

O Z A R K
INDEPENDENT
L I V I N G

THE
GUSHER
PIPELINE

July - August 2013

The Newsletter from O.I.L.

Volume 17 Issue 4

ART SHOW FEATURING ARTISTS WITH DISABILITIES



Ozark Independent Living (O.I.L.) recently sponsored its first art show featuring artists with disabilities May 20 – June 13 at the West Plains Civic Center. “We wanted to give these individuals an opportunity to display their talents,” said OIL Executive Director Cindy Moore. “There were six entry categories and we received entries in each category. We received 50 entries all together. This was the first art show that O.I.L. has sponsored and we were pleased with the number of participants and are hoping for more next year, because we plan to make the art show an annual event.” Also a reception was held June 1 inviting the public to come and view the artwork and to meet some of the artists.

OZARK FALL FEST

Ozark Independent Living (O.I.L.) is hosting its first Ozark Fall Fest, September 14, 2013 from 9 a.m. to 5 p.m. at the Jimmie Carroll Winter Sports Complex in West Plains, MO. Exhibitors are welcome to display and sell their handmade crafts. This will be an excellent way to get your business name and merchandise out to the public. This fun-filled event will include food, music, a live radio remote and the West Plains Animal Shelter will be there, if you would like to adopt a pet.

Booth spaces are 10' x 12' and rent for \$50. All proceeds from the booth rentals will be used to supplement the cost of accessibility ramps and durable medical equipment that O.I.L. provides for qualified consumers. If you would like to reserve a booth or receive additional information, please call Kathy Bauer at 417-257-0038, Ext.207.



If you are interested in receiving important information regarding disability issues from Jefferson City, MO, or Washington, D.C., please provide O.I.L. with your email address. Our office will place your email address on a list to receive immediate news regarding legislative disability issues. Please contact Kathy Harrington: 256-8714 or 1-888-440-7500 or email: info@ozarkcil.com



More From **Moore**

Has anyone planted a garden for the summer? Our office has assisted several communities

with raised beds to be included in their community gardens. These are for the specific purpose of someone in a wheelchair utilizing the bed for their gardening purposes. They could also be used for someone who needs a raised bed to relieve their back! Tomatoes, basil, onions, green beans . . . that sounds so good!

With great gardening comes the summer heat. If you have any questions about how to keep cool contact our office or your county health department. Usually there is always printed material available to learn more about not overheating.

Before we know it July 4th will roll around. The Washington monument in DC was damaged in an earthquake some months ago; cracks and lost mortar were very visible. It's presently being repaired; scaffolding surrounds all four sides. For the 4th of July the scaffolding will be covered with a very patriotic dressing. Watch for it on television; it should be very striking. Enjoy your fourth and be cool, be safe!

Regards,
Cindy

NOTES FROM DATAVILLE

Looks like summer is finally here! Hope everyone is enjoying the warm temperatures and all the much needed sunshine.

I would like to talk about some inconveniences with the mail delivery lately and what I found out at the West Plains Post Office. I stopped in at the Post Office and found out that mail sent on Saturday and Sunday is going to the Kansas City sorting center. I was also told that all mail after February 2014 will be going through the Kansas City sorting center. Please keep this in mind when mailing your time sheets. If at all possible, please mail them when you are finished with the current pay period, ideally on Friday afternoon or evening. Also, don't forget you can bring them by the office or drop them in the drop-off slot in the front door. If, after February, all the mail is sent to Kansas City, we may be revisiting this subject again.

Another area of concern is the use of Essential Transportation. For those of you that have Essential Transportation, please be diligent in recording your time used on a calendar or notebook. Any over use of Essential Transportation will not be paid. This is causing some of you to go over your units for the month, and as you know, we cannot pay or bill for any over use of units.

If you have any questions on the information above or any other questions, please call me at 417-257-0038 Ext. 208.

"Well done is better than well said."

Benjamin Franklin

Have a great summer!!!

