



FOR YOUR INFORMATION

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FOR THE GARDEN OF YOUR
DAILY LIVING PLANT:
PLANT FOUR ROWS OF
LETTUCE:

Lettuce be faithful
Lettuce be kind
Lettuce be patient
Lettuce really love one another



CHILDREN WITH DISABILITIES CHRISTMAS PARTY

The Party will be held on Saturday, December 5th, 1:00 p.m., at the McAlester High School Cafeteria, One Buffalo Drive. The county schools will send home flyers with their students who have disabilities and IEP's (Individual Education Plans). Children 15 & under as well as their siblings will receive a gift from Santa. **Registration Deadline** is Wednesday, **December 2nd**. If a sign language interpreter is needed, please call ASAP. Families are encouraged to attend with their children. A traditional Christmas Dinner will be served and you are asked to bring a *store-bought cake or pie*. Free transportation lift-equipped transportation is available to McAlester and Krebs residents.
Call OIL NOW to register!

OIL FUNDRAISER SIGNED HEISMAN TROPHY WINNERS FOOTBALL

We are still raffling off the signed football. Tickets are \$1 each or 6 for \$5. The last day is this Saturday as we will be drawing at the children's Christmas party. You do need to be present to win.

CAMP PLEA GIFT WRAPPING FUNDRAISER

Camp PLEA volunteers will be doing the dirty deed that we all despise doing, wrapping gifts! The cost depends on the size of the gift and varies from \$2-\$5 each. They will be at the McAlester Wal-Mart parking lot each Friday, Saturday and Sunday at the following times beginning December 4th and continuing on weekends through December 20th.
Fridays 5:00 - 8:00 p.m.
Saturdays 10:00 - 6:00 p.m.
Sundays 12:00 - 4:00 p.m.

All proceeds go toward the operating costs of Camp PLEA, which is a non-profit United Way organization and all donations are tax deductible.

HEATING ASSISTANCE AVAILABLE

Help with home heating costs will be available across the state through the federal

Low-Income Home Energy Assistance Program (LI-HEAP) administered by the Oklahoma Department of Human Services.

The application period for assistance through OKDHS will begin Tuesday, December 1. Applications will be accepted until allocated funding is spent.

Many, but not all households that receive public assistance through OKDHS may be automatically authorized for LIHEAP and will not need to make application. These households will be notified of their eligibility.

Eligibility for help through LIHEAP is based on household income and assets. Low-income households that do not receive public assistance may also be eligible for home heating assistance. It is important that persons requesting LIHEAP assistance have their household's latest heating bill and income information when applying. The maximum income guidelines are:

# in Household	Mo. Income
1	\$1,174
2	\$1,579
3	\$1,984
4	\$2,389
5	\$2,794
6	\$3,200
7	\$3,605

OPEN ENROLLMENT PERIOD FOR MEDICARE

The open enrollment period to change providers for Medicare Prescription Part D or Medicare Part C ends on December 31, 2009. Check the various plans offered to see which best meets your needs. For more information call the Senior Health Insurance Program of the Oklahoma Insurance Department at 800-763-2828.

ABLE ACT OF 2009

The Achieving a Better Life Experience Act (ABLE) of 2009 (S 493/HR 1205), which is supported by over 40 national disability organizations has been introduced in both the U.S. Senate and House. The ABLE Act will give individuals with disabilities and their families the ability to save for their child's future just like every other American family, and help people with disabilities live full, productive lives in their communities.

The ABLE Act will allow individuals with disabilities to create a disability savings accounts or 'ABLE Accounts' that would accrue interest tax-free. The account could fund a variety of essential expenses for the individual, including medical and dental care, education, community based supports, employment training, assistive technology, housing, and transportation. Importantly, **the legislation prohibits amounts held by, or paid or distributed from any ABLE accounts from being treated as income or assets when determining eligibility for benefits provide by any Federal benefits program.**

Asset development is one step toward improving economic

self-sufficiency, and the legislation's focus on encouraging asset development will greatly incentivize people with disabilities to live more productive lives through earning and saving resources for their future.

ACTION REQUIRED:

Please call your Senator/Representative and ask them to cosponsor this important legislation.

Senator Tom Coburn
172 Russell Senate Office Bldg.
Washington, DC 20510
(202) 224-5754

Senator James Inhofe
453 Russell Senate Office Bldg.
Washington, DC 20510
(202) 224-4721

Representative Dan Boren
216 Cannon House Office Bldg.
Washington, DC 20515
(202) 225-2701

HEALTH CARE LEGISLATION

The Justice for All Action Network (JFAAN), a coalition of disability-led organizations and allies, applauds health care legislation passed by the U.S. House of Representatives. Recently passed in a House vote, the legislation increases the number of people with disabilities covered by health care and increases service options for people with disabilities.

