

**JUNE
2012**

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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)**

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

Camp Kidney 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

Camp Benedictine – 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 Dumbbell
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
lpemberton@uco.edu. Check
out the Oklahoma Endeavor
Games website at
www.ucoendeavorgames.com

**MAKING YOUR
VEHICLE WORK FOR
YOU**

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/adaptive/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/Health-and-Wellness-Information/Educational-Brochures/Maintaining-your-health/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@craighospital.org.

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

- 2nd Brain Injury Support Group
- 3rd Men's Group – Rib Crib
- 4th OIL CLOSED
- 5th 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~
- 2nd Shopping
- 6th Mental Health Group
- 7th 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 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.

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.

*Events are held at OIL unless otherwise noted						
JUNE EVENTS						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2 <u>Saturday Transportation</u> 8 am
3	4 <u>Mental Health Gp.</u> 1 pm	5 <u>Children's</u>  McAAP	6 <u>Children's</u>  McAAP	7 <u>Children's</u>  McAAP <u>Shopping</u> 7:00-10:45am	8	9
10	11 <u>Brain Injury Gp.</u> 1 pm	12 <u>Adult's</u>  McAAP	13 <u>Adult's</u>  McAAP	14 <u>Adult's</u>  McAAP	15	16 <u>Saturday Transportation</u> 8 am
17	18 <u>Mental Health Gp.</u> 1 pm	19 <u>Women's Gp.</u> Chadick Park 12 pm	20	21 <u>Shopping</u> 7:00-10:45 am <u>OIL Picnic</u> Chadick Park 6 pm	22 <u>Water Park</u> Muskogee 9 - ?	23
24	25 <u>Brain Injury Gp.</u> 1 pm	26	27	28	29	30
<p>*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</p>						

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