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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 all 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.

Steps to Making a More Positive You

Cultivate the habit of happiness – nurture grateful, happy feelings within yourself! Start with a smile on your face.

OIL STAFF

Trevor Dunbar is an independent living specialist at OIL. He and his wife, Jennifer have three children, Ariel, Bama, and Towns. Trevor is from McAlester and has been working at OIL since 2009. He is a huge fan of music, avid reader, loves to write and spend time with family and friends.

OIL FUNDRAISER!



**On Saturday, August 4th
from 10 a.m. to 2 p.m.,
we will be selling 2
childdogs & a pop for \$1
at Atwood's!**

All money raised will go toward our Children with Disabilities Christmas Party.

**Please come out and
show your support!**

Call OIL for free local transportation.

ZOO TRIP?

If there is enough interest in going to the Tulsa Zoo in October, OIL will coordinate a trip. Call Leanna at ext. 110.

LIVING WELL TRAINING

Classes are forming for the Living Well with a Disability workshop. The series of classes are to begin on Tuesday, August 21st. The program promotes healthy independent living. This peer-facilitated and consumer-directed workshop takes

participants on a journey of empowerment through peer support, goal setting and problem solving. Living Well helps participants develop goals for meaningful activities that are linked to the development of a healthy lifestyle. The workshop is free. Refreshments will be served. Please contact Trevor Dunbar at 918.426.6220 ext. 103 for more information.

WATER FEST

The Greater Oklahoma Disabled Sports Association is sponsoring Water Fest on August 18. Water Fest is a great way for individuals with disabilities to learn how to water ski, sail, and canoe/kayak. This free event will take place at Lake Thunderbird in Norman. Lunch will be provided for registered participants and their families. Participants must demonstrate the ability to independently flip over with a life vest on and hold their breath for 20 seconds. Please register before August 10. For more information contact Greg Horneber at HornGD@Integris-Health.com.

WARNING SIGNS & SYMPTOMS OF HEAT-RELATED ILLNESS

Some individuals with disabilities are at greater risk for heat related illness that cause;

Heat Cramps – Muscle pains or spasms that occur usually in the arms, legs, or abdomen – They may occur during strenuous activity and can be a prelude to heat exhaustion

Heat Exhaustion – Heavy sweating, Paleness, Muscle Cramps, Tiredness, Weakness, Dizziness, Headache, Nausea or Vomiting, Fainting

Heat Stroke – Body temperature above 103 degrees – Red, hot, dry skin without sweating – Rapid, strong, pulse – Throbbing headache – Dizziness – Nausea – Confusion – Unconsciousness

First Aid

- *Seek medical attention immediately for extreme heat illness
- *Take a cool shower to lower the body temperature
- *Drink plenty of water
- *Get to an air conditioned environment

Prevention

- *Air conditioning is the #1 protective factor – if your home isn't air conditioned, visit the public library, health department, Red Cross for relief.
- *Increase your fluid intake. Don't wait until you are thirsty (Warning; if you are on water pills or restricted fluid intake, consult your physician first)
- *Avoid liquids that contain alcohol or sugar as they can cause you to lose body fluid.
- *Wear lightweight, light colored, loose fitting clothes and sunscreen.
- *NEVER leave anyone,

especially children or the elderly, in a closed, parked vehicle, even if the windows are open.

- *Check on at risk populations
- The elderly
- People over 65
- People with a mental illness
- People who are physically ill, especially those with heart disease or high blood pressure

HOW CAN HEAT ILLNESS BE AFFECTED BY MEDICATIONS?

Certain medications increase the risk of heat illness by interfering with the body's ability to sweat and cool itself. This can lead to decreased heat tolerance and increase the risk of heat illness. People taking medications for certain medical conditions may be at risk of heat illness and should take the necessary preventative measures.

These conditions include the following;

- *Dementia
- *Nausea or vomiting
- *Parkinson's
- *Psychiatric or Emotional Disorders
- *Seizures
- *Stomach, Intestinal, or Bladder Spasms
- *People taking Diuretics
- *People taking Antihistamines

Please consult with your doctor to see if you may be at an increased risk.

