

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

THE
GUSHER
PIPELINE

September-October 2015

The Newsletter from O.I.L.

Volume 19 Issue 5

Steve Forsythe - "Everybody is different"

Steve Forsythe is a 64 year-old published writer, radio personality, comedian, motivational speaker and friend to many. Steve also has cerebral palsy, but he's not defined by his disability. This man is defined by his love of life!



thoroughly enjoys doing motivational speaking to encourage everyone to live life to the fullest regardless if one has a disability or not. He is happy to speak to any school, church or civic organization and can be contacted at (417) 962-3855 or P.O. Box 57, Cabool, MO 65689.

In 2005, Steve wrote and self-published his story in a book titled All Sides of Me. Although the book is no longer available, he shared some of his best advice from it during our phone interview; "Everyone should set reasonable goals and work toward meeting those goals. A person can't ever quit!"

Steve lives by his own advice and four years ago he began a weekly radio show on 88.1 KZGM-FM called the *Forsythe Forum*. When asked how he came to do a radio show, he replied, "I grew up with a microphone in my hand!"

Seriously, about 5 years ago, he met KY3 Sports Director Ned Reynolds (now retired). Ned's advice when Steve mentioned his idea of having a radio show, "... go for it!" Steve did just that and now broadcasts every Thursday morning from 9 to 9:30. The two men remain friends and talk every few months.

Steve also has a comedy routine which he's performed in many Missouri locations including Springfield, Joplin and Neosho. He likes to begin his shows with, "Hello ladies and gentlemen. I'm Steve Forsythe from Cabool, Missouri. Sometimes I do standup comedy, sometimes I do sit down comedy and sometimes I do fall down comedy!"

Steve is passionate about helping disabled people. He

Did I mention that Steve has cerebral palsy and a speech impairment? Does he let this stop him from helping others and being a contributing citizen in his community? NO! As evidenced in the proceeding paragraphs, Steve is certainly active in his community and state. He was actually the very first consumer of Ozark Independent Living (OIL) services when the office opened twenty years ago. He benefits from two of the three OIL services; the Independent Living Services (ILS) and Consumer Directed Services (CDS). ILS provides items such as durable medical equipment and wheelchair ramps for individuals who meet all criteria. CDS offers qualifying individuals the opportunity to hire attendant(s) of their own choosing. Steve employs three attendants and he directs when they work and what they do for him. His attendants do things by his schedule and he says, "They make a person feel more independent."

Steve also wanted to share how the Independent Living (IL) movement got started, and some of the information gleaned from <http://www.nilp.org/about-us/history/> is printed here.

The Independent Living (IL) movement started in the early 70's when the Berkeley Center for Independent Living in California was founded by Ed Roberts and others with disabilities who ... continued on next page



More From Moore

If you didn't get to come by on the 30th we missed you and you missed a great time. Our office celebrated the 25th year of the **Americans with Disabilities Act [ADA]** along with **Vocational Rehabilitation and Preferred Family Healthcare!**



First, at 10:00 there was a "Hands Around the Courthouse" event where a surge of people showed up to hold hands around the courthouse, again to show solidarity in connection to the ADA. Cars unloaded and then pulled away for another car to unload. We were so excited about the turnout. The local paper put it on the front page and in color – wow! So appreciative of the support that was shown from our service area.

Then at 1:00 was an open house at the O.I.L. office. Again, lots of great support! County commissioner, state senate representative and our very first board member and CDS consumer were just a few of those who attended. This was the 25th anniversary of the ADA . . . **be prepared for next summer as it will be O.I.L's 20th anniversary of being in business.**

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

Steve Forsythe . . . continued from front page

were attending the University of California at Berkeley. Ed, who was a post polio quad, was living in a hospital and was required to be back in his room by 10 PM. He was denied the right to make many of the basic decisions college students took for granted. So Ed, with the help of some federal funding, started the first Center for Independent Living (CIL). The Center focused on assisting people with disabilities to live in the community with whatever supports they needed.

Today there are over 600 Independent Living (IL) Centers throughout the US that practice the cross disability philosophy: the belief that all people with disabilities share a common thread that brings them together.

When asked if he had any final words or advice, he answered, "Everybody is different. People want to baby disabled people. Don't do that! Find work for disabled people – make them feel valued."

Steve's motto: "*Put a little humor into your life every day; it may bring a smile to your heart.*"

Sign Language Class Completers

Thanks to Sue Cawthron (far right) for teaching our Basic Beginners Sign Language classes! Pictured below are most of the people who completed the six week course taught at the West Plains Senior Center during June and July.



Another Beginners Basic Sign Language class will be offered this fall beginning on October 1 and running through November 5. Classes will be held at the West Plains Senior Center from 6-8 p.m. Books may be purchased at the O.I.L. offices for \$25. Please call (417) 257-0038, (417) 256-8714 or toll free (888) 440-7500 to reserve your place.

