

# center point

A Publication of The Center for Individuals with Physical Challenges

March 2011

## A Real Case of "Creating Independence"



*Barbara and her sister, Mollie Roberts, commented, "We would like to thank the generous staff at The Center for gifting us with this wonderful ramp which enables Barbara the opportunity and freedom to continue coming to The Center."*

Rescuing a "damsel in distress" may not be on Tony Rainwater's resume, but he can most certainly add it now! When Tony, who is President of **Amramp Oklahoma** and a Center Board Member, donated a gift for his company's services to the Bartlett Regatta Silent Auction last year, he had no way of knowing that an anonymous purchaser would, in turn, donate it back to The Center for a Member in need.

Barbara Vegas became that Member in need. Due to a change in regulations at The Lift, Barbara needed a ramp to help her get to a new designated pick up area. Otherwise, she would no be able to get to The Center or really anywhere else. With one rule change at The Lift, she had lost her independence. Barbara, who

has been a Member at The Center since 2004, is a stroke survivor and uses a scooter for mobility. Having a new ramp was vital to her continuing, not only to use The Center's services and programs, but to her overall quality of life.

The Center's Executive Director, Lori Long, contacted Barbara and her sister Mollie Roberts, to make the arrangements for the ramp installation. Within one week of making the call to Amramp, Tony and his crew installed a new ramp at Barbara's home. Barbara can now meet The Lift's new regulation and is back at The Center where her friends welcomed her with cheers . . . and she is no longer a "damsel in distress."

**In This Issue:** **Bartlett Regatta**  
*and the*  
**Cherokee Queen II**

**Better Brains**  
**Being Built**  
*Neurobics*

**Spotlight On:**  
**Denise Brandl**  
*Support Group Leader*

# From our Leaders . . .

**H**appy Spring! It is so nice to finally say that, after the winter we've had! We hope this finds you well and completely recovered from the blizzards of 2011! While it shut most of us down and kept most of us in for the better part of a week, it made coming back to The Center all the more bittersweet. Despite the cold temperatures and the leftover remnants of the snow (unclear sidewalks, drives, etc), our Members were thrilled to be back in their home away from home. And what a busy spring it has already been and still plans to be!

**W**e welcomed our Members back with a complimentary Frito Chili Pie luncheon, where the staff boasted their chili makin' talents! Then the Members stepped up and showed off their talent in our 2nd Annual "The Center's Got Talent" show. We had everything from singing to poetic readings to piano playing and chimes. What a night! We finish off springtime with a spring fling ice cream party in April and then plan to gear up for early summer with our Mayfest Gallery (once again graciously sponsored by T.D. Williamson, Inc.) and of course plans are underway for our 26th Annual Bartlett Regatta! Be sure to keep up with ALL of the happenings here at The Center by checking our website ([www.tulsacenter.org](http://www.tulsacenter.org)) or for you social media types, our Facebook page (simply do a search for The Center to find us).

**O**ne thing that impresses people the most when they come to The Center, especially for the first time, is the happiness, joy and bustling activity they see from our Membership. As they learn more about



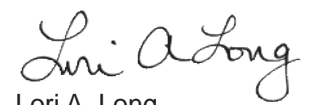
our services and programs, and get to know our Members, they see how optimistic the members are and how The Center has truly helped enhance their quality of life, while helping improve their self-esteem. So if being busy is what it takes, we will gladly keep on being busy. We hope YOU will be a part of that busy-ness in the very near future. There are many ways to get involved at The Center and we welcome your involvement at any time.

Yours in Center service –

Think we're busy enough? Then think about this....

*"One of the things I learned the hard way was that it doesn't pay to get discouraged. Keeping busy and making optimism a way of life can restore your faith in yourself." ~ Anonymous*

  
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
- 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 Coordinator
- Janice Bawden, Art Instructor
- Angielyn Hughes, Administrative Assistant
- Donna Bridenstine, Receptionist



# Bartlett Regatta Sets Sails for 26<sup>th</sup> Year

Launch Party - Wed, June 1<sup>st</sup>

Regatta/Race Day - Sat, June 4<sup>th</sup>



AHOY MATES, whether a sailor or landlubber . . . mark your calendars now for the 26th celebration of the Bartlett Regatta & Launch Party!

