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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)

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

Do not let problems undermine you. Follow a reasonable course, even if your plans go awry.

THE POWER OF FRESH LEMON JUICE

Start your morning with a glass of water with fresh lemon juice squeezed into it. Lemon juice helps to promote healthy alkalinity in your body. Almost instantly, you'll feel calmer and better able to handle stress. It also helps you to absorb minerals so drink it with your nutritional supplements.



OIL FUNDRAISER!



On Saturday, September 22nd from 10 a.m. to 2 p.m., we will be selling 2 childdogs & a pop for \$1 at Atwood's!

All proceeds will go toward our Children with Disabilities Christmas Party.
Please come out and show your support!
Call OIL for local transportation.

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....

MAKE A DIFFERENCE DAY APPLICATIONS

Make a Difference Day is the most encompassing national day of helping others. The annual event takes place on each year on the fourth

Oklahomans for Independent Living presents a "Purplicious Tea for Little Girls"!

Come and be part of O.I.L.'s 2nd annual fundraiser. All proceeds will benefit our annual Children with Disabilities Christmas Party.

Join in on the "Purplicious Tea Party" on Saturday, September 29th, beginning at 2:00 p.m. at the St. John's Catholic Church.

Tickets must be bought in advance so please reserve your ticket today.

Call Terry or Pam at 426-6220 for more information.



Saturday in October. This year it will be on the 27th.

McAlester's project will once again be a minor home repair/maintenance project.

The applications will be available mid September and the application deadline will be Friday, September 28th.

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 on September 6th - 8th at the Exposition 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 homemade/handmade in Horticulture, Quilting, Knitting, Crocheting, Scrapbooking, BeDazzled/Embellished Items, Fabrics & Fashions, Photography, and Food Preparation. Don't have time to make anything? Bring something you already have made! Please turn in your entry to OIL by noon, Thursday, September 6th so your project can be classified. If transportation is a problem, call OIL to arrange for it to be

picked up. The bus will provide free transportation to Saturday evening's judging for those who have entries.



PEOPLE FIRST LANGUAGE

Language is power. Our words have the power to inspire, motivate, and uplift people. They also have the power to hurt, isolate and oppress individuals or entire segments of society. Often times, throughout our history, it has become necessary to change our language and the way in which we refer to individuals and groups to avoid further oppressing those members of society. The time has come to reshape our language once again so that we may refer to people with disabilities and the disability community in a respectful and inclusive manner.

If you are interested in learning more about People First Language and possibly starting a local chapter, there will be a meeting in the ballroom at the Aldridge Apartments on September 13th at 10:00 a.m. Call Stephen at OIL for more information.



ADDITION TO COMPASSIONATE ALLOWANCES PROGRAM

The Social Security Administration will add

symptomatic Adult and Juvenile Huntington's Disease to its Compassionate Allowances program for adults by the end of the year (Juvenile, as early as next month). The Compassionate Allowances program fast-tracks disability decisions to ensure that Americans with the most serious disabilities receive their benefit decisions within days instead of months or years.

Woody Guthrie, the composer of 'This Land is Your Land,' among hundreds of other folk classics, died from Huntington's Disease, a progressive and always fatal disease of the brain that affects nearly 30,000 people in the U.S.

OIL SOCIAL

The Social will be on Thursday, September 6th, 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.

SHRINE CIRCUS

The circus is coming to town! The annual Shrine Circus will be in McAlester and OIL will be taking individuals with disabilities. The bus will be going to the 4:30 p.m. performance on Thursday, September 20th. Call to reserve your ticket and spot on the bus.



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 September 15th and 29th.

GAME DAY AT THE PARK

We will meet at Chadick Park for some fun with board games. We will start at 12:00 p.m. on Tuesday, September 25th so bring a sack lunch if you wish.

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.

ZOO TRIP

We will be taking a trip to the Tulsa Zoo on Saturday, September, 15th. We will be leaving McAlester around 8:00 a.m. The transportation cost is \$6 and the admission cost is \$8. To try to help you watch your pocketbook, we will eat at a fast food place after leaving the zoo. You might want to take a small snack with you for inside the park. In addition to seeing all the animals, you can also go to the Penquin, Monkey, or Giant Tortoise keeper chats. Those interested have already called Leanna and the bus is filled. However, we will keep a waiting list in case of a cancellation.



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.

October

- 1st Mental Health Group
- 4th Shopping
- 4th OIL Picnic
- 8th Brain Injury Support Group
- 9th Men's Group at
Mazzio's
- 13th Saturday Shopping
- 15th Mental Health Group
- 16th Women's Group
- 17th Special Olympics Bowling
- 18th Shopping
- 19th Wilburton Fall Festival
- 22nd Brain Injury Support Group
- 26th Halloween Dance
- 27th Saturday Shopping

November

- 1st Shopping
- 5th Mental Health Group
- 6th Men's Group – Western S.
- 8th **Bingo Fundraiser!**
- 10th Saturday Shopping
- 12th OIL CLOSED
- 13th Women's Group
- 15th Shopping
- 15th Thanksgiving Dinner
- 17th Saturday Shopping
- 19th Mental Health Group
- 22nd OIL CLOSED
- 23rd OIL CLOSED
- 26th Brain Injury Support Group
- 27th Movie Night at OIL

December

- 1st Children with Disabilities
Christmas Party
- 3rd Mental Health Group
- 4th Men's Group – Pizza Inn
- 6th Shopping
- 6th Christmas Parade
- 7th Muskogee Arrowhead Mall
- 10th Brain Injury Support Group
- 11th McAlester Tour of Lights
- 14th Muskogee Arrowhead Mall
- 15th Saturday Shopping
- 17th Mental Health Group
- 18th Women's Group
- 18th McAlester Tour of Lights
- 20th Shopping
- 22nd Saturday Shopping
- 25th OIL CLOSED
- 26th OIL CLOSED

OIL CLOSED

The office will be closed on Monday, September 3rd 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.




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							SEPTEMBER EVENTS						
SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
												1 Saturday Transportation 8 am	
2		3 OIL CLOSED		4		5		6 Shopping 7:00-10:45am OIL Social Chadick Park 5:30 pm		7		8 Pittsburg County Free Fair Expo Center	
9		10 Brain Injury Gp. 1 pm		11 Men's Gp. New Braum's 5 pm		12		13		14		15 Tulsa Zoo 8 am	
16		17 Mental Health Gp. 1 pm		18 Women's Gp. Chadick park 12 Noon		19		20 Shopping 7:00-10:45am Shrine Circus Expo Center 4:30 pm		21		22 Saturday Transportation 8 am HOT DOG FUNDRAISER!  Atwood's 10 – 2 pm	
23 30		24 Brain Injury Gp. 1 pm		25 Game Day Chadick Park 12 Noon		26		27		28		29 'Purplicious' Tea Party FUNDRAISER!	
<p>*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</p>													

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