

**March
2012**

Vol. 25
No. 3

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 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

OIL STAFF

Terry Yates is the Administrative Assistant/Bookkeeper. She grew up in New Hampshire and moved to McAlester eight years ago and has worked at OIL since 2009. She is married to Tim Yates and together they have two children. She enjoys crocheting and is a fan of the Red Sox and the Patriots.

TRAINING FOR PARENTS OF CHILDREN WITH DISABILITIES

The Oklahoma Parents Center provides training to all families of children and youth in Oklahoma and the providers who service and support them.

In order to effectively advocate for children, detailed information is needed on the laws, communication, team building skills, etc. Ongoing training opportunities for all

parents and professionals can assist in this process.

The following two condensed workshops will be presented at the Choctaw Nation Head Start on Tuesday, March 6th from 6:00 to 7:00 p.m. Their address is 1610 Shannon Road, in McAlester, 918 423-9360.

Basic Rights

This workshop describes the State and Federal laws that affect special education in Oklahoma and offers an overview of parents, rights, and responsibilities. This workshop focuses on how to access special education and related services for children with disabilities.

and

Communication Skills

This workshop provides participants with tools for interacting more comfortably and effectively with each other. It focuses on using positive language, active listening techniques, and strategies for communicating clearly and respectfully.

DDSD WAITING LIST MEETING

DDSD is the state agency that serves people with a cognitive disorder. There is a waiting list

for services and a group of people with disabilities, parents, agencies and legislators meets regularly to review the waiting list. The next meeting will be on Thursday, March 22, 2012 at 1:30 p.m. at the Sequoyah Office Building C-47. For more information please contact wfelty@okphotopros.com.

UPCOMING EVENTS

Developmental Disability Day at the Capitol

April 11, 2012

People With Disabilities Awareness Day

April 17, 2012

SENIOR LAW RESOURCE CENTER

The Center is a private, non-profit organization providing legal information on issues affecting senior citizens. They also provide affordable (not free) legal representation with basic estate and incapacity planning, probate, adult guardianship and other elder-law issues. Call 405-528-0858 or email info@senior-law.org for more information.

NUTRITION AND PEOPLE WITH DISABILITIES

Dr. Oz recently addressed questions about diet and

nutrition for people with disabilities.

Q: What kind of a role can nutrition play for people who face the challenges of limited mobility, whether they utilize a wheelchair or walk with difficulty?

A: If you are limited in your ability to move your muscles, it is especially important to avoid refined carbohydrates and sugary foods. During exercise, muscles take up a significant amount of sugar in the blood as fuel, reducing circulating blood sugar levels. Plus, exercise actually helps your body make more sugar transporters on the muscles to get sugar in – it is one of the best ways to avoid insulin resistance and diabetes. However you are unable to exercise, you have to be extra careful with your blood sugar levels because too much sugar can lead to diabetes. I recommend a balanced diet, incorporating complex carbohydrates with dietary fiber into your breakfast, (which) can help keep your blood sugar levels stable and constant.

Other factors to keep in mind (are) that walking and physical activity help maintain muscle and bone health as we age. Thus, living with limited mobility puts you at even higher risk for conditions such as osteoporosis. That is why I recommend eating foods that are high in calcium and vitamin D to help build bone strength.

Q: Are there specific diets you might recommend for these people?

A: I recommend that you eat a widely varying diet that includes lean proteins, fruits, vegetables, whole grains, legumes, nuts,

eggs, low or non-fat dairy foods and non-saturated fats. For example, breakfast might be cooked quinoa with blueberries and a small amount of low-fat, plain yogurt.

Likewise, calcium is known for its ability to make the bones stronger and denser. Eat calcium-rich foods, like milk, cheese, yogurt, broccoli and any foods or beverages that are calcium-fortified. To help with the absorption of the calcium, include some vitamin D in your diet as well. This can be found in eggs, fish oil, fortified foods and beverages, and you can also get it from the sun.

Also, inflammation of the blood vessels can become a problem if you eat unhealthy foods and are unable to exercise. Omega-3s are a great “inflammation fighter.” All fish have some omega-3s, but salmon, herring, sardines, and anchovies are chock full of them. Go lightly with the heat; overcooking can destroy more than half of the omega-3s. Bake or grill fish instead of frying it. If you don't like fish, try to incorporate more walnuts, canola oil and soybeans into your diet.

