

center point



September 2010

A Publication of The Center for Individuals with Physical Challenges

Lots of Holiday Happenings at The Center

... help us spread the word!



Center Holiday Cards — Last year, approximately 14,000 Center Holiday Cards were purchased by individuals and companies. This year's 12 new designs, all created by Center Members, are destined to be great sellers as well. As of Sept 29, almost 3,000 cards have already been ordered! Check out the 2010 designs at www.tulsacenter.org/center-holiday-cards/. "Mix & Match" your design choices [some 2009 designs also available.] Custom greetings, company logos and signatures, as well as return address on the envelope, is available for orders of 100 or more. What a bargain . . . order yours today!

Sat, Nov 20, 2010
9:30a - 2:30p



Center Holiday Mart 2010

Art, Crafts & Plant Sale

Center Holiday Mart 2010 — The third annual Center Holiday Mart will offer artwork, crafts and plants all created and made by Center Members. Each year this event grows . . . with artists, with guests and with new, unique items! The Members receive a major portion of the sales proceeds, and they have been busy creating their works in the Art Studio, Crafts Lab and Horticulture Lab. **Mark your calendar for Saturday, Nov 20th, 9:30a - 2:30p.**



Center 815 Gallery — *a new feature of the Center Holiday Mart!* The Center 815 Gallery will showcase Tulsa area artists who have donated a piece of their artwork for this silent auction. The *Call to Art* has gone out to over 160 artists . . . imagine getting a piece of artwork created by one of your favorite local artists at a great price. Artists interested can pick up an 8"x15" canvas from The Center or at Ziegler's Art & Frame. The art is not limited to canvas, however, as all mediums of art will be accepted. We anticipate lots of bidding action, which will start at 9:30a and close at 2:00p on Nov 20th.

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Then & Now

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Welcome

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Transition Services with Charles and Emeka

From our Leaders . . .

As this fiscal year comes to an end, not only is it a great opportunity for us to reflect on the past year with regard to accomplishments and challenges, but it is also a time for us to set the stage for the future. One of the ways we do that is through our Board of Directors.

We are pleased to welcome seven new Board Members who want to answer a call to service. Three of the seven have previously served on The Center's Board as an intern through various leadership development programs and are willing to now commit to a full board term. A brief introduction to each individual is below:

Dwayne Henderson – previously having served as an intern on our board through the New Voices Program (which helps to increase diversity on non-profit boards), Dwayne is a graduate of McLain Sr. High and Langston University, with a BS degree in Business Management. He has been employed with State Farm Insurance for 20 years and is currently an Underwriting Team Manager.

Tom McPherson – also previously served as an intern on the board (through Leadership Tulsa). Tom is an outside sales manager with Cox Business and has been with them for 7 years. He is a native Tulsan - born and raised here and other than college. The reason he is interested in serving The Center is very simple - he believes the work we do is extremely important and he appreciates our mission of serving those with physical challenges.

Samanthia Marshall – a Tulsa native, also previously served as an intern on our board through Leadership Tulsa (Class 43). Samanthia is an attorney with Rosenstein, Fist & Ringold. She graduated from Law School at TU in May 2009 with highest honors.

Cody Bezanson - Formally serving as an investment and retirement plan consultant, Cody Bezanson joined BOK's Institutional Wealth Management division in July of 2009 as a Vice President and Sr. Relationship Manager. Cody has been in the financial services and investment industry for 10 years and is a Certified Financial Planner as well as a Certified Investment Management Analyst and is also currently a level II candidate of the Chartered Financial Analyst program.

Dr. Stacy Nix – Stacy, an Instructor with the Academic Center at Tulsa Technology Center, has been with TTC for the past 24 years. She has a Doctorate Degree in Education Administration from OSU and a Masters in Reading from TU. She holds membership in several professional associations and has also held various leadership positions. Stacy was a volunteer at The Center in the 1970's teaching sign language, but has kept an interest and stayed involved by attending several Regatta Launch Parties, raced on various boats, and this past year, spent time on the photography boat. Stacy recently stated, "As much as I've admired the tenets of The Center over the years, I am even more revved up to be involved on the Board."

