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INDEPENDENT
L I V I N G

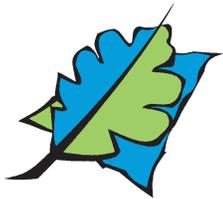
Celebrating our 20th Anniversary!

THE PIPELINE

The newsletter from OIL

Volume 20,
Issue 3

Third Quarter
2016



October 20th Celebration

SAVE THE DATE!

OIL has been celebrating throughout 2016 our 20th anniversary year, and we've set the date for a special Open House - Consumer Appreciation event. Mark your calendars and make plans to join us on October 20. We invite

everyone to drop in any time between 1 and 3 p.m. Music, refreshments, live remote and door prizes are part of the fun that's being planned. Follow the Facebook event page, "OIL 20th Anniversary Celebration," for updates.

ADDRESS:
Office Square
109 Aid Avenue
West Plains, MO 65775

PHONE:
417-256-8714
417-257-0038
Voice/TDD Toll Free:
1-888-440-7500

FAX: 417-257-2380

FACEBOOK:
O.I.L Ozark
Independent Living

WEBSITE:
www.ozarkcil.com

E-MAIL:
info@ozarkcil.com

OFFICE HOURS:
Monday-Friday
8 a.m. to 4:30 p.m.

MISSION:
To empower people with disabilities to live as full and productive members of society.

FIVE CORE SERVICES:

- Information/Referral
- Life Skills/Training
- Advocacy
- Peer Support
- Transitioning

Community Partnerships



20 YEARS OF SERVICE – In honor of our anniversary milestone, OIL has made contributions to several projects in the seven-county area we serve, including Missouri State University-West Plains, with the donation to be used for accessibility features in the Carol Silvey Student Union which will be housed in the Hass-Darr Hall. From left: OIL Board of Director members Jane Kramer and Gwen Jackson, OIL Executive Director Cindy Moore, OIL board member Scott Schneider, MSU-West Plains Director of Development Joe Kammerer, OIL board members Debra Mayers and Eryn Walters and MSU-West Plains Assistant Director of Development Melody Hubbell.



More from MOORE

By Executive Director
Cindy Moore

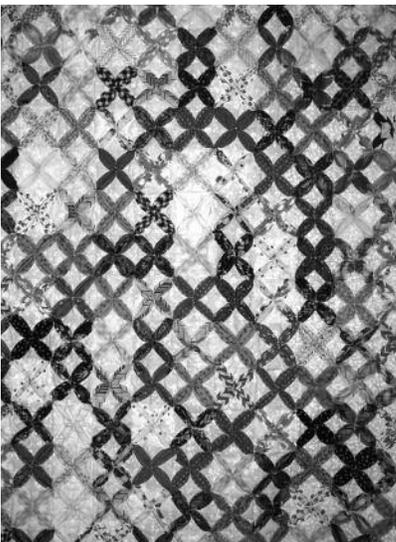
Put this on your calendar! SAVE THE DATE!
We have decided to have our open house October 20th – that’s a Thursday – from 1 to 3 p.m.

Everything is all about our 20th anniversary event! Still some plans to finalize, but there definitely will be door prizes, give-away items, food, games and possibly entertainment! Anyone can have a tour of the building with a staff person and we’re hoping some legislators will be in attendance. Please try to attend and put some faces to the phone calls you’ve made to O.I.L.

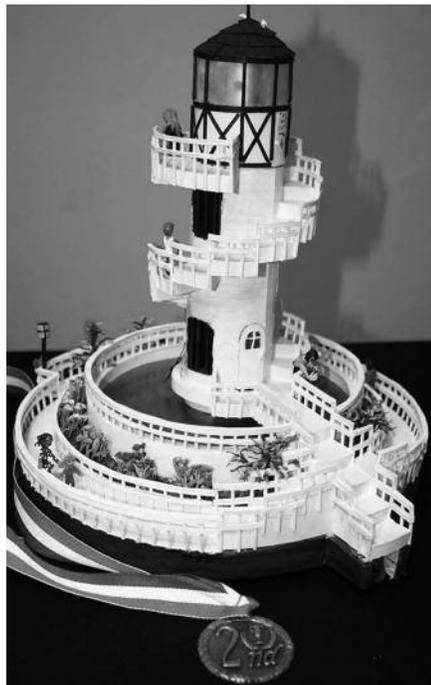
I can’t express how amazed I am that 20 years has passed by. Even when I tell others, they are equally amazed. Where did the time go? No need to ponder that, as the office is already looking to the next 20!!!