Key points of the legislation included: expanding coverage to millions of people currently uninsured; a provision that makes it illegal for insurance companies to deny coverage based upon pre-existing conditions; and the inclusion of the CLASS ACT and the Community First Choice Option (CFC).

SSA ON COMPASSIONATE ALLOWANCES AND SCHIZOPHRENIA

The Social Security Administration recently held another public hearing on Compassionate Allowances. Testimony was heard from some of the nation's leading experts on schizophrenia about possible methods of identifying and implementing Compassionate Allowances for young adults with schizophrenia.

Schizophrenia is a devastating disease that affects more than two million Americans, primarily individuals in their teens and twenties. The hearing will help potentially identify the most severe cases and consider bringing them under the Compassionate Allowances umbrella to expedite the processing of disability claims for applicants with medical conditions so severe that their conditions by definition meet Social Security's standards.

GRANT TARGETS RURAL, HOMELESS YOUTH

A 5-year, \$1 million grant will target foster children aged 16 to 20 years of age in rural areas who lack a support system or family structure and are about to age out of state custody through the Oklahoma Department of Human Services.

OKDHS is developing the Oklahoma Bridge to Independence Network, working with resources in the rural communities to develop support systems for rural, homeless youth.

Key partners in the project are Youth and Family Services,

Inc.; Oklahoma and the National Resource Center for Youth Services at the University of Oklahoma; Oklahoma Association of Youth Services; Oklahoma Institute for Child Advocacy and Governor's Interagency Council on the Homeless.

THANKSGIVING DINNER

The OIL Thanksgiving Dinner was held at the First Baptist Church in McAlester. A delicious traditional meal was had. Church members graciously volunteered by serving the meal and OIL would like to thank them for the giving of their time and to the church for the use of their facilities.

CHRISTMAS PARADE

OIL will be picking up and taking individuals to watch the parade. Floats will start moving at 7:00 p.m. on Thursday, December 3rd. The theme this year is "The Sounds of Christmas". Camp PLEA is having a float in the parade. If you would like to ride on the float or would like to help decorate it, call OIL.

MUSKOGEE MALL TRIPS

OIL will be taking two trips to Muskogee's Hobby Lobby and Arrowhead Mall. The dates will be December 4th & 11th. The bus will leave at 8:30 a.m. for a day of shopping. The travel cost is \$5 per person and you should bring enough money to eat at Golden Corral.

McALESTER TOUR OF LIGHTS

OIL will be touring McAlester to see the downtown Christmas lights as well as neighborhood lights. The bus will leave OIL at 5:30 p.m. with a \$2 charge per person. Call OIL for the date.

FUNDRAISERS

Thank you to all who helped with the fundraisers. Thank you to all of the area businesses that donated an item or service for win prizes bingo. A thank you also goes to the American Legion for letting us utilize their facility and for their assistance at the bingo.

NUTRITION AND COOKING

Beginning in January, The Oklahoma State University Extension Center will start an eight week nutrition and cooking class for OIL consumers. It is not only an educational class but you are able to do hands on cooking activities. It is very important that you continue all classes once begun. Call OIL for more information.

SATURDAY TRANSPORTATION

OIL will take individuals anywhere in the McAlester area whether to visit friends/family or just to see an afternoon movie matinee. The cost is \$1 per stop. The dates are set for December 12th and 19th.

FOR SALE

Lift-equipped Van, one owner, 2002 Chevy Venture, 107,000 miles. Clean, well kept side entry, manual ramp, removable front seats, Braun conversion, non skid flooring, new tires, white w/grey interior. Asking \$12,500 call Rhonda at 479 957-1910



MERRY CHRISTMAS
from the gang at OIL

Transportation

OIL provides lift-equipped transportation in McAlester and the surrounding area, Monday – Friday, 8:00 – 4:30. A twenty-four hour minimum notice is required. The cost is \$2 round trip in McAlester and \$4 for Krebs and Frink Chambers. Outside this area, fees are based on actual costs of gasoline needed to provide the service.

*Prices are subject to change.



Are you eligible for the ADvantage Program?

Are you a person with a disability who is at least 21 years of age?

If you said "Yes" then answer the following:

Do you require assistance?

1. On a daily basis in order to live, such as eating, toileting, grooming, bathing, dressing, and moving about to accomplish the task
2. In order to maintain or support daily functioning such as taking medication, preparing meals, paying bills, shopping, laundry, transportation, etc.
3. Are you at risk for nursing home placement?

The ADvantage Program may be able to help. Contact any OIL ADvantage case manager at 426-6220 V/TDD.