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OIL Newsletter



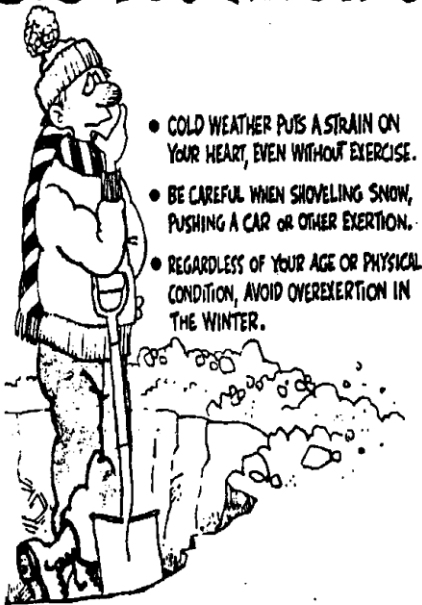
A monthly publication of THE OKLAHOMANS for INDEPENDENT LIVING

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If you are trying to go green and would like to help save trees, check out our newsletter at www.oilok.org or all us and we will send it via e-mail.

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DID YOU KNOW ?



FREE TAX ASSISTANCE

The VITA (Volunteer Income Tax Assistance) Program provides free assistance to anyone under \$50,000 annually with basic income tax

preparation. The program helps determine if you are eligible to receive the Earned Income Tax Credit and any other credits available. They prepare a simple tax form and then e-file it for you. The service is free to those who meet the income guidelines. There are two places where you can be helped.

Ki-Bois Community Action will start assisting individuals on February 3rd and will continue through April but you must have an appointment. You can reach their offices by calling; Pittsburg County 918 423-3525 Haskell County 918 967-3325 LeFlore County 918 647-3267 Latimer County 918 465-3381

The Southeastern Public Library in McAlester also offers free tax assistance on Mondays only from 9:30 – 4:00 p.m. The AARP volunteers will also be available starting February 3rd but see individuals on a first come first served basis only.

SPECIAL OLYMPICS BOWLING RESULTS

Congratulations to the OIL Freespirits. Fourteen athletes competed at Penn 44 Lanes in Oklahoma City for the 2014 Oklahoma Special Olympics

Winter Games. The team made the long trip to the competition on January 10, 2014. Five of the 14 bowlers qualified to bowl at the Summer Games this year!

11 FACTS ABOUT PHYSICAL DISABILITY

In the U.S., people with disabilities make up the largest minority group.

1. The difference between this minority and most others is that many members aren't born this way.
2. A disability is defined when a person has difficulty with:

Normal human functions like seeing, hearing, speaking, or walking.
Daily functions like bathing, eating, or driving.
Expanded activities like schoolwork, chores, or having a job.

3. Roughly 18 million people over the age of 65 identify with some level of physical disability.
4. In the decade between 1990 and 2000, the number of people with disabilities in America increased 25 percent.

5. Of the 69.6 million families in the United States, more than 20 million have at least one family member with a disability.

6. About 12 percent of the U.S. population identifies with a severe disability, adding up to 35 million people.

7. Roughly 54 million Americans have at least one disability.

8. The majority of people with disabilities are poor, underemployed, and uneducated. This is largely due to unequal opportunities.

9. The highest rate of disability occurs in African American and American Indian/Alaska natives with 24.3 percent of each group identifying with a disability.

10. Nearly 40 percent of Americans living with disabilities are located in the south.

11. People with disabilities have an unemployment rate 10 times that of abled people.

WHAT TO DO AFTER YOUR CHILD'S ADHD DIAGNOSIS

Your child has just been diagnosed with attention deficit hyperactivity disorder (ADHD). What are your next steps? Read on to find out about treatments and more...

You know your child is bright and engaged. So why is he doing so poorly in school? Why are teachers reporting that he can't sit still and concentrate on tasks, or that he disrupts class? The problem – and the answer – isn't as uncommon as you might fear.

About 6% of the population in most developed countries is

born with attention deficit hyperactivity disorder (ADHD), which is characterized primarily by inattention and hyperactivity.

When a child is diagnosed with ADHD, "often there's enormous relief for the family," says Susan Zuckerman, Ph.D., "Finally, parents know ADHD is the reason for the challenging behavior of their child. It isn't the child's fault or theirs." Just knowing there's a neurological diagnosis changes how parents respond to their child. "Parents become much more patient. "Some of the yelling stops, frustration eases and parents now really want to help their child manage the disorder." On the flip side of this relief is sadness. "The parents now have to face the possibility their child has a lifelong disorder".

The good news: One-third of children with ADHD eventually outgrow the disorder. At least 50% can eventually be weaned off medication.

Often a call from the child's school is the catalyst behind the diagnosis. Two-thirds of Zuckerman's young patients have ADHD, many diagnosed in elementary school. Since an ADHD diagnosis is based exclusively on behavior and not on blood tests or brain scans, it's important that parents keep a history of behavioral and medical issues, and monitor the progress of their child.

