

# center point



A Publication of The Center for Individuals with Physical Challenges

June 2010

## 25th Annual Bartlett Regatta a Huge Success!



*Bartlett Regatta cont'd on page 3*



## YOU could win this 2010 Mercedes Benz C300 Sport Sedan

Tickets are \$100 each and only 1,000 tickets will be sold . . . win the car, or two round trip airfare tickets to anywhere in the Continental USA, or two other great prizes! Check out the other activities making this a spectacular event!

*complete details on page 5*

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*Center Artists in  
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*Volunteers . . . our  
greatest asset!*

**Spotlight On:**  
*Helen Sweatman &  
Susan Schaefer*

# From our Leaders . . .

They say, "A picture is worth a thousand words" so we hope you enjoy this issue of **CenterPoint**, which is chocked full of photos from happenings around The Center. And to provide you with a summary of those happenings, here is a report of highlights from our most recent board meeting:


- The 25th Anniversary of the **Bartlett Regatta** was quite a success! To date, we have raised over \$245,000. We had just under 400 people at the Launch Party and race day hosted 16 boats in the Regatta and 160 people on board the Cherokee Queen. A brand new video, courtesy of TD Williamson, was debuted at the Launch Party. And now, EVERYONE has the chance to see it - check out our website at [www.tulsacenter.org](http://www.tulsacenter.org) to see this amazing new portrayal of The Center and our services!
- We are kicking off our **Car Raffle** - \$100 tickets with just 1,000 maximum to be sold - for the grand prize of a 2010 Mercedes Benz C300 Sport Sedan (or the winner can choose to take \$25,000 cash in lieu of the car). We also have 3 alternate prizes. Call us to order your tickets NOW! Special highlights this year include: three alternate prizes, a Mercedes Car Show here at The Center on August 1st, and the final drawing to be held at ONEOK Field on August 6th right after the Tulsa Drillers game.
- Our **Member's Activity Committee** are eagerly planning two summer events - Bowling for Dollars and Summer Splash. Bowling for Dollars is their primary fundraiser which allows them to plan events for other Center Members. They will bowl on July 14th at Andy B's. Tax deductible contributions accepted - please contact us if interested! Summer Splash is their new event - featuring a party on the patio with live entertainment, refreshments, a watermelon seed spitting contest, face painting and a dunk tank.
- We are thoroughly enjoying hosting **The Bridges Foundation** here at The Center for the summer day camp for youth with disabilities. They are here with us each morning and afternoon for approximately 4 hours each day. What a joy it is to be hosting 75+ youth and staff!
- Seamus Ryan-Johnson recently completed his **Eagle Scout Project** at The Center - 3 raised horticulture beds. Next time you are at The Center, please stop and take a look.
- May proved to be a very busy month for **Center programming**: We currently are serving 907 members (an increase of 8% over this same time




last year) with an average daily attendance was 149 (an increase of 6% over this same time last year). The range of attendance for May was 115-223. Nine of our 18 new members came directly from an agency we contacted through outreach. We had 7,950 contact hours of service in May. In addition, we had 756 hours of volunteer service provided by 47 individuals. Approximately 54% of these hours were provided by Members. We have several new classes being offered this semester, including Morning Glories, Community Weaving, Center Stage Players, the Art of Creative Living and Maintain Your Brain.

Thankfully, the above report only totals 466 words, so again, be sure and take a look at all the photos throughout this edition to "read" more! We appreciate your continued support of our mission and services. Enjoy your summer, stay cool and come visit The Center sometime. We love to host our most cherished friends!

Yours in Center service,

  
Catherine Young, President  
Board of Directors

  
Lori A. Long  
Executive Director

## **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

## 25<sup>th</sup> Annual Bartlett Regatta & Launch Party

The celebrations for the 25th Anniversary of the Bartlett Regatta began on Wed, June 2, 2010 at the Launch Party which started with a Patron Party, followed by two silent auction rooms, a wonderful dinner and program and a very lively and successful live auction!

The anniversary festivities continued on Sat, June 5th as Members, Board, Staff and Guests headed to Grand Lake to watch the Regatta/Race from the Cherokee Queen II. This special opportunity was sponsored by Sarah and John Graves, Cyclonic Valve Company. With 16 sailboats entered in the race, there was lots to watch and observe from the decks of the CQII.

The 2010 Regatta Steering Committee was led by Event Chair, Judy Z. Kishner. Others on the Committee were Dave Bond, Steve Clark, Rhona Davis, Kristin Dickerson, Ashley Hibbits, Samantha Marshall, Ann McKellar, Dr. Lynne Moyers, Kris Robinson, Maria Stevenson, Lance Taylor, Allison Warning and Nate Waters.

At the June 21st Committee wrap-up meeting, it was announced the 2010 Bartlett Regatta & Launch Party raised over \$245,000 with funds still coming! This was definitely a record-setting year in more ways than one.

Go to [www.tulsacenter.org/home/bartlett-regatta](http://www.tulsacenter.org/home/bartlett-regatta) for all the details, patrons and sponsors, race results and photos taken at the Launch Party, at the Regatta from the CQII and "sea level" on Grand Lake, and of the Skippers getting their awards at Arrowhead Yacht Club.

