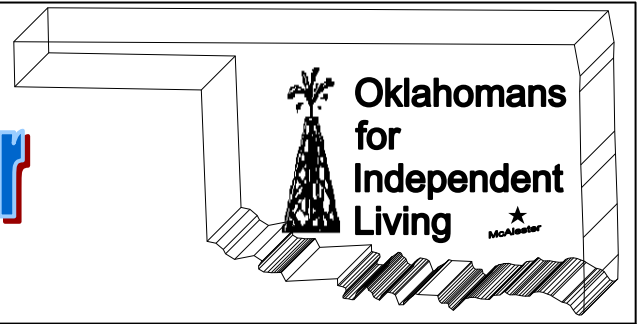


June  
2011

Vol. 24  
No. 6

# OIL Newsletter



A monthly publication of THE OKLAHOMANS for INDEPENDENT LIVING

601 East Carl Albert Parkway, McAlester, OK 74501, (918) 426-6220 or (800) 568-6821, Fax (918) 426-3245  
(918) 426-6263 V/TDD, OIL Web Page URL ([www.oilok.org](http://www.oilok.org)), [www.facebook.com](http://www.facebook.com))

**Fathers young, fathers old  
Remembering good times are  
our gold.**

**Value earned through  
guidance given  
Helping us go forth in living'.**

**Each father adding to our  
trove  
A treasure chest of love  
untold.**

**Remembering father in our  
lives  
Taking time to realize.**

**Fatherly love brings wealth to  
living  
Remembering this we go forth  
in giving.**

**Fathers young, fathers old  
We remember you all  
As life unfolds.**

**HAPPY FATHER'S DAY!**



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)

## **BI-POLAR SUPPORT GROUP FORMING**

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

The organizational meeting will be on Tuesday, June 21<sup>st</sup>, 6:00 p.m. at OIL.

## **ABLETECH DEVICE DEMO AND SHORT TERM LOAN PROGRAM**

Oklahoma ABLE Tech, in partnership with [seven locations listed below](#), operates an assistive technology (AT) device demonstration and short term loan program to increase accessibility and utilization of AT. The program is available to Oklahoma residents with disabilities, their family members, and the professionals that support them. Experienced AT providers are available to discuss personal needs and options

- Explore and try before you buy
- Short-term loan of AT equipment and devices

The equipment inventory offers a wide range of AT, including devices and equipment for: communication, computer access, hearing, vision, daily living, environmental adaptations, learning and

development, health, safety and recreation. ABLE Tech staff also provides guidance on funding resources for AT equipment. The agencies are; AIM at ABLE Tech, Hearing Loss Association of Oklahoma City, Mary K. Chapman Center for Communicative Disorders, New View Oklahoma, Oklahoma Department of Career and Technology Education, The Visual Services Center, Total Source for Hearing-loss and Access (TSHA), and Developmental Disabilities Services Division (DDSD)

For more information call ABLE Tech at;  
Oklahoma State University  
Seretean Wellness Center  
1514 W. Hall of Fame  
Stillwater, OK 74078  
Local: (405) 744-9748  
Toll Free: (888) 885-5588  
Fax: (405) 744-2487

## **POPULAR BRAND NAME MEDICATIONS SOON TO COME IN GENERIC FORM**

Some major brand-name medications taken by millions of Americans may have generics available beginning in the rest of 2011 and 2012. Concerta, which is used for ADHD in teens will have a cheaper

generic. Zyprexa used to treat schizophrenia and bipolar disorder will also soon have competition from a generic. A major drug used to treat high cholesterol, Lipitor, will compete with a cheaper generic. The same goes for Tricor which treats cholesterol and triglycerides, Singulair for asthma/allergies, Actos for diabetes, and Diovan HCT which is used to treat hypertension. Other medications will soon have a cheaper alternative as well.

### **DISABILITY UPDATE**

Here is an update on some disability legislation;

#### **Long term care**

HB-1554 (Kern; Anderson) Enacting the Oklahoma Options for Long-Term Care Counseling Act. The bill provides legislative backing for a DHS Aging Services Division program that partners aging agencies and centers for independent living in provision of options counseling to help seniors and persons with disabilities find long-term care options that best meet their needs. **Signed by Governor**

### **VA NATIONAL RESOURCE DIRECTORY**

Do you know about the [National Resource Directory](http://www.nationalresourcedirectory.gov/) (NRD)? The NRD connects Wounded Warriors, Service Members, Veterans, family members and caregivers with services and resources at the national, state, and local levels that support recovery, rehabilitation and community reintegration. The site offers a number of ways to stay connected, receive valuable information and find resources.

