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# OIL Newsletter



Oklahomans  
for  
Independent  
Living



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](http://www.oilok.org)), [www.facebook.com](http://www.facebook.com))

*Mothers cannot do it all  
But surely do they try.*

*Mothers hear the angel's call,  
To comfort all who cry.*

*Mothers for themselves may  
fall,  
For others they will fly.*

*Mother's bear the weight of all  
For their children they would die.*

*A Mother's gift extends beyond  
All bounds of time and space.*

*Her lovingness and nurturing  
Make earth a peaceful place.*



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](mailto:oilnewsletter@oilok.org)

## **MEDICARE PRESCRIPTION DRUG COVERAGE**

For those people enrolled in Medicare who have Part D (prescription drug coverage), there may be a check for you from Uncle Sam. The check is to help you pay for prescription costs if you have reached the "donut hole" in your prescription drug coverage which would require you to pay 100% of your prescription costs. If you have questions, call the toll-free Medicare number at 800-633-4227.

## **WHEELCHAIR AND HANDCYCLE FUN RUN**

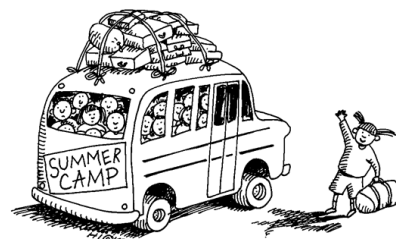
The Jim Thorpe Rehabilitation Hospital will be sponsoring their 7<sup>th</sup> annual adult and youth wheelchair/handcycle run on Saturday, May 7, 2011, 8 a.m. at Lake Hefner in Oklahoma City. T-Shirts will be given to those who are pre-registered and there will be a drawing for all wheelchair registered participants for wheelchairs and cushions valued at \$15,000. Various events for wheelchairs, handcycles, and run/walks are available for \$20 advance registration or \$25 on the day of the race. You can register online at [www.integrismthorpe.com](http://www.integrismthorpe.com) until

May 5<sup>th</sup>. For more information, call Greg at 405-522-2847 or email

[greg.horneber@integrisk.com](mailto:greg.horneber@integrisk.com)

or

[susan.shepard@integrisk.com](mailto:susan.shepard@integrisk.com)



## **OIL CAMP PLEA APPLICATIONS**

We are now accepting Camp PLEA applications for individuals with disabilities. If you have a child with a disability, aged 8-17, or are an adult with a disability, 18 or over, summer camp is here! If you would like to have three fun-filled days and nights of swimming, bowling, fishing, dancing, crafts etc., this is for you. The children's overnight camp will be held on June 7<sup>th</sup>, 8<sup>th</sup>, & 9<sup>th</sup> and the adult overnight camp is June 14<sup>th</sup>, 15<sup>th</sup>, & 16<sup>th</sup>. The camps (day camps available) are free and insurance can be purchased for a \$5 fee.

You can come by the OIL office for an application or call and request one be sent to you.

Keep in mind that if it is done by mail, it will slow the process and the slots fill quickly.

## **SUMMER CAMPS**

Below are programs for individuals with disabilities. Financial assistance is available for most camps so call for information or applications.

### **Oklahomans without Limits for those with Low Vision or Blind**

Overnight camp held at the University of Central Oklahoma  
Ages 8 – 18, July 25<sup>th</sup> – 29<sup>th</sup>  
Contact Karen at 405-286-9699  
Cost: Free

### **Camps for Children with Diabetes**

Camp NoHiLo  
(Day Camp only) for children ages 4-10, June 14<sup>th</sup> – 17<sup>th</sup>  
Oklahoma City, OK

Camp Endres Senior  
Ages 13-17, July 3<sup>rd</sup> – 9<sup>th</sup>  
Guthrie, OK

Camp Endres Junior 3`1-6  
Ages 8-12, July 31<sup>st</sup> – 6<sup>th</sup>  
Davis, OK

For information on these camps, call Kim at Diabetes Solutions at 405-843-4386

### **Cavett Overnight Camps**

Camp Kidney in Guthrie, June 1<sup>st</sup> – 5<sup>th</sup> for ages 8-18

Camp Cavett for those with any life-threatening condition  
July 13<sup>th</sup> -17<sup>th</sup> for ages 10-18

Camp Heart for those with heart conditions, June 15<sup>th</sup> -19<sup>th</sup> for ages 13-18 in Angel Fire, NM

Leadership Camp for teenagers with a life-threatening illness, July 27<sup>th</sup> -30<sup>th</sup> in Flint, KS

These camps are free to Oklahomans.

For more information contact Jenny Rogers at 405 271-2271

## **Camps for individuals with Intellectual Disabilities**

### Camp Benedictine

May 20<sup>th</sup> – 22<sup>nd</sup>  
June 20<sup>th</sup> – 12<sup>th</sup>  
June 24<sup>th</sup> – 26<sup>th</sup>  
July 26<sup>th</sup> – 29<sup>th</sup>  
August 19<sup>th</sup> – 21<sup>st</sup>

The overnight camps are held at the St. Gregory's College Campus. For more information contact: Virginia Reeves at 405-878-5289  
Cost: Some scholarships may be available.

