

**MAY
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OIL Newsletter



A monthly publication of THE OKLAHOMANS for INDEPENDENT LIVING

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OIL WELCOMES NEW EMPLOYEE

OIL would like to welcome Tara Stevens to the staff. She lives in Wilburton and has two children. She spends her spare time with her family and being in the great outdoors. She will be working as an ADvantage Case Manager so stop by to meet Tara!

SPECIAL OLYMPICS STATE SUMMER GAMES

The 2015 State Games will be held in Stillwater on May 13th, 14th, and 15th. The OIL FreeSpirits competed in the area games back in March. The athletes that finished in first, second, or third place were qualified to attend the state games. Go FreeSpirits!



Special Olympics

CAMP PLEA NOT TO BE HELD

Camp PLEA will not open this year due to increased security restrictions from the Department of Defense, according to Camp Director Gary Mick. The restrictions would require at least three months for camp workers to gain clearance as they wanted FBI background checks, fingerprinting and more.

The camp, which has been held at the McAlester Army Ammunition Plant for more than 30 years, began to run into difficulty with clearance before last year's event too. Mick said "The problem was resolved when the McAAP Commander allowed the camp to proceed but this year he won't."

SUMMER CAMPS

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

OKLAHOMA CAMPS

*Camp Kidney

*Camp Cavett for kids with life-threatening or chronic illnesses

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

Cost: Free for Oklahomans
Contact: Jenny Rodgers for specific dates and locations at 405-271-2271

*MDA Camp for those with muscle disease

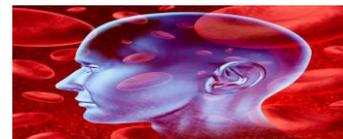
Cost: Free for Oklahomans
Contact Jacey Bullock at 918-749-7997 or by email at jbullock@mdausa.org or <http://www.ultracamp.com/info/sessiondetail.aspx?idCamp=514&campCode=mda&idSession=82945>

*Camp Benedictine – Mainly for persons with developmental disabilities. The overnight camp(s) are held at the St. Gregory's College Campus in Shawnee.

Contact: Virginia Reeves at 405-878-5289

The camps fill quickly so call as soon as possible as they have registration deadlines also. There are other camps not listed so if you are looking for one serving a particular disability, call Leanna, and she will research it for you.

SIGNS OF A STROKE



Two million brain cells die every minute during a stroke. When a

person suffers from a stroke, every second counts. According to the National Stroke Association, 795,000 strokes occur each year, and they can happen to anyone at any time, regardless of race, gender or age.

If you don't act fast, a stroke can cause permanent brain damage or death. Ironically, FAST is just the acronym used to detect stroke. Early detection is imperative to reduce damage. The American Heart Association recommends following the FAST program:
(F)ace drooping
(A)rm weakness
(S)peech difficulty
(T)ime to call 9-1-1

FAST identifies three warning signs of stroke, but there are several more that raise the red flag.

The FAST Program Stroke Signs

One of the first things you may notice about a stroke victim is that his/ her face will become limp or numb. Ask the person to smile and watch the corners of their mouth. If only one side raises and they are unable to raise the other corner, this is one sign the individual may be suffering a stroke. Difficulty speaking is another warning sign something is amiss. Ask the victim to repeat a simple sentence like, "The ball is red." If their speech is slurred, words are omitted or they are only half-forming words, this may be an indication that they are suffering a stroke. If they normally can whistle, ask them to do so. If they can't, then this is another indication.

Finally, dexterity may suffer in one arm, typically the left arm, so that the victim cannot raise and hold it up completely. Ask the person if either arm is numb

or weak, have them raise both arms and watch to see if one droops or cannot be raised as far as the other arm.

More Important Signs of a Stroke...

Sudden, severe headaches are often a sign of a stroke and they also may experience blurred vision or even vision loss.

Coordination is key. Many stroke victims have trouble balancing, so you may want to test his/her ability to stand on one leg or walk a straight line. If they could not walk properly before the potential stroke occurred, test coordination by asking them to pick up a light object like a cup and bring it to the lips. Remember that older people may not be able to perform these tasks normally, so a loss of coordination and balance is not always a sure sign of a stroke.

Communication is Key to Stroke Treatment

Men who are older than 55 who are African-American, Pacific/Islander or Hispanic are at a greater risk than other people.

Additional risk factors that should be monitored and considered include: *Diabetes *High cholesterol *High blood pressure *Smoking *Obesity *Drinking alcohol to excess and *Family history of strokes.

People who have already had a stroke are also at risk for a secondary stroke or a TIA -- Transient Ischemic Attack. This is known as a "mini stroke" and can be a precursor to a major stroke later in life. All of these factors should be made known to medical providers when responding to a stroke because they could impact the types of stroke treatment provided.

The key to recovery is quick action. The faster treatment can be administered, the smaller the degree of brain damage.