The fun begins at The Center on Wed, June 1st with the Launch Party, starting at 6:00p, where you can enjoy two silent auctions, cocktails, catered dinner, an energetic live auction, Wine Pull, photo booth and more! Just ask anyone who has attended the Launch Party and they'll tell you how enjoyable the evening is with the various activities and how much fun they had!

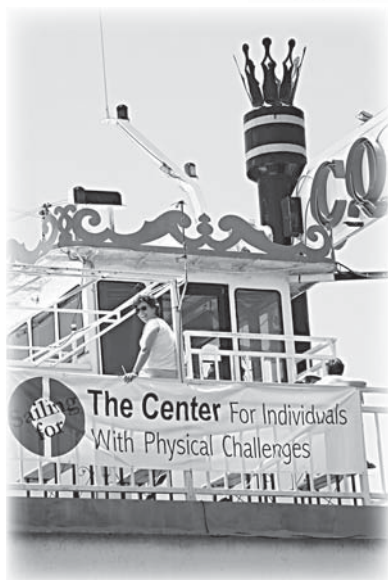
Yo Skippers . . . be watching for your Skipper Packet and spread the word to your sailing friends! The Regatta takes place on Sat, June 4th at Grand Lake. The day begins and ends at Arrowhead Yacht Club with the Race starting about 1:00p and wrapping up with an awards celebration about 4:00p. There is a fleet of 15 - 20 various sailboats, some racing and some cruising, with crew and guests. "Skipper Instructions" with details for Race Day will be available on The Center's website: [www.tulsacenter.org](http://www.tulsacenter.org)

After the success of the Cherokee Queen II's participation last year, John and Sarah Graves of Cyclonic Valve, have again agreed to sponsor the CQII for members and guests to enjoy this year. Tickets for the Cherokee Queen II are \$40 each and will be sold on a first-come, first-serve basis as there are a limited number of tickets for sale.

Special thanks to the 2011 Bartlett Regatta & Launch Party Committee, co-chaired by Sarah Graves and Judy Z. Kishner. Others on the Committee include: Kristin Dickerson, Eric Ellsworth, Jennifer Ferguson, Val Fimbres, Beth Fisher, Debby Hughes, Martha King-Clark, Samantha Marshall, Ann McKellar, Stacy Nix, Kris Robinson, JoAnn Schaub, Lori Sears, Lance Taylor, Beth Terrill, Annie Tomecek, Allison Warning, Nate Waters and Kurt Webber.

Many thanks also go to the Committee Members, Board Members, Sponsors and Patrons who have helped raise over \$2 millions since the first Regatta in 1986. Last year was the 25th Anniversary and over \$220,000 was raised . . . YOU can help us surpass that this year!

*The Bartlett Regatta, whether on land or lake, THE place to "see and be seen!"*



## Watch the Regatta from the Decks of the Cherokee Queen II!

Tickets are \$40 each  
limited supply  
first-come, first-serve

Sat, June 4th  
leaves dock at Noon

lunch and beverages provided  
no children under 6 years  
no personal coolers allowed

contact Lori Long for more info:  
[918-584-8607](tel:918-584-8607) or [llong@tulsacenter.org](mailto:llong@tulsacenter.org)



# Center Staff Presents at TR Conferences



*Pictured, L to R: Margie Crossno - Programs & Volunteer Services Coordinator, Haylee McDorman - Transition Services Coordinator and Vickie Holler - Director of Member Services*

Center Staff are actively sharing their knowledge with other professionals in their field. Vickie Holler - Director of Member Services, Margie Crossno - Programs & Volunteer Services Coordinator, and Haylee McDorman - Transition Services Coordinator recently presented at conferences for Therapeutic Recreation.

