

**APRIL
2012**

Vol. 25
No. 4

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), www.facebook.com)**

If you are trying to go green and would like to help save trees, check out our newsletter at oilnewsletter@oilok.org

OIL STAFF

Pam Pulchny is the Associate Director and has been with OIL since 1992. She is native to McAlester. She is married to Donnie Pulchny and together they have three children and two grandchildren. If you need assistance in learning self-advocacy, system advocacy, need verbal support or representation in obtaining access to a business, service, program, or benefits that you are entitled to as a person with a disability, call her at ext. 112.

OIL FUNDRAISER!



**On Saturday, April 21st
from 10 a.m. to 2 p.m.,
we will be selling 2
childdogs & a pop for \$1
at Atwood's!**

All money raised will go toward our Children with Disabilities Christmas Party.

**Please come out and
show your support!**

Call OIL for free local transportation.

DEVELOPMENTAL/ INTELLECTUAL DISABILITIES DAY AT THE CAPITOL

Beginning at 10:00 a.m. on April 11, we will celebrate developmental/intellectual disabilities day. Important topics are; the service waiting list, existing programs and services, accessible and affordable housing, employment, transportation, transition from school to work services.

PEOPLE WITH DISABILITIES AWARENESS DAY AT THE STATE CAPITAL

Please be part of "People with Disabilities Breaking Barriers" theme for supporting critical disability programs. Join us at the State Capitol for the **2012 People with Disabilities Awareness Day** from 12:00 p.m. to 4:30 p.m. on Tuesday, April 17th.

OIL will be taking the bus to both events so call now to save your spot. It is a wonderful opportunity for people with developmental disabilities, their family, and friends to visit with their legislators and to browse information available.

Advocacy in action is what these events are all about. We can't get that message across without you! Attend both and plan to visit with your legislators. Find out everything you need to know when you pre-register at www.okrehab.org/pwdad/.

To stand united, all are encouraged to wear green on the 17th. When the legislators see many people in the rotunda all wearing disability-awareness green, our efforts have an even greater impact. **"Be seen! Wear Green!"** Call OIL as soon as possible.

OIL OFFERS SNAP (formerly referred to as food stamps) RE-APPLICATION ASSISTANCE

The Department of Human Services has sent out a letter to all current SNAP recipients stating that re-applications can now be done on-line. If you do not have access to a computer and need a paper application, you will have to contact them to request one be sent to you. Remember, if you need assistance in filling out applications for assistance for any programs/services, OIL is available to help you.

SCHOLARSHIPS

The [Blinded Veterans Association](#) (BVA) offers annual merit-based scholarship programs for spouses and dependent children of blinded Veterans to assist them with their higher education tuition. This year, six scholarships of \$2,000 each will be awarded, and one \$1,000 scholarship will be awarded. The blinded Veteran family member is not required to be a BVA member for the spouse or child to receive a scholarship.

Qualifications for both programs are the same, except for an added emphasis on music and fine arts for the Miller award. For more information and to view the online application, visit www.bva.org/services.html. (202) 371-8880
FAX: 202-371-8258
E-MAIL: BVA@BVA.ORG The application deadline is April 20, 2012.

The Schwallie Family Scholarship program, administered by the [Organization for Autism Research](#), awards three scholarships of \$3,000 each to support qualified individuals with autism or Asperger Syndrome who are living in the U.S. and pursuing post-secondary education. Awards are in three categories: four-year undergraduate college or university; two-year undergraduate college; and trade, technical or vocational school. Apply online at www.researchautism.org/news/otherevents/scholarship.asp.
Organization for Autism Research
(703) 243-9710
The application deadline is April 30, 2012.

INTERNAL REVENUE SERVICE

Tax day, April 17, is quickly approaching and the IRS is offering a variety of online tools to help answer tax-related questions. Among them is a free app which features YouTube videos, a news feed, and tax transcript services.

The IRS YouTube channel includes [videos in American Sign Language](#) (ASL) with open captions for people who are deaf or hard of hearing. Topics include when to expect your refund, how to get free help preparing your taxes and tax tips related to Social Security payments. Visit the [IRS website](http://www.irs.gov/newsroom/article/0,,id=204170,00.html) <http://www.irs.gov/newsroom/article/0,,id=204170,00.html> for a full list of helpful information.

CANCERCARE CO-PAYMENT ASSISTANCE FOUNDATION

CancerCare is a nonprofit organization that addresses the needs of people who cannot afford their insurance co-payments to cover the cost of medications for treating cancer. [Eligibility](#) for assistance is based on a person's [diagnosis](#) and his or her financial and insurance situation. Call **1-866-55-COPAY** to determine if you are eligible and to begin the application process. *CancerCare* will send you a form to complete and one for your doctor to fill in as well. If approved, you will receive an

Award Determination letter by mail with further instructions. To learn more, visit www.cancercarecopay.org/faq.html.

