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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 call 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.

OIL FUNDRAISER!



On Saturday, August 24th from 10 a.m. to 2 p.m., we will be selling 2 Hot Dogs & 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.

ROCK RIDGE APARTMENTS UPDATE

Rock Ridge Apartments is being built by Accessible Spaces Incorporated. A 15 unit, two story, accessible, affordable apartment building for adults with disabilities in McAlester.

Rock Ridge Apartments are being developed in cooperation with Oklahomans for Independent Living (OIL).

The sheetrock is currently being installed and the landscaping and sidewalks should be completed by the next newsletter. It is estimated that the apartments will be finished by October 2013.

If you are interested in housing at Rock Ridge, any OIL staff can now assist you with the application process. Stay tuned to the OIL Newsletter for further developments and completion of Rock Ridge!

WHAT IS ADD/ADHD?

We all know kids who can't sit still, who never seem to listen, who don't follow instructions no matter how clearly you present them, or who blurt out inappropriate comments at inappropriate times. Sometimes these children are labeled as troublemakers, or criticized for being lazy and undisciplined. However, they may have ADD/ADHD.

Attention deficit hyperactivity disorder (ADHD) is a disorder that appears in early childhood.

You may know it by the name *attention deficit disorder*, or ADD. ADD/ADHD makes it difficult for people to inhibit their spontaneous responses—responses that can involve everything from movement to speech to attentiveness.

Is it normal kid behavior or is it ADHD?

Signs and symptoms of ADD/ADHD typically appear before the age of seven. However, it can be difficult to distinguish between attention deficit disorder and normal "kid behavior."

If you spot just a few signs, or the symptoms appear only in some situations, it's probably not ADD/ADHD. On the other hand, if your child shows a number of ADD/ADHD signs and symptoms that are present across all situations—at home, at school, and at play—it's time to take a closer look.

Once you understand the issues your child is struggling with, such as forgetfulness or difficulty paying attention in school, you can work together to find creative solutions and capitalize on strengths.

The primary characteristics of ADD / ADHD

When many people think of attention deficit disorder, they picture an out-of-control kid in constant motion, bouncing off the walls and disrupting everyone around. But this is not the only possible picture. Some children with ADD/ADHD are hyperactive, while others sit quietly—with their attention miles away. Some put too much focus on a task and have trouble shifting it to something else. Others are only mildly inattentive, but overly impulsive.

Which one of these children may have ADD/ADHD?

- A. The hyperactive boy who talks nonstop and can't sit still.
- B. The quiet dreamer who sits at her desk and stares off into space.
- C. Both A and B

The correct answer is "C."

The three primary characteristics of ADD/ADHD are Inattention, Hyperactivity, and Impulsivity. The signs and symptoms a child with attention deficit disorder has depends on which characteristics predominate.

Children with ADD/ADHD may be:

- Inattentive, but not hyperactive or impulsive.
- Hyperactive and impulsive, but able to pay attention.
- Inattentive, hyperactive, and impulsive (the most

common form of ADD/ADHD).

Children who only have inattentive symptoms of ADD/ADHD are often overlooked, since they're not disruptive. However, the symptoms of inattention have consequences: getting in hot water with parents and teachers for not following directions; underperforming in school; or clashing with other kids over not playing by the rules.

Spotting ADD / ADHD at different ages

Because we expect very young children to be easily distractible and hyperactive, it's the impulsive behaviors—the dangerous climb, the blurted insult—that often stand out in preschoolers with ADD/ADHD.

By age four or five, though, most children have learned how to pay attention to others, to sit quietly when instructed to, and not to say everything that pops into their heads. So by the time children reach school age, those with ADD/ADHD stand out in all three behaviors: inattentiveness, hyperactivity, and impulsivity.

More to come...

