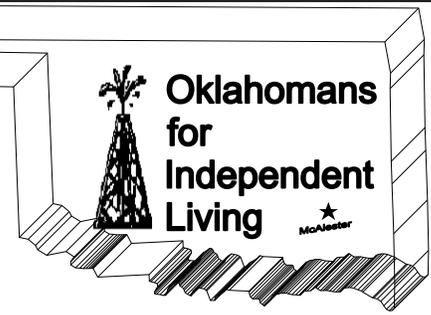


**JANUARY  
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# **OIL Newsletter**



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

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## **FUNDRAISERS**

Appreciation goes to all individuals 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, Atwood's, The Knights of Columbus, Bank of Oklahoma, Banc First, The Bank NA, PSO Contribution Fund –Tulsa Community Foundation, Canadian Valley Telephone Company, and Walmart.

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.

Aaron Totani at Belle Beauty Salon, Ace Medical, Adam's True Value, A Special Place,

All Pawn, Art's Custom Framing, Auto Zone, Benjamin Moore Paint, Brangus Feed Lot, Briggs Printing, Brit's Salon, Cindy Semper at A Cut Above, Charlie's Chicken, Common Roots, Cordell's Bug Eliminators, Crossroads Bbq, Custom Screen Printers, Darlene Murphy at A Special Place, Dave's Fitness, Discount Wheel & Tire, Domino's, Erin Graham Studio, Family Massage, Family Video, Fastenal, Fat Boy's, Fenton Nissan, Fiesta Grille, Foster's Flowers, Giacomo's, Great Ball's of Fire, Happy Day's Motel, H.L.'s Gun & Pawn, Headhunter's, Holman's Fast Lube, Isle of Capri, Javersak Chiropractic, Krebs Korner, Kristen Lloyd Photography, Komar, Mann's, Marilyn's Restaurant, Marlene Dobson, McAlester Country Club Golf Shop, McElroy's Auto, Mill Creek Tile & Carpet, Misti McCabe at Xanadu Salon, Monica Shannon at Professional Hair Designers, OK Tire & Auto, O'Reilly's, Papa John's, Pet Sense, Pete's Place, Pizza Inn, Poodle Skirts Pet Grooming, Premiere Academy of Cosmetology, Pro-Kil, Renegar's Veterinary, Rib Crib, Riddel's Skin Care,

Riverside Autoplex, Roseann's, Sanford & Sisters, Sheila Gerlock at Seventh Heaven, Sherwin Williams, Signs by Jade, Stage, Steak 'n Shake, Studio 23, T & B Tire, Taco Mayo, Teri's Red Barn, Terry's Lube & Oil, The Filling Station, The Medicine Shoppe, Town & Country Veterinary, Tractor Supply, and ZR & Company.

## **NEW YEAR'S RESOLUTIONS FOR PEOPLE WITH DISABILITIES**

So much of our time is spent wondering when we are going to change the attitudinal barriers that exist in the mind of employers who still resist employing Americans with disabilities. This is only normal, as it is so hard to understand why employers do not recognize the great value of employing people with great abilities. We, people with significant disabilities, are the largest group unemployed in the United States today. It is frustrating and hard to understand.

In addition, we wonder when school systems will stop labeling children with disabilities and telling parents "don't expect

too much from Sam.” Many young adults have been told they could not and would not even be able to work, but are working today in competitive areas, and yet that negative labeling continues on.

We wonder why some parents themselves lower the bar of expectations and dreams of their own child. There are times when the real limits imposed on a child or young adult with a disability comes from a parent.

The Civil Rights Act was passed in 1964 and yet we face racism today in America.

For our New Year's Resolutions, we should start by agreeing that we cannot wait for the world to change for us – we must change for the world. We, people with disabilities, can no longer wait for change – we are the change the world needs today. One by one, we have the power to create change and for too, too, long we have waited for the cloaks of discrimination to fall off first – they won't.

Following are five ways we can begin to work on becoming the change. Don't wait any longer for others to change.

Our first resolution for the New Year must be that we will work on changing ourselves by improving our self-esteem. We can do so much if we do not listen to others, but instead focus on our own strengths and our own dreams. For too long, people with disabilities have been made to feel inferior and have been pitied. Pity, like racism, is the kiss of death for people with disabilities. When you pity someone, you are saying – I feel sorry for you. We are not inferior in any way, we are just people with disabilities. We must stop listening to the outside world. Do not care if

that negative information comes from parents, teachers, friends, or counselors. We must start believing in our own skills and our own abilities. We must work on resisting pity and building strong self-worth every day. Remind yourself everyday of the great potential you have.

