

THE PIPELINE

The newsletter from OIL

Volume 23,
Issue 2

Second Quarter
2018



Max Collins:

In the Transportation Spotlight

ADDRESS:

Office Square
109 Aid Avenue
West Plains, MO 65775

PHONE:

417-256-8714
417-257-0038
Voice/TDD Toll Free:
1-888-440-7500

FAX: 417-257-2380

FACEBOOK:

Ozark Independent
Living

WEBSITE:

www.ozarkcil.com

E-MAIL:

info@ozarkcil.com

OFFICE HOURS:

Mondays-Fridays
8 a.m. to 4:30 p.m.

MISSION:

To empower people with
disabilities to live as full
and productive members
of society.

FIVE CORE SERVICES:

- Information/Referral
- Life Skills/Training
- Advocacy
- Peer Support
- Transitioning



Max Collins, at left above, resides in rural Howell County. He has multiple ongoing health issues, has had several surgeries, and walks with great difficulty using a cane. Unfortunately, Max is no longer able to drive and does not have family members who are capable of taking him to his appointments with specialists and for treatment not available locally. His medical care is provided through veterans benefits, and he routinely needs to travel to Springfield or Poplar Bluff.

Ozark Independent Living (OIL) driver Laurie Davidson, shown at right in the photo, transports Max utilizing fleet vehicles owned and operated by OIL. As a veteran, the VA has provided Max a ramp so he can get in and out of his home. Ozark Independent Living is happy to be able to further assist him in remaining as independent as possible by helping him get to where he needs to go to address his healthcare needs. Max very kindly says, "OIL has done me a great service getting me to my appointments. Thanks again to the drivers and office personnel at OIL. From a 1 to 10, you've earned a 10."

Transportation is a service which can sometimes be arranged through OIL for those who have no other options to get to medical appointments. Call Shelley at 256-8714 to find out more.

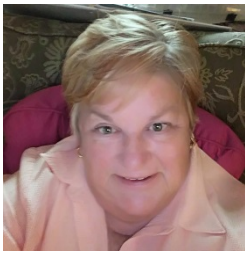


INSIDE HIGHLIGHTS:

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More from MOORE

*By Executive Director
Cindy Moore*

Take a deep breath, lean back and relax...ever so briefly. With the change in leadership from the Missouri Governor's office and the mid-terms coming up, staff and disability leaders will need to keep educating our elected officials about the needs of the disabled in the seven counties OIL serves. These elected officials will have a lot to absorb!

- Every county in the state is represented by a CIL. Have a family member or friend that lives elsewhere? Find the list of all the centers on line or call our office for the information.
- Our newsletter, I believe, is very comprehensive and full of great articles. Each issue is placed on our website for you to see, www.ozarkcil.com, OR you can call Terry in our office to have issues sent to your home.

Recently our office received an award from Ozark Action for community service. It was very appreciated and we are working to have additional, cooperative programs with them and other agencies. Collaboration is key to having successful events, include people who may not know about various services and, by collaborating, not duplicate each other's efforts.

I wanted to emphasize that we have interests all over the state, and staff which follow disability news, trends etc. Just remember that no matter how busy WE are, there's always time to talk to YOU. Our only concern is the disabled population; how choice, control and change can be pivotal in lives.

Between our **Independent Living Dept. and Consumer Directed Services Dept.** (in-home aides for qualified Medicaid recipients), 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 (Howell, Oregon, Ozark, Shannon, Texas, Douglas and Wright counties).

Call or come by!

Regards,
Cindy



OUR BEST RESOURCE IS US

By Newsletter Editor - Terry Hampton

As I travel around OIL's seven-county region giving presentations at senior centers and other locations, I have the opportunity to meet lots of nice folks and to share a bit about the Independent Living (IL) movement which started in the 1970s in California and eventually picked up steam across the country.

A major advancement was in 1990 with enactment of the Americans with Disabilities Act (ADA). It was the nation's first major civil rights law to address the needs of people with disabilities. It prohibits discrimination in employment, public services, public accommodations, and telecommunications.