MYTH VS. FACT: HOW MUCH DO YOU KNOW ABOUT DIABETES

In the United States alone, 23.6 million people have diabetes. And 5.6 million of them don't even know it. Unfortunately, misinformation about diabetes is rampant – and mixing up the facts about this disease can have dire consequences. - See more at www.lifescrpt.com/health/cente

rs/diabetic_peripheral_neuropathy/articles

FOR THOSE WITH AUTISM, SOUND OF HUMAN VOICE MAY BE UNPLEASANT

Scientists say they've spotted a weak connection in children with autism between the area of the brain tasked with responding to voices and the brain structures that release dopamine in response to rewards. They also found a disconnect between the brain's voice processor and the area responsible for detecting emotional cues.

As a result, the sound of the human voice may not be pleasurable to those with the developmental disorder, researchers report in a study published this week in the Proceedings of the National Academy of Sciences.

"It is likely that children with autism don't attend to voices because they are not rewarding or emotionally interesting, impacting the development of their language and social communication skills," said Vinod Menon, a psychiatry and behavioral sciences professor at Stanford University and a senior author of the study.

For the research, Menon and his colleagues compared MRI brain scans from 20 kids with high-functioning autism to those from 19 typically developing children. The more impaired the brain connections were in the children with autism, the more severe their communication difficulties were, the study found.

"The human voice is a very important sound; it not only

conveys meaning but also provides critical emotional information to a child," said the study's lead author, Daniel Abrams of Stanford University. "We are the first to show that this insensitivity may originate from impaired reward circuitry in the brain." Researchers said the finding could lead to the development of new treatments for autism.

FOR MANY WITH DISABILITIES, HEALTH SCREENINGS STILL NOT COVERED

"The Affordable Care Act guarantees millions of low-income Americans access to mammograms, colonoscopies and other life-saving preventative services, but that assurance does not extend to people who currently have Medicaid coverage," said Chris Henson, president of the American Cancer Society Cancer Action Network, which helped fund the study published in the July issue of the Journal Health Affairs.

For the analysis, researchers at The George Washington University School of Public Health and Health Services reviewed Medicaid programs from each state and the District of Columbia from June through November 2012. They then contacted state officials, as needed, to clarify any missing information about coverage.

Access to preventive services varied widely, the study found. Nearly all state Medicaid programs explicitly covered screening mammograms and 36 covered pap smears. Less than half of state programs, however, covered cholesterol or obesity screenings. Meanwhile, in a dozen states, Medicaid did not cover well-

adult exams meaning that beneficiaries were only able to see a doctor once they had a health concern, according to the analysis.

Compounding the issue, the report authors said, is that Medicaid policies in many states included confusing language making it unclear precisely what services would be paid for.

"Preventive services save lives by detecting diseases before they can progress," said Sara Wilensky of The George Washington University who is the report's lead author. "Why should some Medicaid beneficiaries be left out when it comes to coverage for this kind of care?" As of 2009, people with disabilities accounted for 15 percent of Medicaid beneficiaries nationwide, the report indicated.

SPECIAL OLYMPICS

It's once again time to renew Special Olympics physicals. Some athletes have already completed the physical forms but most have not. All current physical forms expire August 31, 2013. The new forms will be good until 2016. Call the office or come by and pickup a new physical form.

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 10th and 24th.

OIL SOCIAL

Due to the overcrowding of Steak 'n Shake in July, we will try to have it there again. The Social will be on Tuesday,

August 20th, 5:30 p.m., at Steak 'n Shake.

MOVIE NIGHT

We will meet on Tuesday, August 27th at 5:30 p.m. Bring your favorite movie and we will take a vote on which one to watch!

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						
AUGUST EVENTS						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 <u>Shopping</u> 7:00-10:45am	2	3
4	5	6 <u>Women's Gp.</u> Wall's 11am <u>Men's Gp.</u> Adelita's West 5 pm	7	8	9	10 <u>Saturday</u> <u>Transportation</u> 8 am
11	12 <u>Brain Injury Gp.</u> 1 pm	13	14	15 <u>Shopping</u> 7:00-10:45am	16	17
18	19	20 <u>OIL Social</u> Steak 'n Shake 5:30 pm	21	22	23	24 <u>Saturday</u> <u>Transportation</u> 8 am HOT DOG FUNDRAISER! Atwood's 10 am
25	26 <u>Brain Injury Gp.</u> 1 pm	27 <u>Movie Night</u> 5 pm	28	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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