



Spring 2013  
Volume 5, Issue 3

# Tulsa Day of Health

## 11-3, Saturday June 22

### Promenade Mall, 41st & Yale

#### Free screenings, information and fun for all ages

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Free health screenings and more than 20 booths with free apples, water, snacks and other giveaways are among the plans for the first Tulsa Day of Health at 11-3 p.m., June 22, at Promenade Mall.

Tulsa Day of Health will bring together doctors, nurses, pharmacists, therapists, dietitians and fitness experts in an attempt to improve Tulsa's health status.

"18.9 percent of Oklahoma residents do not have insurance, and as a result, there are many people not receiving preventive health care such as blood pressure and other basic screenings. Many people are unaware of illnesses until they require expensive emergency care," said Maiuri Ranchhod, event chair.

Free cholesterol, diabetes and blood pressure screenings are set for the event. Other opportunities include memory screenings, assistance completing an Advance directive, ideas for healthy eating on a budget, and tips for planning life transitions.

Adult participants will receive a Health Passport, and after visiting all the booths, the Passport becomes an entry for door prizes donated by Promenade Mall merchants. To find out more about Tulsa Day of Health, contact Beverly Moore at 918.740.5970 or bmoore@crsok.org.

Counseling & Recovery Services of Oklahoma is sponsoring the event with Morton Comprehensive Health Services, OU Physicians Health @ Work, Family & Children's Services and Tulsa Promenade Mall.

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**Family Fun Day is great success** See Page 3

**CALM Center needs basic items for youth**  
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### Need more information?

[www.crsok.org](http://www.crsok.org)  
[info@crsok.org](mailto:info@crsok.org)

Counseling & Recovery Services of Oklahoma is a nonprofit community mental health center.

**Mission:** Helping build better lives through behavioral health and substance abuse services.



## CALM Center seeks items for youth

The CALM Center is a 24/7 facility serving youth ages 10-17 in a behavioral, emotional or substance abuse crisis. Youth often arrive with only the clothes that they are wearing.



The CALM Center provides behavioral health treatment during a seven-day stay. Youth need changes of clothes, toiletries, bedding, towels, books and games to make their stay more comfortable.

The CALM Center receives and greatly appreciates support from a variety of individuals, groups and foundations in the community. Call Development Director Taylor Davis at 918.394.2256 to arrange your gift.

### The following items are needed:

1. Socks (girls and boys)
2. Underwear (girls and boys- all sizes for kids 10-17)
3. Sports bras- variety of sizes
4. Hair brushes
5. Decks of playing cards & UNO
6. Books to read and take home (Elementary school and above reading levels)
7. Black & white composition notebooks (no spirals)
8. Deodorant- stick, not roll-on
9. Toothbrushes and toothpaste
10. Crayons
11. Bean bag toss, large outdoor tick-tack-toe game; other soft outdoor activities
12. Wii game set with Wii fit, game show games, dance games, non-violent sport games, etc.
13. Laminating machine (needed to reinforce activity sheets used on a daily basis)

## Free financial planning for now & later

Do you think about preparing for your financial future but put off planning because you don't know where to start? Or, do you think about what legacy you'll leave behind? No matter what your age or place in life, it's never too early to start making these plans.

This planning can help you better prepare for your family's financial future while also caring for the community.

The Advancement Group is Counseling and Recovery's planned giving office, and they can help with everything from financial planning or last will and testament planning, all confidential and free of charge.

The Advancement Group also handles Counseling and Recovery Services' planned gifts, a tremendous way to leave a legacy for your family and community.

If you have questions about financial planning, planned giving or The Advancement Group's services, please contact Taylor Davis at 918.392.5809 or [tdavis@crsok.org](mailto:tdavis@crsok.org).

# Family fun day success

Board members, staff and other volunteers donated time and talents to make the first Family Fun Day on May 4 successful for clients of children's services and their families.

Departments created elaborate gift baskets with donated items. Every family left with a gift.

Children received prizes while playing a variety of games.

Everyone left with free QuikTrip sandwich and drink coupons.



Kellis sits still while Maura Pollak creates a butterfly on her face. Adults and children were adorned with unique art.

Adrian wins the game basket and excitedly takes it from Stephanie Taylor. It was one of 12 created by adult and children's departments for families.



Donna Martin reads to two of the many children attending. Games and activities amused the 100 participants.



Dylan enjoys cotton candy, popcorn and more. His dad, Charles, is a Wraparound graduate.

## Stories of changed lives shared at luncheon

Jeni Jamison talked about her difficult childhood and struggles to raise a child with complex behavior issues during the May 8th Friends Luncheon in the Helmerich Conference Room.

This event updates donors, community leaders and volunteers on mental health and substance abuse services available for children, adults and families at Counseling & Recovery Services.

Jeni said her son's therapist suggested calling Wraparound Tulsa to get help coordinating all the services that he needed. Jeni said her child's issues did not go away, but with Wraparound's help, she learned better ways of dealing with his behavior.

The 26 people attending also heard from Jeremiah Snyder who has Asperger's Syndrome and successfully participated in Wraparound Tulsa while in elementary school.

In his teens, Jeremiah became aggressive and went to live in a group home. Jeremiah said he didn't know what he was going to do when he turned 18 and had to leave his

group home. That's when his mother, Regina, once again called Wraparound Tulsa for help.

Transition Services staff, part of Wraparound Tulsa, helped him find a place to live and set goals for the future. His goals include completing his G.E.D. and attending college to study computer science.

Other speakers included Clinical Director Gail Bieber and Board President Tim Boeckman.

Many guests stayed after the luncheon to ask questions and learn more about the agency.

To attend a future luncheon and learn more about our services and how they affect the community, contact Taylor Davis at [tdavis@crsok.org](mailto:tdavis@crsok.org) or 918.392.5909.

