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OIL Newsletter



A monthly publication of THE OKLAHOMANS for INDEPENDENT LIVING

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(918) 426-6263 V/TDD, OIL Web Page URL (www.oilok.org), www.facebook.com)

The only man who never makes a mistake is the man who never does anything.

Theodore Roosevelt



If you are receiving this newsletter in error or no longer wish to receive it, give us a call and we will remove you from our mailing list.

If you are trying to go green and would like to help save trees, check out our newsletter at oilnewsletter@oilok.org

SNAP PROGRAM CHANGES AFFECTS OKLAHOMANS

A modification to the Supplemental Nutrition Assistance Program (SNAP) formerly the food stamp program, begins April 1. SNAP customers have been receiving their benefits on the first of each month.

The Oklahoma Grocer's Association asked that the change be made so they could better serve their customers. By adding two more issuance dates, grocers will be able to adequately stock their shelves, and provide fresher fruits and vegetables.

SNAP households will be divided into three groups using the last digit of each case number. For example, case numbers ending in 0-3 will continue to receive benefits on the first of each month. Case numbers ending in 4-6 will receive benefits on the fifth of each month, and case numbers ending in 7-9 will move to the tenth of each month.

Undoubtedly, there may be some initial confusion as it is implemented but contact your local county social worker for any questions that you may have.

FEMA MAKING EMERGENCY ALERTS ACCESSIBLE

IPAWS is the next generation of the Emergency Alert System that most of us know via radio and TV announcements when they say "this is a test of the emergency alert system." IPAWS, however, will integrate these TV and radio announcements with messages on cell phones, through Internet services, via weather alert and local systems such as AMBER, electronic road signage and "reverse 911" systems. The aim is to be able to send one message over more devices to more people for maximum

safety using different technologies. IPAWS will also take in messages from alerting authorities, like local, state, and tribal governments, to authenticate and validate them, and then to properly disseminate them.

ACCESSIBLE INSTRUCTIONAL MATERIALS AND ASSISTIVE TECHNOLOGY

Assisting Oklahoma's elementary and secondary schools in providing accessible instructional materials for students with print disabilities.



How can I learn more about Accessible Instructional Materials (AIM) and assistive technology in Oklahoma?
[Attend one of ABL Tech's FREE upcoming Webinars!](#)

What are Accessible Instructional Materials? AIM is a specialized format of

curricular content that can be used by and with print-disabled learners. They include formats such as: Braille, Audio, Large print, and Digital text.

Who are Accessible Instructional Materials for?

AIM is for students with sensory, physical, cognitive and learning differences that have difficulty accessing printed materials and their teachers. Students with prints disabilities can include students that have:

low vision or are blind,
a reading disability such as dyslexia,
a physical limitation such as cerebral palsy

Did you know? It's the law...

The Individuals with Disabilities Education Act (IDEA, 2004) requires that states and school districts provide accessible versions of instructional materials to students with disabilities in a timely manner, typically at the same time as their peers. Receiving accessible instructional materials in a timely manner is an essential component of FAPE or a free appropriate public education.

What is NIMAS? The National Instructional Materials Accessibility Standard (NIMAS) is a provision listed in the IDEA 2004. NIMAS is a uniform electronic format for textbooks and related materials from which accessible formats can easily be made.

What is the [National Instructional Materials Access Center](#)? The NIMAC receives source files in NIMAS format from textbook

publishers, and makes these files available for download to Authorized Users in the United States through an online database. The public can freely search the NIMAC to find the textbooks they need.

How do I request a NIMAS file? Contact one of the following Authorized Users to request the NIMAS file you need:

1. Oklahoma ABLE Tech AIM and Assistive Technology Center, 800-257-1705 Complete and sign the [NIMAS eligibility form](#) or and return to ABLE Tech, Fax 405-744-2487
2. Department of Rehabilitation Services AIM Center, 405-522-0523
3. Oklahoma School for the Blind for in-house students, 877-229-7136
4. Bookshare: digital text used with text-to-speech software or braille display devices. No cost when registered for K-12 textbooks www.bookshare.org
5. Recordings for the Blind and Dyslexic: audiobooks (CDs and downloadable books), www.rfbd.org

Assistive Technology and AIM

Students may need the additional support of an assistive technology (AT) device in order to access their instructional materials. Examples include, refreshable Braille display devices, a computer with screen reading software or literacy software to read text aloud, a book holder, an MP3 player with audio files, a portable reading device, or screen magnification software.

ABLE Tech Loan Library of AIM Assistive Technology loans AT devices for 4-6 weeks for FREE!
Call 800 257-1705

How Do Oklahoma Schools Provide AIM? When schools order textbooks in April, they also should order materials in the appropriate accessible format for students whom they know will attend the following year. To expedite getting alternate formats, the school may directly contact one of Oklahoma's authorized users (AUs) to specify what is needed (see above list of AUs).

Who can you contact for more information? Oklahoma State Department of Education 2500 North Lincoln Boulevard Oklahoma City, Oklahoma 73105-4599, 405 521-3301 Web: sde.state.ok.us/ maintains a list of Oklahoma Authorized Users.

