

VOL. 26, ISSUE 4

OCTOBER 2021



Gazette

CROSSROADS ANIMALS



***A Showcase of the Pets in Our Lives —
and How They've Helped Us
During the Pandemic***

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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 oppor-
tunities for meaningful employment,
housing, education, wellness, and
social activity.



OCTOBER BIRTHDAYS

Sharon October 7

Kathy C. October 12

Laurie S. October 13

Nathaniel October 16

Emily October 16

Glendale October 23

Tracy V. October 31

Rider Program

MEMBERS: Don't forget to take
advantage of the Crossroads Rider
Program! Every **Monday, Wednes-**
day and **Friday**, we will pick you
up in the morning and take you back
home in one of our Clubhouse vans.
Please be sure to **call ahead**
(918.749.2141) or sign up at the
front desk to schedule your ride!

Quincy's

Dank

MEME

STASH

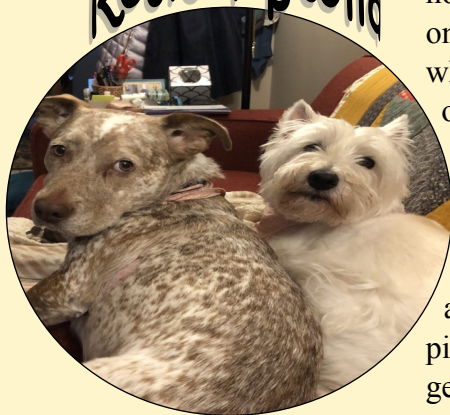
JUST DO IT, WILL YA?



SOMETIMES THE BEST THERAPISTS...

A Nod to the Pets in Our Lives

Rosie & Stella



by Dana Looking back at the last year, specifically all the months of lockdown, I am so grateful for my girls, Rosie and Stella. Working from home was a hard adjustment, and not something I would ever sign up for on my own. It's just way too hard to stay focused at home, especially when you have these sweet faces staring at you wanting to play, cuddle, or take a nap with them. Stella (the white one) kept me company in my home office, always staying in her bed by my desk, while Rosie (the red-and-white spotted one) came in to check on me regularly and get some lovin's. All the snuggling, napping, playing fetch, and humorous doggie wrestling matches really helped to keep the stress level at a manageable level. Now that we're back in the Clubhouse, I get these pitiful "don't leave us" puppy eyes before I leave for work. But, I also get the best wiggly-butt, jumping-and-dancing welcome home show every day, no matter how long I've been away. They are the best.

by Robyn Lucy could tell a couple of days before I went out of town that I was leaving (or something was going down). She sat inside my suitcase. She also sat on top of me for longer periods of time than normal. She was walking all over the apartment knocking things off the tops of tables.

I left my window shades open just enough for her to look out. My sister-in-law came over to check on Lucy one day while I was gone. I was a little leery once I got home. Would I find my apartment smelling like cat? And things knocked all over the floor?

Well, I didn't get the window service *meow*! But as soon as I walked in the door it felt like, "Where have you been!?" She was running around the corner, straight to me!

What a nice welcome home! Well, I missed her, too! (The house wasn't a shambles, either.)

Lucy



chesco



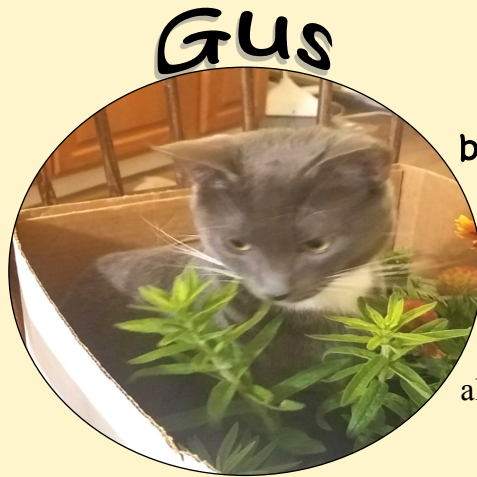
by Laurence I adopted Chesco in July 2019, very shortly after attending a residency audit of an MFA program in Oklahoma City. I named him after my favorite poet at the time, Francesco Petrarca (Petrarch). I fostered him as a kitten from a nurse at my former job at the time. He's a bit silly sometimes: He likes to give "kisses" like a dog, perches on my shoulder, likes when I walk around the apartment, and likes to play fight. When Covid hit I didn't invite people inside for quite awhile—so he's very shy around other people now, unfortunately. He's the first pet I've ever had on my own in my adulthood, and I'm glad to have the little dude in my life!

cont. next page

The Pets in Our Lives, cont.

by Joan My backyard is my sanctuary and became a huge source of comfort during the pandemic. Many evenings were spent outside enjoying the beauty of the natural world. Nemo is the goldfish I rescued from the fountain in the garden at the Clubhouse on 15th Street eight years ago. Many of the koi have been in the pond for decades and can live for 150 years!?!

The stunning orange dragonfly (*insert*) and its offspring have been frequenting my water garden for several years. During lockdown Quincy, our Clubhouse therapy cat, has become a furry friend. I'm SO grateful!!



by Rikki I adopted Gus last year from Tulsa Animal Welfare, which is the animal shelter run by the City of Tulsa. They seemed to have a lot of animals that needed a home. I paid \$10 to adopt him, and the shelter took care of getting him fixed and giving him his shots. Gus was very happy to have a new home, and he settled in quickly. He's very affectionate and playful and loves climbing into boxes and paper bags. He also likes to chase his tail when he thinks no one is watching.

From Across the Rainbow Bridge ...



