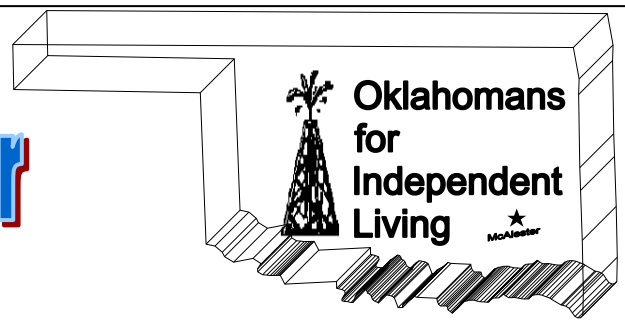


**January  
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# OIL Newsletter



**A monthly publication of THE OKLAHOMANS for INDEPENDENT LIVING**

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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](mailto:oilnewsletter@oilok.org)

## **MEET THE OIL STAFF**

Mike Ward has served as the Executive Director of OIL since its inception in 1986. He has had paraplegia since 1973 when he began using leg braces and now utilizes a wheelchair.

Mike has been a board member of two Wheelchair Athletic Associations. He has represented the USA on several international wheelchair sports teams and won many medals and been presented awards throughout those years. Mike has extensive training in all areas of the Americans with Disabilities Act, Accessible Housing, Universal Design, Federal Disability Legislation, Fair Housing, and Disability Civil Rights Project, etc.

Mike has been a presenter at several regional and state conferences. His favorite topic

areas are Disability Rights, Independent Living Philosophy, IL History, the ADA, Assistive Technology, Cross Disability Discrimination, Peer Counseling, Inclusion, and Recreation specific to people with disabilities.

If you need assistance in any of these areas or would like for him to do a presentation or consultation at your agency, please feel free to call him on Ext. 113.

## **FREE DENTAL CARE COMING SOON!**

The Oklahoma Mission of Mercy (OkMOM) is a free, two-day dental clinic open to people of all ages and backgrounds. It is specifically designed for people that are uninsured, underinsured, or would otherwise not be able to seek dental care.

Location: S.E. Expo Center in McAlester

Dates: February 3<sup>rd</sup> & 4<sup>th</sup>

Starting: Doors will open at 5:00 a.m. each day

Closing: Doors will close each day when we reach capacity

## **What services will be available?**

Our team of volunteer dentists will determine your treatment plan when you arrive. Your plan may include:

- Restorations (Fillings)
- Extractions
- Cleanings
- Root Canals (Anterior Only)

## **How Do I Qualify/Registration?**

The first 1,000 people through the doors each day qualify. It's that easy.

- No Pre-registration
- No Prequalification
- No Payments or Insurance Required

## **What age groups can be treated?**

All ages will be seen. However, we may be limited to the types of services offered if they are age-restrictive (Dentures will not be available at OkMOM).

## **If I am under 18, do I need a parent or guardian present?**

Yes. A parent or guardian must stay with the child throughout treatment.

## **Is there anything which would disqualify me from treatment?**

Each patient will undergo a simple medical exam at the start. Some things that could prevent you from being treated include:

- a. having a fever at the time of treatment
- b. uncontrollable, abnormally high blood pressure
- c. excessive bleeding in the past

#### How early should I arrive?

The doors will open at 5 a.m. Regardless of when you plan to arrive, please keep the following in mind:

- Patients will not be allowed in the building before 5 a.m.
- If you decide to stand in line, it will be very cold outside so DRESS APPROPRIATELY.
- Collapsible chairs, blankets and sleeping bags will be allowed. However, you may not have a chance to return them to your car and will need to carry them with you throughout the day.
- Tents will not be allowed. No exceptions.
- Security and restrooms/portable toilets will be available.

#### What time will the clinic close?

We will treat approximately 1,000 patients per day so once we reach our quota, we will close the doors to any new patients for that day. If 1,000 people are in line at 5 a.m., we will not open the doors for new patients that day. If 200 people are in line we will continue accepting patients until we reach our capacity.

#### Can someone come with me while I am being treated?

You are welcomed to bring a

friend or family member with you. They can stay with you while you are outside in line but we will require them to go to a family/friends waiting area as soon as you enter the building. **My entire family needs to be seen. Is that possible?**

Yes. However, we will only allow one parent/guardian to go with children under 18.

