

THE PIPELINE

The newsletter from OIL

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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

Miss Ruby Newberry **Independent Living Services Spotlight**

Due to her progressive hearing loss, Ruby, age 95, was becoming unable to have phone conversations. This was especially problematic because her children all live some distance away, but they like to remain in close contact by checking in on her regularly.

To help address the issue, Ozark Independent Living was able to order her a phone through the Missouri Assistive Technology Telecommunications Access Program (TAP). Ruby must still pay for her phone service, but the phone was available to her at no cost.

With her new telephone, Ruby can once again communicate with her family and friends. On the day her TAP phone arrived, she called her son to wish him a happy birthday!

If you or someone you know has difficulty using a standard phone because of hearing or vision issues or other disability, call Terry at OIL, 256-8714, to find out more about TAP adaptive phones.



Ruby Newberry, who loves to dance, is shown here wearing her signature 'ruby slippers' and using her new TAP adaptive phone.

Ozark Independent Living
WILL BE CLOSED
December 24 - January 1
We will re-open January 2



*Happy
Holidays*



INSIDE HIGHLIGHTS:

Artist Ibiyinka Alao: A special guest in local schools (page 5)
Night to Shine: Prom hosted by Endurance Church in Feb. (page 5)
Holiday Greetings: From OIL to all of you! (page 4)



More from **MOORE**

*By Executive Director
Cindy Moore*

Happy holidays, everyone! Before we know it, Christmas Day will be here. Although many people have situations they must deal with every year, if not every day, please remember to think back on what we have as blessings.

I recently had a little health problem, and so I'm always thankful for the days when I feel good. It's times like these that you're so thankful for friends who will immediately come to your rescue. Groceries, prepared meals, many phone calls; it all adds up to give you a very welcome and warm feeling. I appreciate all of it so much!

Concerning office news, we all will be working with new legislators, informing them of what Centers for Independent Living are all about. Many elected at the midterms have no idea what CILs do or what their purpose is. Educating them is our goal along with consistently working with those who drop by or call.

Look us up on Facebook. There is usually a new informational article, or go to our website....it's very user friendly.

Please take care of yourself and remember OIL is the only Center for Independent Living serving this area.

Approaching 25 years here in South Central Missouri!

Regards,
Cindy



The Roots of Change in the Independent Living Movement

By Newsletter Editor Terry Hampton

I recently had the opportunity to attend the annual APRIL (Association of Programs for Rural Independent Living) conference in Denver which had as its theme the "Roots of Change Grow a Mile High," a nod to the 40th anniversary of the Gang of Nineteen, a group of protestors in wheelchairs who demonstrated in the streets of Denver chanting "We Will Ride" to gain wheelchair accessible public transportation. Their story is inspiring, as they became the catalyst for widespread accessible public transportation and were some of the early leaders of the Independent Living (IL) movement.

The conference featured dozens of speakers and workshops, all serving as reminders of what the IL movement is all about and how it continues to be central to the ongoing goals for the Disability Community. As seen by its advocates, IL is a philosophy, a way of looking at society and disability, and a worldwide movement of people with disabilities working for equal opportunities, self-determination and self-respect.

While there has been a tremendous change for the better in society since the Americans with Disabilities Act was passed in 1990, there is still work to be done. I was most impressed by the individuals with disabilities at the conference who continue to take up the challenge to living independently and to insure that others will be able to do the same, a concept which is important for all of us.

APRIL President Tim Sheehan, who is disabled, expressed it well, "Each of us individually has a responsibility to ourselves and to others to be the agents of the change we seek. It is embedded in our DNA! It can be found in the roots of who we are. And it can be brought to bear through energizing your internal passion for fairness and justice."

Visit www.april-rural.org for more information about the Association of Programs for Rural Independent Living.

Missouri State University-West Plains recently hosted its annual Scholarship Donor/Recipient Luncheon, recognizing those who have awarded scholarships and the students who have received them. This includes the **Bill Burris Memorial Scholarship** which is sponsored by Ozark Independent Living. This year's recipients of the Burris scholarship, Mary Deluna (left) and Isabel Bridges (right) along with OIL Marketing Specialist Terry Fuhrmann Hampton (center), were among the attendees at the luncheon. Congratulations Isabel and Mary. Meeting young people like the students in attendance at the luncheon always renews hope for the future!