I wanted to emphasize that this office has interests all over the state and staff who follow disability news, trends etc. Just remember that no matter how busy WE are, there’s always time to talk to YOU. Between our **Independent Living Dept., Consumer Directed Services Dept., and the sister agency, Independent In-Home Services**, this office has an answer for anyone dealing with disability issues – all under the umbrella of the **only Center for Independent Living** in this area (Howell, Oregon, Ozark, Shannon, Texas, Douglas and Wright Counties). Call or come by!

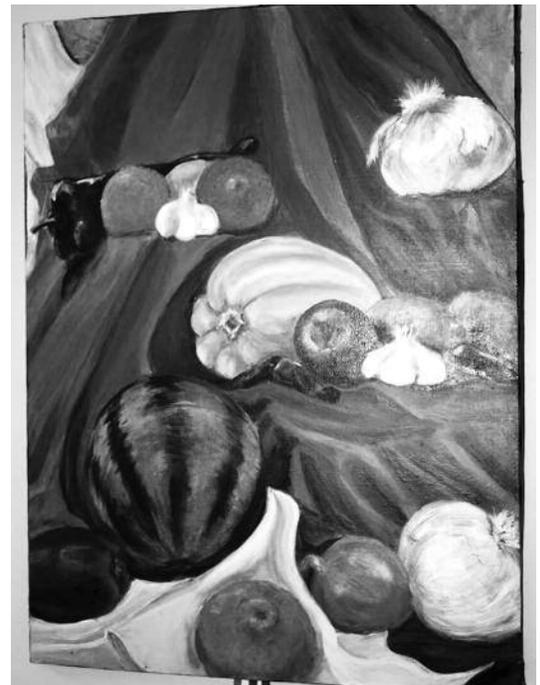
Regards,
Cindy



3rd Place – LEONA SMITH



2nd Place – CURTIS MARCUM



1st Place – CAROL WARREN

Fourth Annual Art Show Winners Announced

By Newsletter Editor
Terry Hampton

A painting, a sculpture and a textile entry captured the top three places in the 18-and-over division of the Fourth Annual Ozark Independent Living (OIL) Art Show featuring Artists with Disabilities held May 24-June 5 at the West Plains Civic Center.

First place, a still life in acrylic, was awarded to Carol Warren, West Plains. Second place, a detailed miniature sculpture of a lighthouse, was won by Curtis Marcum, Willow Springs. Third place, a small wall-hanging quilt, went to West Plains resident Leona Smith.

In the 17-and-under division, first place winner is “Madison” of Skyview School in Mtn. Grove. Second place winner “Tyler” and third place winner “Tatianna C.” attend Ozark Horizon School in West Plains. (First names only were provided to OIL.)

We congratulate the winning artists and thank everyone for their participation in the show. There are many talented and creative people in our area and we’re proud to showcase their work. Medals were awarded to the winners. West Plains resident Reid Grigsby served as judge for the show. Below are the adult division winners.

Staff Update



Debbie Holland has recently been hired as a CDS (Consumer Directed Services) Coordinator at OIL. As a coordinator, she monitors individual consumer's CDS service and serves as the advocate and/or liaison between consumers and the state. She also provides monitoring overview of the timesheets, care plans and the consumer's responsibility as the employer of his or her attendant(s), offering guidance when necessary.

Debbie: I joined Ozark Independent Living at the end of June. I am a native of West Plains and Howell County. I graduated from West Plains High School and am proud to still be a Zizzer. After high school, I continued my education by first taking college classes in West Plains and then moved on to take classes in Springfield at Missouri State University and then in Columbia at University of Missouri. I received a degree in Education and then a Master's Degree and Specialist's Degree in Educational and Counseling Psychology. After finishing my college education, I worked in other parts of the state for a while before I returned to this area to make the Ozarks home again. I have worked in a variety of settings always helping people of all kinds and backgrounds. While I enjoy helping people, I also enjoy working with animals and country living. I look forward to working at OIL and having the opportunity to continue to work with people with all types of needs.



Staffer Spotlight



A new Pipeline feature is to highlight a staff member in each issue. We'll go in order according to length of time employed at OIL, so that means we're starting with the one person who has been here since the beginning . . .

EXECUTIVE DIRECTOR CINDY MOORE

Cindy was born in St. Louis, but says she was, "essentially raised in Louisiana, Mo." She attended college at William Woods University in Fulton where she received a Bachelor of Fine Arts. She had a varied work history before coming on board at OIL. She was a research librarian, office manager for a construction company, co-owner of a deli and antique store owner.

