

# center point



December 2010

A Publication of The Center for Individuals with Physical Challenges



## Help Seniors Get Their Federal Benefits the Safe, Convenient Way

In 2009, more than 440,000 Social Security and Supplemental Security Income (SSI) checks were reported lost or stolen and had to be reissued - that's over \$600,000. Despite the risks, too many people with disabilities and their caregivers continue to receive their federal benefits by paper check.

Electronic payments eliminate the risk of lost or stolen checks. Plus, money is available on payment day each month, so there's no need to wait for the mail to arrive or to make a special trip to cash or deposit a check.

The U.S. Department of the Treasury suggests two safer, easier alternatives to paper checks:

**Direct Deposit** — The Treasury Department's Go Direct® campaign provides a fast, easy way to sign up for direct deposit by phone or online. Money goes straight into a checking or savings

account each month. To sign up, people can call (800) 333-1795, go to [www.GoDirect.org](http://www.GoDirect.org) or visit their bank or credit union.

**The Direct Express® Card** — This prepaid debit card is recommended by the Treasury Department as another safe, convenient alternative to paper checks for Social Security and SSI benefit payments. Cardholders can make purchases, get cash and pay bills. No bank account is required. There are no sign-up fees, monthly fees or overdraft charges. Some fees for optional services may apply. To sign up or to learn more about fees and features, people can call toll-free (877) 212-9991, go to [www.USDirectExpress.com](http://www.USDirectExpress.com) or visit their local Social Security Office.

*Source: "Go Direct," a campaign sponsored by the U.S. Department of the Treasury, Financial Management Service*

### In This Issue:

**3**  
**Red Circle Society**  
*Join Today!*

**5**  
**"Proud May She Wave"**  
*Eagle Scout Project*

**7**  
**Center Impressions**  
*"Fantasy Pizza"*

## From our Leaders . . .

According to Wikipedia, the term quality of life is used to evaluate the general well-being of individuals and societies. The term is used in a wide range of contexts, including the fields of international development, healthcare, and politics. Quality of life should not be confused with the concept of standard of living, which is based primarily on income. Instead, standard indicators of the quality of life include not only wealth and employment, but also the built environment, physical and mental health, education, recreation and leisure time, and social belonging

Within the field of healthcare, quality of life is often regarded in terms of how it negatively affects someone on an individual level, such as a debilitating illness that is not life-threatening, a life-threatening illness that is not terminal and ultimately a terminal illness. It typically is associated with the predictable, natural decline in the health of an elder, an unforeseen mental/physical decline of a loved one and chronic, end-stage disease processes. Researchers at the University of Toronto's Quality of Life Research Unit define quality of life as "The degree to which a person enjoys the important possibilities of his or her life." Their Quality of Life Model is based on the categories "**Being**", "**Belonging**", and "**Becoming**", or as it might be easier to understand, who one is, how one is connected to one's environment, and whether one achieves one's personal goals, hopes, and aspirations.

The Center's mission, which has remained virtually the same since our founding in 1957, is "to provide opportunities for persons with physical disabilities to enhance the quality of their lives." *ENHANCE THE QUALITY OF LIVES?* What does this mean and just how do we do this?

Programming at The Center remains focused on several key areas:

- REHABILITATIVE FITNESS
- ADAPTIVE RECREATION
- SOCIALIZATION
- COMMUNITY OUTINGS
- SUPPORT GROUPS
- INFORMATION & REFERRAL SERVICES
- TRANSITION SERVICES

Through our facility and services, we help the individuals we serve to increase their physical capabilities learn new skills and celebrate their triumphs in a nurturing, supportive and family-like environment. Surrounded by peers who have



"been there, done that", our Members have created a sense of community that you often don't find in the closest of families.

The Center's leadership is committed to continuing the vitally needed services and programs offered here at The Center. A little over 2 years ago we underwent a thorough Strategic Planning process looking at all areas of service and operations. It is a progressive and well thought out plan, including components to expand our services while never losing sight of our founding and our underlying mission – to enhance the quality of life for those we are so blessed to serve.

We thank you for your continued support of The Center, our services and our mission. For here at The Center, our Members each and every day not only realize a sense of "Being," "Belonging" or "Becoming," but they also realize an enhanced quality of life.

Yours in service,

Gerald Roulet, 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

# The Center's Red Circle Society CAMPAIGN FOR *Creating Independence*

The Center's Board of Directors and Staff gratefully acknowledge the following supporters who have made our mission their mission. Many of those listed below recommitted their support at a **CAMPAIGN FOR CREATING INDEPENDENCE** luncheon on December 3rd at The Center.

