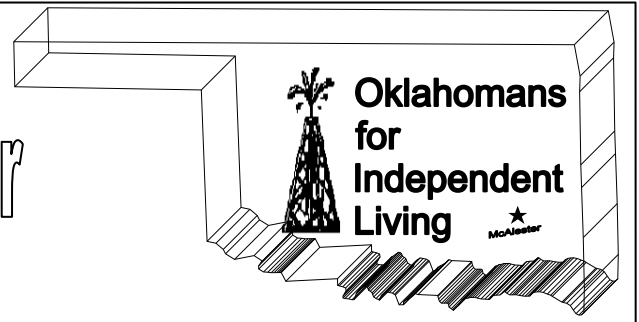


**DECEMBER  
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# OIL Newsletter



A monthly publication of **THE OKLAHOMANS for INDEPENDENT LIVING**  
601 East Carl Albert Parkway, McAlester, OK. 74501, (918) 426-6220 or (800) 568-6821, Fax (918) 426-3245  
(918) 426-6263 V/TDD, OIL Web Page URL ([www.oilok.org](http://www.oilok.org)), [www.facebook.com](http://www.facebook.com))

The heaviest thing you can carry is a grudge.



If you are receiving this newsletter in error or no longer wish to receive it, give us a call and we will remove your name from our mailing list.

If you are trying to go green and would like to help save trees, check out our newsletter by going to [oilnewsletter@oilok.org](mailto:oilnewsletter@oilok.org)

## **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. The fundraiser will be at the McAlester Wal-Mart parking lot each day/evening starting December 11<sup>th</sup> and continuing thru Christmas Eve.

**Volunteers are needed.** If you can help please call OIL.

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



## **CHILDREN WITH DISABILITIES CHRISTMAS PARTY**

The Party will be held on Saturday, December 4th, 1:00 p.m., at the McAlester High School Cafeteria. Students with a disability/IEP who are 15 & under will receive a gift from Santa. **REGISTRATION**

**DEADLINE is December 1<sup>st</sup>.** 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 lift-equipped

transportation is available to McAlester and Krebs residents.

**CALL NOW TO REGISTER!**

## **THE "R" WORD**

Some people have mental retardation (intellectual disabilities). Think of persons with developmental disabilities or persons with a cognitive disorder as an individual with an intellectual disability. While mental retardation is not a bad word, when used to describe someone or something you think is bad or stupid, it becomes another thoughtless, hurtful word. This prejudice and discrimination to people with intellectual disabilities is **WRONG!** Please stop using the word 'retard'. It hurts individuals and families of those with disabilities. Words can hurt. For information go to <http://therword.org/> or e-mail [info@therword.com](mailto:info@therword.com).

## **ONLINE ENROLLMENT AVAILABLE FOR SOONERCARE**

Oklahomans receiving health insurance through SoonerCare (Oklahoma Medicaid) can renew their coverage online through the Oklahoma Health Care Authority's new website at [www.okhca.org/individuals](http://www.okhca.org/individuals). You can apply for benefits and make changes to personal information as well as to renew your benefits.

## **HEATING ASSISTANCE BECOMING 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 Wednesday, December 1<sup>st</sup>. Applications will be accepted until allocated funding is spent. Applicants should provide identification, income verification and the most recent heating bill at the time of application.

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:

<u># in Household</u>	<u>Mo. Income</u>
1	\$1,174
2	\$1,579
3	\$1,984
4	\$2,389
5	\$2,794
6	\$3,200
7	\$3,605
8	\$4,010

## **Winter Energy-Saving Tips**

- Use a programmable thermostat with your heating system to automatically lower the temperature at night or when no one is home.
- Keep the warm air in and the cold air out by adding insulation, caulking and weather-stripping around doors, attic access, windows, outlets and any area that can let the cold air in and the warm air out. Or call a Home Performance with Energy Star® contractor to assess your home's efficiency.
- It's a good time to check smoke and carbon monoxide detectors and replace old batteries. Remember: As you seal up leaks in your home, this becomes even more important.
- Make sure floor and wall vents are not blocked by draperies, furniture or rugs. Vents should also be cleaned regularly with a vacuum or broom.
- Battery chargers for wheelchairs should be turned off when not in use.
- If you sleep on an air mattress, turn it off when you do not expect to use it for more than five hours.
- Keep blinds and drapes of sun exposed windows open in the daytime and closed at night.
- When the fireplace is not in use, keep the flue damper tightly closed.
- Have your heating system inspected by a Home Performance with Energy Star contractor. If you have a forced-air heating system, check your air filters once a month and replace if dirty.
- Make sure outdoor portions of your heating system are not blocked by leaves, shrubbery or other objects.
- If you have a window air-conditioning unit, remove it for the winter months to prevent heat from escaping through and around the unit. If it can't be removed, buy a cover to prevent drafts.
- Install rubber gaskets behind outlets and switch plates on exterior walls. Gaskets can be found in most home improvement stores.
- Ceiling fans can keep you comfortable in the winter too! Reversing the direction of the blades pushes warm air down in to the room.

