

# *OSCIL'S Signs of Independence*

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Ocean State Center for Independent Living (OSCIL)

Spring 2017

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## *OSCIL NEWS*

### In Memory of Jim

We are very sad to report that Jim Bateman, our long-time board member and friend recently passed away. Jim was OSCIL 's Board Treasurer for many years, providing financial stability and support. He played an instrumental role in the fiscal governance of our Center and was always available for assistance, financial expertise and thoughtful guidance. Jim will truly be missed by our Board of Directors and staff.

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Melissa Rosenberg, Assistive Technology IL Coordinator, has taken a new position with another agency. Melissa has been a great asset to OSCIL during the past 8 years and she will surely be missed by both consumers and staff. We wish Melissa well in her new venture.

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Be sure to check out our brand new website at [www.oscil.org](http://www.oscil.org). It is updated regularly with information about our programs, services and events.

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### **OSCIL 2017 Membership\* Drive**

OSCIL's new membership year begins May 1, 2017. OSCIL members receive a membership card, our newsletter, and an invitation to our Annual Meeting and mailings about upcoming events.

The suggested tax-deductible donations are: \$5 for persons who are not employed and \$25 for others. A business or organizational membership is \$100.

You may download a copy of our membership form at our website:[www.oscil.org](http://www.oscil.org). You may also request one via email to [cmckenna@oscil.org](mailto:cmckenna@oscil.org) or call 738-1013.

*\*As always, membership is not necessary to participate in OSCIL's services.*

## Board of Directors

President: Henry Tarlian  
 Vice-President: Jose Lobaton  
 Secretary: Stephanie Clang

### Members at Large

Gerry LeFebvre,  
 Janet Lobaton, Judy May  
 Anne McDonald, Susan Shapiro  
 Douglas Wood & Janice Wray

## OSCIL Staff

Executive Director: Lorna Ricci  
 Linda Bradley: IL Home Access Coordinator  
 Matt DeLillo: Youth Transition Coordinator  
 Tim Flynn: IL Coordinator/PCA Program  
 Regina Giroux—Finance Assistant  
 Helen Iasimone: Program Director  
 Gloria Jacques: Receptionist—Warwick  
 Anna Liebenow: Receptionist—Pawtucket  
 Michelle Machado: IL Coordinator/GOH  
 Tracy Martone: IL Coordinator/YMCA  
 Carol McKenna: Exec Asst /Media Coordinator  
 Margaret Molloy: IL Coordinator/Deaf Services  
 Brian Nichols: Home Access Coordinator  
 Corrine O'Donnell: Information & Referral  
 Beth Pinkham: Site Manager-OSCIL North  
 Lynne Powers: Office Manager  
 Jamie Sanchez: Receptionist-Warwick  
 Mireille Sayaf: Finance Director  
 Heather Schey: Lunch & Learn Coord.  
 Leslie Tracy: IL Coordinator  
 Cheryl Walason: IL Coordinator/Transition

## *Save the Date!*

OSCIL's 2nd Annual Independent Living Conference will be held on Thursday, September 14th at the Crowne Plaza in Warwick. Check our website and Facebook page for more information in the coming months!

## OSCIL on Facebook

Did you know that OSCIL has a Facebook page? If you are on Facebook, you can find our page by searching for "OSCIL" in the Facebook search bar. Please "like" our page and share with anyone you feel may be interested our services.

## Sign Up For OSCIL Email List

OSCIL has an email list to keep our consumers, friends and the community informed of upcoming news and events.

If you would like to be included on this list, please visit our website at [www.oscil.org](http://www.oscil.org) and click on the "Email Sign-up" link and enter your name and email address and click "Subscribe".

Mention of any product, service, or event in this newsletter does not constitute any endorsement or recommendation by OSCIL.

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## LUNCH & LEARN WORKSHOPS—May, June & July

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### May

Warwick Office

Wednesday, May 24 12-2 pm

#### *Recreation for People with Disabilities*

Sail to Prevail is an adaptive sailing program in Newport, RI. Allie Gray will present information on their program and how to overcome adversity through the sport of sailing. Learn how to improve independence and self confidence by sailing on beautiful Narragansett Bay. This program runs from June 12—August 17. Registration can be found at [www.sailtoprevail.org](http://www.sailtoprevail.org).

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Pawtucket Office

Thursday May 25 12-2 pm

#### *Communication Options for the Deaf and Hard of Hearing*

Margie Molloy, OSCIL Deaf Services Coordinator, explains how to obtain and set up a video phone in your home. She will also provide information on how to secure interpreter services and more.

Also, Chris McKenna from RIPTA will discuss the new RIPTA app and telephone system for Paratransit (Ride) bus services. Bring your questions!

### June

Warwick Office, Wed., June 28

Pawtucket Office, Thur., June 29

12-2 pm

#### *Dream Fetchers*

Dream Fetchers, a non-profit organization that trains service dogs, will be at both of our locations this month. They will share a variety of information on programs dedicated to enhancing the social, emotional, and physical well-being of individuals of ALL AGES. Their website is: [www.dreamfetchers.org](http://www.dreamfetchers.org).

