

An e-newsletter of the J. D. McCarty Center for children with developmental disabilities

# Gutter Dance XII nets \$7,400 for kids summer camp

Gutter Dance XII, a charity bowling event presented by the Hal Smith Restaurant Group, raised \$7,400 for the McCarty Center on May 13.

Proceeds from this event went to the Camp ClapHans scholarship fund. Camp ClapHans is a residential summer camp project of the McCarty Center. The scholarship fund helps to offset the cost of camp tuition for qualifying families.

As 80 bowlers arrived at the Sooner Bowling Center to prepare to bowl this two line event, they were treated to an Italian dinner provided by corporate sponsor Johnny Carino's Italian Restaurant in Norman.

There were a variety of ways that participants were rewarded for their efforts. There were door prizes; prizes for getting a strike with a colored pin in the rack; a prize for the team with the most creative bowling shirts; first-second-third-and last-place team trophies; and a "Branson Getaway" for two.

New this year was the

"Branson Getaway", a four-day, 3-night stay at the Dutton Inn that included free breakfast and tickets to a couple of music shows. This prize was awarded to the bowler with the most strikes for two games. This year's winner was Phillip Favela with 10 strikes.



Phillip Favela was not only a member of the first-place team, Strike Force I, he was also the winner of the "Branson Getaway" for two with a total of 10 strikes.

"Our new corporate sponsor Reynolds Ford came to us with this idea," said Greg Gaston, director of marketing for the McCarty Center. "We like the idea of someone winning a grand prize, as opposed to someone maybe winning the grand prize as was the case in past years with our 7-10 roll off. I think our Gutter Dancers liked it as well."

Gaston also said that Gutter Dance XII was a nice balance of returning teams and new teams to the event.

#### **Team Winners**

In first place was Strike Force I from Maxwell Supply in Oklahoma City. Team members were Kelton Davidson, Phillip Favela, Ken Stuart and Scott Winter.

In second place was Team PT/OT from the McCarty Center. Team members were Soddee Knight, Phillip Studebaker, David Higdon and Greg Greenfield.

In third place was team
Republic from Republic Bank and
Trust in Norman. Team members were Chuck Thompson,
Patti Truesdell, Jenny Hunter and
James Harp.

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#### **Gutter Dance**

The Gutter Dance always awards a last-place trophy. "We do it not to make fun, but to say thank you for your effort and support of the event," said Gaston. This year's last-place team was Super Mario from OrthoCare Services. Team members were Tara Harris, Trish Marx, Mindy Carey and Edna Hulley. This team was also the winner of the most creative bowling shirt contest.

The corporate sponsors who helped make the Gutter Dance possible included Reynolds Ford, Johnny Carino's Italian Restaurant, Republic Bank and Trust, Oklahoma Electric Cooperative and Norman Family Dentistry.

Gutter Dance XIII is scheduled for Thursday, May 19, 2016, at the Sooner Bowling Center.

## Building Block

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Greg Greenfield with Team PT/OT demonstrates the perfect Gutter Dancer form. Compare him to the event's icon below.





First place team Strike Force I was composed of (I-r) Kelton Davidson, Phillip Favela, Ken Stuart and Scott Winter.



The McCarty Center's Team PT/OT placed second in the Gutter Dance. Team members were (I-r) Soddee Knight, with his wife Keturah, Phillip Studebaker, David Higdon and Greg Greenfield.



Team Republic from Republic Bank and Trust in Norman made its debut at the Gutter Dance with a third-place finish. Team members were (I-r) Chuck Thompson, Patti Truesdell, Jenny Hunter and James Harp.



Beth Morton, director of physical therapy, was one of the Gutter Dance volunteers giving out gift cards to bowlers who made a strike with a colored pin in the rack.



Caryl Hennen, a speech-language pathologist was also a volunteer handing out gift cards to skilled bowlers making strikes.



Social worker John Knehans sold "ringer" tickets to bowlers who wanted to improve their pin count by hiring a highly skilled bowler to bowl a frame for them.



# Norman Conquest bicycle tour turns 20

Conquer the heat! Conquer the hills!

For the past 19 years that has been the challenge for bicyclists riding in the Bicycle League of Norman's (BLN) Norman Conquest bicycle tour. The 20th anniversary edition of the Norman Conquest promises to continue the challenge.

