

Office of Disability Concerns

# Oklahoma Pledge Quarterly Newsletter

The Oklahoma Department of Rehabilitation Services  
and the Oklahoma Department of Rehabilitation Council

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**Hear Ye! Hear Ye! Hear Ye!**

The public is cordially invited to attend one of three public hearings set for Monday, February 3, 2014, 4:00 p.m. to 6:00 p.m. at (DRS) state office, 3535 N.W. 58th 2nd Floor Conference Room, Oklahoma City, OK. Tuesday, February 4, 2014 1:00 p.m. to 3:00 p.m., at Total Source for Hearing Loss and Access, 8740 E. 11th, Conference Room, Tulsa, OK., and Wednesday, February 5, 2014, 1:00 p.m. to 3:00 p.m., at Great Plains Technical Center, 4500 S.W. Lee Blvd., Bldg. 300, Lawton, OK.

The new proposed changes will affect vocational rehabilitation and employment services for Oklahomans with all types of disabilities. The majority of changes throughout involve the name changes associated with the Office of State Finance becoming Office of Management and Enterprise Services and the related integration of other agencies into (OMES). Changes to Chapter 10 are to demonstrate that some determinations by (DRS) are not subject to the Fair Hearing Process, and updating procedures for Special Services for the Deaf and Hard of Hearing. Due to state and federal audits, minor changes to the Business Enterprise policies section, Chapter 25, must be made.



**2014 Public Hearings**

## U.S. Department of Veterans Affairs

The U. S. Department of Veterans Affairs now has online account services for veterans. It's called My HealthVet Account. There are three account type options basic, advanced, and premium. This provides veterans to enter or access their information faster, such as reviewing their VA Medication History, Pathology Reports, Vitals and Readings, Wellness Reminders, and much more. Please be advised there is an authentication process by which VA verifies a Veterans' identity before allowing access to their VA health record. For more information, please visit: <https://www.myhealth.va.gov/index.html>





## Social Security Administration

A 1.5 percent (cost of living adjustment) benefit increase for thousands who receive Supplemental Security Income (SSI) beneficiaries starting in December 2013 and January 2014.

Also beginning January 2014, Social Security tax (taxable maximum) will change from previously \$113,700 to \$117,000. To learn how (COLA) is calculated please visit: [http://ssa.gov/pressoffice/pr/2014cola-pr.html?](http://ssa.gov/pressoffice/pr/2014cola-pr.html?utm_source=home&utm_medium=panel&utm_campaign=cola)  
[utm\\_source=home&utm\\_medium=panel&utm\\_campaign=cola](http://ssa.gov/pressoffice/pr/2014cola-pr.html?utm_source=home&utm_medium=panel&utm_campaign=cola)

The Oklahoma City Social Security Administration located at 2401 N.W. 23rd St., (located in Shepherd Mall) will be moving to their new constructed offices Spring 2014. Their new location will be at N.E. 122nd St., and Kelley Ave in Oklahoma City, OK.

The Edmond public transportation system will be providing daily stops at the new (SSA-OKC) offices.

For more information, please visit: <http://edmondok.com/index.aspx?nid=205>



**Social Security Administration  
Social Security Card**

*“Enjoy the Taste of Eating  
Right”  
Academy of Nutrition and  
Dietetics*

## March 2014 is National Nutrition Month

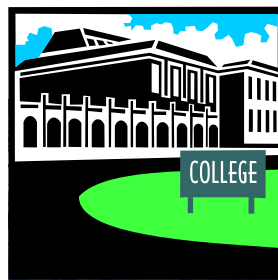
January 1 is New Year’s Day, and a time when people decide to make better choices for their life. Hopefully eating healthier foods will be on the list of changes. Eating healthier offers benefits such as help maintaining proper weight, lowers blood pressure, and a host of other medical chronic conditions.