Second, we must work to improve our skills. We must find out what employers are seeking and if there are skills we do not have, get them. If you do not have the right skill set, you will never be employed competitively.

Former Chair of the Federal Reserve Bank, Alan Greenspan, say, “There will be the world of the have's and the have not's and the have not's will not be computer literate.” Today, whether you are a computer programmer, automotive mechanic, or work as an executive assistant, you must be computer literate and at least know the Microsoft Office applications. In addition, you need good English skills, as you will be asked to write, and will use e-mail. You should take classes or go to the library and study to improve your basic skills to be employed.

Third, we must learn to network more. We need to get out and meet people if we want to be known or be part of the community. When you are in college, you should participate in all types of events to meet people in the business world and in your community. If you are in high school, there are so many opportunities, such as Disability Mentoring Day, that allows high school students on the 3<sup>rd</sup> Wednesday of every October to job shadow at a company and meet business people. We need to get out and meet people to be known.

The fourth point is volunteerism. To build character, we must volunteer and give back to the community. This will also help you meet many wonderful people. When you get involved in your community, you will make contacts.

The Honorable Tony Coelho, says, “Whenever you get the chance, take the podium.” Congressman Coelho, author of the Americans with Disabilities Act and a man with epilepsy, has never stopped speaking up and speaking out for equality for all Americans with disabilities. His life is a ministry of passion and advocacy for Americans with disabilities.

The fifth and final New Year's resolution is advocacy. As stated before, we cannot wait for change, we must create change. To create change, you must become an advocate for equality for Americans with disabilities, in the areas of employment, education, transportation, and housing. Take the opportunity to volunteer with non-profit organizations in your community such as OIL. Don't sit back – speak up! Remember, you are the change.

### **PAID INTERNSHIPS FOR STUDENTS WITH DISABILITIES**

The American Association of People with Disabilities (AAPD) Summer Internship Program places college students, graduate students, law students, and recent graduates with all types of disabilities in paid 10-week summer internships. They are placed in Congressional offices, federal agencies, non-profits, and for-profit organizations in the Washington, DC area. Each

intern is matched with a mentor who will assist them their career goals. AAPD provides interns with a stipend, transportation to and from Washington, DC, and fully-accessible housing. The Application should be submitted by **January 15<sup>th</sup>** to [internship@aapd.com](mailto:internship@aapd.com).

**PBS TO AIR AUTISM DOCUMENTARY**

A documentary focusing on how people with Autism experience love and romantic relationships is set to appear on PBS.

“Autism in Love” will air on the network’s “Independent Lens” series this month. The film follows four people on the spectrum as they seek out and maintain relationships.

Dave and Lindsey both have autism and are considering marriage after eight years together. By contrast, Lenny lives in Los Angeles with his mother and struggles mightily to meet girls and date. Meanwhile, Stephen – whose autism symptoms are more apparent than the others featured – is coping as his wife of 20 years battles ovarian cancer.

This film allows us to get to know four people, who have opened up their lives in such an intimate and deeply personal way in front of the camera. “Autism in Love” will air on PBS on January 11<sup>th</sup>.

**BOWLING FUN**

We will be going bowling at Great Ball’s of Fire on Wednesday, January 13<sup>th</sup> at 1:00 pm. Normally this would cost \$6.00 but we are getting a great deal at \$1.50 per game which includes the cost of your shoes. Call now to sign up!



**OIL SCHEDULE OF EVENTS**

This is a tentative schedule only. The dates may change so be sure to check each monthly newsletter for any updates.

**2016**

**February**

- 1<sup>st</sup> Brain Injury Grp - 1 pm
- 2<sup>nd</sup> Social - 5:30 pm  
El Charro’s
- 4<sup>th</sup> Shopping – 7 am
- 8<sup>th</sup> Men’s Group – 4 pm  
Carry Out Bbq
- 9<sup>th</sup> Women’s Grp – 11 am  
Goodwill
- 12<sup>th</sup> Valentine’s Dance  
7 – 10 pm  
J.I. Stipe Center
- 13<sup>th</sup> Saturday Transportation
- 18<sup>th</sup> Shopping – 7 am
- 23<sup>rd</sup> Craft Day – 1 pm
- 27<sup>th</sup> Saturday Transportation

