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OIL Newsletter



A monthly publication of THE OKLAHOMANS for INDEPENDENT LIVING

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(918) 426-6263 V/TDD, OIL Web Page URL (www.oilok.org), www.facebook.com)

If you lack the courage to start,
you have already finished.



If you are receiving this newsletter in error or no longer wish to receive it, give us a call and we will remove you 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

MCALESTER RESIDENTS WHO ARE ELDERLY OR HAVE DISABILITIES CAN RECEIVE HELP WITH CART REMOVAL

City residents can be fined from \$174 to \$549 for not removing the blue polycart trash containers from curbside.

If you are a city of McAlester residential trash customer who is elderly or disabled and cannot get your trash container to the curbside, you can make arrangements to have the container picked up outside your home. Please contact Glenna at Allied Waste, 426-0985.

NUTRITION AND COOKING

Beginning on Friday, February 25th, the Oklahoma State University Extension Center will start another 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. The classes will meet each Friday, 1:00 p.m. at the OSU Center, 707 West Electric. OIL will be providing free transportation.



CHILDREN'S CHRISTMAS PARTY A SUCCESS

Thank you to: Gertie Jo the Clown, Belinda Spears, McAlester Merchants, Lovera's Grocery, The American Legion, Western Sizzlin', Pittsburg County Volunteer Deputies, Wal-Mart, OIL Volunteers, KC Long, Loranna Long, Katie Eddings, Mike Cantrell, Marthine Flowers, Shanna Langley, Georgeann Cloud, Lucille Dick, Amanda Pierce, Donna Ward, Joyce Petrone, Kappa Kappa

Iota, Ron McCoy, Canadian Valley Telephone Company, The Knights of Columbus, Shawn Johnston, and OIL staff's family. Thanks to all!

DRS AND OKLAHOMA REHABILITATION COUNCIL TO HOLD PUBLIC HEARINGS

Monday, February 7, 2011
4:00 p.m. — 6:00 p.m.
Department of Rehabilitation Services
2nd Floor Conf. Room
3535 N.W. 58th
Oklahoma City, Oklahoma

Tuesday, February 8, 2011
1:00 p.m. — 3:00 p.m.
Total Source For Hearing Loss and Access
8740 E. 11th, Conf. Room
Tulsa, Oklahoma

Wednesday, February 9, 2011
1:00 p.m. — 3:00 p.m.
Great Plains Technical Center
4500 S.W. Lee Blvd.
Bldg. 300, Room 301A
Lawton, Oklahoma

DHS WORKERS BEING IMPERSONATED

Previously there have been various types of scams targeting those with Electronic Benefits Transfer (EBT) cards. Now, there is a rise in scammers calling victims

pretending to be a DHS worker needing information about the citizen to verify information, asking for their Social Security number, address, etc. The Scammers have also asked for EBT MasterCard numbers claiming that it will give an additional \$50 on the card. This gives the scammer information about the card, number, PIN, etc.

This is a serious crime and is expanding in Oklahoma. If you are contacted, do not give any information and call the police immediately. If you have received a call like this and did give out personal information, also call the following agencies to help protect further damage.

Contact the credit bureaus to place a free fraud alert and ask for a free copy of your credit report.

Equifax, Fraud Division
1 800 525-6285

Experian, Credit Fraud Center
1 888 397-3742

TransUnion, Fraud Division
1 800 680-7289

To see if you have been a victim of identity theft, go to the easy to follow checklist found at www.privacyrights.org and to report the identity theft contact:

Federal Trade Commission
1 877-ID-THEFT
www.ftc.gov

WINTER-ENERGY SAVING TIPS

Lighting and Bulbs

Use energy efficient, Energy Star-qualified CFLs instead of standard incandescent light bulbs, and you will use 75% less electricity.

- Energy Star CFLs also emit less heat and are cooler to the touch than incandescent bulbs.
- Replace your home's five most frequently used incandescent lights with CFLs; it will save you more than \$60 a year in energy costs. Ceiling Fans with Lighting Kit
- Invest in an Energy Star-qualified ceiling fan with a lighting kit to help cool your home and improve airflow. An Energy Star-qualified model is about
- 50% more efficient than a conventional unit and can save up to \$20 per year on cooling and heating bills. Lighting Fixtures
- Energy Star lighting fixtures put out the same amount of light as standard fixtures.
- Use floodlights only when needed; they use 2.5 times more electricity than indoor lights.
- Replace 150-watt floodlight bulbs with outdoor Energy Star qualified CFLs.
- Keep your lights and fixtures clean to improve efficiency as much as 20%. Holiday Lighting

EXTERIOR Doors

- Use Energy Star qualified doors that use materials to prevent heat loss and provide maximum energy savings.
- Use multiple glass panes (double or triple-paned insulating glass) to reduce heat flow.
- Use improved weather-stripping as well as magnetic strip to reduce air leakage around the edges.

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.

OIL SCHEDULE OF EVENTS

This is a **tentative** schedule only. The dates may change so be sure to check each monthly newsletter for any updates.

February

- 3rd Shopping – 7:00 a.m.
- 7th Mental Health Group
1:00
- 8th HIV/AIDS Group
1:00 p.m.
- 10th Social - 5:30 p.m.
Boomerang
- 11th Valentine's Dance
7:00 p.m.
J.I. Stipe Center
- 12th Saturday Transportation
- 14th Brain Injury Group
1:00 p.m.
- 15th Men's Group - 5:00 p.m.
East Gourmet
- 16th Women's Group
12:00 p.m.
- 17th Shopping – 7:00 a.m.
- 21st Mental Health Group
- 22nd Game Day
1:00 p.m.
- 25th Nutrition & Cooking
Class - 1:00 p.m.
- 26th Saturday Transportation
- 28th Brain Injury Group
1:00 p.m.

