



A Publication of The Center for Individuals with Physical Challenges

## 2009. . . Another Year of Accomplishments!

*Bad economy or not, so many good things have happened at The Center in 2009! Below are highlights of some of the accomplishments made possible by the support and commitment to our organization by donors, Members, volunteers, staff, referral sources and support groups:*

- Each of the three semesters offered 45 core classes, plus 13 new semester workshops.
- At least 65 different workshops or special events were offered to Members, with volunteer involvement in 43 of these special events.
- The Center provided use of its facility to nine area support groups, which includes the new Veteran's Administration [VA] Support Group. This group is open to any veterans with the OIF [Operation Iraqi Freedom] or OEF [Operation Enduring Freedom] distinction that has concerns from a traumatic brain injury. [See complete listing on page 8]
- 81% of the Members re-evaluated reported maintaining or improving their physical functioning, 80% described maintenance or improvement of life satisfaction, and 83% indicated their social level had remained consistent or improved since their previous evaluation 6 months ago.

*Vickie Holler, Director of Member Services, also has some very positive numbers to report for 2009:*

- 225 new members.
- Average daily attendance increased to an average of 141 a day, compared to 129 last year.
- 856 active members compared to 777 last year.

- Outreach efforts continue with routine visits to various Rehab units, as well as attendance at several area health fairs.
- A Center Staff Member serves as a commissioner on the Mayor's Council on the Concerns of the Disabled.

*We've also had a busy year in regard to Community Relations, Marketing and Fundraising. Below are a few accomplishments during 2009:*

- The Center Gallery was again featured at Tulsa's annual Mayfest, allowing many of The Center's artists to display and sell their works of art to the 300,000 attendees at the Festival. Media appearances included Okla Travel News, and an article produced by the Tulsa World featuring The Center's Art Studio.
- The 24th Annual Bartlett Regatta & Launch Party hit new records in attendance and fundraising through increased networking with the media outlets in Tulsa, as well as the Grand Lake area. Arrowhead Yacht Club also featured this event in their weekly e-blasts to their members. The event grossed over \$200,000 for The Center!
- The Saturn Car Raffle, a new fundraising effort with Saturn of Tulsa, offered many marketing opportunities with television, radio and local newspaper, cable and magazine coverage to increase public awareness of The Center. Tickets sales grossed over \$28,600!

*see "Accomplishments" cont'd on page 3*

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## From our Leaders . . .

**F**or many people, the holidays are a time of year that you either look forward to or dread. Few people look at the time as an opportunity to reflect upon the meaning of the holidays, and why they are meant to be important and special. It isn't about presents or Santa Claus or the decorations. It isn't meant only for children, but rather for ALL of us! The holidays are a time to take a good look around you and find something wonderful about yourself, your life and the people who fill it and make it special. Not to just give thanks or show appreciation through some materialistic and commercial sense, but to understand that you have a lot. Despite everything, you are alive and have a life filled with people that love you.

**T**his year, especially, as our country and local communities have faced very tough economic times, it is important to remember in life what matters. For us, it is our families, friends, and our support systems. They provide us a sense of security and a feeling of community - knowing there are people around you that you can count on no matter what challenge life may present.

**T**he Center serves individuals who are experiencing many challenges – obviously, the primary challenge being physical; but also, mental health difficulties, financial crises, a re-defining of who they are and what their purpose is in life. Sometimes secondary challenges occur – relationship struggles, changes in the roles within their families and many others. Despite all of these challenges, they are here at The Center, actively participating in our programs and services to enhance the quality of their life and once again,



find purpose. A sense of community abounds within our Membership – there is a mutual sense of support, friendship and camaraderie. The Center is filled with people who make each other's lives, and ours, very special.

**H**ere at The Center we feel blessed to have YOU in our lives! As we end 2009 and begin 2010, we wish you a holiday season filled with love and purpose.

