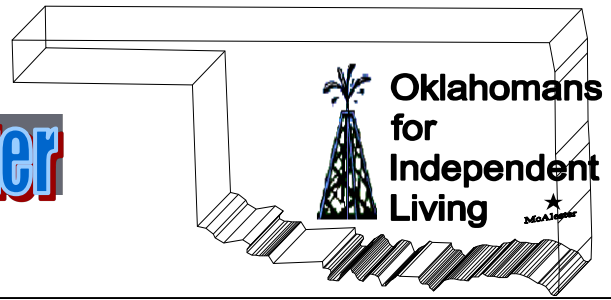


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OIL Newsletter



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.

TAX ASSISTANCE



Don't Forget!
The VITA (Volunteer Income Tax Assistance) Program provides free assistance to anyone with income under \$50,000 annually with basic income tax preparation. The Ki-Bois Community Action agency, 918 423-3525, and The Southeastern Public Library, 918 423-0930, is currently providing the tax assistance in McAlester.

WHEN AND WHEN NOT TO GO TO THE EMERGENCY ROOM



condition – such as Broken bones, Vomiting, Diarrhea, Breathing discomfort, such as moderate asthma, etc., Urgent Care Centers are far better in saving both time and cost.

If you have an extreme medical condition – stroke, heart attack, severe burns, electrical shock – the resources and services available at an emergency room make it a far better choice.

What Are Urgent Care Centers?

Urgent care centers are a valid bridge between your primary care physician and emergency room services. They evolved in the 1990s to serve the 73% of Americans who say they have no access to their primary care doctors at night or on weekends.

There is no appointment necessary at the estimated 9,300 urgent care centers in the U.S. and can duplicate nearly all the services offered in the emergency room.

Urgent care centers DO have x-ray machines, lab testing, and

for treating medical conditions ranging from broken bones or simple things like flu shots or blood-sugar tests.

The latest National Hospital Ambulatory Medical Care survey estimates that one-third to one-half of all ER visits in the studied year, were for non-urgent care that should have been done through urgent care clinics. The New England Health Institute said 56% of the emergency room visits were "totally avoidable."

Problems could be avoided if people knew more about emergency rooms and urgent care centers and how they serve those in need of medical attention.

When To Choose The Emergency Room

The real question that should be answered when deciding between urgent care centers and emergency rooms is:

Why am I going?

If the answer is: "Because I have life-threatening injuries or symptoms," then the choice is simple: Go to an emergency room.

Otherwise, an urgent care center should do. If it is after urgent care center hours, and not life threatening, then you should wait until the clinic opens back up.

There is no definitive list of ailments that demand to be treated at emergency rooms. Generally speaking, if the condition can permanently impair or endanger your life, it is an emergency.

Emergency Examples:

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

When To Choose Urgent Care

There also is no defined list of conditions that suit urgent care centers. The rule of thumb should be that if the condition is not life threatening, but needs treatment today, head to an urgent care center.

Typical Ailments For Urgent Care Clinics....

The conditions most often associated with that include:

- *Sprains and broken bones
- *Cuts and bleeding that may require stitches
- *Vomiting or diarrhea
- *Breathing discomfort, such as moderate asthma
- *X-rays and lab tests
- *Abdominal pain

- *Fever, flu or cold symptoms
- *Ear infections
- *Animal or insect bites
- *Seasonal allergies
- *Bronchitis

Again, if the situation is life threatening or you are showing symptoms for a life-threatening condition such as difficulty breathing, unconscious or unresponsive, call 9-1-1 and let an ambulance take you to the emergency room.

So before you go to the Emergency Room, is your need REALLY an emergency?

If NOT,

Your needs can be served at an urgent care clinic such as the following:



Southeast MRHC Urgent Care

is located at the McAlester Regional Health Center Campus in the Physicians Complex (green roof top building) near the Monroe street entrance of the hospital.
3 Clark Bass Blvd. Suite 2
McAlester, OK 74501
918-421-6960

Hours: 7 days a week

8:00 a.m. to 8:00 p.m.

No Appointment Necessary
Provides Diagnostic Laboratory Services and X-Ray imaging
The office is staffed by PAs & Nurse Practitioners
Urgent Care Medical Directors, Dennis Staggs, D.O., and Gary Lee, M.D., provide clinic oversight.

Twin Med & Family Practice Urgent Care

200 S. 3rd St, Suite B
McAlester, OK 74501
918-302-0900

Hours: Monday - Thursday

8:00 a.m. - 6:00 p.m.

No appointment Necessary
Provides Diagnostic Laboratory Services
No X-Ray imaging
Office is staffed by PAs and Nurse Practitioners

Warren Clinic Walk-In Clinic

1401 East Van Buren
McAlester, OK 74501
918-426-0240

**Hours: Monday – Friday
8 a.m. to 5 p.m.**

No Appointment Necessary

The Warren Clinic in McAlester offers a walk-in clinic during the week for Family Medicine concerns. This clinic is available if you cannot get in to see their primary care provider and need attention that day.

