

A monthly publication of THE
OKLAHOMANS for
INDEPENDENT LIVING

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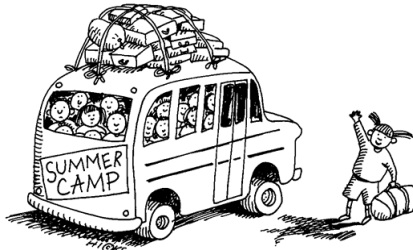
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One thing you can give and
still keep....is your
word.



CAMP PLEA APPLICATIONS

OIL is accepting Camp PLEA applications for individuals with disabilities. If you have a child with a disability, aged 8-17, or are an adult with a disability, 18 or over, summer is here! If you would like to have 3 fun-filled days and nights of dancing, swimming, bowling, fishing, crafts etc., this is for you. The Children's Camp will be held on June 1st, 2nd, & 3rd and the Adult Camp is June 8th, 9th, & 10th. The camps are free and insurance can be purchased for a fee of \$5.

You can come by the OIL office for an application or call and request one be sent to you. Keep in mind that if it is done by mail it will slow

the process and the slots fill quickly.

Please turn in the application by Friday, May 28th.

Volunteers are needed for the children's camp so if you would like to assist the kid's in having a good time call OIL.

SUMMER CAMPS

Below are programs for individuals with disabilities. Financial assistance is available for most camps so call for information or applications.

Make Promises

Happen Camps

Camp Horizon – For individuals of all ages with Prader-Willi Syndrome, June 7th – 11th

Youth Weeklong – For individuals with disabilities age 10-17 yrs., July 12th – 16th

Youth Weekend – For individuals with disabilities age 6 – 9 yrs., July 17th – 18th

MPH Neuromuscular Week

– For individuals with disabilities age 18 & older, July 18th – 23rd

Young Adult Weeklong – For individuals with disabilities age 18 – 30 yrs., July 26th – 30th and August 9th – 13th

Adult Weeklong with Volunteer Counselors - For individuals with disabilities age 31 & older, August 2nd – 6th

Adult Weeklong with Caregivers For individuals with disabilities age 31 & older, August 16th – 20th

The Make Promises Happen Program is located in Guthrie. Call 405 282-2811 for an application.

OKLAHOMA CAMPS Camps for Children who are Blind or Visually Impaired

Camp for the Blind and Visually Impaired held at the OK School for the Blind campus in Muskogee – For those aged in 1st – 12th, June 6th - 11th, with possible transportation home for the campers on the weekend. Contact: Carolyn Shepard at 877-229-7136
Cost: Free.

Oklahomans without Limits at the University of Central Oklahoma (UCO) - For those aged 8 – 18, July 26th – 30th
Contact Karen at 405-232-

4644
Free

Cost:

Camps for Children with Diabetes

– at the YMCA campground near Davis, Camp NoHiLo (Day Camp only) for children ages 4-10 June 8th - 11th Oklahoma City

Camp Endres Senior

Ages 13-17
July 4th -11th
Guthrie at the Central Oklahoma Christian Camp

Camp Endres Junior

Ages 8-12
August 1st – 7th
Davis at the YMCA Camp Classen
Contact: Kim at 405-843-4386

Camps for Children with Kidney Disease

Camp Kidney in Guthrie,
Contact: 405-271-3302
Cost: Free for Oklahomans

Camp Cavett

Contact: Danny L. Cavett
Cost: Free for Oklahomans and

Camp Cavett for Spina Bifida, Amputees, and those with Muscle Loss

Contact: Jenny Rogers for specific dates and locations at 405 271-2271

Camp Benedictine – Mainly for persons with developmental disabilities;

May 21st – 23rd
June 15th – 18th
June 25th – 27th
July 16th – 18th
July 27th – 30th
August 27th – 29th

The overnight camps are held at the St. Gregory's College Campus

Contact: Virginia Reeves at 405-878-5289

Cost: Some scholarships may be available.

There are other camps not listed so if you are looking for one serving a particular disability, call me, Leanna, and I will research it for you.

ENDEAVOR GAMES

The Endeavor Games will be held June 10th - 13th at the University of Central Oklahoma (UCO) in Edmond. The Endeavor

Games is a nationally recognized competition that allows all athletes with physical disabilities to participate in a multi-sport event. The games also provide training clinics for aspiring athletes. If you have

never played in a sport before, you can start now or you can observe and/or attend an introduction clinic on the sport(s) you are interested in.

The Sport Clinics are presented by U.S. Paralympics and will be held Thursday, June 10th. All athletes, classifiers, and coaches may utilize this opportunity to try a new sport or learn a new skill.

*Archery
*Cycling *Wheelchair Track & Field *Ambulatory Track & Field *Rowing *Strength & Conditioning *Sitting Volleyball *Shooting

NJDC Qualifying Competition

The UCO Endeavor Games are a Wheelchair and Ambulatory Sports, USA

level 3 sanctioned event. Athletes ages 7-21 are encouraged to use their Endeavor Games results to qualify for the National Junior Disability Championship (NJDC). NJDC is the largest multi-sport, multi-disability event for juniors in the United States. The WASUSA premier event brings together hundreds of athletes with physical disabilities from all over North America.

