

**APRIL  
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**OIL Newsletter**



**A monthly publication of THE OKLAHOMANS for INDEPENDENT LIVING**

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(918) 426-6263 V/TDD, O.I.L. Web Page URL ([www.oilok.org](http://www.oilok.org)), [www.facebook.com](http://www.facebook.com))**

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### **APRIL IS NATIONAL CHILD ABUSE PREVENTION MONTH**

It is a time to acknowledge the importance of families and communities working together to prevent child abuse and neglect, and to promote the social and emotional well-being of children and families.

So during the month of April O.I.L., in cooperation with the GFWC Fortnightly Club and St. John's Youth Program, blue ribbons will be placed around our community to raise awareness.

### **Violence and Abuse**

Child abuse and neglect have devastating effects on children that can last a lifetime. Obviously, physical disabilities can occur but abuse and neglect can increase the possibility of a child having a developmental delay and long-term emotional disabilities.

These children also have an increased risk of involvement in drugs, sexually risky behavior, and behavioral disabilities. Child abuse may be physical, sexual or emotional.

### **Signs of Child Abuse**

Children who are experiencing abuse or neglect may show observable signs. They may be dropped off somewhere without appropriate clothing for the season, left without supervision, or not picked up well after school hours. They may have behavior problems such as acting out or getting multiple discipline referrals at school. They may also show more withdrawn and emotional behaviors such as crying easily, keeping to themselves or difficulty relating to peers and adults. They are also at risk for poor educational performance.

Parents or other caregivers who abuse their children are often under a great deal of stress and may take it out on the children. They may feel as if there is no problem with their behavior toward the child. In such households, discipline tends to be severe, and physical punishment is the norm. Parents may be emotionally

abusive, using harsh language, put downs, and mocking behavior toward their children.

### **Identifying Child Neglect**

Neglect involves denying a child what he needs for basic survival. Inadequate clothing, nutrition, educational and emotional support are examples. Meeting a child's physical needs such as adequate housing, medical care or basic supervision are often problems in neglectful households. Children who are neglected are often not prepared for school and may have poor attendance.

These children may steal from others in an attempt to get the things they need. They may appear unwashed and unkempt. They may be sick repeatedly for long periods of time. In some cases, children who are not adequately supervised will become involved in drugs or alcohol, and the parents may be unaware and sometimes not care.

### **Physical Abuse**

Physical abuse occurs when an adult hurts a child causing injury. Physical injury may be

caused by hitting, excessive spanking, cigarette burns (or other types of burns or scalds), shaking, kicking or other types of physical violence. Bruises, burns, and cuts in unusual places are possible signs of abuse. Bruises on knees and scraped elbows, however, are usually common injuries children get while playing. When parents and children give differing explanations for the cause of an injury, abuse may be a factor.

### **Emotional Abuse**

Emotional abuse leaves scars on children that cannot always be seen. Emotional abuse negatively affects a child's psychological and emotional development and may have long-term effects on cognitive development as well. Most emotional abuse is verbal. In these cases, parents or caregivers continually put the child down, blame him for problems that he could not possibly have caused, call him names or use similar forms of verbal abuse.

Emotional abuse may also involve non-physical punishment designed to humiliate, shame or terrify the child.

### **Sexual Abuse**

Sexual abuse occurs when someone has inappropriate sexual involvement with a child. It may involve sexual talking, texting or any physical contact such as intercourse, sodomy or touching. As with other forms of abuse, sexual abuse has devastating long-term effects on a child's psychological and physiological development.

As a member of society, if you are concerned that a child may be the victim of abuse, it is important to contact the police to make a report.

Reporting abuse is a critical first step in protecting the child and getting the family the help it needs to stop the cycle of abuse and neglect.

By Ann Logsdon

### **TAX ASSISTANCE**



Don't Forget!

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

The Ki-Bois Community Action agency, 918 423-3525, and The Southeastern Public Library, 918 423-0930, is currently providing the tax assistance in McAlester.



Each year the **Oklahoma School for the Blind** hosts summer camps for middle school and high school (grades 7-12) children.

Various activities include; skating, bowling, swimming, woodworking, art, horticulture, studies, independent living skills, educational studies, etc.

The FREE camps are held in Muskogee and transportation home on the last day of each camp will be provided to satellite locations around the state.

The June camps have an application deadline in **April** so call the Oklahoma School for the Blind now, toll-free at 1 (877) 229-7136.

**AND...**

The **Oklahoma School for the Deaf** hosts camps for those 6-17 years of age. There is a high school age camp and a camp for elementary age.

The FREE camps are held in Sulphur, Oklahoma. Busing to and from is available from specific points in the state. The application deadline is in **May**. You can get an application at [www.osd.k12.ok.us/dhac/form.html](http://www.osd.k12.ok.us/dhac/form.html) or call Leanna at OIL and ask that one be mailed to you.

**ALSO...**

\*MDA Camp for those with muscle disease

Cost: Free for Oklahomans

Youngsters ages 6-17 who have any of the neuromuscular diseases in MDA's program and who are registered with MDA are eligible to apply to attend MDA Summer Camp. There is no fee to attend camp, and all camp costs are covered by MDA. Acceptance to camp is contingent upon evaluation of your child's application by MDA staff and MDA's medical advisers, including the camp health staff and care team. Because space at some camps may be limited, applications are considered on a first-come, first-served basis and all application deadlines must be met. To learn more about how your child can attend. Contact Jacey Bullock at 918-749-7997 or by email at [jbullock@mdausa.org](mailto:jbullock@mdausa.org) or <http://www.ultracamp.com/info>

Below are programs for individuals with disabilities. Some are free, others are not, however, financial assistance is available for most camps so call for information or applications.