If you or a loved one suddenly feels something's abnormal about speech, dexterity or sensation, it's best to act FAST and call 9-1-1 immediately. *Quick thinking can save lives!*

AN APPLE FOR HEALTH

Don't stop reading if you're not an iPhone owner or aren't into Apple products — you can use any smartphone to help live a healthier life.

Empowering Patients

The new app from Apple is simply called HEALTH, but it's far from simple when it comes to what this software can do for you. HEALTH makes it easy to read all your health and fitness data. Various health and fitness gadgets are great at collecting data on your heart rate, calories burned, cholesterol and more. The new HEALTH app makes it possible to store all that data in one place. The information is viewable on what's called the dashboard and you control what information is being tracked and what's displayed on the dashboard.

Healthy Connections

A key feature of the app is its ability to connect and gather data from other Bluetooth-enabled fitness and health tracking devices and apps as well as share that information (if you choose) with health care providers. Called HealthKit, you could allow your blood pressure data to automatically be shared with your doctor.

The Apple HEALTH app is similar in concept to the VA's Care Coordination Home Telehealth (CCHT) program. The program delivers health

care at home via photos or video when it's not necessary or practical for a veteran's administration's patient to travel.

The application can empower patients. By using the data from the application, individuals can engage in a partnership with their health care providers to manage their own health care.

Emergency Information

Communicating with health care providers is important, but it can be even more vital during an emergency and HEALTH helps there too.

You can create an emergency information card with important health data. People might want to include information such as; medications they are allergic to, medications that failing to take could cause seizures, diabetic information, blood type, having an advanced care directive, and contact information for family.

A good example as to why you should document your own personal health information would be; An individual who consistently has extremely low blood pressure (BP). If their blood pressure were to rise into the danger zone for them but was not much over an average person's BP, an emergency responder would not know it would be life threatening to you!

No App Needed

Even if you don't have an iPhone, any type of smartphone can be used to help manage your own health; you don't need a special app. Use a calendar to set reminders and set hourly reminders to take your medications, drink fluids, do pressure relief lifts, etc. Whatever the case, take charge of your own health!

For more information, visit apple.com/ios/ios8/health.

OIL HOT DOG PICNIC

The picnic will be at Chadick Park on Tuesday, May 5th, at 5:30 p.m. OIL will provide the hot dogs and drinks but **you are asked to bring potato chips or a packaged dessert to go with them.** Call for free, local, lift-equipped transportation.



GAME DAY AT THE PARK

We will be playing games at Chadick Park on Tuesday, May 26th. 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.



EQUIPMENT NEEDED

If you have a wheelchair, bath bench, or walker with a seat, cane, that you are no longer utilizing, please call OIL. These items are among the most needed by individuals with mobility concerns and your donation would certainly be appreciated.

A donation letter can be given for tax purposes.



OIL CLOSED

OIL will be closed on Monday, May 25th for observance of Memorial Day.

Transportation

O.I.L. provides lift-equipped transportation in McAlester and the surrounding area.

Monday – Thursday, 8:00 – 4:30
Friday 8:00 – 1:00

A twenty-four hour minimum notice is required. The cost is \$2 per pick up in McAlester and \$3 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.*



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 Leah Medina for a referral to the Living Choice Project at (918) 426-6220v/tdd.

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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.

*Events are held at OIL unless otherwise noted							MAY EVENTS						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
							1						2
3	4 <u>Brain Injury Gp.</u> 1 pm	5 <u>OIL Picnic</u> Chadick Park 5:30 pm	6	7 <u>Shopping</u> 7:00-10:45am	8	9							
10	11	12 <u>Men's Gp.</u> Mazzio's 5 pm	13 <u>Special Olympics State Games</u> Stillwater	14 <u>Special Olympics State Games</u> Stillwater	15 <u>Special Olympics State Games</u> Stillwater	16 <u>Saturday Transportation</u> 8 am							
17	18 <u>Brain Injury Gp.</u> 1 pm	19 <u>Women's Gp.</u> 11 am	20	21 <u>Shopping</u> 7:00-10:45am	22	23							
24 31	25 OIL CLOSED Memorial Day	26 <u>Game Day</u> Chadick Park Noon	27	28	29	30 <u>Saturday Transportation</u> 8 am							

***Low Impact Exercise Class for Sr.'s** meets Mon., Wed., & Fri., 10:00 a.m., Stipe Center ***Alzheimer's Support Group**, 3rd Wed., 12:30 p.m., Main & OK Church of Christ ***Diabetes Support Group**, 1st Tue., 6:00 p.m., McAlester Regional Health Center Wellness Conf. Room, call Kathy at 421-6812 *For information on **Men's & Women's Grief Support Groups** – call Hospice of McAlester at 423-3911 for their groups or for information on a 7 week **Dealing with Grief Course** call Heartland Hospice at 302-0700, *For information on the **Stroke Support Group**, call the McAlester Regional Hospital at 426-1800, ***Parkinson's Support Group**, 3rd Tues., 6:00 p.m., Pittsburg County Health Department, 423-1267