Bella
2008 - 2021
Ann Marie D.



Smokey Jumbo
2000 - 2021
Pat



Mr. Chill
ca. 2009 - 2019
Crossroads

STAFF NEWS

Welcome Back, Rikki!

story by Scott photo by Pat



She's back, and she's ready to fortify Tulsa's workforce! Rikki has returned to Crossroads after four years of diverse work elsewhere. She will be our new Employment Coordinator, and will also lend a hand to the Education Program.

Rikki served with AmeriCorps in Cape Cod, MA, working on environmental and disaster preparedness projects. She moved back into town for a post at Tulsa STEM Alliance, preparing science education resources for teachers and families. She followed this with a stint at A New Leaf as a job coach for developmentally challenged individuals working in their greenhouse. Rikki enjoys being outdoors, particularly hiking. Her 3-year-old cat, Gus, is pictured on the previous page.

Welcome back, Rikki! It is very cool to have you back at Crossroads!



SPOTLIGHT: EMPLOYMENT

My Job at Tulsa International Airport

by Sheree

Getting a job during the pandemic is possible! I had been searching for a job for several months before the pandemic, getting some interviews, but no job. One day in April, my job coach with DRS, (Oklahoma Department of Rehabilitation Services) emailed me saying she thought she found the right job for me, working at the Tulsa International Airport as a Wheelchair Agent. DRS is a partner agency with Crossroads, so working with my job coach to get a job was fun. My coach's name is Tina, and she is very nice. She told me it's an easy job, taking disabled passengers to and from flights, and basically anywhere in the Airport. She got me a new pair of shoes and several Lift books to help with my transportation, and all of the walking that is involved with the job.

My boss is very nice, letting me work part-time, even though the job is full-time, and she even gave me a promotion after four months because she likes my work. I've been working there for nearly five months now, and I enjoy meeting new people and getting tips. There are jobs out there with everything that is going on; you only need to find the right job that fits you.

Reasor's Job Site Wins Award

by Nathaniel

I have been working my job at the Reasor's Deli at 15th & Lewis for 14 years, and recently we won an award for Best Deli Profit Contribution for the year. This means we were tops in sales and had the largest profit margin. In my years of working in the Deli, I had seen lots of changes, but I never thought we'd win an award like this. This indeed is a huge achievement for our Deli. In the future, I hope my coworkers and I will keep up the good work and win many more awards.

NEW MEMBER

Meet Justin

by Nathaniel



Justin was born in Escondido, CA and educated at Vista High in Vista, CA. He worked at Albertsons at 21st and Memorial in 2001, and LaFortune Park at their driving range. He says a friend or a therapist told him about us, but also says he may have driven by us a few times and wondered what was inside our building. His interests include music, watching sports, taking walks, martial arts, and watching TV. He hopes to build friendships and achieve personal growth. We at Crossroads hope you grow with us, too, Justin.

RETURNING MEMBER

Welcome Back, Ron

by Nathaniel



Ron recently came back to Crossroads to renew friendships he had in the Clubhouse. He says he misses Crossroads very much and wants to get back into his routine. Ron recently moved to his own place and wanted us to know about it. Ron hopes to return to his friendships here (both old and new) and wants to go on outings with us. Welcome back, Ron!



Caribbean Vibes at Gathering Place, 9.25.21

story by Ann Marie D.

photos by Joan

My Saturday began early. A friend had invited me to do the Walk for Suicide Awareness. It was such a powerful and emotionally charged experience.

That same evening I attended the Caribbean reggae festival with Crossroads. I was finally able to reconnect with friends whom I hadn't been able to see since the pandemic hit.

I was a bit exhausted by the end of the evening, but it was a good exhaustion!



L to R: Emmy, her husband John, Robyn, and Ann Marie D. at Caribbean Vibes.



The QuikTrip Great Lawn Boathouse.

NEW BUILDING

The Re-Gutting of 925

story and photos by Scott

The progress at our new home is advancing. In these photos, taken September 20, you can see the framework going up. Electrical conduits and HVAC ducts are being installed as well. The crew are on right schedule with Phase I at this time. Here's a quick tour:



Just inside the front door, looking toward the reception area, the dining hall, and the back of the building. Storage space will run along the back, leading to the dining area and a side door to the outdoor patio and garden.



Same direction: Offices, administration, open work space, and dry pantry. The restaurant-grade kitchen at the back will include a gas stove, ovens, a prep area, and a dishwasher.



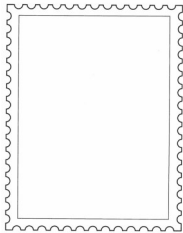
Looking back toward the front, toward the restrooms and conference room.



The journey of plumbing...

We hope to make the move before the end of December into the new building at 925 S. Yale Ave., just off the nation's Mother Road, Route 66.





Current Clubhouse Meeting Schedule*

**Subject to change; please call with any questions.*

Daily

9:00 a.m. Clubhouse Opens
9:30 a.m. In-House Meeting (M.-Th.)
12:00 p.m. Lunch and Clean-up
5:00 p.m. Clubhouse Closes

Weekly

Tuesday 2:00 p.m. Job Hour
Dinner from 5:00 - 8:00 p.m.
Wednesday 1:30 p.m. Program Meeting
Thursday 2:00 p.m. Education Hour
Friday 10:30 a.m. Brunch and Morning Meeting

Monthly

First Tuesday Restaurant of the Month (meet at 4:45 p.m.)
Third Wednesday 1:30 p.m. Social Planning Meeting
Fourth Thursday 12:00 p.m. Board Meeting

