



# focus facts on community living

OKLAHOMA'S FEDERALLY DESIGNATED UNIVERSITY CENTER FOR EXCELLENCE IN DEVELOPMENTAL DISABILITIES (UCEDD)

September 2023

Access our website at: <https://ouhsc.edu/thecenter>

## September is Suicide and Prevention Awareness Month

September is Suicide Prevention and Awareness month. There are many resources in Oklahoma for people experiencing a mental health crisis. [988 is a three-digit mental health phone number](#) that connects Oklahomans with trained behavioral health professionals to provide support and resources. It is available 24/7. [NAMI Oklahoma](#) is a statewide team made of families, members, and partners who are leading the change on mental illness. The Autism Foundation of Oklahoma has just launched a new campaign bringing awareness [and support related to suicide within the autism community](#).

## Spread the Fun, Not the Flu!

Flu season is just around the corner, and [The Oklahoma Department of Health \(OSDH\)](#) is reminding Oklahomans to "Spread the Fun, Not the Flu." [OSDH has created a page](#) on their website for community resources on immunizations including the Oklahoma Caring Van Schedule, Immunization Records, and information on receiving help to pay for vaccines.

## Autism Foundation of Oklahoma Continues to Advance Their Mission

[The Autism Foundation of Oklahoma \(AFO\)](#) has a mission to improve the lives of Oklahomans with autism and their families. They are also starting a new podcast that will be premiering soon on AFO's [YouTube page](#). In order to connect the autistic self-advocates and the parents and caregivers of people on the autism spectrum, AFO offers a number of social activities across the state every month. Check out [AFO's Facebook Events page](#) for up-to-date event information happening in your area.

## HHS Proposes to Strengthen Protections Against Discrimination Based on Disability

On September 7<sup>th</sup>, Health and Human Services Secretary, Xavier Becerra, was joined by other disability professionals and advocates to announce a rule proposed by the HHS Office for Civil Rights that would [update regulations implementing Section 504 of the Rehabilitation Act of 1973](#). Section 504 prohibits disability discrimination by recipients of federal funding. Alison Barkoff, ACL Administrator and Assistant Secretary for Aging at the Administration for Community Living said, "ACL is pleased to have collaborated with the Office for Civil Rights to ensure the rule addresses the most pressing issues and priorities of the disability community."

## Announcements & Events

### Sensory Playdate | September 19<sup>th</sup> | 10am-12pm | National Cowboy Museum

Have fun at a sensory-friendly event at the [National Cowboy Museum](#). Learn a dance geared toward all people with all abilities under the instruction of Aspiring Attitudes dance instructors! These playdates provide opportunities for families and kids to enjoy the Museum in a new and accessible way. Enjoy refreshments for both adults and kids. Free to Museum members or with Museum admission.

### Wheelie Club | Sundays 4-5:30pm through October 8<sup>th</sup> | Santa Fe Family Life Center, OKC

Enjoy this free weekly drop-in clinic for kids of all abilities to learn sports skills and play fun games. Now through October 8<sup>th</sup>, the focus will be on football. Adaptive sports chairs are provided. For more information or to sign up, email [trey.norris@sfflc.com](mailto:trey.norris@sfflc.com).

### Family Fall Festival | September 23<sup>rd</sup> | 11am-2pm | WovenLife

Come join in the fun at this inclusive Fall Festival for all families, including families raising a child or adult with disabilities. Grandparents, caregivers and siblings are all invited to attend. Enjoy lots of fun, games, activities, entertainment, crafts, and a hotdog cookout! This is a free event, but [you must preregister by 5 p.m. on Monday, September 18<sup>th</sup>](#). Registration is limited and based on availability. Lunch will be provided. Please call 405-642-1507 with any questions or for directions. **Dress for outdoor activities.**

### Using LifeCourse to Plan for Waiver Services | September 26<sup>th</sup> | 6pm | Virtual

[Register now](#) to join the [Center for Learning and Leadership/UCEDD](#), [Oklahoma Family Network](#), and the [Oklahoma Disability Law Center](#) training on Using Life Course to help prepare for waiver services. You will learn about Charting the Life Course tools and how they can help you prepare for long-term support.

### Wrightslaw Conferences | OKC September 26<sup>th</sup> and Tulsa September 28<sup>th</sup> | 9am-4:30pm

[SoonerSUCCESS](#) will be hosting two Wrightslaw Conferences in OKC on September 26<sup>th</sup> and in Tulsa on September 28<sup>th</sup> discussing special education law. The cost is \$40 and includes 3 books. Parent scholarships are available. For more information, contact [ronelle-baker@ouhsc.edu](mailto:ronelle-baker@ouhsc.edu), call 405-862-6682, or register online: [Registration for OKC](#) | [Registration for Tulsa](#).