\*Camp Kidney

\*Camp Cavett for kids with life-threatening or chronic illnesses

\*Camp Cavett for Spina Bifida, Amputees, and those with Muscle Loss

Cost: Free for Oklahomans  
Contact: Jenny Rodgers for specific dates and locations at 405-271-2271.

\*Camp Benedictine – Mainly for persons with developmental disabilities. The overnight camp(s) are held at the St. Gregory's College Campus in Shawnee. Contact: Virginia Reeves at 405-878-5289.

There are other camps not listed so if you are looking for one serving a particular disability, call Leanna, and she will research it for you.

The camps fill quickly so call as soon as possible as they have registration deadlines also. There are other camps not listed so if you are looking for one serving a particular disability, call Leanna, and I will research it for you.

### CRAFT CLASS

We will be making a craft on Wednesday, April 18 at 1:30 p.m. Call for free, local, lift-equipped transportation

a little

# CRAFT

— IN YOUR DAY —

### BOWLING FUN

We will be going bowling at Great Balls of Fire at Noon on Wednesday, April 25. We are getting a price deal of up to 3 games for \$3, which includes the cost of the shoes.



### KEDDO SENIOR DAY AND WELLNESS FAIR

The event will be held at the Southeast Exposition Center on Friday, April 27, from 9:00 a.m. thru 2:00 p.m. The theme will be Mardi Gras...  
"Celebrate Healthy Living"

Some of the events included are; free Picnic lunch, Bingo, Coloring contest, Games, "Mardi Gras" Costume Contest, and a Health & Wellness Fair. Please call in advance to 1 800 722-8180 to request a meal **or** O.I.L. for free lift-equipped transportation.



### FREE LIFT CHAIR

Reclining lift chair, motor works fine, needs an inexpensive switch replaced. Call 918 423-2918.

### O.I.L. SCHEDULE OF EVENTS

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



#### May

- 1<sup>st</sup> Picnic - 5:30 pm  
Chadick Park
- 3<sup>rd</sup> Shopping – 7 am
- 3<sup>rd</sup> Brain Injury Grp - 1pm
- 7<sup>th</sup> Women's Grp -11 am
- 7<sup>th</sup> Men's Grp - 2 pm  
KFC

- 16<sup>th</sup>-18<sup>th</sup> Special Olympics  
State Games
- 23<sup>rd</sup> Game Day - Noon  
Chadick Park
- 30<sup>th</sup> Bowling

#### June

- 5<sup>th</sup> Picnic – 5:30 p.m.  
Chadick Park
- 7<sup>th</sup> Shopping – 8 am
- 7<sup>th</sup> Brain Injury Grp - 1 pm
- 11<sup>th</sup> Women's Group  
Chadick Park – 11 am
- 11<sup>th</sup> Men's Grp – 2 pm  
Rib Crib
- 13<sup>th</sup> Craft Class – 1:30 pm
- 20<sup>th</sup> Bowling - Noon
- 21<sup>st</sup> Shopping – 8 am
- 21<sup>st</sup> Brain Injury Grp - 1 pm

**In order to schedule transportation, you must do the following:**

- \*CALL 918 426-6220 and ask for O.I.L. transportation.
- \*Have information ready such as name, address, and pick up time.
- \*If it is a Round Trip, give a return pick-up time. If you don't know the Return pick-up time, because it is a medical appointment, you must call 918 426-6220 back to provide a requested pick-up. Remember all transportation ends at 4:30 p.m. Monday-Thursday, and until Noon on Friday.
- \*The Bus Driver will not give out a cell-phone number. You must call the O.I.L. office.
- Please do not attempt to schedule transportation with the Bus Driver outside of the O.I.L. office. Everyone must call as the scheduling book is not kept on the bus.**

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

<i>*Events are held at O.I.L. unless otherwise noted</i>						
<b>EVENTS</b>						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 	2	3 <b>Social</b> Wendy's 11 am	4 <b>Nutrition Class</b> 10 am	5 <b>Shopping</b> 8:00-9:45am <b>Brain Injury Gp.</b> 1 pm	6	7
8	9 <b>Women's Gp.</b> Charlie's Chicken 11 am <b>Men's Gp.</b> Steak 'n Shake 2 pm	10	11 <b>Nutrition Class</b> 10 am <b>Working Well With a Disability</b> 10 am	12	13	14
15	16	17	18 <b>Crafts</b> 1:30 pm	19 <b>Shopping</b> 8:00-9:45am <b>Brain Injury Gp.</b> 1 pm	20	21
22	23	24	25 <b>Bowling</b> Great Ball's of Fire 12:00 Noon	26	27 <b>KEDDO Sr. Day</b> Expo Ctr. 9 am -2 pm	28
29	30					

*\*Low Impact Exercise Class for Sr.'s* meets Mon., Wed., & Fri., 10:00 a.m., Stipe Center Main & OK Church of Christ *\*Diabetes Support Group*, 1<sup>st</sup> Tue., 6:00 p.m., McAlester Regional Health Center Wellness Conf. Room, call Kathy at 421-6812 *\*For information on Men's & Women's Grief Support Groups* – call Hospice of McAlester at 423-3911. For information on a 7 week *\*Dealing with Grief course* call Heartland Hospice, 3<sup>rd</sup> Tues., 6:00 p.m., Pittsburg County Health Dept., 423-1267 *\*Alzheimer's Support Group*, 3<sup>rd</sup> Wed., 12:30 p.m.,

