



# FOR YOUR INFORMATION

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**November 2010**

A monthly publication of THE OKLAHOMANS for INDEPENDENT LIVING

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### “WIN PRIZES” BINGO

We are still raising money for our Pittsburg County Children with Disabilities Christmas Party. The Bingo will be held on Thursday, **November 4th**, 6:30 p.m., at the American Legion Post 79, 400 South Second Street, in McAlester.

The cost to play all regular games is \$10.00 for two cards. The bonus game will cost an additional \$7 for two cards for a chance to win a \$200 Wal-Mart card.

There will also be raffle tickets for Cakes and a 50/50 Money Pot. OIL is collecting food for Holiday Baskets so if you bring 3 canned food items you will receive a free ticket for the Cake Raffle. A concession stand will be available for your convenience. So let's play BINGO!

**Please help us spread the word by inviting your friends, family, and everyone you see!**



### OIL FUNDRAISER SIGNED HEISMAN TROPHY WINNERS FOOTBALL

OIL is still raffling off the football. We got Sam Bradford's signature this year so on this ball we have four OU previous winner signatures. The signatures are of Steve Owens 1969, Billy Simms 1978, Jason White 2003, and Sam Bradford 2008. It will be encased and ready to be added to your memorabilia collection or would be a great gift. Tickets are \$1 each or 6 for \$5.



### FUNDRAISER QUILT DRAWING

OIL is also having a quilt raffle fundraiser. Tickets are also \$1 each or 6 for \$5.

**We need help in distributing tickets so if you can assist with either, call and we will bring you a ticket package.**

### THANKSGIVING DINNER

The Thanksgiving Dinner will be held on Thursday, November 18<sup>th</sup>, 6:00 p.m., at the First Baptist Church, 100 East Washington, in McAlester. A traditional meal consisting of ham, turkey, and all the trimmings will be served. Those attending are asked to bring a store-bought dessert. Free lift-equipped transportation is available to McAlester and Krebs residents.



### CHILDREN WITH DISABILITIES CHRISTMAS PARTY

The Party will be held on Saturday, December 4<sup>th</sup>, 1:00 p.m., at the McAlester High School Cafeteria, One Buffalo Drive. The county schools will send 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 Wednesday, **December 1<sup>st</sup>**. 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 you

are asked to bring a *store-bought cake or pie*. Free lift-equipped transportation is available to McAlester and Krebs residents.

## **NO SOCIAL SECURITY COST OF LIVING INCREASE FOR SECOND YEAR IN A ROW**

Unfortunately, with consumer prices still down, monthly Social Security and Supplemental Security Income benefits for more than 57 million Americans will not automatically increase in 2011. Last year was the first year without an automatic Cost-of-Living Adjustment (COLA) since they went into effect in 1975.

## **AUTISM SPECTRUM DISORDERS STATE CONFERENCE**

Families, agencies, and professionals continue to work to improve the lives of those with autism spectrum disorders. The 2<sup>nd</sup> annual Oklahoma Statewide Autism Conference will be held November 19-20, 2010 at the Embassy Suites Hotel and Conference Center in Norman. Conference presentations include professionals on medical and health, education and social skills, and family support and advocacy. Call Leanna at OIL for a registration form or register online at [www.regonline.com/oklahoma\\_statewide\\_autism\\_conference\\_2010](http://www.regonline.com/oklahoma_statewide_autism_conference_2010)

## **YOUTH WITH DISABILITIES TRANSITIONING TO ADULTHOOD**

The Office of Disability Employment Policy has Making the Move to Managing Your Own Personal Assistance

Services (PAS): A Toolkit for Youth Transitioning to Adulthood. It is a guide designed to help transition-age youth with significant disabilities as well as their family and friends navigate the complex world of PAS. For more information or to download a Word or PDF version of the toolkit, please visit [www.ncwd-youth.info/PAS-Toolkit](http://www.ncwd-youth.info/PAS-Toolkit).

## **NEW NATIONAL RESOURCE DIRECTORY FOR VETERANS**

The wounded, ill, and injured service members, veterans and those who support them, now have access to a state widget. It allows individuals see resources tailored by state and subject area on their own websites, blogs or Facebook fan pages. It can be personalized by color scheme and size, and can display resources by either popularity or by newest additions to the site. It is easy and maintenance free as it automatically updates when new information is added to the NRD. It provides Service Members, Veterans and their families with access to thousands of resources to support recovery, rehabilitation and community reintegration. Visit [www.nationalresourcedirectory.gov](http://www.nationalresourcedirectory.gov).

## **FIRE HAZARD CHECKLIST**

OIL has lost consumers due to fires so it is important to remind everyone to put the following precautions in place now that winter is approaching.

### **1. Living Room**

- Open the flue or damper before starting a fire in your fireplace, every time.

- Keep all flammables at least three feet from the fireplace.
- Place a sturdy screen in front of the fireplace.
- Have your chimney cleaned and inspected by a professional at least once a year.
- Keep candles and lamps at least one foot away from curtains.
- Have an electrician inspect and tighten any loose electrical connections at least once a year.
- Use safety caps to cover all unused outlets.
- Use large, deep ashtrays and never leave a burning cigarette unattended.

