



FOR YOUR INFORMATION

April 2010

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One thing you can give
and still keep....is your
word.



FORMER OIL EMPLOYEE PASSES

Kristin Reed passed away on March 2. She worked at OIL for approximately 6 years. She grew up in McAlester and was well known in the community. She made an impact at OIL and she will be missed.

WHAT THE 2010 HEALTH CARE REFORM LAW MEANS TO YOU

The health-care overhaul will change the way millions of Americans get health insurance and will require nearly everyone to have health insurance or face penalties. This is how it is proposed to work.

Beginning in 2014, you will receive tax credits to help afford insurance premiums as well as assistance with deductibles and co-pays. According to your income and family size, the tax credits will ensure you do not spend more than a certain

amount on premiums. Your maximum out-of-pocket costs for deductibles and co-payments would be capped at a percentage of the total cost. You will be required to have health insurance and if you don't, you will pay a tax penalty of a certain amount per year up to a maximum of three times that amount per family or a percentage of your household income.

You can find out by going to; www.washingtonpost.com/wp-srv/special/politics/what-health-bill-means-for-you

This tool looks at what it could mean for you by asking five simple questions.

- *Do you have health insurance and if so, what type?
- *How old are you?
- *How many people are in your household?
- *What is your annual adjusted gross household income?
- *What is your marital status?

It's easy, so if you are interested in what is upcoming, check it out.

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.

OKLAHOMA TRANSITION PROJECT

The Oklahoma Living Choice Project assists individuals in transitioning from a nursing facility back to their community. The project gives Oklahomans more options for managing their health care needs and adding more balance to the state's

long-term care system. The Oklahoma Health Care Authority received the funding from the Centers for Medicare & Medicaid Services (CMS) under the Money Follows the Person Rebalancing Demonstration.

To qualify for the Living Choice Project:

- You must be at least 19 years of age
- You must qualify for SoonerCare (Oklahoma's Medicaid program) for at least one month prior to transition
- You must have lived in an institutional setting (nursing home or other care facility) for six months in a row prior to transition
- You must voluntarily want to transition back into the community
- Be willing to play an active role in your plan of care

Project funds are used to assist individuals in establishing home services such as housing and utility deposits, furnishings, household supplies, environmental modifications, personal care services, and a variety of other services that assist one to live independently in their own home.

If you or a family member are interested in transitioning from a nursing home or other institution back into the community, call Kathy or Stephen at OIL.

CANCER SUPPORT SERVICES

Cancer Support Services (CSS) differs greatly from other cancer groups in that its number one

priority is funding patient aid rather than research. CSS raises much needed funds to provide urgent items such as: Boost (liquid dietary supplement), Adult Diapers, Bed Pads, Cold and Pain Medications, Box Fans, Lotions, Dressings, Personal Hygiene kits, and Household Care products.

CSS funds the acquisition of merchandise for distribution to individual cancer patients, hospices and other non-profit health care providers. They also fund outreach programs, which benefit the ill, needy, and infants by donating goods or cash grants to charities that serve the beneficiaries directly. CSS is a supporting organization of Cancer Funds of America.

Should someone in your home suffer from cancer and require help, please write or call the National Patient Services Correspondent below for further information regarding assistance:

Cancer Support Services
23400 Michigan Avenue
Suite P12
Dearborn, MI 48124
1 888-578-5284

CENSUS 2010

Beginning in March, census forms were mailed or delivered to homes. If you didn't send back the form, you may receive a visit from a census taker. If a census taker does visit you, here's what you should do:

*First ask to see their ID. All census workers carry official government badges marked with just their name; they may also have a "U.S. Census Bureau bag

*Note that a census worker will never ask to enter your home

*If you are still not certain about their identity, please call the Regional Census Centers to confirm they are employed by the Census Bureau

*Answer the census form questions for your entire household (you must be at least 15 years old to answer questions) so that the census taker can record the results for submission to the Census Bureau.

