



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

THE
GUSHER

January - February 2012

The Newsletter from O.I.L.

Volume 16 Issue 1

CHRISTMAS PARADE



Ozark Independent Living (OIL) was represented by driving their van wrapped with advertising logos and promotional information. Atop the van was a live Christmas tree and huge candy canes. OIL staff, dressed in Santa hats, distributed candy to the children. Two miniature Shih tuz, that were also dressed in Christmas attire, fascinated the children.

December 10 turned out to be a great afternoon for the West Plains Christmas Parade. Many West Plains residents as well as those from surrounding towns came out to enjoy the parade. With bright sunny skies and seasonably warm temperatures, more than 1,000 individuals watched as approximately 75 entries made their way down Porter Wagoner Blvd.

The Grand Marshall for the 2011 Christmas Parade was former City of West Plains Administrator/Engineer Royce Fugate. He led the parade, followed by several entertaining bands, colorful floats, fire trucks, cars, motorcycles, ATVs, horses, and of course, Santa Claus himself.

If you are interested in receiving important information regarding disability issues from Jefferson City, MO, or Washington, D.C., please provide OIL 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: ozark@townsq.com

NOTE: Our publication reaches a combination of 800+ businesses and individuals each month. If you want to contribute to OIL's cause, the purchase of space for a memorial, special occasion or an ad is available. \$20 for 1/8 page, \$30 for 1/4 page, \$50 for 1/2 page, \$75 for a full page. All contributions will be utilized in our service area.

SOCIAL CALENDAR

Jan. 3-31: Iron Man Exhibit will be on display in the WP Civic Center Gallery during regular hours of 8 a.m.-8 p.m. Monday-Friday and 1-5 p.m. Saturdays & Sundays.

Jan. 4: Registration begins for **Free Computer Classes** at the WP Public Library. The 3 part series will be held from 2-4 p.m. and cover (Jan.11) Computer Basics, (Jan. 18) Microsoft Word, (Jan. 25) Internet & Email. Class size is limited to 10. Call 256-4775 for details.

Jan. 7: The Heart of the Ozarks Bluegrass Association will present **Michael "Supe" Granda (of the Ozark Mtn. Daredevils), Powdermill & Scott Shipley** in the second concert in their Acoustic Concert Series at 7 p.m. All tickets are \$10.

Jan. 12-15: WPHS Zizzer Theatre will present Rodger's and Hammerstein's **Cinderella** at the Avenue Theatre. Tickets are now on sale in the WPHS upstairs office for \$5 each.

Jan. 14: OzSBI (Ozarks Small Business Incubator <http://www.ozsbi.com/>) will begin **Operation Jump Start**, a nationally-recognized, highly successful training model for individuals considering starting or expanding a small business. Class size is limited and the cost is \$175. The course kicks off at 9 a.m. and runs to 4 p.m. on January 14. Subsequent classes will be from 6-9 p.m. the next 11 Thursdays. Contact Heather Fisher at 255-9724 for details or to register.

Jan. 18: WP R-7 **Coffee Talk** will present **"Stop Cyber Bullying!"** The event will be held in the board room at 613 W. 1st Street from 8:30-9:30 a.m. For details, call 256-6155.

Jan. 20: Puss in Boots will be presented by the Imaginary Theatre Company of the St. Louis Repertory Theatre at the WP Civic Center at 7 p.m. Admission is \$5. Ages 13 and under are admitted free as are those with a BearPass ID. http://www.repstl.org/season/show/puss_in_boots. For details, go to <http://wp.missouristate.edu/ucp/theater.asp> or call 255-7966.

Jan. 21: MSU-WP **Grizzly Homecoming** will be held at the WP Civic Center at 7 p.m.

The **Missouri State University's February Film Series, "That's Entertainment!"** will be held. Admission is FREE at 6:30 p.m. on the following dates:

Feb. 2: Singing in the Rain

Feb. 9: West Side Story

Feb. 16: The King and I

Feb. 23: Grease - the Rockin Rydell version

Feb. 8: WP R-7 **Coffee Talk** will host Susan Courter of Physical Therapy Specialists on **"Health & Wellness: Raising Healthy Kids"**. The event will be held in the board room at 613 W. 1st Street from 8:30-9:30 a.m. For details, call 256-6155.