*Photos courtesy of Tom Mills, Ingrid Williams and Martha King Clark*





As is typical for this time of year, The Center's Art Studio, as well as the Craft Studio, have been buzzing with activity these past few months.

Member Artists created about 30 plates that are each individually designed for the Bartlett Regatta. In addition to this project, they also create items that are always hot sellers in the Silent Auctions for the Bartlett Regatta.

May continued to be a busy month with preparations for the The Center Gallery at Mayfest . . . sponsored again by T.D. Williamson, Inc. Many thanks to the 16 Center

Member Artists who displayed their works; a total of 43 items were available for viewing and purchase. An asterisk (\*) indicates a sale for that artist. The artists donated 20% of their sales to The Center to help offset costs of materials used in the Art Studio.

Barbara Dehn-Wittke *	Carmel McKinney *
Melissa Dickerson	Marjory Murry *
Ron Earley *	George Park *
Pam Goodman	Susan Schaefer *
Patty Harris	Stephanie Smith
John Imhoff	Mary Terwelp *
Melita Jones	Teresa Wohlmuth
Sandra LaMarche	Center Group Projects *

Shortly after The Center Gallery closed, T.D. Williamson, Inc. asked to display the Member's artwork at their west Tulsa facility, as a part of their United Way drive. The TDW employees not only stop by the display area to view the variety of art, but several pieces have been purchased. All proceeds go directly to the Artist.

The Artists stay very busy and keep The Center's hallways full of wonderful pieces of artwork . . . many of which are for sale . . . drop by and view our "gallery."

## Howdy Partner . . . *The Bridges Foundation*

The Center is pleased to be hosting The Bridges Foundation's Summer Day Camp for youth with disabilities. What a great opportunity to collaborate with possible future Members!



Staff from The Bridges Foundation, along with 50+ youth arrive each morning, leave for daytime activities throughout the community, and return each afternoon to enjoy activities in our gymnasium.

This six-week hosting opportunity not only helps another Tulsa's non-profit and fellow United Way agency, but it is a great prospecting and marketing opportunity for The Center. Future JWCS members and Center Members get an actual view of The Center and its Members in day-to-day activities.

A win-win for The Center AND The Bridges Foundation!



## Did you know

that probate in the state of Oklahoma starts with an estate size of just \$50,000? This dispels the myth that estate planning is "only for the wealthy."

One of our services at The Center is to provide you with information and planning services to make you aware of the variety of opportunities and various types of tax-deductible tools and techniques that can be customized in order to meet your family, financial and philanthropic goals. There is no cost or obligation for using our educational service; it is our way of serving YOU!

For more information or to arrange an appointment, please contact us at 918-584-8607 or email [mgraham@tulsacenter.org](mailto:mgraham@tulsacenter.org)



# Feeling Lucky? You could be the winner of a 2010 Mercedes C300 Sport Sedan

Tickets \$100 ea — only 1000 tickets to be sold . . . get yours today!

Here's how the raffle works:

- > Purchase a ticket and see your Mercedes Benz C300 Sport Sedan on Sunday, August 1st, at a Mercedes Car Club show at The Center, 815 South Utica, 1:00p - 4:00p. Three semi-finalists will be drawn.
- > Tickets will remain on sale at The Center until 5:00p on August 5, 2010. The additional tickets sold will be combined with all previous sales for the 4th semi-finalist drawing. On August 5, at 5:30p, the 4th semi-finalist will be drawn.
- > The winning ticket will be drawn from the four semi-finalists at the Tulsa Drillers game on August 6, 2010 at ONEOK Field. The four winning ticket holders, or a representative, are to be present for the Drillers game [2 tickets per semi-finalist will be provided.] In reverse raffle format, the 3rd, 2nd, 1st and Grand Prize winners will be announced.
- > Semi-finalists will receive: 3rd place — a Waterford Crystal Spring Vase, courtesy of Nielsen's Gifts[\$350 value]; 2nd Place — a \$500 Gift Certificate courtesy of Moody's Jewelry; 1st Place — two (2) round trip afares anywhere in the Continental USA [up to \$900]; Grand Prize — 2010 Mercedes C300 Sport Sedan OR \$25,000 cash in lieu of grand prize vehicle.
- > Complete rules and guidelines are available at [www.tulsacenter.org](http://www.tulsacenter.org)

*Good Luck and Thank You for Your Support!*



## 2010 Mercedes C300 Sport Sedan Ticket Reservation Form

*Proceeds benefit The Center for Individuals with Physical Challenges*

Enclosed is my payment of \$ \_\_\_\_\_  
for \_\_\_\_\_ ticket(s) at \$100 each.

