

## Parkside's Mission:

To improve the quality of life of those affected by mental illness and related disorders by providing care with excellence and compassion.

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Assessment & Referral

918-582-2131  
Outpatient Clinic

## Children's Medical Charities Awards Grant

Parkside received a \$5,000 grant from Children's Medical Charities Association (CMCA) to expand its art and play therapy program for children in its outpatient program. In the last year, nearly 2,000 children between 6 and 17 years of age were admitted to Parkside and more than 600 are served in the hospital's outpatient treatment program.

Children's Medical Charities Association is the surviving philanthropic arm of Children's Medical Center. Staffed by volunteers, the organization continues to serve children today from the proceeds earned at their Thrift Avenue Store located at 1125 S. Utica. Annually, CMCA awards gifts to nonprofits who serve children in a variety of settings.

CMCA also works with Parkside's "By Your Side" program that provides food, medication assistance, transportation services and clothing to needy hospital and clinic clients. The CMCA Thrift Store honors Parkside vouchers to help clients with their clothing needs throughout the year. Darren Sanchez, Parkside's Director of Outpatient services said " ... art and play therapy is crucial to our treatment program. It is often the best possible way of helping our younger clients deal with some serious mental and behavioral health issues. Having the equipment and materials we need to work with younger clients will provide much better outcomes for our clients and their families."

Parkside had received a donation of a beautiful document from the old Children's Medical Center which turned out to be a Papal blessing of CMC. This was subsequently given to CMCA along with sincere thanks for their contribution. Thank you Children's Medical Charities!

## Mayor Taylor Talks to TCAT Kids



Mayor Kathy Taylor

Parkside adolescent patients had an important visitor on August 18, 2009. Mayor Kathy Taylor spent an hour visiting with the adolescents and answering their questions. The Mayor shared her dreams for the future of the City of Tulsa and encouraged the patients to help make Tulsa a great place to live. The kids asked some very adult questions about the economy, job loss, and the mayor's decision not to seek re-election. The visit was educational and enjoyable.

## Parkside Turkey Giveaway Plans!

Once again, Parkside will offer 125 turkeys and all the trimmings to patients who might otherwise not enjoy a traditional Thanksgiving dinner. Parkside distributes these as a part of the By Your Side program which also assists patients with a food pantry, transportation, medication assistance and clothing vouchers. Among Parkside's corporate values are "sense of community," "patient centered," and "caring and compassion." The By Your Side Programs are one way to see Parkside values in action.

Turkeys will be distributed the week of Nov. 16-20. You will need to call to arrange your pick up. Call 586-4252 after 10 a.m. on Nov. 16 for updates or instructions. Look in the lobby for more information about the turkey giveaway & **sign up now!**



*"Good people are good because they've come to wisdom through failure."*

- William Saroyan (1908 - 1981)

# Health Boosters

## 5 Tips To Prevent the Flu and Stay Healthy

### 1. Wash your hands.

Hand-washing helps prevent the spread airborne respiratory and other diseases.

Washing properly is important:

- Use warm or hot water if you can.
- Lather up and rub not just your fingers and palms but also under the fingernails, around the wrists and between the fingers for at least 30 seconds.
- Rinse well.

It is important to wash your hands before eating and after using the bathroom, but also after using a tissue or covering your mouth when you sneeze or cough....even if you're not ill.

### 2. Cover your mouth when you cough or sneeze.

Those air borne droplets produced in a cough or sneeze need to be contained. Use a tissue, or if that is not available, use the crook of your elbow to catch it in your sleeve. Then ... you guessed it ... wash your hands.

Surgical masks can help, but they don't keep your hands clean and aren't practical for everyday use. Disposable gloves have limitations too.

### 3. Stay home when you are sick.

If you're sick, stay home. Wash your hands often so you don't contaminate everything you touch. This helps you recover, and protects your loved ones.

### 4. Don't touch your face.

Keep your hands away from mucus membranes — your eyes, nose and mouth — direct routes that allow a virus to bypass the protective barrier of the skin. Washing hands helps protect you here too.

