

Jerry Norton - Keep Going!

Jerry Norton has lived his entire life in Winona, MO. He has worked as a mechanic, loves guns and shooting, is a ham radio operator and has lived a full rich life. Jerry is blind.

At age 3 months, Jerry developed a spinal meningitis which caused him to develop glaucoma and the glaucoma led to blindness. This development could have been devastating to Jerry and his future, but it wasn't and Jerry gives credit for this to his parents because they did not coddle him. As a matter of fact, they pushed him to do whatever any able-bodied person could do.

Jerry attended a boarding school for the blind in St. Louis, Missouri for 12 years, and played hard during his summers at home. Jerry thinks it is funny when people ask him, "Oh, you attended a blind school?" Jerry's reply is, "No, the school wasn't blind!"

Jerry learned a lot at the school, not the least was that many parents protected their blind children; many led very sheltered lives. He said that students were scared; scared to do anything. They didn't take chances or try new things. Problem-solving strategies were absent in assisting these children figure out a way to get to where they wanted to be or what they wanted to do, "These kids were disabled in ways I wasn't," reports Jerry.

He says that his father played a large role in making him take chances. Sometimes Jerry's dad told him that he couldn't do something just because he knew that Jerry was stubborn enough to prove him wrong. Jerry says that, "Dad challenged



me and Mom just told me to be careful."

As he grew and matured, he developed a motto of, "keep going".

"A person can't just give up," says Jerry, "they just have to keep going and figure out how to do whatever it is they want to do."

Jerry has always lived by his motto of "keep going"! He learned to ride a bike at age four and would go for rides down the dirt road in front of his house alone. By listening to the sounds he made on the gravel he could tell where he was in the road and how far he had gone. Jerry does many things through the use of sound. He began shooting by having his brother throw a rock at a metal bucket and then shooting toward the sound. Jerry

says, "If it makes sound, I can usually hit it."

He loves his weapons and has recently become interested in laser guns and is having fun exploring this new hobby. Jerry has also been a ham radio operator for 45 years with contacts all over the world – West Germany, England, Hawaii, the Virgin Islands, India, all of Europe and the United States.

In his young adult years, Jerry had additional physical issues due to back problems but this didn't stop him from volunteering some of his time as a mechanic. Jerry would sit and work and the man who owned the garage would bring him things to work on. They developed quite a routine and could really put out the work. Jerry worked for self-satisfaction. He enjoyed meeting people who could not understand how a blind man could do something so . . . *continued on inside back*

“See the Ability in Disability”



More From **Moore**

News! All Consumer Directed Service and In-Home providers will be using a telephone tracking system to verify and review timesheets.

It will also ensure accurate billing. Some of the things that the state of MO requires this telephone tracking system to do are:

- Record the exact date of services delivered
- Record the exact time the services began and the exact time when the services ended
- Verify the telephone number from which the services are registered
- Verify that the phone number from which the call is placed is a telephone number unique to the consumer/client
- Require a personal I.D. number unique to each personal care attendant/technician

Ozark Independent Living is excited to offer this service to you. Presently the program is to be in place by July 1 of this year. Some advantages to you might be:

- Attendants/technicians are able to clock in and clock out without using paper timesheets
- O.I.L. and IIHS can leave a message for the attendant/technician
- Attendants/technicians are less likely to miss paychecks due to an incorrectly filed timesheet or late timesheets

The transition will begin with simple training for attendant and consumer. Both offices want to make this transition as smooth as possible and look forward to working with all consumers/clients. Remember that this tracking system is required of all vendors of CDS or In-Home Services in the state of Missouri. **Questions? Call our office and ask for Jaime Grider or Samantha Adams for CDS or Debbie Jorgensen for In-Home Services.**

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 our 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. Call or come by!

Regards,
Cindy

AUGUST IS: DIVERSITY AWARENESS MONTH

The Webster Dictionary defines “diversity” this way: (www.merriam-webster.com/dictionary/diversity) *plural di-ver-si-ties*

Full Definition of DIVERSITY

- 1: the condition of having or being composed of differing elements: VARIETY; *especially*: the inclusion of different types of people (as people of different races or cultures) in a group or organization <programs intended to promote *diversity* in schools>
- 2: an instance of being composed of differing elements or qualities: an instance of being diverse <a *diversity* of opinion>

The United States is a diverse society. There are racial, social, economic, religious, ability, and disability diversities, just to name a few. The purpose of Ozark Independent Living services is to make diversities between abled and disabled individuals as narrow as possible. Our mission is, “To empower people with disabilities to live as full and productive members of society.” Find out how much you know about OIL by completing the crossword puzzle on the next page.

