

# Connections



HELPING NON PROFITS

HELPING FAMILIES

### Under One Roof on the Web

- Under One Roof
  - [Website:](#)
  - [Facebook](#)
- 2nd Chances Thrift Shop
  - [Website](#)
  - [Facebook](#)
- H.O.P.E.
  - [Facebook](#)
- Under One Roof Fundraiser
  - [Facebook](#)

### Inside this issue:

H.O.P.E. for the Homeless	1
Why Donate to Local Charities Meet our Tenant-Oklahoma Works 2nd Chances Thrift Store Open	2
Board Member Profile 5 Reasons Volunteering is Good	3
So You Want to Volunteer? A Sign of Civilization Executive Director Continued	4
As Much Sense As A Goose? Tony's Fishing Tips	5
Under One Roof Story Recipe -Broccoli Rice Bowl	6
List of Tenants	7

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

### From the Director's office

Under One Roof has been busy and we are excited to be moving forward in our mission to assist our tenants and our community. We are excited now that our USDA facelift project is nearing completion; we now have a more comfortable, welcoming environment for our Tenants and their clientele.

We just held our first fundraiser of 2021, in partnership with the Masonic Lodge #1, here in Eufaula. It's always an honor to partner with such a great organization as the Masons. We have been fortunate, for several years they have selected Under One Roof as a community partner. This was the year of re-thinking new ways to do things, and the drive-through breakfast was a great success and every-

thing worked out very well. A huge thank you to all who helped make that such a fun and successful fundraiser.

We look forward to getting back to some semblance of normal in the coming months, as we plan to participate in Whole Hawg Days with our annual Yard Sale and our popular tasting event, Local Flavor, to be held in the fall this year.

During the difficulties of this past year, we have seen a rise in homelessness in our area. In answer to that, we have begun a new program, HOPE - Homeless Outreach Program of Eufaula. This is a more coordinated effort of area agencies and organizations, so we can more effectively respond when



Kim Woodruff  
Executive Director

someone is in an emergency situation. Many people in this county have expressed an interest in helping with this project; we will keep you

Continued on page 4



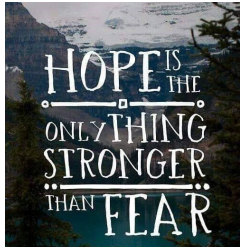
### Homeless Outreach Program of Eufaula

Here at Under One Roof, we have always given help to those in need, but in the last year or so, it had become evident that, with Covid, the need would be even greater, so HOPE was formed in March of 2020. HOPE is a collaborative program of U1R, its tenants and commu-

nity members designed to meet the needs of those who are homeless or at risk of being homeless. Each person has different needs, from food, clothing, household goods, to gas for the vehicle, or personal identification reproduced. Here at U1R, we try our best to meet

all those needs, and if we cannot do that within our walls, we have community partners we can refer to that will assist with needs we cannot meet. We are available any time U1R is open and also available by phone at 918-689-7505.

## Why Donate to Local Charities



There's no denying that the leading charities are amazing causes and great at what they do, but they often have big marketing budgets and a much wider reach which smaller charities can only dream of.

Small, local charities – who you may have never heard of and who are doing great things in your community – need your help too.

Here are 5 reasons you should donate to a small charity

1. The obvious one - you get

to help others

2. You feel good about yourself
3. You can help increase awareness
4. They are directly involved in your community
5. Helps you meet like-minded and interesting people

Under One Roof is just such a local charity. Without the support of our community we would not be able to support the 13

tenants who provide much needed services to the community. Under One Roof is a 501 C3 nonprofit and all donations are tax deductible.

If you would like more information on how you can help, contact the office at 918-689-7505 or email [undr1roof@yahoo.com](mailto:undr1roof@yahoo.com)

## Meet Our Tenants—Martha Brian with Oklahoma Works



In the eight months she has been working for Oklahoma Works, Martha Brians has already made a difference in the lives of those looking to get back into the workforce.

