



PO BOX 1047
CLAREMORE, OK 74018

918.343.0003
www.hopeharborinc.org



NOW WITH 3
LOCATIONS TO
SERVE YOU!

CLAREMORE

316 W Will Rogers Blvd.
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918.876.6444

ROGERS

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Rogers, AR 72756
479.340.1058



THINKING OF DONATING? CARS, BOATS, RVs
CONTACT CHRIS at 918.343.0003 ext 222 TODAY!

2017 UPCOMING EVENTS

MARCH 4

70th Anniversary Celebration
for Hope Harbor • 10AM TO 2PM

MAY 13

Disc Golf Tournament on
Hope Harbor's Campus • 8AM TO 4PM

JUNE 1-3

Nurturing the Shepherd
Hope Harbor's Campus • Open To All

JUNE 19

Hope Harbor's Annual Golf Tournament
at White Hawk in Bixby • 8AM

SEPTEMBER 30

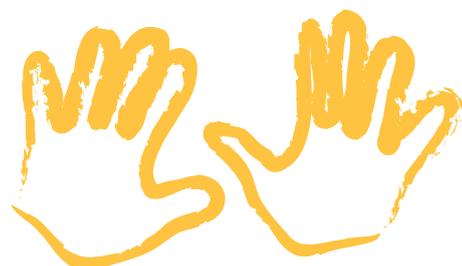
Fish Fry and Silent Auction on
Hope Harbor's Campus • 10AM TO 2PM

NOVEMBER 11

Second Annual Hope Harbor's Vision
of Hope Gala at the Double Tree at
Warren Place in Tulsa • 5PM

For More Details About Any of These
Events visit www.hopeharborinc.org

Helping Hand



CLOSING IN ON



Hope Harbor

BY: DR. BOB WHIDDON, JR.

Hope Harbor opened its doors to children in need on March 8, 1947. The Church of Christ Home was born because of the enormous amount of kids whose lives were either displaced or disrupted by of World War II. It was soon named

Turley Children's Home to represent the community in which it was planted. In the mid-1990s Robert Tucker gave to the Children's Home approximately 240 acres of land north of the city of Claremore. By 1996, the Children's Home moved to its new location and a new name was given, Hope Harbor, to better represent the hope we instill in the kids that are placed in our care.

CONTINUED ON PAGE 2

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DIRECTOR OF CLINICAL SERVICES

JENNIFER BRISTOW



CONTINUED FROM PAGE 1

Hope Harbor is not an orphan's home. We are a family reunification organization. We do not take every child that comes our way. An extensive screening process helps us find those kids that need our special kind of expertise. We give them one on one counseling. We help them get caught up with the learning skills that they lack. We put them into a strong Christian home environment in the cottages. And, we help them grow and mature with our nine-level Growing in Character model. We also require the families to come to campus once a month for family counseling. We are preparing the kids to go back home as well as preparing the families to welcome their children home.

It was prophesied of Jesus Christ that one of His main jobs was "to turn the hearts of the fathers back to the children and the hearts of the children back to the fathers" (Malachi 4:6). We can find no greater mission for Hope Harbor than to imitate that part of the Savior's ministry.

As we begin 2017, I can confidently say that Hope Harbor is in great shape. I have been the Executive Director for just seven months now. But I know things are going well. I am appreciative of the work of the two previous Executive Directors. Dr. Ralph Richardson who took Hope Harbor through some lean years during the economic downswing that our country faced re-

cently. He was the one who helped Hope Harbor redirect its mission to helping reunite families. He had to make some tough decisions during this time about personnel and cottage capacity. And I am appreciative for Titus Robison who was charged with making some difficult decisions regarding balancing the budget, personnel, and campus outlook. Today, Hope Harbor is sailing smoothly because of these two men. I am enjoying the work they left.

As we look forward to celebrating our 70th anniversary later this year, I know that we need to build. At any given moment we have several children on our waiting list to come to Hope Harbor. But since we are at capacity, we can only tell them to wait for a while. Our Vision of Hope, our dream for the future is to build more cottages so that more children can take advantage of our great program. We want to reunite more families. And, we want to show more people that God is in control and that His way of life, love, family, and happiness really works.