Getting an ADHD Diagnosis can be obtained by a pediatrician, medical specialist, psychologist or psychiatrist and is often based on input from parents and teachers about a child's behavior.

Parents must be clear and reassuring when they first tell

their child about the diagnosis. They may even want to enlist the help of their doctor or a mental health professional and use language kids understand. It's also important that children understand that ADHD is genetic. Explain that ADHD runs in families and that it's how you're born. Tell your child the diagnosis doesn't mean he or she can't learn. It might also be helpful to point to any favorite relatives who have also been diagnosed with ADHD.

Finding the Best ADHD Treatment

The most common ADHD treatment usually involves behavior management, psychological counseling and, if necessary, medication.

More than a dozen medications are used in the treatment of ADHD for children ages 6 and up, according to the Mayo Clinic. Stimulants are the most commonly prescribed medications and are available in short-acting forms that last about four hours and long-acting preparations that last from 6-12 hours. But there are side effects to consider, including insomnia, decreased appetite, weight loss, headache, increased blood pressure, as well as others.

No medication is 100% perfect, and you can't take a cookie-cutter approach to medicating a child. Some parents want their child to be medicated the least number of hours possible and others want their child on medicine all day long. Between 10%-20% of families choose not to medicate their child at all; others choose to take their child off medication in the summer months when school is out.

About 50%-60% of children with

ADHD also have another condition, frequently a learning disability or oppositional defiant disorder, an ongoing pattern of disobedience and hostility. Those may affect a medicine regimen. It probably takes 3-4 doctor visits over several months to find the right dose and medication,” says Belkin, who always starts with the lowest possible dose. He also prescribes omega-3 fish oil tablets for his ADHD patients, because some studies have shown that fatty acids in fish oil aid in brain development and lower common ADHD symptoms like inattention, hyperactivity and impulsivity.

Some parents choose to eliminate food dyes and sugar from their child’s diet, but Zuckerman doesn’t encourage a strict diet. “ADHD isn’t about the food the child is eating but some parents get eccentric with the diet and it can be harmful. The child thinks that food is the enemy.” However, adequate exercise is important. Children with ADHD benefit from sports or other physical activities, including yoga, because they can reduce nervousness and anxiety. Plus, endorphins that are released can foster a sense of calmness and well-being.

Beyond Medications; Keeping Children on Track

Parents play a key role in helping a child develop routines and stay focused. “Children with ADHD can’t regulate themselves,” Zuckerman says. Behavior charts are helpful. Morning charts, for example, might list activities such as getting dressed, brushing teeth and getting a book bag ready. Color coding a child’s school files by subject and using a day planner can help teach organization.

Positive reinforcement is critical, especially right after an ADHD diagnosis. It’s important for parents to talk about what the child does well. They need to reinforce his or her strengths.

Besides working closely with your doctor, parents need to partner with teachers and school officials to optimize their child’s chances for success. Most school districts will meet the family more than halfway. He suggests asking the school to implement “bypass strategies” that minimize distractions and encourage the child to focus on the teacher and lesson, including letting the child take tests in a private setting, seating him at the front of the room and positioning him so he faces a wall rather than window. At home, it is recommended to use a fan in the child’s room or homework area to block out distracting household noises.

Many teachers have experience with ADHD students so they know to repeat directions and limit instructions to three points at a time, Zuckerman notes. Rewards for positive behavior also work, she says, at home and at school. For example, parents might reward a child with 10 minutes of playtime for completing math homework in 20 minutes.

Who should you tell about your child’s ADHD diagnosis? Honesty is the best policy with coaches, tutors or other important people in your child’s life, so they can be more patient and understanding.

Millions of families manage to cope with ADHD effectively. A positive outlook, strong support system, and creative

intervention can keep the family happy and moving forward.

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

FEBRUARY EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 <u>Saturday</u> <u>Transportation</u> 8 am
2	3 <u>Brain Injury</u> <u>Gp.</u> 1 pm	4 <u>Men's Gp.</u> Mazzio's 5 pm	5	6 <u>Shopping</u> 7:00-10:45am	7	8
9	10	11 <u>OIL Social</u> Boom A Rang 5:30 pm	12	13	14	15 <u>Saturday</u> <u>Transportation</u> 8 am
16	17 OIL CLOSED for President's Day	18 <u>Women's Gp.</u> Wall's Bargain Center 11am	19	20 <u>Shopping</u> 7:00-10:45am	21	22
23	24	25 <u>Game Day</u> 1 pm	26	27	28	

*Low Impact Exercise Class meets Mon., Wed., & Fri., 10:00 a.m., Stipe Center *Alzheimer's Support Group, 3rd Wed., 12:30 p.m., Main & OK Church of Christ, 916-1210 *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

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