



FOR YOUR INFORMATION

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To conclude our garden of daily living, we must have Thyme;

Thyme for each other
Thyme for family
Thyme for friends



DAY OF CARING APPLICATIONS BEING TAKEN

The Southeastern Chapter of the United Way 3rd annual "Day of Caring" helps the elderly, individuals with disabilities, and single mothers in our community with things they might not be able to do themselves. Projects include but are not limited to: painting rooms, planting flowers, maid for a day, visiting the elderly, and other great projects. The Day of Caring is truly a time when volunteers work together to live united. If you can volunteer your time and or donate money please contact them. If you are in need of the service you can pick up an application at the Southeastern Public Library in McAlester or call the United Way at 918 423-6677 and they can take your application over the phone. Applications will be taken through March 31st. The "Day of Caring" will be held on April 23rd and 24th.

OKLAHOMA'S CITIZENS WITH DISABILITIES

Are you a person with a disability? Are you a family member or a friend of a person with a disability? This is an opportunity for you to voice your concerns and opinions.

What: Open Forum on Disability Issues

When: March 23rd, 11:30-1:00

Where: Pittsburg County Health Department meeting room, 1400 E. College Avenue, McAlester

Free Lunch

This open forum will generate ideas, recommendations, and concerns that may be included in the 2011-2013 State Plan of Independent Living as presented to the Rehabilitation Services Administration by the Statewide Independent Living Council, and the Oklahoma Division of Rehabilitation Services.

This free program is sponsored by the Statewide Independent Living Council, the Oklahomans for Independent Living (OIL), and the Oklahoma Department of Rehabilitation Services. For additional information call 1 800 845-8476 ext. 3460 or to schedule a free local ride to the forum, call OIL at 426-6220.

DEVELOPMENTAL DISABILITIES AWARENESS DAY

The Oklahoma Developmental Disabilities Council is hosting an Awareness Day Rally. It will be held on March 25th, 2010 beginning at 10:30 am on the south steps of the State Capitol. OIL will not be taking a bus to this event however, we will be for the DRS Awareness Day in April.

PEOPLE WITH DISABILITIES AWARENESS DAY STARTS WITH YOU!

Please be part of "[The Winning Strategy](#)" for supporting critical disability programs threatened by state budget cuts! Join us at the State Capitol for the [People with Disabilities Awareness Day 2010](#) from 8:30 a.m. to 12:30 p.m. on Wednesday, April 7.

[The goal is to unite 500 participants with 75 percent visiting state senators and representatives or their staff.](#)

Because of the economic downturn, legislators will be forced to look for ways to save money and cut programs. People with disabilities and advocates must tell their story and explain the importance of Oklahoma disability programs.

Lunch will not be provided this year, but your enthusiasm and

willingness to bring friends is more important than ever! Find out everything you need to know about PWDAD when you pre-register now at www.okrehab.org/pwdad/, and remember: "Be seen! Wear Green!"

OIL will be taking a bus to this event, so call now to add your name to the list.

CENSUS 2010

The census is a count of everyone living in the United States and its territories. It is conducted every 10 years and is mandated by the U.S. Constitution. Your participation is required by law; however, you should be aware of the following information. You are asked to be cooperative, but cautious. Do not become a victim of fraud or identity theft.

If a U.S. Census worker knocks on your door, they will have a badge, a handheld device, a Census Bureau canvas bag, and a confidentiality notice. You may ask to see their identification before answering any questions. By law, the Census Bureau cannot share an individual's answers with anyone.

The 2010 Census questionnaire asks only a few simple questions of each person --- name, relationship, gender, age and date of birth, race and whether the respondent owns his or her home. DO NOT GIVE your Social Security number, credit card, or banking information to anyone, even if they claim they need it for the U.S. Census.

Census workers may contact you by telephone, mail, or in person at home. They will not contact you by Email. Be on the

lookout for Email scams and never click on a link, in any Email, claiming to be from the U.S. Census Bureau. Census data helps shape the future of your community and define your voice in Congress. It helps determine the location for schools, roads, hospitals, child-care and senior citizen centers, and more.

For more information about the 2010 Census, you may go to www.census.gov/census.

SPINAL CORD INJURED INDIVIDUALS AND ANTIBIOTICS

Does my body have good bacteria and bad bacteria? Bacteria are tiny, microscopic single-celled life forms that group together and form colonies. Different bacteria can live in various systems of the body. Those bacteria living in the urinary system can quickly multiply and lead to infection or disease. If an infection develops, individuals with spinal cord injury (SCI) will generally show systems (symptomatic) of a urinary tract infection (UTI) that include: fever; chills; nausea; headache; change in muscle spasms; and autonomic dysreflexia (AD).

Of course, antibiotics are the standard treatment for infections. You should always follow your doctor's advice on treatment of UTI's. On the other hand, many doctors do not know that individuals with SCI have special considerations when it comes to use of antibiotics and need to know four facts.

