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JANUARY 2020



Gazette

TRUST **MUTUAL RESPECT**
MINDFULNESS **COURTESY**
WELCOMING DIVERSITY
OPEN COMMUNICATION



from **HEALTHY WORK ENVIRONMENT**
Zarrow Symposium 2019



HAPPY NEW YEAR!

January Birthdays:

1st– Lisa G.

1st– Vini N.

11th– Bill L.

13th– Emmy H.

27th– Jay N.

Winter Weather Closing Policy:

Crossroads will be closed if Tulsa Public Schools are not in session due to inclement weather. Please tune in to your radio or television for current information about school closings. A sign will be posted on the front door and a message will be recorded on the answering machine.



We Are Mental Wellness

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
(918)749-2141 Fax: (918)749-2150

Hours of Operation:

Monday Thru Friday 9 a.m. - 5 p.m.
& Tuesday 9 a.m. - 8 p.m.

www.crossroadsok.org



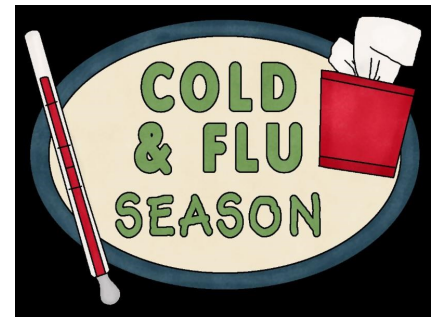
| OUR MISSION |

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.

Crossroads Illness

Policy:

If you have a cold or the flu please stay home and take loving care of your ailing body. You must be fever free for 24 hours before returning to prevent others from catching your germs.



Holidays and Closings:

New Year's Eve: We are open regular Tuesday hours on Dec. 31st, from 9am-8pm. Dinner and NYE celebration for members from 5-8pm.

New Year's Day: CLOSED

Martin Luther King Jr Day: CLOSED

Winter Bazaar Offers Local Flavor

by Scott

Lovers of creative gifts and sweet treats turned out at Southminster for the second annual Crossroads Winter Bazaar fundraiser, Dec. 6-8. Seasonal and everyday metal works from the ever-popular Garden Deva disappeared, as did baskets and gift cards from local businesses, including Stonebrook Day Spa, NobiliTea, Sushi Hana, and Ti Amo. Bedlam-themed confections from Bedré Chocolate and ginger cardamom cookies baked by Yours Truly also fared well. The fact that on one day we competed with the Big 12 Championship Game (OU 30, Baylor 23 in OT) did not deter a good number of people from helping Crossroads and taking home some cool loot in return. A pleasant surprise was a quarter-page ad for the Bazaar in *The Tulsa Voice*, donated by its parent company (and our wonderful friends!) Langdon Publishing.



Our best shoppers!

Basic Excel Class with United Way by Sheree

I would like to a special thanks to Ntech/ The United Way, Joan, and Erika for putting together the trip for Crossroads' Excel class at The United Way headquarters! The class was very informative, and a good refresher on tips and tricks for using the newest version of Microsoft Excel. Colleagues that attended were Sheree, Robyn, Tracy, and Erika. The class was very easy to understand, and was taught by Tami Smith. The United Way funds about 25% of Crossroads budget, and they were very accommodating in terms of getting Crossroads in the class. Things that were taught in the class included, opening a workbook, the difference between a workbook and worksheet, how to print Excel data on one page, and Excel shortcuts. The class lasted for three hours, and there was complimentary coffee to go with the class. Erika is looking forward to setting up additional computer classes, either at the library downtown, or at The United Way, and colleagues are excited for them!



Erika, Tracy, Sheree & Robyn

NAMI Tulsa Holiday Dinner By Vincent, as dictated to Erika

On Thursday, December 12 2019, Crossroads members Vincent, Nathaniel, Runa, Tracy, Terrance, Emily, and Emmy went to the NAMI holiday dinner. Staff member Joan provided transportation to and from Crossroads. Crossroads member Donita, along with her mom Donzetta, were also there. The NAMI holiday dinner was held at Fellowship Church, which also hosts other community meetings. Rose, who answers the phones for NAMI, was there and raffled off the tickets. Many other NAMI supporters were also present. The entertainment was great: An all-female barbershop quartet, Talk of Tulsa Show Chorus, who sang Silent Night and other holiday songs. One important tradition at the NAMI holiday dinner is the candle-lighting ritual, in which everyone in attendance participated, during the singing. The food was as good as our Crossroads Thanksgiving dinner, and Crossroads brought several loaves of bread, along with homemade cookies from staff member Scott.



CRC colleagues with Amy Holmgren



Runa, Donzetta Jones, Emily & Emmy

Tulsa Ballet Presents The Nutcracker

By Tracy

Principal conductor Peter Stafford Wilson led the Tulsa Symphony Orchestra, which performed the Tchaikovsky score for this season's production of *The Nutcracker*. Runa and I attended on Opening night and as you might expect, there were dozens of children on hand. Some highlights of the program this year from the Tulsa World Review I agreed with or found interesting I have summarized here: "Jonnathan Ramirez's performance of the bravura solo that heralds the entrance of the story's romantic hero lacked the explosive energy expected. And the Arabian sequence, with Jennifer Grace being manipulated by Joshua Stayton, Daniel van de Laar and John Powers, also was more sluggish than sensual, the choreography deliberately executed rather than freely danced." In particular I noticed the dancing of the magnificent ballerina, "Madalina Stoica who performed Marie, the adult incarnation of the young girl whose Christmas Eve dream conjures up the story created a lovely arc from self-conscious girl to passionate woman. Ramirez's partnering of her was deft, while dancing in these sequences was strong and expressive." Runa and my tickets were in the Mezzanine section which is basically the balcony seating that allows you to see the stage and all the dancing going on there. This seating is preferred in my opinion. All in all it was a wonderful night.



