

**JULY
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OIL Newsletter



A monthly publication of THE OKLAHOMANS for INDEPENDENT LIVING

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If you are receiving this newsletter in error or no longer wish to receive it, call and we will remove you from our mailing list.

**A step to a more positive
you...**

***Do not let negative
emotions destroy you.***

OIL STAFF

Lisa Timberlake is an Advantage Case Manager at OIL. Together, her and her husband Cory, live in their home in McAlester where she is native to. She enjoys shopping, decorating, and camping. She has been with OIL since 2008. Feel free to call her if you have any questions about the ADvantage Program.

CAMP PLEA

Thanks to all the volunteers who helped with OIL's Camp PLEA. Both the kids and adults had an exceptional time this year and we are so grateful for

everyone who assisted in making it such a success.

ADA ANNIVERSARY

On July 26th, 1990, President George Bush, signed a civil rights law for people with disabilities known as the Americans with Disabilities Act (ADA). If you have any questions or need information regarding the ADA and their guidelines, feel free to call us. Happy Anniversary ADA!



SUMMER COOLING ASSISTANCE AVAILABLE FOR LOW- INCOME HOUSEHOLDS

A limited amount of summer cooling assistance funds will be available across the state through the federal Low-Income Home Energy Assistance Program (LIHEAP), which is administered through the Oklahoma Department of Human Services (OKDHS).

The funds are designed to help low-income households that are

extremely vulnerable to the stress of summer heat. OKDHS will begin taking applications Monday, July 9.

Eligibility for LIHEAP is based on each household's income and assets. If you or someone you know may be income-eligible and are at risk for heat-related health problems due to the inability to afford adequate cooling, you are encouraged to apply for the Cooling Program.

Many households receiving public assistance through OKDHS may be automatically authorized for summer cooling assistance and will not need to make application. Preauthorized households will be notified of their eligibility by letter prior to the beginning of the application period.

The benefits are \$200 for a one-person household, while a household of two or more may receive \$250. Only one payment per household is allowed annually for LIHEAP summer cooling assistance.

Persons applying should have the latest electric bill for their home and verification of income information when they make application.

HOT CAR DANGERS

A child's body temperature rises at a rate at least three times faster than an adult's. For a child with a disability it can rise even faster. Vehicles heat up quickly. If it's 85 degrees outside, a car can heat to 120 degrees in just 30 minutes. Remember, it is now a misdemeanor in Oklahoma to leave a child 6 years old or younger unattended in a motor vehicle.

What you can do:

- If you see a child alone in a hot vehicle, call 911. Get them out quickly.
- Never, ever leave children unattended in a car – not for any length of time or to run a quick errand – not even with windows down and a windshield shade in place.
- When transporting a child, place everything that belongs to the child in the front seat and place everything that belongs to you in the back on the floor.
- Check your vehicle every time you get out. Ensure all children have left the car.
- Never leave your car keys where children can get them.
- Keep car doors and trunks locked at all times.

SUMMER ACTIVITIES FOR CHILDREN WITH LEARNING DISABILITIES

When summer vacation arrives, parents are faced with selecting meaningful activities for their child with learning disabilities. Many parents see summer as a

time for catching up on academic skills through tutoring, summer school, or one on one instruction with parents. Other parents view summer as a much needed time to rest and be free of the stress that is associated with school and learning activities. Still others see summer as time for learning new skills that there isn't time to learn during the school year. There is no one correct answer. It all depends on the child and his needs.

Summer is a great time for students to do volunteer work. Volunteer opportunities for teens are often listed in the newspaper. Red Cross has a youth volunteer program as do many hospitals. Other opportunities exist in nursing homes, senior centers and summer camps. Volunteering has many advantages including enhancing self esteem, job sampling and experience that can be listed on resumes or for future job applications. Some schools also recognize distinguished service graduates who contribute a significant number of volunteer hours.

Swimming lessons, summer camps, summer sports camps and music lessons are also summer options. These activities focus on areas of development that might be neglected due to the demands of the regular school year.

When selecting summer activities, make sure that the leaders or teachers of the activity have some understanding of your child's special needs. If your child has trouble with following directions, for example, provide information about effective ways to give him directions. If he/she needs time to process information, tell the leader how

this is handled at school. Summer activities should have a positive effect on the child. Not everyone is knowledgeable about learning disabilities, so be prepared to share your knowledge to enable your child to have a successful experience.

Some parents find that summer is the time to enhance skills. Tutoring to improve reading, math, writing or study skills is often selected. If formal tutoring is selected, it should be scheduled so that the student still has some break in academic instruction before school starts. Tutoring is often available from private tutors, at some community colleges, through the community education programs at some schools, through park and recreation programs, and through teacher education programs at universities.

The following activities are some ideas that enhance learning that could be done at home:

- ~Elementary School Level~
- *Explore a summer reading program at the library.
- *Use a children's cookbook to read and follow directions to make favorite foods. Directions in cookbooks can be simplified by numbering them to assist with sequencing.
- *Encourage your child to read the newspaper. Some newspapers have special pages for children.
- *Read to the child and talk about the book or stories. If possible, have child read books that could be used for book reports next school year.
- *Improve vocabulary by learning three new words a week. Post the words on the

refrigerator and talk about them each day.

