

**JANUARY  
2014**

Vol. 27  
No. 1

# OIL Newsletter



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

**601 East Carl Albert Parkway, McAlester, OK 74501, (918) 426-6220 or (800) 568-6821, Fax (918) 426-3245  
(918) 426-6263 V/TDD, OIL Web Page URL ([www.oilok.org](http://www.oilok.org)), [www.facebook.com](http://www.facebook.com))**

If you are trying to go green and would like to help save trees, check out our newsletter at [oilnewsletter@oilok.org](mailto: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.

## **ROCK RIDGE APARTMENTS**

The date for Rock Ridge Apartments has been moved once again. It is now anticipated to be completed in January 2014.

Since the last newsletter miscellaneous details are being finished such as the installation of mini blinds and door hardware. The landscaping is finished and permanent signage is being installed inside the facility. The parking lot is being striped and parking signs are being installed. So, progress is being made and it has been quite a project! OIL is looking forward to the doors being opened to the public soon!

If you are interested in housing at Rock Ridge, any OIL staff can assist you with the application process. Stay tuned

to the OIL Newsletter for further developments and completion of Rock Ridge!!

## **CARE CONNECT**

Are you wondering if your child is too sick to go to school?

Are you looking for a doctor but don't know where to start?

Maybe you need to know more about an illness or disease.

McAlester Regional Health Center's Care Connect provides a 24-hour toll-free hotline staffed with experienced registered nurses to help. The service provides medical advice and direction on health related questions or concerns. The call center is especially useful in helping people make informed decisions on when to call a doctor, go to the ER or provide self care.

Care Connect also provides a useful physician referral resource by directing patients to local physicians who are currently accepting new patients.

Additionally, Care Connect provides registration for advertised health educational

programs and classes.

Use Care Connect any time, day or night! When you need advice, give their friendly staff a call at [1-888-811-6742](tel:1-888-811-6742).

## **RESEARCHERS IDENTIFY POSSIBLE CAUSE OF 1 IN 4 AUTISM CASES**

Nearly a quarter of autism cases could be due to antibodies found in the mother's blood during pregnancy that interfere with fetal brain development, researchers say. In a study published recently in the journal *Translational Psychiatry*, researchers report that certain antibodies found almost exclusively in women with children who have autism may be affecting brain development during pregnancy.

The problematic antibodies could account for as many as 23 percent of all cases of the developmental disorder, the study found. "These findings are incredibly important because they establish a cause for a significant portion of autism cases, thereby opening up new lines of inquiry into possible biological treatments,"

said Leonard Abbeduto, director of the University of California, Davis MIND Institute.

Typically, maternal antibodies enter the placenta to help ward off bacteria and other viruses. But in some cases, instead of extending immunity to the child, these antibodies become what are known as autoantibodies and attack healthy tissue. For the study, researchers looked at blood samples from 246 mothers of children with autism and 149 mothers of children without the developmental disorder. They found that nearly 1 in 4 moms with a child on the spectrum had certain combinations of antibodies that target fetal brain proteins. The antibodies were found in less than 1 percent of mothers in the control group.

The finding could lead to a diagnostic test that could be given to mothers if they have a young child suspected of having autism, researchers said, allowing children to enter early intervention. Such a test might also be used to assess a woman's chance of having a kid with autism prior to becoming pregnant, they indicated. "It is important to note that women have no control over whether or not they develop these autoantibodies, much like any other autoimmune disorder," said Judy Van de Water, a researcher at the MIND Institute who led the study. "And, like other autoimmune disorders, we do not know what the initial trigger is that leads to their production."

In a separate study that was published in the same journal, researchers injected pregnant monkeys with the antibodies spotted in many mothers of kids

with autism and found that the exposure negatively affected behavior and development in the offspring.

### **DISABILITY PARKING ETIQUETTE**

\*Use disabled parking only with the proper sticker displayed.

\*Use only when authorized permit holder is in the vehicle and is getting out

\*If permit holder is dropped off at the entrance, do not use disabled parking, park elsewhere.

\*Do not park in the loading zone or in front of a ramp.

### **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 January 11<sup>th</sup> and 25<sup>th</sup> starting at 8:00 a.m.

### **MOVIE NIGHT AT OIL**

We will meet on Tuesday, January 28<sup>th</sup> at 5:30 p.m. Bring your favorite movie and we will take a vote as to which one to watch. OIL will provide the Popcorn!



### **OIL SCHEDULE OF EVENTS**

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



### **February**

- 1<sup>st</sup> Saturday Transportation
- 4<sup>th</sup> Men's Gp – 5 pm  
Mazzio's
- 6<sup>th</sup> Shopping – 7am
- 10<sup>th</sup> Brain Injury Group  
1 pm
- 11<sup>th</sup> Social - 5:30 pm  
Adelita's West
- 14<sup>th</sup> Valentine's Dance  
7 pm  
J.I. Stipe Center
- 15<sup>th</sup> Saturday Transportation
- 18<sup>th</sup> Women's Group - TBA  
11 am
- 20<sup>th</sup> Shopping – 7 am
- 24<sup>th</sup> Brain Injury Group  
1 pm
- 25<sup>th</sup> Game Day  
1 pm

### **March**

- 1<sup>st</sup> Saturday Transportation
- 4<sup>th</sup> Men's Group - 5 pm  
Western Sizzlin'
- 6<sup>th</sup> Shopping – 7 am
- 10<sup>th</sup> Brain Injury Group  
1 pm
- 11<sup>th</sup> Social - 5:30 pm  
Pizza Inn
- 14<sup>th</sup> St. Patrick's Day  
Breakfast - 8:30 am  
Boomarang Diner
- 15<sup>th</sup> Saturday Transportation
- 18<sup>th</sup> Women's Group - TBA  
11 am
- 20<sup>th</sup> Shopping – 7 am
- 24<sup>th</sup> Brain Injury Group  
1 pm
- 25<sup>th</sup> Movie Night – 5:30 pm