*Peace to you,*

Catherine Young, President  
Board of Directors

Lori A. Long  
Executive Director

### ***Happy Holidays from The Center Staff:***



- Lori A. Long, Executive Director
- Vickie Holler, Director of Member Services
- Sherry Setters, Director of Community Relations
- Marcia Graham, Director of Development
- Margie Crossno, Program & Volunteer Coordinator
- Burt McLachlan, Program Coordinator
- Bradley Forbes, JWCS & Fitness Instructor
- David Armstrong, Fitness Instructor
- Darlene McGrail, Recreation Therapist
- Haylee McDorman, Transition Services
- Janice Bawden, Art Instructor
- Maxine Reeves, Administrative Assistant
- Donna Bridenstine, Receptionist

*“Accomplishments” cont’d from page 1*

- Working with Volunteer Central of Greater Tulsa, The Center’s yoga class instructor, Stacie Wheeler, and volunteer Prakash Dave were featured with a photo of the class in session.
- Marketing for the 2nd Annual Center Holiday Mart, an Art, Craft and Horticulture show in November, promoted the works of Member Artists and brought lots of new faces to The Center, as well as grossing just under \$4,000.
- The Center continued its involvement with the Tulsa Area United Way [TAUW] by participating in activities throughout the community to bring awareness to TAUW and their partner agencies.

*Burt McLaughlan reports the following highlights for Fitness:*

- TU students completed follow-up fitness testing in October, which indicated Center Members have improved their physical stamina
- An award was recently granted to the fitness center from The Gelvin Foundation to purchase a power plate
- Fitness evaluations were completed and the results showed that a majority of the members have met their fitness and personal goals
- Junior Wheelchair Sports [JWCS] recruitment has improved with five new young adults joining the team this year; a total of 17 kids.
- The Tulsa Jammers, our wheelchair basketball team, finished third at the Southwest Conference Championship last February.

*Margie Crossno, Program & Volunteer Services Coordinator, reports the following highlights:*

- Horticulture class involvement at the Tulsa State Fair
- XETA Technologies sponsorship of X-Factor Stores and Spring Dance
- Partnership with OATC to educate and assist in adaptive strategies for The Center’s Computer Lab
- Leadership Tulsa participation in portraiture workshop
- Spring means the Members are busy producing Regatta items, creating artwork for the Mayfest Center Gallery, and as well as participating in Holiday Card designs
- Members and Volunteers were involved in a performance for Temple Israel, as well as the TAUW Day of Caring Center Challenge Games
- Successful volunteer coverage for the JWCS Southwest Conference Championship Regional Basketball Tournament

- Significant volunteer coverage of the Art Studio through Summer Semester
- Member production of the TAUW’s de Tocqueville Society Awards
- Members recognized and recipients of National Awards by Greater Tulsa Ceramic Association
- Successful community volunteer involvement for the 2009 Regatta Launch Party, 2008 Holiday Art Sale, 2008 Christmas Parade of Lights, 2008 Holiday Dinner

*On the Administrative side of our organization, we are pleased to report the following achievements in 2009 and are looking forward to an even better 2010:*

- In July, The Center was a featured organization in Temple Israel’s summer educational series
- The Center’s Advisory Board met for a “re-engagement” breakfast in late September
- We are pleased to announce our new partnership with The Bridges Foundation to offer a summer day camp for children with disabilities beginning summer 2010
- In late 2009, our Executive Director, Lori Long, was elected as President of the local chapter of the Association of Fundraising Professionals
- We look to continue increasing our overall membership, daily attendance and creating unique and original classes for our Members to participate in during their time at The Center.
- Stay tuned for details about “The Center’s Got Talent Show” on March 12, 2010

## *In Remembrance*

*Over the past year, these Members have left us, but let us not forget them.*



Sharon Broadwater	Deloris Mayfield
John Brown	Bobby McGrew
Jim Burleson	Demetris Morrison
Heather Burns	Dorothy Parker
Helen Cox	James Pendleton
Jay Griffin	Ken Sabin
Earnest Head	Paul Sallee
Valerie Hereden	Susan R. Shaffer
Annie Hoffman	Frank Stickle
Martin Kallmeyer	Bill Theits
Dennis Mandvill	



# T. Boone Pickens Visits The Center

In early October, The Center was honored to host Mr. T. Boone Pickens at The Center. At the request of Board and Center Member Nate Waters, Mr. Pickens and his guests joined Gary Bartlett and his wife Andrea Nielsen, Catherine Young, Gerald Roulet, Jim Ogez and Shelly Armstrong from the Board, along with Center Member Ben Sartain, and Lori Long and Burt McLachlan from the Staff. Mr. Pickens' guests included his wife, Madeleine; Marti Carlin, Director of the T. Boone Pickens Foundation; his assistant, Jay Rosser; and Vice Chief of the Oklahoma Supreme Court, Justice Steven W. Taylor.

Mr. Pickens has made donations of specialized rehabilitative equipment that is currently housed in The Center's Fitness Room. The visit provided Mr. Pickens and his guests the opportunity to see the equipment in use, as well tour the facility.



