INCA Community Services, Inc. Chosen as Finalist for Oklahoma Nonprofit Excellence (ONE) Awards

INCA Community Services, Inc. is one of two dozen Oklahoma organizations that are now finalist for a $10,000 award and the title of the state’s top nonprofit, thanks to the prestigious Oklahoma Nonprofit Excellence (ONE) Awards, presented annually by the Oklahoma Center for Nonprofits.

“We are truly honored to be selected as a finalist for the ONE award. INCA has done great things over the years to ensure the individuals within our four counties are served to the best of our abilities with as many resources as we have available. Our staff believes we are winners every single day but this award will highlight our successes in a very special way,” stated LaQuita Thornley, INCA Community Services, Inc. Executive Director.

INCA Community Services is unique among the other finalists because they offer a variety of services to the community that is not limited to one category. Their mission is to help alleviate the causes of poverty and enhance the public health and welfare through many programs that are continually evolving to meet the community’s needs.

On April 25, 2015, INCA and the other finalist will join supporters at Tulsa’s Southern Hills Country Club to celebrate and hear the winners announced. Out of approximately 16,500 nonprofits statewide, only 24 were named finalists.

The ONE Awards Selection Commission, a group of prestigious community leaders from across Oklahoma, determines the finalists. The Commission, chaired by David Hogan, includes Michael Cawley, Kathie Coyle, Nance Diamond, Jerry Dickman, Frederick Drummond, Ken Fergeson, Kim Henry, Phil Lakin, Polly Nichols, Meg Salyer and Wendi Schuur.

“The finalists are recognized, not merely for their efforts to better their community, but for their quality of process toward that effort,” said David Hogan, Chairman of the ONE Awards Selection Commission. “These are nonprofits with not just big hearts, but great methods as well.”
JAMM Transit received the 2014 Oklahoma Transit Safety & Training Award from the Oklahoma Transit Association. The announcement took place during the 17th Annual OTA ‘Awards for Excellence’ banquet February 5 at the Crowne Plaza Hotel.

LaQuita Thornley, executive director; and Erica Pogue, transit operations manager, accepted the award from Jeannie McMillin of Hugo-based Little Dixie Transit, the OTA president. Five other transit systems were presented awards in other categories. Recipients were selected by a panel of independent media judges over criteria for calendar year 2014.

Based in Atoka, JAMM Transit operates under the parent company, INCA Community Services. The JAMM initials reflect the service area: Johnston, Atoka, Marshall and Murray Counties.

This was the second OTA Award for Excellence claimed by JAMM Transit. The ‘Stuff the Bus Oklahoma’ event in 2012 received the Transit Marketing Award.

The JAMM safety training program paid off with a low ratio of 0.11 accidents to every 20,000 miles driven by all vehicles in the fleet. JAMM is the smallest OTA system to capture the safety award. Each JAMM county transit operation conducts monthly safety meetings with vehicle operators for policy and procedure updates. Topics include wheelchair securement, inclement weather procedures, and passenger safety belt use among others. JAMM utilizes online programs for individualized driver training including defensive driving, and first aid. JAMM’s website features links to recommended safety video accessed through YouTube.