### **Make Promises Happen Camps**

Camp Horizon – For individuals aged 17-30 with Prader-Willi Syndrome, June 6<sup>th</sup> – 10<sup>th</sup>

Modern Young Adult Weeklong  
For individuals with any disability, age 17-30 yrs.  
June 13<sup>th</sup> - 17<sup>th</sup>

Youth Weekend – For individuals with disabilities age 6 – 16 yrs.  
July 16<sup>th</sup> & 17<sup>th</sup>

MPH Neuromuscular Week – For individuals with disabilities age 18 & older  
July 24<sup>th</sup> – 29<sup>th</sup>

Young Adult Weeklong – For individuals with disabilities 17 – 30 yrs.  
July 25<sup>th</sup> – 29<sup>th</sup>

Adult Weeklong with Volunteer Counselors - For individuals with disabilities 31 & older  
August 1<sup>st</sup> – 5<sup>th</sup>

Adult Weeklong with Caregivers  
For individuals with disabilities 31 & older  
August 8<sup>th</sup> – 12<sup>th</sup>

This event is for adult campers who have an HTS or caregiver accompanying them to camp. We will not have volunteer counselors available.

The Make Promises Happen Camp Program is located in

Guthrie. Call 405 282-2811 for applications.

There are other camps not listed so if you are looking for one serving a particular disability, call me, Leanna, and I will research it for you.

## **MAY IS NATIONAL MENTAL HEALTH AWARENESS MONTH** **Knowing the Signs of Stress - It's Essential for Your Potential**

We all go through stressful times. In small doses, stress may be good for you when it gives you a burst of energy. But too much stress or stress that lasts for a long time can take its toll.

If you're feeling overwhelmed by stress, get in tune to how you're feeling and learn about the effects of stress on your whole body.

### **BRAIN AND NERVES**

Headaches, feelings of despair, lack of energy, sadness, nervousness, anger, irritability, increased or decreased eating, trouble concentrating, memory problems, trouble sleeping, mental health problems (such as panic attacks, anxiety disorders and depression)

### **SKIN**

Acne and other skin problems

### **MUSCLES AND JOINTS**

Muscle aches and tension (especially in the neck, shoulders and back), increased risk of reduced bone density

### **HEART**

Faster heartbeat, rise in blood pressure, increased risk of high cholesterol and heart attack

### **STOMACH**

Nausea, stomach pain, heartburn, weight gain

### **PANCREAS**

Increased risk of diabetes

### **INTESTINES**

Diarrhea, constipation and other digestive problems

## REPRODUCTIVE SYSTEM

For women – irregular or more painful periods, reduced sexual desire. For men – impotence, lower sperm production, reduced sexual desire

## IMMUNE SYSTEM

Lowered ability to fight or recover from illness

### Are you experiencing signs of stress?

- Feeling angry, irritable, or easily frustrated
- Feeling overwhelmed
- Change in eating habits
- Problems concentrating
- Feeling nervous or anxious
- Trouble sleeping
- Problems with memory
- Feeling burned out from work
- Feeling that you can't overcome difficulties in your life
- Having trouble functioning on your job or personal life

If you're having any of these symptoms, it's important that you take care of yourself. There are healthy steps you can take to stay well when you're stressed, like connecting to people close to you, getting enough sleep or being physically active.

If you feel overwhelmed, unable to cope, and feel as though your stress is affecting how you function every day, it could be something more, like depression or anxiety. Don't let it go unchecked. Contact your health care provider.

*If you or someone you know is in crisis now, seek help immediately. Call 1-800-273-TALK (8255) to reach a 24-hour crisis center or dial 911 for immediate assistance.*

## ARMED FORCES DAY PARADE

The parade will take place in downtown McAlester on Saturday, May 7<sup>th</sup> beginning at 10:30 a.m. The bus will pick up so call if you want to go watch.



## OIL PICNIC

The picnic will be on Thursday, May 19<sup>th</sup>, Chadick Park, at 5:30 p.m. OIL will provide the hot dogs and drinks but you are asked to bring something store bought to go with them such as potato salad, macaroni salad, or potato chips. Inspirations Counseling Center will be there to speak. Call for free, local lift-equipped 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 the 14<sup>th</sup> and 28<sup>th</sup>.

## GAME DAY AT THE PARK

We will be playing board games at Chadick Park on Tuesday, May 17<sup>th</sup>. We will gather at 12:00 noon so if you would like to bring a sack lunch we will begin play afterwards. If you have a favorite game, bring it with you.

## 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

**MAY EVENTS**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 <u>Mental Health Group</u> 1pm	3	4	5 <u>Shopping</u> 7 – 10:45 am	6	7
8	9 <u>TBI Group</u> 1pm	10	11 <u>Special Olympics State Games</u>	12 <u>Special Olympics State Games</u>	13 <u>Special Olympics State Games</u>	14 <u>Saturday Transportation</u>
15	16 <u>Mental Health Group</u> 1 pm	17 <u>Men’s Gp.</u> , 5 pm Rib Crib	18	19 <u>Shopping</u> 7 – 10:45 am <u>OIL Social</u> 5:30 pm Chadick Park	20	21
22	23 <u>TBI Group</u> 1pm	24 <u>Women’s Gp.</u> 11 am	25	26	27	28 <u>Saturday Transportation</u>
29	30	31 <u>Game Day</u> 12 noon				

\*Low Impact Exercise Class meets Mon., Wed., & Fri., 10:00 a.m., Stipe Center & OK Church of Christ, 423-4743 \*Alzheimer’s Support Group, 3<sup>rd</sup> Wed., 12:00 p.m., Main \*Cancer Support Group, 3<sup>rd</sup> Thur., 1:00 p.m., The Van Buren House, 426-5600 \*Diabetes Support Group, 1<sup>st</sup> 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, 2<sup>nd</sup> Tue., MRHC Wellness Ctr. Con. Room, 5:30 p.m., 421-6600

**Oklahomans for Independent Living**

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