I am unable to purchase a ticket, but would like to make a donation of \$ \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ St \_\_\_\_\_ Zip \_\_\_\_\_

Contact # \_\_\_\_\_

Email \_\_\_\_\_

### Method of Payment:

Check enclosed [see below]. Check # \_\_\_\_\_

Cash

Charge my:

VISA  MasterCard  Discover  AmEx

Name on Card [print] \_\_\_\_\_

Card # \_\_\_\_\_

Exp Date \_\_\_\_\_ CVC: \_\_\_\_\_

Signature \_\_\_\_\_

Please make check payable to The Center and mail to:  
The Center for Individuals with Physical Challenges

Attn: Mercedes  
815 South Utica Avenue  
Tulsa, OK 74104

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OF AMERICA  
Eastern Oklahoma Section  
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SPECIAL THANKS TO ALL WHO PURCHASED A TICKET

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# VOLUNTEER CORNER



On April 20th, many wonderful volunteers at The Center were honored as part of National Volunteer Week. **“Celebrating People in Action”** was the theme, and The Center is grateful for all of its “people in action” who provide numerous hours of service.

Guest speaker, Ruth Nelson, a past Board President and a long-time supporter of The Center, told of

her mother’s influence about getting involved and volunteering. The “Kate Kaiser Memorial Volunteer Award” was given to Audrey Springer. Audrey, who volunteers every workday at The Center, not only helps Members, but she also provides support to The Center Staff.

Margie Crossno, Program & Volunteer Services Coordinator [pictured] presented 19 Presidential Service Awards to the volunteers meeting the criteria of more than 100 hours annually. She also presented all volunteers with a “Certificate of Appreciation.” Lori Long, Executive Director, reiterated the important role the Volunteers play at The Center, and the remarkable number of hours given each year.

The Volunteers and guests were entertained by Tulsa’s own Rebecca Ungerman while refreshments were served.

## 2009 Presidential Service Award Winners

### Gold: 500 Hrs +:

Audrey Springer & Linda VanHooser

**Silver: 250 - 499 Hrs:** Mark Cook, Melissa Dickerson, Mary Elder, Ed Fears, Maurice Harris, Phillip Holmes, Mary Terwelp

**Bronze: 100 - 249 Hrs:** Ron Earley, Don Harrold, Wayford Hinton, Melita Jones, Sandra LaMarache, Jermico Lewis, Pami Spoon, Jim Steinsiek, Mike Mehsling, Al Stansbury

## Flower Bed Project Complete

Eagle Scout Seamus Ryan-Johnson has completed the raised flower bed project for The Center’s Horticulture classes. Seamus designed the three raised beds, compiled the materials list, raised funds, tracked expenses, and with his father’s help, delivered all the supplies.

Not only do we want to thank Seamus on a job well done, we also want to extend thanks to those who contributed so that the materials could be purchased.

The teaching garden can be seen outside the Horticulture Studio on the southeast corner of the facility.





## Spotlight on: The “Yo-Yo Effect” yet still achieving personal desired goals

... ASK *HELEN SWEATMAN & SUSAN SCHAEFER*

by *Burt McLachlan & David Armstrong*

Consistency is the key to achieving your personal and fitness goals. The “yo-yo effect” in training brings disappointment and frustration due to lack of commitment and inconvenience. Losing weight and feeling good about it, is a task within itself . . . just ask Helen Sweatman and Susan Schaefer!

**Helen Sweatman** has been training consistently for the last two years. Her first goal was to be able to transfer to and from the shower stall — this was achieved in four months. She then decided to prepare for the Special Olympics in Stillwater, where she participated and won four medals in the summer of 2009! A few weeks later, she wanted to strengthen her upper body, emphasizing her biceps and triceps so that she could improve her bowling score. This was achieved in the fall of 2009 and she was 20 pounds lighter.

During the Christmas holiday, Helen had not worked out for three weeks, gained 15 pounds, and became frustrated. In January of 2010 she started the journey once again and gradually dropped 15 pounds in four months. She is working on maintaining what she has achieved. For Helen, her goals were met and now she is very proud of her achievements. If you don't use it, you will lose it and if you lose it, it will take dedication and willpower to achieve it.

**Susan Schaefer** began her personal training journey with The Center in September of 2009. From the beginning, Susan has had a clear-cut goal of losing weight. While this is easier said than done, Susan was extremely motivated and had two main motivating reasons in her desire to lose weight: 1) Susan wanted to prove to herself that she could actually do it, and 2) she wanted to be an example of hard work and dedication so that she could inspire her own family to live healthier lives.

Susan has worked very hard in achieving her goals from the beginning of the program. She has maintained a balanced diet and has incorporated exercise into her daily routine. Susan and her husband, Ralph, also recently made an investment, and purchased a recumbent exercise machine for their own in-home use.

Because of her hard work and persistent spirit, Susan has lost a total of 27 lbs! She has surpassed her original goals of losing 20 pounds. Looking forward, Susan is looking at losing 10 more pounds. Her goal is to continue with the personal training program in order to achieve this, and to also maintain the healthy changes that she has made in her life.

***Congrats Helen & Susan!!***

See all the Bartlett Regatta photos at:

[www.tulsacenter.org/home/bartlett-regatta/](http://www.tulsacenter.org/home/bartlett-regatta/)





**The Center** For Individuals  
With Physical Challenges

815 South Utica Avenue, Tulsa, OK 74104-3633  
Phone: 918-584-8607 www.tulsacenter.org

| *Creating Independence*

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Lori A. Long, Executive Director

printing of this newsletter courtesy of



*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.