The Games feature sport competitions for athletes of all ages and classifications to compete in.

The events you can compete in are: Powerlifting, Wheelchair Basketball, Wheelchair Track & Field, Ambulatory Track & Field, Swimming, Table Tennis, Sitting Volleyball, Cycling, Indoor/Outdoor Archery, and Shooting. For more information or to register contact Leigha Joiner at 405-974-3160 or check out the Endeavor Games website at www.ucoendeavorgames.com.

Transportation

OIL provides lift-equipped transportation in McAlester and the surrounding area, Monday – Friday, 8:00 – 4:30. A 24 hour minimum notice is required. The cost is \$2 round trip in McAlester and Krebs; \$5 round trip for distances over 25 miles total but less than 50 miles.

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BASICS OF SELECTING A WHEELCHAIR

Individuals may have similar needs but every individual also has unique needs that should be addressed when selecting the proper wheelchair. You should not simply order off the internet or from your local vendor. You need to do it right!

A Team Approach

Selecting a wheelchair is a team effort with you as team captain. It is your wheelchair so it is your responsibility to make choices.

Your doctor is your second team member who will write the prescription to justify which specific wheelchair and options you need.

A physical or occupational therapist is another essential player. Your therapist evaluates your unique needs, suggests the proper equipment and provides your doctor with the justification for those equipment needs.

Finally, you and your therapist need to choose a vendor. A good wheelchair vendor should be able to show you a good selection of wheelchairs and answer questions about each one's pros and cons, plus should be able to suggest wheelchair options and adjustments that best fit your needs.

The Selection Process You need to be as informed as possible. You need to search the internet, read reviews, and get as much information as you can.

Goals... What wheelchair and options can help you best meet your goals

Overall health... Consider your posture, body weight, pain type/severity, spasticity severity, pressure points

Function... The proper equipment can often make your life easier and enhance your

daily living activities despite limited communication, mobility, strength, range-of-motion, balance, ability to transfer, endurance, and energy level

Environment... Consider a wheelchair that fits more easily into your environment instead of modifying your living space to fit your wheelchair

Finances... Chances are you will have to pay at least some portion of the wheelchair costs so always get the most "bang" for your buck

Transportation... Transferring and lifting the chair into a car are issues for car owners.

Power wheelchairs usually require a van. People who fly often may prefer an easily collapsible manual wheelchair or a "maintenance free" battery powered chair.

Your new wheelchair

Once your vendor has your new wheelchair, do not simply have it delivered to your home.

Make sure a wheelchair fitting has been set up to "fine tune" and or make certain that everything is the way you want it!

OIL PICNIC

Due to the Special Olympics State Games, the picnic will be on Thursday, May 6th, Chadick Park, at 5:30 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.

ARMED FORCES DAY PARADE

The parade will take place in downtown McAlester on Saturday, May 8th beginning at 10:00 a.m. The bus will pick up so call if you want to go watch.



GAME DAY AT THE PARK

We will be playing board games at Chadick Park on Wednesday, May 19th. We will gather at 12:00 noon so if you would like to bring a sack lunch we will begin play afterwards. If you have a favorite game, bring it with you.

HIV/AIDS SUPPORT GROUP

The newly formed group will meet on May 4th at 1:00 p.m. It is open to individuals with HIV/AIDS, their family and or friends. 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.



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 May 1st and 15th.

The ADvantage Program may be able to help. Contact any OIL ADvantage case manager at 426-6220 V/TDD.



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?

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.

MAY 2010 HAPPENINGS		
DATE	GROUP/EVENT	LOCATION
1st & 15th	Saturday Shopping	McAlester
3rd & 17th	Mental Health	OIL
4th	HIV/AIDS Support Group	OIL
4th	Men's Group	Mazzio's Pizza
5th	Women's Group	Chadick Park
6th & 20th	Shopping	McAlester
6th	OIL Picnic	Chadick Park
8th	Armed Forces Day Parade	Downtown McAlester
10 & 24th	Brain Injury Support Group	OIL
12th, 13th, & 14th	Special Olympics Support Group	Stillwater
19th	Game Day	Chadick Park
31st	OIL CLOSED FOR MEMORIAL DAY	

*Low Impact Exercise Class meets Mondays, Wednesdays & Fridays, 10:00 a.m., Stipe Center *Alzheimer's Support Group, 3rd Wednesday, 12:00 p.m., Main & OK Church of Christ, 423-4743 *Cancer Support Group, 3rd Thursday, 1:00 p.m., The Van Buren House, 426-56 *Diabetes Support Group, 1st Tuesday, 6:00 p.m., MRHC Wellness Center Conference Room, 421-8656 *For information on Men's, Women's, and Mixed, Grief Support Groups – call Hospice of McAlester at 423-3911 *The Lift Multiple Sclerosis Support Group meets the 2nd Wednesday of each month at the First Baptist Church at 7:00 p.m., 426-3232 *Bariatric Support Group, 2nd Tuesday, MRHC Wellness Center Conference Room, 5:30 p.m., 421-6600

Non-Profit Org.

U.S. Postage

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Oklahomans for Independent Living

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All donations to OIL are tax deductible.

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