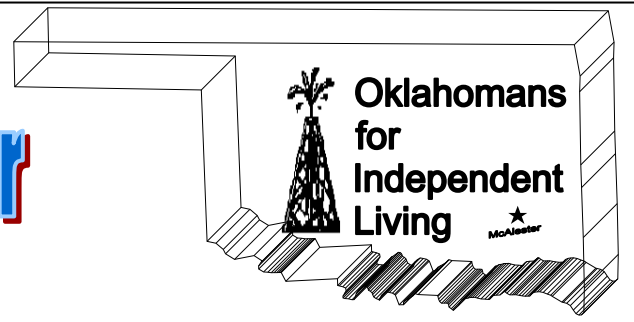


March
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OIL Newsletter



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), www.facebook.com)

Watch your thoughts; they
become words.

Watch your words; they become
actions.

Watch your actions; they
become habits.

Watch your habits; they become
character.

Watch your character; it
becomes your destiny.



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MS. WHEELCHAIR OKLAHOMA

Meet Deanna Cheek,
Ms. Wheelchair Oklahoma. Her
duties are to visit with
Oklahomans around the state.
She wants to advocate,
educate, and to show
individuals with disabilities that
they can achieve high goals
and do anything their minds are
set to do. Society has a lack of
expectations for people with

disabilities and she would like
to change that mind set even if
it is one person at a time.

Deanna would like to
encourage all ladies who are
wheelchair users to compete for
their local title (your city), as
well as to compete for the title
of Ms. Wheelchair Oklahoma
next year. In August, she will be
going to Michigan to compete
for the National title of
Ms. Wheelchair America.

WHAT IS A DEVELOPMENTAL DISABILITY?

Developmental Disabilities are
severe disabilities, originating
any time from birth through age
21, that are expected to last a
lifetime. Developmental
disabilities may be cognitive,
physical, or a combination of
both. While not always visible,
these disabilities can result in

serious limitations in everyday
activities of life, including self-
care, communication, learning,
mobility, or being able to work
or live independently. Such
disabilities may require a
combination of specialized,
interdisciplinary, or generic
services and assistance for an
extended duration.

DEVELOPMENTAL DISABILITIES AWARENESS DAY

The Oklahoma Developmental
Disabilities Council is hosting
an Awareness Day Rally. It will
be held on Wednesday, March
9th at the state capital. The
crowd will begin gathering
around 9:00 a.m. and the
speakers will begin at 10:30
a.m. The theme this year is
"Life Without Limits."

Call now to add your name to
the list.

PEOPLE WITH DISABILITIES AWARENESS DAY STARTS WITH YOU!

Please be part of "See the
Person Not the Disability"
theme for supporting critical
disability programs threatened
by state budget cuts! Join us at
the State Capitol for the 2011
People with Disabilities
Awareness Day from 9:00 a.m.
to 12:30 p.m. on Tuesday,
April 5th.

Advocacy in action is what
People with Disabilities
Awareness Day is all about.
We can't get that message
across without you! Attend this
event, invite others to come and
plan to visit your legislators.

Find out everything you need to know about PWDAD when you pre-register now at www.okrehab.org/pwdad/ or go with OIL as a group to talk to the legislators.

To stand united, we encourage all to wear green on this day if you can. When those who work at the capitol see a lot of people in the halls or rotunda all wearing disability-awareness green, our efforts have an even greater impact. ["Be seen! Wear Green!"](#)

[Call now to add your name to the list.](#)

BASIC RIGHTS/IEP WORKSHOPS

["What You Need to Know About Special Education Workshop"](#)

McAlester - March 8th,
5:30 – 6:00 p.m, McAlester
Public Library and in
Stigler – March 24th
6:30 – 8:30 p.m.

For more information, call the Oklahoma Parents Center at 405 379-6015.

MORE SECTION 8 HOUSING

In January, the President signed into law S.1481, the Frank Melville Supportive Housing Investment Act of 2010. The law makes improvements to the Section 811 program and promotes integrated housing opportunities for people with disabilities. It will create thousands of new, affordable and accessible units every year.

DIABETES AWARENESS MONTH
March is Diabetes Awareness Month.

What is diabetes? What causes diabetes?

Diabetes (diabetes mellitus) is classed as a metabolism disorder. Metabolism refers to the way our bodies use digested food for energy and growth. Most of what we eat is broken down into glucose. Glucose is a form of sugar in the blood and is the principal source of fuel for our bodies.

When our food is digested the glucose makes its way into our bloodstream. Our cells use the glucose for energy and growth. However, glucose cannot enter our cells without insulin being present as it makes it possible for cells to take in glucose.

Insulin is a hormone that is produced by the pancreas. After eating, the pancreas automatically releases an adequate quantity of insulin to move the glucose present in our blood into the cells, and lowers the blood sugar level.