She says she enjoys working in her yard and that "mowing is therapy." She enjoys her garden but has, "reached an age where I cut back on the garden. Now I only have flowers, blackberries and tomatoes." Other hobbies are reading, antiques and going to flea markets and fairs. "Recently I went to an oil painting workshop in Kentucky and hope to make more trips to other workshops and get myself back into shape of creating some artwork."

She says in her 20 years at OIL she has met some wonderful people through professional connections and associations including memberships with West Plains Library Board, Missouri Arthritis Advisory Board, West Plains Chamber of Commerce Non-Profit Alliance, Association of Programs for Rural Independent Living, and a collective group of other Executive Directors of CILs throughout the state.

She has two sisters, "an outstanding nephew and niece, many friends from Louisiana and William Woods and of course, the many friends I've made in West Plains who have included me through their friendships."

Core Service: Information and Referral

If you have prescriptions, you might check out these online tools to see if they can be helpful:

GoodRx: a prescription price comparison tool and a place to get coupons for prescriptions. Check it out at: goodrx.com

Blink Health: an online tool for buying prescriptions. It can't be used with Medicaid/Medicare or other insurance, but can be used instead of them, if it's cheaper. Website is: blinkhealth.com

Drug Interaction Checker: A handy tool that allows you to enter the names of prescription drugs, over-the-counter drugs, herbals and supplements to see how they interact with each other and with other substances. It could help you or a loved one avoid severe complications from combining the wrong medications. Here's the site: healthtools.aarp.org/drug-interactions/ (From AARP)

Grant Program: The Ralph Braun Foundation (RBF) offers grants to help fund projects **for people with disabilities who are trying to make their vehicles accessible for driving.** (Deadline is July 31 for Aug. 15 announcement, but another round will be open from Oct. 1-31.)

RBF offers grants of up to \$5,000 to people who already have the majority of the funds needed, but require the final amount to complete their purchase. Awarded applicants will receive up to 25% of the cost of the actual mobility transportation equipment with a cap of \$5,000. RBF does not provide funding toward the actual vehicle, only the adaptive equipment needed to modify the vehicle.

For more information, visit the website: ralphbraunfoundation.org/grant-program/

Celebrating 20 Years of Service . . .

To celebrate our 20th anniversary, OIL has made contributions to several non-profit organizations in our service area. We like to partner with those who share our mission to put the "ability" in "disability!"



1



2

1. WEST PLAINS CHRISTIAN CLINIC
represented by Clinic Administrator Jo Blackburn, left, and Exec. Dir. Len Campo. OIL Executive Director Cindy Moore, center.



3



4

2. OZARK SHELTERED WORKSHOP – Cindy with Bob Sargeant, representing the workshop.

3. BRIDGES
represented by Peggy Wright, left, and Cyndi Wright, at right.

4. 37TH JUDICIAL CIRCUIT - JUVENILE DIVISION – Cindy with 37th Judicial Circuit-Family Court Office Administrator Judy Ogden.



SOUTH TOWER RESIDENTS ASSOC.



WALNUT GROVE RESIDENTS ASSOCIATION

Above, from left: West Plains Housing Authority Executive Director Allen Hampton, South Tower Residents Association President Marilyn Burgess and OIL Executive Director Cindy Moore.



HOUSTON SR. CENTER



Above, from left: Walnut Grove Residents Association officers, Vice President Shirley McCracken, President Veta Briscoe, Reporter Laura Fine, Cindy Moore with OIL and Allen Hampton with West Plains Housing Authority.

Cindy Moore, center, with senior center representatives Madge Elmore - Board Member, Bernadine Hohlt - Administrator, Sylvia Snelling - Lead Cook, and Robert Mitana - Assistant Cook.

... With Community Partnerships!



WEST PLAINS PUBLIC LIBRARY – Library Director Sherry Russell and OIL Executive Director Cindy Moore.



