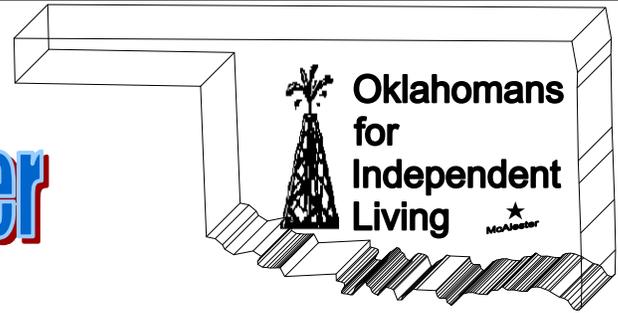


**OCTOBER
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OIL Newsletter



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, O.I.L. 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 www.oilok.org, call us and we will send it via e-mail. If you are receiving this newsletter in error or no longer wish to receive it, call and we will remove you from our mailing list.

minor home repair and maintenance.

The project will help those with physical disabilities, senior citizens, and single, working mothers. **Skilled and unskilled volunteers are NEEDED!** Everyone can help in some way even if it's as simple as climbing a ladder to change a light bulb, you are helping someone who is unable to do so. Come alone or bring your child/children and make it a family giving day. For those who are unable to assist due to health impairments, there will be other ways you can help. OIL will provide free, local transportation. Call Leanna at 426-6220 Ext. 110 to volunteer or just show up on the day of the event. The event headquarters is at the McAlester Boys and Girls Club, 301 East Chadick and things begin at 7:30 a.m.

and mental rewards. It: **Reduces stress:** Experts report that when you focus on someone other than yourself, it interrupts usual tension-producing patterns. **Makes you healthier:** Enhances moods and emotions, like optimism, joy, and control over one's fate all which strengthens the immune system.

#9: It saves resources.

Volunteering provides valuable community services so more money can be spent on local improvements.

#8: Volunteers gain professional experience.

You can test out a possible new career.

#7: It brings people together.

As a volunteer you assist in: Uniting people from diverse backgrounds to work toward a common goal. Builds camaraderie and teamwork.

#6: It promotes personal growth and self esteem.

Understanding community needs helps foster empathy and self-efficacy.

OIL FUNDRAISER!



**Saturday, October 10th,
10 a.m. - 2 p.m.**

**We will be selling 2 Hot
Dogs & a Pop for \$1 at
Atwood's.**

All money raised will go toward OIL recreational programs.

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

MAKE A DIFFERENCE DAY

Make a Difference Day is the most encompassing national day of helping others. The annual event takes place each year on the fourth Saturday in October. This year it will be on October 24th. McAlester's project will once again be



REASONS TO VOLUNTEER

#10: It's good for you.

Volunteering provides physical

#5: Volunteering strengthens your community.

#4: You learn a lot.

Volunteers learn things like;

Self: Volunteers discover hidden talents that may change your view on your self-worth.

Government: Through working with local non-profit agencies, volunteers learn about the functions and operation of our government.

Community: Volunteers gain knowledge of local resources available to solve community needs.

#3: You get a chance to give back.

People like to support community resources that they use themselves or that benefit people they care about.

#2: Volunteering encourages civic responsibility.

Community service and volunteerism are an investment in our community and the people who live in it.

And the #1 reason to volunteer is.....

#1: You make a difference.

Every person counts!

MORE THINGS PARENTS OF CHILDREN WITH DEVELOPMENTAL DISABILITIES SHOULD KNOW...

Children with Special Health Care Needs. Children with disabilities face special health considerations, from the types of health problems that may arise due to their disabilities to determining how to pay for healthcare. Many children are eligible for the Children's Health Insurance Program (CHIP).

Learn about programs in your state, call **1-877-KIDS-NOW (1-877-543-7669)** or submit an application through HealthCare.gov. Having a disability doesn't prevent a child from being healthy – it just means that staying well and living an active life, in addition to regularly seeing a health care provider, is especially important. It can sometimes feel like a full-time job coordinating care for your child; consider building a care notebook for your child and developing a care plan. In addition to physical health, daily dental care is important for children with developmental disabilities. Find a dentist through the American Academy of Pediatric Dentistry. If you need financial assistance, contact your state dental society for information on care in your area.

The Transition to Adulthood for children with developmental disabilities is the time to consider options for post-secondary education, employment and independent living. Disability.gov's Guide to Student Transition Planning is a good starting point for students with disabilities and their parents or guardians to find information and resources. Learn about options for life after high school and plan for the transition to college or technical school. You may be wondering how to decide between college and an apprenticeship or training program. Find and compare information on colleges with programs for students with intellectual disabilities and download the Navigating College Handbook. Once you get to school, you'll need to know how to advocate for your rights on campus. Young adults who want to work can find information about job

training programs, working and preparing for a career. Part of the transition to adulthood may include living independently and advocating for yourself. There are many resources available to help young adults with disabilities succeed in these areas of adult life, which include finding housing, managing healthcare and more.