Val Fimbres – Val is a Media Consultant with Cox Media, having been with the company for the past six years. Her community involvement is widespread, having volunteered with several non-profit organizations. Val's sister was in a motorcycle accident several years back that has left her with some ongoing physical challenges, including loss of eyesight. Although her sister isn't in Tulsa, she sees the value



of services and programming that The Center provides. She says, "I so admire the great contribution that The Center makes to the Tulsa community and am honored that you are accepting my name in consideration of board service." Val has attended Bartlett Regatta Launch Parties in the past and is excited to become a part of our Board of Directors.

Kurt Webber - Kurt is a Partner with The People Group, LLC; a consulting firm that assists companies in enhancing the employee experience and providing services that assist companies become classified as a Great Place to Work. Kurt grew up in Tulsa. Kurt has a 16-year old son who was fortunate enough to gain the benefit from The Center by attending The Bridges Foundation summer day camp, held at The Center this past summer.

In addition to the above individuals, we are pleased to welcome **Maleatha James** to our Board as a new intern this coming year. Maleatha is an RN at St. Francis and is interning through the New Voices Program, a collaborative partnership between Tulsa Area United Way and Leadership Tulsa, meant to increase diversity on the boards of local non-profits.

It has been and continues to be our pleasure to serve The Center, our Members and our supporters and friends. We thank you for your continued belief in our mission and services.

WELCOME TO OUR NEW BOARD MEMBERS!

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
- Angielyn Hughes, Administrative Assistant
- Donna Bridenstine, Receptionist

Nielsens Continues Partnership with The Center

Then Andrea Nielsen wasn't yet born when her parents started their fine gifts business out of their home in the Brookside area of Tulsa. In her spare time, Andrea's mother, Dorothy, was a speech therapy volunteer at what was then called the "Tulsa Recreation Center for the Physically Limited." The Tulsa Rec Center was bringing something new to Tulsa as well, as they started their services for Tulsa's disabled out of the basement of Hillcrest Hospital.

Well, time flies by, and Andrea meets a tall, handsome young man while also volunteering at "The Center for the Physically Limited" and helping with the Bartlett Regatta. The young man happened to be Gary Bartlett . . . yes, son of Pete Bartlett, a founder of the Bartlett Regatta. Gary and Andrea fall in love and marry, adopt two beautiful daughters, and both share their commitment to The Center and the Bartlett Regatta.

Now The Center for Individuals with Physical Challenges has grown considerably and is in a great new facility. Nielsens, also growing with Tulsa, is now located at The Plaza [81st & Lewis], has become the "go to" place for fine gifts for a wedding, anniversary, birthday and for home decor, as well as the newly added gourmet gifts. Andrea and Gary not only continue their partnership with The Center, but offer even greater rewards for their customers which also benefit The Center.

Currently, when you shop at Nielsens, and *you mention The Center*, 10% of your purchase goes back to The Center. Nielsens has upped the benefit! If you shop at the **October 23rd event**, and you mention The Center, 10% goes back to The Center PLUS you get 10% off your purchase! Nielsens is also a great source for corporate gifts AND they gift wrap and ship items. Plan to drop by one of their **2010 Fall Events**:

WATERFORD GOURMET SAMPLING & TRUNK SHOW
Saturday, Oct 23rd 10am - 6pm

WATERFORD COCKTAIL PARTY
Friday, Nov 12th 5pm - 8pm

WATERFORD SIGNING EVENT
Saturday, Nov 13th 11am - 4pm

HERND ROTHCHILD BIRD 150TH BIRTHDAY PARTY
AND TRUNK SHOW
Saturday, Nov 20th 10am - 6pm

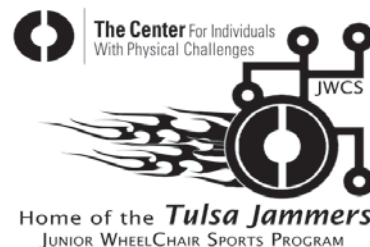
JULIA KNIGHT PRE-SELECTION COCKTAIL PARTY
featuring "5 Minutes to Fabulous Entertaining"
Thursday, Dec 9th 5pm - 8pm

JULIA KNIGHT SIGNING EVENT
Friday, Dec 10th 10am - 6pm

Go to www.NielsensGifts.com to see all their wonderful items and gifts. Mark your calendar to attend one of the Fall Events . . . a win/win for all!

