

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

People Caring About People

THE PIPELINE

The newsletter from OIL

Volume 24,
Issue 4

Fourth Quarter
2019



FIVE CORE SERVICES:

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

MISSION:

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

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.

Merry Christmas
AND
Happy New Year!



Ann and Art Jones (above) and Harvey and Mary Hackett, with Shea Lane (right) were among attendees at the recent Plan. Prepare. Protect. disaster preparedness presentations. *(See story inside.)*

INSIDE HIGHLIGHTS:

National Disability Awareness Month observed
Plan. Prepare. Protect. Disaster Preparedness Training
Missouri Job Center Health Care Job Fair

More from MOORE

By Executive Director Cindy Moore

So, do you have holiday plans yet? I am so thankful for the area churches and organizations who help those who just can't get around for Thanksgiving dinners, family baskets, programs for children, and city workers who brave the weather, hanging up street decorations!

I want to emphasize that we have interests all over the state, and staff who follow disability news, trends etc. 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), 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).

Regards,
Cindy

Happy Holidays!

Don't Combine a Fall with Winter

By Newsletter Editor Terry Hampton

Winter officially arrives on Dec. 22. Persimmon seeds indicate it might be a harsh one. The Farmers Almanac says above-average snowfall for our region. Woolly worm forecast? The bottom line is: Who knows?!

One way or the other, it is likely there will be slick sidewalks, decks and streets this winter. Don't be over-confident. Just because you can't see slippery spots doesn't mean that black ice hasn't formed. A little bit of caution can save us from taking a nasty fall, and falls need to be avoided at all costs because they can lead to serious issues, especially as we age.

According to the Centers for Disease Control every second of every day, an older adult (age 65+) suffers a fall in the U.S., making falls the leading cause of injury and injury death in this age group. [One out of four older adults](#) will fall each year in the United States.

Thirty million older adults fall each year, with [one out of every five falls](#) causing serious injury, such as broken bones or a head injury. Each year at least 300,000 older people are [hospitalized for hip fractures](#) due to falls. Sadly, about [30,000 deaths](#) are caused by falls.

In addition to slipping on slick surfaces, falls can happen because of things such as undiagnosed health issues, side effects of medication, loose area rugs, extension cords, pets in the home that get underfoot or simply having too much clutter.

Falls are common and costly, but they are preventable and do not have to be an inevitable part of aging. Be aware of issues which can cause them, stay strong and flexible and exercise to maintain good balance. We want to make sure that winter (and every season) is the most WONDERFUL time of the year!



Sign Language class participants from fall session

1st row: Tonya Fowler, Mtn. View; Serenity and Sharen Gordon, Peace Valley; instructor Sue Cawthron, West Plains; Donna Taylor, South Fork; Sallie McFann, Myrtle.
2nd row: Connie Evans and Ashley Thompson, Doniphan; Lisa Gordon, Peace Valley; Amber Switzer, Alton; Katrina Sidorovich & Anastasia Gantyuk, Willow Springs; Meghan Berry, West Plains.

Staffer Spotlight

DEBBIE HOLLAND

Consumer Directed Services (CDS) Coordinator

Debbie Holland has been a CDS Coordinator since she joined OIL a little over three years ago in the summer of 2016. Following is her brief biography:

I was born and raised in West Plains. My parents moved to the house I was raised in when I was two years old, and they continued to live there until they passed. I attended Fairview School and went on to graduate from West Plains High School.

After high school, I enrolled in college at what is now MSU-West Plains. At the time, Kellett Hall was the only building where classes were held. I had not made plans for college so I got my first job and received my first paycheck on the day I had to pay for the classes I had enrolled in.

With no degree offered at that time, I decided I needed to move on, and I enrolled in the University of Missouri Columbia. It was a whole new world since I had barely been outside of West Plains my whole life. I worked to pay my way and I changed

Fall Sign Language Class

An OIL Sign Language class recently concluded with 12 individuals completing the course. Class members give various reasons for wanting to learn Sign Language. One woman has an 8-year-old niece who can't talk but has learned to sign at her school. The woman said, "I already talked to my niece in Sign Language. It made both of us very happy!"

