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# Opportunities for Living Life (OLL) Newsletter

THE OKLAHOMA HEALTH CARE AUTHORITY

## What is OLL?

Opportunities for Living Life (OLL) is charged with developing, operating and administering new program initiatives for SoonerCare. Additionally, OLL is charged with developing collaboration among state and private agencies, community organizations, and stakeholders in creating a system of health care, long-term care support and home and community-based services support that meets the needs of every senior and/or disabled Oklahoma citizen.

If you have suggestions or comments, or want to sign up to receive the OLL Newsletter, e-mail OLL@okhca.org or call Carolyn @ 405-522-7407.

**OLL Mission Statement**

To enhance quality of life for target citizenry by delivering effective programs and facilitating a partnership with the community.

## OHCA Donates to Sunbeam Senior Emergency Shelter and Companion Program By Carolyn Starks

Have you ever tried to access services for a senior citizen? I have and it was very frustrating. I wasn't sure who to contact. After several calls, I finally got connected to Sunbeam Family Services in Oklahoma City (http://sunbeamfamilyservices.org). I spoke with Service Supervisor Dana Crum who described an amazing array of services and resources that are available for our seniors.

Sunbeam runs an emergency senior shelter that can accommodate up to 10 individuals. This is the only licensed shelter for the elderly in Oklahoma and is nationally accredited. Sunbeam's Senior Companion Program provides in-home support for the frail and the elderly. Volunteer companions, active seniors themselves, help seniors maintain their independence and avoid institutionalization by assisting with daily living tasks. Volunteers also give respite for caregivers and visit and support nursing home residents.

Sunbeam Family Services needs our help to continue offering this quality and breadth of senior services. To help, OHCA sent out an S.O.S. in our OHCA Daily News and many individuals and units within the agency responded. During the holidays, OHCA donated gifts and other items to Sunbeam. A big "thank you" to all my co-workers for bringing a little more sunshine into the lives of our senior citizens. We will continue to look for ways to help Sunbeam continue doing the wonderful work they do.

If you would like more information about Sunbeam Family Services' senior programs, please visit the website above or contact Dana Crum at (405) 528-7724, Ext. 166 or dcrum@sunbeamfamilyservices.org.

**Why not start a donation or volunteer effort for the elderly in your community?**

# Servicing our Seniors!

# (S. O. S.)

***Are you familiar with the resources/services available in your area for the elderly?***

The Oklahoma Department of Human Services and the Oklahoma Area Agencies has assembled this information. There are 11 area agencies which cover the entire state of Oklahoma (see last page for area agency directory). Hundreds of services are available, you just have to know where and who to call. Each agency has either published a directory, has information online or you can call for more information. Information on services such as senior citizen centers, senior emergency shelter, respite care, dental care, eye glasses, home repair and weatherization, housing, legal counseling, nutrition programs, pet care, support groups, emergency numbers, grandparents raising grandchildren, useful websites are just a few resources listed.

## Phone Numbers You Should Know!

Senior Information Line **(800) 211-2116**

This toll-free statewide telephone number links older Oklahomans and their caregivers to information and assistance at the local level. Calls are automatically routed to a specialist housed in one of the 11 Area Agencies or sponsoring agencies nearest to the caller.

Oklahoma Department of Human Services (Aging Services) **(405) 521-2281**

Helps develop systems that support independence and help protect the quality of life for older persons as well as promotes citizens involvement in planning and delivering services.

ElderCare Locator **(800) 677-1116**

This is a nationwide directory assistance designed to help long distance caregivers locate community resources for aging Americans.

Resource Websites: www.okdhs.org/programsandservices/aging
www.join.ok.gov

THE OKLAHOMA HEALTH CARE AUTHORITY

oklahoma health care authority

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# Did you know?

**According to the most recent OHCA annual report and general information, here are a few facts relating to senior citizens, nursing homes and individuals with disabilities.**

- Oklahoma's health care system provides care to more than 25,600 elderly and people with disabilities who are temporarily or permanently unable to care for themselves.
- On an average, 70 percent of nursing home residents in Oklahoma have their care paid for through the SoonerCare program.
- Nursing facility care makes up 18 percent of SoonerCare total expenditures.
- In Oklahoma, there are 300 nursing homes, 82 ICF/MR facilities, and 1 AIDS facility.
- President Barack Obama signed SB2781 (Rosa's Law) on Oct 6, 2010 to change the references in Federal statutes from "mental retardation" to "intellectual disability."
- The Focus on Excellence program was passed by the State Legislature on May 25, 2006 as HB 2842. OHCA was instructed to develop an incentive reimbursement rate plan for nursing facilities.
- In July 2007, OHCA began providing a one percent participation increase added to nursing facility's base rate. Facilities may earn bonuses up to four percentage points, based upon quality measure improvements. The percentage points are added to the facilities per diem rate on a quarterly basis.
- OHCA contracts with the Oklahoma State Department of Health to conduct surveys and investigate complaints to the nursing facilities and ICF/MRs. To view those surveys, go to http://surveys.health.ok.gov or call (405) 271-6868.
- Between July 1, 2009 and June 30, 2010, 878 individuals completed training in the Certified Nurse Aide Program.
- Career-Tech has signed a contract with OHCA to train CNAs in the rural areas in Oklahoma.
- In August 2010, OHCA received a $400,000 grant to collaborate with the Oklahoma Aging and Disability Resource Consortium on nursing facility transition. This new grant will expand the outreach of Living Choice.
- During SFY 2010, 59 people transitioned to the community through Living Choice bringing the total number transitioned to 139 since inception in 2009.
- Most basic insurance policies do not cover the cost of long-term care.
- Starting January 1, 2011, every eight seconds, a baby boomer becomes eligible for Medicare.

