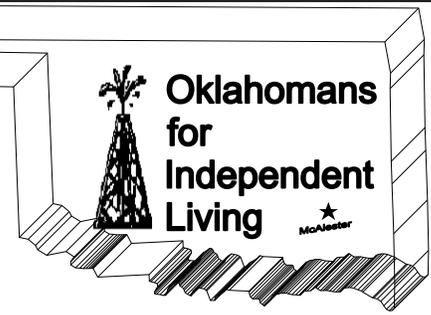


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OIL Newsletter



A monthly publication of THE OKLAHOMANS for INDEPENDENT LIVING

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THE HISTORY OF INDEPENDENT LIVING

The First Stirrings

In the late 1960's in California, a group of Berkeley students with disabilities recognized that their options for success were greatly limited by the existing medial and rehabilitation systems. They knew that with certain skills and support services, they could control their own lives. Attempts to acquire the necessary network of supports, was met with resistance by the medical and rehabilitation communities. Professionals were unwilling to believe that persons with such severe disabilities were capable of surviving without their "care". When in 1972, the Berkeley activists established the first Independent Living Center (ILC) and began using the methods of the now growing self-help movement to prove otherwise. Independent Living

became a full-fledged civil rights issue.

The Essence of the Movement

People with disabilities were now taking an active role on local, state, and national levels in shaping issues that affected their lives. Active, effective advocacy by people with disabilities for people with disabilities became the essence of the movement. Community based groups formed to address problems, identify barriers, and develop action plans to educate their communities and influence policy makers.

Landmark Legislation

In 1973, Section 504 of the Rehabilitation Act, sometimes called the Civil Rights Act for the Disabled, went into effect. This legislation, which prohibits discrimination against persons with disabilities in programs, services, and benefits that are federally funded, set the foundation for future generations of individuals with disabilities. Pursuits their able-bodied counterparts had taken for granted – education, employment, housing,

transportation, entertainment, etc.

The Establishments of ILC's

By 1978, under Rehabilitation Act Amendments, the federal government began to provide funding to establish Independent Living Centers (ILCs) in virtually every state and U.S. territory. In 1979, in New York State, two centers were funded with Federal independent living monies. Three more were funded by the New York State Office of Vocational Rehabilitation. In 1980, four more ILC's were established in New York State, the Westchester Independent Living Center (WILC) being one of them. When funding was cut in 1981, an almost immediate cry went to the NYS legislature to supplement the remaining Federal dollars. Two years later, not only did the Legislature make the existing nine centers a statutory program, but seeing the need for services provided by ILCs, they created ten additional centers across the state. And, in 1986, legislative initiative created sixteen more centers. There are now thirty-nine centers throughout just the state of New York alone.

Hundreds more are scattered throughout the United States and its territories – all providing services that emphasize personal responsibility and self-determination on the part of persons with disabilities.

If you have family or a friend with a disability in Oklahoma or other states that could benefit from ILC services, call OIL and we will locate the nearest center to them.



Taken from the Disability Achievement Center

PEOPLE WITH DISABILITIES AWARENESS DAY

On Tuesday, April 5th, we have a chance to make our voices heard at the state Capitol during the annual People with Disabilities Awareness Day.

This year, the theme has a super hero quality with "Empower the People." Those who have a disability or work with or love a person with a disability know very well of the power within. When we unite and stand together many great things can happen. If only one person learns about disabilities and issues important to those with disabilities - the day will have been successful.

THE STRATEGY

People with Disabilities Awareness Day at the state Capitol gives people with disabilities and advocates, like you, a chance to talk with decision-makers who can

preserve or expand services that make a critical difference in the lives of Oklahomans with disabilities.

OIL will be taking the bus; so call now and we will register you for the event. It will be from 12:00 p.m. to 4:30 p.m. in Oklahoma City. **BE SEEN, WEAR GREEN!** For more information on People with Disabilities Awareness Day go to www.okrehab.org.

Taken from the Oklahoma Department of Visual Services.

On Monday, April 4th at 10:00 a.m. there will be a legislative advocacy meeting at OIL. Those who are interested in attending the Capital trip are requested to attend. We will discuss any topics, needs, or concerns you would like to be presented to our area legislators. Call OIL for free local lift-equipped transportation.

KEDDO SENIOR DAY AND WELLNESS FAIR

The event will be held at the Southeast Exposition Center on Friday, April 22nd from 9:00 a.m. thru 2:00 p.m. The theme will be "Elect to be Healthy".

