

**MARCH
2013**

Vol. 26
No. 3

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 call 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...

Say good-bye to the past. It is gone forever. Stop beating yourself up for old mistakes.
Let go.



OIL is open Monday – Friday 8:30 am to 5:00 pm. We are closed 12 to 1 for lunch. If you need to schedule transportation after hours, you may leave a message at extension 107 for Bobby and he will get back with you.

FREE TAX ASSISTANCE

The VITA (Volunteer Income Tax Assistance) Program provides free assistance to anyone under \$50,000 annually with basic income tax preparation. The program helps determine if you are eligible to receive the Earned Income Tax Credit and any other credits available. They prepare a simple tax form and then E-File it for you. The service is free to those who meet the income guidelines. There are two places in McAlester where you can be helped.

Ki-Bois Community Action started assisting in January and will continue through April but you must have an appointment. You can reach their offices by calling;
Pittsburg County 918 423-3525
Haskell County 918 967-3325
LeFlore County 918 647-3267
Latimer County 918 465-3381

The Southeastern Public Library in McAlester also offers free tax assistance and volunteers will be available starting in early February on a first come first served basis. Call 918 426-0930 for details or for information on the library's program in your area.

SOCIAL SECURITY'S NEW RULE FOR 2013

The Social Security Administration has implemented a variety of new rules and features for 2013. The two-year payroll tax cut has officially ended, and paper Social Security checks will soon cease to be printed. A growing number of Social Security services will also be online this year. Here's a look at some of the recent Social Security changes that go into effect this year:

Higher earnings limit. People between ages 62 and 66 who work and collect Social Security benefits at the same time might have part or all of their Social Security benefit temporarily withheld. Workers between ages 62 and 65 can earn up to \$15,120 in 2013, after which \$1 in benefits will be withheld for every \$2 of income above the earnings limit. People who turn 66 this year can earn up to \$40,080, and then \$1 of benefits will be withheld for every \$3 earned above the limit. However, once you turn age 66, the earnings limit no longer applies. And benefits may be recalculated at age 66 to reflect the withheld benefits and continued earnings.

SCHOLARSHIP OPPORTUNITIES FOR CHILDREN WHO'S PARENTS HAVE A DISABILITY

Through the Looking Glass
3075 Adeline St., Ste. 120,
Berkeley, CA 94703
Phone: 1.800.644.2666
(VOICE)
TTY: 510.848.1005
Local: 510.848.1112
Fax: 510.848.4445

Home<<http://www.lookingglass.org/>>

2013 Scholarship Application through the Looking Glass and its National Center for Parents with Disabilities and their Families are pleased to announce new scholarships specifically for high school seniors or college students who have parents with disabilities. A total of fifteen \$1000 scholarships will be given out in the Fall of 2013.

These scholarships are part of Through the Looking Glass' National Center for Parents with Disabilities and their Families. There are separate eligibility requirements for high school seniors and for college students:

1. High School Seniors. To be eligible, a student must be a high school graduate (or graduating senior) by Summer 2013, planning to attend a two-year or four-year college in Fall 2013 in pursuit of an AA, AS, BA or BS degree, and have at least one parent with a disability.
2. College Students. To be eligible, a student must be currently enrolled in a two-year or four-year college in Fall 2012 in pursuit of an AA, BA or BS degree, be 21 years of age or younger as of March 11, 2013,

and have at least one parent with a disability.

All application materials must be postmarked by **March 11, 2013**. Individuals may submit only one application per award period. Also see Scholarships: Frequently Asked Questions<<http://www.lookingglass.org/scholarships/87-scholarships-frequently-asked-questions>>

Selection criteria for all scholarships include academic performance, community activities and service, letter of recommendation and an essay describing the experience of growing up with a parent with a disability.

Five of the fifteen 2013 scholarships will also consider extreme financial hardship (poverty level) in addition to the above criteria. Please read the Financial Need section on the Application Form if you wish to be considered for one of the five scholarships that also consider financial need.