Another said, "I am taking the class to improve communication with my son and his wife. I have learned many signs on my own, but this class is giving me the opportunity to begin to understand their language."

Some attendees work in jobs with individuals who are deaf or non-verbal. One who is a school teacher said, "I work with a lot of non-verbal students, and this class has not only benefitted me, but my students as well."

Another teacher said, "I work with a six-year-old, non-verbal child. I knew a little Sign before, but when we saw she was picking up the words I knew, we felt it very important to learn more for her communication."

The students also expressed their gratitude to instructor Sue Cawthron. One participant said, "Sue has been an excellent teacher and encouraging to us." Another said, "It has been a joy to learn with her."

One summed up the experience by saying, "A dream of mine to learn Sign Language has come true."

To be put on a waiting list for the next class, which has not yet been scheduled, call Kathy Bauer, 256-8714.

direction several times. I eventually graduated with a degree in English and minor in Political Science. Not knowing what to do next, I decided to add a degree in Education.

Along the way, my interest had been piqued by psychology, so I enrolled in a Masters program for Educational Psychology. I worked with the Special Education center and tested children who came from all over with unique situations that their home schools could not accommodate.

After finishing that program, I found a job in Bolivar, Missouri, working for an educational cooperative where 14 small school districts pooled their funds to employ a group of professionals to assist in special education services they could not afford otherwise.

I wanted more. I returned to school in the summers and finished an Ed.S. degree in Educational and Counseling Psychology, and I became licensed as a Professional Counselor. My next job was in a counseling center as a therapist. I also helped start one of the state's first day habilitation programs for the chronically mentally ill. I still wanted to be closer to "home" and took a job which eventually led me back to West Plains.

I tried my hand at private practice and did well but found I needed a more steady income. I took a job with the Department of Mental Health and worked there for 21 years. I left there thinking I would retire but found I was not ready. I thought I would try something part-time, but ended up at OIL full time. What I thought would be just a job turned into a new adventure, and I have learned a lot from both staff and consumers.

I met my husband in August 1992. We married exactly five years later in August, 1997. We purchased a few acres and an old house where we continue to live. I have been able to enjoy my love of animals. We raised horses and cows for many years. I still have a few horses, a barn full of cats and Australian Shepherd dogs. My husband says I have never met an animal I didn't like.

We have kids and grandkids scattered from Kansas City to Texas. In our "golden years" my husband and I have had to reevaluate our choices. We have had to cut back on some things and concentrate more on others.

As a two-time breast cancer survivor, I have learned a lot about choices and what is truly important, including that West Plains is "home" and there is nothing else like it. There are people who have known me from grade school, and I have learned it is a comfort to have such history with people and places.

OCTOBER: DISABILITY AWARENESS MONTH



In October, Mayor Jack Pahlmann signed a proclamation announcing recognition of Disability Awareness Month in West Plains. Howell County Presiding Commissioner Mark Collins signed a resolution designating the month to be observed throughout the county. Joining OIL staff and board members at the signing were representatives of other local organizations and agencies who serve or are part of the Disability Community, including from Vocational Rehabilitation - West Plains; Preferred Family Healthcare - Employment Services; and Ozark Action Head Start. We are happy to partner with these organizations and others to help advocate for more inclusion and accessibility.

As we celebrate October each year as Disability Awareness Month, OIL joins with others in the community to recognize that having a disability doesn't define an individual; it's only one part of who a person is. The designation of the month also helps serve as a reminder that the independent living movement affects the entire community.

