

**OCTOBER
2012**

Vol. 25
No. 10

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)

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.

*Steps to Making a More
Positive You*

Believe that you are good.

“WIN PRIZES” FUNDRAISER BINGO

As a fundraiser for our children with disabilities Christmas party, OIL is having a Bingo that will be held on Thursday, **November 8th**, 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 for two cards. The bonus game will cost an additional \$7 for two cards for a chance to win a \$200 Wal-Mart card.

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

TRANSFERRING HOME MOVIES TO DVD

Also as a fundraiser for our children with disabilities Christmas party, OIL is transferring your old home movies/recordings to DVD. This will allow you to watch your movies on a DVD player and to save storage space.

For each transfer you will receive...

- *DVD Transferred Movie
- *Choice of a Laser Scribed Label
- *Clear Slim Jewel Case and...

you can have done as many as you like for \$10 each.

You may bring your movies to OIL, 601 E. Carl Albert Parkway, in McAlester. Call Deanna, Terry, or Pam for more information.

Home Movies to....



VOLUNTEER FOR MAKE A DIFFERENCE DAY

On Saturday, October 27th will be Make a Difference Day. When people care enough about their communities to volunteer to accomplish thousands of projects in hundreds of towns, it is a wonderful thing. McAlester's project will again be minor home repair and or maintenance.

Volunteers will meet at the McAlester Boys & Girls Club, 3rd & Chadick, at 7:30 a.m. to pick out their project/projects.

Come help with Make a Difference Day. Your talents are needed. Skilled and unskilled individuals are needed to make it a success.

Events planned are;
At 7:30 a.m. - Fire Prevention by Lt. Danny Bennett with the McAlester Fire Dept.

8:00 a.m. - 2:00 p.m. - The public is encouraged to donate a canned item or non-perishable item (to be given to a local emergency food organization)

10:00 – 12:00 p.m. - A Child Car Seat Check sponsored by Smart Start Kiamichi Country and Safe Kids Oklahoma will be there from

10:30 – 11:30 a.m. - Mrs. Ladell Emmons, OSU Extension – will be there to present "Empowering Older Adults With Assistive Technology to Shop, Cook and Eat"

At 11:30 a.m. there will be a free lunch for the volunteers.

In addition, there will be a representative from "Rebuilding Together" to answer questions about their program. It is a non-profit corporation that IS designed to help people with **major home repairs.**

There will be something for everyone to do! NEIGHBORS HELPING NEIGHBORS!

To volunteer, e-mail maddvol06@hotmail.com or call Leanna Amos at 426-6220 Ext. 110. The project is designed to assist senior citizens/retired, individuals with disabilities, and working moms who are single.



SOONER START

Sooner Start is Oklahoma's early intervention program designed to meet the needs of infants and toddlers aged birth to 36 months, with disabilities and developmental delays. The program is free and qualification is based on the child's disability and severity of

the delay(s). Services are provided in the home and depending on the need, may include diagnosis and evaluation, occupational, physical and speech- language therapy, certain medical services, case management and social work.

Eligibility is not based on income, but on the child's developmental status. There are SoonerStart offices in all areas of the state. Parents and professionals can contact OASIS at 1-800-426-2747 to learn more about the program or the SoonerStart office for their area. Or, for more information go to the SoonerStart web page at www.sde.state.ok.us/Curriculum/SpecEd/SoonerStart.html

GOING GREEN?

Did you know...

*For every ton of paper recycled, the following is saved: 7,000 gallons of water; 380 gallons of oil; and enough electricity to power an average house for six months.

*You can run a TV for six hours on the amount of electricity that is saved by recycling just one aluminum can.

*By recycling just one glass bottle, you save enough electricity to power a 100-watt bulb for four hours.

