VOL. 26, ISSUE 1 JULY 2021

CROSSROADS clubhouse

We Are Mental Wellness

Gazette

BACK WITH A BANG!

FROM COVID LOCKDOWN

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The *Gazette*

is a newsletter published monthly by the Administrative Unit of Crossroads Clubhouse for the enjoyment of its community.

We are located at:
3500 South Peoria Avenue Tulsa, OK 74105
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Hours of Operation:
Monday Thru Friday 9 a.m. - 5 p.m.
& Tuesday 9 a.m. - 8 p.m.

www.crossroadsok.org

| OUR MISSION |
is to be a community of support and hope for adults diagnosed with a mental illness by providing choices and opportunities for meaningful employment, housing, education, wellness, and social activity.

BIRTHDAYS

AMY S. 7-13

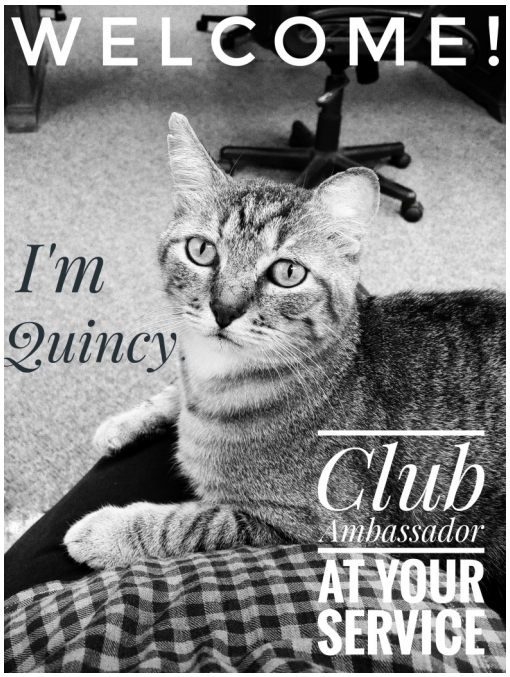
VIVIAN W. 7-15

MIKE MC. 7-6

VICTORIA L.7-16

MELISSA L .7-4

JENNIFER B. 7-20



Employment is a staple of the Clubhouse Model, and through the pandemic we are still offering services. Job hour is on Tuesdays. It can help you work out employment issues as well as help you get a job. Resume building and job coaching resources are always available. Please contact me at Crossroads for more details.

- Taylor

Cover Photos by Joan and Scott
Clockwise, from Top Left: *Amy S; member Bill F. and Board Vice President Gail Bieber; Stingray interior; Dana and Taylor; Dana and Glendale F.*

5.20.21 - A BIG Welcome Back!

story and photos by Scott

At last! Exactly one year, two months, and one week after we had to close our space down due to a strange new viral pandemic, we reopened our doors. A handful of members came back throughout the day. We adhered to the cautionary order of business—masks, vaccination cards, temperature checks, and distanced seating.

Dana and Taylor fired up the oven and stove at Southminster and turned out a delicious lunch of creamy beef stroganoff, sweet roasted carrot strips, and garlic bread—with iced brownies to cap it off.

Quincy, as predicted, was so thrilled to see everyone that he didn't quite know what to do with himself.

Overall, the old Clubhouse spirit began to spark again. We look forward to being back in full force. And we will.

Clockwise, from top L: *Dana and Taylor dish it up; Joyce, Pat, and Laurie A.; Dana and Glendale; Tom; Donita and Quincy; Sara, Taylor, and Marque.*

Scenes from a Garage Jam on Route 66

On June 10 we held a "getting back together" bash at our new (to be remodeled) building at 925 S. Yale Ave. in Tulsa. The building is formerly owned by Roy Sinor of Sinor Prestige Automobiles. It was the perfect site to do something with a fun theme. For the occasion, Roy even drove in the '67 Corvette Stingray you see below.

Robyn C.

Our Garage Jam was a wonderful way to enjoy an evening with my Crossroads friends. The event was filled with surprises, baskets for auction, and one beautiful Corvette. We also had friends there, ranging from the past owners of the building to our present neighbors. There were videos shared, and music by member Amy S.

Thank you, friends, for the heart-filling evening.

Nathaniel B.

My evening began after I had spent the entire day at Crossroads Thursday, June 10. I rode with my mom (who I invited to the festivities) to the new Crossroads location at 925 S. Yale. We got there and we looked for a parking space. We found one on the south side of the building and Taylor invited us into the new building. I looked around and saw it was a hollowed-out commercial garage. I was pleased to see so many Crossroads members there at the table, including Edwin, Sheree, Ann Marie, Amy, and Robyn. Amy helped my mom get her meal of burger sliders, a brownie, coleslaw, and special Route 66 sodas (I had a couple of blue raspberry ones). I congratulated Sheree on becoming the Crossroads Board Treasurer as she gave her introduction of Amy. I had been wanting to see the new video we made for United Way, and I got to see Sheree and Laurence present well for Crossroads. Mom thought she was getting a salad or a light meal, not the burgers. Overall, she was impressed by how the members presented themselves at the function. I was also pleasantly surprised by how well the evening went.

Photos by Dana, from Top: *The crowd; Sheree A.; Amy S. performing; Roy Sinor's '67 Stingray.*

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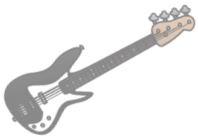
Garage Jam, cont.



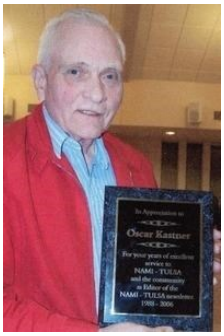
Photos by Dana, Joan, and Scott

Clockwise, from Top Left: *Robyn C., Ann Marie D., Sheree A., Edwin S.; Tyler Wallace (GH2 Architects), Hope Bailey (GH2 Architects), Kayla Andrus, Megan Chinowth (GH2 Architects), Katie Wallace; Diane Polcha, Board President Jon Polcha, Executive Director Pat Fluegel; Pat with Roy Sinor, Cheri Sinor, Board Vice President Gail Bieber, Bill Bieber; MHAOK's Mark Davis speaks.*

In Memoriam, Oscar J. Kastner

by Nathaniel B.

Oscar J. Kastner, a founding Board member of Crossroads, Inc., passed away in September 2020 at age 92.



courtesy *Tulsa World*

He was President and Newsletter Editor of NAMI-Tulsa (National Alliance on Mental Illness). He received a lifetime service award from NAMI in October 2019. He was also an advocate with the Oklahoma state legislature. His son Keith was the very first Crossroads member. A memorial service was held October 30, 2020 at First United Methodist Church as part of a combined memorial service with his son Paul, who passed away in July 2020.

Lucy

story and photo by Robyn C.

I received Lucy as a very playful three-year-old cat. She will lightly nip your hand when you finish petting her. She knows to come to her

name although she runs when people come to the door. In the evening she is very playful and full of excitement. Her downtime includes jumping up in your lap when your legs are crossed or playing with your wet head of hair. She'll wait all day at the window for you to come home.

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