It also paved the way for Centers for Independent Living (CILs) to be set up around the country, including in Missouri where OIL is one of 22 CILs. Services for those with disabilities and our elder population continue to change and evolve, and OIL has changed, too. One of our main functions now is to serve as a Disability Resource Center.

When I talk about resources, one thing I mention is that each of us is really our own best resource for independence. While sometimes things happen – such as health issues and accidents – which are beyond our control, there are other things we CAN control including what we consume and how active we are. There are no guarantees, but maintaining a healthy weight, not smoking and staying strong are things to do to help ourselves remain independent as we age. Not having the strength to get up and down is one of the main reasons people end up in nursing homes, as is falling.

So, the moral of the story is, if we want to live in our own homes for as long as possible – which is what everyone wants – we should seek to have a healthy lifestyle and stay strong. OIL is happy to help find resources you might need, but we encourage you to look at yourself as your own best resource!

Art Show winners



Detail of embroidered pillow case by Nancy C., First Place winner in the 18-and-over Division. See more art show winners on page 4.

Sixth Annual Art Show Featuring Artists with Disabilities

Winners have been announced in the Sixth Annual Ozark Independent Living Art Show Featuring Artists with Disabilities which was on display in May at the West Plains Civic Center.

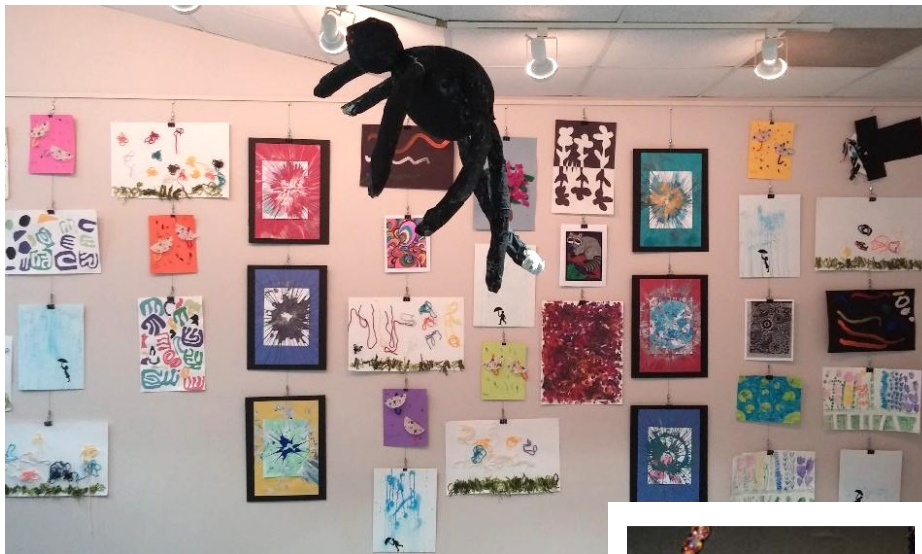
In the 18-and-over division, first place was awarded to Nancy C., second place was won by Travis M. and third place went to Harley C., all of West Plains.

In the 17-and-under division, first place went to

Allison C. and in second place was Kayla H., both of West Plains. Third place went to Mtn. Grove resident Ethan L. Medals were awarded to each of the winners.

West Plains resident Reid Grigsby served as judge for the 75-piece exhibit. See the Facebook event page "Art Show Featuring Artists with Disabilities" for more photos of some of the artwork.

Thanks to everyone who participated in the show!



Top row, from left: Youth Division First Place, Second Place and Third Place.

At left: A papier-mâché spider was suspended from the ceiling to overlook the exhibit and in the background are several of the colorful pieces which were entered.

Bottom row, from left: Second Place in the 18-and-ver Division, an American flag rendered in tissue paper; Third Place 18-and-over, a necklace; and some fun papier-mâché entries. (See First Place winner in 18-and-over Division on page 2.)



Staff Updates



EMILY TOTEN –
Emily has recently joined OIL as a Consumer Directed Services (CDS) coordinator.

Emily, who is 23, was born and raised in West Plains. She says that she did all of her schooling at West Plains Schools, and this coming August she will celebrate her fifth wedding anniversary.