**March**

- 1<sup>st</sup> Social - 5:30 pm  
Pizza Inn
- 2<sup>nd</sup> Bowling – 1 pm
- 3<sup>rd</sup> Shopping – 7 am
- 7<sup>th</sup> Brain Injury Grp - 1 pm
- 8<sup>th</sup> Women’s Grp - 11 am  
Subway
- 12<sup>th</sup> Saturday Transportation
- 14<sup>th</sup> Men’s Grp - 4 pm  
Taco Bell
- 16<sup>th</sup> Shopping – 7 am
- 17<sup>th</sup> St. Patrick’s Day  
Breakfast - 8:30 am  
Boomarang Diner
- 21<sup>st</sup> Brain Injury Grp - 1 pm
- 22<sup>nd</sup> Movie Night – 5:30 pm
- 26<sup>th</sup> Saturday Transportation

**April**

- TBA Area Special Olympics
- 4<sup>th</sup> Brain Injury Grp - 1 pm
- 5<sup>th</sup> Social - 5:30 pm  
Boomarang
- 7<sup>th</sup> Shopping – 7 am
- 11<sup>th</sup> Men’s Grp - 4 pm  
Mazzio’s
- 16<sup>th</sup> Saturday Transportation
- 18<sup>th</sup> Brain Injury Grp - 1 pm

- 19<sup>th</sup> Women’s Grp -11 am  
KFC
- 20<sup>th</sup> Craft Day - 1 pm
- 21<sup>st</sup> Shopping - 7 am

**May**

- 2<sup>nd</sup> Brain Injury Grp - 1pm
- 4<sup>th</sup> Bowling – 1 pm
- 5<sup>th</sup> Shopping – 7 am
- 9<sup>th</sup> Men’s Grp - 4 pm  
Steak ‘n Shake
- 10<sup>th</sup> Women’s Grp -11 am  
Walmart
- 11-13<sup>th</sup> Special Olympics  
State Games
- 14<sup>th</sup> Saturday Transportation
- 16<sup>th</sup> Brain Injury Grp - 1pm
- 17<sup>th</sup> Picnic - 5:30 pm  
Chadick Park
- 19<sup>th</sup> Shopping – 7 am
- 28<sup>th</sup> Saturday Transportation
- 31<sup>st</sup> Game Day - 1 pm  
Chadick Park

**June**

- 2<sup>nd</sup> Shopping – 7 am
- 6<sup>th</sup> Brain Injury Grp - 1 pm
- 9<sup>th</sup>-12<sup>th</sup> Endeavor Games  
OCU - Edmond
- 11<sup>th</sup> Saturday Transportation
- 13<sup>th</sup> Men’s Grp – 4 pm  
Rib Crib
- 16<sup>th</sup> Shopping – 7 am
- 18<sup>th</sup> Lake Day/Social
- 20<sup>th</sup> Brain Injury Grp - 1 pm
- 23<sup>rd</sup> Women’s Grp -12 pm  
Chadick Park
- 25<sup>th</sup> Saturday Transportation

**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.*

Oklahomans for Independent Living  
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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.

<b>*Events are held at OIL unless otherwise noted</b>							<b>JANUARY EVENTS</b>						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 <b>OIL CLOSED</b> 	2							
3	4 <b>Brain Injury Gp.</b> 1 pm	5 <b>OIL Social</b> Mazzio's 5:30 pm	6	7 <b>Shopping</b> 7:00-10:45am	8	9							
10	11 <b>Men's Gp.</b> Boomarang 4 pm	12 <b>Women's Gp.</b> Steak n' Shake 11 am	13 <b>Bowling at Great Ball's of Fire</b> 1 pm	14	15 <b>State Special Olympics Bowling</b> OKC	16							
17	18 <b>OIL CLOSED</b>	19	20	21 <b>Shopping</b> 7:00-10:45am	22	23							
24 31	25	26	27	28	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>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            *For information on <b>Men's &amp; Women's Grief Support Groups</b> – call Hospice of McAlester at 423-3911 . For information on a 7 week <b>Dealing with Grief Course</b> call Heartland Hospice, 3<sup>rd</sup> Tues., 6:00 p.m., Pittsburg Cnty. Health Dept., 423-1267            *<b>Alzheimer's Support Group</b>, 3<sup>rd</sup> Wed., 12:30 p.m.,</p>													