#### **Will breakfast/lunch be provided?**

Yes. We will serve breakfast and lunch to all patients waiting on treatment.

#### **Is there a limit as to how much treatment I can receive?**

Due to limited supplies, time, and volunteers, we are limited to the amount of treatment we can provide. Our first priority will be to treat your critical dental needs. When you enter our clinic, one of our volunteer dentists will meet with you and determine your treatment plan.

#### **What should I bring?**

We recommend the following:

- List of current medications
- One day supply of medications
- Baby supplies for a full day (diapers, formula, etc.)

### **OLDER OKLAHOMANS INVITED TO SHARE THEIR POETRY**

The Oklahoma Conference on Aging is seeking entries for the 2012 Senior Poetry Contest. The contest recognizes the creativity of senior poets. The contest receives several hundred entries covering a broad range of topics from humorous accounts to inspiring messages from people with great insight into life and living.

Contestants must be current residents of Oklahoma and

entries must have been written when the contestant was 60 years of age or older. Entries must be the original, individual work of the contestant and contestants may submit no more than one poem. No previously published work can be submitted.

The deadline to submit entries is January 31, 2012. Entries may be published in the free annual contest poetry book, published on the conference website, and in other materials.

Entries should be typed and include a cover sheet with the contestant's name, address, phone number, email address, and category (Men's or Women's). Handwritten entries will be accepted, if legible.

E-mail entries to [asd.poetry@okdhs.org](mailto:asd.poetry@okdhs.org) or mail to Brenda Schwartz, OKDHS Aging Services Division, 2401 NW 23rd Street - Suite 40, OKC, OK 73107.

The Annual Conference on Aging will be held May 15-17, 2012 in Norman. All Oklahomans age 60 and older are invited to participate in the Senior Day activities, free of charge.

### **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 January 14<sup>th</sup> and 28<sup>th</sup>.

### **OIL CLOSURES**

OIL will be closed on Monday, January 2<sup>nd</sup> for observance of New Year's and Monday, January 16<sup>th</sup> for Dr. Martin Luther King, Jr. Day.

## 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

- 2<sup>nd</sup> Shopping – 7:00 a.m.
- 6<sup>th</sup> Mental Health Group  
1:00 p.m.
- 9<sup>th</sup> Social - 5:30 p.m.  
Boomarang
- 10<sup>th</sup> Valentine's Dance  
7:00 p.m.  
J.I. Stipe Center
- 11<sup>th</sup> Saturday Transportation
- 13<sup>th</sup> Brain Injury Group  
1:00 p.m.
- 14<sup>th</sup> Women's Group  
11:00 a.m.
- 14<sup>th</sup> Men's Group - 5:00 p.m.  
East Gourmet
- 16<sup>th</sup> Shopping – 7:00 a.m.
- 21<sup>st</sup> Game Day  
1:00 p.m.
- 25<sup>th</sup> Saturday Transportation
- P27<sup>th</sup> Brain Injury Group  
1:00 p.m.

### March

- 1<sup>st</sup> Shopping – 7:00 a.m.
- 5<sup>th</sup> Mental Health Group  
1:00 p.m.
- 6<sup>th</sup> Men's Group - 5:00 p.m.  
New Adelita's
- 8<sup>th</sup> Social - 5:30 p.m.  
Carla's Café
- 10<sup>th</sup> Saturday Transportation
- 12<sup>th</sup> Brain Injury Group  
1:00 p.m.
- 13<sup>th</sup> Women's Group  
11:00 a.m.
- 15<sup>th</sup> Shopping – 7:00 a.m.
- 16<sup>th</sup> St. Patrick's Day  
Breakfast - 8:30 a.m.  
Boomarang Diner
- 19<sup>th</sup> Mental Health Group  
1:00 p.m.
- 24<sup>th</sup> Saturday Transportation
- 26<sup>th</sup> Brain Injury Group  
1:00 p.m.
- 27<sup>th</sup> Movie Night – 5:30 p.m.

