Julie Lemons