OIL CELEBRATES 25 YEAR ANNIVERSARY OF THE AMERICANS WITH DISABILITIES ACT



Picture left: Timeline of ADA history displayed at OIL offices during anniversary open house held July 30. On July 26, 1990, President George H.W. Bush signed into law the Americans with Disabilities Act (ADA). **Picture right:** On July 14, 2015, West Plains Mayor Jack Pahlmann signed a proclamation to reaffirm to continue to work toward full ADA compliance. Seated with Mayor Pahlmann is Executive Director of O.I.L., Cindy Moore. Others pictured are staff from Ozark Independent Living, Preferred Family Health Care and Vocational Rehabilitation.

Ozark Fall Fest

September 12th – West Plains Middle School FEMA Building – 9:00 a.m. to 5:00 p.m.

OZARK INDEPENDENT LIVING
IS HOSTING ITS THIRD ANNUAL

Ozark Fall Fest

SATURDAY, SEPTEMBER 12, 2015
9:00am-5:00pm
at the West Plains Middle School FEMA Building,
730 E. Olden • West Plains, MO 65775

Exhibitors are welcome to display and sell their handmade crafts.

- Several Auction Items Donated From Area Businesses
- Silent AUCTION/RAFFLE 9am-3pm
- Live REMOTE 10am-12pm
- Various VENDORS Featuring Local Crafters
- CONCESSIONS AVAILABLE

All proceeds from the booth rentals at the Ozark Fall Fest will be used to supplement the cost of accessibility ramps and durable medical equipment that OIL provides for qualified consumers.

Booth spaces are 10' x 10' - Rental \$50.00
To reserve a booth or for more information, please call Kathy Bauer, 417-256-8714 Ext. 207

* OIL reserves the right to be the only food vendor at this event.
** All booth renters are responsible for any and all merchandise and any personal items they may have at this event.

Ozark Independent Living is sponsoring its annual Ozark Fall Fest Saturday, September 12 at the West Plains Middle School FEMA building from 9 to 5. Enjoy the concession stand with grilled hamburgers, hot dogs and all the fixins', a silent auction with many wonderful items on which to bid, door prize drawings by each vendor, crafts and other merchandise will be for sale and there will be much more!

Best of all, 100% of the proceeds will be used to supplement the cost of accessibility ramps and durable medical equipment in the seven counties served by O.I.L. – Douglas, Howell, Oregon, Ozark, Shannon, Texas and Wright.

Booths may still be available for rent! Please call Kathy Bauer at 417-257-0038 for more information.

Schwegman Office Supply

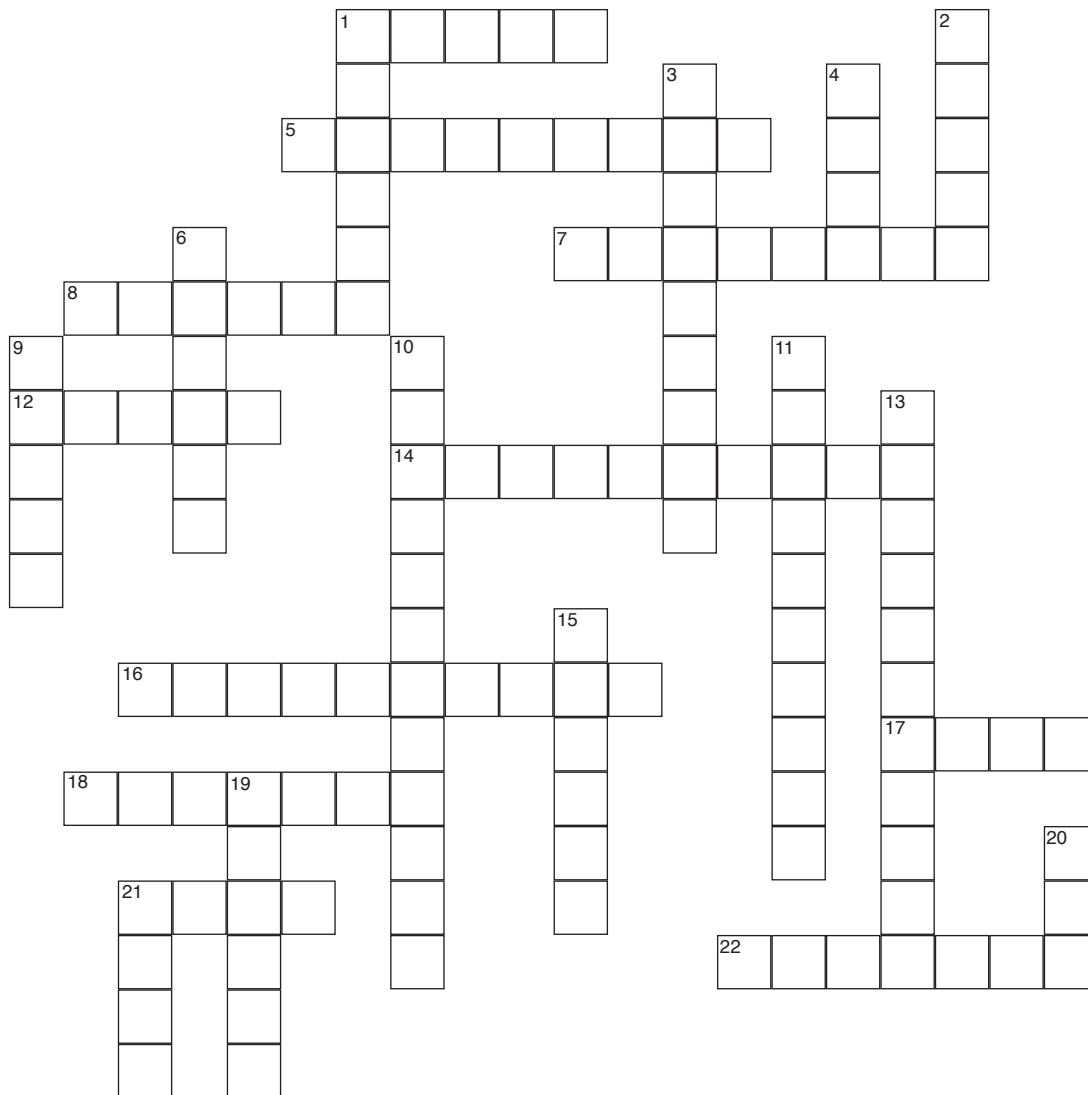
Proud Supporter of Ozark Independent Living

