



BAN NOTES



April 2018

Broken Arrow Neighbors Comprehensive Community Resource Center



Broken Arrow Neighbors
315 W. College
Broken Arrow, OK
74012
918.251.7781

“Assistance with Dignity”

BAN’s Website
www.baneighbors.org

Annual Meeting & Banquet

Thursday, April 19, 2018

6:00 PM — Church of Saint Benedict

We invite you and your guest to be our guest for the 2018 Annual Meeting & Banquet.

This year we will highlight “A Day in the Life at Broken Arrow Neighbors” through a video tribute to the agency. You will not want to miss it!

Our donors, volunteers and community partners are a vital part of this amazing story. We hope you can join us in celebrating another exciting year at BAN.

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Please RSVP by Thursday, April 12 to Connie at ckline@baneighbors.org or 918.505.7421

Thank you PACCAR Winch

We appreciate the employees of PACCAR Winch who volunteered with us! Great Job everyone!



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4 Ways To Get Out Of Depression



Workshop presented by:

*Dr. Melissa Leedy, Ph.D.
Legacy Counseling Service*



Topics covered in this workshop:

- How depression and anxiety keep us stuck
- How to accept difficulties and make choices that are important to you
- How to label your thoughts: you *are not* your thoughts, but you do have them
- How to use assertive communication
How to commit to a goal and walk that path

Date: **Monday, April 30 from 6:30 - 7:30 PM**

Place: **Broken Arrow Neighbors**

All participants will be entered in a drawing for a Door Prize

**Please RSVP to Sherri at 918.505.7422 or
skindley@baneighbors.org**

Pantry Growth at BAN



As our giving base of retailers involved with "Feeding America" has grown, so has our need for additional space to store and display our products. BAN recently acquired a new commercial refrigerator! Thanks to our newest Feeding America partner, Kum & Go, for your in-kind donations!

Dig with a Dietitian

- Heather Steele, our Dietitian and garden volunteer, is once again offering gardening classes for children. These are free, hands-on classes held in the Broken Arrow Neighbors Community Garden. Register online at www.reasors.com/ event to reserve your space.



Supplements of Summer

BAN is now collecting food items to support our SOS (Supplements of Summer) program. During summer months, we offer supplemental items to families with children. These families may select 8-10 extra food items from our pantry on each visit. SOS items include: **Cereal, Cereal Bars, Pop-Tarts, Peanut Butter, Jelly, Canned Pasta, Macaroni & Cheese, Cookies, Crackers, Graham Crackers, Jello Cups, Fruit Cups, Pudding Cups, Raisins, Chips, Fruit Chews, Popcorn, Vienna sausage, and other child friendly drinks and snacks.** Donations of these items can be brought to BAN during regular service hours.

Volunteer News

Remember to RSVP to attend the Annual Meeting.

Thank you for documenting your absence or substitute plans in the notebook on the sign-in table. It is working!

Meeting Reminder

**Interviewers—Friday, April 13
@ 9:30 AM**

Please RSVP to Megan at
918.505.7420 or
mwilhite@baneighbors.org.

April Birthdays

| | |
|------------------|------|
| Carol Stewart | 4/2 |
| Sharon Moreland | 4/6 |
| Dr. Danny Stos | 4/8 |
| Elaine Sullivan | 4/10 |
| Jessica Veronesi | 4/18 |
| Karen Brakey | 4/19 |
| Beverly Forester | 4/19 |
| Linda Brown | 4/25 |
| Hilarie Kennedy | 4/26 |
| Victoria Jackson | 4/28 |
| Tanya Fryrear | 4/29 |



Happy Easter



Most Needed Pantry Items

Boxed Cereal, Spaghetti/Pasta Sauce, Boxed Oatmeal, Manwich, Can Cream Soups, Chicken Noodle Soup, Miscellaneous Soups, and Flavored Muffin Mix

Even though our primary focus is to reduce food insecurity, we try to keep a limited amount of hygiene supplies on hand as well (toothpaste, deodorant, soap).

In an effort to further serve families with active/inactive military members, we have established additional products reserved for these families. This is in addition to their normal pantry order. The following items are a sampling of what we like to stock: small cans of coffee, flavored tea, hot chocolate, cereal bars, raisins, small containers of honey, snack crackers and cookies.



Thank you so much for your support!

Happy Volunteer Appreciation Week

April 15—21, 2018

Thanks to our many BAN Volunteers



"BA Community Book Fair"

Book Fair Dates

Location: 201 W. Houston

Broken Arrow, OK

Fri., April 6th and Sat., April 7th, 2018

8:00 AM to 5:00 PM

Half Price Sale:

Fri., April 13th and Sat., April 14th, 2018

8:00 AM to 5:00 PM



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