At the **Therapeutic Recreation Symposium for the Southwest Region** recently held in Little Rock, Arkansas, Margie and Vickie presented "*Using Adaptive Technology to Increase Participation for Individuals with Significant Physical Challenges.*"

Haylee presented "*Wii in Therapy*" with colleagues at the **Therapeutic Recreation Association of Oklahoma [TRAO]** conference in Stillwater, OK. Both presentations allowed conference participants to gain information and experience use of adaptive technology that promotes independence and stimulates involvement in individual interests for individuals with physical challenges.

Vickie, Margie and Haylee have been actively involved in the TRAO activities for several years, and each has served on the TRAO Board.



## Make A Difference in the Lives of Others

Are you looking for a simple, convenient way to make a gift to charity this year without dipping into your checking or savings account? If you are over 70 1/2, you can transfer funds from your IRA to charity. This gift will not be included in your taxable income\* and is only available through December 31, 2011.

Your gift can be made simply by notifying your IRA plan custodian of your intent to make a current transfer to a qualified

charitable organization. For more information on how to make an IRA rollover gift in 2011, please contact Lori Long, The Center's Executive Director, at 918-584-8607 or [llong@tulsacenter.org](mailto:llong@tulsacenter.org).

\* This is not intended as legal, tax or accounting advice. For tax advice, please consult your financial professional.

# Decide for Yourself!

**BURT MCLACHLAN**  
Rehabilitative Fitness Coordinator

Planning an exercise program takes discipline, hard work and willpower to be implemented. Many individuals begin a new fitness regimen but they lack the capability of planning the right fitness regimen that is appropriate for them.

To put it into perspective, why some people starts a program and quit in the first 2 to 3 months and others give-up at 6 months. There is a model that explains why people behavior change when applying lifestyle modifications.

**Stage 1: Pre-contemplation** – an individual make excuses why he or she can not be engage in physical activity and has no intentions of starting in the next 6 months.

**Stage 2: Contemplation** – an individual thinking about starting an exercise program, but are not taking the necessary steps in preparing. ie. Going to the health club for a tour and collecting information to get started.

**Stage 3: Preparation** – an individual begins an exercise program but is not expending enough energy and duration during the exercise session; less than 30 minutes, 2 times per week.

**Stage 4: Action** – an individual begins and exercise program at a duration of 45 minutes to an hour of regular exercise but has not maintained this program for 6 months.

**Stage 5: Maintenance** – an individual has a steady and consistent workout regimen that occurs 6 months or longer. They are involved in cardiovascular, strength, flexibility and cross training exercises etc.

To become a true health conscious person, your goal is to adapt the maintenance model. This is the ideal stage of change that your effort and consistency should be demonstrated. You will truly meet your performance goals and your fitness will become a way of life.



## You Heroes

You Heroes have a way  
Unlike any other way

You Heroes give it all  
By the end of the day

You Heroes show us what  
It's really all about

You Heroes give us hope  
Casting out all our doubt

You Heroes smile while  
The rest of us sigh and shrug

You Heroes carry comfort  
inside you  
Greater than the longest hug

While You Heroes are not  
perfect in every way  
You Heroes show us it's ok to  
be human when we lose our way

So hats off to You Heroes!  
You shining sprinkles of light!  
Thank you for illuminating our  
paths of life.



Inspired by: Audrey Springer  
Written by: Angielyn Hughes  
© 2011 by Angielyn Hughes



## Calling all Volunteers . . . for the Bartlett Regatta & Launch Party!

Each year, a big part of the success of the Bartlett Regatta is due to its many Volunteers, and this year is no exception. Volunteers are needed at the Launch Party on Wed, June 1st and again at the Regatta/Race Day festivities onboard the Cherokee Queen [sponsored by Sarah & John Graves and Cyclonic Valve Company] on Sat, June 4th at Grand Lake!

Contact Margie Crossno at 918-794-4510 or [mcrossno@tulsacenter.org](mailto:mcrossno@tulsacenter.org) if you are interested.

## FORE . . . Request for Golf Supplies

Margie Crossno, Coordinator of Adaptive Recreation programs, is requesting donations of gently used or not so gently used golf clubs for use with a future adaptive golf activity. Acquisition of clubs of various sizes will allow the opportunity for more Members to participate. Also needed are tees and practice golf balls [wiffle balls].