The city of McAlester's recycling program is located at the Main & Choctaw Parking Lot. Do your part by taking your paper, cardboard, and aluminum to them. Where to recycle in McAlester; Paper & Cardboard – McAlester Recycling Center
Shredded Paper – United packaging & Shipping (UPS)

#1 & #2 Plastics – McAlester Recycling Center, Choctaw Nation Field Office /Community Center, Choctaw Nation Travel Plaza, Choctaw Nation Wind Horse, Choctaw Nation Head Start

Aluminum Cans/Foil – McAlester Recycling Center, Choctaw Nation Field Office & Community Center, Choctaw Nation Travel Plaza, Choctaw Nation Wind Horse, Choctaw Nation Head Start

Plastic Shopping Bags – Wal-Mart

Ink/Toner Cartridges – Pride in McAlester

Residential Computers – Goodwill Industries

Rechargeable Batteries – Radio Shack & Lowe's

Auto Batteries – Scrap Corps, Wal-Mart & most auto parts stores



DRS EXPO

On October 4th from 10:00 a.m. thru 3:00 p.m, the Division of Rehabilitation Services in Oklahoma City will host the 2012 Expo. It offers an exciting range of activities. It is designed as a community outreach and education program and will provide attendees with information regarding services and issues affecting the disability and rehabilitation community.

The Expo will be held in Norman. For more information contact Sidna Madden at 405 951-3581 or e-mail her at smadden@silc.org.

OKLAHOMA STATEWIDE AUTISM CONFERENCE

On October 22-23, 2012 there will be the statewide conference for Families, agencies, and professionals who work to improve the lives of Oklahomans with Autism, their families and all those who educate and provide services for them. For more information contact the Oklahoma Autism Network at 405 271-7476 or okautism@ouhsc.edu.

OIL SOCIAL

The Social will be on Thursday, October 4th, 5:30 p.m., at Chadick Park. OIL will provide the hot dogs and drinks but **you are asked to bring a store bought dessert or chips to go with them.** Call for free, local, lift-equipped transportation.

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 October 6th and 27th.

SPECIAL OLYMPICS BOWLING

The area bowling competition will be held on Wednesday, October 17th beginning at 9:30 a.m. at Great Balls of Fire in McAlester. Good Luck everyone!



FREE FAIR RESULTS

Congratulations to Shanna Langley and Minnie Turnbow

for their wins at the Pittsburg County Fair. Shanna took first place with her homemade smoked jalapenos and several other ribbons for other peppers and pickled watermelon rind. Minnie won first place in the open class for her crocheted afghan. Nice job!

ROBBER'S CAVE FALL FESTIVAL

OIL will be going to the festival in Wilburton on Friday, October 22nd. The festival has arts & crafts, music, carnival rides, and food concessions. We will leave McAlester around 8:30 a.m. Transportation cost is \$3 per person.



HALLOWEEN DANCE

The dance will be on Friday, October 26th. It will be at the Stipe Recreation Center, 801 North 9th Street from 7:00 – 10:00 p.m. There will be a live D.J., a costume contest, and a dance contest. We ask that you bring a store bought packaged snack and a 2 liter bottle of pop. Call for free, local transportation. Don't miss out on the fun. Come and make some new friends.



NEEDED EQUIPMENT

If you have a cane or walker with a seat that you are no longer using, please consider donating it to us so that we may have it to loan out.

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						
OCTOBER EVENTS						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 <u>Mental Health Gp.</u> 1 pm	2	3	4 <u>Shopping</u> 7:00-10:45am <u>Hot Dog Social</u> Chadick Park 5:30 pm	5	6 <u>Saturday Transportation</u> 8 am
7	8 <u>Brain Injury Gp.</u> 1 pm	9 <u>Men's Gp.</u> Mazzio's Pizza 5 pm	10	11	12	13
14	15 <u>Mental Health Gp.</u> 1 pm	16 <u>Women's Gp.</u> Location - TBA 12 Noon	17 <u>Special Olympics Bowling</u> McAlester 7 – 10:00 pm	18 <u>Shopping</u> 7:00-10:45am	19 <u>Fall Festival</u> Wilburton 8:30 am	20
21	22 <u>Brain Injury Gp.</u> 1 pm	23	24	25	26 <u>Halloween Dance!</u> Stipe Ctr. 7 – 10:00 pm	27 <u>Saturday Transportation</u> 8 am
28	29	30	31			

***Low Impact Exercise Class** meets Mon., Wed., & Fri., 10:00 a.m., Stipe Center & OK Church of Christ, 423-4743
***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



Non-Profit Org.
 U.S. Postage
 PAID
 Permit No. 290



Return Service Requested

All donations to OIL are tax deductible.

The contents of this newsletter were developed under a grant from the Department of Education. However, these contents do not necessarily represent the policy of the Department of Education and you should not assume endorsement by the Federal Government.