

**AUGUST
2015**

Vol. 29
No. 8

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, O.I.L. Web Page URL (www.oilok.org), www.facebook.com)**

If you are trying to go green and would like to help save trees, check out our newsletter at www.oilok.org, 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.

ACT (ADA), our nation committed itself to eliminating discrimination against people with disabilities. The Americans with Disabilities Act (ADA) was signed into law on July 26th, 1990, by President George H.W. Bush.

a history or record of such an impairment, or a person who is perceived by others as having such an impairment.

Titles of the ADA

[Employment \(title I\)](#)

[State & Local Government \(title II\)](#)

[Public Accommodations and Commercial Facilities \(title III\)](#)

The ADA is one of America's most comprehensive pieces of civil rights legislation that prohibits discrimination and guarantees that people with disabilities have the same opportunities as everyone else to participate in the mainstream of American life -- to enjoy employment opportunities, to purchase goods and services, and to participate in State and local government programs and services. Modeled after the Civil Rights Act of 1964, which prohibits discrimination on the basis of race, color, religion, sex, or national origin -- and Section 504 of the Rehabilitation Act of 1973 -- the ADA is an "equal opportunity" law for people with disabilities.

If you have questions about the ADA and want to talk to a Department of Justice ADA Information Specialist, go to ADA Information Line for the Department's toll-free telephone numbers and times of operation.

The Department of Justice operates a toll-free ADA Information Line to provide information and materials to the public about the requirements of the ADA. ADA Specialists, who assist callers in understanding how the ADA applies to their situation, are available on Monday, Tuesday, Wednesday, and Friday from 9:30 a.m. until 5:30 p.m. and on Thursday from 12:30 p.m. until 5:30 p.m. Calls are confidential.

To get answers to technical questions, obtain general ADA information, order free ADA

OIL FUNDRAISER!



On Saturday, August 15th, 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 OIL recreational programs. **Please come out and show your support!**

ADA 25
AMERICANS WITH
DISABILITIES ACT
**CELEBRATING THE
25TH ANNIVERSARY
OF THE AMERICANS
WITH DISABILITIES
ACT**

Twenty-five years ago, through the Americans with Disabilities

To be protected by the ADA, one must have a disability, which is defined by the ADA as a physical or mental impairment that substantially limits one or more major life activities, a person who has

materials, or ask about filing a complaint, please call:
1 800-514-0301 (voice) or
1 800-514-0383 (TTY)

If you have concerns in regards to a local business being non-compliant with the ADA, you may contact Pam Pulchny at OIL and she will assist you with your concerns. OIL frequently contacts area businesses about coming into compliance with the ADA and will advocate for you in regards to accessibility.

HANDI-CAP AIDS/MOBILITY AUTO SALES

United Access has recently acquired the company in Oklahoma City. United Access has been providing the latest in adapted –vehicles, vehicle lifts, driving systems, mobility seats, rentals and service for over 30 years. UnitedAccess.com or toll free at 888-939-1010.

THINGS PARENTS OF CHILDREN WITH DEVELOPMENTAL DISABILITIES SHOULD KNOW

Understanding Developmental Disabilities

Developmental Disabilities are a group of conditions with a variety of causes that include language, behavioral, physical, and mental impairments. About 15% of children ages 3 through 17 years old have one or more disabilities that began during the developmental period of one's life and will usually last through their lifetime.

Developmental disabilities are divided into specific conditions, including: Autism spectrum disorders, cerebral palsy, epilepsy, Down syndrome, and others. These types of disabilities may cause

difficulties for oneself, learning or living independently. Kids with developmental disabilities experience delays in reaching milestones such as taking first steps, smiling and learning to speak, or show other signs. Children should be monitored by their parents and primary care providers for possible developmental disabilities. If you or your child's doctor has concerns about the child's growth, he or she should be screened for developmental disabilities at age 9, 18, and or 24 months.

Essential Early Interventions

While not all children meet each developmental milestone at the same pace, extreme delays in reaching these markers may be a sign of a developmental disability. Parents should learn the signs of childhood development so they can act early if they are concerned. Families on Medicaid can take advantage of the Early and Periodic Screening, Diagnosis, and Treatment Program. Seeking services as soon as possible about potential developmental disabilities means your child will receive essential early interventions. Early interventions were meant for infants and toddlers who have a developmental delay or disability that is determined by evaluating the child. When the early intervention system receives a referral about a child with a suspected disability or developmental delay, there are 45 days to complete critical steps. Learn how your state defines developmental delays so you can get the best treatment as soon as possible. Contact your county health department's early intervention program to get the process started and familiarize yourself with key terms and language.

Special Education and Related Services

Students with developmental disabilities may be eligible for special education and related services that provide Individual Education Programs (IEP's). State Parent Center Service Centers can help you break the process down into 10 basic steps among much, much more helpful information.

A teacher, parent, or doctor noting that a child struggles in the classroom will kick off the referral process for an IEP, during which the child is evaluated with parental consent. The update to the Individuals with Disabilities Education Act (IDEA) made parent's a member of the child's education team. Now, within thirty days of your child becoming eligible, you can partner with the school to develop an IEP that outlines goals and supports to help your child succeed. Assistive technology is often used in the classroom to benefit students of all ages with a developmental disability.