Thanks Andrea and Gary for your continued personal support, and your support through Nielsens!

Tulsa Jammers are Hot on the Tournament Trail



Tulsa Jammers 2010-11 Schedule

October 16-17, 2010 - St. Louis

November 19-21, 2010 UTA (Arlington)

December 11-12, 2010 - Tulsa

January 2011 TBA- Dallas

February 2011 TBA- Kansas City
Conference Championship

April 7-11, 2011 - Denver (if we qualify)
Nationals

If you have not yet seen the Tulsa Jammers in action, you are missing out! The Jammers are The Center's Junior Wheelchair Sports [JWCS] team, a division of the National Wheelchair Basketball Association [NWBA]. The Jammers are led by Coach Bradley Forbes, who was voted "Coach of the Year" at this year's NWBA SW Conference! The Center and the Tulsa Jammers will be hosting a tournament on December 11th & 12th.

The JWCS Program is the only youth related program offered at The Center, and the team members need and appreciate your support to be able to participate in the series of tournaments outside the Tulsa area. **GO JAMMERS!**

Learn more about The Center's JWCS program as <http://www.tulsacenter.org/home/junior-wheelchair-sports/>

New 2010-11 Board of Directors Elected

Please join us in welcoming our new Board of Directors.

At the September 16 meeting, The Center's Board of Directors voted on the new roster of Board nominees. The newly elected slate of Officers for the 2010-11 Fiscal Year are:

President..... Gerald Roulet
1st Vice President..... Megan Meussner
2nd Vice President..... Annie Tomecek
3rd Vice President..... Nate Waters
Secretary/Treasurer..... Jim Ogez
Immediate Past President..... Catherine Young

Returning Board Members joining the Officers listed above are:

Jeff Barnes	Ann McKellar
Gary Bartlett	Dr. Lynne Moyers
Steve Clark	Tony Rainwater
Bob Cronk	Chris Rhoades
Kristin Dickerson	Kris Robinson
Bill Doyle	David Sowards
Beth Fisher	Lance Taylor
Mark Fritz	Beth Terrill
Sandra Gardner	Lindsey Tower
Mike McDaniel	

Those starting a new three-year term on The Center Board of Directors are [see pg 2]:

Cody Bezanson
Val Fimbres
Dwayne Henderson
Tom McPherson
Samanthia Marshall
Dr. Stacy Nix
Kurt Webber



New Board President Gerald Roulet

We say "so long" to dear friends who are leaving the Board: Shelly Armstrong, Rhona Davis, Shannon Hammons, Charles "IV" McNamara and JoAnn Schaub. We so much appreciate their dedication and service to The Center over the past several years! We aren't saying "goodbye" as we know all these individuals will stay connected to The Center through various efforts!

Car Raffle Winners Announced



The winners of the 2010 Mercedes Benz Car Raffle are:

Grand Prize Winner: Mike Payne

(choice of 2010 Mercedes Benz C300 Sport Sedan OR \$25,000 cash) – ticket #232 [as you can see, he chose the car!] Pictured with Mike is Lori Long, Executive Director of The Center; Greg Kach, President of Jackie Cooper Imports; and Nizar Khaled, Sales Rep, Jackie Cooper Imports.

1st Prize Winner: Dave Davis

(2 round trip airline tickets anywhere in the continental US – up to a \$900 value) – ticket #296

2nd Prize Winner: Sean Kouplen

(\$500 Moody's gift certificate) – ticket #533

3rd Prize Winner: Ken Etheredge

(Waterford Crystal Spring Vase, courtesy of Nielsens) – ticket #451

We greatly appreciate the support of this effort through ticket sales/purchases. Approximately 400 tickets were sold. "Congrats" and "thank you" is also in order to Gary Bartlett and Gerald Roulet for selling the most tickets, 28 and 26 respectively.