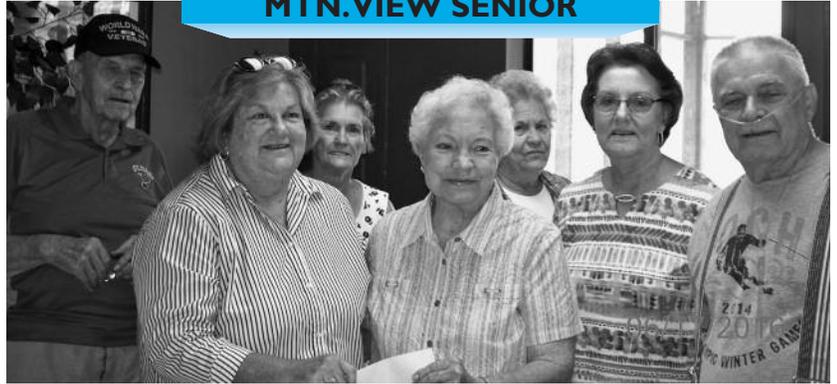
FIRST BAPTIST CHURCH FOOD PANTRY

With Cindy Moore, second from left, are church representatives Julie Dotter, Bob Dotter, Ed Crampton, Terry Haish, Tammy Benton. Ed Crampton is the pantry's director, the rest are volunteers.



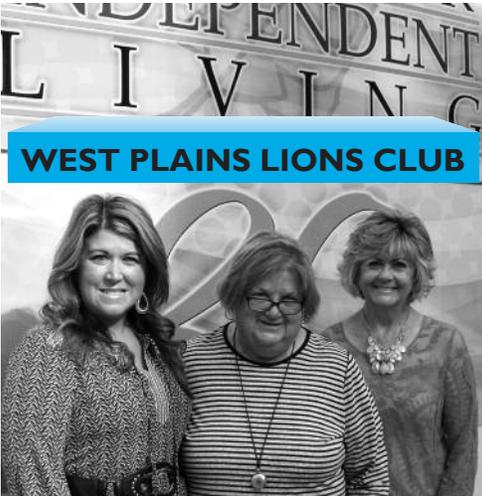
WEST PLAINS COMMUNITY GARDEN

Garden representatives: Ron Carlson, Dawn Hicks and Ginny Henderson with Cindy.



MTN.VIEW SENIOR

Above, with Cindy, who is second from left, are representatives of the Senior Center: Virgil Eschrich, Ada Vermillion, Barb Bowling, Dawna Phillips, Lena Vines and Alex Kowalczuk.



WEST PLAINS LIONS CLUB

Cindy, center, with Lions Club First Vice President Traci Wiley, left, and Reta House, President/Second Vice District Governor.



MTN.VIEW COMMUNITY GARDEN – Seated is Earline Granier. From left: Ada Vermillion, Chris Pasquini, Carolyn Navarre, Mtn.View Mayor Patrick Reed, Cindy Moore, Sharon Napp, Nancy Echols and Robley Weakley.

TEXAS COUNTY COMMUNITY GARDEN – In Houston, OIL has partnered with Healthy School Healthy Communities to construct raised beds. Here a summer school group attends a ribbon-cutting there.



PHOTO AT RIGHT, **Thayer Fun and Friends Senior Center.** Oil Executive Director Cindy Moore presents a check to Senior Center Administrator Heather Roberts.

BELOW: OIL made a contribution for fresh produce to be served at the salad bar at **The Center** in Gainesville. From left: with OIL Terry Hampton and Ashley Strazdas, with The Center Kasey McKee, Cheyanne Kroll, Shelia McCullough and Jerry Sue Crawford.



OIL bought a pecan tree for the **City of Ava.** Above: with the city are J.D. Price and Parks Director Sherry Wallace, with OIL Telcy Osborn and Terry Hampton.

Celebrating 20 Years of Service!



OIL STAFF - Front row, from left: Janet Vance, Ashley Strazdas, Amanda Foster, Kyli McNew, Jaime Grider, Donna Nale, Pam Johnson, Cindy Moore and Kathy Bauer. Second row: Shelley Surface, Audrey Thomas, Melissa Murrell, Debbie Holland, Telcy Osborn and Samantha Adams. Back row: Pat Parmer, Judy Murray, Nathen Bryant and Terry Hampton. Not pictured: Lori Cox, Barbara Jackson and Kathy McLaughlin.



OIL bought a maple tree for the **Mtn. Grove City Park.** Above: Parks Director Tim Sparks with Telcy Osborn.

Events & items to note...

Guest Speaker Steve Forsythe

Mtn. Grove Senior Center, 700 E. State St.

Wednesday, August 31, 1-2 p.m.

Steve Forsythe is a published writer, radio personality, comedian and motivational speaker. And he also happens to have cerebral palsy, but the 65-year-old Cabool resident doesn't let that stop him from encouraging others to live life to the fullest, regardless of their circumstances.

Come to this free presentation and listen to Steve tell how having a disability is only part of who he is. (Like the event on Facebook "Guest Speaker Steve Forsythe.")

