

1996 2016

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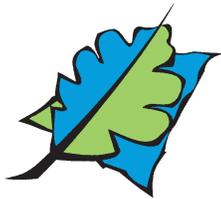
*Celebrating our 20th Anniversary!*

# THE PIPELINE

The newsletter from OIL

Volume 20,  
Issue 1

First Quarter  
2016



## OIL: Serving the Ozarks for 2 decades, ready for many more!

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Independent Living

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[info@ozarkcil.com](mailto:info@ozarkcil.com)

OFFICE HOURS:  
Monday-Friday  
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

Ozark Independent Living (OIL) opened in 1996 with the assistance of the Mo. Division of Vocational Rehabilitation and a concentration on Independent Living Services, providing assistance in four core areas: Information/Referral, Life Skills Training, Advocacy and Peer Support. A fifth core service, Transitioning, was added in 2014. Originally located in the Imperial Center in West Plains, OIL moved to its current location in mid-2001.

Prior to 1996 there had been 11 Centers for Independent Living (CILs) in the state. Governor Mel Carnahan wanted to make sure that every county was served by a CIL and 11 more were opened including OIL. Now it is one of 22 CILs in Missouri. OIL serves Douglas, Howell, Oregon, Ozark, Shannon, Texas and Wright Counties. Our first consumer in the Consumer Directed Services (CDS) department was signed up in February

1999 and three more followed that same year. Those four consumers are still with OIL.

OIL is a 501(c)3 not-for-profit organization and has a seven-member board of directors. Chuck Kimberlin and Bill Burris were two of the first board members to serve and there have been many others over the years. Current board members are chairman Michael Conner, vice-chairman Scott Schneider, secretary/treasurer Eryn Walters and members Gwen Jackson, Jane Kramer, Debra Mayers and Scott O'Neal. All are advocates for independent living.

We'll be scheduling an open house and will be participating in other events throughout the year, so stay tuned for more information. We're looking forward to many more years of service and promoting the independent living movement which benefits everyone.

## Steve Forsythe shares his story

One of Ozark Independent Living's very first consumers was Steve Forsythe, Cabool. To kick off our 20th anniversary year, Steve recently gave a presentation hosted by OIL at Pineview Heights Apartments in Cabool. He told those gathered a bit about his life story and gave a sampling of his comedy routine which he has performed in various places including comedy clubs in Springfield.

Steve has lived in his own home for the past 38 years. He said his parents helped him live as independently as possible for his entire life, always pushing him to accomplish his goals. Born in 1950 and diagnosed with cerebral palsy when he was two years old, doctors initially told his parents that Steve would never walk or talk. His parents sought a second opinion.



STEVE FORSYTHE

*Continued on page 3*



## More from MOORE

By Executive Director  
Cindy Moore

Hope this note finds everyone starting the year off with fresh enthusiasm . . . . blech! It's hard to get excited when the cold and dark skies keep us inside, wishing for warmer times. It will soon be here. Never hurts to receive some snow for our spring gardens and lawns.

If you are not familiar with the **State Plan for Independent Living (SPIL)** you may want to look it up. All the 22 Centers for Independent Living are being charged with writing the State Plan this year. This is the first time for this particular process. All the centers will meet and hopefully have some ideas to craft a plan for all of us. Do you want to contribute with some ideas? **Look for O.I.L Ozark Independent Living through Facebook** and search for a survey you can fill out. Your answers will help in the writing of the SPIL!

This office will be sponsoring a **spring art show for artists who happen to have a disability**. Know someone who has a talent? Enjoys creating? There are several age categories and the artwork is widespread. Painting, 3-D, sewing, jewelry, ceramics . . . . it's all welcome. Call the office and ask for Kathy B. for particulars for entering.