The Office of Disability Concerns will be hosting Coupon University Nutritional Workshop in March 2014. Come learn how to effectively use coupons, read nutritional food labels, and more.

This is a free event and to learn more please visit us on Facebook or visit us at [www.odc.ok.gov](http://www.odc.ok.gov)  
National Nutrition Month—March 2014 designated by the Academy of Nutrition and Dietetics.

## U.S. Department of Education

According to the U.S. Department of Education web site they have assisted more than \$150 billion each year to help millions of students pay for higher education. Start today



**College of Your Choice  
2014**

achieving your educational goal by applying for the Free Application for Federal Student Aid (FAFSA). It’s easy and it’s simple. Go to <http://studentaid.ed.gov/>

You will also find (FAFSA) required deadlines dates for

Federal, State, and College by states. Check out the Oklahoma Scholarships at [www.mycollegeoptions.org](http://www.mycollegeoptions.org)

## OKCareerPlanner.com

Starting a new career can be exciting. Let OKCareer Planner.com help get you started. The OKCareerPlanner.com provides an array of useful information. One may choose topics ranging from job openings, industries updates, education, training, entrepreneurship and a link to Oklahoma Career Information System. The OKCareerPlanner.com is user friendly, and requires no assigned login needed to search the website. Should you decide to create your personal resume, keep track of testing assessments, or personal information in OKCIS a

secure login is required for security. The OKCareerPlanner.com is sponsored by the Governor's Council for Workforce and Economic Development, previously known as GrowOklahoma.com. Another free user friendly search engine is OKJobMatch it offers an extensive job search database, and other resource tips for successful employment. Another plus OKCareerPlanner.com can help you discover your college career

path, and how to get there. Began your new future today.



**Find your career path in 2014**



## Oklahoma Bar Association Law Day 2014

The Oklahoma Bar Association's annual event "Ask a Lawyer" TV Show will be May 2014, on Oklahoma Educational Television Authority (OETA). (OBA) lawyers provide free legal advice to all Oklahoma callers statewide. (OBA) Law Day is also a free legal advice for one day in

various Oklahoma counties. Answering Oklahoma callers statewide 9 a.m. to 9 p.m. (OBA) offers online services to meet your legal needs, and for more information. Please visit: [www.okbar.org](http://www.okbar.org) to check dates and times for the LAW DAY activities.

The (OBA) board members are (17) elected lawyers by their peers. To learn more about (OBA) please visit: <http://www.okbar.org/public/About.aspx>

Oklahoma Bar Association "LAW DAY 2014"

## Honoring Older Americans

Older Americans are all around us, setting mile stones along the way past, present, and future. This year the Administration for Community Living is honoring Older Americans Month. This years theme year " Safe Today. Healthy Tomorrow." Many times older



Americans are over looked, of the contributions to our society. Older Americans, and young children are usually the first to experience serious medical crisis such as the flu epidemic. Join the celebration if you have a loved one, or know

someone who is an older American. Spend time with them, listen to their family-history stories, have dinner, but let them know you care. For more information, please visit: [http://www.acl.gov/NewsRoom/News-Info/2013/2013\\_12\\_20b.aspx](http://www.acl.gov/NewsRoom/News-Info/2013/2013_12_20b.aspx)



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*“Keeping you informed  
is Our Pledge”*



The Office of Disability Concerns ( ODC ) provides accurate and timely information, referral and advocacy. We act as an intermediary to persons with disabilities and provide services for those with disabilities.

2014— 2014— 2014— 2014— 2014

A new 365 days is now in progress along with thousands of 'New Year's Resolutions'. 'New Year's Resolutions' brings new career or changes, spend more time with family, travel, meet new people, and at the top of the list start a new or better fitness program. According to Merriam-Webster dictionary the meaning of resolutions: An answer or solution to something. It's about seeking new ways to approach to an old problem. Enjoy 2014 New Year one day at a time, and make it count!



**New Year's Resolutions 2014**

**Happy New Year !**