<http://www.nationalresourcedirectory.gov/> or call

1 800 827-1000

### **Useful Hotline Numbers**

- [Veterans Crisis Line](#)  
1 800 273-TALK (8255)
- [National Call Center for Homeless Veterans](#)  
1 877 4AIDVET (424-3838)
- [VA Caregiver Support Line](#)  
1 855 260-3274
- Wounded Warrior Resource Center 1 800 342-9647

### **MOVING TO A NEW LOCATION?**

Moving to a new location can sure disrupt your life! For any family this can be a time of chaos. There is the adventure of newness but also a maddening confusion. Everything and everyone is certainly somewhere, but where? You have to make new friends, meet new neighbors, and establish new systems of support and help.

For a family with a child who has special needs, the confusion can be particularly stressful. To avoid some of the less desirable "adventures," it may be a good idea to map out your strategy before you move. This is especially important regarding school and your child's special education needs. Presented on the following website are some questions you might ask yourself, preferably well in advance of your move. The answers given contain suggestions for helping your family make a smooth change from your child's present special education placement to the new one. Go to <http://nichcy.org/families-community/moving>



### **OIL PICNIC**

Due to Camp PLEA, the picnic will be on Thursday, June 23<sup>rd</sup>, Chadick Park, at 6:00 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. If you plan to attend, please call Leanna so that I can coordinate the food.

### **WATER PARK TRIP**

On Friday, June 24<sup>th</sup>, we will be going to the River Country Family Water Park in Muskogee. The bus will leave OIL around 9:00 a.m. with the transportation cost being \$5. Please bring enough money for your lunch at a restaurant or for the food concession at the Water Park. The entrance costs are; Adults \$6, Children aged 3-15 yrs., \$5, and 2 yrs. & under are free.



### **MEN'S GROUP**

Due to Camp PLEA, there will not be a men's group in June.

### **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 11<sup>th</sup> and 25<sup>th</sup>.

**OIL SCHEDULE OF  
EVENTS**

This is a **tentative** schedule only. The dates may change so be sure to check each monthly newsletter for any updates.

**July**

- 2<sup>nd</sup> Saturday Shopping
- 4<sup>th</sup> OIL CLOSED
- 5<sup>th</sup> Men's Group – Mazzio's
- 7<sup>th</sup> Shopping
- 11<sup>th</sup> Brain Injury Support Group
- 14<sup>th</sup> OIL Social – Boomerang
- 16<sup>th</sup> Saturday Shopping
- 18<sup>th</sup> Mental Health Group
- 19<sup>th</sup> Women's Group
- 19<sup>th</sup> Bi-Polar Group
- 25<sup>th</sup> Brain Injury Support Group
- 29<sup>th</sup> Whole Hawg Day – Eufaula

**August**

- 1<sup>st</sup> Mental Health Group
- 2<sup>nd</sup> Women's Luncheon  
Gator's Wharf – Eufaula
- 3<sup>rd</sup> ADA and OIL  
& Anniversary Celebration
- 4<sup>th</sup> The Celebration continues...
- 5<sup>th</sup> Shopping
- 8<sup>th</sup> Brain Injury Support Group
- 9<sup>th</sup> Men's Group – Adelita's
- 12<sup>th</sup> Water Park – Muskogee
- 13<sup>th</sup> Saturday Shopping
- 15<sup>th</sup> Mental Health Group
- 16<sup>th</sup> Bi-Polar Group
- 18<sup>th</sup> Shopping
- 22<sup>nd</sup> Brain Injury Support Group
- 23<sup>rd</sup> Movie Night at OIL
- 27<sup>th</sup> Saturday Shopping

**September**

- TBA Shrine Circus
- 1<sup>st</sup> Shopping
- 5<sup>th</sup> OIL CLOSED
- 8<sup>th</sup> OIL Picnic
- 10<sup>th</sup> Saturday Shopping
- 10<sup>th</sup> Pittsburg County Free Fair
- 12<sup>th</sup> Brain Injury Group
- 13<sup>th</sup> Men's Group – Rib Crib
- 15<sup>th</sup> Shopping
- 19<sup>th</sup> Mental Health Group

- 20<sup>th</sup> Women's Group
- 20<sup>th</sup> Bi-Polar Group
- 24<sup>th</sup> Saturday Shopping
- 26<sup>th</sup> Brain Injury Support Group
- 27<sup>th</sup> Game Day at the Park

