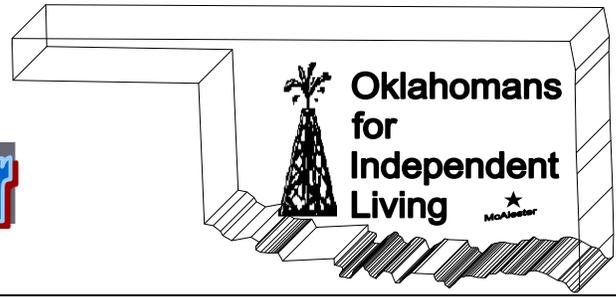


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OIL Newsletter



A monthly publication of THE OKLAHOMANS for INDEPENDENT LIVING

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**DHS TO SERVE
PEOPLE ON WAITING
LIST, RAISE
PROVIDER RATES AND
EMPLOYEE SALARIES
WITH FY-19
APPROPRIATIONS**

The Oklahoma Department of Human Services received a \$34 million increase in appropriations for state fiscal year 2019 in the state budget signed by Governor Fallin earlier this week. The increase in appropriations, along with an expected increase in the state's federal matching dollars for Medicaid programs (FMAP), will allow the agency to provide services to individuals with developmental disabilities on the waiting list, increase provider and foster parent reimbursement rates, and provide employees agency-wide with pay raises.

"We are extremely grateful to Governor Fallin and the

Legislature for this increase which will allow us to restore some detrimental cuts and provide increases to foster and adoptive families, child care providers, and agencies serving children in our custody and seniors and people with developmental disabilities," said Ed Lake, Director of DHS. "We appreciate the advocacy efforts of the people and families we serve as well as our partner agencies. Their diligence in telling their stories helped ensure the needs of vulnerable Oklahomans were not forgotten this year."

The increase in appropriations will be used for the following:

*Restore the five percent (5%) rate cuts to foster care and adoption payments made in 2017 due to the budget shortfall. Rates will be increased an additional five percent (5%), including therapeutic foster care.

*Provide agency-wide employee pay raises according to provisions previously passed in House Bill 1024. Increase the salaries of Child Welfare *Specialists to fulfill the

obligations of year five of the Pinnacle Plan.

*Dedicate \$2M for services to persons with developmental disabilities on the waiting list. DHS estimates it will be able to serve approximately 200 individuals who have been waiting the longest for Medicaid home and community-based services.

*Increase provider rates for child welfare contract group homes by seven percent (7%).

*Increase provider rates in the Advantage Medicaid waiver program for direct care, state plan personal care, and case management by seven percent (7%). Increase provider rates in all Developmental Disabilities Services Medicaid waiver programs and state-funded services by seven percent (7%). This restores the three and a half percent (3.5%) reductions made to rates in September 2015 due to revenue failures and budget cuts, and provides for an additional three and a half percent (3.5%) increase to the rates.

*Increase child care subsidy reimbursement rates. DHS is currently evaluating research on market rates and will announce the amount of child care provider rate increases in the coming weeks.

*\$100,000.00 will be used to implement and maintain a program to provide respite for caregivers of persons with intellectual disabilities who qualify for Medicaid and meet the Intermediate Care Facilities for individuals with Intellectual Disability (ICF/ID) level of care. DHS will apply for a new Medicaid waiver with the Centers for Medicaid and Medicare Services (CMS) to maximize funding for the respite services. This respite program will be used to support caregivers who are on the waiting list for home and community-based services.

MAKING SENSE OF YOUR METABOLISM & MAKING THE MOST OF YOUR BODY

In continuance from last months newsletter...



The Tao of Strength

A key factor for keeping your body composition healthy and boosting your metabolism is doing some sort of strength training to build muscle. "Muscle mass is such a functional thing in so many ways that you're better off having the higher end of your own capacity," says Elizabeth Broad, a senior sports dietician with the U.S. Olympic Committee.

This was undoubtedly the case for me. Before I started playing wheelchair rugby and strength training, not only did variabilities in my diet have a noticeable effect on the size of my belly, but I was simply less functional and active in my everyday life.

Because I didn't have the arm strength to deal with them, even consistent, minor hills, let alone steep ones, were enough to deter me from wheeling places. I was more conservative in where I would go, and what I would do because I wasn't able to get myself back into my chair if I fell out of it.

Once I was strong enough and had learned to get from the ground into my chair, I started exploring more unpaved trails, pushing through the old growth forest, learning to maneuver over root and rock, because I knew I wasn't going to be stuck if I did tumble. Strength begat more activity, and it was incredibly freeing.

What exercises are best suited for you to build strength depends on your particular body and function, and what equipment you have access to. Steve Pate, a Paralympian who served as the strength and conditioning coach for USA Wheelchair Rugby through 2016, urges wheelers to be aware which exercises are pushing away from your body and which are pulling toward your body. Generally, pushing exercises are going to work the front of your upper body, while pulling is going to work your back. "Always do more back exercises than front," says Pate. "At least two more back than front, but really, it could be more than that."

This is to counter the natural tendency for wheelers to overdevelop their pushing

muscles. Apart from boosting your metabolism, building balanced strength can help keep your shoulders from rounding forward, which can cause a variety of shoulder problems. Rotator cuff exercises are important, but developing a strong back is the foundation for long term shoulder health as a wheelchair user.

