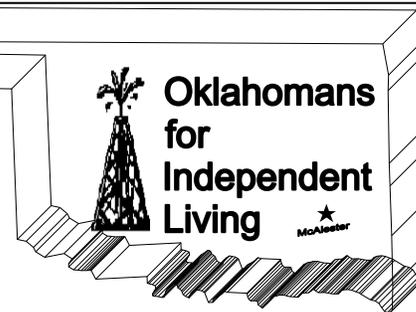


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OIL Newsletter



A monthly publication of THE OKLAHOMANS for INDEPENDENT LIVING

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“WIN PRIZES” FUNDRAISER BINGO

The Masons of Solomon Lodge #32 of Krebs, in partnership with OIL, are sponsoring a fundraiser Bingo for our Children with Disabilities in Pittsburg County. The Bingo will be held on Thursday, **November 5th**, at the American Legion Post 79, 400 South Second Street, in McAlester. The Bingo will begin at 6:30! The cost to play all regular games is \$10 for two cards. The bonus game will cost an additional \$7 for two cards for a chance to win a \$200 Wal-Mart

card. We will be using paper cards so please bring your dobber or you can buy one at the door for \$1.

Please help us spread the word by inviting your friends, family and everyone you see!

THANKSGIVING DINNER

The Thanksgiving Dinner will be held on Thursday, November 19th, 6:00 p.m., at the First Baptist Church, 100 East Washington, in McAlester. A traditional meal consisting of turkey and all the trimmings will be served. Those attending are asked to bring a store-bought dessert. Free lift-equipped transportation is available to McAlester and Krebs residents.

CHILDREN WITH DISABILITIES CHRISTMAS PARTY

The Party will be held on Saturday, December 5th, 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 Tuesday, December 1st.** 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



HOME MOVIES to....

Also 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.

LAW DOES NOT PROVIDE FOR A SOCIAL SECURITY COST-OF-LIVING ADJUSTMENT FOR 2016

With consumer prices down over the past year, monthly Social Security and Supplemental Security Income (SSI) benefits for nearly 65 million Americans will not automatically increase in 2016.

The Social Security Act provides for an automatic increase in Social Security and SSI benefits if there is an increase in inflation as measured by the Consumer Price Index for Urban Wage Earners and Clerical Workers (CPI-W). The period of consideration includes the third quarter of the last year a cost-of-living adjustment (COLA) was made to the third quarter of the current year. As determined by the Bureau of Labor Statistics, there was no increase in the CPI-W from the third quarter of 2014 to the third quarter of 2015. Therefore, under existing law, there can be no COLA in 2016.

Other adjustments that would normally take effect based on changes in the national average wage index also will not take effect in January 2016. Since there is no COLA, the statute also prohibits a change in the maximum amount of earnings

subject to the Social Security tax, as well as the retirement earnings test exempt amounts. These amounts will remain unchanged in 2016.

The Department of Health and Human Services has not yet announced Medicare premium changes for 2016. Should there be an increase in the Medicare Part B premium, the law contains a "hold harmless" provision that protects approximately 70 percent of Social Security beneficiaries from paying a higher Part B premium, in order to avoid reducing their net Social Security benefit. Those not protected include higher income beneficiaries subject to an income-adjusted Part B premium and beneficiaries newly entitled to Part B in 2016. In addition, beneficiaries who have their Medicare Part B premiums paid by state medical assistance programs will see no change in their Social Security benefit. The state will be required to pay any Medicare Part B premium increase.

Information about Medicare changes for 2016, when available, will be found at www.medicare.gov.

For additional information, please go to www.socialsecurity.gov/cola.

UNDERSTANDING MEDICARE PART C & D OPEN ENROLLMENT PERIODS

Enrollment in Medicare is limited to certain times. You can't always sign up when you want, so it's important to know when you can enroll in the different parts of Medicare. You need to learn about enrolling in Medicare Advantage Plans (Part C) and Medicare

Prescription Drug Plans (Part D), including who can sign up, when you can sign up, and how the timing, **including signing up late which can affect your costs.**

Note: To join a Medicare Advantage Plan You must have Medicare Part A and Part B to join a Medicare Advantage Plan.

Note: For information about signing up for Medicare Part A (Hospital Insurance) and Medicare Part B (Medical Insurance), visit Medicare.gov/publications to view the booklet "Enrolling in Medicare Part A & Part B."

During this enrollment period...

October 15–December 7
(Changes will take effect on January 1.) You can...

- Change from Original Medicare to a Medicare Advantage Plan.
- Change from a Medicare Advantage Plan back to Original Medicare.
- Switch from one Medicare Advantage Plan to another Medicare Advantage Plan.
- Switch from a Medicare Advantage Plan that doesn't offer drug coverage to a Medicare Advantage Plan that offers drug coverage.
- Switch from a Medicare Advantage Plan that offers drug coverage to a Medicare Advantage Plan that doesn't offer drug coverage.
- Join a Medicare Prescription Drug Plan.
- Switch from one Medicare Prescription Drug Plan to another Medicare Prescription Drug Plan.
- Drop your Medicare prescription drug coverage completely.

