



FAMILY CONNECTIONS

A Family Newsletter from OASIS
Oklahoma Areawide Services Information System

SIBSHOPS

By Lori Wathen

Brothers and sisters will have the longest-lasting relationship with a sibling who has a disability- one that can easily exceed 65 years. During their lives, they will experience most of the unique concerns and joys their parents do. But few siblings of children with special needs ever have a chance to talk about their issues with others who “get it” – until now.

Brothers and sisters of children with special needs now have a program that’s just for them called Sibshops. At Sibshops, they’ll have a chance to meet other siblings whose brothers and sisters have special needs and talk about the good and not-so-good parts of having a sibling with a disability. Most important, they’ll have fun!

In addition to receiving peer support, Sibshop participants will play lively “new games”, learn about their siblings’ disabilities and the services they receive, participate in cooking and craft activities, and make new friends. Sibshops are a spirited celebration of the many contributions made by brothers and sisters.

Currently, there are Sibshops in Oklahoma City, Tulsa, Muskogee, Norman and Enid with plans to extend the program to other communities during the next three years.

For information on these Sibshops, including registration and contact information, visit www.oumedicine.com/sibshops

The Statewide Sibshop Initiative will provide support and technical assistance to families, organizations or agencies who are interested in establishing Sibshops in their communities.

The Program is a collaborative initiative funded by the Oklahoma Developmental Disabilities Council. Other partners include the Oklahoma Family Network, the Oklahoma Family Leadership Council at the Center for Learning and Leadership and the Child Study Center at OUHSC’s Developmental and Behavioral Pediatrics Section.

There is also some first-year funding available through this initiative. If you are interested in learning more about Oklahoma’s Statewide Sibshop Initiative or how to start a Sibshop in your community, please contact Lori Wathen, State Sibshop Coordinator 405-271-5700 extension 45180, toll free 877-441-0434 or lori-wathen@ouhsc.edu.



Our next two On the Road Family Perspective Conferences will be: Ponca City, OK—Tuesday, September 14, 2010 and Ada, OK—Tuesday, October 26, Ada, OK.

For more information contact Sally at 800.426.2747 or email at Sally-Selvidge@ouhsc.edu.



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NOTICE

**DEVELOPMENTAL DISABILITIES AREA 1 (DDSD)
OFFICE HAS RELOCATED TO SHEPHERD MALL
2401 NW 23rd St., SUITE 28
405-522-6925 (Same phone number)**

Upcoming Events

September 10, 2010. Building Foundations for Advocacy Conference. Oklahoma Rehabilitation Council. Reed Center, 5800 Will Rogers Rd, Midwest City, OK. Contact Theresa Hamrick at 800.569.7974 for more information and to register.

September 14, 2010. ON The Road Family Perspective Conference. Ponca City, OK. Pioneer Technology Center. More information coming soon or call Sally at 800.426.2747.

September 17 - Grandparents Raising Grandchildren Conference at New Covenant Christian Church, 12000 N. Rockwell, OKC. More Information to come.

October 22 - Grandparents Raising Grandchildren Conference In Ardmore. More information to come.

October 26, 2010. On The Road Family Perspective Conference. Ada, OK. Pontotoc Technology Center. More information coming soon or call Sally at 800.426.2747.



Ongoing Events

Statewide Training and Regional Supports (STARS) The mission of STARS is to support the provision of individualized, comprehensive, multidisciplinary, family-centered, community-based programs and services for people with disabilities through a coordinated training system. Staff and contractors of the SoonerStart program, local public schools, and DDSD, as well as families accessing services from these agencies may attend STARS trainings at no charge. Others are welcome to register and attend STARS trainings on a "space available" basis for a charge of \$50.00 per person per workshop. A list of workshops and more information can be found at:

http://www.ah.ouhsc.edu/tolbert/courses_workshops/

Self Directed Services Option Training for Two Capped In Home Support Walvers. For a training near you call Doris Erhart at the Center for Learning and Leadership at 405.271.4500 ext.41006 or by email at doris-erhart@ouhsc.edu or to register online go to www.ouhsc.edu/thecenter and fill out the downloadable form then fax it to 405.271.1459.

Gluten-Free / Casein-Free Diet What does this mean?

The Mayo clinic identifies a gluten-free diet to be one that excludes the protein gluten found in grains such as wheat, barley, rye and oats. Rice and corn do not contain the protein gluten.