Oklahoma ABLE Tech
OSU Seretean Wellness Center
1514 W. Hall of Fame
Stillwater, OK 74078
1-800-257-1705 or
405-744-9748
http://www.ok.gov/abletech/Our_Programs/NIMAS.html

OIL SOCIAL

The Social will be held at the Camp PLEA fundraiser spaghetti dinner. It will be on Saturday, April 2nd, at the Choctaw Community Center, 1636 S. George Nigh Expressway. The McAlester Masonic Lodge #550, David's Trading Yard in Kiowa and the Choctaw Nation is sponsoring the event. They are asking those that can to bring a cake or pie for the auction.

The cost is \$7 a plate and there will be a drawing for a 42 inch Zero Turn Mower. The OIL bus plans to arrive there at 5:00.



PEOPLE WITH DISABILITIES AWARENESS DAY STARTS WITH YOU!

Please be part of "See the Person Not the Disability" theme for supporting critical disability programs threatened by state budget cuts! Join us at the State Capitol for the **2011 People with Disabilities Awareness Day** from 9:00 a.m. to 12:30 p.m. on April 5th.

If transportation is a problem, go with OIL as a group to talk to the legislators.

To stand united, we encourage all to wear green on this day if you can. When those who work at the capitol see a lot of people in the halls or rotunda all wearing disability-awareness green, our efforts have an even greater impact. **"Be seen! Wear Green!"**

AZALEA FESTIVAL

We will be going to the festival on Friday, April 22nd and possibly the 29th. We will see the blooming azaleas and then go to lunch at Golden Corral. On the way back, we will stop for a little bit of shopping. The transportation cost is \$5 round trip with the bus leaving McAlester around 8:30 a.m.



KEDDO SENIOR DAY AND WELLNESS FAIR

The event will be held at the Southeast Exposition Center on Friday, April 15th from 9:00 a.m. thru 2:00 p.m. Some of the events included are; Free Lunch, Bingo, Costume Contest, Coloring Contest, Health & Wellness Fair, Medication Management Information and Stroke Prevention Screening. Call 1 800 722-8180 for free local transportation.



SATURDAY TRANSPORTATION

OIL will take individuals anywhere in the McAlester area whether to visit friends/family or just to go shopping. The cost is \$1 per stop. The dates are set for April 2nd and 16th.

OIL STAFF EXTENSION NUMBERS

- Front Desk – 100
- Trevor Dunbar – 103
- Stephen Strickland – 105
- Michelle Roye – 106
- Bobby Logsdon – 107
- Lisa Timberlake – 108
- Terri Yates – 109
- Leanna Amos – 110
- Deanna Cheek – 111
- Pam Pulchny – 112
- Mike Ward – 113

HAPPY EASTER!



Transportation

OIL provides lift-equipped transportation in McAlester and the surrounding area, Monday – Friday, 8:00 – 4:30. A twenty-four hour minimum notice is required. The cost is \$1 per pick up in McAlester and \$2 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.



Are you eligible for the ADvantage Program?

Are you a person with a disability who is at least 21 years of age?

If you said "Yes" then answer the following:


Do you require assistance?

1. On a daily basis in order to live, such as eating, toileting, grooming, bathing, dressing, and moving about to accomplish the task
2. In order to maintain or support daily functioning such as taking medication, preparing meals, paying bills, shopping, laundry, transportation, etc.
3. Are you at risk for nursing home placement?

The ADvantage Program may be able to help. Contact any OIL ADvantage case manager at 426-6220 V/TDD.

*Events are held at OIL unless otherwise noted

APRIL EVENTS

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|--|-----------|--|--|--|
| | | | | | 1 <u>Cooking Class</u> 1 pm OSU Ctr. | 2 <u>Saturday Transportation Social</u> 5 pm Choctaw Ctr. |
| 3 | 4 <u>Mental Health Group</u> 1pm | 5 <u>People w/Dis. Day at the Capital</u> | 6 | 7 <u>Shopping</u> 7 – 10:45 am | 8 <u>Cooking Class</u> 1 pm OSU Ctr. | 9 |
| 10 | 11 <u>TBI Group</u> 1pm | 12 <u>Men’s Gp.</u> , 5 pm Western Sizzlin’ | 13 | 14 | 15 <u>KEDDO Senior Day</u> 9:00-2:00pm EXPO Center | 16 <u>Saturday Transportation</u> |
| 17 | 18 <u>Mental Health Group</u> 1 pm | 19 <u>Women’s Gp.</u> 11 am Taco Mayo | 20 | 21 <u>Shopping</u> 7 – 10:45 am | 22 <u>Azalea Festival</u> 8:30 am | 23 |
| 24  | 25 <u>TBI Group</u> 1pm | 26 | 27 | 28 | 29 <u>Azalea Festival</u> 8:30 am | 30 |

***Low Impact Exercise Class** meets Mon., Wed., & Fri., 10:00 a.m., Stipe Center ***Alzheimer’s Support Group**, 3rd Wed., 12:00 p.m., Main & OK Church of Christ, 423-4743 ***Cancer Support Group**, 3rd Thur., 1:00 p.m., The Van Buren House, 426-5600 ***Diabetes Support Group**, 1st Tue., 6:00 p.m., MRHC Wellness Ctr Conf. Room, 421-8656 *For information on **Men’s & Women’s Grief Support Groups** – call Hospice of McAlester at 423-3911 ***Bariatric Support Group**, 2nd Tue., MRHC Wellness Ctr. Con. Room, 5:30 p.m., 421-6600

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