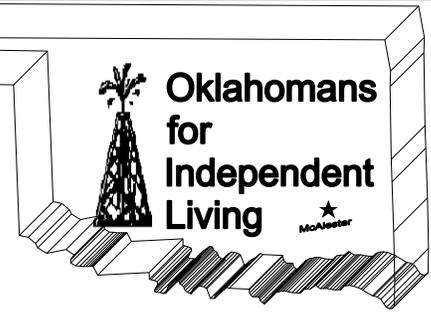


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OIL Newsletter



A monthly publication of THE OKLAHOMANS for INDEPENDENT LIVING

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Special Olympics STATE SUMMER GAMES

The 2016 State Games will be held in Stillwater on May 11th, 12th, and 13th. The OIL FreeSpirits competed in the area games back in March to qualify. Good luck FreeSpirits!

SIMPLE STRATEGIES FOR GETTING HEALTHY

Living Working

Well with a Disability

While most people want to lose weight, get fitter, get healthier ... it can be tough especially if you are an individual with a disability.

Form habits, healthy habits. The following strategies aren't for everyone, so pick and choose the ones that might fit in

your life, and give them a try!

1. Toss out the junk food.
2. Stock up on healthy snacks.
3. Find some healthy recipes and buy the ingredients.
4. Cook in bulk.
5. Make water & tea your default drink.
6. Find healthy options when eating out.
7. Stop smoking.
8. Start small — don't overdo it.
9. Get your spouse or boyfriend/girlfriend on board.
10. Play outside.
11. Find a workout partner.
12. Socialize in healthier ways. Instead of going out to bars or unhealthy restaurants, get together for a walk around the block or in the park.

So to help you get going with number 10, 11, and 12, we at OIL would like to help you get motivated. **We will provide free, local transportation to the Rotary Park, 801 N. 9th Street. We will meet on Tuesday, May 24th at Noon so you can join us in kicking off your campaign to a healthier lifestyle.** Bring your healthy sack lunch and let's walk and roll our way to being more fit!

2016 SUMMER CAMPS

Below are programs for individuals with disabilities. Financial assistance is available for most camps so call each contact number for specific information and/or applications.

OKLAHOMA CAMPS

*CAVETT KIDS FOUNDATION CAMPS

All Camper Criteria

*Must function independently without requiring continuous one-on-one supervision or attention.

*Must have the mental capacity to interact acceptably with others and any behavioral disorders or psychiatric diagnoses must be approved by CKF staff prior to Camp.

*Must independently abide by their identified specific dietary needs.

*Personal skills of campers should include the ability to function independently for daily personal care (i.e., eating, drinking, bathing, dressing, and using the restroom).

Campers must meet the All Camper Criteria as well as the following:

Heart Camp Qualifications
(June 8-12)

- **Diagnosis:** Congenital Heart Problem, Recipient of a Heart Transplant
- **Age:** 14 to 18 years-old and/or still attending high school (both mental and developmental age)
- **Physical Abilities:** The physical environment at Heart Camp consists of a mountainous, natural terrain. Therefore, the facility requires that campers are fully mobile and can ambulate independently.
- **Medical Criteria:** Follow their medication schedule independently or with minor assistance.

Camp Cavett Qualifications
(July 6-10)

- **Diagnosis:** Any life-threatening or chronic illness
- **Age:** 10 to 18 years-old and/or still attending high school. (Both mental and developmental age)
- **Physical Abilities:** Cross Point Camp facilities consist of a very rocky, natural terrain. Therefore, the facility requires that children with wheelchairs need to have the physical ability to walk for short distances. The use of any mobility device should be discussed with CKF staff prior to camp.
- **Medical Criteria:** Follow their medication schedule by going to the nurse's cabin when needed.

Leadership Camp

Qualifications (July 27-31)

- **Diagnosis:** Any life-threatening or chronic illness
- **Age:** 15 to 18 years-old and/or still attending high school. (Both mental and developmental age)

□ **Medical Criteria:** Follow their medication schedule independently or with minor assistance.

Kamp Courage Qualifications
(August 17-21)

- **Diagnosis:** Chronic Kidney Disease, Recipients of kidney transplants, Dialysis patients, Spina Bifida, PKU, Children with mobility challenges (*Contact the CKF office with specific details*), and Diabetes
- **Age:** 8 to 18 years-old and/or still attending high school (Both mental and developmental age)
- **Medical Criteria:** Follow their medication schedule by going to the nurse's cabin when needed. Personal skills of campers should include the ability to function independently or with minimal assistance for daily personal care (i.e., eating, drinking, bathing, dressing, and using the restroom)

Transitions Camp

Qualifications

- **Diagnosis:** Any life-threatening or chronic illness
- **Age:** 15 to 24 years-old (Both mental and developmental age)
- **Medical Criteria:** Follow their medication schedule independently or with minor assistance

Camp Costs: Free for Oklahomans

Call 405 271-2271 for specific dates and locations.

***MDA CAMP FOR THOSE WITH MUSCLE DISEASE**

Cost: Free for Oklahomans
Call 405 722-8001. To watch a video of all the fun your child will have go to www.mda.org!