**October**

- 1<sup>st</sup> Saturday Shopping
- 3<sup>rd</sup> Mental Health Group
- 6<sup>th</sup> Shopping
- 6<sup>th</sup> OIL Picnic
- 10<sup>th</sup> Brain Injury Support Group
- 11<sup>th</sup> Men's Group at  
East Gourmet
- 15<sup>th</sup> Saturday Shopping
- 17<sup>th</sup> Mental Health Group
- 18<sup>th</sup> Women's Group
- 18<sup>th</sup> Bi-Polar Group
- 20<sup>th</sup> Shopping
- 21<sup>st</sup> Wilburton Fall Festival
- 24<sup>th</sup> Brain Injury Support Group
- 28<sup>th</sup> Halloween Dance

**November**

- TBA Thanksgiving Dinner
- 3<sup>rd</sup> Shopping
- 3<sup>rd</sup> Bingo Fundraiser
- 7<sup>th</sup> Mental Health Group
- 8<sup>th</sup> Men's Group – Western S.
- 11<sup>th</sup> OIL CLOSED
- 12<sup>th</sup> Saturday Shopping
- 14<sup>th</sup> Brain Injury Support Group
- 15<sup>th</sup> Women's Group
- 15<sup>th</sup> Bi-Polar Group
- 17<sup>th</sup> Shopping
- 21<sup>st</sup> Mental Health Group
- 26<sup>th</sup> Saturday Shopping
- 28<sup>th</sup> Brain Injury Support Group
- 24<sup>th</sup> OIL CLOSED
- 25<sup>th</sup> OIL CLOSED
- 29<sup>th</sup> Movie Night at OIL

**December**

- TBA Christmas Parade
- 1<sup>st</sup> Shopping
- 2<sup>nd</sup> Muskogee Arrowhead Mall
- 3<sup>rd</sup> Children with Disabilities  
Christmas Party
- 5<sup>th</sup> Mental Health Group
- 9<sup>th</sup> Muskogee Arrowhead Mall
- 10<sup>th</sup> Saturday Shopping
- 12<sup>th</sup> Brain Injury Support Group
- 6<sup>th</sup> Men's Group - Boomerang
- 13<sup>th</sup> Women's Group
- 13<sup>th</sup> McAlester Tour of Lights
- 15<sup>th</sup> Shopping
- 17<sup>th</sup> Saturday Shopping
- 19<sup>th</sup> Mental Health Group
- 20<sup>th</sup> McAlester Tour of Lights
- 26<sup>th</sup> OIL CLOSED
- 27<sup>th</sup> OIL CLOSED

**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

**JUNE EVENTS**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 <u>Shopping</u> 7 – 10:45 am	3	4
5	6 <u>Mental Health Group</u> 1pm	7 <u>Children’s Camp PLEA</u>	8 <u>Children’s Camp PLEA</u>	9 <u>Children’s Camp PLEA</u>	10	11 <u>Saturday Transportation</u>
12	13 <u>TBI Group</u> 1pm	14 <u>Adult Camp PLEA</u>	15 <u>Adult Camp PLEA</u>	16 <u>Adult Camp PLEA</u>	17	18
19	20 <u>Mental Health Group</u> 1 pm	21 <u>Women’s Gp.</u> 11 am <u>Bi-Polar Gp.</u> 6:00 pm	22	23 <u>Shopping</u> 7 – 10:45 am <u>OIL Social</u> 5:30 pm Chadick Park	24 <u>Muskogee Water Park</u> 9:00 am	25 <u>Saturday Transportation</u>
26	27 <u>TBI Group</u> 1pm	28	29	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**, 3<sup>rd</sup> Wed., 12:00 p.m., Main & OK Church of Christ, 423-4743 \***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**  
 601 East Carl Albert Parkway  
 McAlester, OK 74501  
 918-426-6220 Main  
 800-568-6821 Toll Free  
 918-426-3245 Fax  
 918-426-6220 V/TTY  
[www.oilok.org](http://www.oilok.org)  
[oilnewsletter@oilok.org](mailto:oilnewsletter@oilok.org)  


Non-Profit Org.  
 U.S. Postage  
 PAID  
 Permit No. 290

Return Service Requested



**All donations to OIL are tax deductible.**

The contents of this newsletter were developed under a grant from the Department of Education. However, these contents do not necessarily represent the policy of the Department of Education and you should not assume endorsement by the Federal Government.

