



# WINTER 2020

Oklahoma Family Network



## BOARD MEMBER OF THE YEAR!

*Shelly Greenhaw was awarded Board Member of the Year from The ARC of Oklahoma! Thank you Shelly for all you do for OFN and families in Oklahoma.*

## JOINING FORCES

*Save the date for 2021 Joining Forces Conference for Family & Professional Partnerships*



THE OKLAHOMA FAMILY NETWORK IS ACCEPTING APPLICATIONS FOR POTENTIAL BOARD MEMBERS

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*An informational session will be provided for all interested applicants. We will contact each applicant with the date, time and location. Download Application [APPLY ONLINE - APPLICATION FOR APPOINTMENT TO THE BOARD](#)*



## BEST BUDDIES

*Best Buddies Friendship programs represent one of our organization's four key mission pillars. These programs build one-to-one friendships between people with and without intellectual and developmental disabilities (IDD), offering social interactions while improving the quality of life and level of inclusion for a population that is often isolated and excluded. Through their participation, people with IDD form meaningful connections with their peers, gain self-confidence and self-esteem, and share interests, experiences and activities that many other individuals enjoy. Sign up Today!*

## CHILDRENS CONFERENCE

*Save the Date for the 2021 Childrens Behavioral Health Conference: Powering through the Pandemic and Inspiring Hope - May 17th - 21st  
Contact Tosi Collins if you are interested in the Talent Showcase and watch for more information about this event!*



## AUTISM CONFERENCE

*As with most things during this season of our lives, the conference will look different this year. Instead of an in person conference we are hosting a two, half-day virtual conference. While we are not able to meet in person this year, we are committed to carrying on the eleven year tradition of bringing nationally recognized experts to Oklahoma to help us continue to learn and grow as parents, professionals, and individuals with ASD. For more information go to the Oklahoma Autism Network website!*



## COPING WITH COVID AND THE HOLIDAYS

*For many the winter holidays are a time to gather with family and friends for holiday traditions and celebrations. While the season can be stressful due to time pressure, relationship dynamics, travel, and other factors, the winter holidays during COVID-19 will involve their own set of unique challenges. To help address these issues, SAMISA and other organizations have released resources about common effects of infectious disease outbreaks and coping effectively in a holiday season during or after a disaster.*

## TESTING POSITIVE COVID-19

*Helpful information from the State Department of Health on what to do if you test positive for Covid.*

**OKLAHOMA**  
State Department  
of Health

**What to Do if You Test Positive or are Diagnosed with COVID-19**  
Separate Yourself from Others to Protect Your Family and Your Community

**If you have symptoms and are NOT hospitalized:**  
**Stay home:**

- At least 10 days since you first felt sick.
- Once 10 days has passed since you first felt sick, you will also need to be fever-free for 24 hours, without the use of medicine that lowers fevers, AND your symptoms need to be getting better before it's safe for you to leave the house and return to your normal routine.

**If you have symptoms and are hospitalized:**  
**Stay home or isolated:**

- At least 10 days since you first felt sick.
- Once 10 days has passed since you first felt sick, you will also need to be fever-free for 24 hours, without the use of medicine that lowers fevers, AND your symptoms need to be getting better before it's safe for you to leave the house and return to your normal routine.

**If you have symptoms and a weakened immune system:**  
**Stay home or isolated:**

- At least 10 days since you first felt sick.
- Once 10 days has passed since you first felt sick, you will also need to be fever-free for 24 hours, without the use of medicine that lowers fevers, AND your symptoms need to be getting better before it's safe for you to leave the house and return to your normal routine.

**If you have no symptoms at time of positive test:**  
**Stay home:**

- At least 10 days since you had your test done. If you have a weakened immune system, you should stay home for at least 20 days from the test date.
- If you develop symptoms, you will need to follow the guidance above for the type of symptoms you develop or your immune system category. Your isolation count will now be from the day you first felt sick.

**More steps to protect your family and your community:**

- Isolate yourself at home. Do not go to work, school, or any other place outside the home.
- Stay away from other people in your home. As much as possible, stay in a separate room and use a separate bathroom, if available.
- Wear a face mask if you need to be around other people, and cover your mouth and nose with a tissue when you cough or sneeze. Wash hands thoroughly afterward.
- Avoid sharing personal household items.
- Wash your hands often with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer containing at least 60% alcohol. Avoid touching your face with unwashed hands.
- People with underlying medical conditions and weakened immune systems are at greater risk for severe illness. Continue your medicines and treatment plans as directed by your healthcare provider. Contact with your healthcare provider regarding your symptoms and concerns. If you are worried about your symptoms, call 800.688.6888 or 800.532.2885.
- If you need emergency medical care during your isolation at home, call 911 and let them know that you have tested positive for COVID-19.

**OPHA**  
Free Webinar

## Medicaid in Oklahoma

January 6, 2021 • 1 – 2 p.m.

Join Kevin Corbett, Secretary of Health and Mental Health and CEO of the Oklahoma Health Care Authority, as he explains how Oklahoma is going through a health transformation. This free webinar will give insight into Medicaid expansion, transitioning to managed care, and the most recent health outcomes in our state. This event is open to the community.

### Kevin Corbett

was appointed Chief Executive Officer of the Oklahoma Health Care Authority, effective August 11, 2019. He currently serves as the Cabinet Secretary for Health and Mental Health. Previously, Corbett served as a Senior Partner and Risk Advisory practice leader with Ernst & Young retiring in 2017 with over 20 years of service. After retiring, Corbett served as Interim Chief Financial Officer at Lagoon Water Solutions. He has advised some of the largest companies in the U.S. and abroad, gaining extensive experience in a wide array of corporate matters. Corbett is a graduate of Oklahoma State University and the executive management program at the Kellogg School of Management, Northwestern University. Corbett has served on the board of several civic organizations in Oklahoma and Texas, including Surbanan Family Services, Junior Achievement, United Way, and Oklahoma State University Foundation Board of Governors. Corbett is a CPA and a member of the National Association of Corporate Directors.



Register at [www.OPHA.net](http://www.OPHA.net)



## SOONERCARE NEWS

*We will be hosting a free webinar on Wednesday, January 6, at 1 p.m. on Medicaid in Oklahoma. Join Kevin Corbett, Secretary of Health and Mental Health and CEO of Oklahoma Health Care Authority as he discusses the healthcare transformation in Oklahoma. There is no cost to attend this webinar. Register today at [www.opha.net](http://www.opha.net).*



# HAPPY HOLIDAYS!

The OFN staff will be out for a time of refreshment and spending time with their families from Friday, December 18 at 3pm through Monday, January 4 at 9am. We look forward to serving you and/or partnering with you in 2021!

**Enjoy your holidays and remember to keep a safe distance, wear your mask, wash your hands frequently and remain home if you or someone you have been with has been diagnosed with or has symptoms of COVID-19.**

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