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# **OIL Newsletter**



**A monthly publication of THE OKLAHOMANS for INDEPENDENT LIVING**

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## **WHAT IS PEER COUNSELING...**

Peer counseling offers individuals with disabilities the empowering opportunity to acquire and share valuable mutual support skills to assist others with disabilities in areas where they themselves may have experienced difficulties.

## **ADA 24<sup>th</sup> ANNIVERSARY CELEBRATION**

On Friday, July 25<sup>th</sup>, from 5 to 7 in the evening, O.I.L. will have a come and go "Ice Cream" Social at the O.I.L. office, 601 E. Carl Albert, McAlester, in celebration of the 24<sup>th</sup> Anniversary of the Americans with Disabilities Act (ADA). Come visit the O.I.L. staff that serve you and your community, listen to success stories of individuals gaining independence and becoming an active citizen within our community.

## **COMMUNITY INCLUSION, SUCCESS IN YOUR GOALS**

Our community defines our friends, our dreams and how we go about life. Life has many layers with complex relationships both internal and external. Our social network extends in many diverse directions and can at times define who we are.

We all measure success differently and with degrees of importance. Our success does have some basic similar characteristics. These characteristics are how we interact within our community.

The community is much bigger than we can sometimes imagine. Or bigger than our house or where we live, bigger than the town and even bigger than where we may work or want to work.

Inclusion is a term used by people with disabilities and other disability rights advocates. The idea being that all people should freely, openly, and without pity, accommodate any person with a disability, without restrictions or limitations of any kind. Although

disability rights have historically existed as a relatively cohesive movement, the movement centered around inclusion and has only recently begun to take shape and to position itself in the eyes of our community.

The ADA has taken communities a long way. The law requires reduction and elimination of barriers that may keep us from growing in our communities and the interactions that define your social network. But a key component of the growth of your community is you.

The keys to success in communities are simple and straightforward. They apply to family, friends, work and our community. They are worth considering and self-reflection.

1. Self-restraint -- the ability to allow time to evaluate a situation before speaking or acting on it.
2. Working memory -- the ability to hold information in memory while performing complex tasks.
3. Emotion control -- the ability to manage emotions in order to direct behavior and achieve goals.

4. Focus -- the capacity to maintain attention to a situation in spite of distractions.
5. Task initiation -- the ability to begin projects in a timely manner.
6. Planning/prioritization -- the capacity to develop a road map to reach a goal, knowing which are the most important signposts along the way.
7. Organization -- the ability to arrange materials or tasks according to a system.
8. Time-management -- the capacity to estimate the time required for a task, allocate it effectively and meet deadlines.
9. Defining and achieving goals -- the ability to set a goal and follow through, despite competing interests.
10. Flexibility -- the ability to revise plans due to setbacks or new information.
11. Observation -- the capacity to stand back and take a birds-eye view of yourself in a situation and make changes in your approach to problem-solving.
12. Stress tolerance -- the ability to thrive under fire and in the face of uncertainty.

As a person with a disability you may be thinking, Oh, I can't do that! But consider in your self-reflection that a weakness in one, maybe overshadowed by your mastery of another. Or a perceived inability in one, just takes practice and patience to master. Or another requires you to have a system to accommodate that success key.

A good example is that you may struggle remembering things. Perhaps a simple notebook to write things down and to develop a habit to not only write them down, but also to reread them when needed.

When we carefully read these success factors, we can see that they will help us in whatever we are doing in the community. Each is valuable, important, and will help.

You are the important part in the community. Inclusiveness begins with you, to enable you to achieve your dreams and plans. By Doug McMillan

### **O.I.L. TRANSPORTATION**

O.I.L. provides lift-equipped, door to door transportation for individuals that are elderly, individuals with disabilities and the public at a minimum of 5 days a week.

Transportation is provided in McAlester and surrounding rural communities in Pittsburg County. Transportation is provided for medical, employment, nutrition, education, shopping/personal, social and recreational activities.