## *Red Circle Society 2004 - 2010*

*The Center's Red Circle Society is a multi-year giving society designed to build a stronger foundation for expanding our programs and services, but also provide a stable future for The Center and the individuals we serve.*

*Center Visionary:* Anne & Henry Zarrow Foundation • Ruth Nelson • Herman Kaiser Foundation

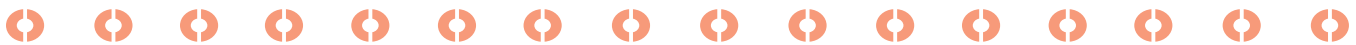
*Center Leader:* Markus Hilti • Kathy Hilti

*Center Partner:*  
Robert & Susan Cronk • George & Phyllis Dotson • Sam & Nona Rhoades Foundation

*Center Friend:*

Andrew Allen	Lorene Cooper Hasbrouck	Nikki Sanditen
Alan & Shelly Armstrong	Charitable Trust	Steve Sanditen
Gary & Andrea Bartlett	Tom & Judy Kishner	David & JoAnn Schaub
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Final Touch Cleaning	Steve & Marian Mills	Ben & Nancy Townsend
Fred Daniel, III	Tom & Lisa Mills	Calvin & Marilyn Vogt
Tony & Carey Haynie	Michael & Andrea Myers	Rick Walner
Hogan & Slovacek	Oracle Packaging	Dr. Jill Wenger
Burt Holmes	Michael Payne	Catherine Young

New 2010 other multi-year contributors include: Tim Brooks, Lance Taylor, Stephen & Lorna Mason, Nate Waters, Val Fimbres & Dave Wilson, Robert Johnson, Samantha & Andrew Marshall



If you would like to be a member of *The Center's Red Circle Society*, you can give at one of the levels indicated below:

- Center VISIONARY — \$20,000 a year for five (5) years
- Center LEADER — \$10,000 a year for five (5) years
- Center PARTNER — \$5,000 a year for five (5) years
- Center FRIEND — \$1,000 a year for five (5) years

I would like to contribute in other ways:

- Contribute \$\_\_\_\_\_ for \_\_\_\_\_ years
- Please contact me;  
I have other thoughts to share.
- I am interested in Planned Giving info

All gift commitments can be invoiced, paid by check, cash or MasterCard, VISA, American Express or Discover. Invoices for multi-year gifts are generally issued in November for future year pledges, unless requested otherwise. This is also a good way to take advantage of your company's Matching Gift Program!

If you would like more information or have questions, please contact Marcia Graham, Director of Development, at [mgraham@tulsacenter.org](mailto:mgraham@tulsacenter.org) or 918-794-4506.

# Tulsa Jammers Host JWCS Tourney



Coach Bradley Forbes, Asst. Coach Kevin VanBecelaere and the Jammers [alphabetically]: Chad Beard, Shawn Campbell, Kyle Hutchinson, Adam Kaney, Karina Keck, Kelli Odle, Jacob Shaw, Logan Shaw, Kaylon Talamasey and Kirstie VanBecelaere.

There was lots of activity at The Center on the weekend of December 11th and 12th as Coach Bradley Forbes and the Tulsa Jammers hosted the Junior Wheelchair Sports (JWCS) Southwest Conference Tournament. Tournaments results are shown below [wins - losses]:

Houston TIRR Hotwheels	3 - 0
Dallas Jr Mavericks	2 - 1
Tulsa Jammers	2 - 2
Dallas-B Mavericks	2 - 2
Kansas Wheelhawks	1 - 2
St. Louis Rolling Rams	1 - 2
Kansas City Jr Pioneers	0 - 3

GO JAMMERS! JOIN THE JAMMERS BOOSTER CLUB AT [WWW.TULSACENTER.ORG](http://WWW.TULSACENTER.ORG)



# Grant Update

The Center is most appreciative of the grants received from the following Foundations in 2010 in support of our programs, services and operations:

Sharna & Irvin Frank Foundation

E.L. & Thelma Gaylord Foundation

The Gelvin Foundation, Inc.

Hagler Pinkerton Foundation

Inasmuch Foundation

George B. Kaiser Family Foundation

The Herman Kaiser Foundation

J.E. and L.E. Mabee Foundation, Inc.

