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OIL Newsletter



A monthly publication of THE OKLAHOMANS for INDEPENDENT LIVING

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Steps to Making a More Positive You...

Give yourself credit for what you have to offer. Stop tallying faults and failures; rehearse your gifts and talents.

DISABILITY AWARENESS WORKSHOP

On Friday, June 7th, from 12:30 to 4:30 p.m., there will be a workshop held at the Pittsburg County Health Department at 1400 College Avenue in McAlester. It will be hosted by the Oklahoma Department of Emergency Management in conjunction with the Oklahomans for Independent Living, the Oklahoma Statewide Independent Living Council, and the Federal Emergency

Management Agency. The workshop will feature a disability awareness presentation provided by Linda Landers, Regional Disability Integration Specialist with FEMA. The training will detail the definition of disability and the various regulations and what they mean for the emergency management community. The workshop will also include an interactive panel discussion examining common stereotypes and misconceptions and people living with disabilities. If you are interested in attending, contact Terry at OIL so she can register you for the training. For free local transportation, call OIL as soon as possible.

WHITE HOUSE URGED TO RAISE SSI LIMITS

A federal agency is calling on the president to raise the asset limit imposed on people with disabilities receiving Supplemental Security Income for the first time in decades. In a letter to President Obama, the chair of the National Council on Disability, Jeff Rosen, said significant updates to the SSI Program are needed. Currently, individuals receiving SSI benefits can have no more than

\$2,000 to their name at any given time, a limit that's been in place since 1989. The council is asking the president to increase the amount to \$10,000 with allowances for the figure to continue to rise with inflation. Additionally, the agency wants to see adjustments made to the way that SSI benefits are impacted when an individual earns money from a job, for example.

"SSI beneficiaries face the most severe levels of poverty of any group of Social Security beneficiaries," Rosen wrote on behalf of the council, an independent federal agency charged with advising Congress and the president on disability issues. "We urge you to incorporate common-sense program reforms to SSI designed to improve beneficiary well-being and enhance the ability of SSI beneficiaries to participate in the workforce."

"The need for change is particularly urgent, Rosen said, with individuals who have disabilities disproportionately impacted by the sequester and other federal budget cuts."

"It is vital that current law be altered to allow SSI

beneficiaries to save in order to blunt the impact of current and future cuts," he wrote, calling the reforms "long overdue."

Beyond SSI, the National Council on Disability also urged the President to make it easier for people with disabilities to keep Medicaid coverage even as their income rises or if they move across state lines.

FOR KIDS WITH AUTISM, MOTION SEEMS TWICE AS FAST

Children with autism see simple movements twice as fast as their typically developing peers, new research suggests, a finding that could help explain why many with the developmental disorder are sensitive to noise, light and other stimuli.

In a [study](#) published in The Journal of Neuroscience, researchers found for the first time that autism may bring heightened perception of motion.

"We think of autism as a social disorder because children with this condition often struggle with social interactions, but what we sometimes neglect is that almost everything we know about the world comes from our senses. Abnormalities in how a person sees or hears can have a profound effect on social communication," says Dujie Tadin, an assistant professor of brain and cognitive sciences at the University of Rochester who worked on the study.

Tadin and his colleagues at Yale University and Vanderbilt University looked at 20 children with autism and 26 typically developing kids ages 8 to 17 to assess how quickly each child perceived motion.

All of the children were shown a series of video clips featuring black and white bars moving from one side to the other. As the kids correctly determined whether the bars were heading left or right, the videos became shorter and the direction became more difficult to decipher. The contrast of the videos was also adjusted to be lighter or darker to make the images more or less challenging to see.

The researchers found that all children did better on the test when the bars were displayed darker, but those with autism improved significantly, outperforming their typically developing peers two to one.

This dramatically enhanced ability to perceive motion is a hint that the brains of individuals with autism keep responding more and more as intensity increases. Although this could be considered advantageous, in most circumstances if the neural response doesn't stop at the right level it could lead to sensory overload said one of the authors at the Child Study Center at Yale University.

Researchers said that this heightened brain response could be one reason that those with autism withdraw.

ROCK RIDGE APARTMENTS UPDATE

Rock Ridge Apartments is being built by Accessible Spaces Incorporated. A fifteen unit accessible, affordable apartment building for adults with physical disabilities in McAlester. Rock Ridge Apartments is being developed in cooperation with OIL.

Rock Ridge Apartments are affordable. Qualifying households pay 30% of adjusted gross monthly income for rent; rent is subsidized by the U.S. Dept. of Housing and Urban Development (HUD); rent includes: heat, water, sewer, and trash & snow removal. To qualify for housing, one household member must have a qualifying disability. Applicants are screened for credit, rental and criminal history. Income limits apply with no minimum income requirements.

