



HELPING NON PROFITS
HELPING FAMILIES

Connections

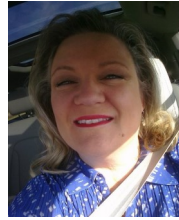
THE U1R RESOURCE CENTER NEWSLETTER

VOL 2 FALL 2017

"TOGETHER" IS A WONDERFUL PLACE TO BE



From the Directors Office,



Greetings!

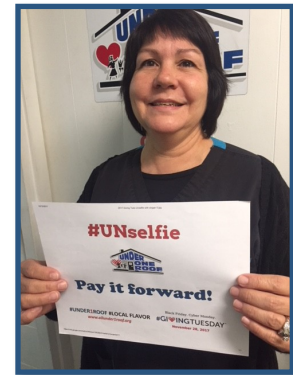
Welcome to fall!! What a busy time of the year around Under One Roof. As the holidays come careening toward us, we are scrambling to finish summer projects and gather for Christmas projects. As you've probably seen, we're giving Under One Roof a bit of a facelift, courtesy of a generous grant from The Gelvin Foundation. We're updating our display booth so when we take our show on the road and present to groups or set up at fairs, we can put our best face forward.

You'll notice the picture on the front of this newsletter, of what will ultimately be our new sign out in the front of the building. We're starting to take bids on it and hope to have it up in the near future. I hope you're enjoying the television in the front room. We think it's a way to help our clientele learn about all of us and a way for us to learn more about one another. We can put upcoming events as well as general information on it; we're learning about how to include videos, so hopefully it will be able to be even more engaging. Get your info to Mekko if you'd like something on the television.

(continued on page 2)

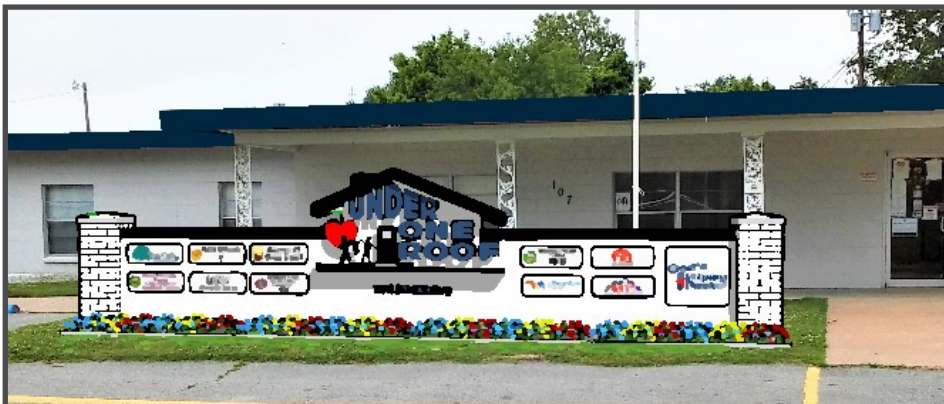
"What we have done for ourselves alone dies with us; what we have done for others and the world remains and is immortal."

- Albert Pike



An #Unselfie
by Connie Fox, Muscogee (Creek) Nation WIC Nutrition Coordinator,

#Unselfies are shared on social media to express support for #Giving Tuesday



RENDERING OF A PROPOSED NEW BUILDING SIGN

In This Issue

- From the Director's Office
- Local Flavor
- U1R Getting a Facelift
- KATS HAPS
- Connie's Recipes

From the Directors Office *(continued)*

We're looking forward to our fundraising event called Local Flavor. It's coming up quickly, on November 28, 2017. This is done in conjunction with the national day of giving, #GivingTuesday. On Black Friday and Cyber Monday, we get deals...#GivingTuesday is a day to give back. Our event will be a "tasting event" of local restaurants and will be loads of fun. Loads of food too! There will be a live auction with professional auctioneers and a silent auction, so you can start your holiday shopping early! There will be a prize for "best food" and "best booth decoration", so come and try out local restaurants and have some fun. If you'd like to get tickets, let us know and we'll get you fixed up.

Santa is coming to town on December 2, 2017. He will be set up at the Eufaula Armory to meet local children after the Christmas parade. Under One Roof pulls together the "Santa Bags" that he gives to the children who come to see him. Local businesses and organizations donate items to go in the bags, and Market Square grocery donates fruit so each child can have fresh fruit. If you would like to donate to the Santa Bags, we make up 300 of them, and you can let us know in the administration office. We will stuff the bags on November 30, 2017, at noon, in the main conference room.

The McIntosh County Coalition for a Healthy Community will provide 10 Christmas stockings for boys and 10 for girls, who are in the Youth Emergency Shelter. If you would like to contribute to those, say the word and we'll include your goodies also. The stockings will be stuffed on December 19th, here at U1R. The Youth Emergency Shelter needs all the help they can get this Christmas, so if you would like to donate, their number is: (918) 423-8845.

