

PARK BENCH DONATIONS

Over the last several years, Ozark Independent Living (O.I.L.) has donated several park benches to county seats, schools, and parks throughout its seven county service area. O.I.L. encourages individuals with disabilities to spend time outdoors enjoying the spring season. Warm, sunny days, fresh cut grass, and beautiful, blooming flowers are here to enjoy. One of Ozark Independent Living's goals is for individuals with disabilities to be able to participate in outdoor activities with their friends and family. Activities should not be limited due to accessibility.

O.I.L. recently donated two park benches to the City of West Plains. One has been placed at the Galloway Park Nature Center and the other at the Don Warden Park/Community Garden.



Galloway Park

Front row from left: O.I.L. Director Cindy Moore and Mayor Pro-Tem and park advisory board member Brenda Smith.

Back row: O.I.L. Marketing/Public Relations Specialist Kathy Harrington, O.I.L. ILS Manager Kathy Bauer; Jack Bates, board member; Gerald Smith, Missouri Department of Conservation district supervisor and board member; and board members Pam Topliff and Trent Courtney.



Don Warden Park/Community Garden

From left: Joe Davis of the 37th Judicial Circuit Juvenile Division, board member Dawn Hicks, Kathy Harrington with O.I.L., Amelia LaMair with Howell County Extension, city of West Plains engineering supervisor Wes Parks, and Ginny Henderson, chairwoman of community garden at the park.

QUOTE OF THE DAY

"Remember, there's no such thing as a small act of kindness. Every act creates a ripple with no logical end."

Scott Adams

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**

Art show coming up! This will be our second annual show consisting of all types of medium . . . watercolor, pencil, weaving, ceramics, jewelry . . . whatever someone is interested in! Open to people with disabilities only. Come on and give it a try! Everyone receives a ribbon! Contact our office for details of entering.

Our office would like to start a group mailing for anyone who has email capabilities. Interested? It could mean that you would receive links to legislative issues, emergencies, important developments within this office, surveys, possibly a request by another consumer. Think about it . . . we'd like to have all our consumers linked.

Between our Independent Living Dept., Consumer Directed Services Dept., and our In-Home Services business 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. Call or come by any time!

Regards,
Cindy

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SOCIAL CALENDAR

May 1: MSU-WP **Annual Alumni & Friends Picnic** at the West Plains Civic Center Exhibit Hall from 6 p.m.-8 p.m. Free admission. RSVP to MSU-WP Development Office at 417-255-7240.

May 2 (5-8 p.m.): The **First Friday Night Stroll** will be held in Historic Downtown.

May 3: Child Advocacy Center 5K and 1 mile **Voice for a Child Family Fun Walk/Run**. Registration on race day from 6:30-7:30 a.m. at \$15 per person or \$50 per team or family. 8 a.m. 5K walk/run, 9 a.m. Awards Ceremony.

May 6 (7 p.m.): The Greater Ozarks Blues Society meets at Ropers the first Tuesday of each month followed by a jam session.

May 10 (9 a.m.-4 p.m.): The **Ozark Radio Network Baby Expo** will be held in the WP Civic Center.

May 10 (8 a.m.-4 p.m.): The Friends of the WP Public Library will hold their annual **Spring Book Sale**. Donations of books, movies, and music in good conditions are needed and can be dropped off at the library during business hours. For details, call 417-256-4775.

May 10: **Color the Square Chalk Walk** will be held in Historic Downtown with contests and prizes. Details TBA.

May 16 (7-9 p.m.): **Brushes and Blushes** will be held at The Barn Event Center with instructor Regina Willard. \$25 includes supplies, instruction, and 2 glasses of wine. \$10 discount if you have your own supplies. 10% discount if you register by May 2. Call 417-270-0035.

May 20-June 8: Ozark Independent Living will sponsor its **2nd Annual Art Show** for disabled individuals. Entries may be dropped off at the OIL office, 109 Aid Ave. or call 888-440-7500 for drop off locations near you. **Entry deadline is May 2.** For details, call 417-257-0038. A **"Meet the Artists"** reception will be held **May 31** from 1-3 p.m. at the West Plains Civic Center.

May 31: **4th Annual Gospel Fest** at the Heart of the Ozarks Bluegrass Association (HOBA) Park. Meal at 5, and music at 7 p.m. For details, call 888-256-8835.

June 5, 6, & 7: **2014 Bluegrass Festival** at HOBA Park. For details, call 888-256-8835.

June 7: Save the date for the **3rd Annual Fit for All Ages Festival**. 5 & 10K Walk/Run starts at 7 a.m. Festival at 10 a.m. and includes fitness demonstrations, "healthy choices" cook-off, children's activities, free lunch, information booths, prizes and more. Benefits go to Boys and Girls Club of Greater WP.