*As an individual with SCI, you are likely to have bacteria in your urinary system at any given time. The presence of bacteria is common because bacteria from the skin and

urethra are easily brought into the bladder with ICP, Foley, and Suprapubic methods of bladder management. Also, many individuals with SCI are not able to completely empty their bladder, leaving some bacteria in the urine remaining in the bladder.

*Whereas bacteria identified in a urine culture is usually cause for treatment by doctors, you do not necessarily need treatment for infection. Antibiotics are recommended for treatment of UTIs only if symptoms are present.

*When you show symptoms of illness, it is highly recommended that you call your doctor immediately. Then provide him/her with a urine sample before treatment. This is to first rule out any health problems. Second, your doctor can prescribe the most effective antibiotic to treat your specific infection (bacteria type). Finally, antibiotics should be taken exactly as prescribed and for sufficient duration to fully kill the bacteria.

* Use of antibiotics as a prevention method for UTI's should be avoided unless there is an overriding medical need to prevent infection. Although there are some circumstances, such as pregnancy, when prevention of infection is needed to avoid unwanted medical complications, antibiotic resistance is a major concern for individuals with SCI. Each time you take an antibiotic, the bacteria have an opportunity to change in some way that reduces or eliminates the effectiveness of that antibiotic to kill the bacteria in the future. So it becomes harder and harder to get an effective antibiotic when you actually get sick from a bacterial infection.

Whereas bacteria found in the urinary system can cause illness, there are also “good” bacteria found in your digestive system. These bacteria are actually beneficial for maintaining the natural balance of organisms(microflora) in the intestines. Maintaining this proper bacterial balance can help those with SCI in their bowel management.

Anytime you take antibiotics, you kill both good and bad bacteria. Therefore, probiotics are sometimes recommended by doctors during and after/or after a course of antibiotics to replenish and restore the numbers of beneficial bacteria lost to antibiotic use. Probiotics are dietary supplements containing potentially beneficial antibiotics.

MONEY MANAGEMENT CLASS

The OIL money management class will assist you with preparing monthly budgets and balancing bank statements. The class will be on March 9th at 1:30 p.m. Call for free local transportation.

OIL SOCIAL

The Social will be held on Thursday, March 11th at 5:30 p.m. We will gather at Hunan’s Chinese Restaurant, 618 S. George Nigh Expressway. Call for free local transportation.

ST. PATRICK’S DAY BREAKFAST

On Wednesday, March 17th at 8:00 a.m., OIL will meet for a St. Patrick’s Day breakfast. We will gather at What About Bob’s Restaurant, 610 North Main. The average meal cost is about \$6. Call for free local transportation.



MOVIE NIGHT AT OIL

We will meet on Tuesday, March 30th at 5:00 p.m. Bring your favorite DVD movie and we will take a vote as to which one to watch. OIL will provide the Popcorn!



SPECIAL OLYMPICS AREA GAMES

The Area Special Olympics Track & Field competition will be held at the Hook Eales Stadium in McAlester. The events will be at 9:00 a.m. on Thursday, March 25th. The OIL FreeSpirits will be participating in the games. There isn’t a charge to watch so please come out and support our athletes.



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 13th and 27th.

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 \$2 round trip in McAlester and \$4 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.

MARCH 2010 HAPPENINGS

DATE	TIME	GROUP/EVENT	LOCATION
1 st & 15 th	1:00	Mental Health Group	OIL
2 nd	5:00	Men's Group	Adelita's Mexican Restaurant
3 rd & 10 th	1:00	Nutrition & Cooking Class	OSU Extension Office
4 th & 18 th	7:00	Shopping	McAlester
8 th & 22 nd	1:00	Brain Injury Group	OIL
9 th	1:00	Money Management Class	OIL
11 th	5:30	OIL Social	Hunan's Chinese Restaurant
13 th & 27 th		Saturday Transportation	McAlester
17 th	8:00	St. Patrick's Day Breakfast	What About Bob's Restaurant
23 rd	11:30	Oklahoman's with Disabilities Public Forum	Pittsburg County Health Dept.
24 th	12:00	Women's Group (sack lunch)	OIL
25 th	9:00	Area Special Olympics Track & Field	Hook Eales Stadium
30 th	5:00	Movie Night	OIL

*Low Impact Exercise Class meets Mondays, Wednesdays & Fridays, 10:00 a.m., Stipe Center p.m., Main & Ok Church of Christ, 423-4743 *Alzheimer's Support Group, 3rd Wednesday, 12:00 p.m., The Van Buren House, 426-5600 *Diabetes Support Group, 1st Tuesday, 6:00 p.m., MRHC Wellness Center Conference Room, 421-8656 *For information on Men's, Women's, and Mixed, Grief Support Groups – call Hospice of McAlester at 423-3911 *The Lift Multiple Sclerosis Support Group meets the 2nd Wednesday of each month at the First Baptist Church at 7:00 p.m., 426-3232 *Bariatric Support Group, 2nd Tuesday, MRHC Wellness Center Conference Room, 5:30 p.m., 421-6600

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