MSU-WP Scholarship Luncheon



Staffer Spotlight

PAM JOHNSON **Co-Manager Data Department**

Pam Johnson recently celebrated her fifth anniversary of employment at Ozark Independent Living. After working as a Data Specialist since starting at OIL in July of 2013, in January of this year Pam was promoted and is now co-manager of the Data Department. She came to OIL after working for 39 years at DRS, also in West Plains.

Pam is a native and lifelong resident of West Plains. She has always lived in West Plains and said it is where she plans to remain. "My husband and I were married in May of 1975. We had built our house and went straight there after our wedding! We are still in that home but have done some updates. We have two daughters. The oldest, who works for the City of Branson, has a three- year-old son, our first grandchild (so fun). Our youngest daughter, who owns her own salon business, has a beautiful one-year-old daughter, who is such a sweetie."

In discussing the function of the Data Department she said, "We have the responsibility of checking and processing the time worked by attendants for the consumers we serve so their attendants can be paid accurately." With nearly 300 consumers, many of whom have multiple attendants, it takes a great deal of time to make sure the numbers are correct.

Of her role, she says, "As a Data Manager I support the Data Specialists in the time-processing effort and work to fix errors made in the clocks to the system as well as doing the entire process of three consumers myself. Keeping consumer's records up to date and accurate and communicating with them is another part of my job. I enjoy working with the people

here and helping people in our community and in the counties which we serve. I consider it a privilege to be a part of this organization."

As for what she does outside work hours, Pam says she and her husband are active in their church and, "We so enjoy spending time with all of our family and especially those grandkids of ours. They both provide us with so much joy and entertainment."

A NOTE ABOUT TELEPHONY and EVV

Pam also mentioned EVV (Electronic Visit Verification) and telephony, a method which requires that hours worked be reported via telephone. Even though EVV has been around for over 20 years, two years ago the Federal Government mandated that it be used for Medicaid-funded personal care services. OIL does not have a choice in whether or not to use the system. All agencies working with Medicaid-funded attendants /consumers must comply with the federal guidelines.

Implementation of these programs has been an ongoing concern not only for the Data Department but the Consumer Directed Services (CDS) program, in general, bringing changes for OIL's consumers and their attendants in how they clock in and out. Pam said, "Our consumers' time needs to be reported through the EVV system. This means our consumers/attendants have had to transition from paper time sheets to using the telephony system."

There is a phase-in period, and Pam noted that there are a few who are still transitioning to the new system. OIL's CDS coordinators have been working with consumers to help with switching over to the new process. **If anyone has questions about EVV or telephony, call CDS Manager Glenn Cargile, 417-256-8714.**



OIL staffers, from left, Melissa Bentley, Glenn Cargile and Terry Hampton recently attended the APRIL (Association of Programs for Rural Independent Living) conference in Denver, Colorado.

APRIL is an organization of over 260 members including centers for independent living and others concerned with the independent living issues of people with disabilities in rural America. As "the united voice of Rural Independent Living" it is dedicated to advancing the rights and responsibilities of people with disabilities in rural areas by serving as a resource center and by leading systems change. The 3-day event had as its theme "Roots of Change Grow a Mile High," emphasizing the importance of the "roots" of disability advocacy and the IL movement: **Mobilize, Resist, Organize and Vote.**

**Your Trusted Consumer Directed Services
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20 years!**



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Serving seven counties in south-central Missouri

*From all of us to all of you, sending greetings for the
Holiday Season and best wishes for
Happiness in the New Year!*



- Information and Referral
- Transition Services
- Advocacy
- Peer Support

**CDS – In-Home
Attendants for qualified
Medicaid recipients**

- Independent Living
Skills Training
- Free Adaptive Phones
- Transportation



CONSUMER DIRECTED SERVICES (CDS)

For questions about OIL's CDS program – for those who need assistance with basic, daily living needs (such as housekeeping and personal care), are 18 or older, Medicaid active and disabled but able to direct their own care – call CDS Manager Glenn Cargile for more information, 256-8714.