Census takers visit local homes several times to capture resident information for the 2010 Census. If you prefer, you can schedule a visit with a census taker. Should they come when you are away from your home, they will leave a contact number. If a census taker has not visited your home or you have a question about your participation with the census, call the number for Oklahoma at 1 816 994-2000.

AZALEA FESTIVAL

We will be going to the festival on Friday, April 9th and April 16th. We will see the blooming azaleas and then go to lunch at Golden Coral. On the way back, we will stop for a little bit of shopping. The transportation cost is \$5 round trip with the bus leaving McAlester around 8:30 a.m.



OIL SOCIAL

The Social will be held at the Camp PLEA fundraiser spaghetti dinner. It will be on Saturday, April 17th, at the Choctaw Community Center, 1636 S. George Nigh Expressway. The McAlester

Masonic Lodge #550 is sponsoring the event and is asking those that can, to bring a cake or pie for the auction.

The cost is \$5 a plate and the OIL bus plans to arrive there at 5:30. Call for a seat on the bus.



NEW SUPPORT GROUP FORMING

On Tuesday April, 20th at 1:00 p.m. there will be a formation meeting for an HIV/AIDS support group. It is open to individuals with HIV/AIDS, their family and or friends. Please come and share what you would like to get from the group. You can find the group on Facebook at McAlester HIV/AIDS Support Group. Free, local, lift-equipped transportation is available. Contact OIL for more information.



KEDDO SENIOR DAY AND WELLNESS FAIR

The event will be held at the Southeast Exposition Center on Friday, April 23rd from 9:00 a.m. thru 2:00 p.m. Some of the events included are; Free Lunch, Bingo, Coloring Contest, Dance, Health & Wellness Fair, Medication Management Sessions, and Stroke Prevention Screening. Call 1 800 722-8180 for free local transportation.



LANCE ARMSTRONG CANCER SURVIVORSHIP

On Saturday, April 24th, from 10:00 a.m. – 12:00 p.m., there will be an educational meeting directed to cancer survivors, their families, caregivers, friends, or professionals who help with cancer related issues. Various resources will be discussed that many people are unaware of. A free snack will be provided and OIL will offer free, lift-equipped transportation. The meeting will be held at the Pittsburg County Health Department, 1400 College Avenue in McAlester. Call OIL for more information or transportation.

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 10th and 24th.

OIL STAFF EXTENSION NUMBERS

Trevor Dunbar – 100
Stephen Strickland – 105
Michelle Roye – 106
Bobby Logsdon – 107
Lisa Timberlake – 108
Terri Yates – 109
Leanna Amos – 110
Kathy Leeper – 111
Pam Pulchny – 112
Mike Ward – 113



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 VTDD.

APRIL 2010 HAPPENINGS

| <i>DATE</i> | <i>TIME</i> | <i>GROUP/EVENT</i> | <i>LOCATION</i> |
|-------------------------------------|-------------|-------------------------------------|------------------------------------|
| 1 st & 15 th | 7:00 | Shopping | McAlester |
| 7 th | 8:30 | Disability Awareness Day | Oklahoma State Capitol |
| 5 th & 19 th | 1:00 | Mental Health Group | OIL |
| 9 th & 16 th | 8:30 | Azalea Festival Trip | Muskogee |
| 10 th & 24 th | | Saturday Transportation | McAlester |
| 12 th & 26 th | 1:00 | Brain Injury Group | OIL |
| 13 th | 5:00 | Men's Group | Western Sizzlin' |
| 14 th | 12:00 | Women's Group (sack lunch) | OIL |
| 17 th | 5:30 | OIL Social | Choctaw Community Center |
| 20 th | 1:00 | HIV/AIDS Support Group | OIL |
| 23 rd | 9:00 | KEDDO Sr. Day | Southeast Expo Center |
| 24 th | 9:00 | Lance Armstrong Cancer Survivorship | Pittsburg County Health department |

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