

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

THE
GUSHER

November - December 2011

The Newsletter from O.I.L.

Volume 15 Issue 6

SHADY OAKS HEALTH FAIR



OIL Marketing/Public Relations Specialist Kathy Harrington presents door prize winner, Nora Hollis, with an under-the-counter can opener. Nora is a resident of Shady Oaks, but she will soon be leaving the facility and living in her own home. So she was very excited to win the can opener.

Shady Oaks Healthcare Center, located in Thayer, MO., held their 15th annual health fair on September 22. More than 90 individuals attended the event. Ozark Independent Living (OIL) was one of 32 vendors who participated by having a booth. Each booth provided giveaways and the opportunity to sign-up for door prizes.

OIL distributed informational material regarding the programs and services they provide, including: Consumer Directed Services (CDS) and Independent In-Home Services (IHS) brochures; Money Follows the Person and emergency preparedness brochures; and the OIL newsletter, "The Gusher". Promotional items such as pill boxes, grippers and note pads were also given away. Individuals were given a chance to register and win four door prizes. Two lucky winners received food scales, one received a hand-held shower and one individual won an under-the-counter can opener.

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

SOCIAL CALENDAR

- Oct. 31-Nov. 13:** The Joyce McMurrey Photography Exhibit will be on the Mezzanine at the WP Civic Center.
- Nov. 5:** A "Meet the Artist" reception will be held at 7 p.m. in the Magnolia Room at the WP Civic Center.
- Nov. 5:** Tish Art presents "Culture Shock - A Show of Fantasy Art" from 3-7 p.m. at the OMC Foundation Community Room, 403 Washington Ave. The exhibit features local artists Corinne Honeycutt, Kris Weisbrod, Kyla Stadler, Brownyn Estes, Nathan Aust and poet Travis Honeycutt.
- Nov. 6:** A Veteran's Day Concert featuring the WP Community Band, with director Rocky Long, will be held at the WPCC at 3 p.m. A reception sponsored by the Ladies Auxiliaries from area veterans' organizations will follow. For details, call the U/CP office at 255-7966.
- Nov. 9:** A nationwide test for emergency alert systems will be conducted. This will go out on TV, radio, satellite radio, etc. and will be about 3 minutes long. This is only a test and not a true emergency.
- Nov. 10:** Heart of the Ozarks Health Fair will be held at the WP Civic Center Arena from 8 a.m.-1 p.m. Free health information and screening are available. Flu shots will be offered by Walgreens, American Home Care, Southern MO Community Health Center & Howel County Health Dept. For details, call 256-7078 or 256-4127.
- Nov. 11:** The Veteran's Day Parade will start at 11 a.m. Lunch will be served at noon at the WP Civic Center free of charge.
- Nov. 11:** Hearthaven will host an evening of entertainment (music, songs, poems, skits and dance) at a fundraising dinner beginning at 5 p.m. Details, email Hearthaven pwschh@centurylink.net
- Nov. 12:** Attitude Dance & Arts Studio will present "Celebration of Dance" in the Civic Center at 7 p.m. Ticket prices TBA. Call 417-252-7737 for details.
- Nov. 15:** The West Plains Business & Professional Women of Missouri are offering scholarships for education or training for mature women (25 or older) who would like to enter, re-enter or advance in the workforce. For applications, contact Deb Lewis at 256-7135 or dlewis@zizzers.org.
- Nov. 26:** Ha Ha Tonka will perform at the Avenue Theatre. Details TBA.
- Dec. 1-5:** The Avenue Theatre's Christmas Variety Show will be held. Details TBA. <http://www.theatre.com/>
- Dec. 2& 3:** Toys for Tots Concerts will be held in the WP Civic Center Theater at 7 p.m.
- Dec. 2-11:** Art Teachers' Exhibit will be on display on the Mezzanine at the WP Civic Center. This exhibit will feature area school teachers and their art, as before they became art teachers, they were artists.
- Dec. 2:** A "Meet the Artist" reception will be held at 7 p.m. at the WP Civic Center.
- Dec. 3:** (8:30 a.m.-5 p.m.) & **Dec. 4** (10 a.m.-3 p.m.): The WP Optimists Holiday Season Arts and Crafts Show & Sale will be held at the WP Civic Center.
- Dec. 4:** The annual "Celebration of the Seasons" concert with the MSU-S Community Band and conductor Ron Brammer will be in the WP Civic Center Theatre at 3 p.m. Admission is free and a reception will follow. For details, call the U/CP office at 255-7966.
- Dec. 7:** The "Rocky Horror Picture Show" sponsored by SGA and U/CP will be shown at the WP Civic Center Theater at 7 p.m. Admission is free and costumes are encouraged. For details, call 255-7966.
- Dec. 10:** The Christmas Parade will commence at 1 p.m. along Porter Wagoner Blvd. from Missouri Avenue to Arkansas St. This year's theme is "Christmas, a Time for..." Other details TBA.
- Dec. 17:** West Plains Center for the Arts will perform their Christmas Show on the Avenue Theatre stage at 2 p.m. Tickets are \$2 - adults or \$1 - children. Proceeds will be used for students to attend a dance workshop in Branson.