Through this program, qualified individuals are able to hire a friend or family member (or someone from OIL's available attendants list) at no cost to the consumer. OIL facilitates by taking care of payroll processing and certain other details, but the individual needing care (the consumer) is the employer and the attendant works for him or her.

CDS is designed to help people maintain their independence and stay in their own homes as long as possible.

Community News

A visit by award-winning Artist

Students and staff members at Ozark Horizon School in West Plains and Skyview School in Mountain Grove recently welcomed special guest Ibiyinka Alao who is from Nigeria and is a past winner of the International Arts Competition sponsored by the United Nations. He visited with them about his art and peaceful approach to life, sharing stories and words of encouragement.

His comments were sprinkled with humor. On the importance of accepting others and not judging, he noted that he has a pet monkey – which sometimes washes his own dishes after he eats! – and also tries to paint pictures. “The paintings are ugly. But my monkey has high self-esteem,” he said. “And the monkey paints anyway. So then I think, ‘who am I to judge?’ I don’t have monkey eyes. Maybe my monkey is the Michelangelo of the monkey world!”

Ibiyinka also said, **“People talk to us in silence. I listen to the world with a paintbrush.”**

After his presentation, Ibiyinka led the group in creating their own pieces of art.



Artist Ibiyinka Alao



Like his “Ibiyinka Olufemi Alao – Artist” Page on Facebook or visit his website, www.ibiyinka.com, for more stories and information, including videos.

“Art is Life! Try to be amazed sometimes.” – Ibiyinka Alao

At left is a detail from one of Ibiyinka’s paintings which he brought to display during his visit. He said the inspiration for the sky came from his mother who is a quilter. With it, he offers a beautiful and timely message: **“Sew the world together, rather than separating it. Be more inclusive.”**

2nd Annual Night to Shine Prom

Endurance Church of West Plains will be hosting a second annual “Night to Shine” Prom in February. Part of a larger movement, hundreds of such proms are held around the world. The events are described by sponsoring agency the Tim Tebow Foundation as “an unforgettable prom night experience, centered on God’s love, for people with special needs ages 14 and older.”

It’s a wonderful event for the community!

Molly and her friend OIL board member Jane Kramer at the 2018 Night to Shine Prom.



A revolutionary idea in skilled nursing care West Vue Green House Homes

“Nursing home” often has a negative connotation and many times rightfully so, especially for members of the Disability Community. But a new approach to providing skilled nursing care for elders and others who can no longer remain in their own home is gaining traction across the country and now has come to West Plains with the West Vue Green House Homes project. The houses – currently three with plans to build more – will be home for ten residents each who have private rooms with private bathrooms and freedom to set their own schedules, including when and what to eat. Specially trained caregivers meet the needs of residents in a beautiful, family-like, comfortable home meant to help overcome loneliness in addition to addressing physical needs.

The West Vue homes are associated nationally with “The Green House Project” and are only the second affiliated project in the state of Missouri. Kudos to West Vue for bringing this concept to the community. It’s a wonderful, revolutionary approach for living as independently as possible in a skilled nursing environment.

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.

The American Council of the Blind has an opportunity for students who are legally blind to earn a scholarship, whether they are at a technical college, an entering freshman, undergraduate or a graduate student. Over \$55,000 in scholarships are awarded each year. To be eligible, students must be legally blind in both eyes, maintain a 3.0 GPA, and be involved in their schools/local communities.

Winners will also experience ACB's national conference and convention where they can meet other students who share the same life experiences and be able to network with individuals who understand what they are going through.

The 2019 ACB scholarship **application** is now open and **must be submitted no later than February 15, 2019**. For more information, contact Nancy Feela at **800-866-3242** between the hours of 9 a.m. and 2 p.m. CST.

MO ABLE to Work Initiative

This initiative empowers those with disabilities by allowing them to save more of their earned wages. With the MO ABLE to Work initiative, employed individuals with disabilities who have ABLE accounts can contribute up to an additional \$12,060 per year beyond the current limitations (\$15,000 for 2018) if the difference is from personally earned wages.