According to Michelle Carr, Norman Conquest chairwoman, it's the choice of routes and the organization and support of the event that had Bicycling Magazine once again naming the Norman Conquest one of the 50 best rides in America for 2015. Today, the ride is better than ever.

This year's Norman Conquest will be held Saturday, July 11. The ride will begin and end at the McCarty Center, 2002 East Robinson, in Norman. Start time for the ride is 7 a.m.

Proceeds for this event will once again benefit the Mc-Carty Center's Camp ClapHans scholarship fund. Camp ClapHans is a residential summer camp for children with developmental disabilities ages 8 to 18. The scholarship fund helps qualifying families offset the cost of camp tuition. The BLN has been supporting Camp ClapHans since 2008.

There are three ways to register for this event. You can register online by going to www. bikereg.com; or you can register Friday evening, July 10 from 5-9 p.m. at O'Connell's Irish Pub at

769 Asp Avenue on Campus Corner in Norman; or you can register at the McCarty Center the day of the ride from 5:45 to 6:45 a.m.



A rider writes her registration check during the Friday evening registration and carbo loading event at O'Connell's Irish Pub for last year's Norman Conquest.

Entry fees for the 2015 Norman Conquest are \$30 per rider if received by June 26. After June 26, the entry fee is \$35. The town tour is \$15 per rider or \$25 with a Norman Conquest T-shirt. All entry fees include a hot catered lunch after the ride, a 20th anniversary Norman Conquest T-shirt and a "carbo loading" pasta dinner at O'Connell's on Friday night. The pasta dinner for non-participants may be purchased for \$10. A T-shirt is not guaranteed if registering after June 26.

Carr wants to remind riders that there have been some changes to the event from previous years. First, and foremost, is the addition of a fifth route for riders to choose. In addition to the family friendly town tour, the hilly 22-mile ride, the very hilly 46-mile trek and the seriously hilly 64-mile challenge, there is now a 10-mile 'taste of the hills' route.

"This new route was developed in response to our less experienced riders' request for something more challenging than the town tour." said Carr. "These riders didn't

feel they were ready for the 22-mile ride, but wanted to sample a little more challenging route. Thus, the 'taste of the hills' was created."

Another change in the event is the start time. It's been moved to 7 a.m. The start of the ride will be staggered based on the ride route. The 64-mile riders will start first, followed by the 46, 22, 10 and town tour riders. There will be an approximate 5-minute delay between groups.

"We want to remind riders that the Norman Conquest is a ride and not a race," Carr said. "We have something for all interests and riding levels."



This young rider took on the 22 mile route last vear.

The Norman Conquest is supported by rest stops along all routes as well as Support and Gear (SAG) vehicles. The routes are well marked and maps are available at the registration tables Saturday morning. Besides a hot, delicious meal with air conditioning at the end of the ride, there will also be free massages for the riders and door prize drawings, including a drawing for a bicycle.

For riders coming from out -of-town, a block of rooms has been set aside at the Marriott Conference Center at the

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Reservations

#### Conquest room reservations

National Center for Employee Development at a special rate of \$89 per night for July 10 and 11. Reservations include complementary 3 p.m. check out. Located at Hwy 9 and 24th Avenue SE, the hotel has easy access to the McCarty Center. Reservations may be made contacting the hotel directly at 405.447.9000 and identifying yourself as a part of the BLN 20th Annual Norman Conquest group. Online reservations can be made at https://resweb.passkey.com/go/BLN20th-AnnualNormanConquest.

The BLN supports and encourages the growth of recreational bicycling in and around Norman by organizing ride events, supporting bicycle safety and educational activities, participating in local government planning for improved bicycle access and emphasizing the healthful and social aspects of cycling. The BLN hosts semiweekly group rides during the spring and summer months and maintains the Clear Bay mountain bike trails at Lake Thunderbird. For more information, visit www. bicycleleague.com.





Maintenance supervisor Gary Curry goes down from a fast pitch to the dunk tank bulls-eye during the "Developmental Disability Awareness Week Carnival."

### Carnival draws big crowd

An estimated 300 people attended the McCarty Center's community carnival on March 28.

The free carnival, now in its second year, capped off a week of activities to celebrate national "Developmental Disabilities Awareness Month."