Lower your water heater temperature to 120 degrees. For added savings, have your water heater wrapped with an insulation blanket by your heating or plumbing contractor.

## **HIGH RISK INSURANCE AVAILABLE**

Oklahoma has \$59.7 million available to provide coverage for uninsured residents with pre-existing medical conditions through a new transitional high-risk pool funded entirely by the federal government. This high risk insurance pool is created as a result of the new federal Affordable Care legislation. For more information go to

[www.healthreform.gov](http://www.healthreform.gov) or call consumer assistance of the Oklahoma Insurance Department at 800-522-0071.

### **OKLAHOMA CARES**

Oklahoma Cares is a program for Oklahoma women with no insurance coverage who meet qualifications and are between the ages of 19 and 65. Women must have an abnormal breast or cervical finding or diagnosis. The Oklahoma cares program allows qualified women to receive full SoonerCare benefits for the duration of their treatment. For more information call the Oklahoma State Department of Health at 866-550-5585.

### **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 2<sup>nd</sup>. The theme this year is "It is Better to Give than to Receive".



### **MUSKOGEE MALL TRIPS**

OIL will be taking two trips to Muskogee's Hobby Lobby and Arrowhead Mall. The dates will be December 3<sup>rd</sup> and 10<sup>th</sup>. 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 on December 7<sup>th</sup> 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.



### **SATURDAY TRANSPORTATION**

OIL will take individuals anywhere needed in the McAlester area whether it is to visit friends/family or just to see an afternoon movie matinee. The cost is \$1 per stop. The dates are set for December 11<sup>th</sup> and 18<sup>th</sup>.

### **MULTIPLE SCLEROSIS GROUP**

The group will not be meeting in December. For phone support call Patty at 918 916-7657.

### **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.



Four new boxes of (10) Dover 14 fr female catheters. Call 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 \$1 per pick up in McAlester and \$2 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.**

\*Events are held at OIL unless otherwise noted

## DECEMBER EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 McAlester Shopping 7am-10:45am Christmas Parade 7 pm @Downtown	3 Shopping Trip Muskogee 8:30am	4 Children's Christmas Party 1 pm @ McAlester High School
5	6 Mental Health Grp 1pm	7 Christmas Lights in McAlester 5:30pm	8	9	10 Shopping Trip Muskogee 8:30am	11 Saturday Shopping (McAlester) 8-5pm
12	13 TBI Grp 1pm	14 HIV/AIDS Grp 9:30 am & Men's Grp 5:30pm @Mazzio's Pizza	15 Women's Grp 1 pm @Wall's	16 Shopping in McAlester 7am-10:45am	17	18 Saturday Shopping (McAlester) 8-5pm
19	20 Mental Health Grp 1pm	21	22	23 OIL CLOSED for Holiday	24 OIL CLOSED for Holiday	25 Christmas Day
26	27 TBI Grp 1pm	28	29	30	31 OIL CLOSED for New Years Eve	

\***Low Impact Exercise Class** meets Mon., Wed., & Fri., 10:00 a.m., Stipe Center \***Alzheimer's Support Group**, 3<sup>rd</sup> Wed., 12:00 p.m., Main & OK Church of Christ, 423-4743 \***Cancer Support Group**, 3<sup>rd</sup> Thur., 1:00 p.m., The Van Buren House, 426-5600 \***Diabetes Support Group**, 1<sup>st</sup> Tue., 6:00 p.m., MRHC Wellness Ctr Conf. Room, 421-8656 \*For information on **Men's & Women's Grief Support Groups** – call Hospice of McAlester at 423-3911 \***Bariatric Support Group**, 2<sup>nd</sup> Tue. MRHC Wellness Ctr. Con. Room, 5:30 p.m., 421-6600

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