These Scholarships are also part of a research study on young adult children of parents with disabilities. As explained in the Consent Form below, you may be willing to participate in an optional survey about young adult children of parents with disabilities. The additional information you submit on this survey will not affect your scholarship chances and will not be disclosed to anyone outside the project researchers; all identifying information will be removed. If you consent to participate in this optional survey, an e-mail will be sent after receiving your completed application. Thus far, over 1,000 students have taken this confidential survey. Please

consider contributing to this important national study as your responses really help!

If you have previously applied for this scholarship and still meet eligibility requirements, you may apply for the 2013 scholarships. Please note that you must complete the new 2013 application form. Also, although previously submitted essays are accepted, it is encouraged to submit new essays.

Download 2013 Application Procedures and Application Form<<http://www.lookingglass.org/pdf/TLG-2013-College-scholarship-app-forms-procedures.pdf>>

DATING FOR DISABLED



Dating4Disabled.com is an online community which offers the opportunity for people with disabilities to share, connect and just be heard. Make friends, find romance, and share resources with people from all over the world. Dating4disabled.com welcomes people with disabilities as well as able-bodied members on condition that they want to meet people with disabilities and are committed to respecting all of their members.

They have developed unique web features such as the blogs, the online messenger, forums, highly developed search engine and more. Everything is confidential and conducted in good taste and style. No binding contracts, no pressure, no embarrassment...just an

opportunity to network and find others with similar values, interests, and backgrounds. The choice is yours. Join for **FREE**.

The mission of **Dating4disabled.com** is to empower members of the disability community. To accomplish this they provide a global network where singles can find friendship, romance and life-long partners.

EMERGENCY COMMUNICATION SURVEY FOR PEOPLE WITH DISABILITIES

The Wireless Rehabilitation Engineering Research Center is a recognized leader on issues and solutions related to the accessibility and usability of mobile wireless products and services by people with disabilities.

In response to the National Institute for Disability Rehabilitation Research (NIDRR) priority announcement, the Mission of the Wireless RERC is to research, evaluate, and develop innovative wireless technologies and products that meet the needs and improve the quality of life and community participation of individuals with disabilities. They launched a new survey on emergency communications to help improve accessibility of emergency response. You will be asked to share some information about yourself, your experience and your preferences for communicating during emergencies. You can take the survey by phone or on paper by calling John Morris at 1-404-367-1348.

SPECIAL OLYMPICS BOWLING RESULTS

Congratulations to the OIL Freespirits on their bowling in Oklahoma City recently. Russell Bigelow, Billy Boatner, and Shanna Langley took first place. Thanks to all participants.

ASI UPDATE

The housing project is moving slowly with the wet weather. Here is an update: Concrete and plumbing work is being completed. The stem walls and retaining walls are near completion. Plumbing, sewer and water lines are being installed. With keeping the weather in mind, we are looking at a completion time around November 2013. OIL will keep you posted monthly on the status of the construction – so stay tuned to the OIL Newsletter.

LOAN LIBRARY

OIL has the following items available for loan: C PAP, glucometer, bedside commodes, walkers and shower benches. Incontinent supplies to be donated out are: adult tab diapers, incontinence bed pads, liners, and youth/small adult pull-ups. If you have the need, please call any staff at OIL.

MOVIE NIGHT AT OIL

We will meet on Tuesday, March 26th at 5:30 p.m. Bring your favorite movie and we will take a vote as to which one to watch. OIL will provide the Popcorn!

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 March 2nd and 16th starting at 8:00 a.m.

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						
MARCH EVENTS						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2 <u>Saturday</u> <u>Transportation</u> 8 am
3	4	5 <u>Men's Gp.</u> Western Sizzlin' 5 pm	6	7 <u>Shopping</u> 7:00-10:45am	8	9
10	11 <u>Brain Injury</u> <u>Gp.</u> 1 pm	12 <u>OIL Social</u> Pizza Inn 5:30 pm 	13	14	15 <u>St. Patrick's Day</u> <u>Breakfast</u> Boomarang Diner 8:30 am	16 <u>Saturday</u> <u>Transportation</u> 8 am
17	18	19 <u>Women's Gp.</u> Location - TBA 11am	20	21 <u>Shopping</u> 7:00-10:45am	22	23
24	25 <u>Brain Injury</u> <u>Gp.</u> 1 pm	26 <u>Movie Night</u> 5:30 pm	27	28		
<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>						

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



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.