

INCA INFORMER

Helping People. Changing Lives.

September 2016

Dedicated to Making a Difference



INCA is very fortunate to have so many loyal, dedicated and passionate staff. Several staff members were presented with years of service awards at the OKACAA Annual Conference on September 23, 2016 in Oklahoma City.

30 Years: Fay Webster

25 Years: LaToy Eldred

20 Years: Pamela Springer

15 Years: Colene Dodson,

Mary Garrison, Timothy Hardy,

Pamela Sanders, Sandra Trevino

10 Years: Erica Pogue, Ollie Cook

Thanks to all our staff who are committed to our mission.



IMPACT

SO FAR IN 2016, WE HAVE SERVED...

SELF SUFFICIENCY

278 OUTREACH /
REFERRAL

329 PRESCRIPTION/
REFILL

867 TAX PREP

LIVING CONDITIONS

247 QUALITY OF
LIFE

INDEPENDENT LIVING

131 SENIORS

176 DISABLED

EMERGENCY ASSISTANCE

3,241 FOOD/RENT/
CLOTHING/ETC

TRANSIT

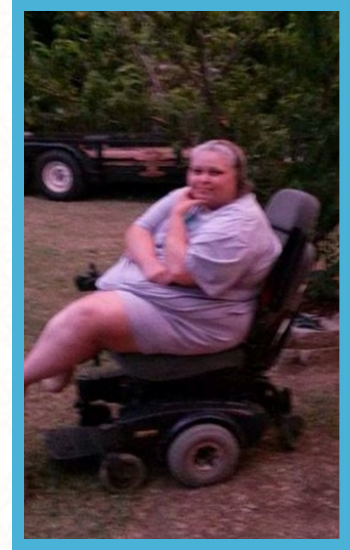
89,971 RIDES

Changing Lives

INCA's MEDICAL LENDING CLOSET MAKING STRIDES TO IMPROVE LIVES



INCA Medical Lending Closet was able to provide a much needed walker and electric wheel chair to two individuals in Atoka and Murray County. These items help to maintain a quality of life for the individuals but also helps to sustain their independence and overall happiness by allowing them to do chores and tasks we sometimes take for granted. Without the aid of these items it would be difficult to have the mobility to complete things, much less just be able to get outside and enjoy the sunshine. We appreciate all the donations from the community that allow us to provide these items to individuals in need and continue a cycle of helping others.



JAMM

TRANSIT

So far for the current program year, JAMM has provided...

17,883 elderly rides

15,749 disabled rides

93,509 public rides

FOR A TOTAL OF 127,141 PASSENGER TRIPS

738,599 revenue miles

Rx for Oklahoma had 142 unduplicated participants for FY2016, 71 were surveyed

The Rx for Oklahoma program has saved hundreds of thousands of dollars to the people within our counties and surrounding areas. The success of the program is evident by participants responses to what they are able to do with the money they saved from the program:



| | |
|-----------------------------|-----|
| Improve Health | 30% |
| Pay utility bills | 16% |
| Pay medical bills | 11% |
| Buy household needs | 11% |
| Buy other medicine | 8% |
| Fewer doctor visits | 7% |
| Maintain or find employment | 7% |
| Fewer emergency room visits | 5% |
| Other | 4% |

Of the individuals surveyed an average savings of \$240,300 per year, averaging \$282 per person per month.