**Share your  
talent at the  
"CENTER'S  
GOT TALENT"  
Show on  
March 12th,  
5:30p at  
The Center**



Contact Margie Crossno for details: 584-8607 or [mcrossno@tulsacenter.org](mailto:mcrossno@tulsacenter.org)

# Wrap Up of The Center's Holiday Season

## Center Holiday Mart

The 2009 Center Holiday Mart, the second annual Art, Craft and Horticulture Sale, took place on Saturday, November 21st from 9:00a - 1:00p. People came early and stayed late!

With 25 Member Artists participating, there were numerous items for sale . . . paintings, woodwork, crocheted and knitted items, ceramics, stained glass, plants and more! The artists pay a minimal fee for table space, and donate back 15% of their sales to help offset the cost of materials used in The Center's Art Studio, Craft Studio and Horticulture Lab. The event grossed just under \$4,000 which also includes proceeds from concession sales.

We want to thank the Member Artists, Volunteers, the Board and Staff Members who helped make this event successful.



## Holiday Cards

It started last August when The Center launched their 2009 Holiday Cards. Member Artists made it difficult for Ken Busby, Executive Director of the Arts & Humanities Council, who picked 15 designs, giving card buyers a wonderful selection to Mix & Match . . . a new option this year!

An early bird discount spurred sales, and as of mid-December, almost 12,000 have been sold! There were many individuals sales, as well as corporate sales which included Williams, US Payments, Arvest - Treasury Management, Maxim Healthcare, TD Williamson, Inc. and others. Choosing Patty Harris' "Warm & Toasty" design, ONEOK ordered 5800 cards for their corporate offices and all their subsidiaries in Oklahoma, Texas and Kansas. We are very grateful for the support from all who purchased our Holiday Cards!

Other top selling cards were Ron Earley's "Old-Fashioned Christmas"; Marjory Murry's "Country Roads Home;" Barbara Dehn-Wittke's "Sending Holiday Greetings"; Patty Harris' "Winter Wonderland"; Norma Applegate's "Holiday Decorating;" and two

by Melissa Dickerson, "The Nutcracker" and "Winter Friends." We want to thank all of the artists who participated, and much gratitude to all who purchased these unique cards.



## Member Holiday Dinner

The annual Member Holiday Dinner once again had a great crowd with Members bringing family and friends. Tickets were being sold right up till the December 8th event. Approximately 250 guests enjoyed the dinner which was catered by Uniquely Yours.

Members enjoyed an appearance by Santa Claus, [thanks to Bill Faulkenberry, Santa's "helper"] and looked forward to their names being drawn for a variety of great door prizes!

As you can see by the photos, a good time was had by guests of all ages!



# VOLUNTEER CORNER

## Volunteers are one of The Center's greatest assets!

Total volunteer hours for the 2008-2009 Fiscal Year totalled 10,570.5 hours! The donation value of these hours is \$171,136 [using the Oklahoma value of a volunteer hour of \$16.19 in 2007].

We are proud to share some of the highlights of The Center's Volunteer program:

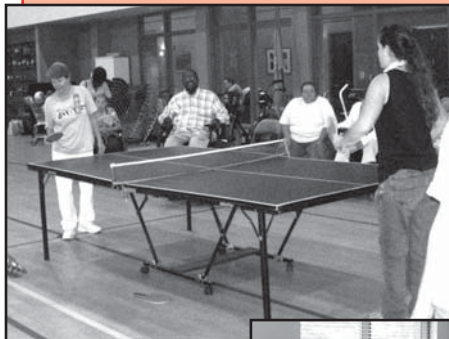
- ☑ The Center now has 10 core community volunteers and 27 Member volunteers that are involved in routine weekly programming
- ☑ Volunteers assisted with an additional 39 Community Outreach Fairs and presentations to organizations

- ☑ Continued partnerships with TCC COTA and OU Occupational Therapy Programs
- ☑ Volunteer participation of up to 43% in Center routine semester programming and up to 63% in Adaptive Recreation programming throughout the year.
- ☑ Completion of eight full-time internships of students from surrounding universities with internships requiring at least 250 – 560 hours resulted in:
  - Completion of 5 practicums of students requiring at least 60 hours
  - Assisted 24 Green Country students to complete volunteer hours for educational requirements of at least 40 hours each



Your hands raise to volunteer and our hands raise to applaud YOU!

