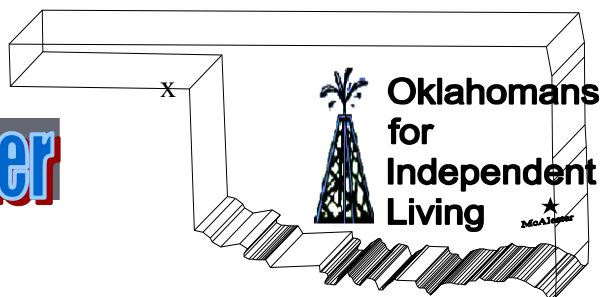


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OIL Newsletter



A monthly publication of THE OKLAHOMANS for INDEPENDENT LIVING

**601 East Carl Albert Parkway, McAlester, OK 74501, (918) 426-6220 or (800) 568-6821, Fax (918) 426-3245
(918) 426-6263 V/TDD, O.I.L. Web Page URL (www.oilok.org), www.facebook.com)**

If you are trying to go green and would like to help save trees, call us and we will send our newsletter 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.

FUNDRAISERS

Appreciation goes to all who helped with the OIL fundraisers. Thanks to all area businesses that donated an item, service, or funding. Also supporters of our Pittsburg County Children with Disabilities Christmas Party. A Special thank you to the Masons of Solomon Lodge #32 of Krebs, The American Legion, and the American Legion Women's Auxillary. A special thank you also to OIL consumer Volunteers.

When shopping in McAlester, purchase from the following businesses and thank them for donating to OIL's Pittsburg County Children with Disabilities Christmas Party and its fundraisers.

89er Cleaners
A Special Place
Ace Medical
Adam's True Value
Adelita's

Angela Keys' Consumer
Science Class
Art's Custom Framing
Atwood's
Auto Zone
Banc First
Bank NA
Belle Beauty Salon
Benjamin Moore Paint
Bob Loftis Furniture
Boomarang
Brangus Feed Lot
Brigg's Printing
Brit's Salon
Canadian Valley Telephone Co.
Carl's Jr.
Common Roots
Chili's
Custom Screen Printers
D.J.'s Fundraising
Dave's Fitness
Dawn's Restaurant
Designer Cakes
Disabled American Veterans
of Krebs
Dottie's
Duraline
Erin Graham Studio
Greater Women's Fortnightly
Club
Family Video
Fat Boy's
Fenton Nissan
Fiesta Grille
Floodserv
Foster's Flowers
Giacomo's

Headhunter's
Heavenly Delights Bakery
Holman's Fast Lube
Impress
Isenhower Auto Repair
Jet Tire
Kay's Meat Processing
Lucy's Two
Knights of Columbus
Kreb's Korner
Lucy Two's
Mann's Flower Shop
Marty's Mufflers & Brakes
McAlester Country Club Golf
Shop
McAlester's Home Store
McAlester Public Schools
McDonald's
Medicine Shoppe
Mike Ward's Hearing Center
Mill Creek Tile & Carpet
Native Rose Boutique
O'Reilly's
OK Tire & Auto
PSO Contribution Fund
Papa John's Pizza
Papa's Country Market
Pat's Pitstop
Pet Sense
Pete's Place
Pittsburg County Sheriff's Dept.
Volunteer Deputies
Poodle Skirts Dog Grooming
Professional Hair Designers
Pruett's
Rib Crib
Riddel's Skin Care

Roseann's
 Sanford & Sister's
 Seventh Heaven
 Sewell's Jewelry
 Sherwin Williams
 Signs by Jade
 Sonic of McAlester
 Southeastern Oklahoma
 Food Bank
 Stage
 Steak 'n Shake
 Stella Rae's
 Sue Lovett
 T & B Tire
 Taco Bell
 Teri's Red Barn
 Terry's Lube & Oil
 TH Roger's Lumber Co.
 Town & Country Veterinary
 Tractor Supply
 Utopia Salon
 Xanadu Salon
 Western Sizzlin'
 White Electric
 Wood's Pharmacy
 Xanadu Salon

**ADAPTIVE BABY CARE
 FOR PARENTS WITH
 DISABILITIES**



Oklahoma ABLE Tech has a new program designed to assist parents with disabilities in caring for their young children.

