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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)

*Always laugh when you can. It is
the cheapest medicine.*

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If you are trying to go green and would like to help save trees, check out our newsletter at oilnewsletter@oilok.org



OIL CELEBRATION!

**On Monday,
September 12th,
please celebrate our
25th anniversary with
us.**

Please see insert inside for more information.

OIL'S HISTORY AND VISION

OIL began advocating and working with and for people with disabilities 25 years ago on August 1, 1986.

It started in 1985, when a group of people with disabilities came together to discuss their common needs and disability issues. The first meeting was held in conjunction with a presentation by the Oklahoma Department of Human Service's Rehabilitation Services Division (RSD).

The meeting was about grassroots organizations called Independent Living Centers and funding available to help the organizations get started. Clyde Petete of the McAlester RSD office was the moderator. Paul Bowerman was the main speaker and he spoke about people with disabilities banding together to make positive changes in their communities and their lives.

As a result of this initial meeting, subsequent meetings were held. Fred Stewart of the McAlester News Capital & Democrat came up with the name of our organization, The Oklahoma Independent Living Center. Sandy Wilkins,

Wanda Heath, Terry Trammell, and Jerry Rock were the initial signers of the Articles of Incorporation. Mike Ward was asked to prepare the 501 C3 application and write a grant to submit to the Oklahoma Department of Human Services Rehabilitation Division. Mike Ward, with guidance from Paul Bowerman, wrote the grant application.

The group waited for approval of the grant. It reached the desk of the Director of DHS, Robert Fulton in January 1986. That very day, OPEC policies changed resulting in a great loss of revenue to the State of Oklahoma. The independent Living Center funding was put on hold until July of 1986 and the Center opened in August of 1986 with Mike Ward being the Executive Director.

The Oklahomans for Independent Living (OIL), is a nonprofit, consumer controlled, free standing organization. OIL's initial mission remains the same. The mission is to encourage individuals of all types of disabilities to increase;

- personal independence
- empowerment and self determination and

- integration & participation in their work, community, school & home activities.

OIL's vision also remains the same: People with disabilities need the following;

- Competitive employment and the ability to earn a livable wage.
- Affordable & Accessible;
Homes
Transportation
Medical Care
Communities
Education
Assistive Technology
Access to Social & Recreational opportunities
- The right to raise children and be part of a family
- Acceptance as viable citizens of the United States
- Inclusion in decisions involving themselves
- Elimination of segregation and discrimination
- To be treated as equals
- Access to the "American Dream" Life, Liberty, and the Pursuit of Happiness

OIL has seen several changes in the past few years;

- More opportunities for people with disabilities to access their rights for self-determination
- Personal assistance services that are consumer driven.
- Increases in community based services that allow people with

disabilities to transfer out of nursing homes and other institutions

- Increased community awareness on the value and contributions of people with disabilities
- Increased physical access to public and private businesses and programs
- More people with disabilities taking active roles in their community

OIL is a nationally and regionally recognized resource for people with disabilities, their families, their friends, and their communities.

The benefits of OIL are many. While human dignity has no price, independence fosters a sense of self-worth. Helping someone achieve his or her highest level of independence, therefore, is an immeasurable benefit of OIL's programs.

OIL FUNDRAISER!



On Saturday, September 24th from 10 a.m. to 2 p.m., we will be selling hotdogs & drinks at Atwood's at really great prices!

All money raised will go toward our Children with Disabilities Christmas Party. **Please come out and show your support!**

MAKE A DIFFERENCE DAY

Make a Difference Day is the most encompassing national day of helping others. The

annual event takes place on the fourth Saturday in October which will be the 22nd. McAlester's project will once again be a minor home repair/maintenance project. The applications will be available On Monday, September 12th and the application deadline will be Friday, September 30th. Applications will be available at the Stipe Center, McAlester Public Library, Parent's Club Thrift Store, and The Salvation Army Thrift Store. If you cannot get there to pick one up, please call Leanna and I will mail one to you. The project will help those with physical disabilities, senior citizens, and single, working mothers.



PITTSBURG COUNTY FREE FAIR

The free fair will be held September 8th, 9th, and 10th at the Expo Center in McAlester. The county fair showcases livestock, art, science, and more. In the Open Class Division, anyone can take a chance at winning a blue ribbon by entering something handmade in Quilting, Knitting, Crocheting, Leisure & Cultural Arts, Fabrics & Fashions, Photography, Horticulture, and Food Preparation. If you can make it, you can enter it. The divisions are then broken into categories. Come on men, bring something you have welded, whittled, etc. Don't have time to make anything? Bring something you already have made! Please turn

in your entry to OIL by noon, Thursday, September 1st. If transportation is a problem, call OIL and arrange for it to be picked up. The bus will provide free transportation on Saturday for those who want to attend.

DRS TO DELAY SERVICES FOR SOME OKLAHOMANS WITH DISABILITIES

The Oklahoma Department of Rehabilitation Services (DRS), announced that a temporary waiting list for vocational rehabilitation and employment services began August 15th for one group of new applicants with the least significant barriers to employment. DRS' Vocational Rehabilitation and Visual Services staff will continue to serve 16,952 current clients and new applicants in two categories for those with the most significant disabilities. These clients will experience no delays or reductions in their services.

WHEELCHAIR ACCESSIBLE VEHICLE SHOW

The Newby-Vance Mobility annual RoundUp normally held in June has been moved to the Fall. Watch next month's newsletter for details.

OIL PICNIC

We will have a picnic on Thursday, September 8th, Chadick Park, at 5:30 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 chips or dessert.

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 September 13th and 27th.

SHRINE CIRCUS

The circus is coming to town! The annual Shrine Circus will be in McAlester and OIL will be taking individuals on Saturday, the 17th to the 4:30 p.m. performance.



GAME DAY

We will be playing games at OIL on Wednesday, September 28th. We will gather at 12:00 noon.



EQUIPMENT/SUPPLIES NEEDED

If you have any adult size pull-ups, they are badly needed by individuals. Please call OIL. Your donation would be appreciated.

OIL CLOSED

The office will be closed on Monday, September 6th for the Labor Day Holiday.



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.

*Events are held at OIL unless otherwise noted

SEPTEMBER EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 <u>Shopping</u> 7 – 10:45 am	2	3
4	5 OIL CLOSED	6	7	8 <u>OIL Picnic</u> Chadick Park 5:30 pm	9	10 <u>Free Fair</u> <u>Saturday</u> <u>Transportation</u>
11	12 <u>“Walk ‘n Roll”</u> <u>Open House</u> <u>at OIL</u> <u>Reception at</u> <u>The Meeting Place</u>	13 <u>Men’s Grp.</u> Rib Crib 5 pm	14	15 <u>Shopping</u> 7 – 10:45 am	16	17 
18	19 <u>Mental Health Grp.</u> 1 pm	20 <u>Women’s Grp.</u> Noon Chadick Park	21	22	23	24 <u>OIL HOT DOG</u> <u>FUNDRAISER!</u> <u>Saturday</u> <u>Transportation</u>
25	26 <u>TBI Grp.</u> 1pm	27	28 <u>Game Day</u> Noon	29	30	

*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. Conf. Room, 5:30 p.m., 421-6600

Oklahomans for Independent Living

601 E. Carl Albert Parkway
McAlester, OK 74501
918-426-6220 Main
800-568-6821 Toll Free
918-426-3245 Fax
918-426-6220 V/TTY

www.oilok.org
oilnewsletter@oilok.org



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