### 5. Avoid sick people

It's a good idea to avoid close contact with other people who are sick. When you have been around others who are ill, try washing your hands.



# Celebration Report



Over 300 friends of Parkside joined on October 24<sup>th</sup> at the Tulsa Renaissance Hotel and Convention Center for a grand celebration of Parkside history. Celebrity Master of Ceremonies Denise Brewer of KWGS radio kept the evening rolling as the audience enjoyed remarks and reminiscence by Dr. Frank Hladky, former TPC Medical Director and Robert Farris, President of the Parkside Board of Directors. Special recognition was given to the current and former volunteers whose contributions have really helped to shape Parkside and have benefitted many thousands of patients over the years. A video presentation highlighted the events which resulted in the creation of the organization, the contributions of the past volunteers and the continuing spirit of care and excellence present at Parkside. After a wonderful dinner had concluded, the silent auction began to heat up and the generosity of those present helped to assure the By Your Side programs were well funded for patient assistance this winter. Parkside also received official proclamations from both the Mayor Kathy Taylor and Governor Brad Henry in recognition of Parkside's 50 years of service.

## New Signs ! New Paint !

Part of Parkside's continuing effort for excellence is the attention given to improving facilities wherever possible. Recently, a major renovation of the second floor of the outpatient clinic was completed. Patients and Parkside employees now enjoy a fully renovated, comfortable and colorful environment. Outside, you've probably noticed new color going on the buildings. A crew from Western Waterproofing has been cleaning, patching and painting and will soon wrap up a welcome facelift for Parkside buildings. After many years, Parkside now has updated signage featuring the new logo, which was adopted in conjunction with the 50th anniversary and also new directional signs which help people unfamiliar with the area to navigate to the proper building. The illuminated signs really look great after dark. Other recent improvements include new plantings for the winter months and restroom renovations are in the works for the residential treatment building.



## Helping The Tulsa United Way

This year, a group of Parkside employees participated in the United Way Day of Caring, helping the Sapulpa Salvation Army Boys & Girls Club clean up their grounds. Parkside participants included: Debra Moore, CEO, Darren Sanchez, Rita Carbuhn, David Patterson, Nita Gould, Deborah Barnes, Earna Butler and David Zemel. The group worked to clear overgrowth, plant flowers and improve landscaping at the club. Parkside employees were also invited to help support the Tulsa United Way



*Parkside's Day of Caring work crew*

in the month of October through voluntary contributions, one time gifts or giving through payroll deduction. As always, many from Parkside took the opportunity to help. The United Way provides support to many Tulsa area people through 63 partner agencies, including American Heart Association, American Lung Association, Big Brothers Big Sisters, Camp Fire, Child Care Resource Center, Girl Scouts, Goodwill, Mental Health Association, Salvation Army, Tulsa Boys' Home, YWCA and many others.

## Mark Your Calendars!

|                     |   |
|---------------------|---|
| November 26 & 27    | Parkside Outpatient Clinic will be closed for Thanksgiving          |
| December 4          | Patient & Staff Holiday Luncheon                                    |
| December 24 & 25    | Parkside Outpatient Clinic will be closed for the Christmas holiday |
| December 31 & Jan 1 | Parkside Outpatient Clinic will be closed for the New Year holiday  |

## Patient & Staff Luncheon

Join us on Friday, December 4 from 11:45 am to 1:10 pm for Parkside's annual patient and staff appreciation luncheon. The meal will be served in the clinic building, 2nd floor multipurpose room. It's a great way to share your appreciation and kick off the holiday season with a wonderful meal.

## A New Look For The Website

Check out [www.parksideinc.org](http://www.parksideinc.org) and see a whole new look for the Parkside website. There you will find enhanced content, tips for wellness and even a meditation room. Check in often as we are not yet finished with all the improvements.



## Examples of Excellence In Care

Keith Lehman, LPC recently participated in a placement staffing for a child who was at Parkside twice for a total of 9 mos. This child had been in multiple foster homes and had many hospitalizations and was very difficult to manage. Even some time after the child's discharge, Keith drove to Muskogee to talk about the child's specific needs and helped the foster parents understand his diagnosis at a placement staffing along with DHS, the foster care agency and the guardian ad litem. This is another example that good patient care and good customer service can happen even after the patient has left Parkside.