At the national level, October is recognized as Disability Employment Awareness Month (NDEAM), with the purpose being to educate about disability employment issues and to celebrate the many and varied contributions of America's workers with disabilities. **This year's theme was "The Right Talent, Right Now."** Observed annually in October, NDEAM emphasizes the importance of inclusive policies and practices to ensure that all Americans who want to work can work, and have access to services and supports to enable them to do so. **Ozark Independent Living is proud to celebrate Disability Awareness Month each October.** One of OIL's core services is to advocate for individuals with disabilities and for the independent living movement.

**THE
RIGHT
TALENT,
RIGHT
NOW**

Pursuant to that, we want to help spread the important message that the perspective of individuals with disabilities must be valued and respected. Inclusion in the community at all levels, including the workforce, is a big win for everyone.

Employers and employees in all industries can learn more about NDEAM and ways they can promote its messages by visiting dol.gov/ndeam. Businesses in south-central Missouri interested in learning more about the benefits of hiring individuals with disabilities can call the **Missouri Department of Vocational Rehabilitation West Plains office, 256-8294.**

Agency and Community Partnerships

Mo. Job Center Health Care Job Fair



OIL recently participated in the Missouri Job Center Health Care Job Fair held at Ozark Action. Staffers Glenn Cargile and Pat Parmer were available to answer questions from anyone who might be interested in being added to the available attendants list to work for consumers on OIL's CDS program.

Individuals with disabilities on the CDS program need personal care attendants to enable them to live independently. CDS allows consumers to hire their own attendants to assist them with activities of daily living as needed, such as: grooming, bathing, housekeeping, meal preparation and essential transportation. Often they use OIL's list of potential attendants to find workers.

If you are physically and mentally capable of providing the necessary services, meet the criteria listed below and would like to be placed on our available attendants list, please contact Pat Parmer. Workers are currently needed most in the six counties surrounding Howell.

PART-TIME OR SUPPLEMENTAL INCOME WITH
OPPORTUNITY FOR GROWTH

Do you have
transportation?

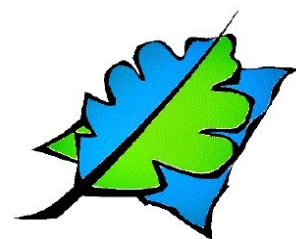


Are you
looking for
WORK?

Are you
at least **18**
years old?

Can you
pass a
**background
screening?**

Are you
**honest and
reliable?**



Ozark
Independent
Living

FOR MORE INFORMATION
417-256-8714 – 8-4:30 M-F

Disaster Preparedness Course: Plan. Prepare. Protect.

Catholic Charities of Southern Missouri (CCSM) partnered with OIL to provide CCSM's disaster preparedness course three times during 2019, with the third and final presentation held on Nov. 20.

The November class was the result of overwhelming interest in the course material following earlier sessions in July and September. At all three presentations, the West Plains Public Library's community room was packed with attendees who listened to CCSM Director of Disaster Preparedness

and Response Shea Lane discuss the importance of being ready for a natural or man-made disaster.

The information, training and kits were provided free of charge through CCSM's Plan. Prepare. Protect. OIL was happy to help facilitate the presentation. We hope that none of us will need to use this information, but it is comforting to know that individuals – especially members of vulnerable populations – are becoming equipped to help themselves in times when outside help might not be available to them right away.

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.

If you have a disability and you're looking for job... contact Missouri Vocational Rehabilitation (VR).

Missouri Vocational Rehabilitation might be able to help!

For information, contact:

West Plains District VR Office
3417 Division Drive, Suite 2
West Plains, MO 65775

417-256-8294 or 877-222-8959

The West Plains VR Office serves Howell, Oregon, Ozark, Ripley, Shannon, Texas & Carter counties.

Emergency Preparedness Resources

<https://www.fema.gov/> is a website filled with resources to help prepare yourself for what to do in case of disaster. There are many publications which can be ordered free of charge or viewed online.

2020 Large-Print Wall Calendars

OIL has calendars from Missouri Rehabilitation Services for the Blind, available free to anyone who needs one.

Happy New Year!

