

June
2011

Vol. 24
No. 6

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)

**Fathers young, fathers old
Remembering good times are
our gold.**

**Value earned through
guidance given
Helping us go forth in living'.**

**Each father adding to our
trove
A treasure chest of love
untold.**

**Remembering father in our
lives
Taking time to realize.**

**Fatherly love brings wealth to
living
Remembering this we go forth
in giving.**

**Fathers young, fathers old
We remember you all
As life unfolds.**

HAPPY FATHER'S DAY!



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 at oilnewsletter@oilok.org

BI-POLAR SUPPORT GROUP FORMING

There is a new group starting for individuals who are Bi-Polar.

The organizational meeting will be on Tuesday, June 21st, 6:00 p.m. at OIL.

ABLETECH DEVICE DEMO AND SHORT TERM LOAN PROGRAM

Oklahoma ABLE Tech, in partnership with [seven locations listed below](#), operates an assistive technology (AT) device demonstration and short term loan program to increase accessibility and utilization of AT. The program is available to Oklahoma residents with disabilities, their family members, and the professionals that support them. Experienced AT providers are available to discuss personal needs and options

- Explore and try before you buy
- Short-term loan of AT equipment and devices

The equipment inventory offers a wide range of AT, including devices and equipment for: communication, computer access, hearing, vision, daily living, environmental adaptations, learning and

development, health, safety and recreation. ABLE Tech staff also provides guidance on funding resources for AT equipment. The agencies are; AIM at ABLE Tech, Hearing Loss Association of Oklahoma City, Mary K. Chapman Center for Communicative Disorders, New View Oklahoma, Oklahoma Department of Career and Technology Education, The Visual Services Center, Total Source for Hearing-loss and Access (TSHA), and Developmental Disabilities Services Division (DDSD)

For more information call ABLE Tech at;
Oklahoma State University
Seretean Wellness Center
1514 W. Hall of Fame
Stillwater, OK 74078
Local: (405) 744-9748
Toll Free: (888) 885-5588
Fax: (405) 744-2487

POPULAR BRAND NAME MEDICATIONS SOON TO COME IN GENERIC FORM

Some major brand-name medications taken by millions of Americans may have generics available beginning in the rest of 2011 and 2012. Concerta, which is used for ADHD in teens will have a cheaper

generic. Zyprexa used to treat schizophrenia and bipolar disorder will also soon have competition from a generic. A major drug used to treat high cholesterol, Lipitor, will compete with a cheaper generic. The same goes for Tricor which treats cholesterol and triglycerides, Singulair for asthma/allergies, Actos for diabetes, and Diovan HCT which is used to treat hypertension. Other medications will soon have a cheaper alternative as well.

DISABILITY UPDATE

Here is an update on some disability legislation;

Long term care

HB-1554 (Kern; Anderson) Enacting the Oklahoma Options for Long-Term Care Counseling Act. The bill provides legislative backing for a DHS Aging Services Division program that partners aging agencies and centers for independent living in provision of options counseling to help seniors and persons with disabilities find long-term care options that best meet their needs. **Signed by Governor**

VA NATIONAL RESOURCE DIRECTORY

Do you know about the [National Resource Directory](http://www.nationalresourcedirectory.gov/) (NRD)? The NRD connects Wounded Warriors, Service Members, Veterans, family members and caregivers with services and resources at the national, state, and local levels that support recovery, rehabilitation and community reintegration. The site offers a number of ways to stay connected, receive valuable information and find resources.

<http://www.nationalresourcedirectory.gov/> or call

1 800 827-1000

Useful Hotline Numbers

- [Veterans Crisis Line](#)
1 800 273-TALK (8255)
- [National Call Center for Homeless Veterans](#)
1 877 4AIDVET (424-3838)
- [VA Caregiver Support Line](#)
1 855 260-3274
- Wounded Warrior Resource Center 1 800 342-9647

MOVING TO A NEW LOCATION?

Moving to a new location can sure disrupt your life! For any family this can be a time of chaos. There is the adventure of newness but also a maddening confusion. Everything and everyone is certainly somewhere, but where? You have to make new friends, meet new neighbors, and establish new systems of support and help.

For a family with a child who has special needs, the confusion can be particularly stressful. To avoid some of the less desirable "adventures," it may be a good idea to map out your strategy before you move. This is especially important regarding school and your child's special education needs. Presented on the following website are some questions you might ask yourself, preferably well in advance of your move. The answers given contain suggestions for helping your family make a smooth change from your child's present special education placement to the new one. Go to <http://nichcy.org/families-community/moving>



OIL PICNIC

Due to Camp PLEA, the picnic will be on Thursday, June 23rd, Chadick Park, at 6:00 p.m. OIL will provide the hot dogs and drinks but you are asked to bring something store bought to go with them such as potato salad, macaroni salad, or potato chips. If you plan to attend, please call Leanna so that I can coordinate the food.