### April

- TBA Area Special Olympics
- TBA Muskogee Azalea  
Festival - 9:00 a.m.
- 2<sup>nd</sup> Mental Health Group  
1:00 p.m.
- 5<sup>th</sup> Shopping – 7:00 a.m.
- 5<sup>th</sup> Social - 5:30 p.m.  
Picnic
- 9<sup>th</sup> Brain Injury Group  
1:00 p.m.
- 10<sup>th</sup> Men's Group - 5:00 p.m.  
Western Sizzlin'
- 14<sup>th</sup> Saturday Transportation
- 16<sup>th</sup> Mental Health Group  
1:00 p.m.
- 17<sup>th</sup> Women's Group  
11:00 a.m.
- 19<sup>th</sup> Shopping - 7:00 a.m.
- 23<sup>rd</sup> Brain Injury Group  
1:00 p.m.
- 28<sup>th</sup> Saturday Transportation

### May

- TBA Special Olympics  
State Games
- TBA Picnic - 5:30 p.m.  
Chadick Park
- 3<sup>rd</sup> Shopping – 7:00 a.m.
- 5<sup>th</sup> Armed Forces Day  
Parade – Downtown
- 7<sup>th</sup> Mental Health Group  
1:00 p.m.
- 12<sup>th</sup> Saturday Transportation
- 14<sup>th</sup> Brain Injury Group  
1:00 p.m.
- 15<sup>th</sup> Game Day - 1:00 p.m.  
Chadick Park
- 15<sup>th</sup> Men's Group - 5:00 p.m.  
Mazzio's Pizza
- 17<sup>th</sup> Shopping – 7:00 a.m.
- 21<sup>st</sup> Mental Health Group  
1:00 p.m.
- 22<sup>nd</sup> Women's Group  
11:00 a.m.
- 26<sup>th</sup> Saturday Transportation
- 28<sup>th</sup> Brain Injury Group  
1:00 p.m.

### June

- 1<sup>st</sup>-3<sup>rd</sup> Endeavor Games  
Edmond OCU Campus
- 2<sup>nd</sup> Saturday Transportation

- 4<sup>th</sup> Mental Health Group  
1:00 p.m.
- 5<sup>th</sup>-7<sup>th</sup> Children's Camp PLEA  
McAlester AAP
- 7<sup>th</sup> Shopping – 7:00 a.m.
- 8<sup>th</sup> Water Park Trip  
Muskogee
- 11<sup>th</sup> Brain Injury Group  
1:00 p.m.
- 12<sup>th</sup>-14<sup>th</sup> Adult Camp PLEA  
McAlester AAP
- 16<sup>th</sup> Saturday Transportation
- 18<sup>th</sup> Mental Health Group  
1:00 p.m.
- 19<sup>th</sup> Women's Group  
12:00 p.m.  
Chadick Park
- 21<sup>st</sup> Shopping – 7:00 a.m.
- 21<sup>st</sup> OIL Social 5:30 p.m.  
Adelita's West
- 25<sup>th</sup> Brain Injury Group  
1:00 p.m.



You can have the freedom that comes with living at home even though you have a long-term illness or disability. The Oklahoma Living Choice Project can help you move out of a nursing home and back into the community.

This project gives Oklahomans like you or your loved one more options to manage health care needs and adds more balance to the state's long-term care system.

If you live in a nursing home and qualify for SoonerCare, then Living Choice may be able to help.

**Contact any O.I.L. Case Manager for a referral to the Living Choice Project at (918) 426.6220v/tdd.**

<b>*Events are held at OIL unless otherwise noted</b>						
<b>JANUARY EVENTS</b>						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 <b>OIL CLOSED</b> New Year's Day	3	4	5 <b>Shopping</b> 7:00 – 10:45am	6	7
8	9 <b>Mental Health Grp.</b> 1 pm	10 <b>Men's Grp.</b> Pizza Hut 5 pm	11	12 <b>OIL Social</b> Western Sizzlin' 5:30 pm	13 <b>Special Olympics</b> <b>Bowling</b> OKC, 5:30 am	14 <b>Saturday Transportation</b> 8 am
15	16 <b>OIL CLOSED</b> Dr. Martin Luther King, Jr. Day	17 <b>Women's Grp.</b> 11 am	18	19 <b>Shopping</b> 7:00 – 10:45 am	20	21
22	23 <b>Mental Health Grp.</b> 1 pm	24 <b>Movie Night</b> 5 pm	25	26	27	28 <b>Saturday Transportation</b> 8 am
29	30	31				
<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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