Some of the events included are; Free Picnic Lunch , Bingo, Coloring Contest, Games, Music, "American" Costume Contest, and a Health & Wellness Fair. Call 1 800 722-8180 or OIL for free local lift-equipped transportation.



FOR THOSE WHO HAVE BLINDNESS & VISUAL IMPAIRMENTS AND WHO ARE DEAF & HARD OF HEARING



Each year the Oklahoma School for the Blind hosts summer camps for Middle School and High School (grades 7-12) children.

Various activities could include repelling, riflery, kayaking, archery, adaptive PE, low vision devices, and transition planning.

The camps are held in Muskogee and transportation home on the last day of each camp will be provided to satellite locations around the state.

For applications or more information, call the Oklahoma School for the Blind toll-free at 1 (877) 229-7136.

AND

The Oklahoma School for the Deaf hosts camps for those 6-17 years of age. High School age campers will be hosted June 12th-17th and the Elementary age campers will be hosted June 12th-15th. The cost is FREE and the camp is held in Sulphur, Oklahoma. Busing to and from is available from specific points in the state. The application deadline is **May 1st**. You can get an application at www.osd.k12.ok.us/dhac/application.pdf or call OIL and ask that one be mailed to you.

DHS ADULT PROTECTIVE SERVICES PHOTOGRAPHY CONTEST

The Oklahoma Department of Human Services (DHS) Adult Protective Services (APS) has launched a photography contest to raise awareness about the 'Beauty of Frailty.' The contest is open to all photographers in Oklahoma over age 14 and entries will be accepted from March 15th to May 1st, 2016. Entry form and contest documents – including contest rules – are available at CommunityAPS@okdhs.org.

"The goal of the photography contest is to change the perception of what it means to be frail in Oklahoma," said Gail Wettstein, DHS APS Director. "We invite all amateur and professional photographers to use their cameras to show us the beauty of frailty. It could be someone in their own family, a colleague, or friend whose image evokes a sense of courage, determination, and strength that can be found among some of our most vulnerable citizens."

There is no fee to enter the contest and entries will be judged by a panel of professional photographers and an artist. First, second, and third prize winners will be recognized at a special event in June on Film Row in downtown Oklahoma City. Winners will each receive certificates and their work will be used in DHS publications. Honorable Mention winners will have their work displayed in a traveling photography exhibit at various locations across the state.



AUTISM DOCUMENTARY TO HIT THEATERS

The documentary "Life, Animated," which premiered recently at the Sundance Film Festival, will be released theatrically later this year. It focuses on a coming-of-age story of a boy on the Autism Spectrum. "Life, Animated" is based on the best-selling book of the same name written by Pulitzer Prize-winner Ron Suskind about his son, Owen, who has autism.

Owen Suskind stopped speaking at age 3 and learned to reconnect with language and relate to the world around him through Disney animation. The film weaves video of Owen's life with sequences from Disney classics and original animation based on Owen's drawings to tell his story.

CRAFT CLASS

We will be making a craft on Wednesday, April 20th at 1:30 p.m. Please call by the 18th to register so participant preparations can be made. Call for free transportation.



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 ahead notice. Scheduling is done on a first come – first served 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.

EQUIPMENT NEEDED

If you have a wheelchair, bath seat/chair, walker with a seat, or quad cane that you are no longer utilizing, please call OIL. These items are among the most needed by individuals with mobility concerns and your donation would certainly be appreciated.

A donation letter can be given for tax purposes.



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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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
					1	2 <u>Saturday Transportation</u> 8 am
3	4 <u>Brain Injury Gp.</u> 1 pm	5 <u>OIL Social</u> Boomarang 5:30 pm	6	7 <u>Shopping</u> 7:00-10:45am	8	9
10	11 <u>Men's Gp.</u> Mazzio's 4 pm	12 <u>Women's Gp.</u> Kentucky Fried Chicken 11 am	13	14	15	16 <u>Saturday Transportation</u> 8 am
17	18 <u>Brain Injury Gp.</u> 1 pm	19	20 <u>Craft Class</u> 1:30 pm	21 <u>Shopping</u> 7:00-10:45am	22 <u>KEDDO Sr. Day</u> Expo Ctr. 9:00 – 2:00 pm	23
24	25	26	27	28	29	30
<p>*Low Impact Exercise Class for Sr.'s meets Mon., Wed., & Fri., 10:00 a.m., Stipe Center 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 County Health Dept., 423-1267 *Alzheimer's Support Group. 3rd Wed., 12:30 p.m.,</p>						