Improving Health & Finances

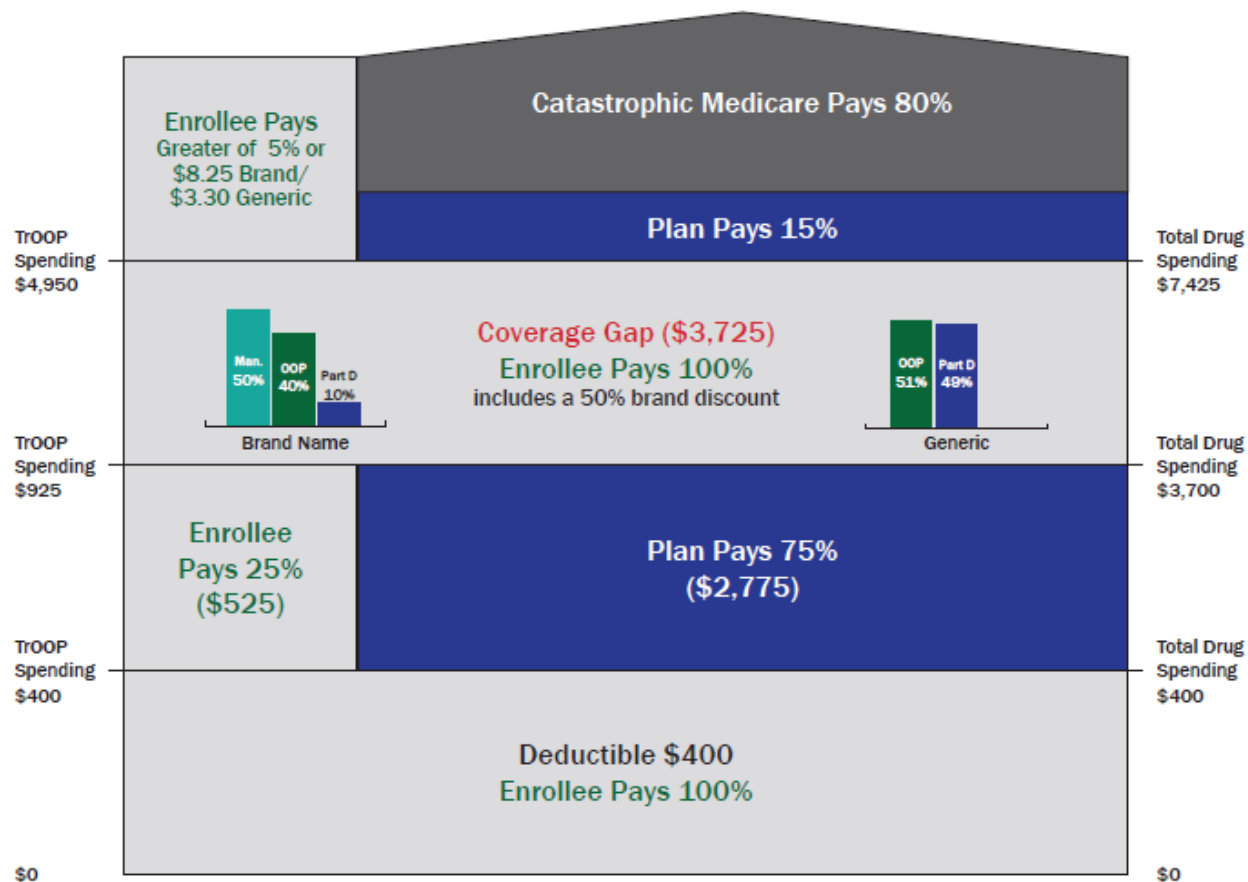


INCA-RSVP volunteers came together to honor those who lost their lives on September 11, 2001 by serving communities and giving back. They were joined by thousands across the country commemorate the [#911Day](#) of Service and Remembrance.



911 Day

Overview of Medicare Part D Standard Benefit 2017



DO YOU SUFFER WITH MIGRAINE HEADACHES?

RX for Oklahoma at INCA can help your doctor enroll you for FREE medication from the pharmaceutical company for medically necessary control of migraines!

Most common migraine triggers: Tyramine and Nitrites

Tyramine is an amino acid that triggers our bodies to release hormones that cause blood vessels to constrict which will rebound and dilate at some point beginning the migraine throb. Tyramine is found in chocolate, red wine and aged cheese.

Nitrites are used to preserve foods. Nitrites are found in hotdogs, canned meats and bologna. Nitrites often cause the blood vessels in the head and body to dilate painfully triggering the throbbing migraine.

If you suffer with migraine headaches try to remember if you have ate one of these trigger foods and avoid future pain.

MIGRAINE NO MORE



September 2016

LEARNING & GROWING



Head
Start



JOB ANNOUNCEMENTS

www.incacaa.org/page/employment

September 2016



JAMM TRANSIT

Flex Drivers (All counties) Operates a transit vehicle, as assigned, for the transporting of participants in the transit programs, following established policies, practices and procedures.

HEAD START

No open positions at this time

RAVE

Habilitation Training Specialist-HTS (Atoka, Bryan, McCurtain, Pushmataha) 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.

Daily Living Support Staff-DLS (Atoka) 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.

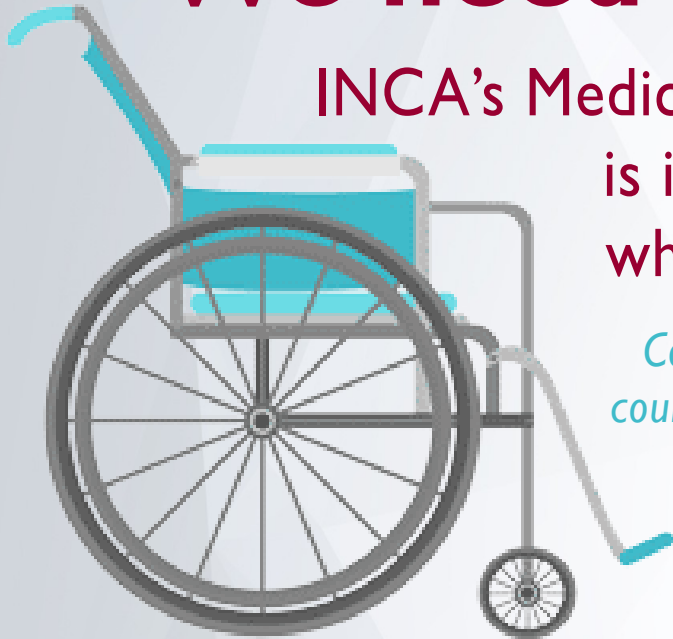
JOIN OUR TEAM

For more information about INCA's employment opportunities please visit
www.incacaa.org/page/employment

DONATIONS NEEDED

We need your help!

INCA's Medical Lending Closet
is in need of donated
wheelchairs



Contact your local INCA
county office for more info:

Johnston: 371-2352

Atoka: 889-5193

Marshall: 795-2372

Murray: 622-5206



INCACAA.ORG



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Helping People. Changing Lives.

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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 :

Dana Trent Mon – Fri 8:00 am – 5:00 pm

*"This institution is an equal
opportunity provider and
employer"*



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