The Warren Clinic provides [Mammography](#), [X-ray](#) Imaging, Diagnostic Laboratory services Ultrasound, [Bone Density testing](#), and [Electrocardiograms](#) on site. The office is staffed by Dr's, PA's, and Nurse Practitioners.

Buffalo Country Medical Walk In & Urgent Care

1308 E Carl Albert Pkwy # A,
McAlester, OK 74501
918 302-9197

Hours: 7 days a week

9:00 a.m. to 9:00 p.m.

Don't forget you can always call to get urgent care appointments or just come as a walk-in.

SUMMER CAMPS FOR THE BLIND AND VISUALLY IMPAIRED

OWL (Oklahomans Without Limits) Camp is NewView's free summer camp for kids ages 8-18, who are blind and visually impaired.

NewView Oklahoma believes that every child deserves to have a summer camp experience. OWL Camp was created in 2000 and camp activities are carefully planned and designed to encourage collaboration, improve confidence, self-esteem, and independence, and challenge societal and self-imposed limits through a variety of indoor and outdoor activities.

Space is limited and all spots will be filled on a first come, first serve basis.

2018 OWL Camp: for students who will be in **Grades 9-11** in the Fall of 2018

Campers will participate in adaptive water activities such as water skiing, wake boarding, and tubing with internationally-renowned adaptive water instructors.

June 29 – July 2

Sixshooter Resort & Marian at Lake Tenkiller, Cookson, Ok
Application Deadline: April 30, 2018

2018 OWL Camp: for students who will be in **Grades 3-8** in the Fall of 2018

Campers will participate in themed activities and try horseback riding, archery, rock climbing, canoeing and so much more.

July 15 – July 21

YMCA Camp Classen, Davis, Ok

Application Deadline: April 30, 2018

Administrative Costs:

OWL Camp is generously sponsored by community foundations, corporate community partners, and other supporters of NewView Oklahoma. However, due to increasing participation, last minute cancellations and no-call/no-shows, there is a \$50

administrative, non-refundable deposit due upon the submission of an application.

No applicant will be denied acceptance for inability to pay. Payment arrangements may be made with the Program Director and a limited number of scholarships are available.

Contact: Cynthia Vora at CVora@newviewoklahoma.org or 1-[405-698-8111](tel:405-698-8111).

BOWLING FUN

We will be going bowling at Great Balls of Fire at Noon on Wednesday, March 21. We are getting a price deal of up to 3 games for \$3, which includes the cost of the shoes.

SPECIAL OLYMPICS AREA GAMES



The area competition will be on Wednesday, March 28 in Poteau. The OIL Freespirits athletes will be competing in various track & field events in hopes of placing so they can then compete at the Oklahoma Summer Games. Good Luck!

O.I.L. TRANSPORTATION PROGRAM

The Transportation program serves the general public in McAlester, Oklahoma and surrounding communities. Transportation is provided to all individuals: the public, the elderly, individuals with disabilities and individuals that are non-ambulatory. The bus is lift-equipped to meet all individual's needs.

Transportation is provided to assist in meeting individuals needs such as medical,

nutrition, educational, banking, bill paying, shopping/personal, social and recreational. The program operates as a "door to door" service that requires a minimum of 24-hour prior notification. O.I.L. does not run fixed routes. The hours of operation are 9:00 a.m. to 4:30 p.m., Monday through Thursday and Friday 9:00 a.m. to 12 Noon. A "fee for service" charge of \$2.00 per exit is charged to each passenger and \$1.00 per mile outside the service area. In an effort to avoid having cash, an individual may purchase in advance, a discounted Transportation PASS for \$15 for 10 Rides.

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

***CALL 918 426-6220** 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 back to the 918 426-6220 number, 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.

Oklahomans for Independent Living
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www.oilok.org




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Return Service Requested

All donations to O.I.L. 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 O.I.L. unless otherwise noted</i>						
EVENTS						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Shopping 8:00-9:45am Brain Injury Gp. 1 pm	2	3
4	5 Men's Gp. Taco Bell 4 pm	6 Social KFC 11 am	7	8	9	10
11	12	13 Women's Gp. Dawn's Restaurant 11 am	14	15 Shopping 8:00-9:45am Brain Injury Gp. 1 pm	16 St. Patrick's Day Brunch Boomarang 10 am	17
18	19	20	21 Bowling Great Ball's of Fire 12:00 Noon	22	23	24
25	26	27	28 Special Olympics Area Games Poteau	29	30	
<p><i>*Low Impact Exercise Class for Sr.'s</i> meets Mon., Wed., & Fri., 10:00 a.m., Stipe Center <i>*Alzheimer's Support Group</i>, 3rd Wed., 12:30 p.m., Main & OK Church of Christ <i>*Diabetes Support Group</i>, 1st Tue., 6:00 p.m., McAlester Regional Health Center Wellness Conf. Room, call Kathy at 421-6812 <i>*For information on Men's & Women's Grief Support Groups</i> – call Hospice of McAlester at 423-3911. For information on a 7 week <i>*Dealing with Grief</i> course call Heartland Hospice, 3rd Tues., 6:00 p.m., Pittsburg County Health Dept., 423-1267</p>						