Erika, Nehemiah Frank & Sheree



Edwin, Sheree, Onikah Asamoah-Caesar & Erika

Networking at Mother Road Market

By Sheree

On Friday, December 6th, a group of Crossroads colleagues ventured to Mother Road Market to meet with Onikah and Kojo, the owners of Fulton Street Bookstore. Colleagues that went included Erika, Runa, Edwin, Tracy V., and Sheree. Erika is Facebook friends with Onikah, and wanted to introduce Crossroads members to her, and investigate possible employment opportunities for Crossroads members at the bookstore! Fulton Street Bookstore was doing a pop-up/meet and greet introduction to their new bookstore that is going to be located on Greenwood in downtown Tulsa! The bookstore is going to be Tulsa's first black owned bookstore. It is expected to open in January. Onikah's husband Kojo was at Mother Road Market also, and we got to talk to him a little about his campaign. Kojo is running against Representative Kevin Hern, for Oklahoma's 1st congressional district seat in the House of Representatives next year. Also at Mother Road Market during Crossroads visit was another friend of Erika's, Nehemiah. Nehemiah is the chief editor of the local newspaper, *The Black Wall Street Times*. He is interested in coming to Crossroads and doing an article on mental illness! A lot of networking was done at Mother Road Market that day!

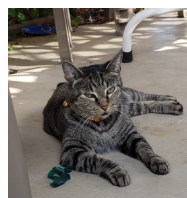
Goodbye to the Crossroads Garden

by Sheree

On a warm December morning, Crossroads colleagues that included Ann Marie, Joan, and Sheree ventured over to the old building at 1888 to say goodbye one last time to the building, garden, and the little girl garden kitty! After Global gardens had graciously received a lot of the garden equipment from the shed, we found the garden to be ready for the closing on the building. A HUGE thanks to Global Gardens for their help! Also found in the garden was the little girl kitten, who Joan is in the process of securing food and shelter for from neighbors to the old building. We took one last walk through the old building, and found a mural in Rikki's old office, that was behind the big desk. One last walk through the garden provided us with some baby Swiss chard, which was sampled by Ann Marie and Sheree. The garden and old building is going to be missed, especially in spring and summer seasons, but we are all looking forward to beginning a new garden with the new building!



Ann Marie, Sheree and Joan enjoyed a last bite of chard from the garden.



Global Gardens Crew: Clayton (Rikki's brother), Jenni, Colby, Joan, & Joel. Photo by Simon Hajjar.

Parkside: New Building, New Era

by Scott

A sizable crowd turned out for the long-awaited open house at the new Parkside Psychiatric Hospital on Dec. 16. Guests, including myself and Crossroads Executive Director Pat Fluegel, toured the five-story facility. Twenty of its 80 beds are on the children's floor. The Outpatient Clinic will be located under the same roof. Ten years of planning, two years of construction, and a \$37.9 million dollar capital campaign resulted in the new facility, located at 13th and S. Trenton Ave. It is scheduled to open in early January. Each room will house one bed—eliminating both privacy concerns and the problem of turning away patients based on gender. (The current hospital has 31 beds, often four to a room.) There will be common and private areas for families and visitors, spaces for recreational and therapeutic activities like yoga and games, and one particularly ingenious addition: an open-air balcony with protective walls, where patients can enjoy fresh air and light as part of their recovery.

I will note that as of this writing, Parkside celebrates its 60th anniversary. To the people, and to the progress of mental health care in Oklahoma, there could not have been a better gift!



Scott with Mary Whiteshirt



Scott, Pat & Eric Sachau





South Entrance to Southminster



9:00 a.m. Clubhouse Opens	10:00 a.m. Morning Unit
9:30 a.m. In-House Meeting	10:00 a.m. Morning Unit
12:00 p.m. In-House Lunch	12:45 p.m. Afternoon Unit
12:45 p.m. In-House Lunch	12:45 p.m. Afternoon Unit
1:00 p.m. Lunch Clean-up	1:00 p.m. Lunch Clean-up
5:00 p.m. Clubhouse Closes	5:00 p.m. Clubhouse Closes

Daily

Fourth Thursday 12:00 p.m.
Board Meeting
Last Monday
Member Appreciation Lunch

Monthly

Monday	3:00 p.m. Flower Arranging We arrange flowers donated by Trader Joe's.
Tuesday	1:30 p.m. Publication Meeting Discuss the <i>Gazette</i> and <i>Tapes-</i> <i>try</i> . 2:00 p.m. Job Hour Discuss available jobs and employment issues. 5:00 p.m. Dinner Social time following until 8:00 p.m.
Wednesday	1:30 p.m. Program Meeting Discussion of issues affecting the whole house. 1:30 p.m. Social Planning Meeting third Wednesday of each month.
Thursday	2:45 p.m. Education Hour Discuss educational opportuni- ties in the community.
Friday	10:00 a.m. In-House Brunch

Weekly



CROSSROADS

3500 South Peoria Ave.
Tulsa, Oklahoma 74105