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- Shop. Yes, shop! If you shop on Amazon you can help OIL with every purchase made.
 1. Go to www.smile.amazon.com
 2. Once there, you will be prompted to enter a charity of your choice. Just type in Ozark Independent Living
 3. Proceed to order just like any visit to Amazon - 5% of the order total will go to OIL!
- Make a charitable donation to Ozark Independent Living which is, as always, tax deductible. You can specify how you want your donation to be used. For example: jar openers, reacher/grabbers, shower chairs, talking watcher, magnifiers, doorbell signaler are all under \$50.

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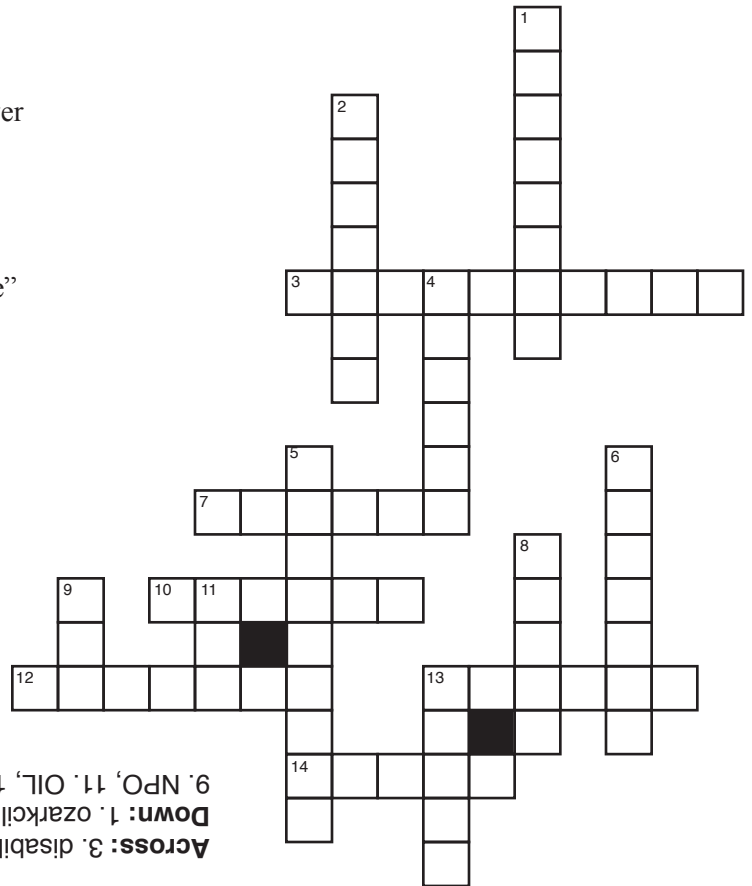
Do You Know Ozark Independent Living ?

Across

3. A condition that may make daily tasks difficult
7. An Ozark Independent Living served county that is never "wrong"
10. The county in which resides the OIL offices
12. A county served by OIL that is also a man's name
13. This OIL county shares a name with the "Beaver State"
14. The OIL county that shares a name with the "Lone Star State"

Down

1. The URL of OIL (minus the www. & .com)
2. Talent, skill or proficiency in a particular area
4. Diversity Awareness Month
5. The condition of having or being composed of differing elements
6. The county served by OIL that begins with the letter "s"
8. The number of counties served by OIL
9. The acronym for Non-Profit Organization
11. The acronym for Ozark Independent Living
13. This county's name shares the first word in our organization's name



Answers:
Across: 3. disability, 7. Wright, 10. Howell, 12. Douglas, 13. Oregon, 14. Texas
Down: 1. ozarkoil, 2. ability, 4. August, 5. Diversity, 6. Shannon, 8. seven, 9. NPO, 11. OIL, 13. Ozark

HELLO FROM THE CDS AND DATA DEPARTMENTS

Lots of things are happening behind the scenes here at OIL. The most important item in the CDS and Data Departments is the new state mandate scheduled to take effect July 1st that requires all vendors to participate in a telephone tracking system (called Telephony) to record attendant hours and tasks. Our Data Manager, Lori Blaker has been working hard to get the new Telephony system up and running and has developed training for our consumers and attendants.