This program provides equipment to parents with disabilities or physical limitations that increases the ease and safety of baby care tasks. This equipment is available for loan until the family is able to purchase the item or until they no longer need it.

Equipment can accommodate for challenges such as:

Fatigue
 Back Pain
 Mobility
 Blind/low vision
 Hand weakness, pain, coordination, numbness
 Shoulder weakness, decreased range of motion, pain

Equipment is for baby care tasks such as:

Feeding
 Diapering
 Holding/Soothing
 Sleeping
 Bathing
 Dressing
 Carrying
 Health & Safety

Who can utilize this program?

Parents, guardians, and parenting grandparents who have any disability or physical limitation that limits the ease and safety of completing baby care tasks.

Some equipment requires that you work with an occupational therapist who can ensure that the equipment is appropriate for you and your child.

Occupational Therapists: OTs may borrow a piece of equipment to demonstrate its use and ensure suitability for a patient and his/her child.

For more information, go to <http://www.okabletech-abc.org> or call 800.257.1705 or 405.744.9748

**COMMUNITY
 NUTRITION
 EDUCATION
 PROGRAMS**

CNEP employs and educates individuals within the community to serve as teaching paraprofessionals known as Nutrition Education Assistants (NEAs). NEAs coach for behavior change with the individuals that they enroll and teach. Every NEA has two

goals. These are: (1) help individuals improve their diet and (2) help families learn how to manage their resources so they can eat as well at the end of the month as the beginning.

Seldom do any of us make large-scale behavior changes quickly. We usually make many small changes one at a time that add up to a large-scale change in our life. The same principle is true for families enrolled in CNEP. NEAs work with families on a one-to-one basis in their homes or in small neighborhood groups.

A class will be held at OIL on January 10, at 1:30 p.m., which will begin a 9-week course. Classes will be held each Wednesday thereafter.

Lesson topics include:

Preparing healthy meals
 Learning the food groups
 Understanding food labels
 Meal Planning
 Eating more fruits & vegetables
 Portion sizes
 Choosing healthy drinks



If you are interested in attending the CNEP class, call Leanna Amos at 918-426-6220 Ext. 110. The January class is limited so call now to reserve your seat.

**WORKING WELL WITH
 A DISABILITY**

O.I.L. is excited to offer a new class to individuals seeking employment. 'Working Well with a Disability' is a 6-week course to help prepare people with disabilities who have an employment goal. The program is designed for someone who has not worked in a few years or someone who has never had the opportunity to work. It will assist them to be better

prepared mentally, physically, and emotionally before becoming employed.

If a person does some preparation to ready themselves for employment, they are more apt to succeed. The course will be held on the second and fourth Thursdays, starting January 11, at 1:30 p.m. If you are interested in attending the Working Well with a Disability class, contact Stephen Strickland at 918-426-6220 Ext. 105.



AN EMERGENCY MEANS...

Before you go to the Emergency Room, you should know this!

An EMERGENCY Means:

- *You could die if you don't get help right away
- or
- *You could be hurt permanently (disabled)

Emergency Examples:

- *Decreased consciousness or not able to respond to questions
- *Broken bones
- *Babies under 2 months old with a high fever
- *Extreme bleeding
- *Breathing tube blockage
- *Pain & tightness in the chest
- *A hard time breathing, extreme shortness of breath and choking
- *Miscarriage
- *Rape
- *Chest, head or eye injuries
- *Drug overdoses
- *Burns with blisters

Call 911 if you need to go to the Emergency Room by ambulance. Call your doctor after the emergency and let him/her know what happened. If you are not sure you have an emergency, call your medical home provider. If you are hearing impaired, call 711.

TRANSFERRING HOME MOVIES TO DVD



HOME MOVIES to....

As a fundraiser for our recreational programs, 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
- *Clear Slim Jewel Case
- and...

