

**For Your Information Newsletter**

**“Serving People with Disabilities and Our Community since 1986”**



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

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O.I.L. Web Page URL ([www.oilok.org](http://www.oilok.org)), [www.facebook.com](http://www.facebook.com))

*FOR YOUR*

*INFORMATION*

**June 2022**

*Help us help save the trees! If you would like to go “green” and receive the newsletter via text or email; Please call Pam at 918-426-6220 Ext. 112 and she will update your newsletter preferences. If you no longer wish to receive the newsletter, Pam can also remove you from the list. We appreciate your help in going green!*

# ****Before, During and After the Storm****

**By Oklahoma Insurance Commissioner Glen Mulready**

In Oklahoma, natural disasters are a tragic reality. Every year, disasters disrupt different parts of our state, leaving behind lasting effects on Oklahomans and property. After a disaster, many in our community need help and first responders may not be able to assist right away. That is why it’s important to **Get Ready** now. You and your family can take simple steps to **Get Ready** for emergencies and mitigate your risks. Here are some very easy but essential things you can do to **Get Ready**.

**Before the Storm:**

1. **Document Your Property**One of the most important things you can do before a storm hits is to make a home inventory. Keep a detailed record of your valuable belongings to help you recover and file a claim more quickly. Take photos or videos to record your belongings and write down descriptions. Take photos or videos of the

inside and outside of your home, including spaces like closets and cabinet interiors. Keep your inventory somewhere away from your home (i.e. safe deposit box, virtual cloud), where it can be accessed after a disaster.

1. **Review Your Insurance**Disasters are a matter of when not if. Understand the risks you may face and talk to your agent to ensure that you have the insurance coverage you need for your property. For example, a standard homeowner’s policy does not cover floods, and you may need a separate wind and hail policy if you live in tornado-prone areas. It’s also important to prepare your property before the storm hits. Sometimes it is not the storm that directly causes the damage to your home but your possessions that are not secured in your yard. Cut down or trim trees that may be in danger of falling on your home. Secure outdoor objects that could blow away or cause damage.
2. **Plan**Lastly, having a plan in place and knowing how you will respond to the storm can make a significant impact. Be sure to have flashlights, food, water and a weather radio ready at all times. Know

how you’ll contact one another and reconnect if

separated. Establish a family meeting place that’s familiar and easy to find and practice that plan regularly. Sign up for your community’s alert and warning systems and make sure you understand what these alerts and warnings mean.

**During the Storm:**

When it comes to severe weather, proper preparation and knowing what to do in certain situations can save you and your family’s lives. That’s why Oklahomans must **Get Ready** for when—not if—the next disaster happens. Storms in Oklahoma often occur without warning, not leaving you enough time to prepare. Here are three important steps you can take to stay safe during the storm:

1. **Take Shelter Immediately**
* Go to the basement or storm shelter. Put your family emergency plan into action and check your go-bag in case you must leave in a hurry.
* If you do not have a basement or storm shelter, go to the room at the lowest level in the home (i.e., hallway or bathroom), away from windows and corners where objects tend to collect. Cover yourself with a heavy object such as a mattress or sleeping bag to protect you from broken glass or flying debris.
* Stay in place until you are sure the storm has passed.

1. **Stay Weather Informed**
* Stay informed on weather updates. Monitor the storm’s progress and listen for warnings from local officials.
* Power outages are highly possible in severe weather. Unplug appliances that are not necessary for obtaining weather updates. Use phones only in an emergency.
* Have multiple sources to stay informed of the evolving conditions—TV and radio, emergency notifications via mobile devices, NOAA Weather Radio, etc. Make sure to have at least one source that does not require electricity.
1. **Plan to Evacuate If Necessary**
* Before leaving your home or driving anywhere, listen carefully to local weather experts and government officials who will be coordinating evacuation plans.
* Go to higher ground if flash flooding or flooding is possible.
* DO NOT drive into high water. Six inches of water will wash away a person and two feet of water will wash away a car.
* Don’t forget the footwear. It is dangerous to walk outside barefoot because glass and other debris are everywhere during a storm.