Anyone interested in donating any golf supplies may drop them by The Center or contact Margie at 918-794-4510 or [mcrossno@tulsacenter.org](mailto:mcrossno@tulsacenter.org).



## Better Brains Being Built (Say that 4 times as fast as you can)

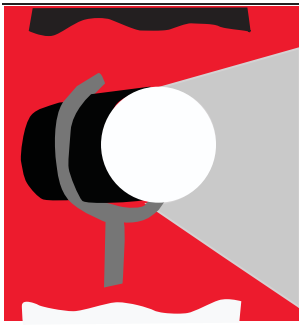
Thanks to an adaptive recreation grant received in the Spring of 2010 from The Gelvin Foundation, Center Members are participating in the **Posit Science Brain Fitness Program**. The grant allowed The Center to purchase the software that was loaded onto two computers in the Center's Computer Lab.

The Brain Fitness program focuses on auditory processing exercises which are designed to engage memory and other cognitive systems that stimulate increased accuracy and speed of the brain so that participants improve their ability to capture and recall information. The 40-hour program is challenging for participants to complete, but Member users receive feedback regarding improvement in areas of processing speed, sound precision, working memory, and narrative memory which effects attention to daily interactions.

Center Member, Susie Woody, who demonstrated significant improvements with processing speed, narrative memory and sound precision reports noticing increased ability to attend to and discriminate to a given task since completion of the program; specifically recognizing improved ability to discriminate and enjoy increased range of notes and tones when listening to music she enjoys.



Members interested in participating in the Posit Science Brain Fitness program may enroll in NEUROBICS as space becomes available. With the current software, four Members are able to participate each semester. We hope to be able to increase the number of available programs for use each semester by Members by adding additional programs as funds allow.



# Spotlight on:

## *Denise Bandl*

### Support Group Leader



- Denise Bandl, M.S., CCC-SLP, ATP
- Speech-Language Pathologist since 1991, private practice since 1993
- RESNA certified Assistive Technology Practitioner since 1995
- Facilitated the MDA support groups (General support group for anyone with a neuromuscular disease covered by the MDA & the ALS support group) since 2004.

Denise invites anyone with a neuromuscular disease or their friends, family, caregivers to attend the MDA or ALS Support Groups meetings held at The Center. She says, “I try to bring speakers in to give more information to the group and we also build some great friendships. We try to support one another and have fun, too!”

Along with helping the support groups, Denise’s private practice focuses on helping individuals with multiple disabilities be as independent as possible and communicate as effectively as possible. She accomplishes this through the adaptation of a computer, use of adaptive equipment at home or work, or communication devices. Denise adds, “I’ve helped many people with limited or

no use of their hands be able to make phone calls, run their computer, control their lights, radios, fans, etc through the use of specialized devices. I provide evaluations and training for communication devices for individuals that are nonverbal or have significant speech difficulties. I evaluate and educate on mealtime and feeding issues.”

Denise commented, “I feel that God gives each of us gifts and being able to assist people with disabilities is mine.” Denise’s Website: [www.adaptivetechsolutions.com](http://www.adaptivetechsolutions.com)

Check out all of The Center’s Support Groups on page 8 or our website [www.tulsacenter.org/services/support-groups](http://www.tulsacenter.org/services/support-groups)

## Reminders and To Do's from The Center

### The Center will be closed:

Mon, May 30 -  
Memorial Day  
Tue, May 31 -  
Regatta Set Up  
Wed, Jun 1 -  
Bartlett Regatta

**Board  
Cookout for  
Members on  
Fri, May 6**

**The Center Gallery at  
Mayfest, May 19 - 22**

**New Summer  
Semester starts  
May 3**

**MAC Spring  
Fling - 1:30p  
on Thu, April 7**

### **BARTLETT REGATTA:**

- Launch Party  
- Wed, June 1
- Race Day -  
Sat, June 4
- Order  
Cherokee  
Queen  
Tickets



**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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Eric Ellsworth  
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.