Ruth Nelson Family Foundation

The Oxley Foundation

The Judith and Jean Pape Adams Charitable Foundation

Sam J. and Nona M. Rhoades Foundation

T-F Foundation

Anne S. Woolslayer Foundation

The Charles and Marion Weber Foundation

Anne & Henry Zarrow Foundation

Zarrow Families Foundation



## Center Coffeehouse & Talent Show

Friday, March 4, 2011 at 5:30p

Center Gymnasium

Join Center friends for an evening of talents, song and humor while enjoying some Java and snacks.

Sign up to spotlight your talents and share a memorable moment of music, comedy, magic or dance.

Invite your friends and family to mark their calendars to share this evening of fun, camaraderie and friendship.



# “Proud May She Wave”

*... thanks to Christopher Zumwalde, Eagle Scout Candidate*



It wasn't that long ago that Christopher Zumwalde spoke at a Board of Director's meeting to explain his Eagle Scout project at The Center . . . a new flagpole, lighting and flags. Donations started that day and the total raised for the project was just under \$2,000.

On Saturday, Nov. 20th, the project was completed. The United States and

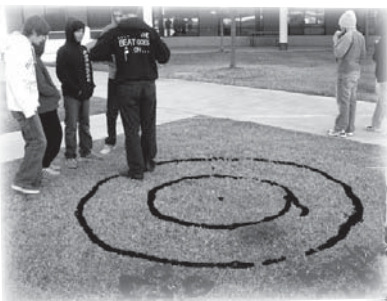
Oklahoma flags were raised in a traditional ceremony, assisted by Board Member Bill Doyle and Members Bradley Morgan and Joey Marquecho. Several were in attendance to view the ceremony.

The photographs shown here are just a few of those taken by Christopher's mother, Cheryl. Christopher and the Zumwalde family have a very direct connection to The Center . . . Lori Long, Executive Director, is Christopher's aunt. Christopher said it was an easy decision when determining how he wanted to invest his time and efforts for his Eagle Scout project. Christopher is currently a Life Scout in Troop 975.

Others involved with this project include Oklahoma Mobile Concrete who partially donated the concrete for the base; Everding Electric donated the time and crane to raise the flagpole and install the lighting; ABC Equipment donated the auger; Denny and Cheryl Zumwalde bought the US flag. The total project had 205 hours of time donated which included three adult Scout Leaders and 14 scouts that helped over the two-day project (this doesn't include non-scout helpers.)



*The complete set of photos taken by Cheryl Zumwalde during this project can be viewed at [www.tulsacenter.org](http://www.tulsacenter.org)*



# VOLUNTEER CORNER

Margie Crossno, Programs and Volunteer Services Coordinator, leads The Center Staff and Board of Directors in recognizing the many hours and efforts extended by volunteers at The Center over this past year.

## MEMBER VOLUNTEERS:

Floyd Birkenfield	Wayford Hinton
Mike Boulware	Melita Jones
Stephen Choate	Diane LaGrone
Marc Cook	Jermico Lewis
Melissa Dickerson	Carole Medina
David Dowland	Michael McKnight
Ron Early	Lou Purdy
Mary Elder	Susan Schaefer
Ed Fears	Jim Steinsek
Betty Anne Fulk	Mary Terwelp
Margie Goodell	Linda VanHooser
Maurice Harris	
Patty Harris	

## COMMUNITY VOLUNTEERS:

David A. Brown	Donald Lorton
Robert Beavers	Irene Mathis
Oleta Calvert	Mike Mehsling
Rose Compton	Nancy Morgan
Prakash Dave	Donna Simonson
John Denny	Marilyn Sloan
Debbie Fawn	Ken Sole
Jennifer Henriot	Audrey Springer
Barry Herder	Al Stansberry
Andrea Hernandez	Diana Vestal
Tyler Hill	Kelli Wahrmond
Jaelyn Loomis	

*Thank you Volunteers!*

## Wise Giving Can Benefit YOU and The Center

An extremely insightful person once said that “the manner of giving shows the character of the giver, more than the gift itself”. That perspective is especially true when considering your taxes. Did you know that some types of gifts benefit you more than others? Here are several tax-wise charitable giving strategies:

### GIFTS OF APPRECIATED PROPERTY

A gift of appreciated property, such as stock or real estate, can be one of the most advantageous ways of giving. Having owned the property for more than one year, you can avoid capital gains tax and receive a tax deduction for the market value of the property on the date of the gift.