The apartment amenities include one and two bedroom apartments. Apartments are wheelchair accessible with spacious accessible kitchens, carpeted bedroom and living rooms, generous cupboard and closet space, and all are air conditioned. The building has a controlled access entry system, on-site laundry facility, outdoor patio, community room with a full kitchen, off-street parking, and approved pets are welcomed!

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 of Rock Ridge.

TRANSPORTATION

In the past, OIL has provided annual transportation to recreational events such as the Azalea Festival in Muskogee, a day at the River Country Family Water Park in Muskogee, Whole Hawg Day in Eufaula, Wilburton Fall Festival, and Christmas shopping in Muskogee at Arrowhead Mall.

Recently, OIL has been notified of decreases, in funding, across the board through all programs

and services provided. With the decrease in funding, OIL intends to provide the same service as it has in the last 25 years. OIL programs will continue as allowed. Because of the funding decrease there will be minimal changes within the transportation program. Until further notice, the above out-of-town events will not be held. OIL will make every attempt to fill the gap with local activities when possible. Watch the newsletter as funding could change and the events re-scheduled. Remember, OIL is here for you and we will take this challenge together. If you have questions and or concerns, contact Pam at OIL.

OIL PICNIC

Due to Camp PLEA, the picnic will be on Tuesday, June 18th, Chadick Park, at 6:00 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.

OIL SCHEDULE OF EVENTS

This is a **tentative** schedule only. The dates may change so be sure to check each month for any updates.



July

- 2nd Men's Group – Mazzio's
- 3rd Shopping
- 4th OIL CLOSED
- 8th Brain Injury Support Group
- 9th OIL Social – Boomerang
- 13th Saturday Shopping
- 16th Women's Group

- 18th Shopping
- 22nd Brain Injury Support Group
- 27th Saturday Shopping

August

- 3rd Saturday Shopping
- 6th Women's Luncheon
- 6th Men's Group – Adelita's
- 8th Shopping
- 12th Brain Injury Support Group
- 17th Saturday Shopping
- 20th ADA & OIL Anniversary Celebration
- 22nd Shopping
- 26th Brain Injury Support Group
- 27th Movie Night at OIL

September

- TBA Shrine Circus
- 2nd OIL CLOSED
- 5th Shopping
- 7th Pittsburg County Free Fair
- 9th Brain Injury Group
- 10th Men's Group – Rib Crib
- 14th Saturday Shopping
- 17th Women's Group
- 17th OIL Picnic
- 19th Shopping
- 23rd Brain Injury Support Group
- 24th Game Day at the Park
- 28th Saturday Shopping

October

- 1st OIL Picnic
- 2nd Saturday Shopping
- 3rd Shopping
- 8th Women's Group
- 8th Men's Group - East Gourmet
- 14th Brain Injury Support Group
- 17th Shopping
- 25th Halloween Dance
- 26th Saturday Shopping
- 28th Brain Injury Support Group

November

- TBA Thanksgiving Dinner
- 2nd Saturday Shopping
- 5th Men's Group – Western S.
- 7th Shopping
- 7th Bingo Fundraiser
- 11th OIL CLOSED
- 12th Women's Group
- 16th Saturday Shopping
- 21st Shopping
- 25th Brain Injury Support Group
- 26th Movie Night at OIL
- 28th OIL CLOSED

December

- TBA Christmas Parade
- 5th Shopping

- 7th Children with Disabilities Christmas Party
- 9th Brain Injury Support Group
- 10th Men's Group - Boomerang
- 12th McAlester Tour of Lights
- 14th Saturday Shopping
- 17th Women's Group
- 17th McAlester Tour of Lights
- 19th Shopping
- 23rd Brain Injury Support Group
- 26th OIL CLOSED
- 28th Saturday Shopping

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						
JUNE EVENTS						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 <u>Saturday</u> <u>Transportation</u> 8 am
2	3 <u>Brain Injury Gp.</u> 1 pm	4 <u>Children's Camp PLEA</u> McAAP	5 <u>Children's Camp PLEA</u> McAAP	6 <u>Children's Camp PLEA</u> McAAP <u>Shopping</u> 7:00-10:45am	7 <u>Disability Awareness Workshop</u> Pitts. Cnty. Health Dept. 12:30 p.m	8
9	10	11 <u>Adult's Camp PLEA</u> McAAP	12 <u>Adult's Camp PLEA</u> McAAP	13 <u>Adult's Camp PLEA</u> McAAP	14	15 <u>Saturday</u> <u>Transportation</u> 8 am
16	17 <u>Brain Injury Gp.</u> 1 pm	18 <u>OIL Social</u> Chadick Park 6:00 pm	19 <u>Women's Gp.</u> Location TBA 11 am	20 <u>Shopping</u> 7:00-10:45am	21	22
23 30	24 31	25	26	27	28	29
<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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