

**MAY
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OIL Newsletter

**Oklahomans
for
Independent
Living**



A monthly publication of THE OKLAHOMANS for INDEPENDENT LIVING

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(918) 426-6263 V/TDD, OIL Web Page URL (www.oilok.org), www.facebook.com)**

If you are trying to go green and would like to help save trees, check out our newsletter at

oilnewsletter@oilok.org

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

*A mother holds her
children's
hands for a while, their
hearts forever.*

Happy Mother's Day!

OIL STAFF

Please welcome our newest staff member, Leah Medina. Leah is a native to McAlester who has two children, Pablo and Lidia. Leah enjoys spending time with her family, being outdoors, and traveling when she can. She will be working as an Advantage Case Manager. Feel free to come by and meet her.



OIL CAMP PLEA APPLICATIONS

We are now accepting Camp PLEA applications for individuals with disabilities. If you have a child with a disability, aged 8-17, or are an adult with a disability, 18 or over, summer camp is here! If you would like to have three fun-filled days and nights of swimming, bowling, fishing, dancing, crafts etc., this is for you. The children's overnight camp will be held on June 5th, 6th, and 7th and the adult overnight camp is June 12th, 13th, and 14th. The camps (day camps available) are free and insurance can be purchased for a \$5 fee.

You can come by the OIL office for an application or call and request one be sent to you. Keep in mind that if it is done by mail, it will slow the process and the slots fill quickly.

KEDDO SENIOR DAY AND WELLNESS FAIR

The event will be held at the Southeast Exposition Center on Friday, May 4th from 9:00 a.m.

thru 2:00 p.m. The theme will be "The Titanic, Don't Let Your Health Go Down with the Ship". Some of the events included are; Free Lunch, Bingo, Coloring Contest, Music, Costume Contest, Health & Wellness Fair, Medication Management Sessions, and Stroke Prevention Screening. Call 1 800 722-8180 or OIL for free local transportation.



IEP WORKSHOP

Parents, professionals, and advocates! On Tuesday, May 22nd there will be a free training on the Individualized Education Plan (IEP). This training is designed to provide participants with basic information on the IEP process and product and to help promote the meaningful participation of all IEP team members. The workshop covers the process from referral, to writing the IEP, to the annual review.

The training will be hosted by the Oklahoma Parents Center and presented by Sandy Love Deck. It will be held at the Pittsburg County Health Department at 2:00 p.m. For special accommodations or for

more information please call
877-553-4332 or e-mail
sdecker@oklahomaparentscenter.org

COMMUNITY PARTNERS PROGRAM

The Oklahoma Parents Center is seeking volunteers in communities across Oklahoma to work with and support other parents with children in Special Education. Community Partners are available to attend a child's IEP, Medication or Transition meeting. Community Partners help parents prepare for a meeting, plan an agenda, identify issues and write out proposals. Training is available for volunteer Community Partners. For more information contact the Oklahoma Parents Center at 1 877-553-4332.

MAY IS NATIONAL FOSTER CARE MONTH...YOU CAN CHANGE A LIFETIME!

The National Foster Care Month campaign raises awareness about the urgent needs of children and encourages citizens from every walk of life to get involved – as foster or adoptive parents, volunteers, mentors, employers or in other ways.

There are 8,308 children in foster care with the Oklahoma Department of Human Services (OKDHS). All of these children deserve a home where they can feel secure. Families across the state are needed to open up their homes to children and youth in need, providing them with a safe environment and a foundation that will enable them to achieve a bright future. The need is even greater for teenagers, sibling groups and children with special medical or

physical needs. Information about how to become a foster parent can be found by calling **New Foster Care & Adoption Families Recruiting Hotline:** 1 866-612-2565
Foster Parent Hotline: 1 800-376-9729
Phone: (405) 521-3438
Fax (405) 522-4488

VIDEOS! AUTISM TREATMENT INTERVENTIONS AND SPECTRUM DISORDERS

Autism Speaks has launched the *Treatment* section of its ASD Video Glossary. The treatments presented include some of the more commonly used interventions for children on the autism spectrum: behavioral interventions, developmental interventions, structured teaching and supports, clinical therapies, and toddler treatment models. The info is free and plentiful. Go to www.autismspeaks.org/what-autism/video-glossary

SOCIAL SECURITY ANNOUNCES NEW CONDITIONS FOR COMPASSIONATE ALLOWANCES PROGRAM

Social Security recently announced fifty-two new Compassionate Allowances conditions, primarily involving neurological disorders, cancers and rare diseases. The Compassionate Allowances program fast-tracks disability decisions to ensure that Americans with the most serious disabilities receive their benefit decisions within days instead of months or years. For more information, please visit

www.socialsecurity.gov/compassionateallowances.

