

Connections



HELPING NON PROFITS
HELPING FAMILIES

Under One Roof on the Web

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I am You, You are Me, We are One!

From the Director's office

Summer has officially landed in Eufaula, and Under One Roof is ready for the heat, thanks the upgrades to our building. All of this will put us in a great position for the exciting events we have coming up.

Be sure to put our annual Yard Sale in your calendar; it will be held Saturday, July 31st, during Whole Hawg Days; and our popular tasting event, Local Flavor, will be held a little earlier this year, in October.

Under One Roof has several new services you should know about. Our most recent tenant partners include Deep Fork Community Action Foundation, and CASA.

They both provide critical services for the families of our

area. KATS, the local transportation service, has a new after hours ride program called PICK that utilizes the Uber app; also, Jennifer Irish, Attorney at Law, will provide free legal consultations. Each of these services address unmet needs in our community.

At the lake? Drop in! Are you working in McIntosh County and need a place to meet with clients?

Under One Roof has created a 'Drop In' program. If you are working in the area, providing services for the families you serve, please give us a call and drop in and work at Under One Roof. Even if it's just to check your email and eat a quick lunch, we'd love to have you. We have wi-fi and even office



[Kim Woodruff](#)
Executive Director

space you can use while you're in town.

Under One Roof; it is an amazing place that makes a huge difference in people's lives. You belong here.

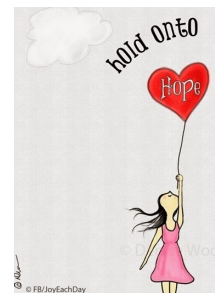


A Story of Hope

Melody came to Under One Roof at the insistence of her friend, who had received services from some of our tenants previously. When Melody arrived at the Center, she was overwhelmed with emotion and suffering from PTSD. Her story is a sad one. After being in an abusive relationship, she ended up spending some time in prison due to this relationship. When she got out, her family took advantage of her, leaving

her with nothing but her vehicle, some of her personal belongings and her pets. Under One Roof's HOPE program (Homeless Outreach Program of Eufaula) was able to help her complete the forms for a rental, and was also able to help her with other needs. She came back a week later, excited to let us know she had gotten a place to live and was able to get other needs met. It takes a community of services, like Under One

Roof, and our program, HOPE, to refer our clients to the services they may need. It truly takes a village.





Tenants Videos Online

Under One Roof tenants provide a wealth of services to this community which sometimes go unnoticed. In an effort to improve community awareness, U1R has started filming short interviews with each tenant. These interviews are conducted by Board Chairman Shryl Hulme.

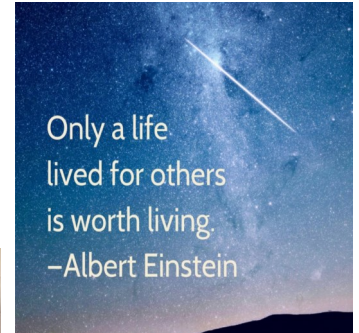
They are short 4-7-minute videos which introduce you to the person behind the program, describes the services they can provide and provide contact information.

So far interviews have been done

on WISH, HOPE, YES, Oklahoma Works and Muskogee Nation Family Violence Prevention.

More will be coming soon.

To view these videos, check out our [YouTube channel at Under One Roof](#) or follow us on [Facebook](#).



Meet Our Tenants—Deep Fork Community Action Foundation, Inc.



Deep Fork Community Action Foundation has been providing services in McIntosh County for many years, and at Under One Roof for the past year, and have now moved down the hall, into Suite 11.

Crystal Craig will be available for appointments on Thursday's, from 10-3. Some of the social services they provide include housing, rent and utility assistance, as well as prescription assistance, to name just a

few. To see all of Deep Fork's services, take a look at their website www.deepforkcommunityaction.org/. Call for more information or to set an appointment:

918-756-2826



Same Tenant, New Name!

Muscogee Nation Family Violence Prevention Program (MNFVPP) was formerly known as Muskogee Creek Nation Family Violence Prevention Program (MCN-FVPP). With the new name, the Empowerment groups will resume shortly so be sure to follow their organization on Facebook. Muskogee Nation works with victims of many different crimes due to the Supreme Court ruling on the

McGirt case. From stalking, to domestic violence, including those not just between romantic partners, this program can provide assistance in several ways. For your information, the Tribe has now opened all Muskogee Nation offices to the public so that means if you need to see the FVPP client advocate, she would be able to see you in person.

For more information on this program, please call:

(918) 732-7979



Board Member Profile—Pam Rossi

This newsletter’s board spotlight features Pam Rossi. Pam has been on Under One Roof’s Board of Directors since 2016. She is employed with Public Strategies as their Administrative Specialist.

Prior to her current employment, Pam was the Eufaula Chamber of Commerce Director. She brought to that job 22 years of experience with the Corpus Christi Chamber of Commerce.