Faith Pangburn, LPN planned a very wonderful carnival for the younger kids that had a Jupiter Jump, cotton candy, popcorn and several games. She and Laura Dyer, MHT painted a football throw game and 2 fun circus characters with heads cut out for pictures. It was a great time for all the residential kids. They earned tickets which they could cash in for prizes.

So many of the youth seen in the residential programs don't get to participate in extra activities in school or socially due to their behavioral challenges. At Parkside they have opportunities to learn how to work together and be part of a project. One example is the play that was put on last summer by the children's unit. It is rare that any of our kids can successfully participate in these kind of activities but in this setting they can. Plans are in the works for a Thanksgiving play as well as performing Christmas carols for parents and at the nursing home. The kids are proud of this and it's part of an effective treatment program.

Thanks Keith, Faith, Laura and all the other great staff who demonstrate excellence in their daily work!

## Health Booster: Free Musical Performance on Nov. 20

Chad Call will bring his keyboard to the Parkside Outpatient Clinic lobby on Friday, November 20 at noon for a relaxing and pleasant presentation as a part of Parkside's Health Booster program. Health Boosters brings healthy activities including hobbies, music, exercise and other recreational pursuits to enhance your experience and expose patients and staff to healthy activities we can build into our lives. Chad will play for about 20 minutes and then visit the inpatient program areas as well. No reservations required.



## Tulsa Talons Visit



Tulsa Talons, Jeff Hughley, James McClinton and Jimmy Welker

## In the Neighborhood-

The Forest Orchard Neighborhood Association has also completed its last clean up event of 2009 on Nov. 7. The group actively works to promote and improve the neighborhood and has launched a neighborhood patrol in a marked vehicle for crime prevention and safety. Parkside contributed financially to help pay for lunch for the clean up volunteers.

Parkside patients and staff enjoyed a great visit on Monday July 20, when Tulsa Talons, Jeff Hughley, James McClinton and Jimmy Welker came in for visit. Each player told their own personal story about climbing to the top against the odds to do what each of them always knew they wanted to do, play football.

"When you put everything you've got into it and you still fail, it's a huge let down. You have to know you come back and that there are better things for you down the road." Said Hughley, the Talon's wide receiver. "No one likes to lose, but you will at some point. We all do, and when that happens you have to look back to see where you went wrong. That way you can do better the next time," Hughley said.

James McClinton, the team's starting defensive lineman, talked about becoming what you want to be with the help of the 4 D's, Desire, Determination, Dedication and Discipline. "Go out and work for what you want," said McClinton. "Take the opportunity! There will always be a positive outcome no matter what because you tried."

All three players have seen serious injury, but it was starting quarterback, Jimmy Welker, who experienced it first hand. Welker talked about his 75 yard throw that he never regained after landing hard on his throwing shoulder during a high school football game his junior year. "I was out the rest of the season, and doctors weren't sure if I'd ever play again. I got really depressed thinking my dream of playing college ball was gone," Welker recalled. "But I got back up. I did the exercises, and even though I still can't throw a 75 yard pass, I still try. I still play. It made me a better player because now I'm not as reckless."

The players stayed and answered a multitude of questions ranging from what they do to prepare for a game to what shoe size they wear. In the end, each Parkside teen, and wanting staff member left with an autograph. Many thanks to James McClinton, Jeff Hughley and Jimmy Welker. Best of luck this season!

Parkside is a not-for-profit organization that offers a continuum of services to help those having difficulty with depression, self-harm or other serious concerns. Treatment is available at several different levels of care:

- Acute (hospital ) for youth 10-17 years old.
- Residential and outpatient for youth 6-17 years of age.
- Hospital, Outpatient and a full continuum of Chemical Dependency services also available for Adults.

Call any time, day or night :

**(918) 588-8888**

Medicaid, Medicare and most insurance.



1620 East 12th Street  
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