“JAMM Transit is very honored to receive this award recognizing what we believe is of the utmost importance, and that is the safety of our passengers,” says Thornley. “We realize we transport the most important cargo there is and are proud of the training we give our drivers who provide transportation.”
INCA received the highest rating of "Excellence" for Business and Early Child Care by the Oklahoma Health Department at the 2014 Certified Healthy Award Ceremony. Certified Healthy recipients are recognized for promoting health and wellness. INCA is proud to be part of the program and shape a brighter future for Oklahoma.
Leaders from eight Community Action Agencies in central Oklahoma met with National Community Action Foundation Executive Director David Bradley during a whirlwind two-day visit to the state in mid-January. The visit was intended to provide Bradley with insight into agency services supported by Community Services Block Grant (CSBG) funds. CSBG funds the nationwide network of nearly 1,100 Community Action Agencies that create, organize and deliver comprehensive programs and services to about 16 million individuals living in poverty in the United States in order to help individuals and families achieve self-sufficiency. Meeting with Bradley were Kent Watson, Big Five Community Services; Fred Combs, Central Oklahoma Community Action Agency; David Bradley points out dignitaries present during the signing of the original Economic Opportunity Act to Karen Nichols, Executive Director, Delta Community Action Foundation. Action Agency; James E. Sconzo, Community Action Agency of Oklahoma City and Oklahoma/Canadian Counties; Brent Morey, CCAP, Community Action Development Corporation; Karen Nichols, Delta Community Action Foundation; Virginia Spencer, CCAP, Great Plains Improvement Foundation; LaQuita Thornley, INCA Community Services; and Sharlotte Key, CCAP, Washita Valley Community Action Council. For more than 30 years, Bradley has been one of Washington’s leading advocates on behalf of low-income programs. In 1981, he helped found the National Community Action Foundation. In this role at NCAF, Bradley was the primary architect of the Community Services Block Grant. CSBG is up for reauthorization in 2015. Besides CSBG, Bradley’s legislative activities include Weatherization Assistance, the Low Income Home Energy Assistance Program, Head Start and job training programs. During the meetings, the executive directors and staff discussed their programs, partnerships and needs.

James Thornley, Chairperson Sarilea Combs, Murray County board member Betty Stephens and Executive Director LaQuita Thornley met with David Bradley for dinner at the new Artesian Hotel in Sulphur.
Yoga can be wonderful for the body and mind. Yoga can lower the risk of heart disease, high blood pressure and stroke. The calm and well-being that yoga creates has been shown to counter the stress reaction your adrenal gland releases and begins to regress and blockages in the arteries shrink. The goal is to get people to slow down and relax which in turn lowers blood pressure and heart rate. Because of Yoga’s emphasis on joint flexibility; yoga also has orthopedic benefits. If muscles are tight the bones are more likely to rub together but if they’re loose they have more freedom, less inflammation and less chance of injury. Yoga can help in some individuals with conditions like fibromyalgia, arthritis, and migraine headaches. According to Dr. Lee Lipsenthal M.D. and medical director at the Preventive Medicine Research Institute in California.

RX for Oklahoma Program offers assistance for those experiencing migraine headaches. Zomig, and Imitrex are free medications offered through a medical provider from the pharmaceutical company.

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www.facebook.com/INCACommunityServices

Medicare

Do you need Extra Help paying for Medicare prescription drug coverage? If you have limited income and resources, you may qualify for “Extra Help” to pay your prescription drug costs. Visit socialsecurity.gov/i1020 to apply online - Call Social Security at 1-800-772-1213 and ask for form SSA-i1020. TTY users should call 1-800-325-0778 or visit INCA Community Services and see if you qualify.

“Welcome to Medicare” preventive visit care! Part B Medicare covers a one-time “Welcome to Medicare” preventive visit. This visit includes a review of your medical and social history related to your health and education and counseling about preventive service, including certain screenings, shots and referrals for other care, if needed. Important: you must have the preventive visit within the first 12 months you have part B. When you make your appointment, let your doctor’s office know you would like to schedule your “Welcome to Medicare” preventive visit!!

“WELLNESS” If you’ve had Part B for longer than 12 months, you can get a yearly “Wellness” visit to develop or update a personalized prevention plan to help prevent disease and disability, based on your current health and risk factors. Your provider will ask you to fill out a questionnaire, called a “Health Risk Assessment,” as part of this visit. Answering these questions can help you and your provider develop a personalized prevention plan to help you stay healthy and get the most out of your visit. Your first yearly “Wellness” visit can’t take place within 12 months of your enrollment in Part B or your “Welcome to Medicare” prevention visit. However, even if you never had a “Welcome to Medicare” preventive visit, you can have a yearly “Wellness” visit after you’ve had Part B for 12 months.
**Job Announcements**

**Flex Drivers (All Areas)**  Operates a transit vehicle, as assigned, for the transporting of participants in the transit programs, following established policies, practices and procedures. The driver shall, at all times, utilize professional and safe practices in operating transit vehicles. This is a safety sensitive position in which all precautions should be taken to insure the safety of the participants and public.