The carnival featured free snowcones from Eskimo Sno, inflatables, information booths, games, a photo booth, a caricature artist and live music by John the Franklin band. The Norman Fire Department also displayed a fire truck, and car seat safety checks were offered in partnership with Oklahoma Safe Kids.

The week of activities leading up to the carnival included a parade with the patients and employees, a talent show and themed outfits each day for employees, such as "Mismatch Monday" and "Throw-back Thursday."

This year's theme for the week was "Be Yourself," and posters were displayed posing a daily question. One question asked people to name their heroes. Here are some of the responses: "My parents," "Iron Man," "My kids," "Thor" and "The children who come to JDMC."

# Dancers cut loose with 'Footloose' and other 80's songs Children in the creative

Children in the creative movement dance program, like, totally rocked their spring 2015 recital.

The group chose an '80's theme for their April 23 recital and performed routines to "Footloose", "Thriller," "Material Girl" and "We Got the Beat."

The recital capped off another semester of classes for the group, which is made up of children with special needs who work with volunteers from the University of Oklahoma.



Volunteers with the Expressive Movement Initiative at OU work with kids on a routine in preparation for their recital in late March.

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#### Dance

The classes take place at the McCarty Center and are led by volunteers with the Expressive Movement Initiative, a student organization at OU that aims to introduce the art of movement as an expressive outlet for children with developmental disabilities. A therapist from the hospital is also present to provide assistance.

The hospital began hosting the dance classes in 2013 for inpatients and outpatients. The classes then expanded to include children with special needs from the community who are 4 to 21 years old.

Volunteers with the program say they love working with the young dancers and watching their excitement during the classes.

Jessie Barr worked with dancer Jordyn Nichols this spring and was inspired by Jordyn's enthusiasm.

"Jordyn has more joy than anyone I have ever met. She is fearless and determined to defeat any odds she may face. Dancing with her is always the highlight of my week," Barr said.

Barr said all of the kids in the program "are so wonderful...It is truly a joy to get to spend time with them each week."



Expressive Movement Initiative volunteers and their spring class students.



Susan Long, RN, checks the weight of one of the screening patients during a mobile screening held in mid April in Sapulpa.

## Mobile screening program visits families in Sapulpa

The McCarty Center's mobile screening team has continued crisscrossing the state with a stop in Sapulpa on April 17.

The program gives families an opportunity to meet with the screening team to find out about resources available through the McCarty Center and through state and federal programs.

The program aims to reach more families in the state who have children with disabilities. Typically, a family must travel to Norman for a screening but the mobile program brings that service to them.

During the screening, the team meets with parents and their children to talk about the child's medical, social and behavioral history. Team members also share

information about the hospital's inpatient evaluations, inpatient respite care and outpatient services, along with information about state programs.

Team members are Susan Long, admission nurse at the hospital; Saundra Myers-Johnson, director of psychological services; Darcie Ware, director of social services; and Sharla Bardin, public information manager.

The hospital started the mobile screening program in 2012 to reach out to more families, including those who live in counties that have not received services from the McCarty Center in the last year. The McCarty Center, which is a state agency, provided services last year to children from 57 of Oklahoma's 77 counties.

Sapulpa marked the eighth stop for the program. The screening team also has visited Holdenville, Tishomingo, Okmulgee, Perry, Atoka, Watonga and Ringling. So far, the team has met with 32 children through the program.



The mobile screening team visits with a family in Ringling earlier this spring. Screening team members are (I-r) Saundra Myers-Johnson, Darcie Ware and Susan Long.



## 2020 program aims to save energy in buildings

The McCarty Center has started a new program that seeks to save energy.

It's called the "Power Partners" program and it's part of a new state intitiative called the "20% by 2020 program."

The 20% by 2020 program is an effort to reduce the energy consumed in buildings owned or operated by the state. The goal is a 20 percent energy reduction by 2020.

The other objectives of the state program are to reduce taxpayer costs and for state agencies to strive to become more energy efficient.

The hospital kicked off the "Power Partners" program with an Earth Day party on April 22 that included cake and a photo booth for employees.

Some of the ways that the hospital employees are working to save energy include shutting down computers at the end of shifts in the main building and in the school on the McCarty Center campus. Also, employees in the McCarty Center's six hospital units are turning off lights in empty rooms and turning off the TV when inpatients and employees leave the unit, such as going to therapy, school or a field trip.