Lori Blaker
Data Manager

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GRADUATION ACHIEVEMENT/HONORARY DEGREE



Pictured from left to right: Jennifer L. Williams, Chancellor Drew Bennett, and Edith M. Williams.

Photo provided by the Quill

May 18, 2013 was a day that Jennifer Williams had been looking forward to for a long time. On this date, she graduated from Missouri State University-West Plains (MSU-WP) with a Bachelor of Science degree in General Business. Not only was this a memorable day for Jennifer, but for her mother, Edith, as well.

Graduating from college is always a great achievement, but in Jennifer's case it was even more commendable. She was in a debilitating automobile accident in 1997 that left her wheelchair bound. The car flipped and Jennifer was ejected from the vehicle and skidded across scorching hot, 106 degree pavement. She received third-degree burns on her arms and legs. Her skull was fractured and she received a C7 spinal cord injury. After years of rehabilitation and recovery Jennifer was determined to receive a college education.

In 2001, Jennifer enrolled in MSU-WP, and began attending classes. Without Edith's help this would not have been possible. Edith has supported Jennifer's decision by transporting Jennifer to West Plains. She lifted her from the wheelchair to the passenger's seat and then transferred her back to the chair. She has helped her by driving her approximately 70 miles round trip from their home in Couch to West Plains several times a week so Jennifer could attend classes. Edith became a familiar face on the West Plains campus. While Jennifer was in class, she spent her time reading, assisting other students, or visiting with faculty.

Saturday, May 18 was also a very special day for Edith. At the commencement ceremony, she received an Honorary Associate of Arts degree from MSU-WP. This degree is bestowed by the university to recognize extraordinary individuals who have given a substantial part of their lives to serving others and/or who have distinguished themselves.

"Edith Williams' unselfish dedication to her daughter's education shows the value she places on higher education." Chancellor Bennett said. "Her dedication enabled her daughter to become the first in her family to receive a college education. She is truly an exemplary role model for other parents and students. Because of her extraordinary commitment to higher education, we are honored to confer this degree upon her."

MSU-WP recruitment specialist Rachael Peterson became acquainted with Edith and nominated her for the honorary degree and Jennifer wrote a letter

in support of her mother's nomination. "Even when I wanted to attend college so I could get a job and help support myself," said Jennifer. "My mom has always encouraged me to do so, no matter how much extra work it was for her or how much traveling was involved and endless hours of just waiting for me to get out of class. She just did it, no questions asked."

Also in 2001, Jennifer began receiving services through Ozark Independent Living's (O.I.L.) Consumer Directed Services (CDS) program. So O.I.L. has had the opportunity to help Jennifer remain living independently in her own home. It is extremely rewarding to see Jennifer receive her hard-earned college degree and also to see Edith, her mother, be commended for her unending devotion to her daughter by helping Jennifer achieve her dream.

The following is an update regarding Jennifer:

The Governor of Missouri has appointed Jennifer L. Williams to the Missouri Statewide Independent Living Council. The council develops and submits the state of Missouri's plan required by the Rehabilitation Act, the federal legislation that authorizes the formula grant programs of vocational rehabilitation, supported employment, independent living, and client assistance. The council also will monitor, review, and evaluate the implementation of the State plan. Jennifer's term will end October 29, 2014.

7 TIPS TO AVOID HEAT STROKE



Young children, the elderly, and people with serious health conditions are at particular risk of heat stroke. According to the U.S. Centers for Disease Control (CDC), heat-related illness occurs

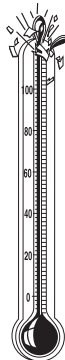
when your body cannot properly cool itself by sweating. Very high body temperatures can damage the brain and other vital organs. Risk factors include age, obesity, fever, dehydration, heart disease, mental illness, poor circulation, sunburn, and prescription drug and alcohol use.