# New Doors Are Opened For Oklahomans With Living Choice Program

Wilma Benedict made a choice, she chose to go home.

Benedict is an example of an average Oklahoman who was given a choice – continue to live in a nursing home or move home. Prior to October 2009, moving home wasn't an option.

She is a part of the Oklahoma Living Choice program, which is run by the Oklahoma Health Care Authority. Living Choice promotes community living for people of all ages who have disabilities or long-term illnesses. Through this program individuals may have the option to use resources that normally are designated for nursing home facilities and apply it towards transitioning back into the community.

The 79-year-old Woodward resident was hospitalized two years ago for heart complications. Following multiple trips to the hospital, she was forced to find residence in a nursing home. After 15 months in a nursing home, Benedict was looking for other options.

"I told my case worker I was getting out of the nursing home, one way or another," Benedict said.

This was where Living Choice was able to help. Transition coordinators help people make the move from living in a facility to living in their own homes. For Wilma, this was a huge attraction to the program. They helped her get furniture, groceries and home furnishing items. In April 2010, Wilma was able to move into her own home. Things that might be considered everyday for most are now available again for Wilma.

"I don't live a fast life, just a normal life," said Benedict. "Next year I'll be 80 and plan on staying right here."

The Oklahoma Health Care Authority operates Living Choice through a Money Follows the Person grant from the Centers for Medicare & Medicaid Services. Oklahomans of all ages with disabilities or long-term illnesses who live in an institution are given the freedom and choice to live in a community setting. If you or someone you know would like more information, please call toll-free 888-287-2443 or visit the OHCA website at www.oklivingchoice.com.

# Opportunities for Living Life Staff

| | | |
|---|---|---|
| Cassell Lawson, Director | (405) 522-7689 | cassell.lawson@okhca.org |
| Trudy Johnson, Adm. Asst. | (405) 522-7078 | trudy.johnson@okhca.org |

**Long Term Care Quality Initiatives**

| | | |
|---|---|---|
| Ivoria Holt, Director | (405) 522-7773 | ivoria.holt@okhca.org |

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|---|---|---|
| Focus on Excellence | | www.oknursinghomeratings.org |
| Jennifer Wynn | (405) 522-7689 | jennifer.wynn@okhca.org |
| Dena Marchbanks | (405) 522-7343 | dena.marchbanks@okhca.org |
| Carolyn Starks | (405) 522-7407 | carolyn.starks@okhca.org |

| | | |
|---|---|---|
| Workforce Development | | |
| LaQueda Viewins | (405) 522-7538 | laqueda.viewins@okhca.org |
| Micqueal Ware | (405) 522-7909 | micqueal.ware@okhca.org |

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|---|---|---|
| Program of All-Inclusive Care for the Elderly (PACE) | | |
| Ashley Herron | (405) 522-7902 | ashley.herron@okhca.org |

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|---|---|---|
| Long Term Care Partnership (OKLTCP) | | www.okltcpartnership.org |
| Tunde Sosanya | (405) 522-7904 | tunde.sosanya@okhca.org |

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|---|---|---|
| Quality of Care Reports | | |
| Brenda Smith | (405) 522-7313 | brenda.smith@okhca.org |

**Waiver Administration & Development**

| | | |
|---|---|---|
| Melinda Jones, Director | (405) 522-7125 | melinda.jones@okhca.org |
| Avis Hill | (405) 522-7384 | avis.hill@okhca.org |
| Beverly Couch | (405) 522-7534 | beverly.couch@okhca.org |

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|---|---|---|
| Living Choice (Money Follows a Person) | | www.livingchoice.org |
| Lathonya Shivers, Director | (405) 522-7507 | lathonya.shivers@okhca.org |
| Pat Linzy | (405) 522-7367 | pat.linzy@okhca.org |
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| Joseph Mecham | (405) 522-7719 | joseph.mecham@okhca.org |
| Phillip Cox | (405) 522-7402 | phillip.cox@okhca.org |
| Toll free number | (888) 287-2443 | |