The Center Board and Staff want to thank Jackie Cooper Imports for their sponsorship of the Raffle, as well as these additional sponsors: Tulsa Drillers, Moody's Jewelry, Nielsens Gifts, T.D. Williamson, Inc. for use of their suite at ONEOK Field the night of the final drawing; and the Eastern Oklahoma and Central Oklahoma Sections of the Mercedes Benz Car Clubs of America for their participation in the Car Show on August 1st [photos below].

Vickie & Gary McBurnett enjoying the day among the variety of Mercedes Benz on display



Janey & Mark Fritz brought their puppy with them to check out the car show. Also pictured is Board & Center Member, Nate Waters.

“Day of Caring 2010” a Big Success

. . . thank you Explorer Pipeline Volunteers!

The annual Tulsa Area United Way’s “Day of Caring” is a much anticipated event at The Center. Members look forward to the planned activities and the fun! Margie Crossno, Program & Volunteer Services Coordinator, does a great job to ensure everyone has a good time. This year was no different! The theme was “Center Challenge Games” and included horseshoes, ping pong, wheelchair races, seated volleyball and tie-dye t-shirts to name a few.

Of course, Margie relies on a group of great volunteers to help, and the wonderful group from Explorer Pipeline Company did an outstanding job! There were also staff and three volunteers from Bank of Oklahoma to round out a day of thrills, spills and fun!



We appreciate those who participated and made the 2010 Day of Caring a day where all were winners!

Center Artists Win at Greater Tulsa Ceramic Show

Several Center Members entered pieces in the annual Greater Tulsa Ceramic Association Show [GTCA], held on Sept 19 -20 at The Center. Members could enter pieces in a variety of divisions including adapted mold, ceramic sculpture, mosaic, slab and drape techniques. Those winning a trophy and/or a ribbon were:

Patty Harris — IADCCT Trophy, GTCA Best of Class Trophy and a 1st and 2nd Place Ribbon.

Melita Jones — a 2nd and 3rd Place Ribbon.

Barbara Dehn-Witke — a 1st and 2nd Place Ribbon and an Honorable Mention.

Mary Terwelp — A trophy, 1st, 2nd and 3rd Place Ribbons and 2 Honorable Mentions.

Congratulations to all the Center winners!



Getting Your Ducks in a Row . . .

PLANNING FOR THE DIFFERENT SEASONS OF LIFE



Effective planning is all about getting your ducks in row. Everyone desires to do planning, no matter their season of life, but few ever accomplish the goal. Planning is the bridge to merge your needs, map your opportunities, and complete your plan.

Through planning, you can know that you have provided yourself the best opportunities with the greatest amount of flexibility. What you may not know is the planning process is not just one single document, but a collaboration of several documents that accomplish specific tasks. Below are a few of the tools that are used in the planning process:

- **Will** - simple legal document expressing a person's desired distribution of their assets
- **Trust** - fiduciary relationship in which one person (the trustee) is the holder of the title to property (the trust estate or trust corpus), subject to an equitable obligation to keep or use the property for the benefit of another (the beneficiary)
- **Advanced Medical Directive (Living Will)** - Legal document expressing an individual's last wishes regarding life sustaining treatment
- **Powers of Attorney** - Legal document that authorizes an agent to act on a person's behalf
- **Payable upon Death designation (POD)** - a bank account utilizing a beneficiary designation
- **Transferable upon Death (TOD)** - an investment account utilizing a beneficiary designation

If you would like to learn more about these tools and how to get your plan completed, please contact Marcia Graham at 918-794-4506. This complimentary service is our way of strengthening our partnership with you.

Thanks to Chris Miller, Vice President of Development at The Advancement Group, for assisting with this article.



Calling all volunteers! With the upcoming fall/winter holidays, The Center will be needing volunteers to assist with the Center Holiday Mart / Center 815 Gallery on Saturday, November 20th.