Pam is originally from Texas but relocated to Oklahoma to be

closer to family. She has one daughter, Julia, who lives in Chicago.

She also has a cat, PJ, who loves to attend board meetings with her, via zoom. We are so happy to have her on our board!



Self-care tips during the COVID-19 pandemic

The COVID-19 pandemic can feel overwhelming due to new information, long work hours, and caring for your family and yourself. It's important to pause for a moment and collect your thoughts, as worldwide pandemics can be taxing. Remaining calm can help.

Here are a few tips you can use to take care of yourself:

Physical health:

- Fuel your body by eating a healthy, well-balanced diet and drinking plenty of water.
- Aim to get seven to eight hours of sleep each night.
- Exercise every day.
- Take deep breaths and stretch often.
- Avoid risky or destructive behaviors, such as abusing alcohol or drugs, excessive gambling or ignoring public health recommendations.

- Spend time outside, such as going for a walk in the park, but follow social distancing guidelines.

Mental health:

- Set and maintain a routine at home.
- Focus on things you can control.
- Use technology to maintain social connections with your loved ones. Consider a regular check-in schedule to give you something to look forward to.
- Focus your thoughts on the present and things to be grateful for today.
- Listen to music or read

books.

- Consume reliable news sources that report facts, and avoid media that sensationalizes emotions. Limit your exposure or take a break from news and social media if you find that it makes you anxious.
- Lean on your personal beliefs and faith for support.
- Look for ways to help your community, such as blood donations, checking on older people in your neighborhood, or donating supplies or money to local organizations.
- Acknowledge and appreciate what others are doing to help you and your community. [Coped from VOMO Website](#)



McIntosh Group of Narcotics Anonymous

Support group meetings are held on Tuesday, Wednesday and Sunday, from 5 - 6 pm.

For more information call Jerry: (918) 470-2049

"People often say that motivation doesn't last. Well, neither does bathing — that's why we recommend it daily." — Zig Ziglar,



Walking for Awareness



Several of Under One Roof's tenants including Under One Roof, YES, Wish, and Muskogee Nation Family Violence Prevention Program joined together to hold a sexual assault awareness and child abuse awareness walk in both Eufaula, and Checotah, in the month of April.



Law enforcement in both cities participated along with several members of the community in our walk through both downtown areas.

All 3 of the groups involved, Wish, Muskogee Nation and YES all gave demographic information

about the seriousness of sexual assault and child abuse in McIntosh county as well as the state of Oklahoma.

Child Abuse and Neglect Reports for McIntosh county State Fiscal Year 2017.

Assessment Reports Received 470

Screened Out 263

Screen Out Rate 56%

Reports Accepted 207

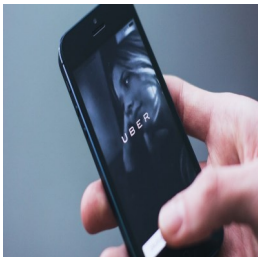
Acceptance Rate 44%.

In this state, 90% of foster care placements are successful due to the effort to place with family

or kinship placements. WISH and FVPP shared that 1 in 5 women will experience some form of sexual assault in their college years and 1 in 4 in their life time.

If you become aware of child abuse or neglect, you can report it at 1-800-522-3511. If you find yourself in a domestic violence situation, you can contact WISH at 918-869-6767 Or Muskogee Nation Family Violence Prevention Program at 918-752-5447

Take an Uber!



KATS Transit Service has added after hours services through Uber, called PICK Transportation. This service makes available transportation within the Eufaula City limits, for a \$3 fee. Service will be available Monday through Friday, 5 pm to 10 pm and Saturday, 10 am to 2 pm. To book a trip, download the Uber app.



Lake Eufaula Group of Alcoholics Anonymous

Support group meetings are held on Tuesday and Thursday's evenings from 6:30 - 7:30 pm

For more information call Jana or Ron: (918) 886-7171 or (918) 617-9109

Youth Emergency Shelter Positions

Outreach Counselor needed!

McIntosh County.

The Youth Emergency Shelter is looking to fill an Outreach Counselor position for the McIntosh County area.

If interested contact: Kristy Cusher at (918) 423-8845 to get an application.

This person will provide educational programs and counseling services to local schools and communities in



Free Legal Consultations at Under One Roof

Jennifer Irish will be at Under One Roof and will provide free, 30 minute, legal consultations by appointment.

Ms Irish attended law school at the University of Oklahoma and has been practicing law since 1985. After serving on the Board of Directors for three years, she continues to serve as a volunteer attorney for Trinity Legal Clinic, a non-profit organization dedicated to helping the poor and needy.

Consultations are provided on the 3rd Monday of each month between 10 am and 2 pm. Please call (918) 617-3484 to schedule an appointment.



