

ASCOG
NEWS 'N BRIEFS
March 2019
Edition 344



RESPIRE FUNDS ARE AVAILABLE FOR SENIORS AND THEIR CAREGIVERS!

The Older American Act of 1965 defines Caregivers as an adult family member or another individual who serves as an “informal” provider of in-home and/or community care to an older individual (60+). Caregivers may also be defined as a grandparent (or other relative senior) raising a child. The grandparent/senior must be 55 or older, live with the child, be the primary Caregiver of the child because the biological or adoptive parent is unable or unwilling to serve as the primary caregiver, and have a legal relationship with the child such as legal custody or guardianship, or be raising the child informally. Caregivers or Grandparents/Seniors raising relative children, who meet eligibility requirements, may receive vouchers to pay for respite services so that they may have time away to take care of personal needs such as medical appointments, shopping, or getting a cup of coffee with a friend.

Caregivers may use the vouchers to pay a “substitute caregiver” up to \$10 per hour (up to a quarterly limit of \$300) for in-home respite or attendance of the care recipient at a day care center or other non-residential program.

March Caregiver Respite Presentations will be held at the following Nutrition Centers, as well as other locations throughout the ASCOG service area:

March 7 - Chickasha Nutrition 11am

March 14 – Frederick Nutrition 11am

March 21 – Purcell Nutrition 11am

March 28 – Ringling Nutrition 11am

For more information, or if you would like to schedule a Caregiver Respite presentation for your organization, please contact: **CINDY HALE**, ASCOG Caregiver Program Coordinator hale_ci@ascog.org Office (580) 736-7976 Cell (580) 560-4445.



ADDINGTON VFD ADDS NEW BRUSH RIG



Addington VFD has completed their 5-Ton Brush rig and will be receiving the title to the truck soon. A few departments had an update to their ISO insurance grading in February with additions of equipment and training along with community updated information that will hopefully help lower or maintain the current rating. Certification forms were emailed to all departments in early February for completion to be mailed back to this office. Should any department not have the forms, please contact **PERRY BRINEGAR** ASCOG's Rural Fire Coordinator at 580-736-7023.

MEDICARE PRESENTATIONS

Medicare presentations for community information and education events are currently being scheduled for the month of March. Our services are for ALL Medicare beneficiaries, persons with disabilities, and people who are aging onto the Medicare insurance program. Public presentations or private counseling sessions are available and can be scheduled by calling **KRISTINA MANRIQUEZ** at 580-736-7036, by fax 580-252-6170, by email manr_kr@ascog.org or by calling the Senior Information Line at 1-800-211-2116. The following dates and times are for community presentations, I hope to see you there!

March 5th, Ryan Nutrition Center, 9 AM -11 AM

March 5th, Waurika Nutrition Center, 12 Noon - 1 PM

March 6th, Lawton North Nutrition Site, 9 AM - 10:30 AM

March 6th, Patterson Community Center, Lawton OK 11 AM - 1 PM

March 13th, Mangum Nutrition Site, 9:30 AM - 12:00 Noon

March 20th, Altus Nutrition Site, 10:00 AM - 1:00PM

**MARCH
17**



INFORMATION AND ASSISTANCE

Information and Assistance is available for all citizens in our service area over the age of 55 as well as their family members. Currently we are assisting many individuals with resources available to help make their daily lives better. New Eyes and the Lions Club are among the vision programs that we have applications for and can assist seniors with new glasses. The Oklahoma School for the Deaf as well as The Oklahoma Department of Rehabilitation Services have provided applications to assist seniors with hearing aids and audio enhancing devices. For more information or assistance please contact KRISTINA MANRIQUEZ by phone at 580-736-7036, by fax 580-252-6170, by email manrkr@ascog.org or by calling The Senior Information Line at 1-800-211-2116.

CDBG APPLICATIONS

CDBG Community Revitalization (CR) Grant Applications are due March 29, 2019: This program addresses quality of life needs in rural Oklahoma communities such as roads or streets; rural fire protection or public safety services and community buildings. Please contact ASCOG's CED staff for assistance.

Water / Wastewater Construction and Engineering CDBG Grants are due May 1, 2019. If you are planning to apply for a water or wastewater construction or engineering grant please contact, Tom **ZIGLER** (580) 739-7971 or **MIKE DIXON** (580) 736-7965 by March 14, 2019.

NO application will be considered unless it includes a copy of the completed 2018 audit or agreed upon procedures.

SOUTHWEST OKLAHOMA REGIONAL PLANNING ORGANIZATION (SORTPO)

Just a brief update on the transportation planning for Caddo and Comanche Counties. We are still in need of survey information on these two counties. If you have not taken the survey you make go to the following link <https://www.surveymonkey.com/r/DHDZMPS>. and take the survey on-line or contact **MIKE DIXON** at 580-736-7965 or **TOM ZIGLER** at 580-736-7971 for further information.

It is vitally important to take the survey for Caddo and Comanche counties. This is the last two pieces of data information to finish formulating a transportation plan for the 16 counties that comprise SORTPO. The plan to be written for SORTPO is not a document to be completed and then sit on a shelf. It is a living plan that will be reviewed and updated on a regular basis, so it will be able to keep up with the transportation needs and demands of Southwest Oklahoma.