Avoid foods: barley, bulgur, durham, farina, graham flour, kamut, matzo meal, rye, semolina, spelt, triticale, wheat, beers, breads, candies, cakes and pies, cereals, cookies, crackers, croutons, gravies, oats, pastas, processed luncheon meats, salad dressings, self-basting turkeys, soups, food additives, lipstick, medications that use gluten as a binding agent, play dough and toothpaste.

Foods that are allowed:

Amaranth, arrowroot, buckwheat, corn, cornmeal, gluten free flours such as rice, soy, corn, potato and bean, hominy grits, polenta, pure corn tortillas, quinoa, rice, tapioca. Fresh meat -not battered, fruits, most dairy products, potatoes, rice, vegetables, wine and distilled liquors, ciders and spirits.

www.mayoclinic/health/gluten-free-diet

Mayo Clinic allows reprint for educational purposes.

According to the researcher at Betty Kelves, at the Mass. Institute of Technology (MIT), casein (also known as “casein protein”) is a *phosphoprotein* found in cows milk and cheese.

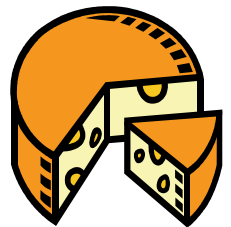
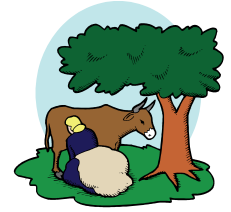
Casein is one of two primary proteins in dairy, the other being whey. Casein protein comprises approximately 80% of the protein in dairy and is the main protein in cheeses.

Casein can be found in comminuted meat products (meat that has dried whey or milk added to it and an extender), coffee whitener, processed cereal products, bakery products and cheese.

Casein should not be confused with lactose. Most people who have difficulty digesting milk are *lactose intolerant*, meaning that they produce too little of the enzyme (lactase) that breaks down milk sugar (lactose) so bacteria flourish in their gut to finish the job.

Lactose intolerance is no laughing matter but it is not life threatening. A *casein allergy* can be just that-- an allergy. It may manifest as breathing difficulty, hives and rashes, or serious pain in the gut leading to inability to get nourishment from food and dangerous weight loss.

Taken from: <http://web.mit.edu/kelves/www/nomilk.htm>



Book and Video Sug- gestions.

Living Gluten Free for Dummies. By Dana Korn-
Paperback.
DVD's

What's Eating Gilbert Grape.
Johnny Depp, Juliette Lewis, Mary Steenburger, Leonardo Di Caprio.

Radio. Cuba Gooding Jr, Ed Harris, Afre Woodard.

Two moving films about people with disabilities and how they triumphed over prejudice.



Make Your Voice Heard

Oklahoma Developmental Disabilities Council

2010 State Plan Survey

July 15-August 15, 2010

The Oklahoma Developmental Disabilities Council is providing families with the opportunity to offer input into the council's state planning through a survey. The survey will be conducted from July 15 through August 15, 2010.

Please encourage as many family members

as you know to participate in taking the survey.

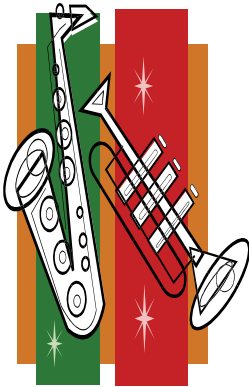
Beginning July 15, 2010 go to www.okddc.ok.gov and click to take the planning survey online from your home, office or nearest public library. You can also call the council at 800.836.4470 to take the survey by phone.

The survey only contains 10 questions.

No one will contact you to participate in the survey. It is up to you if you want to take part.

The Council looks forward to hearing your opinions.

For more information you may contact the council at 800.836.4470.



