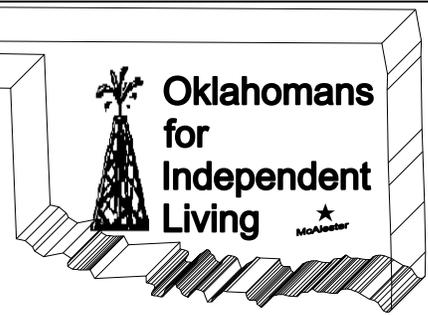


**JULY  
2015**

Vol. 29  
No. 7

# OIL Newsletter



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

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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.

## **ADA 25<sup>th</sup> ANNIVERSARY CELEBRATION**

On Tuesday, July 28<sup>th</sup>, from 5 p.m. to 7 p.m. 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 25<sup>th</sup> Anniversary of the Americans with Disabilities Act. Come visit O.I.L. staff and listen to success stories of individuals gaining independence and becoming active citizens within our community.

## **ADVOCATES PRESS CONGRESS**

Chase Dias, who has autism,



stands in the field he wandered into in 2005 when he was only 2 years old.

Advocates are pushing for federal legislation to address wandering among children with Autism and developmental disabilities. Several disability advocacy groups are banding together to call for federal action.

Research suggests that about half of children with autism have a tendency to bolt, and 42 percent of such cases involving children under age 9 have ended in death, the coalition said. In June alone, the groups indicated that six children with autism have died after wandering from a safe place. The newly-formed coalition is launching a social media campaign to promote wandering awareness and is putting its weight behind federal legislation known as Avonte's Law. The bill would provide funding to law enforcement agencies for wandering prevention efforts and allocate federal dollars to offer free electronic tracking devices to children with autism and other developmental disabilities who are prone to bolting.

The legislation is named for Avonte Oquendo, a 14-year-old with autism who went missing in 2013 from his New York City school. His remains were

discovered months later. "It's a common sense bill," said Wendy Fournier, president of the National Autism Association, who indicated that the legislation would offer many of the same resources to the disability community that are already provided to those affected by Alzheimer's.

## **7 TIPS FOR AVOIDING ELDERLY HEAT STROKE AND EXHAUSTION**

Hot weather is dangerous, and seniors are particularly prone to its threat. Elderly heat stroke and heat exhaustion are a real problem. In fact, a recent University of Chicago Medical Center study found that 40% of heat-related fatalities in the U.S. were among people over 65.

There are several reasons for elderly heat vulnerability. People's ability to notice changes in their body temperature decreases with age. Many seniors also have underlying health conditions that make them less able to adapt to heat. Furthermore, many medicines that seniors take can contribute to dehydration. Fortunately, a few simple precautions are all that's

needed to keep safe. Here are some guidelines for keeping safe in hot weather:

**\*Drink Plenty of Liquids**

Dehydration is the root of many heat related health problems. Drink plenty of water or juice, even if you're not thirsty. But remember to avoid alcoholic or caffeinated drinks, as they can actually contribute to dehydration.

**\*Wear Appropriate Clothes**

An old Swedish saying says, "There's no such thing as bad weather, only bad clothes." When it's hot out, wear light-colored, lightweight, loose-fitting clothes and a wide-brimmed hat.

**\*Stay Indoors**

During periods of extreme heat, the best time to run errands or be outdoors is before 10 a.m. or after 6 p.m. when the temperature tends to be cooler.

**\*Take it Easy**

Avoid exercise and strenuous activity, particularly outdoors, when it's very hot out.

**\*Watch the Heat Index**

When there's a lot of moisture in their air, (high humidity) the body's ability to cool itself through sweating is impaired. The heat index factors humidity and temperature to approximate how the weather really feels. The current heat index can be found on all popular weather websites, and is also usually announced on local TV and radio weather reports during periods of warm weather.

**\*Seek Air-conditioned Environments**

Seniors whose houses aren't air-conditioned should consider finding an air-conditioned place to spend time during extreme heat. The library, senior center,

or movie theater are all popular options. During heat waves, many cities also set up "cooling centers," air-conditioned public places, for seniors and other vulnerable populations. Seniors without convenient access to any air-conditioned place might consider a cool bath or shower.