Accessible transportation is provided Mondays through Fridays from 8:00 am to 4:30 pm. Saturday transportation is provided twice a month from 8:00 am to 4:30 pm. Evening transportation is provided for specific community integration activities. Transportation services require a minimum of 24 hour call in notice. Scheduling is done on a first come – first serve basis. The fee for transportation is currently \$1.00 for each time an individual exits the bus. OIL does not provide fixed route service.

O.I.L. has been approved for a new bus through the 5310 Capital Assistance Program, Department of Human Services Aging Services Division. O.I.L.

expects delivery, sometime in July or August. We are glad to know that our passengers will benefit from the comfort of the new bus while receiving safe, reliable, transportation.

This past year, the Transportation Program has had some ups and downs, such as, maintenance and fuel cost increases, along with program decreases from most funding sources. All of the above have put a strain on the program.

O.I.L. sought and received additional funding for the Transportation Program through Sertoma of McAlester, as well as, the Puterbaugh Foundation, which assisted with the required match for the new bus.

Recently, O.I.L. did receive good news from the City of McAlester for the 2014/2015 budget. The previous funding will be restored, and for that, we are thankful. O.I.L. appreciates the City in their willingness to support O.I.L. programs. O.I.L. is constantly researching for additional funding and donations to increase funding.

Even though O.I.L. has received funding additions, it has become apparent that change is still required in order for the Transportation Program to continue the current services.

***After much deliberation and consideration, a cost increase will take effect on August 1, 2014.***

***\* The cost for riding the O.I.L. bus will increase from \$1.00 to \$2.00 for each time an individual exits the bus in the McAlester area.***

***\* The charge for the Krebs/Frink Chambers area is***

currently \$2.00 and it will increase to \$3.00.

*\*O.I.L. currently sells a card, called the "Transportation Pass". The card can be purchased for \$10.00 which covers "10 punches". The cost of the card will increase to \$15.00 for 10 punches. Purchasing the card will save an individual \$5.00. O.I.L. would like to encourage the purchase of the Transportation Pass card.*

O.I.L. understands the strain that this increase may cause to individuals, however, O.I.L. would remind all individuals, who use the Transportation Program, that this is the 1<sup>st</sup> increase for the O.I.L. Transportation Program. We hope you understand the necessary rise in costs.

## **SATURDAY TRANSPORTATION**

O.I.L. 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 for the month of July, is \$1 per stop. The dates are set for July 12<sup>th</sup> and 26<sup>th</sup> starting at 8:00 a.m.

## **FOR SALE**

Four wheeled, power, wheelchair/scooter. Go Go Elite Traveler. Needs batteries and a battery charger. Call Tonna Lovette, 918 423-4817, for more information.

## **OIL SCHEDULE OF EVENTS**

This is a **tentative** schedule only. The dates may change so be sure to check each month for any updates.



### **August**

- 2<sup>nd</sup> Saturday Shopping
- 4<sup>th</sup> Brain Injury Support Group
- 5<sup>th</sup> Men's Gp. – Stubborn Mule
- 7<sup>th</sup> Shopping
- 12<sup>th</sup> Women's Group
- 16<sup>th</sup> Saturday Shopping
- 18<sup>th</sup> Brain Injury Support Group
- 19<sup>th</sup> O.I.L. Social – Taco Bob's
- 21<sup>st</sup> Shopping
- 26<sup>th</sup> Movie Night at O.I.L.

### **September**

- TBA Shrine Circus
- 1<sup>st</sup> O.I.L. CLOSED
- 2<sup>nd</sup> Men's Group – Rib Crib
- 4<sup>th</sup> Shopping
- 6<sup>th</sup> Pittsburg County Free Fair
- 9<sup>th</sup> Women's Group
- 13<sup>th</sup> Saturday Shopping
- 15<sup>th</sup> Brain Injury Support Group
- 16<sup>th</sup> O.I.L. Social – Pizza Inn
- 18<sup>th</sup> Shopping
- 23<sup>rd</sup> Game Day at the Park
- 27<sup>th</sup> Saturday Shopping

