

**APRIL
2013**

Vol. 26
No. 4

OIL Newsletter



A monthly publication of THE OKLAHOMANS for INDEPENDENT LIVING

**601 East Carl Albert Parkway, McAlester, OK 74501, (918) 426-6220 or (800) 568-6821, Fax (918) 426-3245
(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 or call us and we will send it via e-mail.

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.

Steps to Making a More Positive You...

Give and receive love freely. You'll be stronger and more lovable. Love all the children.

people with disabilities, their family, and friends to visit with their legislators and to browse information that is available.

Advocacy in action is what these events are all about. We can't get that message across without you! Plan to visit with your legislators. Find out everything you need to know when you pre-register at... www.okdrs.gov/pwdad/2013

To stand united, all are encouraged to wear green on the 3rd. When the legislators see many people in the rotunda all wearing disability-awareness green, our efforts have an even greater impact. **"Be seen! Wear Green!"** Call OIL as soon as possible.



PEOPLE WITH DISABILITIES AWARENESS DAY AT THE STATE CAPITAL

Please be part of "We are Oklahoma Too" theme for supporting critical disability programs. Join us at the State Capitol for the **2013 People with Disabilities Awareness Day** from 12:00 p.m. to 4:30 p.m. on Wednesday, April 3rd. OIL will be taking the bus so call now to save your spot and we will register you. It is a wonderful opportunity for

LOW IMPACT EXERCISE PROGRAM FOR PEOPLE WITH DISABILITIES

OIL will have a "Sittercise" exercise class on the following dates. All exercises will be focused on sitting while exercising. On Tuesdays the classes will be from 9:00-10:00

a.m. and on Thursdays from 1:30 – 2:30 p.m. They will be held on April 9,11,16,18,23,30 and May 2,7,14,16. Please come and join in on the fun.

KEDDO SENIOR DAY AND WELLNESS FAIR

The event will be held at the Southeast Exposition Center on Friday, April 26th from 9:00 a.m. thru 2:00 p.m. The theme will be Western.

Some of the events included are; Free Lunch, Bingo, Coloring Contest, Music, Western Wear Costume Contest, Health & Wellness Fair. Call 1 800 722-8180 or OIL for free local transportation.



ROCK RIDGE APARTMENTS UPDATE

The housing project is moving along fast. Framing and roofing will be completed this week. First and second floors are framed. Keeping the weather in mind, we are still looking at a completion time around November 2013. OIL will keep you posted monthly on the status of the construction – so stay tuned to the OIL Newsletter.

EXTENDED SCHOOL YEAR FOR STUDENTS WITH DISABILITIES

The information contained in this document is a summary and does not provide every detail, exception or circumstance. Please refer to other resources or your local system for complete information. Nothing in this document is intended to state new law or supplant any federal or state laws, regulations or requirements.

What is Extended School Year (ESY)? For many students who receive special education services, the regular school year is enough to make sure they get a Free Appropriate Public Education (FAPE). But that is not the case for all students. Some students may need more. Students learn at different rates and retain what they learned at different levels. Extended School Year (ESY) is special education and/or related services that are provided beyond the normal school year. ESY is a required part of the Individuals with Disabilities Education Act (IDEA). ESY is provided according to a student's Individualized Education Program (IEP) and is at no cost to the family. ESY can include academics, related services and extracurricular activities.

Each district must provide ESY to students who need such services. All public schools, including charter schools and alternative schools, must provide ESY when it is needed

Facts You Should Know:

Each child's IEP team decides if a child needs ESY to receive FAPE, and, if so, what services he or she will get. A school

district may not unilaterally limit the type, amount, or duration of ESY. When the IEP team agrees that a student needs ESY, they must also decide:

- What services will be provided
- When and where services will be provided
- How often (frequency) services will be provided
- How long (duration) services will be provided
- The IEP team must consider ESY for each student at least once per year. They must consider each student's individual needs. They may also consider any of the following:
 - The severity of the student's disability
 - The age of the child: Children who turn three during the summer must be considered for ESY. ESY can be made available until a student turns 22 or graduates with a regular high school diploma.
 - Regression and Recoupment:
 - Will the student lose skills over a break?
 - Will the loss of skills be excessive?
 - Will the loss of skills be more than you would expect of other students?
 - Will the student be able to recover those lost skills and how long will that take?
 - Degree of Progress:
 - Did the student make progress on IEP goals? How much progress?
 - Did the student make as much progress as the IEP team expected?
 - Does the student make progress slowly or quickly?
 - Is the student showing emerging skills? Is he/she about to breakthrough with some new skills?
 - Transitional needs:
 - Does the student need ESY to meet transition or vocation (work) goals?