She adds that she and her husband “have two awesome kids, one son who’s 10 and a daughter who’s five. We adopted them. They are our niece and nephew. “

Before coming to work at OIL, Emily had most recently worked at the First Baptist Church Little Angels Daycare. “I worked with some of the sweetest three year olds! They were truly an inspiration.”

She said that the church decided to close the daycare, and that is how her path led to Ozark Independent Living.

Emily adds, “We spend all of our free time camping and enjoying Cloud-9 Ranch, near Caulfield. I love to trail ride on our side by side (recreational vehicle) at Cloud-9 and just enjoy being outside with the kids!”

We welcome Emily to OIL.

Ozark Independent Living is a non-profit organization which has a seven-member, volunteer board of directors, including:

Jane Kramer - Chair
Debbie Mayers - Vice Chair
Marty Simpson - Secretary/Treasurer
Scott Schneider and **Eryn Walters**

The three newest members of the board are starting three-year terms this month:

Ruth Hones - Corby Redburn - Marty Simpson

They replace outgoing board members:

Mike Conner - Gwen Jackson - Scott O'Neal

Many thanks to Mike, Gwen and Scott for their service and to all of our board members for giving of their time to the Disability Community!

Staffer Spotlight

LORI COX
Assistant Manager
Consumer Directed Services (CDS)

Lori recently marked her seventh anniversary of employment at Ozark Independent Living, having started here in May of 2011. Lori is well-versed in all of the work we do at OIL. She started as a coordinator in the CDS Department where she worked for one year before becoming the Data Department Manager and eventually moving into the CDS Assistant Manager position. Here is a bit more about Lori:

Lori was born in Houston, Missouri, and continues to make her home in Texas County. She has a daughter, a son, a stepdaughter and a stepson, along with three grandchildren and another due in August.

“I keep busy with grandkids, farming and gardening. I am an avid mushroom hunter, love to garden and can, and go trout fishing. I also love antiquing,” says Lori.

Lori has had a varied career. She said she started out cleaning houses, then worked at the Department of Motor Vehicles, then as a private school secretary before moving on to Meeks Lumber where she worked for 12 years, eventually becoming a Price Maintenance Manager. She then opened her own business, a Dollar Store, which she owned and operated for seven years.

Lori says, “I love working here, and I love my coworkers.”



OIL staffers who attended the “Power Up to the Summit 2018 Assistive Technology Conference” in Columbia, Mo., included, from left, CDS Coordinator Amanda Foster, Data Specialist Donna Nale and CDS Coordinator Ashley Roberts. Marketing Specialist Terry Hampton also attended. See more information about the conference on page 7.

Celebrating Community Partnerships

PRESENTATION SERIES

Partnering with Ozark Action

For the second year in a row, OIL has partnered with Ozark Action, Inc. (OAI) to do a presentation series in communities throughout the region we serve about the programs that our respective agencies offer. Other local service and health care providers are joining us at most locations.

Vicky Callahan, with OAI, is one of the presenters. She is a certified CLAIM counselor, trained to give impartial assistance with Medicare questions and the various options associated with it, including supplemental insurance and preventive services. Terry Hampton, OIL Marketing/Independent Living Specialist, has the TAP (Telecommunication Access Program) adaptive phones available for demonstration at the presentations and can sign up qualified applicants to receive a phone at no cost.

See schedule on page 7 for remaining opportunities to attend the presentation this summer.

The photo at right was taken at the presentation held at the Alton Senior Center. Vicky Callahan, with Ozark Action, discussed some of the preventive medicine features which are part of the Medicare program, several of which are available at no charge to Medicare recipients. Some of the other presenters are shown in the foreground along with the door prizes which were given away to four lucky attendees. There were about 40 people at the event.



Wendy Dunkin, at right, from OIL's sister agency Independent In-Home Services gave free blood pressure checks at the Ava Senior Center Ozark Action event. Janet Cunningham, with the Ozark Action Ava office, offered to have her pressure checked and posed for this photo.



COMMUNITY ACTION RECOGNITION



From left: OIL Independent Living Services Manager Kathy Bauer and Executive Director Cindy Moore, along with Ozark Action Community Services Director Angie Berry.