## Lots of fun during a busy Autumn Season at The Center!



DAY OF CARING  
"Center Challenge Games"



All-Star Ranch  
Hayride & Picnic



Costume Contest  
HALLOWEEN





# Spotlight on: Tulsa Jammers Junior Wheelchair Sports [JWCS] Team

The Center's Tulsa Jammers will host an NWBA Junior Southwest regular season conference tournament at The Center's Gymnasium February 6, 2010!



This one-day tournament, featuring some of the conference's top teams, promises lots of action! Top seed Houston TIRR Hot Wheelers will show why they are the top seed in the SW conference. Number 2 - Oklahoma City Blaze, and #3 - Dallas Junior Mavericks will show why they should be in the #1 slot. Lots of competitive action is guaranteed!

The Tulsa Jammers currently sit in the #4 slot, and will have home court and home crowd advantage. This may help to pull an upset to move up in the ranking, but they will have their work cut out for them. Other teams

expected to compete are the #5 rank St. Louis Rollin' Rams and #6 Kansas City Pioneers.

It should be a day full of remarkable wheelchair basketball and fun. All are invited to come and cheer on the Jammers to victory. Games are free to the public, and the first game is expected to tip off at 8:00 am on February 6th.

For more info, contact Coach Bradley Forbes at 918-794-4504 or email at [bforbes@tulsacenter.org](mailto:bforbes@tulsacenter.org)



## Grant News

*We wish to acknowledge the generous Foundations who have graciously supported our mission in 2009:*

Anne & Henry Zarrow Foundation

Anne S. Woolslayer Foundation

C. W. Titus Foundation

The Charles & Marion Weber Foundation

E.L. & Thelma Gaylord Foundation

The Gelvin Foundation, Inc.

George B. Kaiser Family Foundation

Grace & Franklin Bernsen Foundation

Hagler Pinkerton Foundation

Hardesty Family Foundation, Inc.

The Herman Kaiser Foundation

Inasmuch Foundation

The Judith & Jean Pape Adams Charitable Foundation

Lorene Cooper Hasbrouck Charitable Trust

M.B. & Edna Zale Foundation

Maxine & Jack Zarrow Foundation

The Oxley Foundation

Ralph & Francis McGill Foundation

Renee F. Neuwald Foundation

Ruth Nelson Family Foundation

Sam & Nona Rhoades Foundation

Sisk Charitable Trust

Sol Robinowitz Foundation

W. Clark Swanson, Jr. Foundation

Wilfred and Mary Jane Woodbank Fund

The Williams Foundation

Zarrow Families Foundation





**The Center** For Individuals  
With Physical Challenges

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**2010**  
Wishing you and yours  
a Happy and Prosperous  
New Year

Interns:  
Dwayne Henderson  
Tom McPherson

Lori A. Long, Executive Director



*The Center for Individuals with Physical Challenges was founded in 1957. Its mission is to provide opportunities for persons with physical disabilities to enhance the quality of their lives. The Center is dedicated to providing rehabilitative, recreational and community reintegration programs for people with a wide range of mobility, dexterity and sensory disabilities to increase their independence, have fun and accept challenges.*

The Center for Individuals with Physical Challenges is pleased to host several support groups that offer additional opportunities to Center Members, their families and the general community for education, discussion and development of a social network for individuals with a similar life event. Please give your support and help spread the word.



ALS – Amyotrophic Lateral Sclerosis or Lou Gehrig’s Disease: Meets the second Thursday of each month at 6:30p in Classroom One.

TAGS – Tulsa Amputee Support Group: Meets the first Monday of each month at 6:30p. in Classroom One.

Aphasia Support Group: Meets the second Wednesday of each month at 9:30a in Classroom Three.

VA Support - Meets the 2nd Thursday of the month from 6:00p – 7:00p. The group is open to any veteran with OIF (Operation Iraqi Freedom) or OEF (Operation Enduring Freedom) distinction that has concerns from traumatic brain injury.

Family/Caregivers Support Group – Meets the third Friday of each month, 3:00p - 4:30p in Classroom Three.

Living Well Support Group: This group focuses on discussing affective issues that arise due to a physical challenge. The group meets the third Friday of each month from 1:30p - 3:00p in Classroom Two.

VISTA – Visually Impaired Seeking Technique Alternatives: Meets each Wednesday at 1:00p in Classroom Two. Meetings feature dialogue concerning community resources, adaptive equipment, social activities and supportive interactions.

MDA – Muscular Dystrophy Association: Meets the fourth Monday of each month at 6:30p in Classroom One.

Stroke Support Group: Caregivers and stroke survivors meet the second Thursday of each month at 3:30p in Classroom One.