· Does the student have any behaviors that are making progress slow?

Students who receive ESY must be educated in the least restrictive environment in which the IEP can be implemented. School districts do not have to create programs to provide a full range of placement options for ESY. They must make options available to the extent needed to implement a child's IEP. School districts cannot limit ESY to a particular category of disability. The discussion and decision about ESY must be documented on the IEP. This discussion is a new discussion each year – it doesn't matter if a student did or did not receive ESY in the past, it must be considered each year.

ESY is NOT:

- Tutoring, summer school, child care or enrichment programs.
- Limited to certain groups of students or activities.
- Limited to a specific time frame, such as summer.
- Decided by one person. It's an IEP team decision!
- Determined by only one measure.

Tips for Families:

Remember, the decision about ESY is an IEP decision. You are part of the team.

- Attend IEP meetings and other school-based meetings where your child's IEP goals will be discussed.
- Take written notes with you to all meetings so that you can remember what you want to talk about.
- Review data about your child's performance and progress toward IEP goals.
- Share your own data, documentation, and information about your child's progress.
- Document any changes in your child's behavior when

there is a break in services, such as holidays and summer break.

· Offer ideas about community programs and services that might be options for your child's ESY. ESY can be provided at home, in a community setting, or in a school setting.

· Talk with your IEP team about any behaviors that may interfere with your child learning new skills.

· If your child is in high school, talk about ESY and how it can help with his or her goals related to transition, employment, community participation and independent living. Look at the data and share your observations with the team members:

Is your child making reasonable progress toward his or her IEP goals?

Is your child just learning a skill but isn't yet able to use it in various settings?

Does the data show that your child loses skills over breaks in school?

If your child loses skills, does it take a very long time to re-learn them?

Does the data show that your child isn't making enough progress during the school year to meet IEP goals?

Talk to people who know your child's needs. Talk to teachers who know your child. Ask them how your child does after vacations and breaks in the school schedule. Share this with the IEP team members. Remember: Even if your child received ESY in the past, that does not mean they will need or get it in the future. And, if your child did not get ESY in the past, they may need it now or in the future. That is why ESY has to be discussed each year. ESY may not be right for every child, even if they are eligible.

How will your child do? Will he/she benefit from ESY or do they need more downtime?

If you disagree with the decision about ESY for your child, you may want to ask for mediation or another dispute resolution strategy to try to resolve the disagreement.

AZALEA FESTIVAL

We will be going to the festival on Friday, April 19th. We will see the blooming azaleas and then go to lunch at Golden Coral. On the way back, we will stop for a little bit of shopping. The transportation cost is \$5 round trip with the bus leaving McAlester around 8:30 a.m.



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 April 13th and 27th beginning at 8:00 a.m.

LOVABLE COMPANION

Older female cat to give away. Very gentle. Loves to be touched. Mostly black and brown in color. Is spayed and is litter box trained. She will even come with her litter pan, litter, and food. Owner has had her for years but she is not home enough to give her the attention she deserves. She would make a person with a disability a wonderful pet. 918 429-5166

RAMP VAN FOR SALE

2004 White Chevy Venture minivan with manual pull out ramp, 145,000 miles, asking \$5,000 or best offer, call Shirley at 918 429-2371.

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							APRIL EVENTS						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY							
	1	2 Men's Gp. Rib Crib 5 pm	3	4 Shopping 7:00-10:45am	5	6							
7	8 Brain Injury Gp. 1 pm	9 Exercise OIL Social Boomarang 5:30 pm	10	11 Exercise	12	13 Saturday Transportation 8 am							
14	15	16 Exercise Women's Gp. Location - TBA 11am	17	18 Shopping 7:00-10:45am Exercise	19 Azalea Festival 8:30 am Muskogee	20							
21	22 Brain Injury Gp. 1 pm	23 Exercise	24	25	26 KEDDO Sr. Day 9:00 am Expo Center	27 Saturday Transportation 8 am							
28	29	30 Exercise											

***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

Oklahomans for Independent Living
601 E. Carl Albert Parkway
McAlester, OK 74501
918-426-6220 Main
800-568-6821 Toll Free
918-426-3245 Fax
918-426-6220 V/TTY
www.oilok.org


Non-Profit Org.
 U.S. Postage
 PAID
 Permit No. 290

Return Service Requested



All donations to OIL are tax deductible.

The contents of this newsletter were developed under a grant from the Department of Education. However, these contents do not necessarily represent the policy of the Department of Education and you should not assume endorsement by the Federal Government.