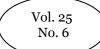
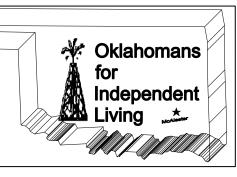
JUNE 2012



OL 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)

If you are trying to go green and would like to help save trees, check out our newsletter at oilnewsletter@oilok.org or all us and we will send it via e-mail.

If you are receiving this newsletter in error or no longer wish to receive it, call and we will remove you from our mailing list.

A step to a more positive you...

Acknowledge any problem that is controlling your life.

WATER PARK TRIP

On June 22nd 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 \$6.75, Children aged 3-15 yrs., \$5.75, those 2 yrs. old & under are free.

MEN'S GROUP

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

OIL STAFF

Bobby Logsdon is the OIL transportation coordinator/driver. He is single and is a native to McAlester and has been with OIL since 2001. He enjoys watching sports and loves OU. Call him at ext. 107 to schedule transportation on our lift-equipped bus.

CAMP PLEA APPLICATIONS

We are now accepting Camp PLEA applications for individuals with disabilities.



If you have a child with a disability, aged 8-17, or are an adult with a disability, 18 or over, summer camp is here! If you would like to have three fun-filled days and nights of swimming, bowling, fishing, dancing, crafts etc., this is for you. The children's overnight camp will be held on June 5th, 6th, and 7th and the adult

overnight camp is June 12th, 13th, and 14th. The camps (day camps available) are free and insurance can be purchased for a \$5 fee.

You can come by the OIL office for an application or call and request one be sent to you. Hurry, as the slots fill quickly.

SUMMER CAMPS

Below are programs for individuals with disabilities. Financial assistance is available for most camps so call for information or applications.

OKLAHOMA CAMPS Camps for Children with Diabetes

Camp NoHiLo (Day Camp only) for children ages 4-10 June 11th -15th Oklahoma City

Camp Endres Senior Ages 13-18 July 1st -7th Guthrie at the Central Oklahoma Christian Camp

Camp Endres Junior
Ages 8-12
July 22nd – 28th
Davis at the YMCA Camp
Contact: Kim at 405-843-4386
Diabetes Solutions or go to
www.dsok.net

<u>Camp Kidney</u> in Guthrie, Contact: 405-271-3302

Cost: Free for Oklahomans

Camp Cavett

Contact: Danny L. Cavett Cost: Free for Oklahomans

and

Camp Cavett for Spina Bifida, Amputees, and those with Muscle Loss

Cost: Free for Oklahomans

Contact: Jenny Rodgers for specific dates and locations at 405-271-2271

<u>Camp Benedictine</u> – Mainly for persons with developmental disabilities;

The overnight camps are held at the St. Gregory's College Campus. Contact: Virginia Reeves at 405-878-5289

There are other camps not listed so if you are looking for one serving a particular disability, call Leanna, and she will research it for you.

ENDEAVOR GAMES

The Endeavor Games will be held June 7th - 10th at the University of Central Oklahoma (UCO) in Edmond. The Endeavor Games is a nationally recognized competition that allows all athletes with physical disabilities to participate in multi-sport events. The games also provide training clinics for aspiring athletes. If you have never played in a sport before, you can start now or you can observe and/or attend an introduction clinic on the sport(s) you are interested in.

NJDC Qualifying Competition

The UCO Endeavor Games are a Wheelchair and Ambulatory Sports, USA level 3 sanctioned event. Athletes ages 7-21 are encouraged to use their Endeavor Games results to qualify for the National Junior Disability Championship (NJDC) brings together hundreds of athletes with physical disabilities from all over North America.

The Games feature sport competitions for adult and junior athletes and classifications to compete in.

The events you can compete in are: Wheelchair Track & Field, Ambulatory Track & Field, Wheelchair Basketball, Powerlifting, One Arm Dumbell Press, Swimming, Table Tennis, Sitting Volleyball, 5 K & 20K Cycling, Archery, and Shooting. For more information or to register contact Leigha Pemberton please contact Leigha Pemberton at (405) 974-3160 or <u>lpemberton@uco.edu</u>. Check out the Oklahoma Endeavor Games website at www.ucoendeavorgames.com

MAKING YOUR VEHICLE WORK FOR

Many people with disabilities find that driving enables them to keep their independence and offers more opportunities for employment and participation in their communities. However, vehicle modifications are often necessary to help drivers with disabilities continue to drive after an injury or as their disability progresses.