How to avoid heat-related illness:

1. The number one protective factor against heat-related illness is air conditioning. If air conditioning is not available, use fans or seek a cooling shelter.
2. When outdoors, stay in shade. Don't ignore excessive heat warnings. Try to avoid direct sunlight during the peak hours of 10 a.m. to 3 p.m.
3. Never leave the elderly or children alone in a car, even for a few minutes. Car interiors can heat up to 20 degrees in 10 minutes and 30 degrees in 20 minutes.
4. Check on people who live alone.
5. Stay hydrated with non-caffeinated fluids.
6. Avoid strenuous activity and exercise during very hot days. Rest frequently.
7. Dress in loose, lightweight clothing. Breathable fabrics like cotton are best.

Symptoms of heat stroke include:

- Fever (temperature above 104 degrees)
- Irrational behavior
- Extreme confusion
- Dry, hot, and red skin
- Rapid, shallow breathing
- Rapid, weak pulse
- Seizures
- Unconsciousness



If you suspect heat-related illness, follow these steps:

- Have the person lie down in a cool place. Raise the person's feet about 12 inches.
- Apply cool, wet cloths (or cool water directly) to the person's skin and use a fan to lower body temperature. Place cold compresses on the person's neck, groin, and armpits.

- If alert, give the person beverages to sip (such as Gatorade), or make a salted drink by adding a teaspoon of salt per quart of water. Give a half cup every 15 minutes. Cool water will do if salt beverages are not available.
- For muscle cramps, give beverages as above and massage affected muscles gently, but firmly, until they relax.
- If the person shows signs of shock (bluish lips and fingernails and decreased alertness), starts having seizures, or loses consciousness, call 911 and give first aid as needed.

Resource: www.care2.com

MEET MICHELLE HOLLOWAY



Hello all! My name is Michelle Holloway. I am from West Plains, Missouri and graduated from West Plains High School in 1997. From there I continued my education at SMSU in West Plains for two years and then moved to Springfield, Missouri to finish my degree. I

graduated in 2002 from SMSU-Springfield with a Bachelor of Science degree in Social Work and then got my first position as a Social Work Director at a nursing home where I stayed for 4 ½ years. I then transferred to another nursing home in Ozark, Missouri where I worked for 5 years as the Social Services/Admissions Director. During this time, I purchased a home in Sparta, Missouri where I have lived the last 5 years. I am not married and don't have any children. However, I do have two dogs; Rocky and Sampson and four cats; Simba, Sadie, Milo and Diego. I also have two other "garage cats", Bella and Lilly. I think it's fair to say I have my share of animals.

My mom, dad and sister, along with numerous other family members, live in West Plains, which is why I have ended up back here. I have a nephew, Aidan, who I adore and I've reached the conclusion that I don't want to be two hours away from him. My hobbies include reading, shopping, spending time with my family and I love being on the water! I look forward to working with the team at O.I.L. and am very thankful to have been given this great opportunity!

SOCIAL CALENDAR

July 5 & 6: Entry deadline for the “**People, Places & Animals**” **Photography Show** at the Harlin Museum, which will run July 9-27. The community is invited to the closing reception July 27. Call 417-256-7801 for details or go to:

<http://www.harlinmuseum.com/calendar.html>

July 12-14, July 16 and **July 18-21:** Arts on the Avenue will present “**The King and I.**” Advance tickets are \$7 pr \$5 for seniors/students/children. Tickets at the door are \$8 and \$6. For details, visit www.theavenuetheatre.com or call 256-4420.

July 22-27: WP Council on the Arts will host the “**Juanita Harrell Art Exhibit**” on the WP Civic Center Gallery during regular business hours: Mon.- Fri. 8 a.m.-8 p.m. Sat.- Sun. 1-5 p.m. A “meet the artist reception” will be held at 2 p.m. on July 27.

July 25: MSU-WP will host **Backyard Movie Night** with “The Sandlot” (PG). Free admission and free refreshments! The outdoor movie starts at dark (about 9:15) on the north side of Lyber Technology center. Bring chairs or blankets, as no seating is provided. For more details, call U/CP at 255-7966.