### **April**

- TBA Area Special Olympics

TBA Muskogee Azalea Festival - 9 am  
 1<sup>st</sup> Men's Group - 5 pm  
 Rib Crib  
 3<sup>rd</sup> Shopping - 7 am  
 7<sup>th</sup> Brain Injury Group  
 1 pm  
 8<sup>th</sup> Social - 5:30 pm  
 Boomarang  
 12<sup>th</sup> Saturday Transportation  
 15<sup>th</sup> Women's Group  
 11 am  
 17<sup>th</sup> Shopping - 7 am  
 21<sup>st</sup> Brain Injury Group  
 1 pm  
 26<sup>th</sup> Saturday Transportation

**May**

TBA Special Olympics  
 State Games  
 TBA Picnic - 5:30 pm  
 Chadick Park  
 1<sup>st</sup> Shopping - 7 am  
 3<sup>rd</sup> Armed Forces Day  
 Parade - Downtown  
 6<sup>th</sup> Men's Group - 5 pm  
 Adelita's West  
 10<sup>th</sup> Saturday Transportation  
 12<sup>th</sup> Brain Injury Group  
 1pm  
 15<sup>th</sup> Shopping - 7 am  
 20<sup>th</sup> Women's Group - TBA  
 11 am  
 24<sup>th</sup> Saturday Transportation  
 27<sup>th</sup> Game Day - 1 pm  
 Chadick Park

**June**

3<sup>rd</sup> - 5<sup>th</sup> Children's Camp  
 PLEA  
 McAlester AAP  
 5<sup>th</sup> Shopping - 7 am  
 7<sup>th</sup> & 8<sup>th</sup> Endeavor Games  
 Edmond OCU  
 Campus  
 9<sup>th</sup> Brain Injury Group  
 1 pm  
 10<sup>th</sup> - 12<sup>th</sup> Adult Camp PLEA  
 McAlester AAP  
 14<sup>th</sup> Saturday Transportation

17<sup>th</sup> OIL Social 5:30 pm  
 Chadick Park  
 19<sup>th</sup> Shopping - 7 am  
 20<sup>th</sup> Water Park Trip  
 Muskogee  
 23<sup>rd</sup> Brain Injury Group  
 1 pm  
 24<sup>th</sup> Women's Group  
 12 pm  
 Chadick Park  
 28<sup>th</sup> Saturday Transportation

**EQUIPMENT NEEDED**

If you have a wheelchair, bath bench, or walker with a seat that you are no longer utilizing, please call OIL. These items are among the most needed by individuals with mobility concerns and your donation would certainly be appreciated.

A donation letter can be given for tax purposes.



**OIL STAFF EXTENSION NUMBERS**

KC Long - Front Desk - 100  
 Leah Medina - 101  
 Stephen Strickland - 105  
 Bobby Logsdon - 107  
 Lisa Timberlake - 108  
 Terry Yates - 109  
 Leanna Amos - 110  
 Pam Pulchny - 112



**OIL CLOSURES**

OIL will be closed on Monday, January 20<sup>th</sup> for observance of Dr. Martin Luther King, Jr. Day.

**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

## JANUARY EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<b>1</b> <b>OIL</b> <b>CLOSED</b>	<b>2</b> <b>Shopping</b> 7:00-10:45am	<b>3</b>	<b>4</b>
<b>5</b>	<b>6</b> <b>Brain Injury</b> <b>Gp.</b> 1 pm	<b>7</b> <b>OIL Social</b> Western Sizzlin' 5:30 pm	<b>8</b>	<b>9</b>	<b>10</b> <b>Special</b> <b>Olympics</b> <b>Bowling</b> <b>Competition</b>	<b>11</b> <b>Saturday</b> <b>Transportation</b> 8 am
<b>12</b>	<b>13</b>	<b>14</b> <b>Men's Gp.</b> Adelita's West 5 pm	<b>15</b>	<b>16</b> <b>Shopping</b> 7:00-10:45am	<b>17</b>	<b>18</b>
<b>19</b>	<b>20</b> <b>OIL CLOSED</b>	<b>21</b> <b>Women's Gp.</b> Steak 'n Shake 11am	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b> <b>Saturday</b> <b>Transportation</b> 8 am
<b>26</b>	<b>27</b>	<b>28</b> <b>Movie Night</b> 5:30 pm	<b>29</b>	<b>30</b>	<b>31</b>	

\***Low Impact Exercise Class** meets Mon., Wed., & Fri., 10:00 a.m., Stipe Center & OK Church of Christ, 916-1210 \***Alzheimer's Support Group**, 3<sup>rd</sup> Wed., 12:30 p.m., Main & OK Church of Christ, 916-1210 \***Cancer Support Group**, 3<sup>rd</sup> Thur., 1:00 p.m., The Van Buren House, 426-5600 \***Diabetes Support Group**, 1<sup>st</sup> 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**, 2<sup>nd</sup> Tue., MRHC Wellness Ctr. Conf. Room, 5:30 p.m., 421-6600

### Oklahomans for Independent Living

601 E. Carl Albert Parkway

McAlester, OK 74501

918-426-6220 Main

800-568-6821 Toll Free

918-426-3245 Fax

918-426-6220 V/TTY

[www.oilok.org](http://www.oilok.org)



Non-Profit Org.

U.S. Postage

PAID

Permit No. 290

Return Service Requested



### All donations to OIL are tax deductible.

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