WATER PARK TRIP

On Friday, June 24th, we will be going to the River Country Family Water Park in Muskogee. The bus will leave OIL around 9:00 a.m. with the transportation cost being \$5. Please bring enough money for your lunch at a restaurant or for the food concession at the Water Park. The entrance costs are; Adults \$6, Children aged 3-15 yrs., \$5, and 2 yrs. & under are free.



MEN'S GROUP

Due to Camp PLEA, there will not be a men's group in June.

EQUIPMENT NEEDED

If you have a wheelchair, bath bench, or walker with a seat in good condition 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.



**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 the 11th and 25th.

**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.

July

- 2nd Saturday Shopping
- 4th OIL CLOSED
- 5th Men's Group – Mazzio's
- 7th Shopping
- 11th Brain Injury Support Group
- 14th OIL Social – Boomerang
- 16th Saturday Shopping
- 18th Mental Health Group
- 19th Women's Group
- 19th Bi-Polar Group
- 25th Brain Injury Support Group
- 29th Whole Hawg Day – Eufaula

August

- 1st Mental Health Group
- 2nd Women's Luncheon
Gator's Wharf – Eufaula
- 3rd ADA and OIL
& Anniversary Celebration
- 4th The Celebration continues...
- 5th Shopping
- 8th Brain Injury Support Group
- 9th Men's Group – Adelita's
- 12th Water Park – Muskogee
- 13th Saturday Shopping
- 15th Mental Health Group
- 16th Bi-Polar Group
- 18th Shopping
- 22nd Brain Injury Support Group
- 23rd Movie Night at OIL
- 27th Saturday Shopping

September

- TBA Shrine Circus
- 1st Shopping
- 5th OIL CLOSED
- 8th OIL Picnic
- 10th Saturday Shopping
- 10th Pittsburg County Free Fair
- 12th Brain Injury Group
- 13th Men's Group – Rib Crib
- 15th Shopping
- 19th Mental Health Group

- 20th Women's Group
- 20th Bi-Polar Group
- 24th Saturday Shopping
- 26th Brain Injury Support Group
- 27th Game Day at the Park

October

- 1st Saturday Shopping
- 3rd Mental Health Group
- 6th Shopping
- 6th OIL Picnic
- 10th Brain Injury Support Group
- 11th Men's Group at
East Gourmet
- 15th Saturday Shopping
- 17th Mental Health Group
- 18th Women's Group
- 18th Bi-Polar Group
- 20th Shopping
- 21st Wilburton Fall Festival
- 24th Brain Injury Support Group
- 28th Halloween Dance

November

- TBA Thanksgiving Dinner
- 3rd Shopping
- 3rd Bingo Fundraiser
- 7th Mental Health Group
- 8th Men's Group – Western S.
- 11th OIL CLOSED
- 12th Saturday Shopping
- 14th Brain Injury Support Group
- 15th Women's Group
- 15th Bi-Polar Group
- 17th Shopping
- 21st Mental Health Group
- 26th Saturday Shopping
- 28th Brain Injury Support Group
- 24th OIL CLOSED
- 25th OIL CLOSED
- 29th Movie Night at OIL

December

- TBA Christmas Parade
- 1st Shopping
- 2nd Muskogee Arrowhead Mall
- 3rd Children with Disabilities
Christmas Party
- 5th Mental Health Group
- 9th Muskogee Arrowhead Mall
- 10th Saturday Shopping
- 12th Brain Injury Support Group
- 6th Men's Group - Boomerang
- 13th Women's Group
- 13th McAlester Tour of Lights
- 15th Shopping
- 17th Saturday Shopping
- 19th Mental Health Group
- 20th McAlester Tour of Lights
- 26th OIL CLOSED
- 27th OIL CLOSED

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**

JUNE EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 <u>Shopping</u> 7 – 10:45 am	3	4
5	6 <u>Mental Health Group</u> 1pm	7 <u>Children’s Camp PLEA</u>	8 <u>Children’s Camp PLEA</u>	9 <u>Children’s Camp PLEA</u>	10	11 <u>Saturday Transportation</u>
12	13 <u>TBI Group</u> 1pm	14 <u>Adult Camp PLEA</u>	15 <u>Adult Camp PLEA</u>	16 <u>Adult Camp PLEA</u>	17	18
19	20 <u>Mental Health Group</u> 1 pm	21 <u>Women’s Gp.</u> 11 am <u>Bi-Polar Gp.</u> 6:00 pm	22	23 <u>Shopping</u> 7 – 10:45 am <u>OIL Social</u> 5:30 pm Chadick Park	24 <u>Muskogee Water Park</u> 9:00 am	25 <u>Saturday Transportation</u>
26	27 <u>TBI Group</u> 1pm	28	29	30		

***Low Impact Exercise Class** meets Mon., Wed., & Fri., 10:00 a.m., Stipe Center & 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 ***Alzheimer’s Support Group**, 3rd Wed., 12:00 p.m., Main

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The contents of this newsletter were developed under a grant from the Department of Education. However, these contents do not necessarily represent the policy of the Department of Education and you should not assume endorsement by the Federal Government.

