



FOR YOUR INFORMATION

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If you want your dreams to come true, you mustn't oversleep.



If you are receiving this newsletter in error or no longer wish to receive it, give us a call and we will remove your name from our mailing list.

OIL FUNDRAISER SIGNED HEISMAN TROPHY WINNERS FOOTBALL

To raise money for the Children with Disabilities Christmas Party, we are raffling off another football signed by OU Sooner Heisman trophy winners. We got Sam Bradford this year so on this ball we have four OU previous winner signatures. The signatures are of Steve Owens 1969, Billy Simms 1978, Jason White 2003, and Sam Bradford 2008. It will be encased and ready to be added to your memorabilia collection or would be a great gift for your loved ones who are big fans. Tickets are \$1 each or 6 for \$5. Go OOOOOOU!



FUNDRAISER QUILT DRAWING

OIL is also having a quilt raffle fundraiser. Tickets are also \$1 each or 6 for \$5.

We need help in distributing tickets so if you can assist with either, call and we will bring you a ticket package.

PICNIC WITH THE CANDIDATES

The last picnic of the year will be held on Thursday, October 7th, 5:30 p.m. at Chadick Park. As always, OIL will provide the hot dogs and drinks but you are asked to bring something store bought to go with them such as macaroni salad, chips, or dessert. Our potential legislators have been invited to share the issues they would like to tackle if elected. Please come and let them know your disability concerns.

DISABILITY PARKING ENFORCEMENT

Enforcement of disability parking in Oklahoma took a real boost with Governor Brad Henry's signing of House Bill 2567 into state law. Enforcement of this bill without cost to Oklahoma taxpayers is a real stroke of genius.

Where did we stand before House Bill 2567? Here's a quick look. State statute said municipalities "may enforce"

disability parking rather than "shall enforce".

The Americans with Disabilities Act said that people with disabilities should have access to private property/business open to the public. However, some local police were reluctant to issue tickets on private property. Enforcement of disability parking was uneven across the state. What good is disability parking if violations are not cited? That is half a promise, and people with disabilities want what was originally intended – a parking space which honors their disability. Real enforcement restores the promise.

Here's how the new law opens the door to enforcement. It says municipalities "shall enforce," but it offers an incentive by allowing them to keep eighty percent of the \$500 fine. Twenty percent of the fine would go to the Department of Public Safety to maintain a database available 24/7 containing all people with valid parking placards.

Police can easily check a current placard and if that placard belongs to either the driver or passenger in the vehicle. Modification of a disability placard is considered falsification of a state document and will be assessed an additional \$500 fine.

Oklahoma is now the only state with a statute where disability parking enforcement is totally funded by the fees generated. The new law will bring uniform enforcement across the state as municipalities see that enforcement brings an advantage to them.

How did all this happen? The Oklahoma Office of Disability Concerns (ODC) received several calls on disability parking from one area, and they referred those constituents to their elected representative, Paul Wesselhoft. Representative Wesselhoft then approached ODC to research state statute and make suggestions as to how to improve the law.

ODC office asked the Department of Public Safety which issues the placards and asked local law enforcers what they needed to make disability parking work. With the help of Representative Wesselhoft's staffers, they wrote a bill which he sponsored in the Oklahoma House of Representatives.

Debbie Leftwich agreed to sponsor the bill in the Oklahoma Senate. Governor Brad Henry recently signed this bill into law. Citizens worked with their elected officials to address a problem.

People with disabilities benefit when using good advocacy techniques and staying with the issue despite all the work it takes. You can make a difference. Never accept half a promise.

WAYS TO HELP YOUR CHILD HAVE A SUCCESSFUL SCHOOL YEAR

1. Make an appointment to meet your child's teacher and have a copy of the IEP and other necessary information about your child.
2. Learn school policies and follow them.
3. Model respect for teachers and encourage your child to do the same.
4. Create an environment that is conducive to learning at home.
5. Celebrate effort, rather than grades, learning and test scores.
6. Encourage your child to pursue his or her interests. Try not to pressure your child into pursuing your interests or interests that you wish you had pursued.
7. Reinforce learning out of the classroom through extracurricular activities, family activities and one-on-one time.
8. Listen to what your child is saying and learn to be a good observer. Watch for signs that your child is developing new interests and then nurture them.
9. Model lifelong learning. Nurture your own interests and engage in learning activities that expand your interests and build skills.
10. Engage your child in conversation, but don't grill him or her. Children often are more likely to tell a parent about their day when they are engaged in another activity, such as setting the table or taking a walk after supper.
11. Try not to make homework an issue. Allow a child to take the responsibility for what he or she does – or doesn't – do.
12. Invoke Grandma's rule: Eat your veggies before dessert and finish your homework before moving on to the fun stuff.
13. Get involved in your child's school by volunteering in his/her classroom or other areas. Getting to know the school faculty and other parents provides valuable resources for helping your child.

Children may not always be excited about a new school

year but with support and guidance this could be the best year ever.

NAME BRAND DRUGS OR GENERIC?

Generic drugs make sense
Sometimes people wonder if generic drugs work as well as brand name drugs. The answer is yes! The Food and Drug Administration, better known as the FDA, makes sure that generic drugs are safe and effective.