Oklahoma Works' vision is to align resources, education, training and job opportunities to build Oklahoma's workforce. They work with both employers and workers to match resources with needs. For those

who qualify, Oklahoma Works can assist in training, resume building and job placement. They may even assist in getting your GED or with college tuition.

While Martha is headquartered out of the Muskogee office, she is in Eufaula at Under One Roof on Tuesdays from 8:30 AM to 4:00 PM. With the fallout from the Pandemic, she says that the need has never been greater for assistance in the job market.

Martha finds it to be very rewarding when she can help someone achieve their work goals and find employment. When not at the job she can be found on the sidelines cheering on her granddaughter playing softball.

If you know of someone who could benefit from the services offered by Oklahoma Works, have them give Martha a call at 918-910-2364.

## 2nd Chances Thrift Shop is open for business



Under One Roof is excited to have our thrift shop, 2nd Chances, up and running. After a rocky start due to Covid, we have been open for several months now and we have enjoyed great success so far. Our thrift shop has items for almost anyone from clothing for children and adults, to furnishings and decor, to appliances. We've even had a rabbit hutch! We

get items donated on almost a daily basis, and every week we have new items out.

The proceeds from the Thrift Shop help offset costs for the 13 public charities located here. Your donation of thrift shop items, and by shopping in the store, helps provide this center, so families can get the help they need in one place, rather than having to travel all

around town to find the help they need.

If you've only been once or twice, the store has a lot more items than it did when we first opened, and if it's been several weeks since you've been in, our stock rotates frequently, so come see what we have! Our hours are 10AM to 3PM, Thursday, Friday and Saturday.

## Board Member Profile—Carrie Pittman

Under One Roof's newest board member is Carrie Pittman. Carrie is well known in McIntosh County. She grew up in Eufaula, and graduated from Eufaula Public Schools. She was with the McIntosh County Court Clerk's office, and served as Deputy Court Clerk for over 14 years.

Once she left public office, Carrie became the new owner of the Eufaula Flower Shoppe, located on Main St. in Eufaula, which she runs with her daughter-in-law Karly Pittman.

We want to welcome Carrie and to let her know we are excited to add her excitement and energy to our board



## 5 Reasons Why Volunteering is Good for your Health

We all know that volunteering is fun, and that doing good gives us a sense of purpose and satisfaction. But did you know that it is also great for your heart?

In honor of heart health awareness, here are 5 reasons why volunteering is one of the best things you can do for your ticker!

### Increases Activity and Lowers Blood Pressure

Did you know that people who volunteer on a regular basis are typically more physically active than those who don't? It only takes 200 hours of volunteering a year to significantly lower your blood pressure. Adults over 50 who volunteer are less likely to develop high blood pressure than their non-volunteer counterparts.

### Decreases Stress and Improves Mental Health

Individuals who have healthy interaction with other people and a social network typically experience lower levels of stress. This leads to a more

positive outlook, reduced heart rate, and better sleep. Volunteering creates a positive environment where people can connect with one another and discover a sense of joy and fulfillment.

### Helps You Lose Weight

One side benefit of increasing activity and reducing stress is that it can help fight obesity. A study conducted with a group of tenth-graders in Canada proved this principle. The students began volunteering with an after-school program for children, and after a period of time, those who engaged in volunteering lost weight and had better cholesterol levels than their peers who did not volunteer. So why is this true? One possible explanation is that helping others takes the focus off of our own problems and makes people less likely to engage in coping behaviors like binge-eating and unhealthy snacking.

### Improves Your Gut Health

Another benefit of decreased stress levels is that it will make

your stomach happier. Stress has been shown to cause heartburn and acid reflux, slow down digestion, lead to constipation and diarrhea, and even contribute to more serious illness. By contrast, reducing stress can lessen inflammation in your gut and help you absorb the nutrients that you need.

### Makes You Live Longer

Did you know that having a higher purpose, like that of volunteering, makes you live longer? The benefits to your heart are so significant that it can actually extend your life expectancy. One study observed that older people were less likely to die over a five-year period if they reported "feeling happy, excited and content on a typical day." Volunteering can combat the loneliness that many people, especially older adults, experience in our society today, and can lead to a longer, more fulfilling life.