Plans are under way to offer more activities that can save energy and save the McCarty Center money on energy costs.





Nurse managers Sherry Zerby (left) and Irene Maguire ham it up during the launch of the 2020 program in the Earth Day 2015 photo booth.



Psych services clinicians Saundra Myers-Johnson (left) and Lydia Willis get into the swing of things at the Earth Day photo booth during the 2020 program launch at the McCarty Center.



Cody Owen, health information, (left) and Kyle Cottrell, director of Camp ClapHans, mug for the Earth Day photo booth camera during the 2020 program launch.



Crystal Romero (left) and Cindy Scott from human resources smile during the 2020 launch day.



These Earth Day superheroes stand ready to defend the McCarty Center's 2020 program and make the hospital more energy efficient. The protectors are (I-r) Ashli Velez, social work; Meagan Butler, psych services; and Alyse Lesher, social work.



Kyle Cottrell (left) searches the globe for energy savings while Darcie Ware, director of social services, holds the world in her hands.

#### A super summer

#### Camp for kids with special needs kicks off 2015 sessions

Step aside Avengers. Just hold on for a second, Justice League. There's a new superhero team in town and they're ready to show off their skills this summer.

These powerful pals are the kids participating in Camp ClapHans, a residential summer camp in Norman for children with disabilities. The camp is an outreach program of the McCarty Center.

The first of five camp sessions kicked off June 14, and the last day of camp is July 22. This year's theme is superheroes, and campers receive a cape and mask to decorate and participate in superhero-inspired games.

Camp ClapHans is open to kids ages 8 to 18 who have a developmental disability or special needs. The camp is located on the McCarty Center's campus at 2002 E. Robinson Street in Norman and features two cabins and an activities building that are located next to an 11-acre lake.

Camp Director Kyle Cottrell said the camp offers kids with special needs a place where they can discover a new activity, make new friends and develop more independence.

"I feel incredibly blessed to get to be a part of this program," said Cottrell, who is in his second year as director. "I love the opportunity to really get involved and directly impact the lives of the campers."



Bryce Barsetti, left, 10, runs on an obstacle course with Daniel Turkelson, a student at Oklahoma City Community College. Students in the occupational therapy assistant program at OCCC have hosted a "superhero training course" for kids at Camp ClapHans.

Cottrell said it's also exciting to see kids challenge themselves while at camp.

"It's such an amazing and rewarding experience to be with the campers when they participate in something they wouldn't typically get to do," he said.

Activities for campers include archery, arts and crafts, camp fires, canoeing, dance parties, fishing, horseback riding, talent shows, swimming and stargazing with members of the Oklahoma City Astronomy Club.

Some of the sessions have featured a superhero training course with activities hosted by students in the occupational therapy assistant program at Oklahoma City Community College.

Games have included an obstacle course with the campers balancing on beams, racing to fill up water buckets and smashing ice cream cones using an Incredible Hulk hand or a hammer like Thor's.

The kids have also taken their

photos by cardboard cut-outs of Superman, Wonder Woman and Batman, and received certificates for successfully completing their superhero training.

#### **Dynamic Duos**

Lillian Cooper of Oklahoma City has come to the camp since its opening in 2013. This summer, she brought along her younger brother, Parker. Lillian is 11 years old and has cerebral palsy. Parker is 9 and is autistic.

Lillian said she loves camp because "you get to do your favorite things" and for her that includes horseback riding and participating in the talent show. She chose to do a storytelling skit for her talent.

Parker said he also loves horseback riding. "I think they are amazing," he said about the three horses that the campers ride.

But what is his favorite activity? "Swimming is the best part of camp," he said.

Campers say they also enjoy getting to hang out with the camp counselors. The camp features a 1-to-1 staff to camper ratio. Camp counselors are typically college students who are working toward a degree in allied

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Lillian Cooper, 11, competes on an obstacle course with Tara Wood, her camp counselor.

health care fields, such as physical therapy, occupational therapy and speech-language pathology; special and general education; outdoor recreation; nutrition and other related fields, Cottrell said.

This summer's camp crew includes students from the University of Oklahoma, Oklahoma State University, Redlands Community College, East Central University and the University of Kansas.