***CAMP BENEDICTINE** – This camp is mainly focused on providing an opportunity for persons with developmental delays to engage in recreational, educational, as well as prevocational activities along with other community

members. The three night camp(s) are held at the St. Gregory's University Campus in Shawnee. Call 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 and OIL will research it for you.

TAX CREDIT PROPOSED FOR DISABILITY CAREGIVERS

by Michelle Diamant

A bill introduced in the U.S. House of Representatives would establish a new tax credit designed to ease the burden of family members caring for people with disabilities. Parents and others who provide care for people with disabilities could be eligible for a tax credit under a new proposal.

A bill introduced in the U.S. House of Representatives recently would allow family members who care for older people and those with disabilities to receive up to \$3,000 in tax savings annually.

"This is more than just another tax credit," said U.S. Rep. Linda Sánchez, D-Calif., who introduced the legislation along with U.S. Rep. Tom Reed, R-N.Y. "This is about how we can help older adults and people with disabilities live independently in their own homes and communities."

To be eligible, caregivers would have to be working and earning at least \$7,500 per year.

The tax credit would offset expenses for everything from groceries to home modifications, transportation

and hired help to care for people with long-term needs who can't perform at least two activities of daily living like eating, walking, dressing.

Family members could qualify for providing care to a spouse, parent, grandparent, sibling, child, niece, nephew, brother or sister-in-law, or father or mother-in-law under the proposal known as the Credit for Caring Act.

"Families are making enormous sacrifices and often times struggle to make ends meet. The expense of providing personal, at-home care can add up quickly so it's only fair that we support our caregivers. Families will stay together and those in need of assistance have access to better care." Reed said.

PARTICIPATE IN STUDY TO PREVENT URINARY SYMPTOMS

Are you an individual with spinal cord injury or spina bifida who struggles with urinary symptoms and uses intermittent catheterization for bladder management? If so, the SCI research team at MedStar National Rehabilitation Hospital would love to talk to you about a study focusing on the prevention of urinary symptoms. The research team, located in Washington, DC, noticed during a past study that people with bladder dysfunction due to spinal cord injury or disease had much less urine Lactobacillus, which is considered a "healthy" bacteria, compared with those who didn't have SCI.

In response to this finding, they have decided to investigate whether Lactobacillus, when put back into the urine, might have a role in limiting

symptoms and possibly reducing the need for antibiotics. Lactobacillus is a probiotic which has traditionally been used to aid with digestion and is naturally found in your body. In the study, the benefits provided by Lactobacillus will be targeted at bladder health rather than digestive health.

If you decide to participate, your assistance will be needed over a period of 18 months. While this seems to be a lengthy time frame, the study is broken down into three phases, each lasting 6 months, which require different levels of participation. Phase 1: Completion of weekly survey
Phase 2: Completion of weekly survey and Lactobacillus instillation into the bladder when symptoms occur
Phase 3: Completion of weekly survey

If you are interested in participating or would like more information regarding the study, e-mail....

inger.h.ljungberg@medstar.net or by phone at (202) 877-1694.

BOWLING FUN

We will be going bowling at Great Balls of Fire on Monday, May 23rd 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.



OIL COOKOUT

The social will be at Chadick Park on Tuesday, May 3rd, at 5:30 p.m. OIL will provide the hot dogs and drinks but **you are asked to bring packaged chips**

or a packaged dessert to go with them. Call for free, local, lift-equipped transportation.



CRAFT CLASS

We will be making a craft on Tuesday, May 10th at 1:30 p.m. Please call by the 23rd to register so participant preparations can be made. Call OIL for free, lift-equipped transportation.

GAME DAY AT THE PARK

We will be playing games at Rotary Park on Tuesday, May 31st. We will gather at Noon so if you would like to bring your healthy sack lunch, we will begin play afterwards.



OIL CLOSED

OIL will be closed on Monday, May 30th in 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 – 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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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 	2 <u>Brain Injury Gp.</u> 1 pm	3 <u>OIL Social</u> Cookout 5:30 pm	4	5 <u>Shopping</u> 7:00-10:45am	6	7
8	9 <u>Men's Gp.</u> Steak 'n Shake 4 pm	10 <u>Craft Class</u> 1:30 pm	11 <u>Special Olympics</u> <u>State Games</u> Stillwater	12 <u>Special Olympics</u> <u>State Games</u> Stillwater	13 <u>Special Olympics</u> <u>State Games</u> Stillwater	14 <u>Saturday</u> <u>Transportation</u> 8 am
15	16 <u>Brain Injury Gp.</u> 1 pm	17 <u>Women's Gp.</u> Subway Dollar Tree 11 am	18	19 <u>Shopping</u> 7:00-10:45am	20	21 <u>Saturday</u> <u>Transportation</u> 8 am
22	23 <u>Bowling</u> Great Balls of Fire Noon	24 <u>Walk 'n Roll</u> <u>to Fitness</u> Rotary Park Noon	25	26	27	28
29	30 OIL CLOSED Memorial Day	31 <u>Game Day</u> Rotary Park Noon				
<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 *Alzheimer's Support Group, 3rd Wed., 12:30 p.m., call Hospice of McAlester at 423-3911 . For information on a 7 week <u>Dealing with Grief Course</u>, call Heartland Hospice, 3rd Tues., 6:00 p.m., Pittsburg County Health Dept., 423-1267</p>						