Ozark Independent Living has been recognized by Ozark Action, Inc. (OAI) with an "Outstanding Community Service Award" at the annual Missouri CAN (Community Action Network) conference held in May at Lake of the Ozarks. Each community action agency in the state is entitled to one awardee each year. Officials with OAI nominated OIL.

OIL is honored to receive the designation which comes in recognition of the partnership our two agencies enjoy. At OIL, we are grateful for OAI and the work they do in the communities we serve, and we are happy to partner with them as often as possible such as in the summertime presentation series described above. It is a mutually beneficial arrangement which helps advance the mission of both agencies and enriches the lives of many.

Thank you, Ozark Action!

Events & items to note...

Power Up to the Summit 2018 Assistive Technology Conference

By participating in conferences, training sessions, webinars and other continuing education opportunities, OIL staffers stay informed about disability issues and advocacy. Once such opportunity is the annual Power Up Conference and Expo held recently in Columbia, Missouri. Several OIL staff members attended and enjoyed the various workshops which covered issues related to assistive technology, employment opportunities, universal design, and other topics on accessibility, inclusion and empowerment for those with disabilities and their advocates.

The presenters for the group sessions were interesting and informative. Keynote speaker Aaron Bishop has been an advocate for persons with disabilities for over 20 years including as a policy advisor in Washington, DC and an executive in the federal government. He gave a background of the current climate in Washington and offered pointers for building productive relationships with lawmakers.

A highlight of the conference was the endnote speaker, Jessica Cox, who was born without arms.

Jessica shared her life story and talked about living "outside the shoe" (a reference to learning how to tie her shoes with her toes when she was six years old.) She says she has decided to live a life led by desire, persistence and fearlessness and that she has tried to eliminate the words "I can't" from her vocabulary. It is evident from her attitude that she is doing a good job of it!

Among Jessica's many accomplishments: she surfs, plays the piano, has a Black Belt in Taekwondo and was the first person certified to fly an airplane with only their feet! Her remarks were inspirational, to say the least.

To find out more, it is easy to Google her name and see an assortment of videos. Have a look and then ask yourself....When was the last time you said, "I can't."



Inspirational speaker Jessica Cox uses her foot to sign one of her books for OIL staffer Donna Nale at the Power Up conference. "Yes," she says, "I'm right-footed." At the conference, she demonstrated how she uses her feet for common tasks, including that she opened a soda and drank from the can (without spilling a drop).

The OIL/Ozark Action presentations/Meet and Greet at Mtn. Grove, Ava, Alton and Gainesville are already over, but there are two remaining:

July 11: Mtn. View Community Center, 10 a.m.

July 17: West Plains, OAI Building 2, 10 a.m.



Sherryl Brannon won a door prize at the June 6 Meet and Greet at the Willow Springs Sr. Center.

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live as productively
and independently
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reach their full
potential.*



Resources

OIL does not endorse websites or attest to the accuracy of information from other sources, but sometimes we find resources on topics of interest which we pass along for our readers' own investigation.

RESOURCE GUIDES:

For long-term care, for seniors & caregivers

SeniorAge has publications that are full of good resource information for our region. Their "Yellow Book Directory of Services" is a directory of resources for seniors and caregivers, and their "Blue Book" is a long-term care guide with categorized services and resources. OIL has some copies of the Blue Book available for hand-out, but both books are online at: senioragemo.org/resources/print-resources/publications/

Free Materials Help Missourians Create Advance Directives

Few of us enjoy thinking about end-of-life decisions, but doing so can take stress off loved ones later. Missourians can set up their own durable power of attorney for health care with free materials authored by volunteer lawyers with the Missouri Bar.

"By beginning the conversation with your loved ones today, you can best ensure that your care choices are respected, while taking the burden off others when the time comes," says Mo. Bar President Morry Cole. "The free forms put your decisions in writing and allow you to designate an agent to carry them out." They are available by calling 573-635-4128 or at <http://missourilawyershelp.org/legal-topics/durable-power-of-attorney-for-health/>

Comment Opportunity: Traveling by Air with Service Animals

The U.S. Dept. of Transportation (DOT) is seeking public comment on amending its Air Carrier Access Act (ACAA) regulation on transportation of service animals.