### GIFTS THAT PROVIDE LIFETIME INCOME

Gifts that provide income help you provide for charitable causes, as well as meet your own financial needs. Through a charitable remainder trust, you can receive income for the rest of your life, receive an income tax deduction, and eliminate capital gains tax. A charitable gift annuity can also provide you with guaranteed lifetime income and a valuable tax deduction.

### GIFTS THROUGH WILLS AND TRUSTS

Providing a codicil in your will, naming The Center can also be an effective way to make a gift. You may also name The Center as a beneficiary in your trust. A gift in your will or trust allows you to give when you no longer need the funds and also lowers your estate taxes.

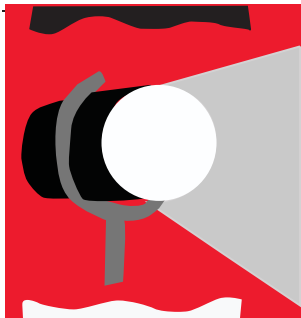
If you would more information about creative ways to give, please contact Lori Long at (918) 794-4509.

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

## In Remembrance

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

Eva Battoe	Emily Graves	Warren LaVallee	Joe Walsh
Tom Beck	Cindy Hixon	Opal Myles	Joe Wooten
Barbara Belford	Sophia Ingram	David Paxton	Debora Yurgealitis
Art Cowart	Dewey Jordan	Thelma Pettie	
Robert East	Colleen Klein	Verna Roark	
Stephen Goldberg	Sybie Lambert	Danny Schneider	



# SPOTLIGHT ON: BARBARA KENDRICK

*“The Center is incorporated into my life like your job is for you.”*

Barbara Kendrick may appear quiet and shy, but she really opens up if you ask her about The Center! “What a blessing The Center has been for me; I can’t say enough about it. The Center is incorporated into my life like your job is for you.”

Barbara has been coming to The Center for about five years.

She says “Betty Scheib introduced me to The Center, and I thank her everyday.”

Barbara participates in Open Craft Studio and Open Fitness, taking personal training from Burt McLachlan, Fitness Coordinator, and she enjoys the Walking Challenge class.

“I have learned so many things here . . . a lot about handling my diabetes, arthritis, nutrition and a healthier way of living. Doctors see the improvement!” She has also noticed increased energy and that it is easier to get up in the morning since working out in the Fitness Center. Barbara comments, “I look at life differently now; the depression has decreased.” Barbara admits that she didn’t used to enjoy

working out, but she now sees the benefits, adding “Burt [her personal trainer] cares and he focuses on my needs.”

Barbara adds that the “people” interactions with Staff and Members are a favorite part of coming to The Center, and that “one day I would like to volunteer at The Center and share some things I have learned.” She does “give back” by participating in the Community Service Group.

Barbara put her talents with scrapbooking and card making to good use . . . she has two of her designs in The Center’s Holiday Card selection this year.

*Pictured on the left: Barbara on the StairMaster; above right, she is doing the Center Walk Challenge with Fitness Instructor Bradley Forbes; next photo, Haylee McDorman, Transition Services Coordinator, joins Barbara in the Craft Studio.*



*A new happening at The Center is being introduced in February 2011 and will take place quarterly . . .*

## CENTER IMPRESSIONS

“Center Impressions” will feature a different art instructor and different medium each quarter. Participants will create their projects in The Center’s Art Studio. Session times are slated to be 6:00p - 9:30p.

The first “Center Impressions” session will focus on making your own “Fantasy Pizza” out of clay . . . create and add all the toppings you want! Center Art Instructor, Janice Bawden, will give tips to form your pizza ingredients on Tue, February 8th and then on Tue, February 22nd you will glaze your pieces for a final firing. Both sessions for only \$70!

Food and beverage is included in the cost of the each session. Be an “Arteest” for a day and have your family and friends join you in the fun! Check The Center website for all the details, [www.tulsacenter.org](http://www.tulsacenter.org)



**The Center** For Individuals  
With Physical Challenges

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| *Creating Independence*

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Annie Tomecek, 2nd Vice President  
Nate Waters, 3rd Vice President  
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Kristina Robinson  
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Lance Taylor  
Beth Terrill  
Kurt Webber

*Happy 2011 to You!*

Interns:  
Maleatha James

Lori A. Long, Executive Director

printing of this newsletter, courtesy of



Partner Agency

*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.

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

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

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

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

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.

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.

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