I wanted to emphasize that this office has interests all over the state and staff who follow news, trends, etc. Just remember that no matter how busy WE are, there's always time to talk to YOU. Between our **Independent Living Department, Consumer Directed Services Department, 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

## OIL ANNUAL ART SHOW

**May 24 – June 5**  
**West Plains Civic Center**

*Get your entries ready now!*

Open to artists with disabilities in the seven counties of Douglas, Howell, Oregon, Ozark, Shannon, Texas and Wright.

## A new look, new name for the newsletter

By Newsletter Editor  
Terry Hampton

The first issue of the OIL newsletter, dubbed *The Gusher*, was published in June 1997. It shortly went from an initial monthly publication to a bi-monthly schedule and from *The Gusher*, the name was changed to *The Gusher Pipeline* in 2012.

As we celebrate our 20<sup>th</sup> anniversary, the time is right to update again. We're changing the look of the newsletter, going to an eight-page format and we're dropping *The Gusher* part of the name to simply be *The Pipeline*. We want to be a pipeline of information to our consumers and to the community.

While we have no plans to quit publishing the print edition of *The Pipeline*, it is expensive to produce and mail, so we are looking for ways to use resources wisely and still get news out in a timely fashion. To help save on costs, we are going to a quarterly publishing schedule which is typical for many print newsletters. To fill in publicity for some events of a timely nature, we will mail occasional postcards to targeted areas.

As another cost-saving measure, we are also asking our *Pipeline* readers who regularly use email to sign up for our email list. Please send your address to [newsletter@ozarkcil.com](mailto:newsletter@ozarkcil.com) to be added to the electronic list and removed from the regular mailing list. As always, we will not share your information with anyone outside the office.

If you no longer wish to receive the newsletter in any format or if you know of someone who would like to be added to the list, please let us know. Call me at 417-256-8714 or send a note to OIL, 109 Aid Avenue, West Plains, MO 65775.

Also let me know if you have suggestions for what you would like to see in the newsletter. We will continue to highlight stories about our consumers, promote advocacy issues, let you know about upcoming events, give you updates on new staff members and events and share tips on independent living.

As 2016 continues to unfold, here's hoping it will be a good year for all.

Warm wishes,  
Terry

# Clifford Steelman honored with park improvements



*CLIFFORD STEELMAN was recently honored by OIL and his community for his advocacy on behalf of others with disabilities. From left: OIL Executive Director Cindy Moore, Jack Steelman, Clifford Steelman and Nimmie Steelman.*

Clifford Steelman is confined to a wheelchair but his good attitude and giving spirit cannot be restrained by his physical limitations. Clifford, a lifelong Texas County resident, has been paralyzed from the shoulders down for the past 18 years, following a vehicle accident when he was 23 years old.

He lives with his parents, Nimmie and Jack Steelman, at their Hartshorn home. While they are his primary caregivers and he depends on his folks for his physical needs, Clifford helps inspire and provide emotional support for others. According to several of his friends, he is always willing to listen to the concerns of family members and serves as a sounding board for his younger siblings who often come to him for advice. His dad says Clifford also looks after his nieces and nephews. Jack laughed and said, "Clifford can always make the kids mind."

Clifford served on the OIL board of directors for a dozen years, participating in meetings via telephone. OIL recently teamed up with members of his community to make accessibility upgrades at Summersville's Veteran's Park Square in Clifford's honor. A reception was held at

the park's gazebo to present him with a "Resolution of Appreciation" from OIL and a plaque for the gazebo which is the centerpiece of the park. The gazebo, originally dedicated in 1932, previously was accessible only by steps on four of its eight sides, but now on one side a sidewalk and a ramp with side rails connects the rock structure to the walkway at the front of the park.

In making the presentation, OIL Executive Director Cindy Moore said, "The gazebo is now accessible for anyone," noting that not only are those with disabilities able to have access, but there is added convenience for all. "This is to honor Clifford for the generous commitment of his time and support to OIL. He was on the board for 12 years and is still helping." He has been especially an advocate for those with disabilities in Texas and Shannon Counties.

