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OIL Newsletter



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

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CHILDREN WITH DISABILITIES CHRISTMAS PARTY

The Party will be held on Saturday, December 3rd, 1:00 p.m., at the McAlester High School Cafeteria, One Buffalo Drive. The county schools sent home flyers with their students who have disabilities and IEP's (Individual Education Plans). Children 15 & under as well as their siblings will receive a gift from Santa. **Registration Deadline is Thursday, December 1st.** If a sign language interpreter is needed, please call ASAP. Families are encouraged to attend with their children. A traditional Christmas Dinner will be served and attendees are asked to bring a store-bought cake or pie. Free lift-equipped transportation is available to McAlester and Krebs residents.

HEATING ASSISTANCE GREATLY REDUCED FOR LOW-INCOME OKLAHOMANS

Oklahomans who depend on heating assistance through the Oklahoma Department of Human Services (OKDHS) federally-funded Low Income Home Energy Assistance Program (LIHEAP) will see a greatly reduced dollar amount this winter. As a result of the limited funds, an open application period which was to have taken place December 1st will NOT occur.

OKDHS officials say it is due to the lower amount provided in the federal budget reduced. DHS will only offer assistance to pre-approved households, or those who already receive benefits through other OKDHS programs and identified as most vulnerable. Additionally, the amount provided to households who are pre-authorized will be less than previous years.

DHS was faced with some very tough decisions this year. They could keep the same dollar amount paid to households in past years, and help less

people or reduce the dollar amount to each household and try to help as many Oklahomans as possible so they opted for that decision.

SOCIAL SECURITY BENEFIT INCREASE FOR 2012

Monthly Social Security and Supplemental Security Income (SSI) benefits for more than 60 million Americans will increase 3.6 percent in 2012. The cost-of-living adjustment (COLA) will begin with benefits that nearly 55 million Social Security beneficiaries receive in January 2012. Increased payments to more than 8 million SSI beneficiaries will begin on December 30, 2011. For some beneficiaries, their Social Security increase may be partially or completely offset by increases in Medicare premiums.

SOCIAL SECURITY EXPANDS COMPASSIONATE ALLOWANCES CONDITIONS

Social Security recently announced 13 new Compassionate Allowances conditions involving the immune

system and neurological disorders. The Compassionate Allowances program fast-tracks disability decisions to ensure that Americans with the most serious disabilities receive their benefit decisions within days instead of months or years.

Social Security quickly approved disability benefits for more than 60,000 people with severe disabilities in the past year with the Compassionate Allowances initiative.

The Social Security Compassionate Allowances list now has 113 diseases and conditions. The conditions include certain cancers, adult brain disorders, rare genetic disorders of children, early-onset Alzheimer's, idiopathic pulmonary fibrosis, and other disorders.

For more information on the Compassionate Allowances initiative, please visit www.socialsecurity.gov/compassionateallowances.

New Compassionate Allowances Conditions

Malignant Multiple Sclerosis
Paraneoplastic Pemphigus
Multicentric Castleman Disease
Pulmonary Kaposi Sarcoma
Primary Central Nervous System Lymphoma
Primary Effusion Lymphoma
Angelman Syndrome
Lewy Body Dementia
Lowe Syndrome
Corticobasal Degeneration
Multiple System Atrophy
Progressive Supranuclear Palsy
The ALS/Parkinsonism Dementia Complex

MEET THE OIL STAFF

KC Long is our newest employee. He had previously lived in Oregon before moving

to Oklahoma. He has lived in McAlester for almost four years. On his off time, KC enjoys working on cars and woodworking. He answers the phone and greets guests as they arrive at the office so if you have not met him yet, please come by and visit.

CHRISTMAS PARADE

OIL will be picking up and taking individuals to watch the parade. Floats will start moving at 7:00 p.m. on Thursday, December 1st. The theme this year is "Winter Wonderland".



MUSKOGEE MALL TRIPS

OIL will be taking two trips to Muskogee's Hobby Lobby and Arrowhead Mall. The dates will be December 2nd and 9th. The bus will leave at 8:30 a.m. for a day of shopping. The travel cost is \$5 per person and you should bring enough money to eat at Golden Corral.



McALESTER TOUR OF LIGHTS

OIL will be touring McAlester on Tuesday, December 13th to see the downtown Christmas lights as well as neighborhood lights. The bus will leave OIL at 5:30 p.m. with a \$2 fee per person.



SATURDAY TRANSPORTATION

OIL will take individuals anywhere needed in the McAlester area whether it is to visit friends/family or just to see an afternoon movie matinee. The cost is \$1 per stop. The dates are set for December 10th and 17th starting at 7:00 a.m.

THANKSGIVING DINNER

The OIL Thanksgiving Dinner was held at the First Baptist Church in McAlester. A delicious traditional meal was had. Church members graciously volunteered by serving the meal and OIL would like to thank them for the giving of their time and to the church for the use of their facilities.

