



## United CAP Community Newsletter

### Volunteers Render Blessings of Their Own

Noble County volunteers are key to the success of Operation Blessing, the agency’s outreach center located at 803 Market Street, in Perry. Outreach worker Lou Ann Hunt reports a core group of ten volunteers receive, sort and stock 200-300 boxes/bags of donations each month. Designated days are set for individuals and families to shop the abundant supply of shoes, linens, books, baby items, movies, toys, pictures, kitchen items, sporting equipment, frames, home décor, diapers, small appliances and material galore. Volunteers greet and assist patrons with needs.



Front row from left: Francis Roesler, Judy Tresler, Sharon Sewell and Sandy Ellis. Second row: LuAnn Hunt, Nellie Thomas. Back row: Rusty Guffey, Shane Graham and Mike Lofton.

“It’s a calling, a blessing to the people,” said Sandy Ellis. “I feel better when I’m here; the volunteering is rewarding, keeps me in shape and the fun part is giving it away. The people appreciate it.”

Areas of Operation Blessing are sectioned by like-items for shopping ease. Items remaining after several shopping days or overstocked items are moved through the vast network of partners, to assist the homeless, nursing home residents and schools.

for more than 7 years. “Our reward is in their smiles.”

In 2022, 22 volunteers worked 4,199 hours at Operation Blessing. “We have amazing and dedicated volunteers,” confirmed Hunt. Days and hours of operations are: Monday through Friday 9am to 4pm. Clothing (1st and 3rd Wed/Thurs of month from 9am to noon.

Donations are accepted Monday through Thursday, 9am to noon. Saturday shopping is announced in the Perry Daily Journal News Briefs. For additional information, check out the web pages: **Ucapinc.org/OB**



“We help so many people,” says Sharon Sewell, a volunteer



Youth selections are displayed by outreach worker Lou Ann Hunt.



FROM THE DESK OF THE EXECUTIVE DIRECTOR *JOHNNY BRYANT*

*United Community Action Program, Inc. is dedicated to making communities a better place to live. We value the difference that is made from hard work and contributions. Volunteers make such an impact, and we are grateful for what they do for those around them. Featured in the fall newsletter are various ways volunteers and employees of United are giving of themselves and their time to others. Shown are volunteers who plug in through United's programs and partnerships, United employees who dedicate time before or after their formal work, and a United Board member giving time outside of her board service. We are grateful for all of you, and we hope to connect as we work alongside of you to make change in our communities.*



**Ponca City Head Start staff (pictured above) completed their Volunteer Day at New Life Trails.**



**Pictured above, Stillwater Head Start staff gave back to the community on June 2, by assisting residents at Meltose Place with yard clean-up projects.**