June 7 & 8: **St. Mary's (Church) 49th Annual Chicken BBQ**. 1551 Bill Viridon Boulevard. Call 417-256-2556.

June 12, 13, 14, & 19 (7 p.m.) **June 21** (1:30 p.m.): The Avenue Theatre's Summer Melodrama, **"Maid to Order,"** will be presented.

June 14: The **West Plains Car Club Show** will be held at the WP Civic Center. For details, call 256-1579 or 293-6065.

June 20 & 21: The 20th **Old Time Music, Ozark Heritage Festival** will be held. **The American Bus Association has named this festival** one of North America's 100 Best Events for 2014! **June 20:** **Maupin and Rothwell** (6 p.m.) and **The New Christy Minstrels** (8 p.m.) **June 21:** **The River Girls** (6 p.m.), and **SHEL** (8 p.m.) will be headliners this year!! For more details call: vendors (417-255-7988), volunteers (417-257-5563), artisans (417-255-7966).

June 28, July 26, Aug. 30 (6 p.m.): The **Heart of the Ozarks Blue Grass Association** will host free **Jam Sessions** at the HOBA Park. Each of these jams will be preceded by a fundraising yard sale starting at 7 a.m.

June 28: The **Greater Ozarks Blues Bash** will be held at the WP Opera House.

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

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

OUR TRIP TO THE CAPITOL TO ADVOCATE FOR IN-HOME CARE

By: Jill Donica, IIHS RN Supervisor



Left to right: CDS Coordinator Dana Cornell, Senator Mike Cunningham, IIHS Manager Debra Jorgensen, IIHS RN Supervisor Jill Donica.



Left to right: CDS Coordinator Dana Cornell, IIHS Manager Debra Jorgensen, IIHS RN Supervisor Jill Donica, Senator Shawn Rhoads.

On January 24-25, 2014, Debra Jorgensen, Certified Manager of Independent In-Home Services (IIHS), Dana Cornell of Ozark Independent Living, and I had the opportunity to travel to Jefferson City, Missouri to visit with our legislators, Senator Mike Cunningham and Representative Shawn Rhoads to advocate for in-home care.

For those of you who do not know, independent living is essentially, living just like everyone else – having the opportunity to make decisions that affect one’s life and being able to pursue activities of one’s own choosing – limited only in the same manner as non-disabled individuals. Ozark Independent Living and their sister company, IIHS, both assist in helping people achieve this. Some of the services offered include: information and referral, independent living skills training, peer counseling, and advocacy.

We had a wonderful time at the Capitol and it was definitely a pleasure to meet the legislators. Senator Cunningham even gave a personal tour of the Capitol building.

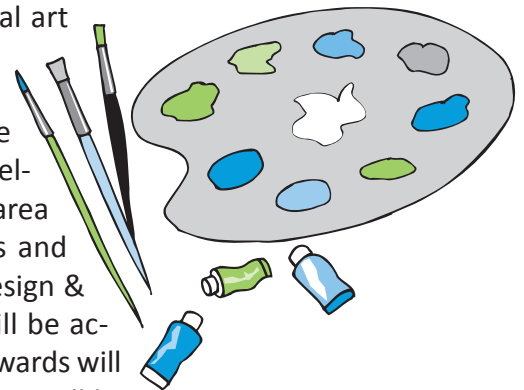
If you have any questions about the services offered, please call Ozark Independent Living at 417-257-0038 or Independent In-Home Services at 417-256-8722. You can also contact legislators to advocate for in-home care.

Senator Mike Cunningham
201 W. Capitol Avenue, Room 331
Jefferson City, MO 65101
573-751-1882

Representative Shawn Rhoads
201 W. Capitol Avenue, Room 406B
Jefferson City, MO 65101
573-751-1455

2ND ANNUAL ART SHOW FEATURING ARTISTS WITH DISABILITIES

Ozark Independent Living (O.I.L.) is proud to sponsor its 2nd annual art show at the West Plains Civic Center May 20-June 8. This event will feature artists with disabilities, giving them an opportunity to display their talents. The artwork will be displayed on the mezzanine at “The Gallery at the Center,” during regular business hours. All ages are welcome and entries will be accepted from OIL’s seven county service area which includes: Douglas, Howell, Oregon, Ozark, Shannon, Texas and Wright. Entry categories include: painting, photography, graphic design & illustration, drawing, 3-dimensional and fabric. Multiple entries will be accepted [only one entry per category] First, Second, and Third Place Awards will be selected from the entire field of entries. However, ALL participants will be recognized. A “Meet the Artists” reception will take place Saturday, May 31 from 1 – 3:00 p.m. Please stop by and support the artists and enjoy some refreshments. We are expecting a great show. We hope it will continue to grow and improve each year!



CDS DEPARTMENT

Hello from the CDS Department!