*Have the child write post cards to grandparents or friends.

Make "child size" post cards using 4X6 cards. Divide one side in half using a dark line.

Make lines on one side for the address and lines on the other side for the message.

Have the child draw a picture on the reverse side or cut one from a magazine.

*Older children could write in a journal each day. Encourage two or three sentences.

*Write a letter to family or friends. Reluctant writers benefit from filling in the blanks or dictating the letter to an adult and then copying it.

*Use computer games to learn math facts, improve reading and vocabulary.

*Listen to math facts on tape or CDs (this can even be done in the car).

*Match or sort coins depending on child's age or add random sets of coins

~Secondary School Students~
Encourage reading of any type. Reluctant readers might enjoy books on tape to listen to as they read. Many parents obtain the required reading list for the next grade's English class and have the student read at least some of the books in the summer.

*Encourage vocabulary improvement through use of "Word a Day Calendars", Readers Digest Vocabulary pages, or a vocabulary journal and dictionary. If using the vocabulary journal, the student records any word from reading that he does not know and looks it up in the dictionary and writes down the definition. Read about places that the student will visit on vacation. Have the student write about them in a letter or journal

*Figure mileage to various locations using a map scale. Go to www.math.com for a variety of math review activities Go to www.bibliomania.com for free online books, stories and poems.

The lists could go on and on. These are just a few ideas of how learning can continue in the summer. Short learning sessions throughout the summer can be very productive. There should be plenty of time set aside for the child to have fun as well.

SATURDAY TRANSPORTATION

OIL will take individuals anywhere needed in the McAlester area whether it is to visit friends/family or just to see an afternoon movie matinee. The cost is \$1 per stop. The dates are set for July 14th and 28th beginning at 8:00 a.m.

TV'S "PUSH GIRLS" BREAK WHEELCHAIR BOUNDARIES

"Push Girls", chronicles the lives of an ambitious quartet in a way that producers say has never been seen on U.S. television.

All four women are paralyzed from the neck or waist down and are about to shatter widespread notions of what it's like to spend life in a wheelchair.

Angela is a stunning model, Auti is a dancer who is trying for a baby, Tiphany is designing a clothes line and Mia works as a graphic designer. The new show has launched on the Sundance Channel so look for it in your television line up.

WHOLE HAWG DAY FESTIVAL

On Saturday, July 28th, OIL will be going to this event after the shopping trip. There will be a Carnival, Arts & Crafts, and a Car Show. If everyone can stand the heat and wants to stay, there will be the Hawg Cooking Contest at 3:00 and free barbeque sandwiches at 5:00. The transportation cost is \$2.50.



Transportation

OIL provides lift-equipped transportation in McAlester and the surrounding area, Monday – Friday, 8:00 – 4:30. A twenty-four hour minimum notice is required. The cost is \$1 per pick up in McAlester and \$2 for Krebs and Frink Chambers. Outside this area, fees are based on actual costs of gasoline needed to provide the service.




You can have the freedom that comes with living at home even though you have a long-term illness or disability. The Oklahoma Living Choice Project can help you move out of a nursing home and back into the community.

This project gives Oklahomans like you or your loved one more options to manage health care needs and adds more balance to the state's long-term care system.

If you live in a nursing home and qualify for SoonerCare, then Living Choice may be able to help.

Contact any O.I.L. Case Manager for a referral to the Living Choice Project at (918) 426.6220v/tdd.

*Events are held at OIL unless otherwise noted						
JULY EVENTS						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 <u>Mental Health Gp.</u> 1 pm	3 <u>Men's Gp.</u> Rib Crib 5 pm	4 OIL CLOSED	5 <u>Shopping</u> 7:00-10:45am	6	7
8	9 <u>Brain Injury Gp.</u> 1 pm	10	11	12 <u>OIL Social</u> Adelita's 5:30 pm	13	14 <u>Saturday Transportation</u> 8 am
15	16 <u>Mental Health Gp.</u> 1 pm	17 <u>Women's Gp.</u> 11 am	18	19 <u>Shopping</u> 7:00-10:45am	20	21
22	23 <u>Brain Injury Gp.</u> 1 pm	24	25	26	27	28 <u>Saturday Transportation</u> 8 am <u>Whole Hawg Day</u> Eufaula
29	30					
<p>*Low Impact Exercise Class meets Mon., Wed., & Fri., 10:00 a.m., Stipe Center & OK Church of Christ, 423-4743 *Alzheimer's Support Group, 3rd Wed., 12:00 p.m., Main & OK Church of Christ, 423-4743 *Cancer Support Group, 3rd Thur., 1:00 p.m., The Van Buren House, 426-5600 *Diabetes Support Group, 1st Tue., 6:00 p.m., MRHC Wellness Ctr. Conf. Room, 421-8656 *For information on Men's & Women's Grief Support Groups – call Hospice of McAlester at 423-3911 *Bariatric Support Group, 2nd Tue., MRHC Wellness Ctr. Conf. Room, 5:30 p.m., 421-6600</p>						

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