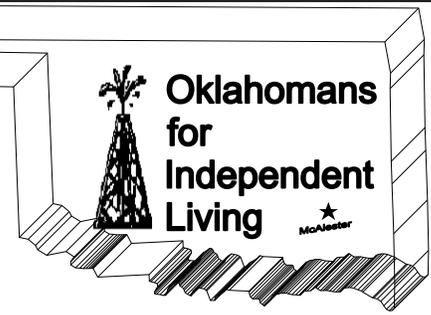


**AUGUST
2016**

Vol. 30
No. 8

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, 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.

A NOTE FROM THE DIRECTOR

Included in this newsletter is a Satisfaction Survey. The Survey is very important to OIL as federal funding requires that surveys are completed annually. The Survey allows OIL to know what services are being utilized and if additional services may be needed. Survey responses will assist OIL in obtaining additional funding and increasing services. PLEASE, take the time to complete the colored card. Please mail the card back to OIL or feel free to drop it by the office. Thanking you in advance. Pam Pulchny, Executive Director.



SNAP RECIPIENTS GAIN EXPANDED BENEFITS AT LOCAL FARMER'S MARKETS

The Oklahoma Department of Human Services (DHS) is working with the U.S. Department of Agriculture (USDA) and other agencies to increase buying power of locally-grown fresh fruits and vegetables.

The Double Up Oklahoma (DUO) program lets recipients of the Supplemental Nutrition Assistance Program (SNAP) stretch their food dollars by matching up to \$20 of SNAP benefits per day at participating farmer's markets. A pilot program has been in place in Tulsa for several years, and is now expanding statewide.

"Customers who participate in farmer's market SNAP incentive programs like this consistently report eating a more healthy diet. Expanding this program statewide will also allow our clients to double their buying power" said Jim Struby, director of the DHS Adult and Family Services Division.

Communities participating in the DUO program include

farmer's markets in Tulsa, Guthrie, Norman, Muskogee, Okmulgee and Oklahoma City. Additional farmer's markets will be added to the program next year.

The Double Up program is made possible to increase SNAP dollars spent on fruits and vegetables and encourage recipients to eat healthy.

"This is an opportunity to promote community well-being while also supporting our local farmers."

BACK TO SCHOOL

It's school time again! You're probably feeling excited and maybe a little sad that summer is over. Some kids, and often kids with disabilities, feel nervous or a little scared on the first day of school because of all the new things: new teachers, new friends, and maybe even a new school. Luckily, these "new" worries only stick around for a little while. Let's find out more about going back to school.

The First Day

Most teachers kick off the school year by introducing themselves and talking about

stuff you'll be doing throughout the year. Some teachers give kids a chance to tell a little about themselves to the others. When teachers do the talking on the first day, they often go over classroom rules so you'll know what's allowed and what's not. Pay close attention so you'll know if you need to raise your hand to ask a question and what the rules are about visiting the restroom. You might already know a lot of kids in your classes on the first day. But it's a great day to make a new friend, so try to say hello to kids you know and new ones that you don't. If you have a disability, sometimes it is helpful if you make the first move and you'll be glad you did and so will your new friend!

Moving to Middle School?

Sixth grade often signals a move to middle school or junior high, where you'll find lockers and maybe a homeroom. This is just what it sounds like — a classroom you'll go to each morning, kind of like your home in the school. In middle school, you might move from classroom to classroom for each subject. Your teachers know that this is a big change from elementary school and will help you adjust. Most teachers let you pick your own seat on the first day, but by the second or third morning, they'll have mapped out a seating plan. At first, it's a good idea to write down where your seat is in your notebook so you don't forget.

Feeling Good on Day One

Seeing friends you haven't seen in a while can make the first day a good one. You also can make the day feel special by wearing an outfit you like. Maybe you got a great T-shirt on vacation, or your new sneakers put a spring in your

step. If you wear a uniform, you might wear a favorite watch, a new hair band, or a piece of jewelry to show your personal style.

It can make you feel good to be prepared and have all the supplies you need. Some schools distribute supply lists before the year begins, so you can come stocked up on pencils, folders, and whatever else you'll be needing. Once you've covered the basics, you might tuck an extra few dollars in your backpack for an emergency (like forgetting your lunch money). Or maybe you'd like to bring along a book or magazine to read while you're on the bus.

Whatever you put in your backpack, make sure you pack it the night before. This prevents the morning panic when you can't find your homework or lunch box. Speaking of lunch, that's something else that can help you feel good at school — whether it's the first day or the 100th day. Help your parents pack it the night before if you don't like what's on the menu at the cafeteria. Try to include a variety of foods in your packed lunch, especially fruits and vegetables.

Get Oriented

The first day of school is your first chance to find your way around a new school, or learn the pathways to new classes in your old school. It's a lot to learn in one day, so don't be surprised if you need a reminder or two. It might help to write a few notes to yourself, so you'll remember the important stuff, like your locker combination and that lunch starts at 11:43, not 12:10. Before you know it, your fingers will fly as you open

your locker and you won't have to check your notes to know what time lunch starts!



ADA AND REV UP EDUCATION

The Oklahomans for Independent Living is hosting informational presentations covering the programs and services offered by our organization, the Americans with Disabilities Act and the Rev UP campaign for the Native Americans in our community.