Woodson Garman, 23, is in his second year of serving as a camp counselor. It was his experiences from his first summer that motivated him to return.

"It was the most fun I've had in a long time," said the Edmond resident. "I came back because of that reason."

Garman said the camp gives him a sense of purpose and the feeling that he's positively impacting children's lives. He also loves encouraging campers to try something new.

He remembers one camper last summer who had limited movement of his hand and was nervous about trying archery. Garman convinced him to give it a try and the two were able to hit the bull's-eye together.

There was also camper with cerebral palsy who was worried about swimming. Garman assured him that the two of them could handle the challenge together. "I knew he would have fun if he got in the water."

Turns out, Garman was right. The camper was all smiles as they swam together.

Garman, a former substitute teacher, said he works to build trust with campers and assure them that he is ready to help when they take on a new task.

"My favorite thing is convincing a kid who doesn't think they can.



Hayden Powers, left, 9, checks out a photo he took with Woodson Garman, his camp counselor.

Hannah Kindle, a 19-year-old from Tulsa, was motivated to volunteer at camp because of her younger sister, Emma, who was a camper last summer.

Kindle, an OU student, said Emma talked about how much fun she had and how she couldn't wait to come back. So, Kindle signed up to volunteer and "see what made Emma so happy."

Kindle said she likes how the program offers a variety of activities to suit kid's interests. Some campers may love playing games outside, while others prefer staying inside

and working on an arts and crafts project.

"They make it fun for each person."

Kindle said some of her favorite moments as a kid involved her time at summer camps. She appreciates that Camp ClapHans gives kids with special needs the same type of opportunity.

"I just like the idea of this camp," Kindle said. "I think it's great that these kids get to have those memories."

Kelsie Powers of Del City said one of the reasons she decided to send son, Hayden, to camp was because of its connection to the McCarty Center, which specializes in the care and treatment of children with developmental disabilities. Hayden, 9, has cerebral palsy and comes to the hospital for services.

"The J. D. McCarty Center is a phenomenal facility," Powers said.



Elizabeth Gates, 13, takes aim during a water gun game at Camp ClapHans, a summer camp and outreach program of the McCarty Center.

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Camp staff members work with the hospital's therapists and psychological clinicians "to ensure camper's social and emotional needs are being fulfilled," Cottrell said.

There are also registered dietitians to address dietary needs for campers, a physician and registered nurses who are available to assist with any medical needs for campers, he said.

Powers also decided to send her son to Camp ClapHans because she wanted him to attend a summer camp like other kids his age and try new activities.

"I want him to have a chance to be a kid and experience these things."

Sherry Gates of Seminole also loves that the camp gives her daughter, Elizabeth, "a chance to feel normal." Elizabeth is 13 and has Attention Deficit Hyperactivity Disorder.

Elizabeth has come to Camp ClapHans for three years and some of her favorite activities are archery and horseback riding.

"She loves it here and she always has a good time," Gates said, while checking her daughter into camp earlier in June.

Cottrell believes the camp offers a fun environment for kids and one that can fill them with confidence.

"My sincerest hope is that the campers will take a sense of accomplishment with them after camp," he said. "I want that self-confidence that they gain during the camp program to stay with them through the next year so that they can draw from their experience at camp and remember that they can overcome challenges and obstacles they encounter." Cottrell said.

#### About Camp ClapHans

**Registration:** Registration for the 2016 camp sessions begins in January. For information call Camp Director Kyle Cottrell at 405.307.2814 or e-mail kcottrell@jdmc.org. You can also visit campclaphans.com for more information.

**Age limit:** The camp is for kids with special needs ages 8-18.

**Camp location:** The camp is located on the south side of the McCarty Center's 80-acre campus in Norman at 2002 E. Robinson Street.

Camp history: The camp opened in June 2013. It is named in honor of the late Sammy Jack Claphan, a citizen of the Cherokee Nation and an Oklahoma native. Claphan played football at the University of Oklahoma and graduated with a degree in special education. He later played in the NFL for the Cleveland Browns and the San Diego Chargers. After retiring from the NFL, he returned to Oklahoma and became a special education teacher. He died in 2001.





Camp Staff 2015



Staff canoe training



Camp staff waiting for campers to arrive



Camp counselor Amanda Gold and camper Zach Wright jump for joy at the beginning of camp