On December 11th & 12th, The Center will be hosting a JWCS basketball tournament with teams from Dallas, Oklahoma City, St. Louis, Houston and Kansas City. This 2-day tourney will give us a chance to show off our facility and our Volunteers!

If you are interested in helping with either of these events, or both, please contact Margie Crossno, Program & Volunteer Services Coordinator, at 584-8607.

Introducing . . . Angielyn Hughes

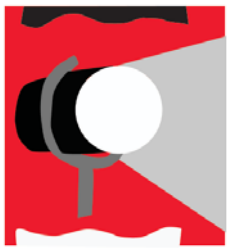


Angielyn is the new Administrative Assistant at The Center and is doing a great job learning her new tasks, as well as getting to know our Center Members. She and her husband, Matt, moved to Tulsa from Savannah, GA



and she definitely has the "southern charm" . . . she has proven herself to be a wonderful addition to the Staff.

Say "Hi" to Angielyn [pronounced like "violin"] on your next visit to The Center . . . if she hasn't already said "Hi" to you.



Spotlight on: *Transition Services*

with Charles, Emeka, Haylee & Alleta

CHARLES OWENS was a young man who enjoyed horses and rodeos . . . and he was good at it! In June 2009, Charles was participating in the Pony Express Rodeo when he had a horse accident that damaged his spine at the C5 C6, leaving him a quadriplegic. He continues to participate in regional rodeos and was recently honored in Tallahassee, OK for his time and talents spent with the Rodeo organization.

Charles, now 28, has not let that terrible accident dampen his spirit. His biggest motivator is his family . . . a very sweet wife and a set of 2-year old twin boys, plus great support from his extended family.

About five months ago, Charles started at The Center, enrolling with The Center's Transition Services. He also works out in the Fitness Center and attends trunk stability classes. He also spends about an hour each week on the Ergys machine to keep his leg muscles toned. Charles comments, "Overall I've seen different people dealing with their injuries, and it has helped motivate me, knowing that I'm not the only one going through this."

Haylee McDorman, Transition Services, says "Charles keeps us entertained while working hard on his goals." Anyone meeting Charles for the first time will soon learn that he has a great sense of humor! But watch out, as he likes practical jokes too.

Top two photos show Charles and Haylee in the Fitness Center; the third photo is Alleta assisting Emeka; the fourth photo is a bit blurry because they guys don't like to slow down while playing on the Wii!



EMEKA NNAKA, 22, looks like a hunky football athlete . . . except for the fact that he is in a wheelchair. Even in a chair, anyone meeting Emeka can tell there is more to this young man than meets the eye . . . and the gals will tell you he is "easy on the eyes".

In June 2009, Emeka injured his spine at the C-5 C-6 level while playing semi- pro football. He came to Oklahoma from Georgia to attend ORU prior to his football accident.

Emeka works at Victory 24/7 as a mentor/counselor for youth and an advisor to the staff. He enjoys visiting with people and watching football.

Like his friend Charles, Emeka has been coming to The Center since May of 2010. He enjoys spending time in the fitness center stretching out on the mat, standing in the standing frame and using the Freedom Trainer to strengthen his abdominal muscles.

It is fun watching Emeka and Charles "fight" it out on the Wii . . . they really get into it, and anyone watching gets caught up in their fun!

Alleta Spruill, who is completing her internship for Recreational Therapy, has been working with Emeka and Charles in the The Center's Transition Program. Alleta states, "I have learned many techniques and how to use adaptive equipment while working with Charles and Emeka that will help me throughout my professional career." She adds, "Emeka is very motivated and ready for anything we put in front of him." Haylee agrees and says, "Emeka is a joy to be around and is a big motivator for others."





The Center For Individuals
With Physical Challenges

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Tony Rainwater
Chris Rhoades
Kristina Robinson
JoAnn Schaub
David Sowards
Lance Taylor
Beth Terrill
Lindsey Tower
Nate Waters

Interns:

Dwayne Henderson
Ashley Hibbels
Samantha Marshall

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.

printing of this newsletter, courtesy of



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.