Free Legal Consultations

Jennifer Irish, Attorney



107 McKinley Ave.
Eufaula, OK 74432

(918) 617-3484

jenniferirish@coxbusiness.net

Text, call or email to schedule an appointment for a 30 minute consultation. Consultations are provided free of charge on the 3rd Monday of each month between 10:00 a.m. and 2:00 p.m.

Why Donate?

When we donate to a charitable organization, we help make the difference we're unable to provide with our own hands. Consequently, social impact organizations don't just work to achieve their mission—they also empower individuals to effect change. They mobilize people to play a part in making the world a better place.

And as it turns out, when you take this opportunity to give to the causes you care about, beneficiaries aren't the only ones who reap the rewards—you do too.

Individuals make up 72 percent of charitable giving. Without you, social impact organizations couldn't exist. Without you, a

cry for help goes unanswered, a problem goes unsolved. Whether it funds a nonprofit's program or its operations, your donation is vital to their ability to advance their mission and grow. Even a small gift propels your favorite nonprofit toward greater impact.



Tony's Fishing Tips for the Summer

Tony Rackley is the maintenance supervisor at Under One Roof and also an avid fisherman. The thing that Tony likes best, next to fishing, is talking about fishing. He has quite a network of fellow fisherman and knows what fish are biting and on what.

Tony recommends fishing for Sand Bass early in the morning,

before the heat of the day settles in, and says to try using a spoon. Crappie are biting between 6-7 in the morning and at a range of 4-8 feet deep. He suggests using jigs in purple, Tuxedo or maybe an Electric Chicken. For Catfish, the Blues and Flatheads are doing good right now. He says you can't go wrong using a jug line with cut bait.

As summer progresses Tony says to remember to increase the depth as the heat increases. Look for deeper structures or sunken trees. Those fish will be looking for relief from the heat just like us.



Electric Chicken Jig



McIntosh County Youth and Family Resource Center
dba

Under One Roof

107 McKinley
P.O. Box 1332
Eufaula, OK 74432
Phone: 918-689-7505
Email: undr1roof@yahoo.com

I am You, You are Me, We are One!

**We are on the Web at
www.allunder1roof.org**

[Like us on Facebook](#)



Under One Roof began in 1996 as an emergency shelter for abused and neglected children. In 1997 an old, abandoned nursing home was acquired and its renovation became truly a community effort with various groups stepping up, following their hearts and completing their chosen areas of the project.

Since then Under One Roof has continued to evolve as a community driven project and has grown into a multi-tenant non-profit family resource center providing affordable office space for 15 nonprofit organizations.

The Tenant Partners housed in Under One Roof center served over 15,000 people in the past year and the Ki Bois Area Transit Service (KATS), housed in Under One Roof, gave over 70,000 rides locally.

ALL WOMEN AND CHILDREN 1 - 4 YEARS OLD
PARTICIPATING IN WIC WILL RECEIVE A

\$35

**FRUITS & VEGETABLES
CASH VOUCHER FOR
THE MONTHS OF
JUNE - SEPTEMBER**

BE SURE TO USE THIS
EXTRA CASH EACH MONTH!



Under One Roof

918-689-7505



Carl Albert Community Mental Health Center

Provides drug and alcohol counseling for the Drug Court Program..

918-426-7800



District 18 Drug Court

Treatment for clients with drug addictions.

918-423-7323



Lake Eufaula Group of AA

Support group for Alcoholism.

918-886-7171



KIBois Area Transit System (KATS)

Rural Public Transportation

918-689-1020



McIntosh County Coalition for a Healthy Community

Promoting better health for McIntosh County Residents.

918-689-7505



Muscogee (Creek) Nation Women, Infants and Children (WIC) Program

Providing nutrition for Women, Infants and Children of all races.

918-618-4577



Muscogee Nation Family Violence Prevention Program

Providing advocacy, support and services for those affected by domestic violence and sexual assault.

918-732-7979



McIntosh Group of Narcotics Anonymous (NA)

Support in recovery from drug addiction.

918-470-2049



Oklahoma Works

Free Employment Resources and training opportunities

918-910-2364



People Inc:

Counseling Services

918-775-7787



Women In Safe Home (WISH)

Providing advocacy, support and services for those affected by domestic violence and sexual assault.

918-869-6767



Youth Emergency Shelter (YES)

Provides emergency shelter for children in crisis, community based counseling and prevention.

918-689-2900



Deep Fork Community Action Foundation

Provides Prescription Medication Assistance , Utilities Payment Assistance , Rent Assistance

918-756-2826



Court Appointed Special Advocate (CASA)

Insuring the rights of Children to have a to safety within the home, and permanency in a family

918-686-8199



Mediation Works

Providing free legal consultations and mediation services.

918-617-3484

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.

UNDER ONE ROOF

**IS HAVING A
YARD SALE**

SAT. JULY 31

Starting



7:00 am



107 McKinley

918-689-7505