Warm weather and sunshine make everyone want to be outside enjoying the outdoors. The summer offers many choices for interesting activities, but be cautious with physical activities and don't over exert yourself. Keep an eye on the temperature and/or humidity and plan outdoor activities such as taking a short stroll to the mailbox during the morning or evening when it is coolest. When outdoors, make certain that you are protected from the sun with a wide-brimmed hat and sunscreen. Most importantly, be sure to drink plenty of water.

As always, we are your Center for Independent Living. We are here Monday through Friday 8:00 am to 4:30 pm to answer questions, provide resources and complete referrals for services. If you are interested in CDS services, or just have a question, give me a call at 888-440-7500.

Until next time,
Jaime Grider
CDS Manager

MOTHER'S DAY WORD SEARCH

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

BOUQUET	FLOWERS	LAUGHTER
BRUNCH	FRIEND	LOVING
CANDY	GIFTS	MAY
CARDS	GIVING	MEMORIES
CARING	GRANDMA	MOTHER
CHILDREN	HOME	PARENT
DAUGHTERS	HONOR	ROSES
DEVOTED	HUGS	SONS
DINNER	KISSES	SUNDAY
FAMILY		TRIBUTE

NOTES FROM DATAVILLE

Hello everyone,

I just want to go over a few things so you will be aware of them. One thing we have been having issues with lately is signatures. When you and your attendant sign a Signature Verification form this is how you will sign your name on the time sheets EVERYTIME. The Data Dept. compares your signature and your attendant's signatures every pay period and if they do not match we have to have a new signature page filled out. So remember, if you write your name a specific way on the signature page, be sure and write it the same way on the time sheet.

Another thing to be diligent about is your attendant's clock in and out times. It is beneficial if your attendant uses their own watch to clock in and out, especially if they work for more than one consumer. Clocks in your home may be off as much as 10 to 15 minutes, which could cause an overlap on a time sheet. If an overlap is found, OIL management staff will come to your home to complete time sheet/fraud training with you and your attendant. So, pay close attention to the time when your attendant starts work and clocks in and when they finish work and clock out.

I hope you have a wonderful spring!!

Lori Blaker

CDS CONSUMER STEVEN FORSYTHE

My name is Steven Forsythe from Cabool, Missouri. I am 63 years old with cerebral palsy. I have lived in my own mobile home for the past 37 years.

I was the first recipient to become a consumer in the Consumer Directed Services (CDS) program 15 years ago through Ozark Independent Living O.I.L.). This program enables the consumer, like me, to remain independent and living in my own home. I hire and instruct my three attendants how to do my daily tasks. They assist me with putting on my socks, shoes and braces, plus cooking, feeding, bathing, house cleaning and laundry.

I do a weekly radio program, "Forsythe Forum", every Thursday morning from 9 to 9:30 on KZ88.1. This program focuses on disability awareness and sports, which is the second love of mine. Also, I do disability awareness programs for schools, civic organizations and church groups. I have a speech impairment, but I don't let that deter me from trying to help others.

O.I.L. also has assisted me in getting kitchen flooring and carpet for the hallway and bathroom in my home. This helps with my safety and independence. They also assisted in lining up a plumber when my water lines broke back in January. Thanks to Ron Adkisson and O.I.L. for everything.

I have more reasonable goals for the remainder of my life to try to obtain. With the continued assistance of the CDS program, I hope to be able to achieve several of these goals.



STAY IN YOUR HOME WITH HELP!

Ozark Independent Living (OIL) and Independent In-Home Services (IIHS) offer a wide range of programs and services to help people with disabilities live independently. Two O.I.L. programs that can assist with daily living and personal care are Consumer Directed Services and Independent In-Home Services.

Consumer Directed Services (CDS) is a Medicaid funded program which allows an individual to hire an attendant of their own choice. OIL processes the payroll and handles tax issues, all inclusive so the consumer doesn't have to deal with them.

Independent In-Home Services (IIHS) can be funded by Medicaid, Veterans benefits, or private pay. In-home aides work directly for IIHS and are assigned to the individual consumer.

Contact us to find out more, or to see if you qualify.

(OIL) 417-257-0038 or toll free 888-440-7500. • (IIHS) 417-256-8722 or toll free 800-762-3065.

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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 Macular Degeneration Foundation
888-622-8527

Anxiety & Depression Association of America
240-485-1001

Chronic Obstructive Pulmonary Disease
(COPD) Foundation
866-316-2673 or 866-731-2673

National Fibromyalgia &
Chronic Pain Association
801-200-3627

National Multiple Sclerosis Society
800-344-4867

National Organization on Disability
646-505-1184

National Spinal Cord Injury Association
718-803-3782

Missouri Arthritis & Osteoporosis Program
888-702-8818

Service Center for Medicaid
800-465-3203

Service Center for Medicare
800-633-4227

United Cerebral Palsy
800-872-5827