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OIL Newsletter



A monthly publication of THE OKLAHOMANS for INDEPENDENT LIVING

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If you are trying to go green and would like to help save trees, check out our newsletter at www.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.

WELCOME DANIELLE

OIL would like to welcome Danielle McDaris to our staff. Danielle has three children, 1 boy and 2 girls. Ayden is 9, Alyssa is 7, and Aybriana is 4 months. She also has a long-haired cat named Maverick.

She has been an artist and amateur photographer for around 15 years and recently started making hair bows and tutus for little girls. She enjoys going to art shows, museums, rock concerts, and traveling. She loves baseball and the Boston Red Sox team.

Danielle will be working as an ADvantage Case Manager so drop by and meet her sometime.



CHILDREN WITH DISABILITIES CHRISTMAS PARTY

The Party will be held on Saturday, December 6th, 1:00 p.m., at the McAlester High School Cafeteria, One Buffalo Drive. The county schools will send home flyers with their students who have disabilities and IEP's (Individual Education Plans). Children 15 & under as well as their siblings will receive a gift from Santa. **Registration Deadline is Wednesday, December 3rd**. THE CHILD MUST BE PRESENT TO ACCEPT THE GIFT. Sorry, no exceptions.

If a sign language interpreter is needed, please call ASAP. Families are encouraged to attend with their children. A traditional Christmas Dinner will be served and you are asked to bring a store-bought cake or pie. Free lift-equipped transportation is available to McAlester and Krebs residents.



TRANSFERRING HOME MOVIES TO DVD



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 for more information.

DHS HELPS LOW-INCOME WITH DECEMBER HEATING COSTS

A limited amount of winter heating assistance funds will be made available across the state through the federal Low-Income Home Energy Assistance Program (LIHEAP), which is administered through the

Oklahoma Department of Human Services (DHS).

Applications will be accepted beginning Tuesday, December 9th. Eligibility for LIHEAP is based on each household's income and assets.

Many households receiving public assistance through DHS may be automatically authorized for winter heating assistance and will not need to make application.

Preauthorized households will be notified of their eligibility by letter prior to the beginning of the application period.

Only one payment per household is allowed annually for LIHEAP winter heating assistance.

Persons applying should have the most recent heating bill for their home or fuel supplier name, ID, social security number, and verification of income for everyone living in the home when applying.

For more information on how to apply, contact the local DHS human services center in your county of residence.

The maximum income guidelines are:

Size of Household	Allowable Monthly Net Income
1	\$ 1,070
2	\$ 1,442
3	\$ 1,814
4	\$ 2,186
5	\$ 2,558
6	\$ 2,931
7	\$ 3,303
8	\$ 3,675

LOW COST INTERNET ACCESS RESOURCES

The National Cristina Foundation is partnering with EveryoneOn www.EveryoneOn.org to an online source of low cost and no cost Internet access. In addition, this resource can be used to identify local computer training resources as well as sources for low cost refurbished computers.

EveryoneOn is a national nonprofit working to eliminate the digital divide by making high-speed, low-cost Internet service and computers, as well as free digital literacy courses, accessible to all unconnected Americans. To locate providers of low cost Internet service and to determine your eligibility, go to www.everyoneon.org/nationalcristina and enter information regarding your location as well as eligibility for related services. Additional free online resources related to educational material can be found.

Visit the National Cristina Foundation at www.cristina.org Additional Check out www.elearningforkids.org Check for its free educational software in multiple languages. "Our vision is to be the source for childhood learning on the internet available from anywhere and without charge. E-learning for kids is a global, nonprofit foundation dedicated to fun and free learning on the internet for children ages 5 - 12. They offer free, best-in-class courseware in math, science, reading and keyboarding; and are building a community for parents and educators to share innovations and insights in childhood education."

www.powermylearning.org [Another](#) is a free source of a variety of educational material organized for educators, parents and students can be found at Power My Learning. The website is also available in Spanish. "PowerMyLearning is a free digital learning platform for K-12 students, parents, and educators, developed by the national nonprofit CFY. PowerMyLearning makes thousands of the most compelling publicly available digital learning activities from across the web easily accessible and usable, creating an unbiased, go-to destination."

THANKSGIVING DINNER

The OIL Thanksgiving Dinner was held at the First Baptist Church in McAlester. A delicious traditional meal was had. Church members graciously volunteered by serving the meal and OIL would like to thank them for the gift of turkeys, giving of their time and cooking experience, and for the use of their facility.