Muchas Gracias! A special thank you to our Tenant Partners for all you do for the families of our area. So many people depend on the services provided by your organizations and you should be very proud of the good work you are doing for our community. We are so proud to have all of you in our center. Together we are stronger!



Kim Woodruff,
Executive Director

(Thank you to Jay Hayes, for serving on the Newsletter committee. It's been a pleasure working with you and we appreciate your way with words!)



The beautiful artwork provided by the beautiful children in the Eufaula Youth Shelter

Local Flavor

Warm up your taste buds! U1R is sponsoring "Local Flavor", an opportunity to try the signature dishes of area restaurants. Live and silent auctions will also be part of the fun. The fund raising event is being held in conjunction with Giving Tuesday which falls immediately after Black Friday and Cyber Monday.

For tickets or more information please check out our Facebook page or visit our website www.allunder1roof.org or call 918-689-7505.

PARTICIPATING RESTAURANTS

High Street Coffee

Eufaula Flower Shoppe & Cafe

Cox's Country Buffet

Katt Daddy's

Jay Henry's

Mama Tig's Wood Fired Pizza

Taylor Made BBQ

Boom A Rang Diner

Treasures By The Lake

Eufaula Canadian Tribal Town

updates available at
www.allunder1roof.org

OUR TENANT PARTNERS

- **Carl Albert Mental Health Center:** Provides drug and alcohol counseling. **918-426-7800**
- **District 18 Drug Court:** Treatment providers who work with clients with a desire to recover from drug addiction and live a life other than incarceration. **918-423-7323**
- **Lake Eufaula Group of AA:** A group who helps individuals recover from alcoholism. **918-886-7171**
- **God's Helping Hands:** Provides a clothes closet, food pantry, emergency prescriptions and help with utility bills. **918-689-1800**
- **McIntosh County Coalition for a Healthy Community:** Provides local leadership for community members to work together to make our county a healthier place to live, work and play. **918-689-7505**
- **Muscogee (Creek) Nation women, Infants and Children (WIC) Program:** Provides nutrition for women, infants and children of all races. **918-618-4577**
- **Muscogee (Creek) Nation Family Violence Prevention Program:** Providing advocacy, support and services for those affected by sexual assault, domestic violence, dating violence or stalking. **918-752-8551**
- **McIntosh Group of Narcotics Anonymous (NA):** A group who helps individuals recover from addictions. **918-843-1818**
- **The Oaks Behavioral Health:** Providing substance abuse prevention and treatment. **918-689-3265**
- **Women in Safe Homes (WISH):** A shelter where women in crisis will be safe and have time to make decisions about their future. **918-618-4250**
- **Oklahoma Works:** Free employment resources and training opportunities. **918-423-6830**
- **Youth Emergency Shelter (YES):** Provides emergency shelter for children in crisis, community based counseling and prevention. **918-689-2900**
- **Friendship Kitchen:** Weekly soup kitchen provided by local churches. **918-689-1800**
- **Ki Bois Area Transit System (KATS):** Providing wheelchair accessible, on demand rural public transportation. **918-689-1020**
- **Oklahoma Department of Veteran's Affairs:** Provides a representative to advise and aid veterans in obtaining benefits. **918-397-2566**



New Arrival

Drug Court participants Casey & Miranda Acklin are the proud new parents of a beautiful 6lb 5oz baby boy, Maxlee Shaun, born September 20th.

U1R GETS A FACELIFT

Due to a generous grant, Under One Roof is undergoing some transformations. The exterior is receiving a much needed paint job while our lobby now has a warmer more inviting feel. A television now hangs on the wall that serves as a directory but also gives tenants another way to tell visitors about their services. A more informative sign is also planned for the front of the building. (see front page)



Drug Court participant Mark Park along with others repainting our building

OCTOBER IS DOMESTIC VIOLENCE AWARENESS MONTH

October was Domestic Violence Awareness Month according to Cynthia Mercer, Victim Advocate for the Muscogee (Creek) Nation's Family Violence Prevention Program. Services available through the program include:

- Assistance in Locating Emergency Shelter
- Assistance with Filing Protective Orders
- Court Advocacy
- Crisis Intervention
- Legal Advocacy
- Safety Planning
- Limited Financial Assistance
- Emergency Transportation
- Support Groups
- Counseling



(And referrals for additional services depending on an individual's needs.)