# After the Storm

Recovering from a disaster can be challenging and stressful. Most natural disasters happen unexpectedly and can significantly impact your mental and physical health. Fortunately, the state of Oklahoma has excellent disaster assistance resources. Knowing how to access them makes the recovery process faster and less stressful.

This is general advice on steps to take after a disaster strikes. Here are three important post-disaster steps to remember:

* Take care of yourself and your family.
* Your first concern after a disaster is your family’s health and safety. Check for injuries and seek medical help for any injured family members.
* Let your local officials know of any damages you may have and what immediate assistance you may need such as food

and shelter. You can report flooding and storm damages at [damage.ok.gov](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMDEsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMjA1MTEuNTc3MzkzMTEiLCJ1cmwiOiJodHRwczovL3N1cnZleTEyMy5hcmNnaXMuY29tL3NoYXJlL2Y4MDliNjA3MWRjYjRlYjY5OGQxMTA0MjA3NzVlYjlmIn0.qzzHuFkBS1GAf5AZGwWAZ9cgjN8C0CWh2Yh3qYKw6XI/s/1121757152/br/131133046342-l).

* For non-emergency disaster or health and human service information, please contact your local 2-1-1. Services are available 24 hours a day.

Contact your insurance agent as soon as possible.

Document all your damages before you clean up. Take photos or videos and make a list.

* Save all your receipts for post-damage repair and clean-up.
* Contact your insurance agent to start the claims process as soon as possible.
* Work with your adjuster and complete proof of loss to support your claim.

**Be aware of post-disaster fraud and scams.**

* DO NOT give any personal information such as Social Security or bank account numbers unless you are sure it is safe. Local officials, state and federal workers like FEMA inspectors never need this information to provide services.
* Watch out for people going door-to-door or calling homeowners claiming to be building contractors. These could be scam

artists, especially if they ask for financial information.

* Report suspicious activity to local authorities and the FEMA Disaster Fraud Hotline at 1-866-720-5721. You can also contact the Oklahoma Insurance Department’s Anti-Fraud Unit at

fraudstoppers@oid.ok.gov or 1-800-522-0071.

**June 27th is the U.S. National Post Traumatic Stress Disorder Day (PTSD)**

Post-Traumatic Stress Disorder (PTSD) a form of anxiety disorder that may happen if a person has experienced a traumatic event. Every person who experiences PTSD has lived through a traumatic event that has caused them to fear for their life, has seen horrible things, and was made to feel helpless. The symptoms of PTSD can be terrifying, disrupting a person's life and making it exceptionally difficult to continue with activities of daily living.

People who have experienced a life-threatening event may develop PTSD.

Examples of events that may cause PTSD in people can include things such as terrorist attacks, physical or sexual abuse in children, combat or military exposure, car wrecks or serious accidents, and natural disasters; tornados, floods, earthquakes, or fires, for example. Once the event has occurred and a person has endured it they may feel confused, frightened, or angry. Should these emotions worsen or remain unresolved, the person may have PTSD. These symptoms can disrupt the person's life, making it difficult for them to continue their activities of daily living.

Around seven to eight-percent of persons in America will experience PTSD during their lifetime.

Nearly half of all persons who make use of outpatient mental health services have been found to experience PTSD.

Lack of physical presence during the time of a traumatic event, as demonstrated during the 2001 terrorist attacks on America, does not guarantee that a person cannot suffer from traumatic stress that leads to PTSD. Millions of Americans watched in horror as these events developed on national television, courtesy of main stream media. Statistics related to PTSD, children and teenagers shows that greater than forty-percent have endured one or more traumatic events with a resulting development of PTSD in fifteen-percent of girls and six-percent of boys. Three to six-percent of high school students, on average, in America and as many as thirty to sixty-percent of all children who have survived specific disasters experience PTSD as a result. Nearly every child who has witness a parent being killed or endured a sexual assault or abuse tends to develop PTSD. Greater than one-third of children who are exposed to community violence experience the disorder.