### DSACO Festival and 5k | September 30<sup>th</sup> | Starts at 8:20am | Myriad Botanical Gardens, OKC

This year's DSACO Festival & 5K will be held on Saturday, September 30, 2023, at the Myriad Botanical Gardens in Oklahoma City, Oklahoma. The event is free and open to the public. The 5k begins at 8:20 a.m. at [Myriad Botanical Gardens](#). The Awareness Walk will start at the intersection of Hudson Ave. and Sheridan Ave. at 9:45 a.m. Immediately following, there will be festival activities including raffles, moon bounces, face painters, carnival games, music, and much more. [Visit the DSACO event website](#) for more information about DSACO and to register for the 5k.

### Fiestas De Las Americas | September 30<sup>th</sup> | 11am-9pm | Calle Dos Cinco Historic Capitol Hill, OKC

[Fiestas de las Americas is a family-friendly street festival](#) celebrating Hispanic Heritage Month. The day begins with a colorful, cultural parade with participants from across the state, followed by a day-long schedule of stage entertainment including folkloric dances and live music. Other activities include a business vendor corridor, artist market, children zone and Travel the Americas showcase.

### Basics of Self-Directed Services | October 10<sup>th</sup> | 6pm | Virtual

The [Center for Learning and Leadership/UCEDD](#) and the [Oklahoma Disability Law Center](#) is hosting a training on Self-Directed Services. Learn how other families have used SDS for long-term support. This training will help you decide if SDS are right for you. [Registration required](#).

### Oklahoma Autism Network's Annual Conference | October 12<sup>th</sup> and 13<sup>th</sup> | Embassy Suites, Norman OK

[The Oklahoma Autism Network's](#) annual conference is on October 12-13th at the Embassy Suites Hotel and Conference Center in Norman, Oklahoma. "Educate. Advocate. Inspire." – the theme for this year-- highlights the role that everyone plays to support, learn from, and grow with autistic individuals and their families.

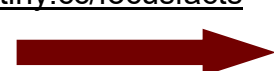
[Registration is required and limited scholarships are available for families](#). [SoonerSuccess](#) is also offering educational vouchers to help caregivers pay for the care of their loved ones so they can attend this conference (\$50 for half-day or \$100 for full-day for eligible caregivers). To be eligible, you must complete an application prior to the conference and be registered for the conference. Please visit <https://soonersuccess.ouhsc.edu/>, email [respite@ouhsc.edu](mailto:respite@ouhsc.edu), or call 405-271-2710 for a voucher application.

## We want to hear from you!

Do you have news or an event to share? Please send all information including a link (if applicable) to [learn2lead-ucedd@ouhsc.edu](mailto:learn2lead-ucedd@ouhsc.edu). All submissions should be in no later than the fourth Friday of the month before publication (ex: 4<sup>th</sup> Friday in August for September's newsletter).

Sign-up to receive our free monthly newsletter *focus facts on community living* <http://tiny.cc/focusfacts>

Or use your cell phone camera and point it to this QR code



The University of Oklahoma advances a diverse, equitable, and inclusive university community by embracing each person's unique contributions, background, and perspectives. OU Norman, OU Tulsa, and the Health Sciences Center recognize that fostering an inclusive environment for all, with particular attention to the needs of the historically marginalized populations, is vital to the pursuit of excellence in all aspects of our institutional mission and enhances the OU experience for all students, faculty, and staff.

*focus facts* is published for the University Affiliated Developmental Disabilities Network members. Its purpose is to highlight specific information and data items relevant to developing and sustaining positive community environments. Individual information items are provided for use in this form, or for further circulation. When re-printing information please reference *focus facts* and the month of issue noted below the banner at the top of this page. The name of a contact person for additional information on items referenced in the newsletter is provided for your convenience. If you have data, information or a story to report relevant to community living, please send it to *focus facts* Editor at the Center for Learning and Leadership/UCEDD OU Health Sciences Center, PO Box 2690, Oklahoma City, OK 73126. Please include the information source, by title, a one paragraph description or story, a contact name who can provide additional information on the subject, and a daytime or evening telephone number for the contact.

If you have questions regarding the format for submissions, please call the Center for Learning and Leadership/UCEDD Headquarters Office at (405) 271-4500. The University Affiliated Developmental Disabilities Network is open to membership by any organization or individual who shares the interests of Network members. The Network is dedicated to identifying opportunities for collaboration and information exchange among its participating members, which leads to improving our statewide, regional or local capacity to provide a better living environment in Oklahoma for people with developmental and other disabilities and their families. The Network is partially supported through a grant from the U.S. Administration on Intellectual and Developmental Disabilities, Department of Health and Human Services, and by the Offices of the Designated Representatives of the Center for Learning and Leadership/UCEDD Collaborating Partners.

If you have a disability (Deaf/hard-of-hearing, Blind/low-vision, mobility, cognitive, etc.), and require accommodations, please reach out to [Learn2Lead@ouhsc.edu](mailto:Learn2Lead@ouhsc.edu). It is helpful if you share what type of accommodations will be needed to ensure that you are able to use the resource materials.