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OIL Newsletter



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

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The greatest gifts you can give your children are the roots of responsibility and the wings of independence. **Denis Waitley**



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

SUMMER COOL ZONE CENTERS

There are a number of "cooling centers" statewide to get relief from record Oklahoma heat. Contact your local Area Agency for Aging for more information about places you can go to get out of the hot weather. Call 1 800-211-2116 and you will be connected to the Area Aging Agency in your part of the state. Ask for more information on local "cool zones."

SUMMER COOLING ASSISTANCE SOON AVAILABLE

Beginning Monday, July 11th a limited amount of summer cooling assistance funds will be made available across the state through the federal Low-Income

Home Energy Assistance Program (Liheap). OKDHS will begin taking applications on Monday, July 11 and will continue until all funds are depleted. Contact your local Oklahoma Department of Human Services for more information.

ADA CELEBRATION

On July 26th, 1990, President George Bush, signed a civil rights law for people with disabilities known as the Americans with Disabilities Act (ADA).

OIL will be celebrating the ADA on the 26th at 2:00 p.m. Come to the office and join us for cake and punch. If you have any questions or need information regarding the ADA and their guidelines, feel free to call us anytime.
Happy Anniversary ADA!



ADA INFORMATION LINE

The U.S. Department of Justice provides information about the Americans with Disabilities Act (ADA) through a toll-free ADA

Information Line. This service permits businesses, State and local governments, or others to call and ask questions about general or specific ADA requirements including questions about the ADA Standards for Accessible Design.

For general ADA information, answers to specific technical questions, free ADA materials, or information about filing a complaint, call:
800 - 514 - 0301 (voice)
800 - 514 - 0383 (TTY)

SOCIAL SECURITY ADMINISTRATION'S ELECTRONIC PAYMENTS

As of May 1, 2011, individuals applying for federal benefits must choose an electronic payment option, either to a bank or credit union account or a Direct Express card account. Those currently receiving checks must switch to electronic payments by March 1, 2013. These changes apply to federal benefits payments from the Social Security Administration (SSA), the U.S. Department of Veterans Affairs, the U.S. Railroad Retirement Board, the U.S. Office of Personnel Management and the U.S. Department of Labor,

concerning Black Lung benefits. SSA announced this change through its “[No Check, Go Direct](#)” public service announcement.

BEFORE YOU MOVE...

Medicaid benefits vary from state to state. For people moving to Oklahoma or for people leaving Oklahoma, there is a way to compare the Medicaid programs. Posted on the website for the Kaiser Family Foundation, you will see a map of the United States. Click on the state you are interested in and pull up information about the Medicaid program in that state.

<http://medicaidbenefits.kff.org/index.jsp?CFID=4127797>

OASIS PARENT CONTACT SYSTEM

Many parents of children with special needs experience feelings of isolations and need to know they are not alone in their feelings. Although family and friends may be able to provide emotional support, for many parents the best support can only be provided by another parent. The OASIS Parent Contact System helps to provide this support by linking parents of children with similar conditions or disabilities. Parents who participate in the Parent Contact System volunteer to be listed on the OASIS database and agree to have their names and phone numbers given to other parents who call us and express the need to talk to another parent. Parents are matched by the child's condition.

GUIDELINES FOR PARTICIPATION AS PARENT CONTACT

*All parent participation is on a volunteer basis and may be discontinued at any time on request.

*The volunteer parent must complete and sign the OASIS Parent Contact Information form.

*The Parent Contact volunteer has the responsibility to lend emotional support to a parent who contacts them, if they are able

*The volunteer parent should not attempt to provide professional medical advice or counseling

*The volunteer parent may at any time request the assistance of the OASIS staff for information and referral to professional service providers for themselves or parents who contact them.

