

DECEMBER
2013

Vol. 26
No. 12

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.

CHILDREN WITH DISABILITIES CHRISTMAS PARTY

The Party will be held on Saturday, December 7th, 1:00 p.m., at the McAlester High School Cafeteria, One Buffalo Drive. The county schools will send home flyers with their students who have disabilities and IEP's (Individual Education Plans). Children 15 & under as well as their siblings will receive a gift from Santa. **Registration Deadline is Wednesday, December 4th.** THE CHILD MUST BE PRESENT TO ACCEPT THE GIFT. NO EXCEPTIONS.

If a sign language interpreter is needed, please call ASAP. Families are encouraged to attend with their children. A traditional Christmas Dinner will be served and you are asked to bring a store-bought cake or

pie. Free lift-equipped transportation is available to McAlester and Krebs residents.

SOCIAL SECURITY ANNOUNCES BENEFIT INCREASE

Monthly Social Security and Supplemental Security Income (SSI) benefits for nearly 63 million Americans will increase 1.5 percent in 2014.

The 1.5 percent cost-of-living adjustment (COLA) will begin with benefits that more than 57 million Social Security beneficiaries receive in January. Increased payments to more than 8 million SSI beneficiaries will begin on December 31, 2013.

Some other changes that take effect in January of each year are based on the increase in average wages. Based on that increase, the maximum amount of earnings subject to the Social Security tax (taxable maximum) will increase to \$117,000 from \$113,700. Of the estimated 165 million workers who will pay Social Security taxes in 2014, about 10 million will pay higher taxes as a result of the increase in the taxable maximum.

HELPING A CHILD WITH ADD/ADHD

Whether or not your child's symptoms of inattention, hyperactivity, and impulsivity are due to ADD/ADHD, they can cause many problems if left untreated. Children who can't focus and control themselves may struggle in school, get into frequent trouble, and find it hard to get along with others or make friends. These frustrations and difficulties can lead to low self-esteem as well as friction and stress for the whole family.

But treatment can make a dramatic difference in your child's symptoms. With the right support, your child can get on track for success in all areas of life.

Don't wait to get help for your child

If your child struggles with symptoms that look like ADD/ADHD, don't wait to seek professional help. **You can treat your child's symptoms of hyperactivity, inattention, and impulsivity without having a diagnosis of attention deficit disorder.**

Options to start with include getting your child into therapy, implementing a better diet and exercise plan, and modifying the home environment to minimize distractions.

If you do receive a diagnosis of ADD/ADHD, you can then work with your child's doctor, therapist, and school to make a personalized treatment plan that meets his or her specific needs. Effective treatment for childhood ADD/ADHD involves behavioral therapy, parent education and training, social support, and assistance at school. Medication may also be used, however, it should never be the sole attention deficit disorder treatment.

Parenting tips for children with ADD / ADHD

If your child is hyperactive, inattentive, or impulsive, it may take a lot of energy to get him or her to listen, finish a task, or sit still. The constant monitoring can be frustrating and exhausting. Sometimes you may feel like your child is running the show. But there are steps you can take to regain control of the situation, while simultaneously helping your child make the most of his or her abilities.

While attention deficit disorder is not caused by bad parenting, there are effective parenting strategies that can go a long way to correct problem behaviors.

Children with ADD/ADHD need structure, consistency, clear communication, and rewards and consequences for their behavior. They also need lots of love, support, and encouragement.

There are many things parents can do to reduce the signs and symptoms of ADD/ADHD without sacrificing the natural energy, playfulness, and sense of wonder unique in every child.

School tips for children with ADD / ADHD

ADD/ADHD, obviously, gets in the way of learning. You can't absorb information or get your work done if you're running around the classroom or zoning out on what you're supposed to be reading or listening to.

Think of what the school setting requires children to do: Sit still. Listen quietly. Pay attention. Follow instructions. Concentrate. These are the very things kids with ADD/ADHD have a hard time doing—not because they aren't willing, but because their brains won't let them.

But that doesn't mean kids with ADD/ADHD can't succeed at school. There are many things both parents and teachers can do to help children with ADD/ADHD thrive in the classroom. It starts with evaluating each child's individual weaknesses and strengths, then coming up with creative strategies for helping the child focus, stay on task, and learn to his/her full capability.

TRANSFERRING HOME MOVIES TO DVD



Home Movies to....

OIL is transferring your old home movies/recordings to DVD. This will allow you to watch your movies on a DVD

player and to save storage space.