The National Highway Traffic Safety Administration offers information on adapting motor vehicles for people with disabilities at www.nhtsa.gov/cars/rules/adapt ive/brochure/brochure.htm Individuals with spinal cord injuries or other mobility disabilities should read the online brochure developed by Craig Hospital in Englewood,

CO to help them decide whether they are ready for a van. You can find it at www.craighospital.org/Left-Nav/Spinal-Cord-Injury/Healthand-Wellness-Information/Educational-Brochures/Maintaining-vourhealth/Am-I-Ready-for-a-Van Your solution may be as simple as putting a spinner knob on the steering wheel or installing a set of hand controls. You can also contact them by telephone at 303-789-8202 or you can e-mail them at HealthResources@craighospita

ALZHEIMER'S STUDY

The University of Oklahoma researchers are testing a new approach to preserve cognitive function in people with dementia or Alzheimer's disease. They hope to recruit individuals with mild to moderate dementia for a trial starting in July, 2012. For more information or to enroll, call 405-271-2131 ext. 47022 or email carrie-ciro@ouhsc.edu.

SOCIAL SECURITY STATEMENT NOW ONLINE

The Social Security Administration has announced the availability of recipients' statements online at www.socialsecurity.gov. The new Online Statement provides eligible workers with secure and convenient access to their Social Security earnings and benefit information. It is simple, easy-to-use, and provides people with estimates they can use to plan for their retirement. It also provides estimates for disability and survivors benefits, making it an important financial planning tool.

To get a personalized online Statement, people age 18 and older must be able to provide information about themselves that matches information already on file with Social Security. In addition, Social Security uses Experian, an external authentication service provider, for additional verification. People must provide their identifying information and answer security questions in order to pass this verification. Once verified, people will create a "My Social Security" account with a unique user name and password to access their online Statement.

People will have the option to request a paper Social Security Statement be mailed to them. People who cannot verify online initially also may visit their local Social Security office and present an identity document in order to create an account and gain access to the online version.

In February, Social Security resumed mailing paper Statements to workers age 60 and older if they are not already receiving Social Security benefits. Later this year, the agency plans to mail paper Statements to workers in the year they reach age 25. For more information go to www.socialsecurity.gov/mystate ment.

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 June 2nd and 16th beginning at 8:00 a.m.

OIL PICNIC

Due to Camp PLEA, the picnic will be on Thursday, June 21st, Chadick Park, at 6:00 p.m. OIL will provide the hot dogs and drinks but you are asked to bring potato chips or a packaged dessert to go with them. Call for free, local, lift-equipped transportation.



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

Brain Injury Support Group 3rd

Men's Group - Rib Crib

4th OIL CLOSED

Shopping

9th Mental Health Group

12th OIL Social - Adelita's West

14th Saturday Shopping

16th **Brain Injury Support Group**

17th Women's Group

19th Shopping

23rd Mental Health Group

27th Whole Hawg Day - Eufaula

28th Saturday Shopping

August

Americans with Disabilities Act (ADA) Awareness Month ~Watch newsletter for the upcoming activities~

Shopping

6th Mental Health Group

Men's Group

Adelita's West

10th Water Park - Muskogee

11th Saturday Shopping

13th **Brain Injury Support Group**

14th Women's Luncheon

Gator's Wharf - Eufaula

16th Shopping

20th Mental Health Group

25th Saturday Shopping

27th **Brain Injury Support Group**

28th Movie Night at OIL

Transportation

OIL provides lift-equipped transportation in McAlester and the surrounding area, Monday -Friday, 8:00 - 4:30. A twentyfour 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.



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.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2 Saturday Transportation 8 am
3	4 Mental Health Gp. 1 pm	5 Children's McAAP	6 Children's McAAP	7 Children's McAAP Shopping 7:00-10:45am	8	9
10	11 Brain Injury Gp. 1 pm	Adult's McAAP	Adult's McAAP	Adult's McAAP	15	16 Saturday Transportation 8 am
17	18 <u>Mental Health Gp.</u> 1 pm	19 Women's Gp. Chadick Park 12 pm	20	21 Shopping 7:00-10:45 am OIL Picnic Chadick Park 6 pm	Water Park Muskogee 9 - ?	23
24	25 Brain Injury Gp. 1 pm	26	27	28	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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