For more information: (918)732-7979 or (800)521-5432 (M-F from 8 to 5) Emergency or after hours contact Lighthorse Police at (918)732-7800 or (877)547-3390 and ask to speak with an advocate. EMAIL: cm Mercer@mcn-msn.gov



WISH
Women In Safe Home, Inc.
24 Hour **918-682-7878** Crisis Line



WISH Executive Director Evelyn Hibbs (center) poses with former Muskogee Mayor John Tyler Hammons (left) and Justin O'Neal, Muskogee Chamber of Commerce Marketing Coordinator at WISH's recent event, "Walk a Mile in My Shoes," to raise awareness of violence against women.

Are you in an abusive relationship?
Are you being stalked?
Do you have questions or need help?
Contact Karen Lewis, Outreach Advocate
918-618-4250 email: karenl@wishmuskogee.org

EUFAULA OFFICE HRS:

Monday 9 AM - NOON
Thursday 9 AM - 5PM



An unidentified walker at WISH's "Walk a Mile in My Shoes" event.

KATS HAPS

Tenant partner, Ki Bois Area Transit System (KATS), welcomes four new drivers to its Eufaula location at Under One Roof. Welcome aboard to Dan Chapman, Jesse Stout, Scott Vinson and Bruce Van Gundy! Additionally, KATS staff would like to welcome Steve Basinger back to work after a brief absence.

With the Holidays right around the corner, KATS would also like to remind prospective riders that monthly bus trips to Walmart in Checotah will continue to be offered on the 2nd Thursday of each month (November 9th and Thursday, December 14th).



(Left to Right) Jesse Stout, Dan Chapman, Scott Vinson, Bruce Van Gundy



KATS staff is excited to welcome Steve Basinger back to work after a brief absence due to illness.



A lovely meal being enjoyed by all at a recent Friendship Kitchen luncheon. Made up of a coalition of local churches, Friendship Kitchen provides a meal every Saturday at the Eufaula Methodist Church located at 220 S. Main.



God's Helping Hands' Coats & Sweats Giveaway

The building was bustling with activity Saturday, October 28th for God's Helping Hands' annual event as coats, jackets, sweatshirts and sweatpants for all ages were made available.

MUSCOGEE (CREEK) NATION WIC



Cheesy Chicken Bake

Serves 6

1 box chicken or cornbread stuffing
2 chicken breasts, cut into bite size pieces
1 small bag frozen broccoli florets, thawed
1 can cream of chicken soup
½ cup milk
1 cup shredded cheddar cheese

Preheat oven to 400°.
Prepare stuffing mix as directed on box.
Stir together chicken, broccoli, soup, milk and cheese in bowl.
Pour into a 13 x 9 inch pan sprayed with non-stick spray.
Top with stuffing mixture.
Bake 30 minutes or until cooked through.



Let your kids help you prepare this meal. It's easy and quick to put together. Family meals are an important time for everyone to talk about their day and share some laughs and love.

Changes in store for the Muscogee (Creek) Nation WIC Program

The Muscogee (Creek) Nation WIC Program is excited to announce a major change in the Women, Infants and Children (WIC) Program that takes effect November 13, 2017. WIC will transition from paper checks to EBT cards, similar to what's currently used by the Supplemental Nutrition Assistance Program (SNAP). Connie Fox, the Creek Nation WIC Nutrition Coordinator said, "We're excited about moving to EBT. Under the old system of paper checks, participants had to get everything on the check or miss out on part of their benefits. With EBT, a participant can purchase a single item, such as a gallon of milk, if they want. Families will still have a 30 day period to use their benefits, and they can spread out their purchases as it fits their needs."

The Muscogee (Creek) Nation WIC Program is 100% federally funded, and as an equal opportunity provider, a person does NOT have to be Native American to apply. All income eligible families are served.

For any questions about the new WIC changes, eligibility guidelines or general inquiries, stop by suite #19 in Under One Roof or call the Eufaula WIC office at 918-618-4577.

UPCOMING EVENTS

God's Helping Hands Annual Christmas Basket Giveaway will be held on Saturday, December 16th from 9 am to 1 pm at the First Free Will Baptist Church, Birkes Rd, Eufaula. Registration begins November 20th at the God's Helping Hands office.

Local Flavor will be held in conjunction with #Giving Tuesday, November 28th at the EIC Event Center. The U1R fundraiser is an opportunity to sample the signature dishes of area restaurants. Food sampling begins at 6 pm. The event will include live and silent auctions. For tickets go to www.allunder1roof.org or call 918-689-7505

Eufaula's Christmas Parade will be held December 2. U1R will once again provide 300 Santa Bags for Santa to hand out to area children at the Armory following the parade. Bags will be stuffed at noon November 30th here at U1R. To donate items or to volunteer to stuff bags please visit staff at the U1R office or call 918-689-7505.

Under One Roof



Is a non profit organization of unique community partners committed to strengthening and enhancing the continuum of care being provided by those entities whose work is to stabilize youth and families.