Fall Prevention Awareness

West Plains Senior Center, 416 E. Main St.,

Wednesday, August 24, 10:30 a.m.

Did you know, according to the CDC, one-third of seniors 65 and over fall each year, and if you've fallen once, your chance of falling again **DOUBLES**. Join Ozark Independent Living at the West Plains Senior Center for a Fall Prevention Awareness presentation. We will take the time to discuss the important facts about falling, what can happen to you after a fall, what conditions make you more likely to fall, your fall risk and some ways to prevent falls, including some simple exercises that you can perform in the comfort of your own home. **Free and open to all of any age.**

Additional workshops will be on October 5 and January 18 and April 12, 2017.



CABOOL FARM FEST – CDS Coordinator Janet Vance was one of the OIL staffers who worked at the annual event. The winner of the mini barbecue grill kit door prize was Cabool resident Venita Ratterree.

"MEET & GREETs"

OIL visits senior centers in our seven-county area twice a year to talk about available services and answer questions about our services and other programs. The summer/early fall schedule includes:

August 25 - 11 a.m. to 12:30 p.m.

WILLOW SPRINGS Senior Center

501 N. Center Street – 417-469-3892

September 9 – 11 a.m. to 12:30 p.m.

DOUGLAS COUNTY Senior Center - AVA

108 NE 2nd Street – 417-683-5712

September 15 - 11 a.m. to 12:30 p.m.

THAYER Fun and Friends Senior Center

100 Chestnut Street – 417-264-7354

September 29 – 10:30 a.m. to 12:30 p.m.

The Center GAINESVILLE

Highway 5, just north of city limits – 417-679-4746

October 6 – 10:30 a.m. to 12:30 p.m.

MTN. GROVE Senior Center

701 E. State Street – 417-926-5867

October 14 – 11 a.m. to 1 p.m.

CABOOL Senior Center

910 Cherry Street – 417-962-3860

October 19 – 10:30 a.m. to 12:30 p.m.

ALTON Senior Center

204 Main Street – 417-778-7342



In June, Telcy Osborn moved from the CDS department, where she had been a coordinator, to the ILS department.

Newton's Agency

Call us today
417-257-0954

Visit our website at
www.newtonsagency.com

e-mail us at
newtonsagency@gmail.com

Partnering with families to help people with special needs live as productively and independently as possible to reach their full potential.



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OFFICE SQUARE - 109 AID AVE.
WEST PLAINS, MO 65775

**OIL HAS ZERO
TOLERANCE FOR
FRAUD, WASTE AND
ABUSE!**

**People Caring
About People**

**Do your part
RECYCLE!**

Like "O.I.L Ozark Independent Living" on Facebook!

When you like and share items from our page, you stay informed and it helps us grow our web presence.

If you would like to remove your name from this mailing list or would like to sign up for our email list, please contact OIL newsletter editor Terry Hampton by phone at 417-257-0038 or toll free/TDD 888-440-7500 or via email newsletter@ozarkcil.com.

If you or someone you know would like to know more about Consumer Directed Services or any of the other services offered by OIL, please give us a call or clip this form and drop in the mail to: OIL, 109 Aid Avenue, West Plains, MO 65775.

Check all that apply:

- Add to the Pipeline newsletter mailing list
- Contact for more information about Consumer Directed Services
- Contact for more information about Independent Living Services

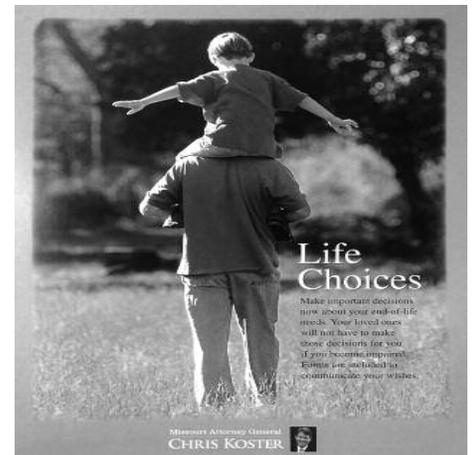
Name: _____

Address: _____

Phone: _____

Office hours are 8 a.m. to 4:30 p.m. Mondays through Fridays

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The Mo. Attorney General's office is a great resource for many **free publications**, including "Life Choices," which helps you make important end-of-life decisions. See complete list of available publications and order them from the website, Ago.mo.gov, or Attorney General, PO Box 899, Jefferson City, MO 65102.