FUNDRAISERS

Appreciation goes to all who helped with the OIL fundraisers. A thank you also goes to the Masons of Solomon Lodge #32 of Krebs, The American Legion, The American Legion Women's Auxillary, and Atwood's. When purchasing items, please consider going to the following businesses to thank them for donating to OIL's Children with Disabilities Christmas Party "Win Prizes" Bingo fundraiser.

A Cut Above, Adam's True Value, A Special Place, Ace Medical, Adelita's, Advance Auto Parts, All Pawn, Art's Custom Framing, Auto Zone, Benjamin Moore Paint, Boomarang,

Briggs Printing, Brit's Salon, Color Tyme, Country Mart, Creative Images, Dave's Fitness, Family Video, Fat Boy's, Fenton Nissan, Fiesta Grille, Foster's Flowers, Happy Day's Motel, H.L.'s Gun & Pawn, Headhunter's, Heavenly Delights Bakery, Holman's Fast Lube, Impress Color Press, Isle of Capri, Javersak Chiropractic, Jet Tire, Jubilee Massage, Krebs Corner, Komar, Legend's, Lucy's Two, Mann's, McAlester Country Club Golf Shop, McAlester Radio, McElroy's Auto, Mike Ward's Hearing Ctr., Mill Creek Tile & Carpet, Mobility Plus, Nix Auto Ctr., OK Tire & Auto, O'Reilly's, Papa John's Pizza, Pat's Pitstop, Pete's Place, PetSense, Pizza Inn, Poodle Skirts Pet Grooming, Professional Hair Designers, Pro-Kil, Renegar's Veterinary, Rib Crib, Riddel's Skin Care, Roseann's, Sanford & Sisters, Sewell's Jewelry, Sherwin Williams, Signs by Jade, Sonic of McAlester, Stage, Steak n Shake, Studio 23, Sue Lovitt, Taco Mayo, Tease Me Salon, Teri's Red Barn, Terry's Lube & Oil, TH Rogers Lumber Co., The Medicine Shoppe, Tractor & Supply, The Filling Station, Walmart, Wood's Pharmacy, and Young's Hair Design.

CHRISTMAS PARADE

OIL will be picking up and taking individuals to watch the parade. Floats will start moving at 7:00 p.m. on Thursday, December 4th. The theme is "Festival of Lights".



McALESTER TOUR OF LIGHTS

OIL will be touring McAlester in December to see the downtown and neighborhood Christmas lights. The date will be Tuesday, December 16th so if you are interested, call to reserve your spot. The bus will leave OIL at 6:00 p.m. with a \$2 fee per person.



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 December 13th and 27th starting at 8:00 a.m.



Merry Christmas
From the Gang

- Leanna Amos
- Jason Fender
- K.C. Long
- Bobby Logsdon
- Danielle McDaris
- Leah Medina
- Pamela Pulchny
- Stephen Strickland
- Terry Yates

Transportation

O.I.L. provides lift-equipped transportation in McAlester and the surrounding area.

Monday – Thursday, 8:00 – 4:30
Friday 8:00 – 1:00

A twenty-four hour minimum notice is required. The cost is \$2 per pick up in McAlester and \$3 for Krebs and Frink Chambers. Outside this area, fees are based on actual costs of gasoline needed to provide the service.

**Prices are subject to change.*



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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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.

<i>*Events are held at OIL unless otherwise noted</i>							EVENTS						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 <u>Brain Injury Gp.</u> 1 pm	2	3	4 <u>Shopping</u> 7:00-10:45am <u>Christmas Parade</u> 7:00 pm	5	6 <u>Children's Christmas Party!</u> McAlester High School 1pm	7	8	9 <u>Men's Gp.</u> Pizza Hut 5 pm	10	11	12	13 <u>Saturday Transportation</u> 8 am
14	15 <u>Brain Injury Gp.</u> 1 pm	16 <u>Women's Gp.</u> TBA 11am <u>Tour of Lights</u> 5:30 pm	17	18 <u>Shopping</u> 7:00-10:45am	19	20	21	22	23	24 OIL CLOSED	25 OIL CLOSED	26	27 <u>Saturday Transportation</u> 8 am
28	29	30	31										
<p>*Low Impact Exercise Class for Sr.'s meets Mon., Wed., & Fri., 10:00 a.m., Stipe Center *Alzheimer's Support Group, 3rd Wed., 12:30 p.m., Main & OK Church of Christ, call Glenda at 916-1210 *Diabetes Support Group, 1st Tue., 6:00 p.m., McAlester Regional Health Center Wellness Conf. Room, contact Kathy at 421-6812 *For information on Men's & Women's Grief Support Groups – 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, *For information on the <u>Stroke Support Group</u>, call the McAlester Regional Health Center at 426-1800</p>													