The ADA protects the rights of over 54 million Americans with disabilities. It opens doors to participation in employment, state and local government programs, public accommodations, telecommunications, and transportation by prohibiting discrimination against people with disabilities and their friends and family members. The Native American population is protected by the ADA with the same rights as any other American.

The REV UP campaign promotes the importance of voting assistance to individuals with disabilities, their friends and families. If you are not a registered voter and would like the opportunity to become a part of the population that has a voice in policy making for the disabled community come into the office at 601 E. Carl Albert Parkway. The staff will answer questions and help you register to vote, or call us at (918) 426-6220.

August 10th at 11:30 a.m.
Choctaw Community Center
105 E. California
Coalgate

August 17th at 10:30 a.m.
Choctaw Community Center
515 Centerpoint Road
Wilburton

August 24th at 10:30 a.m.
Choctaw Community Center
1203 W. Liberty
Atoka

WOMEN'S GROUP

We will meet on August 2nd at Chili's at 11:30 a.m. Lunch plates are available for \$6, \$7, and \$8 but don't forget to include the cost of a drink and your tip. Free lift-equipped transportation is available.

BOWLING FUN

We will be going bowling at Great Balls of Fire on Wednesday, August 10th, at Noon. Normally, this would cost \$6.00 per game but we are getting a deal at \$1.50 per game which includes the cost of the shoes.

MOVIE AT THE PARK

On Saturday, August 13th, OIL will be taking individuals to Chadick Park to participate in the City of McAlester's Movie at the Park night. "Max" will be showing and there will be concessions available to purchase. Call for your pick up time. Don't forget to bring your lawn chair or blanket to sit on!



Living Working
Well with a Disability

To continue with our healthy initiatives, we will meet on

Tuesday, August 16th at 10 a.m. so we can **Walk 'n Roll** to a healthier lifestyle. We will meet at Mullins Park, between A Street and Springer Avenue. We will provide free, local lift-equipped transportation to the park. Bring a **HEALTHY SNACK** and let's get fit!



FOOD HEALTH PROGRAM

On Wednesday, August 17th, at 11:00 a.m., we will have a visitation with a Health Educator. She will share with us information regarding food programs and the class is limited to 12 participants. Upcoming class topics will be discussed as well as class dates and times being set up for individuals who would like to participate in future classes. Please call OIL for free lift-equipped transportation and or to sign up for the initial class.

CRAFT CLASS

We will meet on Tuesday, August 23rd at 1:00 p.m. We will be making Tie Dye T-Shirts so please bring a white t-shirt with you. Please register by August 17th so preparations can be made. Call OIL for free, lift-equipped transportation.



SATURDAY TRANSPORTATION

OIL provides lift-equipped, door to door transportation for the

elderly and individuals with disabilities.

Transportation is provided in McAlester, Krebs, and Frink Chambers. Transportation is provided for medical, employment, nutrition, education, shopping/personal, social and recreational activities.

Accessible transportation is provided Monday through Thursday from 8:00 a.m. to 4:30 p.m. and Friday 8:00 a.m. to noon. Saturday transportation is provided twice a month from 8:00 a.m. to 4:30 p.m. Evening transportation is provided for specific community integration activities. Transportation services require a minimum of 24 hour call in notice. Scheduling is done on a first come – first serve basis. The fee for transportation is currently \$2.00 for each time an individual exists the bus. OIL does not provide fixed route service.

To schedule transportation, call the OIL office during regular business hours, Monday thru Friday, 8-5 p.m. The Saturday dates are set for August 13th and 27th starting at 8 a.m.

Transportation



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

Monday – Thursday

8:00 – 4:30 p.m.

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.*

Oklahomans for Independent Living
 601 E. Carl Albert Pkwy.
 McAlester, OK 74501
 918-426-6220 Main
 800-568-6821 Toll Free
 918-426-3245 Fax
 918-426-6220 V/TTY
www.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.

*Events are held at OIL unless otherwise noted						
EVENTS						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 <u>Water Aerobics</u> Stipe Center Pool 9:30 am <u>Women's Gp.</u> Chili's 11:30 am	3 <u>Fun Swim</u> Stipe Center Pool 10:30 am	4 <u>Shopping</u> 7:00-10:45am <u>Brain Injury Gp.</u> 1 pm	5	6
7	8 <u>Men's Gp.</u> Taco Bell 4 pm	9 <u>OIL Social</u> KFC 5:30 pm	10 <u>Bowling</u> Great Balls of Fire Noon	11	12	13 <u>Saturday Transportation</u> 8 am Chadick Park at Dark
14	15	16 <u>Walk 'n Roll</u> Mullins Park 10 am	17 <u>Food Health Program</u> 11 am	18 <u>Shopping</u> 7:00-10:45am <u>Brain Injury Gp.</u> 1 pm	19	20
21	22	23 <u>Craft Class</u> 1:00 pm	24	25	26	27 <u>Saturday Transportation</u> 8 am
28	29	30				
<p>*Low Impact Exercise Class for Sr.'s meets Mon., Wed., & Fri., 10:00 a.m., Stipe Center 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 information on a 7 week Dealing with Grief Course, call Heartland Hospice, 3rd Tues., 6:00 p.m., Pittsburg County Health Dept., 423-1267 *Alzheimer's Support Group, 3rd Wed., 12:30 p.m.,</p>						