Agencies in Oklahoma that can assist parents with educational issues are;

.www.okparentnetwork.org
and/or

www.oklahomaparentscenter.org
Toll Free: 1 877-553-4332

APPLE AND DISABILITY OFFERINGS IN APP STORE

Apple is highlighting a growing number of apps catering to individuals with special needs with a featured special education section in its App Store.

The section titled "Special Education" recently launched includes 72 applications for the iPhone and 13 applications for

the iPad in 10 categories ranging from communication to emotional development and life skills.

The special education category is currently showcased as one of four editorial features in the App Store. Apps, which can be used on Apple's iPhone, iPad or iPod devices, have become increasingly popular in the special needs community in recent years, serving everything from assistive technology devices to organizational tools and teaching aids.

SATURDAY TRANSPORTATION

O.I.L. 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 \$2 per stop. The dates are set for August 1st and 15th starting at 8:00 a.m.

GREAT BALL'S OF FIRE

On Monday, August 10th, we will be going to Great Ball's of Fire at 1:00 p.m. Things to do and their related costs are;
Bowling - \$3.20 per game
Shoe Rental - \$2.98
Miniature Golf - \$2
Rock Climbing Wall - \$2
Arcade games (various prices)



WOMEN'S HEALTH AND CRAFT DAY

On Wednesday, August 19th, at 1:00 p.m., we will be having a speaker from the Pittsburg County Health Department. Following the presentation we

will be making a craft. Please call by Wednesday, the 12th, to register. Free lift-equipped, local transportation is available.

MOVIE NIGHT

On Tuesday, August 25th, we will be watching a movie at the Aldridge, 200 East Carl Albert. We will gather at 5:30 in the Ballroom and OIL will provide the drinks. If you have a DVD, bring it with you and we will vote on what to watch.

MOVIE AT THE PARK

On Saturday, September 22nd, OIL will be taking individuals to Chadick Park to participate in the City of McAlester's Movie at the Park night. "Open Season" will be showing and there will be concessions available to purchase. Don't forget to bring your lawn chair or blanket to sit on!



LAKE DAY

Lake Day will be in early September. Watch next month's newsletter!

FOR SALE

Quantum Q6 Edge four wheeled Motorized Wheelchair. It was only used for six months and was purchased new for almost \$5,000. Also, for sale is the Lift used to transport it. It attaches to the back of your vehicle and was purchased new for almost \$1,000. She is asking \$3,000 for both or best offer. Paperwork can be provided as both were purchased about one year ago. If interested, call Barbara Roe at 918 423-7934 for detailed information.

OIL STAFF EXTENSION NUMBERS

KC Long - Front Desk – Ext.100
Angie Norbury – Ext. 101
Stephen Strickland – Ext. 105
Tara Stevens – Ext. 106
Bobby Logsdon – Ext. 107
Terry Yates – Ext. 109
Leanna Amos – Ext. 110
Leah Medina – Ext. 111
Pam Pulchny – Ext. 112

Transportation

O.I.L. provides lift-equipped transportation in McAlester and the surrounding area.

Monday – Thursday, 8:00 – 4:30
Friday 8:00 – Noon

A twenty-four hour minimum notice is required. The cost is \$2 per pick up in McAlester and \$3 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.*

Oklahomans for Independent Living
 601 E. Carl Albert Pkwy.
 McAlester, OK 74501
 918-426-6220 Main
 800-568-6821 Toll Free
 918-426-3245 Fax
 918-426-6220 V/TTY
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.

<i>*Events are held at OIL unless otherwise noted</i>						
EVENTS						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 <u>Saturday</u> <u>Transportation</u> 8 am
2	3 <u>Brain Injury Gp.</u> 1 pm	4 <u>OIL Social</u> Fiesta Grille/Taco Bob's 5 pm	5	6 <u>Shopping</u> 7:00-10:45am	7	8
9	10 <u>Great Ball's of Fire</u> 1 pm	11 <u>Women's Gp.</u> Steak 'n Shake 11 am	12	13	14	15 <u>Saturday</u> <u>Transportation</u> 8 am
16	17 <u>Brain Injury Gp.</u> 1 pm	18 <u>Men's Gp.</u> Jamerson's Steakhouse 5 pm	19 <u>Women's Health and Craft Day</u> 1 pm	20 <u>Shopping</u> 7:00-10:45am	21	22  Chadick Park at Dark
23 30	24 31	25 <u>Movie Night</u> The Aldridge 5:30 pm	26	27	28	29

***Low Impact Exercise Class for Sr.'s** meets Mon., Wed., & Fri., 10:00 a.m., Stipe Center
***Alzheimer's Support Group**, 3rd Wed., 12:30 p.m., Main & OK Church of Christ
***Diabetes Support Group**, 1st Tue., 6:00 p.m., McAlester Regional Health Center Wellness Conf. Room, call Kathy at 421-6812
***Men's & Women's Grief Support Groups** – call Hospice of McAlester at 423-3911 for their groups or for information on a 7 week **Dealing with Grief Course** call Heartland Hospice at 302-0700,
***Stroke Support Group**, call the McAlester Regional Hospital at 426-1800, ***Parkinson's Support Group**, 3rd Tues., 6:00 p.m., Pittsburg Cnty. Health Dept., 423-1267