Summary – DOT has heard from the transportation industry, as well as individuals with disabilities, that current regulations could be improved to ensure nondiscriminatory access for individuals with disabilities, while simultaneously preventing instances of fraud and ensuring consistency with other Federal regulations. DOT recognizes the integral role that properly trained service animals play in the lives of many individuals with disabilities and wants to ensure that those individuals

can continue using their service animals while also helping ensure that the fraudulent use of other animals not qualified as service animals is deterred and animals that are not trained to behave properly in the public are not accepted for transport as service animals. Disability rights advocates have voiced alarm that these untrained animals may erode the public's trust, which could result in reduced access for many individuals with disabilities who use traditional service animals. **DOT needs to hear from advocates and individuals who rely on TRAINED service animals about proper regulations.**

Submit comments thru July 9 via www.regulations.gov/document?D=DOT-OST-2018-0068-1157

Rehab Services for the Blind: LOW VISION RESOURCES

OIL is a Mo. Rehabilitation Services for the Blind Low Vision Resource Center, providing an optical aid loan program designed to enable Mo. residents with impaired vision to function more adequately using the vision that he or she has remaining. The magnifiers, lighting sources and reading stands are supplied with the objective of creating optimum visual conditions and are available in a wide variety of strengths/styles. The devices are loaned and can be traded back for stronger devices as vision worsens. For info call Kathy, 256-8714.

TAKE HEED OF THE HEAT: DRINK WATER!

Dr. Pam Duitsman, with University of Mo. Extension says, "Drinking fluids is crucial to staying healthy and supporting every system in your body. That demand increases in high temperatures."

When our bodies are stressed by heat, we can easily develop heat-related illnesses such as heat edema (swelling), heat rash, heat cramps, heat exhaustion, and most serious, heat stroke. Elderly and very young individuals are at increased risk for heat stroke, as are those who are chronically ill, have diabetes, heart disease, or high blood pressure. Certain types of medications may also put an individual at risk for heat stroke. Heat stroke is life threatening and can result in serious complications. Even minor dehydration can lead to headaches, weakness, low blood pressure, irritability, dizziness, and confusion.

"Don't wait until you are thirsty to take a drink. You may already be dehydrated by that time. Be proactive. Drink plenty of fluids before going out into the heat," said Duitsman. "Keep water handy and drink regularly throughout the day - especially while exercising or working outdoors - instead of waiting until you are done. Stop every 15 minutes to take a drink. If you are overheating, find a way to cool your body down by going indoors, spraying yourself with a garden hose, or getting into a cool shower." (From information provided by David Burton with MU Extension)



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TOLERANCE FOR
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About People**

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Living" on Facebook - Thanks!

When you like and share items from our page, you stay informed and it helps us grow our web presence.

If you would like to remove your name from this mailing list or would like to [sign up for our email list](#), please contact OIL newsletter editor Terry Hampton by phone at 417-257-0038 or toll free/TDD 888-440-7500 or via email newsletter@ozarkcil.com.

If you or someone you know would like to know more about Consumer Directed Services or any of the other services offered by OIL, please give us a call or clip this form and drop in the mail to: OIL, 109 Aid Avenue, West Plains, MO 65775.

Check and or all that apply:

- ☐ Add to the Pipeline newsletter mailing list OR ☐ Remove from list
☐ Contact for more information about Consumer Directed Services
☐ Contact for more information about Independent Living Services

Name: _____

Address: _____

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Office hours are 8 a.m. to 4:30 p.m. Mondays through Fridays

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**For West Plains residents:
GROCERY SHOPPING/
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Ramey Supermarket provides a shopping/delivery service for home-bound elderly/disabled West Plains residents within city limits. Every Monday, a Ramey employee will call customers to see if they need items (grocery or otherwise) from the store. If the customer needs anything, a Ramey employee will shop for the items which are then delivered to the customer's residence for the cost of the items plus a \$2 fee. Checks are accepted or credit/debit/SNAP card information can be kept on file.

Call Patricia at Ramey, 256-6166, for more information or to arrange to get on the call list.