Feb. 11: Women with Heart Fundraising Event for OMC Heart Care Services will be held at the OMC Parkway Center. For details, call 257-4725.

Feb. 18: Back to the Future - The Bach that Rocks! (<http://www.bachtothefuture.net/>) will be at the WP Civic Center. Admission is \$8. Admission for ages 13 and under and those with a BearPass ID is free. For details, go to <http://wp.missouristate.edu/ucp/theater.asp> or call 255-7966.

The calendar is posted by Downtown Antiques at:
<http://www.dantiques.com/calendar>.
You can find a complete list of local events at this address.



More From **Moore**

This office is possibly going to expand the number of pages that we send out BUT with less frequency. You might take notice

that the size of the newsletter is going to increase but you just won't get it as often. Still attempting to go through a process to see what we need to do.

Hoping that everyone had a nice holiday, whether you were able to have some vacation from work, see family members or simply get together with friends for a special dinner. Having friends and family near you, that you can depend on, is truly a blessing.

At the first of 2012 we are planning some long range ideas for this office. We are challenging ourselves with expanding the programs we have AND, in an attempt to respond to requests, create some new ideas. Remember that we serve seven counties!

I truly hope that 2012 is good to you and, as always, this is YOUR Center for Independent Living.

Regards,
Cindy

MEET OUR NEW EMPLOYEES

LOY WEBB



Hello, my name is Loy Webb. I have a wonderful husband and two sons, and I am greatly blessed. My free time is spent enjoying outdoor activities. Gardening and horseback riding are special to me and I adore animals of any kind. I also like to spend time with my family. We like to go snow skiing in the winter and swimming in the summer and I also enjoy cooking for them. I feel very fortunate to be able to work for OIL, with such compassionate and professional people. Working for a company that assists those in need, is a

RUTH NILES



Hello, my name is Ruth Niles. I was born and raised in Iowa. My husband and I moved to West Plains in September, 2010. We have two daughters and two sons. We also have ten grandchildren; five girls and five boys. We live four miles from South Fork on our 26 acre ponderosa, which is home for our four horses, four dogs, one cat and some chickens. When not at work, most of my time is spent outside swimming, horseback riding, gardening or riding 4-wheelers. I am enjoying my position at Independent In-Home Services as an LPN. I would like to thank everyone for being so helpful and making me feel welcome.

DANA CORNELL



My name is Dana Cornell. I started working at OIL on November 16th after 13 years of being a stay-at-home mother to my two children, Linnea and Aidan. I have stayed involved in the community by doing volunteer work and I have a Bachelor of Science degree from Missouri State University. My husband and I have a small hobby farm in West Plains with horses, donkeys, cats, chickens, and a dog. I love to ride horses or do anything "horse" related! I enjoy the great outdoors and traveling. Everyone here has been very welcoming. I am excited to be working at my position as a Consumer Directed Services (CDS) coordinator



Nurse Birdsong Notes

HOW TO REDUCE WINTER JOINT PAIN

Joint pain can really be bothersome in the winter months, especially for the elderly. Pain due to arthritis can be worse, especially on colder days. There are various home remedies that help reduce joint pain. Sometimes just some mild sensible exercise can relieve pain. Experts recommend an intake of fresh vegetables and fruits such as carrots, cucumbers, and radishes. Even a glass of fruit juice can be beneficial. Garlic can also be helpful, as well as taking ginger extract, or lemon with one teaspoon of honey. Doing this two times a day, preferably morning and night, is beneficial to the joints. Having a massage with lavender oil will also help relieve pain in your joints. So begin exercising and trying some of these joint pain relievers. Till next time.

Vicky Birdsong, RN

QUOTE OF THE DAY

Our lives begin to end the day we become silent about things that matter.

Martin Luther King Jr.