In the near future we will be scheduling Telephony trainings with each of our consumers. ***Until you have received your training and are told to start Telephony, please continue to use our paper timesheets as usual.***

As a reminder, if you are running low on timesheets, the Service Care Plan is no longer meeting your needs, or have questions regarding the CDS program please call your designated coordinator. We are available Monday through Friday 8 am to 4:30 pm and can be reached at 1-888-440-7500.

Have a great summer,
 Jaime Grider, CDS Manager

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IT'S TIME FOR THE "TICK-TALK"

By Brandi Harrison, RN Supervisor IIHS

It's the time for picnic tables with red and white checks. A pile of fried chicken, potato salads, baked beans, and fresh cobblers will dot the spread causing stomachs to growl and families to rally. Barbecue smells, gardening, river walks and s'mores; children laughing and campfire stories bringing goose bumps and giggles by the ton. What a wonderful time to live in the Ozarks! Not only are we blessed with the lovely scenery of these Ozark Hills, we have the freedom to enjoy most of it from our own back yards. But, as we all know, there are other "little blessings" that also share this glorious environment: Ticks.

Ticks prey on our pets, livestock, wild animals, and our very person. Ticks are not picky, as long as a blood flow is present; anyone is fair game or "dinner". Recent newscasts are already telling of various people becoming very sick and even dying from exposure to ticks. Some ticks carried by deer transmit the bacteria that cause Lyme disease. Although not every tick is carrying these bacteria, every tick has that potential. For this very reason, we believe it's time to re-hash the subject of Lyme disease. Yes folks, it's time for the "Tick-Talk".

Lyme disease is caused by bacteria. It can affect many areas of the body including the heart, skin, joints and nervous system. Lyme disease is not contagious from person to person. Although Lyme disease can be treated with different antibiotics, early detection and prevention are always the greatest way to deal with the dreaded sickness.

Lyme disease occurs in phases. The early phase begins at the site of the tick bite. Redness with an expanding ring resembling a "Bulls Eye" can occur and can expand over the next several days. It can eventually cover an area up to about 12 inches across. The rash may feel warm to the touch, but it is usually not painful and may not itch. Some people get generalized symptoms in this stage as well, such a fever, chills, headache, muscle and joint pain, and swollen lymph nodes. Some people may have only the generalized symptoms without developing a rash.

Phase 2 can occur within days or even weeks after the tick bite. There can be continued spreading of the skin inflammation to other areas. Pain and swelling may develop in the large joints, such as the knees. Other symptoms that can occur include palsy or tremors of the facial nerve, which can lead to the loss of muscle tone on one or both sides of the face. Other possible symptoms include dizziness and heart palpitations. A rare but potentially life-threatening bacterial infection called meningitis may occur in this stage. Meningitis affects the tissue surrounding the brain and spinal cord (meninges) and can cause severe headaches and/or stiff

neck muscles.

If this condition is not treated, a later stage of the illness can develop. This can occur months to years following the initial tick bite. Symptoms of this later stage can include intermittent attacks of arthritis, with joint swelling and pain. Neurological symptoms, such as numbness and tingling in the extremities, shooting pains, and short-term memory problems have also been reported in the later stages. Arthritis associated with Lyme disease can become chronic and may mimic other forms of inflammatory arthritis. As you can see, Lyme disease is no small matter to push aside. Early detection and treatment is imperative when dealing with tick bites.

The best way to avoid Lyme disease is to prevent it! Be proactive! Take the following measures to reduce the risk of a tick bite and illness.

- Wear shirts with long sleeves and pants to protect the skin.
- Apply bug repellent containing DEET to exposed areas.
- Examine clothing, kids, and pets for ticks after excursions to areas known to harbor ticks.
- If a tick bites, use tweezers to remove it from the skin. Place the tick in a closed container and provide it to health professionals for identification.
- Remove clothes and bathe – washing the entire body and scalp – to help prevent tick bites and the transmission of Lyme disease.