If you haven't done any strength training for an extended period of time, Pate emphasizes starting slow with less weight than you think you can handle. "You cannot judge yourself when you first start weightlifting because you could overdo it on your second set and now you can't get anything on your third or fourth. Just go slow," he says. "It's more about being honest. Like, what can I do right now?"

By taking the time to learn about your body and make sure you have proper form, Pate says you will be "getting your tendons and your cartilage and everything ready for when you actually do push weight. Your muscles will actually recover quicker than your joints."

by Seth McBride, *New Mobility Magazine*

STAY TUNED... for next month's installment of "Making Sense of Your "Metabolism & Making the Most of Your Body"

THERAPEUTIC SWIM PROGRAMS

Summer is here!

The Stipe Recreation swimming pool offers free water programs for senior citizens and for persons with disabilities over 18 years of age. Both swims are for one hour. Beginning Monday, June 4th, the Open Swim will be on Mondays, Wednesdays and Fridays at 10:30 a.m. and Water Aerobics

on Tuesdays and Thursdays at 9:30 a.m. Go one day or go each day. O.I.L. will provide free, local, lift-equipped transportation on Tuesdays and Wednesdays. Call if you need transportation for either or both of these days.



**SPECIAL OLYMPICS
SUMMER STATE
GAMES...**

Let me win.
But if I cannot win,
**let me be brave
in the attempt.**
- Special Olympics athlete oath

The O.I.L. Adult Special Olympics team recently competed in various sports at the Oklahoma Summer Games in Stillwater. All ten athletes placed and eight medaled. Congratulations Freespirits!

SHOPPING ANYTIME

Anyone, any time, (during our regular transportation hours), O.I.L. will provide transportation services for a \$2 per way fee to Walmart, shopping, paying bills, banking, medical, or socialization. Just call and schedule a pick up time.



CRAFT CLASS

We will be making a craft on Monday, June 18, at 1:30 p.m. Please call by the 11th to register so participant preparations can be made.



**O.I.L. SCHEDULE OF
EVENTS**

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

JULY

- 3rd Water Aerobics – 9:30 am
- 4th Open Swim – 10:30 am
- 5th Shopping – 8 am
- 5th Brain Injury Grp – 1 pm
- 9th Women’s Grp -1 pm
- 10th Water Aerobics – 9:30 am
- 10th Men’s Grp - 2 pm
Boomarang
- 11th Open Swim – 10:30 am
- 17th Water Aerobics – 9:30 am
- 18th Open Swim – 10:30 am
- 19th Shopping – 8 am
- 19th Brain Injury Grp – 1 pm
- 24th Water Aerobics – 9:30 am
- 25th Open Swim – 10:30 am
- 26th **O.I.L. Anniversary &
Open House**
9:00 am - Noon
- 26th **ADA Celebration Picnic**
6:00 pm
- 31st Water Aerobics – 9:30 am
- 31st Bowling – 12:30 pm

AUGUST

- 1st Open Swim – 10:30 am
- 2nd Shopping – 8 am
- 2nd Brain Injury Grp – 1 pm
- 7th Water Aerobics – 9:30 am
- 7th O.I.L. Social – 5 pm
Wendy’s
- 8th Open Swim – 10:30 am
- 13th Women’s Grp -11 am
- 14th Water Aerobics – 9:30 am
- 14th Men’s Grp - 2 pm
Taco Bell
- 15th Open Swim – 10:30 am
- 16th Shopping – 8 am
- 16th Brain Injury Grp – 1 pm
- 20th Craft Class – 1:30 pm
- 21st Water Aerobics – 9:30 am
- 22nd Open Swim – 10:30 am
- 28th Water Aerobics – 9:30 am
- 29th Open Swim – 10:30 am

In order to schedule transportation, you MUST do the following:

- *CALL 918 426-6220 at least 24 hours in advance and ask for O.I.L. transportation.
- *Have information ready such as name, address, and pick up time.
- *If it is a Round Trip, give a return pick-up time. If you don't know the Return pick-up time, because it is a medical appointment, you must call 918 426-6220 back to provide a requested pick-up. Remember all transportation ends at 4:30 p.m. Monday-Thursday, and until Noon on Friday.
- *The Bus Driver will not give out a cell-phone number. You must call the O.I.L. office.

Please do not attempt to schedule transportation with the Bus Driver outside of the O.I.L. office. Everyone must call as the scheduling book is not kept on the bus.

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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.

EVENTS						
<i>Events are held at OIL unless otherwise noted</i>						
<i>Swim programs are held at the Stipe Center</i>						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
					1	2
3	4	5 Water Aerobics 9:30 am OIL Social Boomarang 5 pm	6 Open Swim 10:30 am	7 Shopping 8 am Brain Injury Gp 1 pm	8	9
10	11 Women's Gp Hunan's 1 pm	12 Water Aerobics 9:30 am Men's Gp Rib Crib 2 pm	13 Open Swim 10:30 am	14	15	16
17	18 Craft Class 1:30 pm	19 Water Aerobics 9:30 am	20 Open Swim 10:30 am	21 Shopping 8 am Brain Injury Gp 1 pm	22	23
24	25	26 Water Aerobics 9:30 am	27 Open Swim 10:30 am	28	29	30
<p>*Low Impact Exercise Class for Sr.'s meets Mon., Wed., & Fri., 9:00 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 County Health Dept., 423-1267</p>						