March

- 3rd Shopping – 7:00 a.m.
- 4th Nutrition & Cooking
Class - 1:00 p.m.
- 7th Mental Health Group
1:00 p.m.
- 8th HIV/AIDS Group
1:00 p.m.
- 8th Men's Group - 5:00 p.m.
New Adelita's
- 10th Social - 5:30 p.m.
Rib Crib
- 11th Nutrition & Cooking
Class - 1:00 p.m.
- 12th Saturday Transportation
- 14th Brain Injury Group
1:00 p.m.

- 15th St. Patrick's Day
Breakfast - 8:00 a.m.
What About Bob's
- 16th Women's Group
12:00 p.m.
- 17th Shopping – 7:00 a.m.
- 18th Nutrition & Cooking
Class - 1:00 p.m.
- 21st Mental Health Group
1:00 p.m.
- 25th Nutrition & Cooking
Class - 1:00 p.m.
- 26th Saturday Transportation
- 29th Movie Night – 5:30 p.m.

April

- TBA Area Special Olympics
- TBA Muskogee Azalea
Festival - 9:00 a.m.
- 1st Nutrition & Cooking
Class - 1:00 p.m.
- 2nd Saturday Transportation
- 4th Mental Health Group
1:00 p.m.
- 7th Shopping – 7:00 a.m.
- 7th Social - 5:30 p.m.
Carla's Café
- 8th Nutrition & Cooking
Class - 1:00 p.m.
- 11th Brain Injury Group
1:00 p.m.
- 12th HIV/AIDS Group
1:00 p.m.
- 12th Men's Group - 5:00 p.m.
Western Sizzlin'
- 15th Nutrition & Cooking
Class - 1:00 p.m.
- 16th Saturday Transportation
- 18th Mental Health Group
1:00 p.m.
- 20th Women's Group
12:00 p.m.
- 21st Shopping - 7:00 a.m.
- 25th Brain Injury Group
1:00 p.m.

May

- TBA Special Olympics
State Games
Stillwater
- 2nd Mental Health Group
1:00 p.m.

- 5th Shopping – 7:00 a.m.
- 7th Armed Forces Day
Parade - Downtown
- 9th Brain Injury Group
1:00 p.m.
- 10th HIV/AIDS Group
1:00 p.m.
- 12th Picnic - 5:30 p.m.
Chadick Park
- 14th Saturday Transportation
- 16th Mental Health Group
1:00 p.m.
- 17th Game Day - 1:00 p.m.
Chadick Park
- 17th Men's Group - 5:00 p.m.
Mazzio's Pizza
- 18th Women's Group
12:00 p.m.
- 19th Shopping – 7:00 a.m.
- 23rd Brain Injury Group
1:00 p.m.
- 28th Saturday Transportation

June

- 2nd Shopping – 7:00 a.m.
- 3-5th Endeavor Games
Edmond OCU Campus
- 6th Mental Health Group
1:00 p.m.
- 7-9th Children's Camp PLEA
McAlester AAP
- 11th Saturday Transportation
- 13th Brain Injury Group
1:00 p.m.
- 14th HIV/AIDS Group
1:00 p.m.
- 14-16th Adult Camp PLEA
McAlester AAP
- 16th Shopping – 7:00 a.m.
- 16th Picnic - 6:00 p.m.
Chadick Park
- 17th Water Park Trip
Muskogee
- 20th Mental Health Group
1:00 p.m.
- 22nd Women's Group
12:00 p.m.
Chadick Park
- 25th Saturday Transportation
- 27th Brain Injury Group
1:00 p.m.

*Events are held at OIL unless otherwise noted

JANUARY EVENTS

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------------|---|---|--|--|-----------|---|
| | | | | | | 1 |
| 2 | 3 Mental Health Grp 1pm | 4 | 5 | 6 McAlester Shopping 7am-10:45am | 7 | 8 |
| 9 | 10 TBI Grp 1pm | 11 HIV/AIDS Grp 1pm Men's Grp "The Shack" 5:30pm | 12 | 13 OIL Social Western Sizzlin' 5:30 pm | 14 | 15 Saturday Shopping (McAlester) 8-5pm |
| 16 | 17 OIL CLOSED for Martin Luther King Jr. Day | 18 Multiple Sclerosis Grp 6:30 pm | 19 Women's Grp Noon (sack lunch) | 20 McAlester Shopping 7am-10:45am | 21 | 22 |
| 23/30 | 24/31 TBI Grp 1pm | 25 Movie Night 5:30 pm | 26 | 27 | 28 | 29 Saturday Shopping (McAlester) 8-5pm |

***Low Impact Exercise Class** meets Mon., Wed., & Fri., 10:00 a.m., Stipe Center ***Alzheimer's Support Group**, 3rd Wed., 12:00 p.m., Main & OK Church of Christ, 423-4743 ***Cancer Support Group**, 3rd Thur., 1:00 p.m., The Van Buren House, 426-5600 ***Diabetes Support Group**, 1st 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**, 2nd Tue. MRHC Wellness Ctr. Con. Room, 5:30 p.m., 421-6600

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