Caregiver, Advise, Record, and Enable (CARE) Act

The CARE Act was signed into law in Missouri last year, but some might not be aware of it and how helpful and important it can be. The CARE Act offers unpaid family caregivers needed support by requiring hospitals to record the name of the caregiver when their loved one is admitted, notifying the caregiver when their loved one is to be moved or discharged, and instructing the caregiver on the medical tasks they will need to perform at home.

According to AARP, across Missouri, family caregivers spend over 700 million hours each year caring for loved ones – a contribution totaling an estimated \$8.5 billion in unpaid care. They carry out tasks like managing finances, providing transportation, helping with bathing and dressing, cooking meals and more. Some family caregivers even take on complicated medical and nursing tasks like cleaning wounds, giving injections and managing medications.

While it is important to maintain confidentiality with regard to our sensitive medical information, when it comes to living at home, often it means we need the help of our family members, and they need to be in the loop of information about healthcare matters. Family caregivers take on tasks that are exhausting, overwhelming, and stressful. The CARE Act is a no-cost, common-sense way to make these big responsibilities a little bit easier.

If you're ever hospitalized and are headed home, ask your healthcare providers about how the CARE Act might help you and your family.

OIL provides Five Core Services for individuals with disabilities:

- Information & Referral to assist in making informed decisions
- Life Skills Training for self-sufficiency and empowerment
- Advocacy/Self-Advocacy for Disability Community
- Peer Support learning from others with disabilities
- Transitioning from a nursing home or from school into the community

Events & items to note...

Salvation Army Bell-Ringing

'Tis the season for Red Kettles and helping the community! Again this year, several OIL staffers will take a shift to ring the bell to collect money for the local Salvation Army fund. If you see us – or any of the many other volunteers who will be helping out this season – be sure to stop and say hello...and maybe you can even spare some change for a wonderful cause which helps those in need in our local communities.

Ozark Action – an agency community partner with Ozark Independent Living – administers the Salvation Army funds locally, and they do a great job!



Project Homeless Connect (PHC) 2020 has been set for Jan. 30 at Ozark Action, Inc. (OAI) in West Plains. PHC is designed to assist individuals who are homeless, under-housed or at risk of becoming homeless. The resources available are to help individuals obtain housing or at least get headed in the right direction to obtain housing.

Birth certificates, medical screenings, coats, blankets, haircuts and hygiene items are examples of items which have been offered in the past by organizations participating in the event. Information about programs, including to address issues with employment, substance abuse, mental health, disabilities and housing are also available during the event. Contact Tara Collins at OAI, 256-6147, for more information.

Third Annual Night to Shine Prom

Endurance Church of West Plains will host its Third Annual "Night to Shine" Prom on Feb. 7, 2020. Part of a larger movement, hundreds of such proms are held around the world each year. 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."

For more information about ways to help with the event, contact Beth Heath at endurancechurchwp@gmail.com or 417-505-9276.



OIL's scarecrow decorated our sidewalk in October. He is "officially retired," as evidenced by his close friendship with several crows!



HAPPY HOLIDAYS!

Newton's Agency

**Call us today
417-257-0954**

Visit our website at
www.newtonsagency.com

e-mail us at
newtonsagency@gmail.com

Partnering
with families
to help people
with special needs
live as productively
and independently
as possible to
reach their full
potential.





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WEST PLAINS, MO 65775

**OIL HAS ZERO
TOLERANCE FOR
FRAUD, WASTE AND
ABUSE!**

**People Caring
About People**

**Do your part
RECYCLE!**

**Like "Ozark Independent
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 any 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: _____

Phone: _____

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

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West Plains
MO 65775

Happy New Year

A bright, shiny new year,
empty, neat, pristine,
waiting, ready
for us to get it right.
Another chance
to love and forgive.
Another chance
to make a real effort
to give more than we get.
Another chance
to make a difference.
A good new year.
A Happy New Year!

www.iphone2lovely.com