To become a Parent Contact Volunteer, call OASIS at 1-800-426-2747 and request a Parent Contact Information form

To find a Parent Contact: Call OASIS at 800-426-2747

SIBLINGS OF INDIVIDUALS WITH DISABILITIES **What are Sibshops?**

Having to put up with a brother or sister can be one of the most frustrating and annoying aspects of childhood. It can also lead to one of the most rewarding and influential relationships of our entire lives. Does that change if your brother or sister has a disability?

Sibshops are opportunities for brothers and sisters of children with disabilities and special health care needs to obtain peer support and education within a recreational context. The workshops are lively, pedal-to-the-metal celebrations of the many contributions made by brothers and sisters. Sibshops acknowledge that being the brother or sister of a person with special needs is for some, a good thing, for others a not-so-good thing, and for many, somewhere in between.

The Goals of Oklahoma Sibshops

Goal 1: Sibshops will provide brothers and sisters of children with special needs an opportunity to meet other siblings in a relaxed, recreational setting.

Goal 2: Sibshops will provide brothers and sisters with opportunities to discuss common joys and concerns with other siblings of children with special needs.

Goal 3: Sibshops will provide siblings with an opportunity to learn how others handle situations commonly experienced by siblings of children with special needs.

Goal 4: Sibshops will provide siblings with an opportunity to learn more about the

implications of their sibling's special needs.

Goal 5: Sibshops will provide parents and other professionals with opportunities to learn more about the concerns and opportunities frequently experienced by brothers and sisters of people with special needs.

Other communities: The Oklahoma Developmental Disability Council has approved funding for a Sibshop initiative. The goal is to start meetings in five communities across the state in the next year. If you are a parent, special education teacher, counselor, etc and would like to see a Sibshop started in McAlester, call OIL.

SPINAL CORD INJURY SITE

A man who sustained a spinal cord injury in 2001 has created a website to help others work through the many questions a person who is newly injured has. One of those questions are; "How do I make my home more accessible?" Another frequent question is about laws that protect people with disabilities. Google HowToAdapt.com to see how one man has answered these questions. Before you use any of the information on this website, talk with your doctor or other professional to assure this information is applicable to your particular circumstance.

OIL SOCIAL

The social will be on Thursday, July 14th, 5:30 p.m. at Boomarang Diner, 201 S. Main.

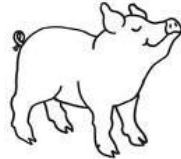
BI-POLAR SUPPORT GROUP FORMING

There is a new group starting for individuals who are Bi-Polar.

The meeting will be on Tuesday, July 12th, 5:30 p.m. at OIL.

WHOLE HAWG DAY FESTIVAL

On Friday, July 29th, OIL will be going to this event in Eufaula and to the area rodeo. The transportation cost is \$2.50. Call for a spot on the bus.



EQUIPMENT NEEDED

If you have a wheelchair, bath bench, or walker with a seat in good condition that you are no longer utilizing, please call OIL. These items are among the most needed by individuals with mobility concerns and your donation would certainly be appreciated. A donation letter can be given for tax purposes.



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 2nd and 16th.

*Happy
Independence Day
America!*



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

JULY EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2 <u>Saturday Transportation</u>
3	4 OIL CLOSED 	5 <u>Men's Grp.</u> 5 pm Mazzio's	6	7 <u>Shopping</u> 7 – 10:45 am	8	9
10	11 <u>TBI Grp.</u> 1pm	12 <u>Bi-Polar Grp.</u> 5:30 pm	13	14 <u>OIL Social</u> 5:30 pm Boomarang Diner	15	16 <u>Saturday Transportation</u>
17	18 <u>Mental Health Grp.</u> 1 pm	19 <u>Women's Grp.</u> 11 am	20	21 <u>Shopping</u> 7 – 10:45 am	22	23
24	25 <u>TBI Grp.</u> 1pm	26 <u>A.D.A Celebration</u> 2:00 pm	27	28	29 <u>Whole Hawg Day</u> Eufaula	30

***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. Con. Room, 5:30 p.m., 421-6600

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