What are generic drugs?

A generic drug is the same as a brand name drug in dosage, safety, strength, quality, performance and intended use. It may be a different color or shape than the brand-name drug. Today, more than half of all prescriptions are filled with generic drugs.

Are generic drugs as safe as brand-name drugs? Do they work as well?

Yes. The FDA looks at all drugs to make sure that they are safe and that they work. Since a generic drug uses the same active ingredients and is shown to work the same way in the body, it has the same benefits and risks as the brand-name version of the same drug.

Why do generic drugs cost less?

Generic drugs cost less because generic drug makers don't have to spend as much money on research and advertising as the company that invented the drug. Also, more than one company can make the same generic drug, so they have to compete on price.

Does every brand-name drug have a generic?

No. When a new drug is approved by the FDA, it is sold only as a brand-name drug for the first several years. This allows the company that

invented the drug to earn back the costs of research and advertising. Later, other drug companies can sell generic versions of the same drug, but only after they have been approved by the FDA.

Not only do generic drugs make sense, but they can save you cents, too. When your doctor is writing a prescription, it's usually a good idea to ask if there is a generic drug that would work for you. If you have questions about your current medications, talk to your doctor or pharmacist to discuss switching to generic drugs. **Sooner Care has a list of generic drugs that don't require a co-pay at the pharmacy and can be found on the OHCA website at www.okhca.org/ZeroCopayGenerics.**

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 October 2nd and 16th.

MULTIPLE SCLEROSIS GROUP

The group will be meeting at OIL on Tuesday, October 19th, at 6:30 p.m. For more information or phone support call Patty at 918 916-7657.

ROBBER'S CAVE FALL FESTIVAL

OIL will be going to the festival in Wilburton on October 15th. The festival has arts & crafts, music, carnival rides, and food concessions. We will leave McAlester around 8:30 a.m. Transportation cost is \$3.

VOLUNTEER FOR MAKE A DIFFERENCE DAY

Make a Difference Day is the most encompassing national day of helping others – a celebration of neighbors helping neighbors. Everyone can participate. The annual event takes place on the fourth Saturday in October which will be on the 23rd this year. When people care enough about their communities to volunteer to accomplish thousands of projects in hundreds of towns, it is a wonderful thing.

McAlester's project will again be minor home repair and or maintenance. To volunteer call Maureen Harrison in the evening at 918 423-1385. The project will help senior citizens, the retired, and those with physical disabilities, and working moms who are single.



HALLOWEEN DANCE

The dance will be on Friday, October 29th. It will be at the Stipe Recreation Center, 801 North 9th Street from 7:00 – 10:00 p.m. There will be a live D.J., a costume contest, and a dance contest. We ask that you bring a store bought packaged snack and a 2 liter bottle of pop. Don't miss out on the ghoulishly good music or the freakishly frightening fun! OIL will provide free, local transportation. It is open to anyone so come and make some new friends.



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 \$2 round trip in McAlester and \$4 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.



Are you eligible for the ADvantage Program?

Are you a person with a disability who is at least 21 years of age?

If you said "Yes" then answer the following:

Do you require assistance?

1. On a daily basis in order to live, such as eating, toileting, grooming, bathing, dressing, and moving about to accomplish the task
2. In order to maintain or support daily functioning such as taking medication, preparing meals, paying bills, shopping, laundry, transportation, etc.
3. Are you at risk for nursing home placement?

The ADvantage Program may be able to help. Contact any OIL ADvantage case manager at 426-6220 V/TDD.

OCTOBER 2010 HAPPENINGS

DATE	TIME	GROUP/EVENT	LOCATION
2 nd & 16 th	8:00am	Saturday Shopping	McAlester
4 th & 18 th	1:00pm	Mental Health Group	OIL
7 th & 21 st	7:00am	Shopping	McAlester
7 th	5:30pm	Picnic with the Candidates	Chadick Park
11 th & 25 th	1:00pm	Brain Injury Group	OIL
12 th	9:30am	HIV/AIDS Group	OIL
12 th	5:30pm	Men's Group	Adecitas's West
15 th	8:30am	Fall Festival	Wilburton
19 th	6:30pm	Multiple Sclerosis Group	OIL
20 th	6:30pm	Special Olympics Bowling Tournament	Poteau
27 th	12:00pm	Women's Group	OIL
29 th	7:00pm	Halloween Dance	Stipe Center

*Low Impact Exercise Class meets Mondays, Wednesdays & Fridays, 10:00 a.m., Stipe Center *Alzheimer's Support Group, 3rd Wednesday, 12:00 p.m., Main & OK Church of Christ, 423-4743 *Cancer Support Group, 3rd Thursday, 1:00 p.m., The Van Buren House, 426-5600 *Diabetes Support Group, 1st Tuesday, 6:00 p.m., MRHC Wellness Center Conference Room, 421-8656 *For information on Men's and Women's Grief Support Groups – call Hospice of McAlester at 423-3911 *Bariatric Support Group, 2nd Tuesday, MRHC Wellness Center Conference Room, 5:30 p.m., 421-6600

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