



# FOR YOUR INFORMATION

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(918) 426-6263 V/TDD, OIL Web Page URL ([www.oilok.org](http://www.oilok.org)), ([www.facebook.com](http://www.facebook.com)), ([www.myspace.com/oilmcalester.com](http://www.myspace.com/oilmcalester.com))

A sharp tongue can cut your own throat.



## CONFERENCE ON BUILDING FOUNDATIONS FOR ADVOCACY

This conference will bring together persons with disabilities, family members, friends, and professionals involved in the rehabilitation field. It is scheduled for Friday, September 10, at the Sheraton Reed Conference Center in Oklahoma City.

This free conference will provide participants with necessary tools, knowledge and skills to enhance their advocacy practices and how to address their key concerns. Sessions will be highly interactive with considerable opportunity for participation to discuss issues and ask questions.

For registration information call 405 951-3579.

## YOUR BENEFITS CONNECTION

GovBenefits.gov is a partnership of Federal agencies with a shared vision – to provide improved, personalized access to government assistance programs with the aim of:

\*Using the internet to connect citizens to government benefit program eligibility information

\*Increasing access to information, particularly for people with disabilities

\*Reducing expense and difficulty of doing business with the government

\*Continuing to add programs to become the single source for Federal, state, and local government benefit programs

GovBenefits.gov can help visitors determine if there are government benefits available to them. The online screening tool is free, easy-to-use, and completely confidential. Names, phone numbers, Social Security numbers, or any other information that could be used to identify you are not required to use the tool. Visitors to the site answer a series of questions about themselves, and then it returns a list of government benefit programs the individual may be eligible to receive along with information about how to apply.

Whether it's a direct payment, loan, insurance, training, or other services; there may be something to help you.

## PHYSICAL DISABILITY PARKING

In January of 2000, the Oklahoma Department of Public Safety stopped issuing permanent disability parking


placards. Letters were sent out informing placard holders of the new change. If you are still using one of these, you will be fined as they are no longer valid.

The city of McAlester's fine is \$150 plus a \$30 court cost. Please check yours for the expiration date to make certain it is current. If not, contact OIL for an application. In June of 2008, they stopped charging the \$1 renewal fee for disability parking placards.

\*Please remember that if the person with the disability is only a passenger in the car and not entering or exiting the vehicle, it is illegal to park in the designated space.

A truck driver tucked this note under the windshield wiper of his automobile. "I've circled the block for 20 minutes, I'm late for an appointment and if I don't park here, I'll lose my job. Forgive us of our trespasses."

When he came back, he found a parking ticket and this note: "I've circled this block for 20 years and if I don't give you a ticket, I'll lose my job. Lead us not into temptation."



## **LEARN THE SIGNS, ACT EARLY**

From birth to 5 years, your child should reach milestones in how she/he plays, learns, speaks, and acts. A delay in any of these areas could be a sign of a developmental problem, even autism. The good news is, the earlier it is recognized the more you can do to help your child reach their full potential. To learn more about some types of developmental disabilities such as autism spectrum disorders, cerebral palsy, vision loss, hearing loss, intellectual disabilities, AD/HD disorders, fetal alcohol syndrome, go to [www.cdc.gov](http://www.cdc.gov). Here you can find milestone charts you can check to know what your child should be doing at birth through age 5. For example, if you were to click on age 3 you would see this;

Important Milestones: By the End of Three Years

Children develop at their own pace, so it's impossible to tell exactly when yours will learn a given skill. The developmental milestones below will give you a general idea of the changes you can expect as your child gets older, but don't be alarmed if your child takes a slightly different course.

### **Social and Emotional**

- \*Imitates adults and playmates
- \*Spontaneously shows affection for familiar playmates
- \*Can take turns in games
- \*Understands concept of "mine" and "his/hers"

### **Emotional**

- \*Expresses affection openly
- \*Expresses a wide range of emotions
- \*By 3, separates easily from parents
- \*Objects to major changes in routine

### **Cognitive**

- \*Makes mechanical toys work
- \*Matches an object in her hand or room to a picture in a book
- \*Plays make-believe with dolls, animals, and people
- \*Sorts objects by shape and color
- \*Completes puzzles with three or four pieces
- \*Understands concept of "two"