**Level of Care Evaluation**

| | | |
|---|---|---|
| Linda Moffatt, Director | (405) 522-7309 | linda.moffatt@okhca.org |
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| Lanettia Thompson | (405) 522-7350 | lanettia.thompson@okhca.org |
| Clinton Roberson | (405) 522-7673 | clinton.roberson@okhca.org |

# Oklahoma Area Agencies

| Agencies | Name | Phone | E-mail/Website |
|---|---|---|---|
| **AREA 1**<br>(Counties: Craig, Delaware, Mayes, Nowata, Ottawa, Rogers, Washington) | **Grand Gateway Economic Development Association**<br>333 S Oak, P O Box B<br>Big Cabin, OK 74332-0502 | (918) 783-5793<br><br>(800) 482-4594 | infoassist@grandgateway.org |
| **AREA 2**<br>(Counties: Adair, Cherokee, McIntosh, Muskogee, Okmulgee, Sequoyah, Wagoner) | **Eastern Oklahoma Development (EODD)**<br>1012 N 38th St.<br>P O Box 1367<br>Muskogee, OK 74402-1367 | (918) 682-7891 | www.eoddok.org<br><br>caregivers@eoddok.org |
| **AREA 3**<br>(Counties: Choctaw, Haskell, Latimer, LeFlore, McCurtain, Pittsburg, Pushmataha | **Kiamichi Economic Development District of Oklahoma (KEDDO)**<br>1002 Hwy. 2 North<br>P O Box 638<br>Wilburton, OK 74578 | (918) 465-2367 | keddo@eosc.edu |
| **AREA 4**<br>Counties: Atoka, Bryan, Carter Coal, Garvin, Johnston, Love, Marshall, Murray, Pontotoc) | **Southern Oklahoma Development (SODA)**<br>224 W Evergreen, Suite 202<br>P O Box 709<br>Durant, OK 74702 | (580) 920-1388 | kathyblair@soda-aaa.org |
| **AREA 5**<br>(Counties: Hughes, Lincoln, Okfuskee, Pawnee, Payne, Pottawatomie, Seminole) | **Central Oklahoma Economic Development District (COEDD)**<br>400 N Bell, P O Box 3398<br>Shawnee, OK 74802-3398 | (405) 273-6410<br><br>(800) 375-8255 | jshea@sbcglobal.net |
| **AREA 6**<br>INCOG<br>(Counties: Creek, Osage, Tulsa) | **INCOG (Tulsa)**<br>2 West 2nd St., #800<br>Tulsa, OK 74103-3116 | (918) 584-7526 | cmiller@incog.org<br><br>bmcdonald@incog.org |
| **AREA 7**<br>(Counties: Alfalfa, Blaine, Garfield, Grant, Kay, Kingfisher, Major, Noble) | **Northern Oklahoma Development Authority (NODA)**<br>2901 N Van Buren<br>Enid, OK 73703 | (580) 237-2236<br><br>(800) 749-1149 | judy@nodanet.org |
| **AREA 8**<br>(Counties: Oklahoma, Canadian, Cleveland, Logan) | **Areawide Aging Agency, Inc.**<br>Oklahoma County<br>4101 Perimeter Center Dr., #310<br>OKC, OK 73112-5911<br>Canadian County<br>1300 S Country Club Rd<br>El Reno, OK 73036<br>Cleveland County<br>Community Services Bldg.<br>1179 E Main<br>Norman, OK 73071<br>Logan County<br>1102 E Warner<br>Guthrie, OK 73044 | (405) 942-8500<br><br>(405) 262-7121<br><br>(405) 321-3200<br><br>(405) 282-1803 | dhudman@areawideaging.org<br>chughes@areawideaging.org<br>margaret.tramell@redlandscc.edu<br><br>agingserv@aol.com<br><br>msnow@icnet.net |
| **AREA 9**<br>(Counties: Caddo, Comanche, Cotton, Grady, Jefferson, McClain, Stephens, Tillman) | **Association of South Central Oklahoma Governments (ASCOG)**<br>802 W Main Street<br>PO Box 1647<br>Duncan, OK 73534 | (580) 252-0595<br><br>(800) 658-1466 | Jone_ke@ascog.org<br>(Jone_ke@ascog.org) |
| **AREA 10**<br>(Counties: Beckham, Custer, Greer, Harmon, Kiowa, Jackson, Roger Mills, Washita) | **Southwestern Oklahoma Development Authority (SWODA)**<br>Building 420 Sooner Drive<br>P O Box 569<br>Burns Flat, OK 73624-0569 | (580) 562-4882<br><br>(800) 627-4882 | ada@swoda.org |
| **AREA 11**<br>(Counties: Beaver, Cimarron, Dewey, Ellis, Harper, Texas, Woods, Woodward) | **Oklahoma Economic Development Authority (OEDA)**<br>330 Douglas Avenue<br>P O Box 668<br>Beaver, OK 73932-0668 | (580) 625-4531<br><br>(800) 658-2844 | oedaaaa@ptsi.net |