Self-Determination refers to a person's freedom to make their own choices and decisions based on their personal preferences and interests. Self-determination can begin at a young age – parents who feel their child is ready to be involved in the IEP process, for example, can help set the foundation for further developing these skills. As the child ages, self-determination is a key part of growing up that involves mentoring and family support. Teaching these strategies to middle and high school students prepares them for the college experience and the transition to adulthood, when they will have more independence and will need to be self-advocates. As young adults begin to advocate for themselves, they will be able to make their own decisions, including choosing their home and community-based services. The Autistic Self Advocacy Network has published a helpful guide for self-advocates seeking these services that allow them to live how and where they choose.

Housing and Transportation Options: Learner's permit, driver's license, first apartment – before you know it, your child has grown up, moved out and started life as an adult. When considering housing options for your young adult with a disability, there are a couple of

things to keep in mind: types of housing, services and supports, funding, and rights. Review this guide to determine appropriate housing for your young adult with a disability, which outlines types of housing, questions to ask and how to involve your son or daughter in the process. A young adult living on his or her own and paying rent may need financial assistance. Also consider transportation options when choosing housing – will your child drive, take public transportation or use alternative options? Public transportation varies depending on where you live and is sometimes non-existent in rural areas. For young people with disabilities who do use public or “fixed-route” transportation, travel training is critical. Those who choose to purchase a vehicle may need to consider vehicle modifications so they can drive safely and effectively.

Agencies in Oklahoma that can assist parents with educational issues are;

.www.okparentnetwork.org
and/or

www.oklahomaparentscenter.org
Toll Free: 1 877-553-4332

OIL SOCIAL

The Social will be on Tuesday, October 6th, at Western Sizzlin’, 605 S. George Nigh Expwy., at 5:30 p.m. Meals start at \$8.50 and go up. The All You Can Eat Buffet is \$10.99. Neither cost includes your drink or your tip. To help you know if you can afford to attend, please look below at the chart with a 15% tip scale.

Meal & Drink Cost	TIP	COST
\$10.00	and \$1.50	\$11.50
\$11.00	and \$1.65	\$12.65
\$12.00	and \$1.80	\$13.80
\$13.00	and \$1.95	\$14.95
\$14.00	and \$2.10	\$16.10

SPECIAL OLYMPICS

The Special Olympics Fall Area Bowling will be on October 21st at Great Balls of Fire in McAlester. The event is scheduled to start at 9:00 a.m. After qualifying at area, the bowlers will then compete in the Winter Games in order to qualify for the 2016 Summer Games.

HALLOWEEN DANCE

The dance will be on Friday, October 30th. It will be at the Stipe Recreation Center, 801 North 9th Street from 7:00 – 10:00 p.m. There will be a live D.J., a costume contest, and a dance contest. We ask that you bring a store bought packaged snack and a 2 liter bottle of pop. Call for free, local, transportation. Don’t miss out on the fun and make some new friends while you are there.

It’s a Costume Dance Party!



SATURDAY TRANSPORTATION

O.I.L. 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 \$2 per stop. The dates are set for the 10th and 24th starting at 8:00 a.m.

OIL sells a card called the “Transportation Pass”. The card can be purchased for \$15.00 which covers “10 punches”. Purchasing the card will save an individual \$5.00. OIL would like to encourage everyone to purchase the Transportation Pass card.

UPCOMING EVENT

Fundraiser 
November 5th, at the American Legion, 6:30 p.m. McAlester. The fundraiser will be used for the Children with Disabilities Christmas Party. Mark your calendar!

VAN FOR SALE

1996 Ford Van, with hand controls, hydraulic lift, raised roof, new transmission, good tires, 120,000 miles, \$1,700.00. Contact Allen Hart at 918 423-2030.

EQUIPMENT NEEDED

If you have a wheelchair, bath bench, walker with a seat, or 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.



Transportation

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

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

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.*

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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.

<i>*Events are held at OIL unless otherwise noted</i>						
EVENTS						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 <u>Shopping</u> 7:00-10:45am	2	3
4	5 <u>Brain Injury Gp.</u> 1 pm	6 <u>OIL Social</u> Western Sizzlin' 5:30 pm	7	8	9	10 <u>Saturday Transportation</u> 8 am <u>HOT DOG FUNDRAISER!</u>
11	12	13 <u>Women's Gp.</u> Steak 'n Shake 11 am	14	15 <u>Shopping</u> 7:00-10:45am	16	17
18	19 <u>Brain Injury Gp.</u> 1 pm	20 <u>Men's Gp.</u> Boomarang 5 pm	21 <u>Special Olympics Bowling</u> Great Balls of Fire 9 am	22	23	24 <u>Saturday Transportation</u> 8 am 
25	26	27	28	29	30 <u>Halloween Dance</u> Stipe Center 7:00 – 10:00 pm	31
<p>*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, 3rd Tues., 6:00 p.m., Pittsburg Cnty. Health Dept., 423-1267</p>						