THE VALUE OF MUSIC THERAPY

By ChihChen Sophia Lee, PhD./MT-BC/Director of Music Therapy

Music Therapy, according to the definition by the American Music Therapy Association (AMTA), is "the clinical and evidence-based use of music interventions to accomplish individualized goals within a therapeutic relationship by a credentialed professional who has completed an approved music therapy program (AMTA, 2005)." To become a music therapist, one is expected to complete at least the bachelor degree in music therapy approved by the AMTA (<http://www.musictherapy.org/handbook/schools.html>), which includes a minimal of 1200 hours of clinical training, and successfully pass the national Board Certification Exam for Music Therapists ([\[www.cbmt.org\]\(http://www.cbmt.org\)\). The training equips an entry-level music therapist to utilize active musical experiences in the forms of performance, listening, imagery, analysis/discussion, composition, improvisation, movement, etc., considering the musical preference as well as the level of functioning, in terms of both weakness/needs and strengths, of the client based on the information acquired from the assessment, to tailor for a specified treatment plan. The most common domain areas addressed in music therapy include Communication, Cognitive/Academic Skills, Motor/Physical Skills, Social and Emotional Skills, and Musical Skills. Other common areas of practice in](http://</p>
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music therapy include early intervention, special education (including the alternative education), pediatric medicine, mental health, correctional institutions (including juvenile detention centers), physical rehabilitation, medical practice (ex. Oncology, burn unit, pre-post operative care, etc.), wellness or preventive medicine in the community, long-term care (including dementia/memory care), hospice, just to name a few. To learn more about how music therapy services may benefit you and your loved ones, or to locate a music therapist nears you, please contact Dr. ChihChen Sophia Lee, PhD, MT-BC, Director of Music Therapy, SWOSU (housing the only AMTA approved music therapy program in Oklahoma: <http://www.swosu.edu/music>), at

Sally's Blog

- EXPLORE
- DISCOVER
- THINK

As never before we seem to be struggling to find humor in our lives. Where has it gone? Where has the laughter gone? When was the last time you had a good belly laugh?

Did you know that laughter can add up to 8 hours to your life? Each time your laugh, you lower your blood pressure, change your biochemical state, protect the heart, give the body a good workout, improve brain function and relieve stress.

Laughter can dissolve anger and unite families in times of trouble and enables people to look at problems from a different perspective to make them less terrifying. Laughter can replace uncertainty with hope for parents of a child/adult or family member with a disability as they cope with the frightening, difficult, and often painful path their child has placed them on.

So how does one find laughter in their life? Finding laughter through the tears can be a very peaceful experience.

People ask me when I first noticed when there was something wrong with Thomas, and I laugh and tell them, Well the day he jumped out of the shopping cart, galloping down the conveyer belt at the grocery store after a Cascade Dishwasher Detergent® box (the green one)...I knew that something was not quite right, but it would take us the next 5 years to find out he had Autism.

At the time I laughed and laughed, but the checkout clerk wasn't laughing. She just thought I had no control over my child. Thomas had no outward physical signs to tell anyone he had a disability. There was no point in trying to explain to her his problems, because she never would have believed me at that point.

Finding the Cascade® box was one of the greatest things that ever happened to our lives. Thomas still loves those green boxes. He would do anything to hold that box when he was little, literally anything. Jump off a cliff if need be. So we used that knowledge to our advantage and taught him to use sign language, which turned into words, toilet trained him with use of the box, while still keeping a sense of humor about the box.

I even called the comment number on the back of the Cascade @box and talked to someone for nearly an hour one day trying to convince her that Thomas would have made a wonderful commercial, not sure they saw it the same way. Not sure now you could do such a commercial, but how sad.

It begs the question have we taken "WORDS" to a level where laughter cannot return? I don't mean to offend people, but it seems it was easier to laugh when I was little than it is some 50 years later. Ask yourself, Why is that?"



dare to be different



**Roll over laughing!!
When was the last
time you had a good
belly laugh?**



**WE'RE ON THE WEB
HTTP://
OASIS.OUHSC.EDU**



To receive the OASIS Newsletter or become an OASIS Parent Contact Email: Sally-Selvidge@ouhsc.edu or fax this form to 405.271.6305 or mail to OASIS/OUHSC, PO BOX 26901, OKC OK 73126.

NAME _____

STREET ADDRESS _____

CITY _____

STATE ____ ZIPCODE _____

PHONE _____

EMAIL _____

I want to: _____ be an OASIS Parent Contact.

_____ receive the Newsletter.

OASIS Staff

**Madalyn McCollom
Director**

**Sally Selvidge
Family Outreach Coordina-
tor**

**Kim Buchanan
Information Specialist**

**Leah Porcelli
Data base Manager**

**Carolyn Simpson
Respite Coordinator**

**Melissa Ingraham
Administrative Assistant for
Respite**

**Eric M. Schoen
Administrative Assistant to
Director**