Q: What general dietary recommendations do you make to people who are aging? How can people maximize nutrition as our bodies mature and, ultimately, begin to decline?

A: First off, getting adequate amounts of protein is crucial for the elderly and disabled. As people get older, we become concerned about weight loss, and we tend to see decreased protein intake. When you don't eat enough protein, you don't just lose fat, you lose lean body mass (muscle) because your body needs essential amino

acids. If you are not getting these amino acids from your diet, your body has no choice but to break down its own proteins making up muscle in order to supply the body with stored amino acids.

Also, as people age, fluid intake can become a big problem, largely because we're at an increased risk of dehydration as we get older. Some people who have decreased mobility are reluctant to drink adequate amounts because it can be painful to go to the bathroom, but it's important to be conscious of drinking fluid, even if it's problematic to go to bathroom. Dehydration causes low energy when you are already having energy problems, and chronic dehydration can damage your kidneys. Aim for as close to eight, 8-ounce glasses of water a day as you can get.

Q: Changing dietary habits is tough, even if the way people eat is not physically working for them anymore, in terms of causing pre-diabetes, intestinal discomfort or coronary disease. How would you recommend people work to accept tough changes?

A: The most important factor in motivating you to make and maintain big changes in your diet and lifestyle is understanding the power of the benefits. To build motivation consciously, envision the change. Realize you can take it a step at a time and keep reminding yourself of how great you will feel once the hard work has paid off. Some people jump into change and others prefer to start moderately. The most important part is simply to start your lifestyle change.

Q: Eating is often a social activity but, often, for elderly people, there are not too many opportunities to eat together, and cooking for one can be a burden. Consequently, elderly people are found to be malnourished. What things do you think people can do to help, say, a parent or a neighbor find more joy around food?

A: Yes, eating is often an important social occasion, and it's always more enjoyable to eat if you can share a meal. As people age, their diets often become more limited and many seniors lose an interest in eating. Having meals can become a chore rather than an occasion. Researchers have found that seniors with more social contacts had healthier diets with more nutritious calories and fruits/vegetables compared with seniors with few social contacts. So whether you're able to eat with others or eat alone, just having a strong network of friends and acquaintances results in healthier eating habits in the elderly.

OIL SOCIAL

The Social has been re-scheduled for LaCabana Mexican Restaurant, 319 E. Wyandotte, on Thursday, March 8th at 5:30 p.m. Call for free local transportation.

ST. PATRICK'S DAY BREAKFAST

On Friday, March 16th at 8:30 a.m., OIL will meet for a St. Patrick's Day breakfast. We will gather at Boomarang Diner, 610 North Main. The average

meal cost is about \$6. Call for free local transportation.



MOVIE NIGHT AT OIL

We will meet on Tuesday, March 27th at 5:00 p.m. Bring your favorite DVD movie and we will take a vote as to which one to watch. OIL will provide the Popcorn!

SPECIAL OLYMPICS AREA GAMES

The Area Special Olympics Track & Field competition will be held at the Hook Eales Stadium in McAlester. The events will start at 9:00 a.m. on Thursday, March 29th. The OIL FreeSpirits will be participating in the games. There isn't a charge to watch so please come out and support our athletes.



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 March 10th and 24th beginning at 8:00 a.m.

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						
MARCH EVENTS						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 <u>Shopping</u> 7:00 – 10:45am	2	3
4	5 <u>Mental Health Grp.</u> 1 pm	6 <u>Men's Grp.</u> New Adelita's 5 pm	7	8 <u>Social</u> LaCabana 5:30 pm	9	10 <u>Saturday Transportation</u> 8 am
11	12 <u>Brain Injury Grp.</u> 1 pm	13 <u>Women's Grp.</u> Wall's 1 pm	14	15 <u>Shopping</u> 7:00 – 10:45 am	16 <u>St. Patrick's Day Breakfast</u> Boomarang Diner 8:30 am	17
18	19 <u>Mental Health Grp.</u> 1 pm	20	21	22	23	24 <u>Saturday Transportation</u> 8 am
25	26 <u>Brain Injury Grp.</u> 1 pm	27 <u>Movie Night</u> 5 pm	28	29	30	31
<p>*Low Impact Exercise Class meets Mon., Wed., & Fri., 10:00 a.m., Stipe Center *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.