As of this time, there is no vaccination for the prevention of Lyme disease. Antibiotic therapy and early treatment of tick bites are the best defense we have. Remember, along with all your summer activities and fun, an ounce of prevention may save your life! We only wish the best of health to all our clients and friends! Wishing each and every one of you a safe, "Tick Bite-Free" summer!

Sources: CDC online

(http://www.cdc.gov/ticks/avoid/on_people.html),

Medline.com

(http://www.medicinenet.com/lyme_disease/article.htm)

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complicated when they could not.

From an early age, Jerry figured out that he could do most anything, but sometimes he had to develop, adapt or adjust tools, devices and situations to make them work for him. For example, he can read a tire pressure gauge, use his radio equipment, shoot and more. Jerry can do most anything he puts his mind to. He has a GREAT attitude!

Recently, Jerry was diagnosed with Multiple Sclerosis (MS). Along with the many debilitating conditions associated with MS, Jerry also experiences trigeminal neuralgia (TN), also known as tic douloureux, which causes extreme facial pain. This pain is a hot, stabbing pain. Normally this type of pain comes and goes; but it can just stop a person in their tracks when it hits. Some people with TN have had to give up simple daily activities such as driving. Jerry's take on this newest health-related development in his life is, "Motivation comes from within – you just gotta keep going!"

Jerry admits to getting down sometimes – everyone

experiences down days. When asked how he copes, he responded with, "I create something to do. I usually clean my weapons."

Jerry's advice is this, "Accept what has come your way because it's probably come to you for a reason and it usually turns out to be a positive reason. Each disability has a calling and needs to be approached differently. People need to learn to accept, adapt and learn how to 'keep going!'"

Jerry reports that he has been associated with Ozark Independent Living (OIL) for at least 10 years. He uses all three OIL services - Consumer Directed Services (CDS), Independent In-Home Health Services, and Independent Living Services (ILS). He says that OIL has greatly enhanced his quality of living.

When asked if he had any final thoughts on what he wanted people to know, Jerry responded with this statement, "There is more power in prayer than people know. There is a God and God is to be worshipped! That's a fact. It's just a fact!"

CRAFTERS WANTED

OIL will host its third annual Ozark Fall Fest on Saturday, September 12, 2015. We are looking for crafters to rent booths to sell their craft items. If you, or someone you know, might be interested in a booth, please call Kathy B. at 417-256-8714 Ext. 207 for more information.

(July 29th is National Lasagna Day) CROCK POT LASAGNA (submitted by Kathy McGlaughlin)

- | | |
|---------------------------------|--|
| 1 lb. lean ground beef | 1/2 tsp. dried basil |
| 1 onion, chopped | 1/4 tsp. red pepper flakes |
| 1 garlic clove, minced | 1 cup part-skim ricotta cheese |
| 1 can (28 oz) tomatoes, crushed | 1-1/2 cups low fat mozzarella cheese, shredded |
| 1 can (15 oz) tomato sauce | 6 lasagna noodles |
| 1 tsp. salt | 1/2 cup parmesan cheese, shredded |
| 1 tsp. dried oregano | |

In a large skillet over med. high heat brown beef, onion and garlic, stirring to break up beef (5-10 min) until meat is brown. Stir in next six ingredients and simmer another 5 min. Meanwhile, in a small bowl, combine ricotta and 1 cup of the mozzarella. Spoon 1/3 of the tomato/beef mixture into crock pot. Break 3 lasagna noodles in half and arrange on top of tomato/beef mixture and top with half of the ricotta mixture. Repeat with second layer. Finish with the remaining 1/3 of the meat mixture. Cover and cook on low for 4-6 hours. In a small bowl combine remaining mozzarella and parmesan cheeses. Sprinkle over meat mixture and set aside for 10 minutes or until cheese melts and lasagna is firm.

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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.)

CLIP & SAVE

IMPORTANT NUMBERS

American Cancer Society
800-227-2345

American Diabetes Association
800-342-2383

American Glaucoma Society
415-561-8587

American Heart Association
800-242-8721

Association of Programs for
Rural Independent Living
501-753-3400

Elderly Abuse/Neglect Hotline
800-392-0210

Missouri Commission for
Deaf & Hard of Hearing
573-526-5205

MO HealthNet Service Center
888-275-5908

National Institute of
Neurological Disorders & Stroke
800-787-6537

Rehabilitation Services for the Blind
800-592-6004