BINGO FUNDRAISER DONATORS

A Special Place
Adam's True Value
Adelita's Mexican Restaurant
Advance Auto Parts
All Pawn
Amanda Pierce
American Beauty Institute
Angel's Diner
Angie's Dance
Army Recruiting
Ball's Barbeque
BeMac
Boomarang
Brangus Feed Lot
Brigg's Printing
Brit's Salon
Carla's Café
Cavender's Western Wear
Charlie's Chicken
Chili's
Cinema 69
Creative Images
Custom Screen Printers
D.J.'s Furniture
Dave's Fitness
David's Exhaust & Automotive
Discount Wheel & Tire
Domino's Pizza
Don's Auto Color
Drug Warehouse

Emmon's Photography
 Fat Boy's Pizza
 Fenton Nissan
 First National Bank
 Foster's Flowers
 Giacomo's
 H.L.'s Gun & Pawn
 HairArchy Salon
 Hair by Marion
 Hallmark/Something Special
 Happy Days Hotel
 Headhunter's
 Heavenly Delights
 Home Expressions
 Interior Resources
 Isle of Capri
 J.C. Penney
 Janelle's House of Beauty
 Jet Tire
 Jim's Tire & Brake
 John Wayne's Auto Clinic
 John's Flowers
 Jubilee Massage
 Judy Dean
 Kiamichi Veterinary
 Komar's
 LaCabana Mexican Restaurant
 Legend's Hair Salon
 Lovera's
 Lucille Dick
 Mann's Flower Shop
 Margaret's Hallmark
 Marilyn's Restaurant
 McAlester Radio
 McAlester Wellness Center
 McDonald's
 McElroy's Auto
 Mike Ward's Hearing Center
 Mill Creek Tile & Carpet
 NAPA Auto Parts
 Nix Auto
 OK Tire
 Paradise Donuts
 Patron's Mexican Rest.
 Pete's Place
 PetSense
 Pizza Hut
 Poodle Skirts Pet Grooming
 Pro-Kil
 Professional Hair Designers
 Red Horse Tire
 Relda Null
 Renegar's Veterinary
 Rib Crib
 Riddel's Skin Care

Roseann's
 Sanford & Sisters
 Sewell's Jewelry
 Signs by Jade
 Solis Health Food Store
 Sonic of McAlester
 Stage
 Studio One – Kimberly Ott
 T & B Automotive
 T.H. Roger Lumber Co.
 Teri's Red Barn
 The Medicine Shoppe
 The Red Door
 Town & Country Veterinary
 The Filling Station
 Utopia Gifts
 Tina Thompson of
 Van Buren House
 Yellow Gazebo

When purchasing items please consider going to these businesses and thank them for donating to OIL.

FUNDRAISERS

Thank you to all who helped with the fundraisers. Thank you to all of the area businesses that donated an item or service for win prizes bingo. A thank you also goes to the American Legion and Atwood's.



MERRY CHRISTMAS from the gang at OIL

Leanna Amos, Deanna Cheek, Trevor Dunbar, Martha Harper, Bobby Logsdon, KC Long, Pam Pulchny, Michelle Royce, Stephen Strickland, Lisa Timberlake, Mike Ward, Terry Yates

OIL CLOSED

OIL will be closed on Monday, December 26th and Tuesday, December 27th for Christmas and Monday, January 1st for New Year's.

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.






You can have the freedom that comes with living at home even though you have a long-term illness or disability. The Oklahoma Living Choice Project can help you move out of a nursing home and back into the community.

This project gives Oklahomans like you or your loved one more options to manage health care needs and adds more balance to the state's long-term care system.

If you live in a nursing home and qualify for SoonerCare, then Living Choice may be able to help you.

Contact any O.I.L. Case Manager for a referral to the Living Choice Project at (918) 426.6220v/tdd.

*Events are held at OIL unless otherwise noted						
DECEMBER EVENTS						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 <u>Shopping</u> 7 – 10:45 am <u>Christmas Parade</u> Downtown, 7 pm	2 <u>Mall Shopping</u> Muskogee, 8:30 	3 <u>Children's Christmas Party</u> McAlester High School, 1 pm
4	5 <u>Mental Health Grp.</u> 1 pm	6 <u>Men's Grp.</u> Boomarang, 5 pm	7	8	9 <u>Mall Shopping</u> Muskogee, 8:30 	10 <u>Saturday Transportation</u>
11	12 <u>TBI Grp.</u> 1pm	13 <u>Women's Grp.</u> Wall's, 1 pm <u>Tour of Lights</u> McAlester, 5:30	14	15 <u>Shopping</u> 7 – 10:45 am	16	17 <u>Saturday Transportation</u>
18	19 <u>Mental Health Grp.</u> 1 pm	20	21	22	23	24
25	26 OIL CLOSED Christmas	27 OIL CLOSED Christmas	28	29	30	31
<p>*Low Impact Exercise Class meets Mon., Wed., & Fri., 10:00 a.m., Stipe Center & OK Church of Christ, 423-4743 *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. Conf. Room, 5:30 p.m., 421-6600</p>						

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