REAP SPOTLIGHT REPORT

WAURIKA INMATE HOUSING BUILDING



2011 REAP



2018 REAP

The City of Waurika, Town of Ryan, City of Comanche, and Jefferson County District 3 applied for a 2011 REAP Grant to replace the Department of Correction Work Center and make a regional inmate work center. Each of the entities asked for \$39,500 making the total grant request \$158,000. The grant was for material to build the building. The inmates housed at the old Work Center were to provide the labor to build the new building with the skills they already had or had obtained while in prison for non-violent crimes. The inmates were being used by each of the listed entities (plus other qualified government agencies in the area) as a meaningful workforce to do everything from janitorial or mowing to building projects. The new work center would have housed approximately 100 to 130 inmates and create 2-3 new jobs. With the increase in inmates, this project would have provided a much larger work force that was very vital to most communities in South Central Oklahoma.

The material was purchased, and construction had begun. Unfortunately before the building could be completed, the Department of Corrections closed all the work centers across the state. There were no inmates to perform the labor to finish the building so it lay partially built and incomplete (see *2011 REAP picture above*) until 2018 when the City of Waurika applied for a 2018 REAP Grant in the amount of \$45,000 to complete the project (see *2018 REAP picture above*). All exterior windows and doors were installed, the roof was put on, and enough work has been done on the interior to house a limited number of municipal and county inmates. It has taken quite a lot of effort, but the result is a useful building that anybody would like to have.

Frederick Fantastic Oyster Fry & Craft Show

**March 9, 2019
Prather Brown Center
211 S 13th Street
Frederick, OK
(580) 335-2126**

Come to the Frederick Fantastic Oyster Fry & Craft Show to enjoy fried or raw oysters and peruse a wide variety of items on display from crafters. First celebrated in 1952, this event is an annual southwest Oklahoma tradition. Feast on delicious oysters on the half shell or try them fried in the festival's secret recipe batter. This much-anticipated meal includes homemade coleslaw, potato chips, bread, iced tea and coffee. Desserts will also be available for purchase.



PARKSTOMP MUSIC FESTIVAL

March 16 - 17, 2019

**Town Center Mainstage
Medicine Park, Oklahoma**

(580) 547-9528 or (580) 695-7267

Celebrate the coming of spring amid cobblestone-lined streets at Park Stomp. This annual Medicine Park event features great music for the whole family including bluegrass, country, rockabilly, punk and rock. Bring your lawn chairs and blankets to gather around the main stage or browse the booths of arts and crafts. All of the town's art galleries, stores and restaurants will be open for the event, and food vendors will be available. Mark your calendar for this one-of-a-kind kickoff event in historic Medicine Park.



MAIN STREET DUNCAN FRIDAY NIGHT CAR CRUISE

March 22, 2019

**Main Street
Duncan, Oklahoma
(580) 252-8696**

Car enthusiasts of all stripes gather five times a year for the Friday Night Car Cruise around downtown Duncan. Enjoy the parade of drivers showing off their souped-up cars as they cruise down Main Street at this fun and free community event. Be sure to check out the Main Street merchants who will be open late with discounts and door prizes.





Southwest Oklahoma's Home and Garden Show

March 22 - 24, 2019

Great Plains Coliseum
Lawton, Oklahoma

(580) 335-2490 or (580) 357-3643

Join the Southwest Oklahoma Home Builders Association's annual Home & Garden Show in Lawton. An array of home and garden products will be on display. Over 120 exhibitors and organizations will showcase creative ideas and resources, as well as the latest in kitchen, bedding and landscaping concepts. Visitors to the Home & Garden Show can expect to see beautiful landscaped displays, practical home improvement ideas and a taste of the many professional home and garden services that are offered.

Duncan Automotive Swap Meet

March 22 - 24, 2019

Stephens County Fairgrounds & Expo Center
Duncan, Oklahoma
(580) 255-3231

Duncan's annual Automotive Swap Meet, held at the Stephens County Fairgrounds, is an indoor and outdoor swap meet for avid muscle car and antique car enthusiasts. Located in the heart of southwest Oklahoma, the Automotive Swap Meet includes auto-related vendors, and on-site camping facilities and concessions are available. Spend the day browsing through everything from boats and motorcycles to trucks and tractors, as well as auto-related memorabilia.



The Unicorn Run

March 30, 2019

Elmer Thomas Park
Lawton, Oklahoma

(580) 350-0373

The Unicorn Run features a magical 5K and 1-mile trot for all ages. Head to Elmer Thomas Park, and don a unicorn costume or t-shirt to show true spirit during this family-friendly event. Deck out in full glitter, and join fellow unicorns at this inaugural Lawton race.

Stampede the Trail 5K & Half Marathon

March 30, 2019

Simmons Center

Duncan, OK

(580) 252-2900

Dust off those running shoes and head to Duncan for the Simmons Center Stampede 5K Run & Half Marathon. At this USATF-sanctioned race, participants will enjoy a free t-shirt (while supplies last), and two challenging running courses. Race medals will be handed out for first and second place for each age division, male and female. Trophies for overall male and female runners will also be awarded.

SIMMONS CENTER



STAMPEDE 5K

DUNCAN, OKLAHOMA

MARCH



Avoid the traditional pinches. Wear GREEN on the 17th!