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WORDS OF APPRECIATION



I would like to say thank you to Ozark Independent Living for the Consumer Directed Services (CDS) Program which they provided. My life became easier physically and emotionally. I felt less stressed. I have had some health issues which limited my ability to do house work.

For example, when it became a problem to have less strength to cook dinner for myself, or safely take a bath, that's when it became a challenge to decide if I needed a caregiver working in my home or not. I also don't drive a car, so it became stressful to ask someone to do my grocery shopping for me. Who would want to live with such disabilities without help? Now I can maintain all of my tasks with the services you provide. Since I now have someone who takes care of me, I feel more secure, calm, and loved. My heart is filled with thankfulness to those who thought of helpless people such as me. I would say that your service works and it is greatly appreciated.

Sincerely
Natalya Plyushcheva



I have been a recipient of the services of Ozark Independent Living for a few years now. The Consumer Directed Services (CDS) Program has helped improve my quality of life; from my health, to being able to have the time to do the things I need to do.

The services you provide help with things that most people take for granted. Things that would normally come easy are now difficult for someone with a physical disability. For example: preparing meals, washing clothes, cleaning the bathtub and shower, transferring in and out of the shower, and transportation. These things are just everyday, normal tasks for most individuals. However, they can be extremely difficult for individuals with physical disabilities. A simple thing like getting dressed in the morning can take much more time than for the average person.

I am a paraplegic and the CDS Program has given me a much better quality of life. I know the services provided by Ozark Independent Living, has also helped many other individuals in the same situation. May the CDS Program grow and continue to help others in the future who have physical disabilities.

Sincerely,
David Brawley

HEART MONTH WORD SEARCH

Z O E M S C Y A C K E A H T
X C C L A S T W C S S T Y E
H E A R C R E I A H I R P K
G E D R O I C R D U C I E O
H I A A D A R L T H R U R R
O E C L I I D T O S E M T T
A J A D T S O L N I X D E S
S D R R M H E L E E E I N P
A A G X T S Y T O E V E S J
C L D L T Y U O X G N T I Q
P S S W N E R A W A I J O V
Y I R S I S E A S E D S N H
V O E L C S U M B X F E T H
L C X E B L O O D V K H R A

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|--------------|-------------|-----------|--------------|
| AORTA | LDL | EXERCISE | CARDIO |
| BLOOD | STRESS | HEART | DIET |
| CARDIOLOGIST | ATRIUM | MUSCLE | HDL |
| DISEASE | CARDIAC | STROKE | HYPERTENSION |
| HEALTHY | CHOLESTEROL | AWARENESS | RED |
| | | | VENTRICLE |

EXERCISE FOR SENIORS

There is a fountain of youth. Millions have discovered it – the secret to feeling better and living longer. It's called staying active. Finding a program that works for you and sticking with it can pay big dividends. Regular exercise can prevent or delay diabetes and heart trouble. It can also reduce arthritis pain, anxiety and depression. It can help older people stay independent.

There are four main types of exercise and seniors need some of each:

- Endurance activities – like walking, swimming, or riding a bike – which build “staying power” and improve the health of the heart and circulatory system
- Strengthening exercises which build muscle tissue and reduce age-related muscle loss
- Stretching exercises to keep the body limber and flexible
- Balance exercises to reduce the chances of a fall

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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: ozark@townsqr.com.

CLIP & SAVE

IMPORTANT NUMBERS

Alzheimer's Association
800-272-3900

American Heart Association
800-439-2648

The Americans with Disabilities Act
800-949-4232

Bureau of Deaf Services
573-751-0768 (Voice)
573-526-1068 (TTY)

Elderly Abuse and Neglect Hotline
800-392-0210

Equal Employment
Opportunity Commission
800-669-3362

Life Care Planning, Inc.
816-931-1313

Missouri Council of the Blind
800-342-5632

National Multiple Sclerosis Society
800-344-4867

Spinal Cord Injury Information Center
800-354-7342

Traumatic Brain Injury Resource Line
800-444-6443