So get out today and volunteer! You will have an opportunity to do good, feel great, and your heart will thank you for it!

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*"Volunteers do not necessarily have the time; they just have the heart."*

~Elizabeth Andrew



## SO YOU WANT TO VOLUNTEER...NOW WHAT?



Volunteerism is one of the greatest ways to give back to society. There are lots of different organizations and groups who love to have volunteers, in fact, if you searched long enough, there are probably volunteer opportunities for any interest one could think of!

Under One Roof is such an organization. Our success is due in large part to the dedicated volunteers we have had through the years. We have had volunteers from all walks of life, who have volunteered for many dif-

ferent aspects of the Center.

If you think you would be interested in volunteering at Under One Roof, we would love to have you! You have an open invitation to come see what we are about, our mission and our goals. We have many opportunities for volunteering. We have recently opened a thrift shop on the west end of the Center. We always need volunteers to staff the store, who are willing to help stock the store during hours the shop is not open, assist in marking items as they

come in, as well as assisting in sorting items as they are donated to the Center. We have major fundraisers during the year that we always need extra help with. We have opportunities volunteering in our office if that is something you enjoy. Last, but certainly not least, we work with our local judges and drug court to allow volunteers to work their community service at our Center.

If you are ready, call the center at 918-689-7505 to find out what is right for you.

*“Isn't that what we in philanthropy are all about? Healing femurs of one sort or another?”*

### A Sign of Civilization

It seems that someone asked the great anthropologist Margaret Mead, "What is the first sign you look for, to tell you of an ancient civilization?" The interviewer had in mind a tool or article of clothing. Ms. Mead surprised him by answering, a "healed femur" (thigh bone, for those of you who didn't study biology).

When someone breaks a femur,

they can't survive to hunt, fish or escape enemies unless they have help from someone else. Thus, a healed femur indicates that someone else helped that person, rather than abandoning them and saving themselves. Isn't that what we in philanthropy are all about? Healing femurs of one sort or another?

Contributing time or money is a way we show that we are a civi-

lized people. What can you do to help heal a femur?

#### Have You? By Angela Douglas

*Have you ever saved a soul?  
 Raised one's essence from the dead?  
 Salvaged a spirit, made them whole?  
 Returned to them the light that others stole?  
 Reignited their spark and rekindled their fire?  
 Lifted their heart to sing like a choir?  
 Plucked a drowning angel from out of the sea?  
 Gave her new wings and set her free?  
 Those things can't be done with money or gold  
 Only with a heart that's fearless and bold  
 Do more than talk of empathy  
 of love and charity  
 Rip down the fences, tear down every wall  
 of your self imposed prison and answer the call  
 Hard hearts are many and healing hearts few  
 Which one would I find if I could see inside you?  
 It's the same stars above us that all of us view.*

### From the Director's office (continued)

posted on how you can become involved.

Our 2nd Chances Thrift Shop has been re-opened since October, 2020. We are able to help people in immediate need, clients of our Tenants and the general public with this wonderful project. All of the items have been generously donated to Under One Roof, and people

who aren't able to afford household items and clothing, or just want a great deal, can shop for these things there.

If you would like to get involved in the happenings of Under One Roof or 2nd Chances Thrift Shop, feel free to call (918) 689-7505.

*Kim*



## As Much Sense As A Goose?

When you see geese flying along in "V" formation, you might consider what science has discovered as to why they fly that way:

As each bird flaps its wings, it creates an uplift for the bird immediately following.

By flying in "V" formation, the whole flock adds at least 71 percent greater flying range than if each bird flew on its own.

People who share a common direction and sense of community can get where they are going more quickly and easily because they are traveling on the thrust of one another.

When a goose falls out of formation, it suddenly feels the drag and resistance of trying to go it alone, and quickly gets back into formation to take advantage of the lifting power of the bird in front.

If we have as much sense as a goose, we will stay in formation with those people who are headed the same way we are.

When the head goose gets tired, it rotates back in the wing and another goose flies point.