Come and be a part of that dream. Let's start our second 70 years with a bang. Let's all get together and dream of a bigger and more influential Hope Harbor that continues to carry out the mission of Jesus by bringing families back together. There is nothing but brightness in our future. And, may God be praised by all the good that is accomplished.

Marriage

AND THE MOTHER TERESA EFFECT

BY DR. BOB WHIDDON, JR.

A healthy marriage is one in which both partners work hard at meeting the needs of the other. We have said, "We're asking you to do something different. Don't think about what you can get out of your marriage, but what you can put into it." If you will try this, you will be happier and healthier. Try it—and you'll enjoy the "Mother Teresa Effect."

In 1988, Dr. David C. McClelland, a researcher with Harvard University published a study in which he coined the phrase "The Mother Teresa Effect." The study has been repeated by many other schools of medicine and schools of psychology throughout the world. The study has been quoted in many articles that

"...Don't think about what you can get out of your marriage, but what you can put into it." If you will try this, you will be happier and healthier. Try it—and you'll enjoy the "Mother Teresa Effect."



promote the idea of self-healing. Here's a summary of Dr. McClelland's study in an article entitled "Antidote to Stress":

A good mood is also tremendously powerful for making your body healthier. And now with cancer and a lot of other diseases, they're finding out really how much our frame of mind affects our body. Feeling good boosts your immune system. In one study, David McClelland, Ph.D. (a researcher at Harvard), sat a bunch of people in a room and showed them films of Mother Teresa doing her work. That's all they did. They just watched. Then McClelland tested one of our first lines of defense: the immunoglobulin A in our saliva. The level of that substance had increased from watching the film. The film made them feel better, and the immune system responded by increasing its potency.

Just by watching someone do acts of kindness increases health. Imagine how health increases when you are involved in doing good things for someone else.

Here's how it fits into your marriage. It has already been proven that acts of kindness increase your health. So, instead of dwelling on the negative aspects of your relationship, start doing something nice for your spouse. Now, you're not going to ignore your marital conflicts. We'll show you how to fix those. But in the meantime, find something you can do for your spouse today, for no reason, not expecting anything in return, just to be kind. You'll be amazed at the long-term benefits this will produce.

(For the complete study by Dr. McClelland, see: McClelland, D., and C. Kirshnit. The effect of motivational arousal through films on salivary immunoglobulin. Psychology and Health, 1988, 2:31-52.)

Here to Help You.

PLACEMENT

F.A.Q.

BY DARA SULLIVAN,
ADMISSIONS COORDINATOR



Q: What are the criteria for placement? **A:** We serve a number of needs at Hope Harbor including family conflict, trauma, grief or loss, as well as academic failure, decision making, future career planning and anger management. While making placement decisions Hope Harbor considers the safety of our residents, mental health services needed, family goals including whether family wishes to re-unite or focus on long-term planning needs, and academic services needed.

Q: Do I have to give up custody of my child? **A:** Hope Harbor serves as a bridge to help families connect and bond in spite of difficulties experienced. We are part of the team, not a parental replacement. Parents enroll their children in Hope Harbor much like enrollment in a school, camp or other program. Parental

involvement is required of any family whose child is enrolled in our program. This includes parent workshops, family counseling, passes, phone calls, and providing basic clothing and hygiene supplies as well as non-emergency medical decisions.

Q: How often do I get to see my child? **A:** Hope Harbor initially has a two week "No Contact" period to assist both the child and the parents in the adjustment process, both physically and emotionally. During this interim time, parents are encouraged to check in with staff for updates on their child's adjustment. Due to this adjustment period, we are conscious of the timing of placement around birthdays or family holidays and coordinate with families as needed.

Q: What other kinds of kids/situations do you serve? **A:** Parents are often concerned about the influence of other kids on their child. The question is raised as to whether they will be exposing their child to children of questionable behavior, mental health, addiction or other type influences. While

it is true that children in our program are here for similar reasons, we frequently work to serve those who are coming from other inpatient treatment or group facilities, when they have successfully completed their treatment and are working to transition home. Safety is always a primary consideration in the acceptance of any new resident.