A person with diabetes has a condition in which the quantity of glucose in the blood is too elevated (hyperglycemia). This is because the body does not produce enough insulin, produces no insulin, or has cells that do not respond properly to the insulin the pancreas produces. This results in too much glucose building up in the blood. This excess blood glucose eventually passes out of the body in urine. So, even though the blood has plenty of glucose, the cells are not getting it for their essential energy and growth requirements.

Diabetes often goes undiagnosed because many of its symptoms seem harmless.

Type 1 Diabetes

- Frequent urination
- Unusual thirst
- Extreme hunger
- Unusual weight loss
- Extreme fatigue and Irritability

Type 2 Diabetes

- Any of the type 1 symptoms
- Frequent infections
- Blurred vision
- Cuts/bruises that are slow to heal
- Tingling/numbness in the hands/feet
- Recurring skin, gum, or bladder infections

*Often people with type 2 diabetes have no symptoms.

Who is at Greater Risk for Type 2 Diabetes?

- People with impaired glucose tolerance (IGT) and/or impaired fasting glucose (IFG)
- People over age 45
- People with a family history of diabetes
- People who are overweight
- People who do not exercise regularly
- People with low HDL cholesterol or high triglycerides, high blood pressure
- Certain racial and ethnic groups (e.g., Non-Hispanic Blacks, Hispanic/Latino Americans, Asian Americans and Pacific Islanders, and American Indians and Alaska Natives)
- Women who had gestational diabetes, or who have had a baby

weighing 9 pounds or more at birth

Please keep a check on the conditions below as they are all contributable to diabetes.

High Cholesterol Levels

Unhealthy Eating

High Blood Glucose

High Blood Pressure

Overweight

Physical Inactivity

Smoking

Gestational Diabetes

For more information visit the American Diabetes Association's website at www.diabetes.org or call 1 800-DIABETES. Also, consider attending the McAlester Diabetes Group that meets the first Tuesday of the month at 6:00 p.m. at the Wellness Center.

SOCIAL

The Social will be held on Thursday, March 10th at 5:30 p.m. If the Rib Crib has opened its doors by then we will gather there. Call for free local transportation.



ST. PATRICK'S DAY BREAKFAST

On Wednesday, March 17th at 8:00 a.m., OIL will meet for a St. Patrick's Day breakfast. We will gather at What About Bob's Restaurant, 610 North Main. The average meal cost is about \$6. Call for free local transportation.



SPECIAL OLYMPICS AREA GAMES

The Area Special Olympics Track & Field competition will be held at the Hook Eales Stadium in McAlester. The events will be at 9:00 a.m. on Thursday, March 24th. The OIL FreeSpirits will be participating in the games. There isn't a charge to watch so please come out and support our athletes.



MOVIE NIGHT AT OIL

We will meet on Tuesday, March 29th at 5:00 p.m. Bring your favorite DVD movie and we will take a vote as to which one to watch. OIL will provide the Popcorn!

SATURDAY TRANSPORTATION

OIL will take individuals anywhere in the McAlester area whether to visit friends/family or just to go shopping. The cost is \$1 per stop. The dates are set for March 12th and 26th.

EQUIPMENT NEEDED

If you have a wheelchair, bath bench, or walker with a seat that you are no longer utilizing, please call OIL. These items are among the most needed by individuals with mobility concerns and your donation would certainly be appreciated. A donation letter can be given for tax purposes.



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

MARCH EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3 <u>McAlester Shopping</u> 7 – 10:45 am	4 <u>Cooking Class</u> 1 pm OSU Ctr	5
6	7 <u>Mental Health Grp.</u> 1pm	8 <u>HIV/AIDS Grp.</u> , 1 pm <u>Men's Grp.</u> , 5 pm, Adelita's	9 <u>DD Awareness Day at the Capital</u>	10 <u>Social</u> 5:30 pm Rib Crib	11 <u>Cooking Class</u> 1 pm OSU Ctr.	12 <u>Saturday Transportation</u>
13	14 <u>TBI Grp.</u> 1pm	15 <u>St. Patrick's Day Breakfast</u> 8am, What About Bob's	16 <u>Women's Grp.</u> Noon Wendy's	17 <u>McAlester Shopping</u> 7 – 10:45 am	18 <u>Cooking Class</u> 1 pm OSU Ctr.	19
20	21 <u>Mental Health Grp.</u> 1pm	22	23	24 <u>Special Olympics Area Games</u> , 9 am Eales Stadium	25 <u>Cooking Class</u> 1 pm, OSU Ctr. <u>Dance</u> , 7 pm J.I. Stipe Ctr.	26 <u>Saturday Transportation</u>
27	28 <u>TBI Grp.</u> 1pm	29 <u>Movie Night</u> 5:30 pm	30	31		

*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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