In accepting the award, Clifford said he was grateful for the honor, but added, "I feel like Ozark Independent Living has done more for me than I have for them." His mother agreed and thanked OIL, saying, "You've always been there for us."

Moore said several people helped with the project and she thanked Summersville community leaders Doyle and Colleen Bradford for their assistance in coordinating the effort and also contractor Tim Riley. Doyle Bradford said George Howell also volunteered his time to help.



*THE GAZEBO at Summersville's Veteran's Park.*

## **STEVE FORSYTHE...***continued from page one*

The second doctor told them it would not be easy but that Steve could have a much better life than the first doctor described. "Whatever you do," he said, "Don't hide Steve away." And they never did for which Steve said he will always be grateful. Both of his parents are gone now, his mother died 10 years ago and he lost his father just last September.

Under the CDS program, Steve hires his own personal care attendants and says he is grateful for OIL because he is able to continue to live independently. He said he

is preparing to move into a fully ADA accessible new-to-him home and is looking forward to many new features.

Among Steve's many accomplishments is that he hosts a weekly radio show on KZ88 Community Radio based in Cabool. "Forsythe Forum" airs at 9 a.m. each Thursday. As he wrapped up his presentation, he said, "I'll close the same way I close my radio show each week. 'Add a little humor to your life. It will put a smile in your heart.'"

Steve certainly gives us many reasons to smile.

## Staff Updates



AUDREY THOMAS

Audrey Thomas has recently been hired as a CDS (Consumer Directed Services) Coordinator. As a coordinator Audrey monitors individual consumer's CDS service and serves as the advocate and/or liaison between them and the state. She also provides monitoring overview of the timesheets, care plans and the consumer's responsibilities as the employer of his or her attendant(s), offering guidance when necessary.

**Audrey:** I joined the OIL team in December of 2015. I was born and raised in the Mtn.View/Birch Tree area and graduated from Liberty High School in 2012. I take classes three nights a week at the Southwest Baptist University-Mtn.View campus. In May I will graduate from SBU with my Bachelor of Science in Psychology. I enjoy spending my free time with my family, husband, and helping on the farm. I feel very blessed to have the opportunity to help people through this organization. I would like to thank the OIL staff for making me feel welcome. I look forward to continuing my work here and helping others!



As part of this year's Legislative Education Project (LEP), the Governor's Council on Disability is putting together a photo project which will highlight individuals with disabilities and some of the legislative issues important to them and all of us.

The rationale behind the photos is to bring awareness to the legislature that the bills they are working on impact real people, and are not just "budget numbers" or providing assistance to people in an abstract way.

**Thanks to Shane Boddie for taking part.** We would like other OIL consumers to also be part of the project. Please let us know if you're willing.

## CORE SERVICE: ADVOCACY

**One of OIL's five core services is advocacy.** Several OIL staff members will be in Jefferson City on February 10 for Home Care Advocacy Day. They will meet with legislators and discuss issues critical to the Independent Living movement.

Advocacy – for individual consumers, for systems change and for accessibility – is ongoing for OIL, but it is important for all Missourians to be advocates, including to let their representatives know how important it is to not only continue but increase support for those living with disabilities. **It is a good INVESTMENT for all of us.**

Serving the elderly and those with disabilities is the focus of our advocacy, **but the Independent Living movement is for all of us.** We help people have access to the community and stay in their own homes to live as independently as possible. That applies to all of us. If not now, eventually.