502 W. Broadway • West Plains, MO 65775

417-256-4941 or 1-800-541-4668
Fax: 417-3892 • www.sossharp.com

OIL Fall Fest - September 12, 2015

Complete the crossword below to learn more about Fall Fest!



Across

- thinly sliced potatoes fried and crunchy
- beef on a bun
- day of the week on which the Fall Fest is held
- where Ozarkians live
- a means of broadcasting
- crafters
- a place that sells food, drinks, snacks
- time Fall Fest begins
- date of Fall Fest
- time Fall Fest ends
- a type of sale

Down

- items made by crafters
- number of booths to visit
- ninth month of the year
- nutrition for the body
- relatives
- injected liquid
- West Plains school where Fall Fest is held
- city where Fall Fest is held
- self-sufficient
- another word for frankfurter
- the act of being alive
- synonym for enjoyment
- name of building in which Fall Fest is held

Answers will be in the next issue.

“See the Ability in Disability”

JAIME GRIDER NAMED TO MISSOURI COUNCIL FOR IN-HOME SERVICES (MCHS) BOARD OF DIRECTORS

Ozark Independent Living is pleased to announce that Jaime Grider has been chosen to be a member of the Missouri Council for In-Home Services (MCHS) Board of Directors.



provide leadership in ethical business practices and share how to sustain the highest professional standards of client care.

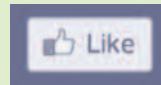
The board is comprised of 12 individuals from across the state that advance and defend home care services as the preferred care option for Missouri communities. The Board also strives to provide informational exchanges and promote education essential to the success of member agencies and the home care industry.

An additional mission purpose is to monitor and affect the legislative and regulatory processes, as they pertain to the home care industry.

Overall, Jaime will lend her skills and expertise to

work exclusively with people who have disabilities. July 30th the office celebrated the 25th anniversary of the signing of the Americans with Disabilities Act and had an open house. Come by your Center for Independent Living – everyone is invited to learn more about the office and meet MCHS’s newest Board member!

Like Us on Facebook!



Do you Facebook? If so, search for “O.I.L Ozark Independent Living” and like/share/read our page. We do regular updates with lots of great information, resources and more for everyone - people with and without disabilities. Don’t have a Facebook account? Why not set one up? Go to Facebook.com and join today. . . keep up with friends and family, reconnect with people from your past, make new friends AND keep up with OIL.

Court Square **M**edical Services

Durable Medical Equipment
Emergency: 417-989-1136

Craig Atkins, RPH/Owner
417-679-0174

474 Third Street
Gainesville, MO 65655

B Your Local **BUSINESS SOURCE®** www.norman-orr.com

Norman Orr Office Supply

202 West Main St., West Plains, MO 65775
417-256-6808 or 1-800-667-6260

PARCEL EXPRESS

“Here for All of Your Shipping Needs”



902 W. BROADWAY
WEST PLAINS, MO 65775

(417) 256-9677
FAX (417) 257-3369
parcelexpress@centurylink.net

DID YOU KNOW ?



Even a donated doorknob
can help Habitat build homes.
So can appliances, furniture, and housewares!!

1109 PORTER WAGONER BLVD. • WEST PLAINS, MO



Habitat
for Humanity®

ReStore



OFFICE SQUARE - 109 Aid Ave.
West Plains, Missouri 65775

Nonprofit
U.S. POSTAGE
PAID
Permit #14
West Plains
MO 65775

RETURN SERVICE REQUESTED



October is National Disability Employment Awareness Month

Shop at AmazonSmile
and Amazon will make a donation to:
Ozark Independent Living

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.)

- 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