



INCA INFORMER

INCA Community Services, Inc.

January 2014

Spirit of the Holidays

ATOKA

350 gifts
100 baskets



JOHNSTON

62 gifts
25 baskets

MARSHALL

470 gifts
172 baskets



INCA is pleased to announce the success of it's 2013 holiday projects in all 4 of its counties. With your help we were able to bring joy to so many children and families! A big Thank You to everyone that helped!

GRAND TOTAL

Gifts: 1,271

Baskets: 447

MURRAY

389 gifts
150 baskets

JAMM
TRANSIT

Murray County



It was touch and go on the Christmas Baskets because we were told the Mountain Elf's would not be helping with the Christmas Baskets this year because the organizer moved and no one took over the project. The Friday before Christmas Shelly Sawazky from the Chamber of Commerce came by for a visit, Santa's Helpers program was discussed and the concern about the Christmas Basket situation. She walked out and



told us she would be back shortly, within 3 hours she raised enough money to buy 150 hams. The next thing we knew our volunteers were filling boxes with canned vegetables. A special thank you to Shelly for all the hard work for the Community, the children had food and gifts for Christmas

Canned Food Drive



Many times miscommunication, maybe assumptions, stress or sickness will cause trouble in relations. With a little personal effort you can eliminate these and improve your health.

Forgiveness is Good for You

The expert consensus: forgiveness will improve your quality of life.

Everett W. Worthington, a professor of psychology at Virginia Commonwealth University, in Richmond and editor of many books on forgiveness science, said un-forgiveness appears to exacerbate mental-health problems, such as depression, anxiety, and post-traumatic stress disorder.

Scientists and mental health professionals investigate the benefits of forgiveness and agree un-forgiveness has a toxic effect on your body. It can raise your blood pressure and increase our risk of stroke and heart attack. It can impair your immune system by disrupting the cytokines (protein molecules that carry messages between cells) that govern inflammation.

Psychologist Fred Luskin, PhD., a cofounder of Stanford University forgiveness project believes that if you want to, you can forgive even the most unrepentant person you know. He writes in his book, **Forgive for Good**, that forgiveness is a trainable skill, just like learning to throw a baseball, and states that you can offer forgiveness to the dead, even if that person never ask for forgiveness.

According to Luskin, most people feel a weight has been lifted off their shoulders when they forgive, because forgiveness makes a body less tight, and a mind less preoccupied, offering a deeper breathing and sense of inner freedom.

Humans are social creatures, and forgiveness can help us repair valuable bonds with friends and relatives.

New Year Reminder

Please check your smoke
detector batteries



Staying Sharp

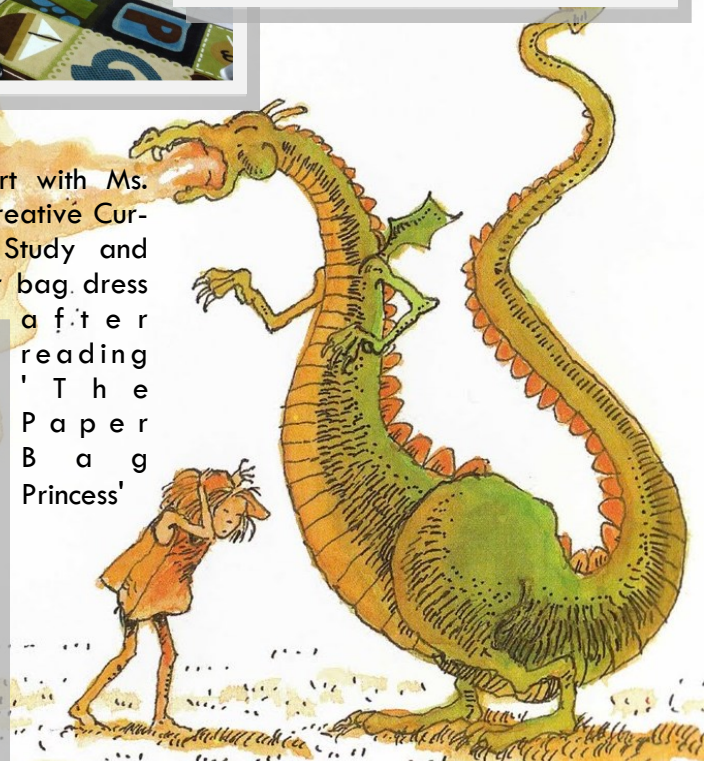
Edith Lewis a Food Service Technician at Tishomingo Head Start provides individualized training to Tammy Heskett and Karen Johnston at Sulphur Head Start.