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### July

Warwick Office, Wednesday July 26

Pawtucket Office, Thursday July 27

12-2 pm

#### *Cox Homelife & A.T.*

Damian Eannarino, Field Service Supervisor with Cox Homelife, will be here to discuss how video, internet, and telephonic services work with assistive technology to help enhance their customer's overall experience.

On display will be the new Contour 2, TV Listeners, the Captel phone, Alert Master and more.

## Blind Independence Diabetic Group—New Website

The Blind Independence Diabetic Group, or BID Group, has recently launched a new website especially for people living with diabetes and blindness. The purpose of the BID Group is to enable them to improve their diabetes health, gain independence, and make new friends!

The BID Group website provides free “living with diabetes and blindness” audio training materials from top medical and blindness professionals. It offers friendly nationwide peer support groups in which blind diabetics, facing the same issues, can learn, laugh, and grow together. The BID Group website address is [www.bid.northcoastmed.com](http://www.bid.northcoastmed.com).

## Computer Classes

The Warwick Public Library offers a variety of free computer classes. Visit [www.warwicklibrary.org](http://www.warwicklibrary.org) for a schedule of classes or call 739-5440 for more information.

## Amputee Support Groups

Kent Hospital, along with the New England Amputee Association, holds an informational group meeting for amputees and families. This group meets on the fourth Wednesday of each month. The next meeting will be on May 31, 4:15 p.m. – 6 p.m. at Kent Hospital Outpatient Rehab, 1351 South County Trail, Building 2, Suite 200, East Greenwich.

For more information contact: Sham Ganglani at [riamputeesupport@gmail.com](mailto:riamputeesupport@gmail.com).

## Office of Veterans Affairs

The Office of Veteran Affairs assists Veterans in need of advocacy, connections to resources, benefits counseling, military discharge records and more.

For more information call: 921-2119.

## DHS Office Hours

The DHS field offices in Providence, Woonsocket, Pawtucket and Warwick are open the first Saturday of the month from 8:30am to 12:30pm. Extended weekday hours for the Providence and Woonsocket field offices are on Tuesdays and Wednesdays from 4:00-6:30 pm. All field office are open Monday-Friday 8:30-4:00pm. DHS has instituted a “no wrong door” policy, in which any client can access services at any DHS office.

### Deaf TV on the Web

DeafTV is a video network that utilizes American Sign Language (ASL) for the Deaf and hard of hearing. Here you can access topics such as, current news, music videos, food, travel and much more. Check out: [www.deaftv.com](http://www.deaftv.com).

### American Sign Language Coffee Chat

Take time out of your busy day to socialize, meet new friends and use ASL.

WHEN: May 21<sup>st</sup> WHERE: Three Sisters, 1074 Hope St., Providence

TIME: 3-5pm. For more information contact: [tbriker@gmail.com](mailto:tbriker@gmail.com).

### ASL Practice Group

Enjoy practicing sign language and meet new friends, all while having fun. Non-signers and signers from all levels are welcome.

WHEN: Last Wednesday of every month – 5/31, 6/28, 7/26

WHERE: Brewed Awakenings, 1316 Bald Hill Rd. Warwick TIME: 7-8pm

### Mobility Resource

Liberty Mobility in West Warwick buys and sells pre-owned power wheelchairs and scooters. Trade-ins are welcome and they also may have parts for your mobility device. Call 827-8800 or visit [liberty-mobility.com](http://liberty-mobility.com).

### Vehicle Modifications

If you are in need of modifications to your vehicle to increase your independence, Custom Adaptive Systems may be able to assist you. Call 821-2099.

### Local Durable Medical Equipment (DME) Vendors

If you are in need of medical equipment, below is a list of local vendors that sell durable medical equipment:

- Alpha Surgical, No. Prov. 353-9090
- Charm Medical, Pawtucket 475-0200
- Independence Home Health Wares, East Prov. 273-8888
- Jayco, Cranston 943-9110
- Kent Home Medical, Warwick 732-0022
- Lincare, Warwick 483-1300
- National Seating Mobility, Warwick 732-7100
- Simpson's Pharmacy, Pawtucket 722-7600
- South County Surgical Supply, Narragansett 783-1850

**BRAIN INJURY RESOURCES**

A helpful resource for Traumatic Brain Injury—The Brain Injury Association of Rhode Island (BIARI) Phone: 228-3319  
Email: [braininjurycenter@biari.org](mailto:braininjurycenter@biari.org)  
Website: biari.org

The Resource Center is located at: 1017 Waterman Ave., East Providence

**Brain Injury Support Groups**

Contact number for the following support groups: 401-228-3319

**Cranston**

1st Monday of the Month for Caregivers  
Time: 7:00 - 8:30 pm  
Place: Corner Bakery, Garden City, RI

**Newport**

2nd Tuesday of the Month for Families and Survivors  
Time: 6:30 – 7:45 pm  
Place: Main Floor Library at Newport Hospital  
16 Powell Avenue, Newport