Aug. 1-3: International Country Gospel Music Association Concerts and Awards will be held in the WP Civic Center Theater from 8 a.m.-11 p.m. Admission is Free.

Aug. 2 (7 p.m.): The WPHS Band will present a **Concert in People’s Park**. For details on the concert or any summer band, color guard or percussion camps, contact Rocky Long at rlong@zizzers.org .

Aug. 2 & 3: Entry deadline for the “**Natural Treasures**” **Combination Show** at the Harlin Museum, which will run Aug. 6-31. Call 417-256-7801 for details or go to:

<http://www.harlinmuseum.com/calendar.html>

Aug. 29 (7:30 a.m.): OMC will host a free **Men’s Health Breakfast** at the Parkway Educational Center. Call 417-257-6735 for details.

The calendar is posted by Downtown Antiques at:
www.westplainscalendar.com

You can find a complete list of local events at this address.

QUOTE OF THE DAY

“Someday everything will make perfect sense. So for now, laugh at the confusion, smile through the tears, and keep reminding yourself that everything happens for a reason.”

Harriet Morgan

CONSUMER DIRECTED SERVICES

Jaime Grider, CDS Manager

Do you need some assistance in your home, but are confused about where to start? We can help you with this process!

Our agency, Ozark Independent Living (O.I.L.) offers the CDS Program and allows you to choose who you want to care for you. You can choose a family member. However, it cannot be your spouse and all attendants must complete and pass a background check to be eligible to work.

This program allows your attendant to:

- Prepare meals and clean-up
- Provide personal care: dressing, hair care, shaving
- Provide bathing: give baths and assist with tub baths
- Transfer to and from a bed to a chair, wheelchair or walker
- Make beds and change linens
- Complete household tasks i.e. laundry, and cleaning
- Provide transportation and assistance for shopping and essential errands

To qualify, **you must be receiving MO Medicaid, be at least 18 years of age, have a physical disability and be willing and able to hire, direct, and supervise your caregiver.** An assessment by the Department of Health and Senior Services to determine eligibility and develop a care plan is required.

Do you want the freedom of the CDS program, but do not have an attendant in mind? We have a list of available attendants ready to work in your area!

If you are interested in receiving more information regarding Consumer Directed Services or to apply for services call toll free at 1-888-440-7500 or 1- 417-257-0038 and ask for Jaime or Samantha.

If you are happy with the services you are receiving from O.I.L., please tell a friend. If you are not happy, please tell us!

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KATHY HARRINGTON - EDITOR

If you would like to add additional names or remove your name from this mailing list please call: 256-8714 or 1-888-440-7500.

YES !! Please contact me at the following address and phone:

Name: _____

Address: _____

Phone: _____

Please contact the following friend(s) with O.I.L. information:

Name: _____ Name: _____

Address: _____ Address: _____

(Information can be sent anywhere, but OIL's service area includes the seven counties of Douglas, Howell, Oregon, Ozark, Shannon, Texas, and Wright - there are other Independent Living Centers throughout the state.)

The GUSHER can be formatted to fit your need. It is available in three formats: standard print, large print, and cassette tape. You may pick it up at our office location or have us mail it to you. If there is a specific format you want please feel free to contact us at 1-888-440-7500; or just e-mail us a message at: info@ozarkcil.com.

CLIP & SAVE

IMPORTANT NUMBERS

American Disability Association
205-328-9090

American Cancer Society
800-227-2345

American Diabetes Association
800-342-2383

American Lung Association
800-586-4872

American Speech-Language-
Hearing Association
800-683-8255

TTY 301-296-5650

Arthritis Foundation
800-283-7800

Lupus Foundation of America
800-558-0121

Muscular Dystrophy Association
800-572-1717

National Association for Down Syndrome
(NADS)
630-325-9112

National Stroke Association
800-787-6537

Spina Bifida Association of America
800-621-3141