*Following is contact information for the state representatives in our seven-county region. Keep the information handy and contact your legislators often.*

**District 141 (Wright)**

**TONY DUGGER**

Email: [Tony.Dugger@house.mo.gov](mailto:Tony.Dugger@house.mo.gov)

Phone: 573-751-2205

Address: Missouri House, 201 W. Capitol Ave., Room 300, Jefferson City, MO 65101

**District 142 (Texas and northeast Howell, including Mtn.View)**

**ROBERT ROSS**

Email: [Robert.Ross@house.mo.gov](mailto:Robert.Ross@house.mo.gov)

Phone: 573-751-1490

Address: Missouri House, 201 W. Capitol Ave., Room 114-A, Jefferson City, MO 65101

**District 143 (Shannon, Oregon, Reynolds, and Dent)**

**JEFF POGUE**

Email: [Jeff.Pogue@house.mo.gov](mailto:Jeff.Pogue@house.mo.gov)

Phone: 573-751-2264

Address: Missouri House, 201 W. Capitol Ave., Room 400-CC, Jefferson City, MO 65101

*(Continued on next page.)*

# Centers for Independent Living

By Tec Chapman, Executive Director, Services for Independent Living - Columbia, MO

The 22 Centers for Independent Living (CILs) in Missouri increase personal freedom and independence for individuals with disabilities and seniors throughout the state. Centers serve individuals regardless of age or disability, are consumer directed (51% of the staff and board have disabilities) and are privatized providers of services.

During Fiscal Year 2014, Missouri's 22 centers served a total of 19,864 individuals.

All CILs provide the following services:

- **Advocacy** – 2,689 individuals received personal advocacy assistance or support in disability-related causes.
- **Skills Training for Independent Living** – Training was provided to 7,178 individuals to manage a budget, balance a checkbook, prepare healthy meals, supervise their personal care attendants or do other things necessary to live safely and successfully.
- **Peer Support** – Provided access to 4,998 support group sessions by arranging for people to meet with or talk to others with similar disabilities to problem solve.
- **Information and Referral** – Responded to 63,335 requests for information and referral to assist individuals in accessing community resources to meet their needs.

Cost to State for 22 Centers for Independent Living to serve 19,864 individuals with disabilities = \$203 per person per year

## Beginning in Fiscal Year 2016, Centers expanded services to include:

- **Nursing Home Diversion** – providing information and services to avoid more costly nursing home placement
- **Nursing Home Transition** – assisting nursing home residents with the development of systems and supports to transition safely and successfully back to their community
- **School-to-Work Transition** – increasing the likelihood that graduating students with disabilities will pursue a career track leading to financial self sufficiency and less reliance on public funds

## CORE SERVICE: ADVOCACY

*(Legislator contacts, continued from previous page. Why not contact yours today?)*

**District 154** (Howell, except Mtn.View and extreme northeast corner)

**SHAWN RHOADS**

Email: Shawn.Rhoads@house.mo.gov

Phone: 573-751-1455

Address: Missouri House, 201 W. Capitol Ave., Room 407-B, Jefferson City, MO 65101

**District 155** (Douglas & Ozark)

**LYLE ROWLAND**

Email: Lyle.Rowland@house.mo.gov

Phone: 573-751-2042

Address: Missouri House, 201 W. Capitol Ave., Room 413-A, Jefferson City, MO 65101

## MISSOURI SENATE MEMBERS

**District 33** (Douglas, Howell, Oregon, Ozark, Ripley, Texas, Webster and Wright)

**MIKE CUNNINGHAM**

Email: Mike.Cunningham@senate.mo.gov

Phone: 573-751-1882

Address: Missouri Senate, 201 W. Capitol Ave., Room 331, Jefferson City, MO 65101

**District 25** (Butler, Carter, Dunklin, Mississippi, New Madrid, Pemiscot, Shannon and Stoddard)

**DOUG LIBLA**

Email: Doug.Libla@senate.mo.gov

Phone: 573-751-4843

Address: Missouri Senate, 201 W. Capitol Ave., Room 219, Jefferson City, MO 65101

## **Have Internet? Learn whatever you want for free**

**25 websites for free online education can be found at this link:**  
<http://www.lifehack.org/articles/money/25-killer-sites-for-free-online-education.html>

From the article:  
*“Whether you’re five or ninety five, the internet has a lot to offer. Particularly when the topic is education, the resources on the internet are endless. Best of all, many high quality sites are completely free.”*

One of the most popular is **khanacademy.org**.