### **Language**

- \*Follows a two- or three-part command
- \*Recognizes and identifies almost all common objects and pictures
- \*Understands most sentences
- \*Understands placement in space ("on," "in," "under")
- \*Uses 4- to 5-word sentences
- \*Can say name, age, and sex
- \*Uses pronouns (I, you, me, we, they) and some plurals (cars, dogs, cats)
- \*Strangers can understand most of her words

### **Movement**

- \*Climbs well
- \*Walks up and down stairs, alternating feet (one foot per stair step)
- \*Kicks ball
- \*Runs easily
- \*Pedals tricycle
- \*Bends over easily without falling

### **Hand and Finger Skills**

- \*Makes up-and-down, side-to-side, and circular lines with pencil or crayon
- \*Turns book pages one at a time
- \*Builds a tower of more than six blocks
- \*Holds a pencil in writing position
- \*Screws and unscrews jar lids, nuts, and bolts
- \*Turns rotating handles

### **Developmental Health Watch**

- \*Frequent falling and difficulty with stairs
  - \*Persistent drooling or very unclear speech
  - \*Cannot build a tower of more than four blocks
  - \*Difficulty manipulating small objects
  - \*Cannot copy a circle by age 3
  - \*Cannot communicate in short phrases
  - \*No involvement in "pretend" play
  - \*Does not understand simple instructions
  - \*Little interest in other children
  - \*Extreme difficulty separating from mother or primary caregiver
  - \*Poor eye contact
  - \*Limited interest in toys
- Experiences a dramatic loss of skills he or she once had

If you are concerned that your child is not reaching developmental milestones at the same time as other children the same age, [visit the "If You're Concerned" web page](#) to find out what you can do to help.

### **SPECIAL OLYMPIANS NEW PHYSICAL FORMS DUE**

Each year, Special Olympics requires the athletes to get a new physical. The bowling competition will be in October so if you want to participate, pick up an application at OIL and turn it back in by September 28<sup>th</sup>.

### **OIL PICNIC**

The picnic will be on Thursday, September 9<sup>th</sup>, Chadick Park, at 5:30 p.m. OIL will provide the hot dogs and drinks but you are

asked to bring something store bought to go with them such as potato salad, macaroni salad, or potato chips. If you plan to attend, please call Leanna so that I can coordinate the food.

### **PITTSBURG COUNTY FREE FAIR**

The free fair will be held September 9<sup>th</sup>, 10<sup>th</sup>, and 11<sup>th</sup> 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 handmade in Horticulture, Quilting, Knitting, Crocheting, Leisure & Cultural Arts, Fabrics & Fashions, Photography, and Food Preparation. If you can make it, you can enter it. The divisions are then broken into categories. Come on men, bring something you have welded, whittled, etc.

Don't have time to make anything? Bring something you already have made! Please turn in your entry to OIL by noon, Thursday, September 2<sup>nd</sup> so your project can be classified. If transportation is a problem, call OIL and arrange for it to be picked up. The bus will provide free transportation on Saturday for those who want to attend.



### **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 September 11<sup>th</sup> and 25<sup>th</sup>.

### **SHRINE CIRCUS**

The circus is coming to town! The annual Shrine Circus will be in McAlester and OIL will be taking individuals free of charge. The bus will be going to the 4:30 performance on Thursday, September 23<sup>rd</sup>. Call to reserve your spot.



### **MULTIPLE SCLEROSIS GROUP RE-FORMING**

The community group is re-forming and will be meeting at OIL on Tuesday, September 21<sup>st</sup> beginning at 6:30 p.m. A video entitled "MS: Who, Why, and How" will be shown. For more information or phone support call Patty Gesin at 918 916-7657.

### **GAME DAY AT THE PARK**

We will be playing board games at Chadick Park on Wednesday, September 29<sup>th</sup>. We will gather at 12:00 noon so if you would like to bring a sack lunch we will begin play afterwards. If you have a favorite game, bring it with you!

### **FOR SALE**

Golden Companion II, three wheeled scooter, three months old but use was limited, \$1,500 new, asking \$700, call Amanda Buchanan at 918 429-6688 if interested.

### **OIL CLOSED**

OIL will be closed on Monday, September 6<sup>th</sup> 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 \$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.**