THINGS YOU NEED TO KNOW ABOUT THE AFFORDABLE CARE ACT

The health care law gives people with disabilities the security they need and important new benefits. Signed into law in 2010, the law contains significant benefits for people who are living with disabilities, expands access to private insurance and to public programs like Medicaid, and gets rid of the worst insurance industry practices by putting patients first. Here are five ways the health care law helps you;

No discrimination against people with pre-existing conditions. Insurers can no longer deny coverage to children because pre-existing conditions and starting in 2014, discriminating against anyone with a pre-existing condition will be illegal. Insurance companies will also not be allowed to charge higher premiums for people with disabilities or other pre-existing conditions.

Insurers can't deny, cap, or limit your coverage. In the past, some people with chronic illnesses ran out of insurance coverage because their health care expenses reached a dollar limit imposed by their insurance company. Under the health care law, insurers can no longer impose lifetime dollar limits on essential health benefits, and annual limits are being phased out by 2014.

Insurance coverage options expanded. If you have a medical condition you may be able to get insurance through the Pre-Existing Condition Insurance Plan (PCIP) in your

state. To qualify, you need to have been uninsured for at least 6 months and have otherwise been denied private coverage because of your medical condition. Most young adults up to the age of 26 can stay on their parent's family plan. Starting in 2014, low income Americans will be eligible for Medicaid and middle-income people can be eligible for tax credits to help pay for private coverage.

There are new options for long term supports and services. The Affordable Care Act builds on successful models and provides incentives to states to expand efforts to offer people with disabilities more opportunities to receive the long term supports and services they require in their communities, through programs such as Money Follows the Person and Community First Choice Option.

Insurance companies are held accountable. If insurance companies don't spend at least 80 percent of your premium dollar on medical care and quality improvements rather than advertising and bonuses for executives, they will have to provide you a rebate. And on September 1, 2011, in every state and for the first time ever, insurance companies began being required to publicly justify proposed rate increases of more than 10 percent.

OIL PICNIC

The picnic will be at Chadick Park on April 12th, 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. Call for free, local, lift-equipped transportation.

AZALEA FESTIVAL

We will be going to the festival on Friday, April 13th and April 20th. 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.



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 April 14th and 28th beginning at 8:00 a.m.

KEDDO SENIOR DAY AND WELLNESS FAIR

The event will be held at the Southeast Exposition Center on Friday, **May 4th** from 9:00 a.m. thru 2:00 p.m. The theme will be "The Titanic, Don't Let Your Health Go Down with the Ship".

Some of the events included are; Free Lunch, Bingo, Coloring Contest, Music, Costume Contest, Health & Wellness Fair, Medication Management Sessions, and Stroke Prevention Screening. Call 1 800 722-8180 or OIL for free local transportation.



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.



You can have the freedom that comes with living at home even though you have a long-term illness or disability. The Oklahoma Living Choice Project can help you move out of a nursing home and back into the community.

This project gives Oklahomans like you or your loved one more options to manage health care needs and adds more balance to the state's long-term care system.

If you live in a nursing home and qualify for SoonerCare, then Living Choice may be able to help.

Contact any O.I.L. Case Manager for a referral to the Living Choice Project at (918) 426.6220v/tdd.

*Events are held at OIL unless otherwise noted						
APRIL EVENTS						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 <u>Mental Health Grp.</u> 1 pm	3	4	5 <u>Shopping</u> 7:00-10:45am	6	7
8	9 <u>Brain Injury Grp.</u> 1 pm	10 <u>Men's Grp.</u> Western Sizzlin' 5 pm	11 <u>Developmental Disabilities Awareness Day</u>	12 <u>Picnic</u> Chadick Park 5:30 pm	13 <u>Azalea Festival</u> Muskogee 9 am	14 <u>Saturday Transportation</u> 8 am
15	16 <u>Mental Health Grp.</u> 1 pm	17 <u>People with Disabilities Awareness Day</u>	18	19 <u>Shopping</u> 7:00-10:45 am	20 <u>Azalea Festival</u> Muskogee 9 am	21 HOT DOG FUNDRAISER! Atwood's 10 am
22	23 <u>Brain Injury Grp.</u> 1 pm	24 <u>Women's Grp.</u> 11:30 am	25	26	27	28 <u>Saturday Transportation</u> 8 am
29	30					
<p>*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. Conf. Room, 5:30 p.m., 421-6600</p>						

Oklahomans for Independent Living
601 E. 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
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.