Want to learn a second language? Try **duolingo.com**

Want to learn **American Sign Language** as a second language, visit this site: **lifeprint.com**

**See what you can learn today!**

## **Like OIL on Facebook!**

If you’re a social media user, we hope you will like “**O.I.L Ozark Independent Living**” on Facebook. When you like and share items from our page, you stay informed and it helps us grow our web presence, so we can spread the word about events, activities and independent living. *Thank you!*

## **Consider possibility of using a smart phone as assistive hearing device**

**As more and more people own smart phones there are an increasing number of ways to use them for extremely practical purposes and to decrease isolation by using innovative methods.**

If you have a smartphone and are hard of hearing, there might be an app which can help you. And the **app is FREE**. A local woman told recently of her experience, saying it was “a game-changer” for her.

Susan said her hearing has been deteriorating for several years and the cost of hearing aids is simply outside the price range of what she and her husband can afford. She said, “So I have avoided going to the movies, trying to attend group functions, workshops, live theater events, etc. I recently read about new apps available for smart phones that basically turn them into a microphone and in conjunction with earphones can act as a hearing assist.”

A friend helped her locate such an app and installed it for her. Immediately after installation she used it while visiting with family and said she missed almost none of the conversations. She went to see a movie and could hear everything. “The app I used is free and called Petralex. It only works for iPhones, but there are several out there and some work for Android. I can hardly express the thrill. I feel like I am able to be a part of things again. I know how annoying it is to have to repeat things for me and most of the time I simply get the gist of what is being said. For my use, meetings, movies and family gatherings it is perfectly acceptable.” Petralex.pro is the website to see for more information and there is also a Petralex Facebook page.

**If you have hearing loss it is recommended that if at all possible you have your hearing tested** and explore the possibility of getting hearing aids. But if that is not possible and you have a smartphone, getting an app might be an option.

## **A FEW TIPS FOR THE NEW YEAR**

If your resolution is to quit smoking, here is yet another reason to make 2016 the year you finally do it!

### **Third Hand Smoke Dangers from [www.eurekalert.org](http://www.eurekalert.org)**

When cigarette smoke is blown into the environment, its chemical constituents don't just vanish into thin air. Residue from the smoke settles, accumulates and is stored in the surrounding environment, such as upholstery, carpets, walls, clothing and curtains. The residue can be detected long after the last cigarette has been extinguished. This so-called third-hand smoke presents an under-recognized danger to human health and especially to young children and people with compromised immune systems, according to a multi-disciplinary research team at San Diego State University.

**Check your drugs.** Put all your medications into a bag, take them to your next doctor’s appointment and ask the doctor if you need them all. Many people are overprescribed especially if they see several doctors for different medical issues. Having your meds reviewed periodically is also good for your health.

**Test for a tight seal on your refrigerator** by closing the door on a dollar bill; if you can easily pull the dollar out, the seal needs replacing.

**Beware of products labeled for older folks.** Look at the ingredients in vitamins and other health goods pitched for people over 50. Often they are only slightly different from regular products, but with a bigger price.

Reprinted with permission from AARP June 2015 bulletin

## Events & items to note...

### At Preferred Family Healthcare BRAIN INJURY SUPPORT GROUP

The Brain Injury Association of Missouri has announced the formation of a support group for West Plains and the surrounding area. **The group holds informational meetings from 5:30 to 7 p.m. on the first Thursday of each month** at Preferred Family Healthcare, 1117 Independence Drive, West Plains.

Organizers say the support group is for survivors of brain injury and their family members and friends to share stories and gain insight. Facilitators are Loretta Sparks and Mary Kay Severin. For more information call 417-257-1545 or 1-888-806-7770. All are welcome.

