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# OIL Newsletter



A monthly publication of THE OKLAHOMANS for INDEPENDENT LIVING

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*Sometimes struggles are exactly what we need in our life. If we were to go through our life without any obstacles, we would be stymied. We would not be as strong as what we could have been. Give every opportunity a chance, leave no room for regrets.*

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](mailto:oilnewsletter@oilok.org)

## “WIN PRIZES” BINGO

The Bingo will be held on Thursday, **November 3<sup>rd</sup>**, 6:30 p.m., at the American Legion Post 79, 400 South Second Street, in McAlester.

The cost to play all regular games is \$10.00 for two cards. The bonus game will cost an additional \$7 for two cards for a chance to win a \$200 Wal-Mart card.

Each game winner will receive a sack of items valuing around \$125. We will have a 50/50

Winners Pot and a Cake Raffle.

**Please come and help us spread the word by inviting your friends, family, and everyone you see!**

## PINKALICIOUS TEA PARTY

Calling all girls, moms, grandmothers, aunts, and girlfriends!



We will be having a tea party on Saturday, **November 5<sup>th</sup>** from 2:00 – 4:00 p.m. at the St. John's Parish Hall, 300 East Washington, in McAlester.

We will have pink drinks, shaped sandwiches, pink candy, pink cupcakes, etc. All things pink served to all attending. Each girl will receive a wand and crown. They will decorate their own miniature cupcake too.

The “Pinkalicious” story will be read to the girls by a “Pinkalicious Princess”. Portraits with her will be available so that you will always remember your “Pinkalicious Princess Day”.

Please come with unpolished nails so we can give them some pink power. We will play “Pinkalicious” games and so much MORE!

And of course, please come dressed in PINK!

Pre-ordered tickets are \$8 per adult and \$6 per girl. At the door they will be \$10 per adult and \$8 per girl. **Call OIL now for your tickets!!!**

## FUNDRAISER BY BUYING SCHWAN'S

On Saturday, **November 5<sup>th</sup>** from 10:00 a.m. until 7:00 p.m. at the Blockbuster parking lot just west of Wal-Mart. OIL will receive a donation from Schwan's from 10% to 20% of the days sales, the more sold the higher percentage. You can order ahead and pick up your order on the 5<sup>th</sup>. To order ahead, call the Schwan's representative, Debbie, at 918 308-0049.

## **HEISMAN TROPHY WINNERS AUTOGRAPHED FOOTBALL**

We are raffling off another football signed by OU Sooner Heisman trophy winners. We have previous winner signatures of Steve Owens 1969, Billy Simms 1978, Jason White 2003, and Sam Bradford 2008. It will be encased and ready to be added to your memorabilia collection or would be a great gift for your loved ones who are big fans. Tickets are \$1 each or 6 for \$5. Go



## **OIL 25<sup>TH</sup> ANNIVERSARY DVD FOR SALE**

We are selling the DVD to raise money for the children's Christmas party. They are only \$5 each and you might find yourself in it. Please come by and purchase one.

*Proceeds from all fundraisers go toward our Children with Disabilities Christmas Party.*

## **EXTRA HELP WITH PRESCRIPTION COVERAGE IS CHANGING**

If you are currently getting help paying for Medicare prescription drug coverage, things are changing. Starting January 1, 2012, you will pay up to \$2.60 for generic drugs and up to \$6.50 for brand name drugs for each covered prescription.

## **THANKSGIVING DINNER**

The Thanksgiving Dinner will be held on Thursday, November 17<sup>th</sup>, 6:00 p.m., at the First Baptist Church, 100 East Washington, in McAlester. A traditional meal consisting of ham, turkey, and all the trimmings will be served. Those attending are asked to bring a store-bought dessert. Free lift-equipped transportation is available to McAlester and Krebs residents.



## **CHILDREN WITH DISABILITIES CHRISTMAS PARTY**

The Party will be held on Saturday, December 3<sup>rd</sup>, 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, November 30<sup>th</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.

## **FIRE HAZARD CHECKLIST**

OIL has lost consumers due to fires so it is important to remind

everyone to put the following precautions in place now that winter is approaching.

### **1. Living Room**

- Open the flue or damper before starting a fire in your fireplace, every time.
- Keep all flammables at least three feet from the fireplace.
- Place a sturdy screen in front of the fireplace.
- Have your chimney cleaned and inspected by a professional at least once a year.
- Keep candles and lamps at least one foot away from curtains.
- Have an electrician inspect and tighten any loose electrical connections at least once a year.
- Use safety caps to cover all unused outlets.
- Use large, deep ashtrays and never leave a burning cigarette unattended.

### **2. Bedroom**

- Never use candles in your bedroom.
- Keep all lamps free of flammable materials.
- Don't run electrical cords under rugs.
- Replace and repair loose or frayed electrical cords.
- Don't allow permanent use of extension cords.
- Don't staple or nail electrical cords.
- Never smoke in bed.
- Never leave heavy objects on an electric blanket when in use.
- Install a carbon monoxide alarm near bedrooms.