### **2. Bedroom**

- Never use candles in your bedroom.
- Keep all lamps free of flammable materials.
- Don't run electrical cords under rugs.
- Replace and repair loose or frayed electrical cords.
- Don't allow permanent use of extension cords.
- Don't staple or nail electrical cords.
- Never smoke in bed.
- Never leave heavy objects on an electric blanket when in use.
- Install a carbon monoxide alarm near bedrooms.

### **3. Bathroom**

- Don't overload outlets with cords from too many appliances. Plug them in one at a time.
- If an outlet or switch feels unusually warm, stop using it and call an electrician.
- Never set hot appliances on flammable materials.
- Unplug all appliances when done using them.
- Make sure cords from appliances are not getting pinched in drawers.
- Keep towels and other flammables at least three feet away from space heaters.

#### 4. Hallway

- Install ceiling-mounted smoke alarms that are at least four inches away from the walls on every level of your home.
- Ensure alarms are UL listed.
- Wall-mounted smoke alarms should be installed four to 12 inches away from the ceiling.
- Don't install smoke alarms near windows, doors or ducts.
- Test the alarms each month.
- Vacuum your smoke alarms every six months.
- Change your smoke alarm batteries at least once a year. Make sure batteries are always in smoke alarms.

#### 5. Kitchen

- If you have a fire extinguisher, be sure you are properly trained to use it.
- Make sure the extinguisher is for multipurpose use.
- Keep the fire extinguisher in a place where it is easy to access.
- Never leave anything on the stove unattended.
- Keep the cooking area clear of items that can burn.
- Maintain a three foot kid-free and pet-free zone around the stove.
- Avoid wearing loose-fitting clothing while you are cooking.

#### 6. Basement

- Have your heating system serviced once a year before cold weather begins.
- When buying a new unit, have a qualified technician install it or check that it was installed properly.
- Choose a heating device with an automatic shutoff feature.
- Make sure your clothes dryer is installed and serviced by a professional.
- Have a gas-powered dryer inspected by a professional at least once a year to check gas lines for damage and proper connection, and to ensure all piping is free of leaks.

- Keep areas around heating sources clear of debris and insulated from the heating source.
- Be sure to clean the lint tray in your dryer before each use and check around the drum for any accumulated lint.
- Have a professional clean the inside of your dryer every one to three years.
- Do not store clothing or other combustibles any closer than one foot from the dryer.
- Do not leave your dryer running when you leave home.

#### 7. Outdoors

- Keep your grill at least three feet away from your home.
- If you live in a place where it snows, remember to keep all exhaust vents from your home clear and shovel out hydrants near your home.
- Develop and practice a home evacuation plan.
- Make sure every family member knows two ways out of each room in your home.
- Practice escaping, staying low to the ground and not opening doors that are hot to the touch.
- Assign a family member to assist anyone with a mobility issue.
- Choose a place outside your home for all family members to meet. Get out of the home first and then call the fire department from a neighbor's phone. Make sure everyone knows not to return inside the home.

### **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 November 13<sup>th</sup> & 20<sup>th</sup>.

### **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.**

## NOVEMBER 2010 HAPPENINGS

DATE	TIME	GROUP/EVENT	LOCATION
1 <sup>st</sup> & 15 <sup>th</sup>	1:00am	Mental Health Group	OIL
4 <sup>th</sup> & 18 <sup>th</sup>	7:00am	Shopping	McAlester
4 <sup>th</sup>	6:30pm	<b>FUNDRAISER BINGO</b>	American Legion
8 <sup>th</sup> & 22 <sup>nd</sup>	1:00pm	Brain Injury Group	OIL
9 <sup>th</sup>	9:30am	HIV/AIDS Group	OIL
9 <sup>th</sup>	5:30pm	Movie Night	OIL
13 <sup>th</sup> & 20 <sup>th</sup>		Saturday Shopping	McAlester
16 <sup>th</sup>	5:30pm	Men's Group	To be Announced
16 <sup>th</sup>	6:30pm	Multiple Sclerosis Group	OIL
17 <sup>th</sup>	12:00pm	Women's Group (Sack Lunch)	OIL
18 <sup>th</sup>	6:00pm	Thanksgiving Dinner	First Baptist Church
11 <sup>th</sup> , 25 <sup>th</sup> , & 26 <sup>th</sup>		<b><u>OIL HOLIDAY CLOSURES</u></b>	
29 <sup>th</sup>	7:00pm	Halloween Dance	Stipe Center

\*Low Impact Exercise Class meets Mondays, Wednesdays & Fridays, 10:00 a.m., Stipe Center \*Alzheimer's Support Group, 3<sup>rd</sup> Wednesday, 12:00 p.m., Main & OK Church of Christ, 423-4743 \*Cancer Support Group, 3<sup>rd</sup> Thursday, 1:00 p.m., The Van Buren House, 426-5600 \*Diabetes Support Group, 1<sup>st</sup> Tuesday, 6:00 p.m., MRHC Wellness Center Conference Room, 421-8656 \*For information on Men's and Women's Grief Support Groups – call Hospice of McAlester at 423-3911 \* Bariatric Support Group, 2<sup>nd</sup> Tuesday, MRHC Wellness Center Conference Room, 5:30 p.m., 421-6600

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