### **October**

- 2<sup>nd</sup> Shopping
- 6<sup>th</sup> Brain Injury Support Group
- 7<sup>th</sup> Men's Group - Boomerang
- 11<sup>th</sup> Saturday Shopping
- 14<sup>th</sup> Women's Group
- 16<sup>th</sup> Shopping
- 20<sup>th</sup> Brain Injury Support Group
- 21<sup>st</sup> O.I.L. Social –Western Sizzlin'
- 24<sup>th</sup> Halloween Dance
- 25<sup>th</sup> Saturday Shopping

### **November**

- TBA Thanksgiving Dinner
- 1<sup>st</sup> Saturday Shopping
- 3<sup>rd</sup> Brain Injury Support Group
- 4<sup>th</sup> Men's Group – Taco Bob's
- 6<sup>th</sup> Shopping
- 6<sup>th</sup> **Bingo Fundraiser!**
- 10<sup>th</sup> O.I.L. CLOSED
- 11<sup>th</sup> Women's Group
- 15<sup>th</sup> Saturday Shopping
- 17<sup>th</sup> Brain Injury Support Group
- 20<sup>th</sup> Shopping
- 25<sup>th</sup> Movie Night at O.I.L.
- 27<sup>th</sup> O.I.L. CLOSED
- 28<sup>th</sup> O.I.L. CLOSED

### **December**

- TBA Christmas Parade
- 1<sup>st</sup> Brain Injury Support Group
- 4<sup>th</sup> Shopping
- 6<sup>th</sup> Children with Disabilities Christmas Party
- 9<sup>th</sup> Men's Group – Pizza Hut
- 11<sup>th</sup> McAlester Tour of Lights
- 13<sup>th</sup> Saturday Shopping
- 15<sup>th</sup> Brain Injury Support Group
- 16<sup>th</sup> Women's Group
- 16<sup>th</sup> McAlester Tour of Lights
- 18<sup>th</sup> Shopping
- 24<sup>th</sup> O.I.L. CLOSED
- 25<sup>th</sup> O.I.L. CLOSED
- 27<sup>th</sup> Saturday Shopping

### **O.I.L. CLOSED**

O.I.L. will be closed on Friday, July, 4<sup>th</sup> for observance of Independence Day!



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 Leah Medina for a referral to the Living Choice Project at (918) 426-6220v/tdd.**

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<i>*Events are held at OIL unless otherwise noted</i>						
<b>JULY EVENTS</b>						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>1</b> <u>Men's Gp.</u> Steak 'n Shake 5:00 pm	<b>2</b>	<b>3</b> <u>Shopping</u> 7:00-10:45am	<b>4</b> <u>OIL CLOSED</u> 	<b>5</b>
<b>6</b>	<b>7</b> <u>Brain Injury Gp.</u> 1 pm	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b> <u>Saturday Transportation</u> 8 am
<b>13</b>	<b>14</b>	<b>15</b> <u>Women's Gp.</u> TBA 11am	<b>16</b>	<b>17</b> <u>Shopping</u> 7:00-10:45am	<b>18</b>	<b>19</b>
<b>20</b>	<b>21</b> <u>Brain Injury Gp.</u> 1 pm	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b> <u>OPEN HOUSE</u> 5-7 pm	<b>26</b> <u>Saturday Transportation</u> 8 am
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>		
<p><i>*Low Impact Exercise Class for Sr.'s</i> meets Mon., Wed., &amp; Fri., 10:00 a.m., Stipe Center <i>*Alzheimer's Support Group</i>, 3<sup>rd</sup> Wed., 12:30 p.m., Main &amp; OK Church of Christ, call Glenda at 916-1210 <i>*Diabetes Support Group</i>, 1<sup>st</sup> Tue., 6:00 p.m., McAlester Regional Health Center Wellness Conf. Room, contact Kathy at 421-6812 <i>*For information on Men's &amp; Women's Grief Support Groups</i> – call Hospice of McAlester at 423-3911 for their groups or for information on a 7 week <u>Dealing with Grief Course</u> – call Heartland Hospice. at 302-0700, <i>*For information on the Stroke Support Group</i>, call the McAlester Regional Health Center at 426-1800</p>						