**East Providence**

3rd Wednesday of the Month for Families and Survivors  
Time: 6:00 - 7: 30 pm  
Place: Brain Injury Resource Center  
1017 Waterman Avenue,  
East Providence, RI

**North Kingstown**

4th Thursday of the Month for Families and Survivors  
Time: 6:00 - 7:30 pm  
Place: Lafayette Mill (The Hive)  
650 Ten Rod Rd. North Kingstown, RI

**North Smithfield**

4th Tuesday of the Month for Families and Survivors  
Time: 2:30 - 4:00 pm  
Place: Rehabilitation Hospital of Rhode Island - Pulmonary Rehab Room  
116 Eddie Dowling Hwy, North Smithfield, RI  
Contact number: 766-0800, ext. 5311

**STOP MEDICARE FRAUD!  
SAVE MEDICARE DOLLARS!**

Join the  
Senior Medicare Patrol (SMP)  
and assist  
Medicare beneficiaries

**It's as easy as 1-2-3.**

- |                     |                              |                  |
|---------------------|------------------------------|------------------|
| <b>1. PROTECT</b>   | <b>2. DETECT</b>             | <b>3. REPORT</b> |
| Medicare<br>Numbers | Check<br>Medicare<br>Notices | Concerns         |

For more information, call the  
RI Division of Elderly Affairs at  
401-462-0194  
401-462-0740 (TTY)



The production of this ad was supported by grant #90MP0208  
from the Administration for Community Living,  
U.S. Department of Health and Human Services (DHS).

## Upcoming Community Events

### Wheelchair Tennis Anyone?

Wheelchair tennis clinics are being held at Dartmouth Indoor Tennis. There is no cost for these clinics and all skill levels are welcome. Clinics are held on Friday nights.

- Dates: May 5th & 9th
- Time: 7:15-9:15 pm

Attend all or just one. Contact Thomas Dodd at 523-9864 for more information or to register. Rackets and sports chairs can be provided if needed.

### Walk MS-Bristol 2017

Date: May 7th Time: 9:00 a.m. Registration; 10:00 a.m. Start time

Start/Finish Location: Mount Hope High School

Finding a cure for Multiple Sclerosis will require our combined efforts. "Walk MS" helps us team up with friends, loved ones and co-workers to change the world for everyone affected by MS. Together, we become a powerful force. And with every step we take, every dollar we raise...we're that much closer. Contact 1-800-344-4867 for questions or to sign up for a walk. Or visit [www.msnewengland.org](http://www.msnewengland.org).

### Senior Health Fair

The Leon Mathieu Center will host this event, sponsored by The City of Pawtucket, Division of Senior Services. Some of the days activities will include: blood pressure screenings, oral cancer screenings, bone density screenings, nutrition education, fall risk assessments, cooking demonstrations and more. For more information call: 728-7582

Date: Wednesday May 10<sup>th</sup>.

Time: 9-11:30 am

Where: Leon Mathieu Senior Center

420 Main St., Pawtucket, RI

### Brain Injury Association of Rhode Island Walk

Help raise funds for BIARI at the Keep Your Head Up Walk. For more information call: 228-3319 or visit: [braininjurycenter@biari.org](mailto:braininjurycenter@biari.org)

Date: May 20th

Time: 9 am -1 pm

Where: Colt State Park, Bristol, RI

Your participation will provide thousands of people and their families with assistance. Contact 1-800-344-4867 for questions or to sign up for a walk or visit [www.msnewengland.org](http://www.msnewengland.org).



**Ocean State Center for Independent Living**  
1944 Warwick Ave, Warwick, RI 02889

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Website: [www.oscil.org](http://www.oscil.org)

*Spring 2017  
Newsletter*

## **Return Service Requested**

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## **PCA's and Better Health**

There are many aspects to consider when hiring a Personal Care Attendant (PCA), and recognizing your own health and vitality, as a consumer. The tasks performed by a PCA vary from person-to-person depending on your need for assistance with activities of daily living (ADL care). These tasks may include: bathing, dressing, grooming, transfers, skin care and medication management, etc. Hiring a PCA with a good health status is crucial for best care practices, for the health and longevity of both parties. PCA's often need to utilize physical strength, balance and maneuvering dependent upon the consumer's specific needs. You, as the consumer are your own best advocate, therefore it is crucial that you are upfront and honest with current and, or potential employees regarding your own health care needs.

It is paramount to look for good qualities and professionalism when hiring a PCA. Some qualities to consider are integrity, reliability, patience, kind natured and responsibility. Considering a person's skill set and schedule is also crucial to any working relationship. It is always important to have a variety of caregivers with various skill sets to assist you with your personal care. No single person is great at every task. Be careful not to let one employee assume all the responsibility, as it may lead to diminished care and burnout over time. It is best to have multiple part-timers sharing the duties, schedule and care. Being mindful of these aspects will help you to develop a good working relationship with those around you as well as to keep you, the consumer in better health!