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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.

A NOTE FROM THE DIRECTOR

Included in this newsletter is a Satisfaction Survey. The Survey is very important to OIL as federal funding requires that surveys are completed annually. The Survey allows OIL to know what services are being utilized and if additional services may be needed. Survey responses will assist OIL in obtaining additional funding and increasing services. PLEASE, take the time to complete the green card. Please mail the card back to OIL or feel free to drop it by the office. Thanking you in advance. Pam Pulchny, Executive Director.



WOULD YOU LIKE TO VOLUNTEER?

Make a Difference Day is the most encompassing national day of helping others. The annual event takes place each year on the fourth Saturday in October. This year it will be on October 25th. McAlester's project will once again be minor home repair/maintenance.

The project will help those with physical disabilities, senior citizens, and single, working mothers. Skilled and unskilled volunteers are NEEDED! Everyone can help in some way. Even if it's as simple as climbing a ladder to change a light bulb, you are helping someone who is unable to do so. Come alone or bring your child/children and make it a family giving day. For those who are unable to assist due to health impairments, come donate blood or help clip coupons to send to our military. OIL will provide free, local

transportation. You are sure to get a blessing through helping others! Call Leanna at 426-6220 Ext. 110 to volunteer or just show up on the day of the event. The event headquarters is at the McAlester Boys and Girls Club, 301 East Chadick and things begin at 7:30 a.m.



PITTSBURG COUNTY FREE FAIR

The county fair was recently held at the Exposition Center in McAlester. OIL would like to congratulate Kathie Roberts and Earl Roberts on their second place wins!

DISCOUNTED FRONTIER CITY TICKETS

The discounted amusement park tickets are made available by Frontier City as a major fundraiser for Make Promises Happen. The tickets are discounted from \$34.99 for those over 48" tall and \$26.99 for those under 48" per person, (2 and under free) to only \$12 per person! The ticket price

includes admission to their Halloween "FrightFest" Haunted House. It is one of the best in the state. It is a one day only opportunity on Sunday, October 12th. Discounted meal tickets are available for purchase. If you are not familiar with Make Promises Happen, they hold summer camps for adults and children with disabilities. So buying tickets is not only a plus for you, but also puts money in their pockets so they continue with the camps.

For mail order tickets, you must contact them no later than October 3. Pick-up tickets in Oklahoma City must be picked up no later than Friday, October 10. Call them at 1 800 299-2811 or order them at CentralChristianCamp.org



NATIONAL DISABILITY EMPLOYMENT AWARENESS MONTH

What is National Disability Awareness Month?

Congress designated each October as National Disability Employment Awareness Month (NDEAM). The Office of Disability Employment Policy has the lead in planning NDEAM activities and materials to increase the public's awareness of the contributions and skills of American workers with disabilities. Various programs carried out throughout the month also highlight the specific employment barriers that still need to be addressed and removed. Those of us with disabilities can not only work,

but also demonstrate the necessary desire and education to do so.

"We all have a role to play in — and benefit to gain from — increasing opportunities for meaningful employment for people with disabilities. Advancing disability employment is about much more than just hiring. It's about creating a continuum of inclusion and the first step on this continuum is expectation," said Kathy Martinez, assistant secretary of labor for disability employment policy.

The effort to educate the American public about issues related to disability and employment actually began in 1945, when Congress enacted a law declaring the first week in October each year "National Employ the Physically Handicapped Week." In 1962, the word "physically" was removed to acknowledge the employment needs and contributions of individuals with all types of disabilities. In 1988, Congress expanded the week to a month and changed the name to "National Disability Employment Awareness Month

FLYING WITH A DISABILITY

As the holiday season is approaching, now is the time to consider how to best make air travel the least strenuous as possible. Competition between air carriers has contributed improving the quality of services available to airline passengers. Flying with disabled children or with people with a learning disability is everyday business at airports across the world, not to mention

that the vast majority of airports have made huge investments to make sure Terminals and boarding gates are wheelchair accessible.

Nevertheless, flying with a disability requires good planning to ensure seamless journeys. We have gathered together the best travel tips for disabled people who wish to fly away on business or holidays.