You can have done as many as you like for \$10 each. OIL can also consolidate several tapes on 1 DVD. By doing this, the cost is \$15 each and will save you money.

You may bring your movies to OIL, 601 E. Carl Albert Parkway, in McAlester.

BOWLING FUN

We will be going bowling at Great Balls of Fire at Noon on Tuesday, January 23. We are getting a price deal of up to 3 games for \$3, which includes the cost of the shoes. Call as spots on the bus fill fast.

OIL SCHEDULE OF EVENTS

This is a tentative schedule only and dates may change so check each monthly newsletter.

2018

FEBRUARY

- 1st Shopping – 8 am
- 1st Working Well – 1:30 pm
- 2nd Brain Injury Grp – 10 am
- 5th Men's Group – 4 pm
Rib Crib
- 6th Social - 11:00 pm
Taco Bell
- 7th Nutrition Class – 1:30
- 8th Working Well – 1:30 pm
- 9th Valentine's Dance
7 – 9:30 pm
J.I. Stipe Center
- 13th Women's Grp - 11 am
- 14th Nutrition Class – 1:30
- 15th Shopping – 8 am
- 15th Working Well – 1:30 pm
- 16th Brain Injury Grp – 10 am
- 20th Craft Class – 1:30
- 21st Nutrition Class – 1:30
- 27th Bowling
- 28th Nutrition Class – 1:30

MARCH

- 1st Shopping – 8 am
- 1st Brain Injury Grp - 1 pm
- 6th Social – 11 am
KFC
- 7th Nutrition Class – 1:30
- 12th Men's Grp - 4 pm
Taco Bell
- 13th Women's Grp - 11 am
- 14th Nutrition Class – 1:30
- 15th Shopping – 8 am
- 15th Brain Injury Grp – 1 pm
- 16th St. Patrick's Day
Breakfast – 10 am
- 20th Bowling – Noon

Transportation



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

Monday – Thursday
8:00 a.m. to 4:30 p.m.
Friday
8:00 a.m. to 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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918-426-3245 Fax
918-426-6220 V/TTY
www.oilok.org



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 Permit No. 290



Return Service Requested

All donations to OIL are tax deductible.

The contents of this newsletter were developed under a grant from the Department of Health & Human Services. However, these contents do not necessarily represent the policy of the Department of Health & Human Services 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 OIL CLOSED for New Years | 2 <u>OIL Social</u> Carl's Jr. 11 am | 3 | 4 <u>Shopping</u> 8:00-9:45am | 5 <u>Brain Injury</u> <u>Gp.</u> 10 am | 6 |
| 7 | 8 <u>Men's Gp.</u> Boomarang 4 pm | 9 <u>Women's Gp.</u> KFC 11 am | 10 <u>Nutrition</u> <u>Class</u> 1pm | 11 <u>Working</u> <u>Well with a</u> <u>Disability</u> 1:30 pm | 12 <u>Special</u> <u>Olympics</u> <u>Winter Games</u> | 13 |
| 14 | 15 OIL CLOSED for MLK Day | 16 | 17 <u>Nutrition</u> <u>Class</u> 1pm | 18 <u>Shopping</u> 8:00-9:45am <u>Working Well</u> <u>with a Disability</u> 1:30 pm | 19 <u>Brain Injury</u> <u>Gp.</u> 10 am | 20 |
| 21 | 22 | 23 <u>Bowling</u> Great Balls of Fire Noon | 24 <u>Nutrition</u> <u>Class</u> 1pm | 25 <u>Working</u> <u>Well with a</u> <u>Disability</u> 1:30 pm | 26 | 27 |
| 28 | 29 | 30 | 31 <u>Nutrition</u> <u>Class</u> 1pm | | | |
| <p>*Low Impact Exercise Class for Sr.'s meets Mon., Wed., & Fri., 10:00 a.m., Stipe Center Main & OK Church of Christ *Alzheimer's Support Group, 3rd Wed., 12:30 p.m., *Diabetes Support Group, 1st Tue., 6:00 p.m., McAlester Regional Health Center Wellness Conf. Room, call Kathy at 421-6812 *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</p> | | | | | | |