**\*Know the Warning Signs of Heat-related Illness**

Dizziness, nausea, headache, rapid heartbeat, chest pain, fainting and breathing problems are all warning signs that help should be sought immediately.

**HOT CAR DANGERS**

A child's body temperature rises at a rate at least three times faster than an adult's. A child with a disability can be even more vulnerable to the weather. Sometimes due to their disability and sometimes it might be as a direct result from medication they might be taking. Vehicles heat up quickly. If it's 85 degrees outside, a car can heat to 120 degrees in just 30 minutes. Remember, it is now a misdemeanor in Oklahoma to leave a child 6 years old or younger unattended in a motor vehicle.

**What you can do:**

\*If you see a child alone in a hot vehicle, call 911. Get them out quickly.

\*Never, ever leave children unattended in a car – not for any length of time or to run a quick errand – not even with windows down and a windshield shade in place.

\*When transporting a child, place everything that belongs to the child in the front seat and place everything that belongs to you in the back on the floor.

\*Check your vehicle every time you get out. Ensure all children have left the car.

\*Never leave your car keys where children can get them.

\*Keep car doors and trunks locked at all times.

**OIL  
TRANSPORTATION**

OIL provides lift-equipped, door to door transportation for individuals who are elderly, individuals with disabilities, and the public at a minimum of five days per 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 Monday through Thursday from 8:00 a.m. to 4:30 p.m. and Friday 8:00 a.m. to noon. Saturday transportation is provided twice a month from 8:00 a.m. to 4:30 p.m. 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 \$2.00 for each time an individual exists the bus. OIL does not provide fixed route service.

To schedule transportation, call the OIL office during regular business hours, Monday thru Friday, 8-12 p.m. and 1-5 p.m.

## ROBBER'S CAVE STATE PARK TRIP

OIL will be taking individuals to the Park in Wilburton on Wednesday, July 15<sup>th</sup>. The bus will leave McAlester at 8 a.m. with a transportation fee of \$5 per person. There are many things to do, with some having costs and some being free. You can choose from horseback riding, paddle boats/canoes, miniature golf, beach and pool swimming, exploring the caves, nature center, etc.

## CINEMA 69

Let's go to the Movies!!! There is nothing like watching a good movie on the big screen. OIL will be taking individuals on Saturday the 11<sup>th</sup> for an early afternoon movie. Call to add your name or for more information.

## 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 is \$2 per stop. The dates are set for July 11<sup>th</sup> and 25<sup>th</sup> starting at 8:00 a.m.

## 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

- 1<sup>st</sup> Saturday Shopping
- 3<sup>rd</sup> Brain Injury Support Group
- 4<sup>th</sup> OIL Social – Taco Bob's
- 6<sup>th</sup> Shopping
- 10<sup>th</sup> Great Ball's of Fire

- 11<sup>th</sup> Women's Group
- 15<sup>th</sup> Saturday Shopping
- 17<sup>th</sup> Brain Injury Support Group
- 18<sup>th</sup> Men's Gp. – Jamerson's  
Steakhouse
- 20<sup>th</sup> Shopping
- 22<sup>nd</sup> Saturday Shopping
- 22<sup>nd</sup> Movie at the Park – "Open  
Season"
- 25<sup>th</sup> Movie Night - Aldridge

### September

- TBA (to be announced, watch that months newsletter for dates)
- Lake Day at Eufaula
  - Shrine Circus
  - 1<sup>st</sup> OIL Social – Pizza Inn
  - 3<sup>rd</sup> Shopping
  - 7<sup>th</sup> OIL CLOSED
  - 8<sup>th</sup> Women's Group
  - 12<sup>th</sup> Saturday Shopping
  - 15<sup>th</sup> Make and Take Craft Day
  - 15<sup>th</sup> Men's Group – Rib Crib
  - 17<sup>th</sup> Shopping
  - 21<sup>st</sup> Brain Injury Support Group
  - 22<sup>nd</sup> Game Day at the Park
  - 26<sup>th</sup> Saturday Shopping