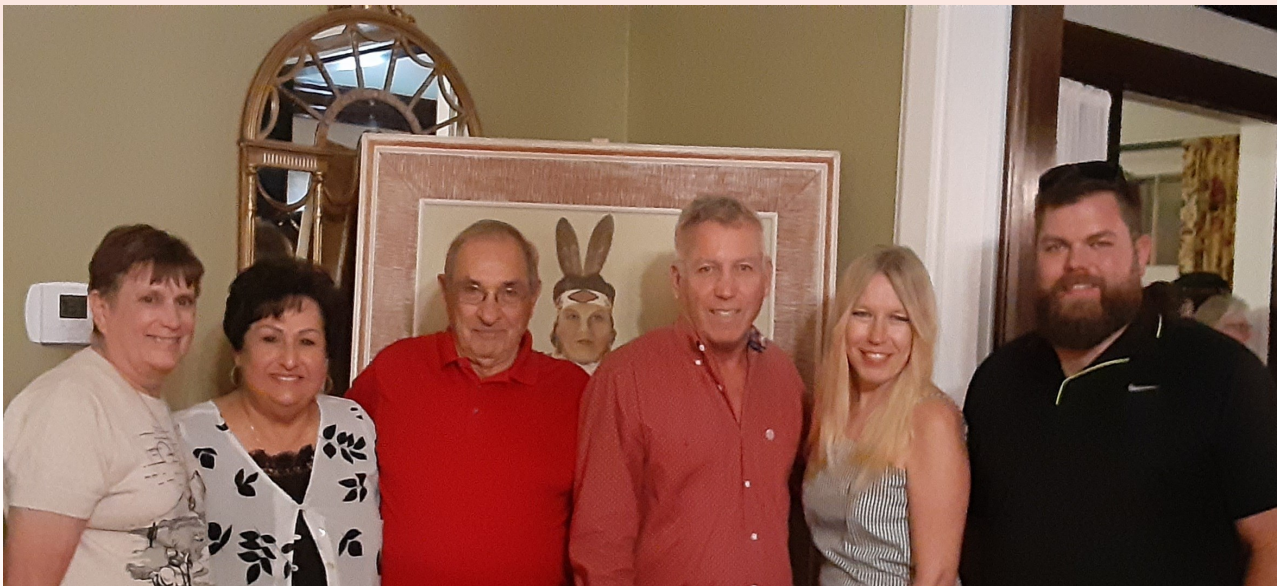


**Sapulpa Head Start Parent Meet 'n Greet Day , August 15.**

**Pictured from left:**

**Genia Fuss, Crystal Cox, Heather Jackson, and Sarah Rabe.**

**Billie Ponca, United CAP Board member,** at the E.W. Marland Grand Home in Ponca City, OK, right. Over several speaking engagements, Billie recently shared insight of historical events surrounding the tragic Osage Murders, the basis of the upcoming movie, *Killers of the Flower Moon*. Billie also expounded upon her experience on the set of the movie. Billie is the grand-niece of Lilly Burkhart. Pictured below from left are: Janice Bryant, Billie Ponca, Johnny Bryant (UCAP Executive Director), Gary Vance, Monica Sewell, and Adam Wheeler. The painting is of Billie Ponca's grand-aunt Lilly Burkhart.



**Meet Ginny Dvorak, UCAP's Accounts Payable Clerk.** For almost 30 years, Dvorak has diligently paid bills for the agency, which in a slow week, equates to more than 150 transactions worth tens of thousands of dollars. Dvorak enjoys farming her land and spending time with family, staying busy with the activities of four kids and 9 grandchildren.

Dvorak keeps giving it her all, reporting the agency's family-oriented atmosphere, working with good people and knowing how much the agency helps neighbors and the communities keeps her on task. Words of advise when asked, Dvorak shared, "*Don't ever give up—but don't give in either.*" Thank you, Ginny!

## **UCAP Rates 9.6 Score in Recent Survey**

The recent customer satisfaction survey, which ended June 30, confirms agency programs and services are a good fit for clients. The agency scored 9.6 out of 10.

Surveys were submitted by customers from Creek, Kay, Logan, Noble, Okmulgee, Osage, Pawnee, Payne, Tulsa and Washington counties. Responses confirmed using emergency services, Early Head Start, Head Start, Housing, Child Care Food Program, CASA, tax preparation and transportation programs.

Survey takers had the following guidelines to answer questions: (1) strongly agree; (2) agree; (3) Disagree and (4) Strongly Disagree

- **84.94% strongly agreed UCAP staff was courteous, respectful & helpful (an additional 14.03% agreed)**
- **82.85% strongly agreed to refer UCAP to friends & family (an additional 15.83% agreed)**
- **69.03% strongly agreed UCAP helps improve the condition for low-income people (an additional 21.26% agreed)**

Comments included: “I am always recommending people. “Good services, nice, helpful people.” “Can’t say enough about the drivers—these are a special group of people. Thanks to scheduling staff, who answer the phone.” “Staff is very helpful and love the kids. My child has a huge smile when we get there in the mornings.”

## **Affordable Connectivity Program (ACP)**



The Affordable Connectivity Program is an FCC benefit program that helps ensure that households can afford the broadband they need for work, school, healthcare and more. The benefit provides a discount of up to \$30 per month toward internet service for eligible households and up to \$75 per month for households on qualifying Tribal lands. Eligible households can also receive a one-time discount of up to \$100 to purchase a laptop, desktop computer, or tablet from participating providers if they contribute more than \$10 and less than \$50 toward the purchase price.

The Affordable Connectivity Program is limited to one monthly service discount and one device discount per household. If you need to talk to someone about your eligibility or application status, call the ACP Support Center at (877) 384-2575.