### OIL SUPPORT GROUP

The "Dealing with Holiday Depression for Persons with Disabilities" support group hosted by OIL in December and January recently finished up its six-week run. **Many thanks to Terril Shull who led the group.** We hope that Terril, who has an MS in Mental Health Counseling, will lead other support groups on other topics.

### Annual Homebuilders HOME AND GARDEN SHOW

Plan to stop by and see us at our booth at the Southern Missouri Homebuilders Home and Garden Show. This year the show will be **from 3 to 8 p.m. on Friday, March 4** and from **9 a.m. to 5 p.m. on Saturday, March 5** at the West Plains Civic Center.

Admission is \$5 per person which is a two-day pass to attend either Friday and/or Saturday. Children age 12 and under are admitted free.

### September Ozark Fall Fest CRAFT SHOW CANCELLED

The annual craft show hosted for the past three years by OIL will not be held this year. With many established festivals in the area, it is difficult for a new craft show to gain a following, as many crafters are already booked at the same festivals from year to year. The event was designed to be a fundraiser but in terms of time and resources spent, it was not a profitable venture.

**We thank everyone who supported us and look forward to perhaps working together on another project some day!**

### OIL AMERICAN SIGN LANGUAGE (ASL) CLASS IS POPULAR PROGRAM

From time to time OIL offers ASL classes. While we pay the expenses of having the class so we can offer this service free to the communities we serve, there is a \$25 charge for the instruction manual for those wishing to take the class. (It is not mandatory to buy a manual, but it is suggested.) The cost of the manual has risen over the years, and \$25 does not cover the cost OIL pays. **For those who might have a copy sitting on your shelf, not being used, perhaps you will consider donating it to OIL,** so we can offer it to future students. Call Kathy Bauer, 257-0038, for information about scheduling of the next class.

### Following are excerpts from some of the thank-you notes we received from the students of the most recent ASL class hosted by OIL and taught by Sue Cawthron. (And our thanks to Sue!)

*"Thank you so much for putting this class together! It has been amazing and I have learned so much. I have always wanted to learn ASL."*

*"I want to express my deep appreciation for the free ASL class that OIL provides for our community. I am a hearing person who has always had an interest in ASL.... I hope to be able to communicate with one of our congregation members and hopefully be able to translate for them one day."*

*"Thank you for allowing me this opportunity to learn something new! I hope to be able to use what I have learned one day to help someone. Mrs. Sue has been wonderful and so patient! It's a blessing to have a teacher like that. Again, many thanks for something so neat."*

*"Thank you so much for making beginning sign language classes available. Communication has been a big part of my overall career and life. I work with developmentally disabled individuals and see firsthand how the ability to communicate can affect someone's life. Without a way to communicate, a person will find a way, sometimes in behaviors. Being able to communicate gives so many ways to connect to people. I have always wanted to learn more and this class has given me a place to begin to learn sign language even if it is just a start."*

*"My son-in-law is deaf and I have been wanting to learn to communicate with him for quite a while. This will be a good start. I will also know a lot of the basic signs to help practice with my two granddaughters."*



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WEST PLAINS, MO 65775

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TOLERANCE FOR  
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**Do your part  
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West Plains  
MO 65775

**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](mailto: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 all that apply:

- Add to the Pipeline newsletter mailing 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**  
Previously we had closed between noon and 12:30,  
but now we remain open during lunch for your convenience.

**Ozark Action** has offices in 6 counties and offers a variety of assistance programs in each one. Contact the West Plains office, 256-6147, for information about/help with the following services or visit [www.oaiwp.org](http://www.oaiwp.org):

**Energy Assistance Program.**

**Free tax preparation.**

**The Missouri Property Tax Credit Claim** (formerly called Circuit Breaker) gives credit to certain senior citizens and 100 percent disabled individuals for a portion of the real estate taxes or rent they have paid for the year. (If you rent from a facility that does not pay property taxes, you are not eligible for a Property Tax Credit.)

**Income guidelines have changed for some programs, so please call for details.**