### October

- 1<sup>st</sup> Shopping
- 3<sup>rd</sup> City Wide Garage Sales
- 5<sup>th</sup> Women's Group
- 5<sup>th</sup> Brain Injury Support Group
- 6<sup>th</sup> OIL Social –Western  
Sizzlin'
- 10<sup>th</sup> Saturday Shopping
- 15<sup>th</sup> Shopping
- 19<sup>th</sup> Brain Injury Support Group
- 20<sup>th</sup> Men's Group - Boomarang
- 24<sup>th</sup> Saturday Shopping
- 30<sup>th</sup> Halloween Dance

### November

- TBA (to be announced, watch that months newsletter for dates)
- Thanksgiving Dinner
  - Bingo Fundraiser**
  - 2<sup>nd</sup> Brain Injury Support Group
  - 5<sup>th</sup> Shopping
  - 10<sup>th</sup> Women's Group
  - 11<sup>th</sup> OIL CLOSED
  - 14<sup>th</sup> Saturday Shopping
  - 16<sup>th</sup> Brain Injury Support Group
  - 17<sup>th</sup> Men's Group – Taco Bob's
  - 19<sup>th</sup> Shopping
  - 24<sup>th</sup> Movie Night at OIL
  - 26<sup>th</sup> OIL CLOSED
  - 27<sup>th</sup> OIL CLOSED
  - 28<sup>th</sup> Saturday Shopping

### December

- TBA (to be announced, watch that months newsletter for dates)
- Christmas Parade
  - 3<sup>rd</sup> Shopping
  - 5<sup>th</sup> Children with Disabilities  
Christmas Party
  - 7<sup>th</sup> Brain Injury Support Group
  - 8<sup>th</sup> Men's Group – Pizza Hut
  - 10<sup>th</sup> McAlester Tour of Lights
  - 12<sup>th</sup> Saturday Shopping
  - 15<sup>th</sup> Women's Group
  - 15<sup>th</sup> McAlester Tour of Lights
  - 17<sup>th</sup> Shopping
  - 21<sup>st</sup> Brain Injury Support Group
  - 24<sup>th</sup> & 25<sup>th</sup> OIL CLOSED

## Transportation

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

**Monday – Thursday, 8:00 – 4:30**  
**Friday 8:00 – Noon**

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.**

Oklahomans for Independent Living  
 601 E. Carl Albert Pkwy.  
 McAlester, OK 74501  
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 800-568-6821 Toll Free  
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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>						
<b>JULY EVENTS</b>						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 <b>Shopping</b> 7:00-10:45am	3 <b>OIL CLOSED</b> for <b>Independence Day!</b>	4 
5	6 <b>Brain Injury Gp.</b> 1 pm	7 <b>Women's Gp.</b> Pizza Inn 11 am	8	9	10	11 <b>Saturday Transportation</b> 8 am <b>Saturday Matinee at Cinema 69</b>
	13	14 <b>Men's Gp.</b> Boomarang 5 pm	15 <b>Robber's Cave Day</b> Wilburton 8 am	16 <b>Shopping</b> 7:00-10:45am	17	18
19	20 <b>Brain Injury Gp.</b> 1 pm	21	22	23	24	25 <b>Saturday Transportation</b> 8 am
26	27	28 <b>ADA Celebration!</b> 5-7 pm	29	30		
<p><b>*Low Impact Exercise Class for Sr.'s</b> meets Mon., Wed., &amp; Fri., 10:00 a.m., Stipe Center Main &amp; OK Church of Christ  <b>*Alzheimer's Support Group</b>, 3<sup>rd</sup> Wed., 12:30 p.m., McAlester Regional Health Center Wellness Conf. Room, call Kathy at 421-6812  <b>*Diabetes Support Group</b>, 1<sup>st</sup> Tue., 6:00 p.m., McAlester Regional Health Center Wellness Conf. Room, call Kathy at 421-6812  <b>*Men's &amp; Women's Grief Support Groups</b> – call Hospice of McAlester at 423-3911 for their groups or for information on a 7 week <b>Dealing with Grief Course</b>, call Heartland Hospice at 302-0700,  <b>*Stroke Support Group</b>, call the McAlester Regional Hospital at 426-1800,  <b>*Parkinson's Support Group</b>, 3<sup>rd</sup> Tues., 6:00 p.m., Pittsburg Cnty. Health Dept., 423-1267</p>						