SPEAK UP WHEN IT COMES TO YOUR HOME CARE

Speak up if you have questions

or concerns. It is your body and you have a right to know. Your health is important so don't be embarrassed if you don't understand what the home care professional tells you. Tell them you do not understand. If you still do not understand, ask more questions to help them in knowing what you need. Tell them if you need someone who speaks your language or who knows sign language to explain the information to you.

Pay attention to the care you get.

*Make sure you get the right treatments and medicines by the right home care professional. Do not assume anything.

*Ask for a list of the professionals who will visit your home and when they will visit.

*Can they give you a copy of their schedule?

*Home care professionals should introduce themselves when they come to your home. Look for their identification (ID) badge.

*Make sure the home care professional washes his or her hands. Hand washing is the most important way to prevent infection. Do not be afraid to remind them.

*Do not be afraid to tell them if you think they have confused you with someone else.

*Tell them if you think you are getting the wrong medicine or treatment.

*Make sure you or your family members know how to use and take care of the equipment. This could be an oxygen concentrator, nebulizer, infusion pump, or wheelchair.

*Ask if the home care agency has a phone number to call if you have questions. Can you talk to someone 24-hours a day, seven days a week?

*If you use an oxygen machine, do not smoke or let anyone

smoke near you. Do not light candles as oxygen makes a fire burn hotter and faster.

WHY GET A FLU SHOT?

Influenza is a serious disease that can lead to hospitalization and sometimes even death. "Flu Season" can begin in early October and last into late May.

Flu vaccines cause antibodies to develop in the body and become effective about **two weeks after** the vaccination. These antibodies provide protection against infection with the viruses in the vaccine.

Vaccination to prevent influenza is particularly important for people who are at high risk of serious complications.

Flu vaccines are offered in many locations, including doctor's offices, clinics, and pharmacies. **Please check with your county health department now to get a free vaccination if you qualify.**

Antibiotics - Know the Facts

Taking an antibiotic when you shouldn't, kills good bacteria in your body which can cause you more problems, and your body can become resistant to antibiotics. Antibiotics will not cure Influenza (Flu). Antibiotics are life-saving drugs when used properly. A doctor will be able to tell you whether antibiotics will help. Speak Up against the overuse of antibiotics.

LONG-DELAYED CAREGIVER WAGE PROTECTIONS TO TAKE EFFECT

The U.S. Supreme Court has paved the way for an Obama administration rule mandating minimum wage and overtime for in-home caregivers assisting those with disabilities to be implemented.

Chief Justice John Roberts recently issued an order denying a request from industry groups who sought to delay the new rule. Under the 2013 rule from the U.S. Department of Labor, most home care workers must be paid at least the federal minimum of \$7.25 per hour and earn time-and-a-half for working more than 40 hours per week. Previously, under a law dating to the 1970s, caregivers were classified similarly to baby sitters and were not entitled to the same rights as other types of employees.

Groups representing agencies that employ many home care workers sued over the changes arguing that the pay hike would make such care unaffordable.

A federal judge ruled that the Labor Department had overstepped its authority. On appeal, however, a panel sided with the Obama administration so the rule took effect October 13th.

It will ensure fair wages for the nearly 2 million home care workers who provide critical services, and it will help ensure a stable workforce for people who need those services.

The Labor Department will NOT begin enforcement of the new rule until November 12th.

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.*

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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 |
| 1 | 2 <u>Brain Injury Gp.</u> 1 pm | 3 | 4 | 5 <u>Shopping</u> 7:00-10:45am <i>Let's Play</i> BINGO American Legion 6:30 pm | 6 | 7 |
| 8 | 9 | 10 <u>Women's Gp.</u> Wendy's Dollar Tree 11 am | 11 OIL CLOSED | 12 | 13 | 14 <u>Saturday Transportation</u> 8 am |
| 15 | 16 <u>Brain Injury Gp.</u> 1 pm | 17 <u>Men's Gp.</u> Taco Bell 5 pm | 18 | 19 <u>Shopping</u> 7:00-10:45am <u>Thanksgiving Dinner</u> First Baptist 6pm | 20 | 21 |
| 22 | 23 | 24 <u>Movie Night</u> Aldridge Ballroom 5 pm | 25 | 26 OIL CLOSED <i>Happy Thanksgiving</i> | 27 OIL CLOSED | 28 <u>Saturday Transportation</u> 8 am |
| 29 | 30 | | | | | |
| <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 *Diabetes Support Group, 1st Tue., 6:00 p.m., McAlester Regional Health Center Wellness Conf. Room, call Kathy at 421-6812 *For information on Men's & Women's Grief Support Groups – call Hospice of McAlester at 423-3911 . For information on a 7 week Dealing with Grief Course call Heartland Hospice, 3rd Tues., 6:00 p.m., Pittsburg Cnty. Health Dept., 423-1267</p> | | | | | | |