Travel Planning & Preparations

First and foremost, you need to create a checklist. Identify what kind of support your impairment requires, bearing in mind that physical, cognitive, visual or hearing impairments may require tailor made assistance.

Once you have decided on your destination, make sure that connections and transportation is accessible to meet your mobility requirements. The vast majority of airports have customer care phone numbers or email support.

It is now time to choose your airline. Once again, take some time to browse the options on hand. Bear in mind that there can be substantial differences with on-board services available to people with hearing or visual impairments.

Let the airline know of your needs/requirements at the time of booking. Make sure you get written acknowledgement or confirmation of your request for assistance. Print it out and keep it with you throughout your journey.

Airport Travel Tips

When you request assistance you will be invited to make your way to the airport well ahead of time of departure. Please adhere to the schedule you are provided to avoid missing your flight.

Large, crowded airports can be challenging environments for people with autism, cognitive impairments, children with disabilities, and the elderly. Most airports make printable maps of terminal buildings available on their websites. It is always a good idea to have a copy with you to help you move about faster.

Remember to keep with you, medicine you may require during your journey; it is always a good idea to have some food (chips/snacks) and water since not all airside waiting areas are close to food courts or vending machine. Remember to buy drinks after you have cleared security or it will be confiscated.

Air Travel Tips

Traveling with electric wheelchairs is common practice across the airline industry. However, some airlines still impose weight limits. Remember that electric wheelchairs powered with wet cell batteries may not be accepted on-board. Always check with the airline at the time of booking.

Most airlines will require you to travel with a companion if you are unable to buckle or unbuckle your seat belt on your own, retrieve and wear your life jacket, put on an oxygen mask, make your way (not necessarily walk) to the emergency exit, or if you are unable to understand and react to safety instructions. Best travel tip: some airlines offer discounted fares for travel companions so always check.

Not all aircraft, especially smaller ones, low cost carriers, or those operating short haul routes, have on-board aisle chairs. Remember to check availability with the airline at the time of booking if you require an on-board wheelchair to move about the cabin.

Cabin crew will help you in and out of your seat, to and from toilets, and will assist you storing your hand luggage in the overhead bins. However, they will not help you use the toilet, eat, or give medication.

Not all aircraft are equipped with movable armrests. Remember to tell the airline at the time of booking so that you can be seated in the seat that best matches your needs.

The vast majority of airlines provide different meal options. Take some time to browse dietary options. However, it is always wise to pack some suitable, non-perishable food in your carry-on luggage.

Movie captioning is available on most long haul flights; however, ISL (International Sign Language) safety instruction leaflets are still rare to find. Safety instruction leaflets in Braille are becoming more and more common in the industry.

Traveling long haul may require passengers to make frequent "pit stops"; so you may want to be seated closer to toilets. Most modern long haul aircraft are fitted with at least one accessible toilet.

HALLOWEEN DANCE

The dance will be on Friday, October 24th. 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 so come and make some new friends.



UPCOMING EVENT

Fundraiser Bingo! November 6th, at the American Legion, 6:30 p.m. McAlester. The fundraiser will be used for the Children with Disabilities Christmas Party.

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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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
 OCTOBER			1	2 <u>Shopping</u> 7:00-10:45am	3	4
5	6 <u>Brain Injury Gp.</u> 1 pm	7 <u>Men's Gp.</u> Boomarang 5 pm	8	9	10	11 <u>Saturday Transportation</u> 8 am
12	13	14 <u>Women's Gp.</u> TBA 11 am	15	16 <u>Shopping</u> 7:00-10:45am	17	18
19	20	21 <u>OIL Social</u> Western Sizzlin' 5:30 pm	22 <u>Special Olympics Bowling</u> Great Balls of Fire 9 am	23	24 <u>Halloween Dance</u> Stipe Center 7 – 10:00 pm	25 <u>Saturday Transportation</u> 8 am
26	27 <u>Brain Injury Gp.</u> 1 pm	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 Dealing with Grief Course – call Heartland Hospice. at 302-0700, *For information on the Stroke Support Group, call the McAlester Regional Health Center at 426-1800</p>						