**4 year old Teacher (Oakland)**  The Teacher is responsible for total program activities of the classroom. Plan activities and assure that all staff are involved and in compliance with requirements. To provide pre-school children with age appropriate learning experiences according to their individual abilities. Encourages and assists parents in becoming involved in their children’s education. Knowledge of normal early childhood development and capable of adjusting to meet the needs of individual children. Skillful in maintaining effective working relationships within assigned area as well as cooperating with all other Agency staff responsible for assuring program compliance. Handles confidential work with tact and discretion. Keeps direct supervisor informed. Capable of following both oral and written instructions. Bachelors Degree with Endorsement in Early Childhood Education; A baccalaureate or advance degree in any field and course work equivalent to a major relating to early childhood education, with experience teaching preschool-age children. Current Oklahoma State Teaching Certificate.

**3 year old Teacher (Madill & Sulphur)**  Responsible for the total classroom operation. Responsible for planning all activities and overseeing other classroom staff and volunteers. Responsible for providing pre-school children with age appropriate learning experiences according to their individual abilities. Encourage and assist parents in becoming involved with their children’s education. Skill in maintaining effective and satisfactory working relationships with others intra-agency and inter-agency. Maintain confidentiality of clients with tact and discretion; interprets and makes routine decisions in accordance with agency policy; communicates tactfully with the public; follows oral and written instructions. Ability to read, interpret and implement program guidelines efficiently and effectively. Must be willing to work in a noisy, often stressful environment. Bachelor or Associates Degree in Early Childhood preferred. Or other candidates with a minimum of high school diploma with a CDA (Child Development Associates). Bachelor Degree in Early Childhood required by 2013. Refer to minimum requirements as specified in the 648A in the Head Start Act.

*For More Information & to APPLY ONLINE visit INCACAA.ORG*

Job Announcements Continued on Next Page
HTS-Habilitation Training Specialist (Atoka, Johnston, McCurtain Counties) Help train individuals on certain tasks to help them become more independent for themselves. These can be daily living skills such as cleaning tasks, personal hygiene, etc. This depends on the actual person what you would be training on. HTS jobs right now would be fill-in positions as needed and are available in all counties.

Contract Agency Companion (All Counties) Provide living space and companion. It is based on the individual on what the pay is so varies from $18,000 - $40,000 per year. Training is provided for this as well. The only difference in the other jobs is it requires a lot more training and a home study done on your home through DDSD/DHS. We could do this in any county. We are especially looking for homes for children with developmental disabilities, but can do adults as well.

DLS-Daily Living Support Staff (Atoka, Johnston, McCurtain Counties) Assists individual(s) with developmental disabilities in acquiring and maintaining individually prescribed self-help, socialization and adaptive skills necessary to reside in a home or community-based setting. Daily living support services are provided to the individual for supervision issues who needs 24/7 care with goals to be worked on daily so the individual can reside successfully and accomplish tasks they would normally do for themselves if they did not have a disability in the home they lease or own by providing supervision and oversight.

Please call the Program Director, Kristy Mobbs, at 580-889-7393 for more information.
DD Awareness Day

Find out what all the “RAVE” is about...

RAVE DDSD (Residential and Vocational Excellence) is a program that provides residential and vocational opportunities to people with developmental disabilities. Individuals are approved for the program through the Oklahoma Department of Human Services’-OKDHS DDSD-Developmental Disabilities Services Division program.

March 25th at the State Capitol is DD awareness day.

Lean more about RAVE and developmental disabilities at www.incacaa.org/page/rave

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211 South 16th Street
Mannsville, OK 73447

2 Bedroom Apartments Available
USDA Housing Subsidized
Security Deposit Required
Handicapped accessible units available
Central Heat & Air, carpet
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Contact:
Dana Trent Mon – Fri 8:00 am – 5:00 pm

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