**Children at Cleveland Head Start have ‘Gone Fishin’!**



**Wellness: Building Resilience and Hope**

*Resilience is the ability recover from difficulties you face in life, while hope is the desire for good things to happen. Being able to weather the storms takes both.*

**Be Kind to Yourself.** *Try shifting focus. Go for a walk, talk to a friend, read a book, listen to music or try out a mindfulness app.*

*Eat healthy foods, get rest and exercise and avoid alcohol and drugs to deal with stress and difficult feelings*

**Load up on the good stuff.** *Limit amount of news and social media. Train the brain to recognize positive things that happen. What made you smile or laugh today? What makes you feel thankful?*

**Make time for joy.** *Be in nature. Exercise. Do something creative. Look for ways to engage your sense of humor—even when things feel serious. Watch a comedy. Share a joke or funny meme with a co-worker.*

**Connect.** *Reach out to friends and family. Who are supportive people in your life? Challenge yourself to build new connections when and where you can.*

**Build hope with action.** *To be hopeful means you can imagine a positive outcome. Taking steps, no matter how small, toward that outcome can reduce anxiety and stress and strengthen resilience.*

**Do something for others.** *Levels of hope and optimism increase when people act to help others. Even small actions can improve feelings of*

**UPCOMING**

**HOLIDAY CLOSINGS**

October 9—Columbus Day

Nov. 10—Veterans’ Day

Nov. 23 & 24—Thanksgiving

Dec. 25—Christmas Day

Jan. 1—New Year’s Day

Jan. 15—Dr. King’s Birthday

Feb. 19—President’s Day



**Okmulgee Head Start children.**



**Finance staff at Head Start Directors and Management meeting in June. Pictured from left: Amanda Poole and Taylor Wilson.**

## EMPLOYMENT WITH UCAP

All employment opportunities are posted on the website at [www.ucapinc.org](http://www.ucapinc.org). UCAP is an equal opportunity employer (EOE). Positions are open to the public as well as UCAP staff.

Applications can be completed on the website, at [www.ucapinc.org](http://www.ucapinc.org). Go to Career Openings, scroll through the list of openings. Click on the 'Apply Now' button located at the top of the web page to download the application.

UCAP is committed to a workplace that acts upon daily responsibility to treat all applicants and employees with dignity and respect, as well as equitably under the guidelines of the EEO Plan.

Call 918-762-3041, to request an application be mailed to you. Return applications to UCAP, 501 Sixth Street, Pawnee, OK 74058, Attention: HR

### *United Community Action Program Board of Directors*

#### **Executive Committee**

*Johnny Bryant, Executive Director*  
*Michelle Turner, Chief Financial Officer*  
*Harold Harris, Chair*  
*Susan Case, Vice Chair*  
*Margie Janzen, Secretary*  
*James Adams, Treasurer*

#### **Members of the Board**

*Beverly Brownfield*  
*Chris Burnett*  
*Bronson Grimes*  
*Billie Ponca*  
*Teresa Bates Rutherford*  
*Jo Beth Spears*  
*Rhonda Wallace*  
*Mike Waters*

### Family and Community Services

**Associated Charities**, 212 E. Bridge Avenue, Blackwell, OK  
580-363-1290

Food bank and General Assistance, when funding available  
Days and hours of operation  
Tues. 3pm-5pm  
Wed. 9am-11:30am and 3pm-5pm

**Operation Blessings**, 803 Market Street, Perry, 580-336-3313  
General assistance, food pantry and emergency needs.

Days and hours of operations- Mon. through Fri. 9am-4pm  
Clothing- 1st and 3rd Wed/Thurs of month from 9am to noon  
Donations can be made Mon.- Thurs .9am to noon

SATURDAY SHOPPING IS ANNOUNCED MONTHLY IN PERRY DAILY JOURNAL NEWS BRIEFS-HOURS 9AM-NOON



**United Community Action Program, Inc.**  
**501 Sixth Street, Pawnee, OK 74058**  
**918-762-3041**  
Visit us at [www.ucapinc.org](http://www.ucapinc.org)

*United CAP Mission: To improve people's lives, embody the spirit of hope, improve communities and make the State of Oklahoma a better place to live. To help people lift themselves out of poverty by creating opportunities for increased self-sufficiency and greater participation in their community.*