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OIL Newsletter



A monthly publication of THE OKLAHOMANS for INDEPENDENT LIVING

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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.

MAKE A DIFFERENCE DAY APPLICATIONS



Make a Difference Day is the most encompassing national day of helping others. The annual event takes place each year on the fourth Saturday in October. This year it will be on the 26th. McAlester's project will once again be a minor home repair/maintenance project. The applications will be available mid September and the application deadline will be **Friday, September 27th**. Applications will be available at the Stipe Center, McAlester Public Library, Parent's Club Thrift Store, and The Salvation Army Thrift Store. If you cannot

get to a location to pick one up, call Leanna and I will mail one to you. The project will help those with physical disabilities, senior citizens, and single, working mothers.

PITTSBURG COUNTY FREE FAIR



The county fair will be held on September 3rd-7th at the Exposition Center in McAlester. The county fair showcases livestock, art, science, and more. In the Open Class Division, anyone can take a chance at winning a blue ribbon by entering something homemade/handmade in Horticulture, Quilting, Knitting, Crocheting, Scrapbooking, BeDazzled/Embellished Items, Fabrics & Fashions, Photography, and Food Preparation. Don't have time to make anything? Bring something you already have made! Please turn in your entry to OIL by noon, **Thursday, September 5th** so your project can be classified. If transportation is a problem, call OIL to arrange for it to be picked up. The bus will provide free transportation to Saturday evening's judging for those who have entries.

SOCIAL SECURITY TO DROP 'MENTAL RETARDATION'

The Social Security Administration will become the latest federal agency to start using the term "intellectual disability" in lieu of "mental retardation."

In a [final rule](#) published in the Federal Register, Social Security officials said they approved the change in terminology citing "widespread adoption" of the term "intellectual disability." "Advocates for individuals with intellectual disability have rightfully asserted that the term 'mental retardation' has negative connotations, has become offensive to many people, and often results in misunderstandings about the nature of the disorder and those who have it," Social Security indicated.

Under the rule, all references to "mental retardation" and "mentally retarded children" will be replaced with "intellectual disability" and "children with intellectual disability" within Social Security's Listing of Impairments and other agency rules. The change will not

impact how claims are evaluated for those with the developmental disability.

The move finalizes a [proposal](#) issued in January. Of 76 public comments submitted on the matter, 71 supported replacing the term “mental retardation.” Most who commented favored adopting “intellectual disability,” but some preferred the existing terminology arguing that it’s more precise while others suggested terms like “developmental disability” or “cognitively impaired.” Ultimately, Social Security opted to finalize its proposal as is and said the new rule will take effect in 30 days. In making the update, agency officials said they were looking to align with other government entities even though they were not mandated to do so by law. Nearly three years ago, the President [signed](#) legislation known as Rosa’s Law replacing references to “mental retardation” with “intellectual disability” in federal health, education and labor policy following a switch that already occurred in many states. And earlier this year, the terminology update was [included](#) in the newly-released fifth edition of psychiatry’s Diagnostic and Statistical Manual of Mental Disorders.

MORE ON ADD/ADHD...

Inattentive signs and symptoms of ADD/ADHD

It isn’t that children with ADD/ADHD can’t pay attention: when they’re doing things they enjoy or hearing about topics in which they’re interested, they have no trouble focusing and staying on task. But when the

task is repetitive or boring, they quickly tune out.

Staying on track is another common problem. Children with ADD/ADHD often bounce from task to task without completing any of them, or skip necessary steps in procedures. Organizing their schoolwork and their time is harder for them than it is for most children.

Kids with ADD/ADHD also have trouble concentrating if there are things going on around them; they usually need a calm, quiet environment in order to stay focused.

Symptoms of inattention in children:

- Doesn’t pay attention to details
- Makes careless mistakes
- Has trouble staying focused; is easily distracted
- Appears not to listen when spoken to
- Has difficulty remembering things and following instructions
- Has trouble staying organized, planning ahead, and finishing projects
- Gets bored with a task before it’s completed
- Frequently loses or misplaces homework, books, toys, or other item.

Hyperactive signs and symptoms of ADD/ADHD

The most obvious sign of ADD/ADHD is hyperactivity. While many children are naturally quite active, kids with hyperactive symptoms of attention deficit disorder are always moving.

They may try to do several things at once, bouncing around from one activity to the next. Even when forced to sit still which can be very difficult for them their foot is tapping, their leg is shaking, or their fingers are drumming.

Symptoms of hyperactivity in children:



- Constantly fidgets and squirms
- Often leaves his or her seat in situations where sitting quietly is expected
- Moves around constantly, often runs or climbs inappropriately
- Talks excessively
- Has difficulty playing quietly or relaxing
- Is always “on the go,” as if driven by a motor
- May have a quick temper or a “short fuse”

Impulsive signs and symptoms of ADD/ADHD

The impulsivity of children with ADD/ADHD can cause problems with self-control. Because they censor themselves less than other kids do, they’ll interrupt conversations, invade other people’s space, ask irrelevant questions in class, make tactless observations, and ask overly personal questions.

Instructions like “Be patient” and “Just wait a little while” are twice as hard for children with ADD/ADHD to follow as they are for other youngsters.

Children with impulsive signs and symptoms of ADD/ADHD

also tend to be moody and to overreact emotionally. As a result, others may start to view the child as disrespectful, weird, or needy.

Symptoms of impulsivity in children:

- Acts without thinking
- Blurts out answers in class without waiting to be called on or hear the whole question
- Can't wait for his or her turn in line or in games
- Says the wrong thing at the wrong time
- Often interrupts others
- Intrudes on other people's conversations or games
- Inability to keep powerful emotions in check, resulting in angry outbursts or temper tantrums
- Guesses, rather than taking time to solve a problem

ROCK RIDGE APARTMENTS UPDATE

Rock Ridge Apartments, a 15 unit, two story, accessible, affordable apartment building for adults with disabilities, is being built by Accessible Spaces Incorporated. The apartments are being developed in cooperation with the Oklahomans for Independent Living (OIL). Sheet Rocking, landscaping, and sidewalks are still being done.

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

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 September 14th and 28th.

OIL SOCIAL

The picnic will be on Tuesday, September 17th, Chadick Park, 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.

SHRINE CIRCUS

The circus is coming to town! The annual Shrine Circus will be in McAlester and OIL will be taking individuals with disabilities. The bus will be going to the 4:30 p.m. performance on Friday, September 20th.



GAME DAY AT THE PARK

We will meet at Chadick Park for some fun with board games. We will start at 12:00 p.m. on Tuesday, September 24th so bring a sack lunch if you wish.

OIL CLOSED

The office will be closed on Monday, September 2nd for the Labor Day Holiday.



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						
SEPTEMBER EVENTS						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 OIL CLOSED 	3 County Fair Expo Center 3 rd - 7 th	4	5 Shopping 7:00-10:45am	6	7 County Fair Ribbon Awards
8	9 Brain Injury Gp. 1 pm	10 Women's Gp. TBA 11 am Men's Gp. Rib Crib 5 pm	11	12	13	14 Saturday Transportation 8 am
15	16	17 OIL Social Chadick Park 5:30 pm	18	19 Shopping 7:00-10:45am	20 Circus Expo Center 4:30 pm 	21
22	23 Brain Injury Gp. 1 pm	24 Game Day at the Park 12 pm	25	26	27	28 Saturday Transportation 8 am
29	30					
<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>						

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