For each transfer you will receive...

*DVD Transferred Movie
*Choice of a Laser Scribed Label

*Clear Slim Jewel Case and...

you can have done as many as you like for \$10 each.

You may bring your movies to OIL, 601 East Carl Albert Parkway, in McAlester. Call for more information.

FUNDRAISERS

Appreciation goes to all who helped with the OIL fundraisers. Thanks to all area businesses that donated an item or service for the "Win Prizes Bingo". A thank you also goes to the Masons of Solomon Lodge #32 of Krebs, The American Legion, The American Legion Women's Auxillary, and Atwood's.

When purchasing items, please consider going to the following businesses and thanking them for donating to OIL's Children with Disabilities Christmas Party fundraiser.

A Cut Above, A Special Place Adelita's, Advance Auto Parts All Pawn, Auto Zone, Benjamin Moore Paint, Big V Feed, Boomarang, Brangus Feed Lot, Briggs Printing, Brit's Salon, Creative Images, Chili's, Custom Screen Printers, Dave's Fitness, Designer Cakes, Domino's Pizza, El Charro, Family Massage, Fenton Nissan, Fiesta Grille, First National Bank, Foster's Flowers, Harbor Mountain, H.L.'s Gun & Pawn, Headhunter's, Heavenly Delights Bakery, Isle of Capri, Jet Tire, Jubilee Massage, Kathy Mowery, Krebs Corner,

LaQuinta, Ladies Maintenance, Legend's, Mann's, McAlester Country Club Golf Shop, McAlester Wellness Ctr., McClain's, McDonald's, McElroy's Auto, Mike Ward's Hearing Ctr., Mill Creek, Moss Construction, Napoli's, Nix Auto Ctr., OK Tire & Auto, O'Reilly's, Paradise Donuts, Pete's Place, PetSense, Poodle Skirts Pet Grooming, Professional Hair Designers, Pro-Kil, Relda Null, Renegar's Veterinary, Rib Crib, Riddel's Skin Care, Roseann's, Sanford & Sisters, Save a Lot, Sewell's Jewelry, Seventh Heaven, Sherwin Williams, Signs by Jade, Sonic of McAlester, Stage, Steak n Shake, Studio One, Studio 23, Taco Mayo, Tease Me Salon, T & B Tire & Automotive, Teri's Red Barn, Terry's Lube & Oil, Town & Country Veterinary, The Medicine Shoppe, Tractor & Supply Co., The Filling Station, Weddle Signs, The Yellow Gazebo, and Young's Hair Design

ROCK RIDGE APARTMENTS

The date for Rock Ridge Apartments has been moved to the latter part of December.

Since the last newsletter, landscaping of trees and shrubs are being planted. There are miscellaneous details that are being completed inside the facility itself. It has been quite a project and OIL is looking forward to the doors being opened to the public.

If you are interested in housing at Rock Ridge, any OIL staff can now assist you with the application process. Stay tuned to the OIL Newsletter for further developments and completion!

CHRISTMAS PARADE

OIL will be picking up and taking individuals to watch the parade. Floats will start moving at 7:00 p.m. on Thursday, December 5th. The theme this year is "Christmas in the Movies". Call for a ride.

McALESTER TOUR OF LIGHTS

OIL will be touring McAlester in December to see the downtown Christmas lights as well as neighborhood lights. The date will be Thursday, December 12th so if you are interested, call to reserve your spot. The bus will leave OIL at 6:00 p.m. with a \$2 fee per person.

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 December 14th and 28th starting at 8:00 a.m.



- Leanna Amos
- Jason Fender
- K.C. Long
- Bobby Logsdon
- Leah Medina
- Pamela Pulchny
- Stephen Strickland
- Lisa Timberlake
- Terry Yates

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.



**Prices are subject to change.*

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						
DECEMBER EVENTS						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 	2	3	4	5 Shopping 7:00-10:45am Christmas Parade 7 pm	6	7 Children's Christmas Party 1 pm
8	9 Brain Injury Gp. 1 pm	10 Men's Gp. Boomarang 5 pm	11	12 Tour of Lights 6 pm	13	14 Saturday Transportation 8 am
15	16	17 Women's Gp. Wall's 11 am	18	19 Shopping 7:00-10:45am	20	21
22	23 Brain Injury Gp. 1 pm	24 OIL CLOSED	25 OIL CLOSED 	26	27	28 Saturday Transportation 8 am
29	30	31				
<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>						

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.