If you have been diagnosed with PTSD – reach out to family or friends, anyone that you can talk to about how you feel. Talking through things can help elevate the stress and feeling of hopelessness. Oklahomans for Independent Living provides Peer Support. We are here for you. Reach out to any OIL Staff and we will help you get the resources you need to help control the PTSD. PTSD is real and talking to someone can and will always help!!



**ARTS & CRAFTS**

Come join us on Wednesday, June 8th at 10 a.m. at the OIL office for a morning of crafts and good socialization with your peers.



**HOTDOG COOKOUT**

Come join us for good food and socialization on Thursday, June 9th at 6 pm at Chadick Park, McAlester.

**WOMEN’S GROUP**

We will meet Monday, June 13th at 1:15 pm at McDonalds, McAlester.

**MEN’S GROUP**

We will meet Tuesday, June 14th at 1:15 pm at Boom A Rang, McAlester.



**LET’S GO BOWLING!!**

On Monday, June 27th at 1:30 pm. A Special Rate of $3 per game is available to OIL Members. Please call to schedule transportation in advance to save your seat!

**TBI SUPPORT GROUP**

We will meet Friday, June 10th, at Subway, Downtown, at 1:15 pm.

We will meet again on Friday, June 24th at 1:15 pm at Wendy’s, McAlester.





**GAME DAY**

Come join us on Tuesday, June 21st at 1:30 pm at the OIL office, 201 E. Cherokee Avenue for fun games and socialization with your peers. If weather permits, we will play games outside at the Arvest Park. If the weather is bad, we will play your favorite board game, cards, dice or play one of ours. See You There!!



**2022 KEDDO SENIOR CITIZEN DAY & WELLNESS FAIR**

The Senior Day is scheduled for Friday, June 17th at the SE Expo Center, 9 am to 2 pm.

Some of the events include: Picnic, Bingo, Games, Coloring

Contest, Themed Decorative Hat Contest and a Health Fair.

The theme is Healthy, Happy, You!

Put it on your calendar now to attend!! Remember Friday, June 17th!!



***Call ahead to schedule transportation for the above events. There is no fee for transportation when attending OIL group events.***

**UPCOMING EVENTS**

**JULY**

 *4th – CLOSED*

 7th – Craft Day

 8th – TBI

11th – Women’s Group

12th – Men’s Group

14th – Hotdog Picnic

18th – Bowling

19th – Game Day

22nd – TBI

*25th – 29th – OIL OFFICE WILL BE CLOSED FOR ANNUAL NCIL CONFERENCE IN WASHINGTON D.C.*

**Oklahomans for Independent Living
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918-426-6220 Main**

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This newsletter is available in Audio format upon request

 **Return Service Requested**

**How to schedule Transportation:**

\***CALL 918 426-6220**

**Call** 24 hours in advance.

\*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, you must call 918 426-6220 back to provide a requested pick-up.

\***Transportation begins at**

**8 a.m. and ends at 4:30 p.m. Monday-Thursday.**

**Friday 8 a.m. - 4 p.m.**

\*The Bus Driver will not give out a cell-phone number. You must call the O.I.L. office.



**All donations to O.I.L. 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.

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| **JUNE 2022 - EVENTS** |
| **SUNDAY**  | **MONDAY** | **TUESDAY** |  **WEDNESDAY** |  **THURSDAY** | **FRIDAY** | **SATURDAY** |
| See the source image |  |  | **1** | **2**  | **3** | **4** |
| **5** | **6** | **7** | **8** See the source image**OIL Office****10 a.m.** | **9**See the source image**Hot Dog Cookout****Chadick Park****6 p.m.** | 10See the source image**TBI****Subway****1:15 p.m.** | **11** |
| **12** | **13****Womens Group****McDonalds****1:15 p.m.** | **14**See the source image**Mens Group****Boom-A-Rang****1:15 p.m.** | **15** | **16** | **17**See the source image**KEDDO SENIOR DAY – Expo.****9 to 2** | **18** |
| **19** | **20** | **21**See the source image**Game Day****OIL Office****1:30 p.m**. | **22** | **23** | **24**See the source image**TBI****Wendy’s****1:15 p.m.** | **25** |
| **26** | **27**See the source image**Bowling****1:30 pm** | **28** | **29** | **30** |  |  |