Q: How much does it cost? **A:** Our comprehensive approach to healing and re-uniting families, which involves an onsite school and counselors, creates a larger cost of operation. Per child, per month, the expense to operate our program averages \$8300. Due to our dedicated donors and grants, we are able to offer services on a much lower sliding scale. This scale takes into consideration a family's gross household income and the size of their family. Further adjustments can be made to our scale with extenuating circumstances. Hope Harbor is dedicated to serving families and children regardless of their ability to pay when our services are appropriate to the child and family's needs.

Reaching Your Goals

BY JENNIFER BRISTOW, DIRECTOR OF CLINICAL SERVICES

“There is an appointed time for everything. And there is a time for every event under heaven... ”

As we moved into 2017, many of us took advantage of the New Year as a time to examine our lives and look for areas in need of change or improvement. In the process, we established “New Years’ Resolutions”—the things we are going to do better, more, or differently this year. How are you doing on yours? Are you making progress toward your goals? Or, have you already gotten discouraged? Perhaps now might be a good time to revamp any goals you’re struggling with. Here are a couple of ideas to help you get there:

Set Achievable Goals: Although we love to dream big, it can help to break big dreams into smaller, more manageable chunks. If I’m a couch potato, a goal to run a marathon may be too large of a place to start—a more achievable goal might be “I will walk one mile, 4 days a week” followed by “I will jog two miles, 5 days a week” and so on until you work your way up to the end goal. Then, instead of feeling overwhelmed and failing at one big goal, you offer yourself the opportunity to succeed over and over again—and each small success will encourage you to

keep going!

Set Specific Goals: Another place we often struggle is with setting goals that are too broad, or vague— “I will be a better wife this year” or “I will eat healthier in 2017”—these are goals that look great on the surface and express our hearts, but are often bound for failure because they are unclear. What does “better” or “healthier” look like? If I only eat one candy bar instead of two, does that count? These goals make it hard to define success, and easy to justify failure. Replace your vague, struggling goals with something clearer such as “I will eat three servings of vegetables with my lunch at least twice this week” or “I will intentionally compliment one thing about my husband each day this year.”

Do you see the difference? Can you revamp any of your goals to help yourself succeed? Remember, true change is difficult. Find people to encourage you, and set yourself up for success by choosing your goals wisely. And if you don’t have goals for this year (or month, or week) yet, start today—You can do it!

HOPE HARBOR

Gives
BACK

Offering free workshops to churches and community groups within a reasonable driving distance from the Tulsa Metro area. We have experts on our staff to present a variety of workshop on topics that include:

- Building Healthy Marriages
- Parenting with Love & Logic
- How can I know when my child is ready for baptism?
- Managing Grief
- Estate Planning
- Nurturing the Shepherds (Workshop for Church Elders)

Contact Hope Harbor to
Schedule your free workshop

SCHEDULED WORKSHOPS:

Marriage Workshop

Jan. 27-29, 2017

at Broken Arrow Church of Christ,
Broken Arrow

Nurturing the Shepherds Workshop

June 1-3, 2017

at Hope Harbor Campus, Claremore

Family Workshop

Aug. 25-27, 2017

at Crosstown
Church of Christ, Tulsa

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GENE RIDLEY

Doris Black

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EMERY & MINNE ROSER

David N. & Doylene F. Tompkins

LARRY ROYER

Cheryl Royer

NOVEMBER 16, 2016 TO DECEMBER 15, 2016

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Neil & Gwen Trowbridge
Verna Lewis

ERMA SMITH

Bea Brazeal
Jayne Osgood

TERESA STAFFORD

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A MEMORIAL FOR

IN HONOR OF _____

Name of person being memorialized or honored (PLEASE PRINT CLEARLY)

Send Acknowledgement To: (Please Print)

Name _____

Address _____

City, State, Zip _____

Given By: (Please Print)

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