HOW TO PREPARE YOUR CHILD FOR THE FIRST DAY OF SCHOOL

whether it's the first day or they're starting a new school, preparing your kids for this big change will help ease the transition. For children with disabilities (especially those with autism), it can be very stressful.

Preparing your child to head off to school for the very first time is an important task. Following are tips to make the transition to school go smoothly.

Discuss What Going to School Entails

The first thing to do is talk to your child about going to school. Tell your child how important it is and what a big deal it is that they get to go to school. Talk about how they will get to play with other children their age, learn to read and other fun activities. Be sure and tell them that they are so grown-up to get to go to school.

If there are older children already in school you can use that to tell them how they get to go to school just like big sis does. You can even tell them about things you remember from going to school.

Take Your Child to School Orientations

Make sure and attend the new school orientation with your child. It will give them a chance to see the school and meet their new teacher. Take them to their classroom and be sure to show them where the restrooms and cafeteria are located. Try to meet some of the other parents and kids and plan a play date before school starts. One good place to host the play date would be at the school's playground.

Include Your Child in School Shopping

Once you have your school supply lists, it's time to shop. Plan a day with your child to go pick out their new school supplies. Talk about the fun things they will create at school with their new paints, markers and crayons. Shop for new school clothes and let your child

have a fashion show for the family to show their new outfits.

Begin School Routines Early

A few weeks before school starts, get into a school routine. Go to bed on time and get the kids up when they would have to for school. Try to have breakfast as a family and talk about what it will be like when school starts.

Try a First-Day Practice Run

The week before, go over all the details with your child and have a practice run. Lay out clothes the night before, pack lunches and backpack. Drive the route to the school and show your child where you will drop them off. And then discuss where to meet after school and how you will pick them up.

Celebrate the First Day of School

The weekend before, it's time to celebrate. Plan a nice meal with the whole family and give your child something special. Perhaps that cartoon character note pad they wanted to buy when you were out getting school supplies.

Making your child comfortable is the key to a stress free and fun first day of school for everyone.

TEN WARNING SIGNS OF ALZHEIMER'S DISEASE

1. Memory changes that disrupt life
2. Challenges in planning or problem solving
3. Difficulty completing familiar tasks
4. Confusion with time or place

5. Trouble understanding visual images and spatial relationships
6. Problem with spoken or written words
7. Misplacing things
8. Decreased or poor judgment
9. Withdrawal from work or social activities
10. Changes in mood or personality

WATER PARK TRIP

On August 10th, we will be going to the River Country Family Water Park in Muskogee. The bus will leave OIL around 9:00 a.m. with the transportation cost being \$5. Please bring enough money for your lunch at a restaurant or for the food concession at the Water Park. Costs are; Adults \$6.75, Children 3-15 yrs., \$5.75, those 2 yrs. old & under are free.

GATOR'S WHARF LUNCHEON

On Tuesday, August 14th, all ladies are invited to go to Eufaula for a relaxing, breezy lunch by the water. Gator's Wharf overlooks the lake and you can feed the fish or ducks right off the deck of the restaurant. The transportation cost is \$2.50 and your meal is on you.

MOVIE NIGHT

We will be watching the new release.....



We will meet on Tuesday, August 28th at 5:00 p.m. Call for free local transportation.

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 August 11th and 25th.

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						
AUGUST EVENTS						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 Shopping 7:00-10:45am	3	4 HOT DOG FUNDRAISER!  Atwood's 10 – 2 pm
5	6 Mental Health Gp. 1 pm	7 Men's Gp. Adelita's West 5 pm	8	9 OIL Social Mazzio's 5:30 pm	10 Water Park Muskogee 9:00 am	11 Saturday Transportation 8 am
12	13 Brain Injury Gp. 1 pm	14 Women's Gp. Gator's Wharf 11 am	15	16 Shopping 7:00-10:45am	17	18
19	20 Mental Health Gp. 1 pm	21	22	23	24	25 Saturday Transportation 8 am
26	27 Brain Injury Gp. 1 pm	28 Movie Night 5:00	29	30	31	
<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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