It is sensible to take turns doing demanding jobs, whether with people or with geese flying south.

Geese honk from behind to encourage those up front to keep up their speed.

What messages do we give when we honk from behind?

Finally ... and this is important ... when a goose gets sick or is wounded by gunshot, and falls out of formation, two other geese fall out with that goose and follow it down to lend help and protection. They stay with the fallen goose until it is able to fly or until it dies, and only then do they launch out on their own, or with another formation to catch up with their group.

If we have the sense of a goose, we will stand by each other like that.




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*“People who share a common direction and sense of community can get where they are going more quickly and easily “*

## Tony's Fishing Tips of the week

Tony Rackley is the maintenance supervisor at Under One Roof and also an avid fisherman who has spent lots of time over the last 40 years on Lake Eufaula. When asked about the local fishing, you could see the excitement on Tony's face as he started to talk! He says the crappie are biting now, and the best time of day to fish is from

7AM to 9AM and again from 2PM to 4PM. Tony reported that fishing in 4 to 8 feet of water has the best results. As for bait, Tony recommends minnows or jigs. His experience with the best jigs includes the Bobby Garland brand in either white, bluegrass or chartreuse. Tony always has a fish tale or 2 to tell, just like any good fisher-

man! He did want to share the catfish will start biting in May and the sand bass will start in June. Be sure to catch the next issue of our newsletter for fishing updates!





McIntosh County Youth and Family Resource Center dba

## Under One Roof

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

**We are on the Web at  
[www.allunder1roof.org](http://www.allunder1roof.org)**

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*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 13 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.*

## Broccoli Rice Bowl

### Ingredients:

- ½ cup broccoli florets
- ½ cup shredded cheese
- 2/3 cup instant brown rice
- 1-1/3 cups water
- 1 teaspoon corn starch
- 6 tablespoons low-fat milk
- Salt and pepper to taste

### Directions:

Chop broccoli into very small bite-sized pieces

In a large, microwave-safe bowl, add rice, broccoli and water.

Cover the top of the bowl and microwave 3-1/2 - 4 minutes

Once the rice is fully cooked, remove the bowl from microwave. Mix in cornstarch, milk, cheese, salt and pepper. Blend well.

Place back in microwave and cook for an additional 1-1/2 - 2

minutes. Serve immediately.

Note: the broccoli florets, shredded cheese, instant brown rice and low-fat milk are all approved WIC foods.

Submitted by:  
**Connie Fox,  
MS, RD/LD**



## Under One Roof Tenant Partners.

	<b>Under One Roof</b>		918-689-7505
	<b>Carl Albert Community Mental Health Center</b>	Provides drug and alcohol counseling	918-426-7800
	<b>District 18 Drug Court</b>	Treatment for clients with drug addictions	918-423-7323
	<b>Lake Eufaula Group of AA</b>	Support for Alcoholism	918-886-7171
	<b>KiBois Area Transit System (KATS)</b>	Rural Public Transportation	918-689-1020
	<b>McIntosh County Coalition for a Healthy Community</b>	Promoting better health for McIntosh County Residence	918-689-7507
	<b>Muscogee(Creek) Nation Women, Infants and Children (WIC) Program</b>	Providing nutrition for Women, Infants and Children of all races.	918-618-4577
	<b>Muscogee(Creek) Nation Family Violence Prevention Program</b>	Providing advocacy, support and services for those affected by domestic violence and sexual assault	918-752-8551
	<b>McIntosh Group of Narcotics Anonymous (NA)</b>	Support in recovery from drug addiction	918-470-2049
	<b>Oklahoma Works</b>	Free Employment Resources and training opportunities	918-618-6226
	<b>People Inc:</b>	Counseling Services	918-775-7787
	<b>Women In Safe Homes (WISH)</b>	Providing advocacy, support and services for those affected by domestic violence and sexual assault	918-618-4250
	<b>Youth Emergency Shelter (YES)</b>	Provides emergency shelter for children in crisis, community based counseling and prevention.	918-689-2900

## 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.