For a complete list of local events go to: <http://www.dtaniques.com/calender>

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.



More From **Moore**

What a summer! SynCare, a third party contractor with the state, has finally been terminated from their contract. On

September 1st, the Missouri Division of Senior Services (DSDS) announced the termination. SynCare was hired to assess the in-home care eligibility and needs of Missourians with disabilities. The decision to terminate came after the company was unable to deliver the services outlined in the contract, which was signed in January and actually went into effect in May.

So, the good news is SynCare is gone. The flip side is that there now is a backlog of those needing services. DHSS is in the process of hiring 130 full-time "emergency" employees to try and catch up. Several entities have offered their services to help DHSS find a solution to move forward. MOCIL, the Missouri Centers for Independent Living, is one of these groups. They are committed to work with state agencies and legislators to produce solutions and agreements.

Keep watching this space for future updates of the state's solution to this situation. And, as always, remember, this is YOUR Center for Independent Living.

Regards,
Cindy

LEGISLATIVE ISSUES

Referencing Persons with Intellectual and Developmental Disabilities (Section 208.184): Replaces references in Missouri statutes from "mentally retarded" and "handicapped" (and variations of those terms) with dignified terms and "people first" language such as "intellectual disabilities", "developmental disabilities", "people with disabilities", etc.

Accessible Parking and Parking Lots (Section 301.143): Requires *new parking lots and parking lots being restriped to designate a certain number of lift van only accessible parking spaces with at least one having an access aisle. Also, prohibits new signs erected on or after August 28, 2011, relating to disabled parking, from containing the words "Handicap Parking" or "Handicapped Parking". Such signs may contain the words "Accessible Parking".

QUOTE OF THE DAY

The life I touch for good or ill will touches another life, and that in turn another, until who knows where the trembling stops or in what far place my touch will be felt.

Frederick Beuchner



Nurse Birdsong Notes



FOOD ALLERGIES DURING THE HOLIDAY SEASON

We put so much effort into eating and drinking over the holidays that we often overlook some of the foods we consume. Food preparation is an issue for those with food allergies or intolerances. Some of the most common food allergies are to everyday food items such as eggs, milk and nuts. These ingredients are used in many foods, particularly around the holidays. There are many holiday foods, which you might consume large quantities of that should be avoided, if you suffer from allergies. These may include: baked goods, eggnog, fruitcake, cheese, ice cream, salad dressing, dip and nuts. In order to enjoy the holiday season to its fullest, and ensure better health, a food allergy test is recommended. The holiday season is a time to spend with family and friends and shouldn't be a time of high stress over indulgence of fatty foods. It is a time to celebrate. So enjoy the holiday season! Till next time.

Vicky Birdsong, RN

TAP TELEPHONE & INTERNET



Ozark Independent Living is proud to provide a wide variety of assistive devices to enable individuals to remain living in their own homes. Some of these devices are assistive technology devices which include: the Telecommunications Access Program for Telephone (TAP-T), the Telecommunication Access Program for Internet (TAP-I), magnifiers

and talking clocks.

The purpose of the Missouri TAP for Telephone is to provide access to basic voice telephone calling (both sending and receiving) for individuals with all types of disabilities through the delivery of adaptive telephone equipment. The program provides such equipment as text telephones, voice carry over phones, phone for hearing carry over, amplified phones, Braille phones, hands-free phones and photo phones.

The TAP-I provides to Missourians, who cannot use traditional computer equipment, the adaptive computer equipment necessary for access to internet and e-mail.

Adaptive computer equipment modifies how we use a computer. If you have a partial loss of vision, TAP-I can provide screen enlargement software which magnifies what is on the computer screen. If you have a total loss of vision the program can provide a screen reader which will read what is on the computer screen. If you are unable to use a standard keyboard or mouse, the program can provide adapted keyboards or alternative pointing devices such as trackballs or rollerballs.

"The ILS staff has been very helpful by providing me with several devices that have made my life much easier. I have macular degeneration so I have greatly benefited from the talking telephone, talking clock and magnifier. I really appreciate everything OIL has done for me."

Jean Wilson

OIL's 15 YEAR ANNIVERSARY OPEN HOUSE CELEBRATION

Ozark Independent Living is proud to have served a seven county area for 15 years. They recently celebrated by having an "Open House" at their office and over 100 individuals attended the event. The festivities included refreshments, door prizes and giveaways. Pictured are some of the winners.



OIL Executive Director Cindy Moore presents Grand Prize Winner Ruby Mayfield a gift card from Casey's General Store valued at \$100.



OIL Office Manager Shelley Surface presents one of the Door Prize Winners Sharon Hammond a crystal letter opener.



Betty Hall was also one of the Door Prize Winners who received a crystal letter opener.

THANKSGIVING WORD SEARCH

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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@townsq.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