A New Style



Davis Head Start with Ms. Jaunita in the Creative Curriculum Clothes Study and created a paper bag dress after reading 'The Paper Bag Princess'





With the cold weather here, Kingston 1 Head Start has been finding creative ways to learn and have fun indoors. The children have enjoyed working on writing our names in salt with colored paper underneath. Our volunteer Ms. Stephanie is playing in shaving cream with the children making letters. Also we have been studying about clothes and

the students colored clothes on a life size picture of them.



Creative Learning



Skeptical?

Does Getting older mean getting more skeptical?

Well according to a 2012 study at the University of Texas in Austin, older adults are more likely than children to pick a supernatural explanation for major life events such as death and illness.

Apparently people tend to get more religious as they age, said author Cristine Legare, PH D, as people age and understandably seek answers for many of these life events that tend to increase as you get older, many find comfort in religious explanations.

Seniors believe in Angels!

57 % of people 50-plus old think angels are real, younger people are less convinced, only 46% age 35 – 49 believe in angels.

Most Americans believe in heaven, but those who are 50 or older lead the pack, with 57 % agreeing that heaven exists. Just 46 % of 35 to 49 year olds believe.



Birth Announcement



Our newest member of the JAMM Family. Congratulations to Vanessa Guzman on the birth of her baby girl Noellie!



Life's a little easier with



January 31st, 2014 is Earned Income Tax Credit Awareness Day

2013 Tax Year Fast Facts for Earned Income Tax Credit

- ♦ EITC can be a boost to you, your family and community. Anyone with earnings of \$51,567 should see if they qualify at www.irs.gov/eitc or visit a volunteer tax assistance site.
- ♦ Four of five eligible workers claim and get their EITC. We want to raise that number to five out of five. You earned it, "now file, claim it and get it." See if you qualify at www.irs.gov/eitc.
- ♦ Don't guess about EITC eligibility, Find out if you qualify by using the new and improved online EITC Assistant, only at IRS.gov.
- ♦ Know the rules before claiming EITC. It's important to get it and get it right.
- ♦ You work? Now put EITC to work for you. EITC is one of the nation's largest anti-poverty programs, annually lifting over 6 million people out of poverty each year; half of those impacted are children.
- ♦ About one-third of the EITC eligible population turns over each year, so check your EITC eligibility today at www.irs.gov/eitc.
- ♦ Millions of workers will qualify for EITC for the first time this year, making awareness critical. Workers move into and out of eligibility based on changes in their marital, parental and financial status.
- ♦ The amount of the credit is based on several factors, including the amount of an individual's earnings from wages, self-employment or farming. Except in the case of some disability retirement income, people who do *not* work or run a business or farm, do *not* have earnings and generally do *not* qualify for the credit.

For More Information, visit www.irs.gov/eitc

RSVP News



The Project Director and Carter County Coordinator enjoyed all of the holiday parties they were able to attend at their volunteer sites, and thank their volunteers for including

them. With the New Year they have already begun planning for their annual recognition luncheons including setting a theme, finding locations, and getting in-kind donations.

During the weeks of January 6-20, INCA-RSVP sponsored their annual "Restock the Shelves" campaign as their annual Martin Luther King Jr. Day of Service project. Volunteers from Johnston, Carter, and Murray Counties collected non-perishables for the local food banks in each county. In addition, they collected items for the on-going Disaster Relief campaign for the three counties. Lists of possible items for both categories were furnished to the volunteers. They in turn, shared the information at their volunteer sites, and helped collect the items. They were able to collect a great deal of donations, and thank the volunteers that were able to participate. The non-perishable food items from each county will be taken to a local food bank to be distributed to those in need. They hope to have several food & disaster relief drives this year to further aid their communities.



INCA Success Stories

More than Medicine

Today Vicky Cole of Atoka is healthy and confident about her well being. She wasn't always so unburdened about her health and medications, but she has support from INCA's RX Oklahoma and for her that makes all the difference. "I wouldn't have been able to get these lifesaving medications if it was not for the RX for Oklahoma prescription assistance program, and would not be alive today without the medication."

Like many people Vicky faces many health issues, ones that require long term medication to help manage. And like many people Vicky has no health coverage, or prescription coverage. In 2012 her doctor prescribed Plavix and she found herself unable to afford the \$200 it cost for a month's supply. Plavix is a life saving drug used to prevent possibly fatal heart attack and stroke associated with peripheral arterial disease.

In April of that year she turned to RX Oklahoma and with help from Deborah Perkins enrolled in the program and sent an application for assistance to Bristol Myers Squibb. Within a few days she was accepted into the program and her prescription for Plavix was delivered to the clinic.

Only a few months later Plavix was no longer offered for free. But instead of being placed back in the life threatening situation without her medication RX Outreach's resources were able to get her the generic of her heart medication at a low cost she could afford.