New Compassionate Allowances Conditions

Aicardi-Goutieres Syndrome
Alobar Holoprosencephaly
Alpers Disease
Alpha Mannosidosis
Carcinoma of Unknown Primary Site
Cerebrotendinous Xanthomatosis
Child Neuroblastoma
Child Non-Hodgkin Lymphoma
Chondrosarcoma with multimodal therapy
Cornelia de Lange Syndrome
Ewings Sarcoma
Follicular Dendritic Cell Sarcoma with metastases
Fucosidosis - Type 1
Galactosialidosis - Early Infantile Type
Glioma Grade III and IV
Hallervorden-Spatz Disease
Hepatoblastoma
Histiocytosis
Hutchinson-Gilford Progeria Syndrome
Hydranencephaly
Hypocomplementemic Urticarial Vasculitis
Hypophosphatasia Perinatal lethal form
I Cell disease
Infantile Free Sialic Acid Storage Disease
Juvenile Onset Huntington Disease
Kufs Disease Type A and B
Lissencephaly
Lymphomatoid Granulomatosis Grade III
Malignant Brain Stem Gliomas Childhood
Malignant Melanoma with metastases
Mastocytosis Type IV
Medulloblastoma with metastasis
Merkel Cell Carcinoma
Myoclonic Epilepsy
Ragged Red Fibers Syndrome
Nephrogenic Systemic Fibrosis
Obliterative Bronchiolitis

Ohtahara Syndrome
 Orthochromatic Leukodystrophy
 with Pigmented Glia
 Pearson Syndrome
 Pelizaeus-Merzbacher Disease-
 Classic Form
 Pelizaeus-Merzbacher Disease-
 Connatal Form
 Peripheral Nerve Cancer –
 metastatic or recurrent
 Perry Syndrome
 Rhabdomyosarcoma
 Rhizomelic Chondrodysplasia
 Punctata
 Schindler Disease Type 1
 Smith Lemli Opitz Syndrome
 Spinal Nerve Root Cancer-
 metastatic or recurrent
 Stiff Person Syndrome
 Tabes Dorsalis
 Wolf-Hirschhorn Syndrome
 Xeroderma Pigmentosum

THE IMPORTANCE OF WATER... FROM A CARDIAC SPECIALIST

Drinking water at a certain time maximizes its effectiveness on the body.

- *1 glass of water before going to bed - avoids stroke or heart attack
- *2 glasses of water after waking up - helps activate internal organs
- *1 glass of water 30 minutes before a meal - helps digestion
- *1 glass of water before taking a bath - helps lower blood pressure
- *Water at bed time will also help prevent leg cramps as the muscles are seeking hydration.

ARMED FORCES DAY PARADE

The “Guardians of Peace” parade will take place in downtown McAlester on Saturday, May 5th beginning at 10:00 a.m. **Immediately following the parade, we will head out to the airport for the community fun day. It consists of free hot dogs, things for the kids, and the**

opportunity for an up close look at helicopters and planes. The bus will pick up so call if you would like to go.



SPECIAL OLYMPICS STATE SUMMER GAMES

The 2012 State Games will be held in Stillwater on May 9th, 10th, and 11th. The OIL FreeSpirits competed in the area games in March. The athletes that finished in first, second, or third place qualified to attend the state games. We wish you all luck!



GAME DAY AT THE PARK

We will be playing board games at Chadick Park on Tuesday, May 15th. We will gather at 12:00 noon so if you would like to bring a sack lunch we will begin play afterwards. If you have a favorite game, bring it with you.

OIL HOT DOG PICNIC

The picnic will be at Chadick Park on Thursday, May 17th at 5:30 p.m. OIL will provide the hot dogs and drinks but **you are asked to bring potato chips or a packaged dessert to go with them.** Call for free, local, lift-equipped transportation.

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 May 12th and 26th beginning at 8:00 a.m.

OIL STAFF EXTENSION NUMBERS

- Front Desk – KC Long - 501
- Leah Medina - 101
- Trevor Dunbar – 103
- Stephen Strickland – 105
- Bobby Logsdon – 107
- Lisa Timberlake – 108
- Terry Yates – 109
- Leanna Amos – 110
- Deanna Cheek - 111
- Pam Pulchny – 112
- Mike Ward – 113



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						
MAY EVENTS						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 <u>Men's Gp.</u> Mazzio's 5 pm	2	3 <u>Shopping</u> 7:00-10:45am	4 <u>KEDDO Sr. Day</u> Expo. Ctr. 9 am – 2 pm	5 <u>Armed Forces Day Parade & Fun Day</u> 10 am
6	7 <u>Mental Health Gp.</u> 1 pm	8	9 <u>Special Olympics State Games</u> Stillwater	10 <u>Special Olympics State Games</u> Stillwater	11 <u>Special Olympics State Games</u> Stillwater	12 <u>Saturday Transportation</u> 8 am
13	14 <u>Brain Injury Gp.</u> 1 pm	15 <u>Game Day at the Park</u> Chadick 12 pm	16	17 <u>Shopping</u> 7:00-10:45 am <u>OIL Picnic</u> Chadick Park 5:30 pm	18	19
20	21 <u>Mental Health Gp.</u> 1 pm	22 <u>Women's Gp.</u> Chadick Park 12 pm <u>IEP Workshop</u> PCHD - 2 pm	23	24	25	26 <u>Saturday Transportation</u> 8 am
27	28 OIL CLOSED	29	30	31		
<p>*Low Impact Exercise Class meets Mon., Wed., & Fri., 10:00 a.m., Stipe Center *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>						

Oklahomans for Independent Living

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