This can allow an individual to save up to \$27,060 per year in a MO ABLE (Missourians Achieving a Better Life Experience) account without harming their eligibility for benefit programs. The initiative also allows MO ABLE account holders to claim the Saver's Credit (a federal tax credit for eligible taxpayers for qualified retirement savings contributions) for contributions made to the account from earned wages.

*The MO ABLE disability savings program was launched last year. The program allows individuals with disabilities to save for long-term needs without harming their eligibility for means-tested benefit programs. To learn more, visit **www.moable.com**.*

Lift Up – Medical, Dental, Mental Health Mission Clinic. For individuals who are below the federal poverty level. Located in Springfield, but serving southwest Missouri, including Douglas, Howell, Oregon, Ozark, Texas and Wright Counties, the clinic provides very reduced prices for care, and in some instances, free or whatever a patient can afford, including for dental visits. Visit the **liftupspringfield.org** to learn more.

Rx Outreach – The Nonprofit Pharmacy serves individuals and families at or below 300% of the Federal Poverty Level with affordable prices on nearly 500 medications. Information here: **rxoutreach.org**.

Taking Steps to Prevent Falls as we age

One in four adults aged 65 or older falls each year, often in or near their homes. While many falls are minor, an older adult dies from complications from a fall every 19 minutes. Preventing falls can help older people continue to live independently in their own homes.

Certain factors put people at higher risk:

Physical health: People with chronic diseases and poor physical health are at greater risk.

Environment: Hazards in and around the home – loose throw rugs, obstructed pathways, difficult to access showers or bathtubs – make falls more likely.

Behavior: Lack of sleep, alcohol use, and lack of exercise all increase the risk of falls.

Here are some tips to prevent falls:

Stay active: Exercise helps increase/maintain coordination/muscle tone to keep us steady on our feet.

Manage underlying chronic conditions: The better our overall health, the lower the risk of falls. Chronic

conditions like diabetes, depression, osteoarthritis, obesity and high blood pressure can increase the risk.

Review medications: Side effects from/interactions with some medications can increase the risk of falling.

Get an Eye Checkup: Vision changes with age, so it is important to have a yearly exam to make sure prescriptions are up to date and to screen for cataracts and glaucoma, which are treatable when caught early.

Eliminate potential hazards in the environment: Install grab bars, get rid of throw rugs and keep passage ways (inside and out) well-lit and free from clutter and debris.

Shoes Matter: Shoes with a high back, hard, slip-resistant sole and low heel height (an inch or less) are best. Avoid loose or ill-fitting shoes/slippers. Smooth leather or plastic soles can be slippery, especially on wet floors.

Remember, falls are not a normal part of aging!

*This excellent webpage has tips, advice and a great video **www.ncoa.org/healthy-aging/falls-prevention/***

Events & items to note...

Buddy Walk

In celebration of October as Disability Awareness Month, OIL was happy to support the Fifth Annual Ozarks Community Buddy Walk held in November at the West Plains High School track. Some of the Buddy Walk committee members recently stopped by the OIL office so we could snap a photo.

We applaud the mission of the Buddy Walk, which is dedicated to creating a better public understanding of the capabilities of all individuals with special needs.



From left: Sonia Stegar, Lindsey Stegar, OIL Executive Director Cindy Moore, Brett Schneier and Sara Stout.

Cabool Farm Fest

Door Prize Winner



Patti Brooks of West Plains was the winner of the door prize given away by Ozark Independent Living at the Cabool Farm Fest and Outdoors in the Ozarks Expo. Thanks for stopping by the OIL booth, Patti, and congratulations!

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with special needs
live as productively
and independently
as possible to
reach their full
potential.



Mtn. View Senior Center: HEALTH FAIR

The Mtn. View Senior Center recently hosted their annual health fair, offering informational booths, blood pressure checks and specially priced lab work through Mercy Hospital. An OIL representative attended to demonstrate the Telecommunication Access Program (TAP) adaptive phones and signed up several folks to get a free phone. Lunch was a fish fry – good food as always!

Pat Bernard (left in the photo) and Trudy Webb (right) were the winners of door prizes given away by Ozark Independent Living at the Mtn. View Health Fair.



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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
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**We hope 2019 is
filled with all good
things and much
happiness!**