INCA's RX Oklahoma program has been able to help Vicky with some other medications as well to help control her blood sugar, giving her overall better health and



From Head Start to Teaching

Lorinda Chancellor, Superintendent of Mill Creek Public Schools started her story as a INCA Head Start student at Mill Creek. Her Mother is Sharon Garrison, INCA Head



Start Purchasing/Nutrition Manager and was Lorinda's teacher in Head Start. She began as a 2 year old in Head Start and attended Mill Creek School thru High School. She graduated at Valedictorian in 1991 from Mill Creek High

School, where she was consistently on the schools as well as the Oklahoma State and National Honor Roll. She went on to attend University of Oklahoma and East Central University where she earned her Bachelor's Degree in Early Childhood Development and Elementary Education in 1996. She worked 3 jobs while attending college including working as a teachers aide and assistant basketball coach for the high school. She went on to get her Master's in Education Administration from ECU. She began teaching full-time in 1998 and continues her love of education to this day.

"I wanted to be a teacher since the 6th grade, influenced by the good teachers I had at Mill Creek, but most of all my mom."



"War on poverty" declared 50 years ago.

In his first State of Union address on January 8, 1964, just seven weeks after John F. Kennedy's assassination, President Lyndon Johnson announced: "This administration today, here and now, declares unconditional war on poverty in America. I urge the Congress and all Americans to join with me in that effort. It will not be a short or easy struggle, no single weapon or strategy will suffice, but we shall not rest until that war is won...Poverty is a national problem, requiring improved national organization and support. But this attack, to be effective, must also be organized at the State and the local level...For the war against poverty will not be won here in Washington.

It must be won in the field, in every private home, in every public office, from the courthouse to the White House."

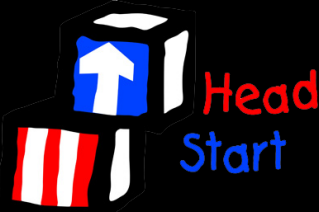
Current Positions Available

J.A.M.M. Transit



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.

Head Start



4-year-old Teacher (Madill, Tishomingo, Davis) 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. Bachelors Degree with Endorsement in Early Childhood Education; a baccalaureate or advice degree in any field and course work equivalent to a major relating to early childhood education, with experience teaching preschool-age children

Assistant Teacher (Kingston) Assist the teacher in providing a stimulating and complete learning environment for pre-school children. Assist with all aspects of provision of comprehensive services to the Head Start children and their families. Be able to perform the duties of the teacher in her/his absence. GED or High School Diploma required. Preferred candidates would have A.A. Degree in Early Childhood

or related field

Substitute Teacher (All Areas) Assist the teacher in providing a stimulating and complete learning environment for pre-school children. Assist with all aspects of provision of comprehensive services to the Head Start children and their families. Maintain confidentiality of work 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. GED or a high school diploma required.

DDSD Career Opportunities



HTS-Habilitation Training Specialist 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.

Agency Companion 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.

Respite/Homemaker Provide respite services to allow breaks for families needing so. This can be done in the individual's home or your own home. If done in your home, then a home study must be done like an agency companion home through DDSD/DHS. This could also be done in any county. Some of this will need to be done on the weekends at times or at night.

Workshop Slots For individuals with disabilities and can be approved through DDSD/DHS. This is to provide vocational services to individuals with developmental disabilities. The services would be provided in the Atoka County area and would work at the INCA Clothing Bank. Individuals must meet certain criteria set forth by DHS/DDSD first.

DLS/Daily Living Support Staff Provide services 24/7 for 3 people living in a home together in Atoka County. The current opening is the 11 p.m. – 7 a.m. shift on Saturday and Sunday working less than 30 hours with no benefits.

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

FOR MORE INFORMATION & TO APPLY VISIT INCACAA.ORG

Holidays & New Year

The Marshall county three year old program sailed through the holidays successfully. They experienced a few enrollment changes that brought a few new students to enjoy. Watching their daily attendance percentages closely and staying in touch with families when their children miss school has been a priority. The holiday season was an opportunity to shore up the waiting list by communicating with parents and finalizing their child's application. They currently have an average of five eligible children awaiting an opportunity to join each one of our classes and inquiries continue to come in.



Madill Four wants to thank Hauani Hunting Club for helping Mr. and Mrs. Claus last month. The children really enjoyed the visit and having a snack with the jolly couple from up north. They would also like to say thank you to Leann Stevens for all the work she did on the parent Christmas project. Leann made a special dough and so the children could make a hand print. When it was dry she painted each hand to look like Santa and turned it into a Christmas ornament. The parents really enjoyed the surprise. We are all enjoying being back in the classroom after the long break. We have especially enjoyed the nice weather and getting to spend some time outside.

INCA LLC Apartments

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

Washer & dryer connections, appliances

Contact INCA Apartments

Hours: Mon – Fri 8:00 am – 5:00 pm

Site Manager: **Dana Trent (580) 889-5193**

or TDD 711



"This institution is an equal opportunity provider and employer"



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