### **3. Bathroom**

- Don't overload outlets with cords from too many appliances.
- If an outlet or switch feels unusually warm, stop using it and call an electrician.
- Never set hot appliances on flammable materials.

- Unplug all appliances when done using them.
- Make sure cords from appliances are not getting pinched in drawers.
- Keep towels and other flammables at least three feet away from space heaters.

#### 4. Hallway

- Install ceiling-mounted smoke alarms that are at least four inches away from the walls on every level of your home.
- Ensure alarms are UL listed.
- Wall-mounted smoke alarms should be installed four to 12 inches away from the ceiling.
- Don't install smoke alarms near windows, doors or ducts.
- Test the alarms each month.
- Vacuum your smoke alarms every six months.
- Change your smoke alarm batteries at least once a year. Make sure batteries are always in smoke alarms.

#### 5. Kitchen

- If you have a fire extinguisher, be sure you are properly trained to use it.
- Make sure the extinguisher is for multipurpose use.
- Keep the fire extinguisher where it is easy to access.
- Never leave anything on the stove unattended.
- Keep the cooking area clear of items that can burn.
- Maintain a three foot kid/pet-free zone around the stove.
- Avoid wearing loose-fitting clothing while you are cooking.

#### 6. Basement

- Have your heating system serviced once a year before cold weather begins.
- When buying a new unit, have a qualified technician install it or check that it was installed properly.
- Choose a heating device with an automatic shut off feature.
- Make sure your clothes dryer is installed and serviced by a

professional.

- Have a gas-powered dryer inspected by a professional at least once a year to check gas lines for damage and proper connection, and to ensure all piping is free of leaks.
- Keep areas around heating sources clear of debris and insulated.
- Be sure to clean the lint tray in your dryer before each use and check around the drum for any accumulated lint.
- Have a professional clean the inside of your dryer every one to three years.
- Do not store clothing or other combustibles any closer than one foot from the dryer.
- Do not leave your dryer running when you leave home.

#### 7. Outdoors

- Develop and practice a home evacuation plan.
- Make sure every family member knows two ways out of each room in your home.
- Practice escaping, staying low to the ground and not opening doors that are hot to the touch.
- Assign a family member to assist anyone with a mobility issue.
- Choose a place outside your home for all family members to meet. Get out of the home first and then call the fire department from a neighbor's phone. Make sure no one goes back inside the home.

### **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 November 12<sup>th</sup> and 19<sup>th</sup>.

### **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.



### **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.**

<b>*Events are held at OIL unless otherwise noted</b>						
<b>NOVEMBER EVENTS</b>						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>1</b>	<b>2</b>	<b>3 <u>Win Prizes BINGO!</u></b> American Legion, 6 pm <b><u>Shopping</u></b> 7 – 10:45 am	<b>4</b>	<b>5 <u>Pinkalicious Tea Party</u></b> St. John's Church, 2 pm <b><u>Schwan Sales</u></b> Blockbuster Lot 10 am – 7 pm
<b>6</b>	<b>7 <u>Mental Health Grp.</u></b> 1 pm	<b>8 <u>Men's Grp.</u></b> Western Sizzlin' 5 pm	<b>9</b>	<b>10</b>	<b>11 OIL CLOSED</b> <b>Veterans Day</b>	<b>12 <u>Saturday Transportation</u></b>
<b>13</b>	<b>14 <u>TBI Grp.</u></b> 1pm	<b>15 <u>Women's Grp.</u></b> Noon	<b>16</b>	<b>17 <u>Shopping</u></b> 7 – 10:45 am <b><u>Thanksgiving Dinner</u></b> 1 <sup>st</sup> Baptist, 6 pm	<b>18</b>	<b>19 <u>Saturday Transportation</u></b>
<b>20</b>	<b>21 <u>Mental Health Grp.</u></b> 1 pm	<b>22 <u>Movie Night</u></b> 5:30 pm	<b>23</b>	<b>24 OIL CLOSED</b> <b>Thanksgiving</b>	<b>25 OIL CLOSED</b> <b>Thanksgiving</b>	<b>26</b>
<b>27</b>	<b>28 <u>TBI Grp.</u></b> 1pm	<b>29</b>	<b>30</b>			
<p><b>*Low Impact Exercise Class</b> meets Mon., Wed., &amp; Fri., 10:00 a.m., Stipe Center &amp; OK Church of Christ, 423-4743    <b>*Alzheimer's Support Group</b>, 3<sup>rd</sup> Wed., 12:00 p.m., Main &amp; OK Church of Christ, 423-4743    <b>*Cancer Support Group</b>, 3<sup>rd</sup> Thur., 1:00 p.m., The Van Buren House, 426-5600    <b>*Diabetes Support Group</b>, 1<sup>st</sup> Tue., 6:00 p.m., MRHC Wellness Ctr. Conf. Room, 421-8656    *For information on <b>Men's &amp; Women's Grief Support Groups</b> – call Hospice of McAlester at 423-3911    <b>*Bariatric Support Group</b>, 2<sup>nd</sup> Tue., MRHC Wellness Ctr. Conf. Room, 5:30 p.m., 421-6600</p>						

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