

Here comes

the sun...



And I say, it's all right

Crossroads Youth & Family Services, Inc. Newsletter

2021 January | February | March | April 2021

2021 has arrived leaving 2020 a few months behind us now. As much as we want to forget and bury that year forever, there are and forever will be lingering effects, both good and bad. Let us focus on what is good today and choose to look ahead to brighter days and positive tomorrows. As a team, we are constantly searching for and hoping for the best, for there is so much to be grateful. Spring has sprung.

Let us get out there, get our hands dirty, and continue to do our good work.

All hands in, Team...now, BREAK!

**NEW TEAM MEMBER
INTRODUCTION - 2**

**COMANCHE COUNTY
SHOUT OUT - 3**

**CROSSROADS CREATIVE CORNER
30 DAY CHALLENGE
NO SEW SOCK BUNNY - 4 & 5**

MONTHLY INSPIRATION - 6

BIRTHDAYS SHOUT OUT - 7



*All roads
lead to home*



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Crossroads Youth & Family
Services, Inc.

Edited by:
Bailey Smith &
Shannon Yousey

"Creating a Culture of Care..."



NEW TEAM MEMBER

Say hello to Crossroads' Assistant Director over the Adolescent Emergency Resource Center (AKA the Emergency Shelter):

TY LEWIS

Mr. Ty joined the team in October 2020 and has been very busy ever since with learning the ropes, getting acclimated to his surroundings, meeting other staff members, and connecting with the ever-changing and amazing shelter residents...let's call them kiddos because that is what they are. Am I right?

Please give Mr. Ty a warm Crossroads welcome, and get your game face ready because Ty's background includes:

- **ATHLETICS** (he ran track in college, ya'll, and has won awards for jumping *really* high)
- **PARENTING** (he has two young and talented little girls who play soccer and basketball, and they are serious about it!)
- **EATING** (Ty loves Thai)
- **LEADERSHIP** (cool, calm amongst the chaos, and collected)
- **COMPETITION** (the man is competitive...seriously!) I am pretty sure I heard him singing the show tune from *Annie*, *Get Your Gun* the other day..."Anything you can do, I can do better. I can do anything better than you..." Also, the word on the street is he held the OU School Record for the Triple Jump for a couple of years. WHAAAAAAAAAAT?!

Full-Time & Part-Time Shelter Employees

Ms. Shawnda Baumann

Mr. Tim Wallace

Ms. Shilah Baumann

Mr. Chris Douglas

Ms. Drue Johnson

Ms. Kelly Mason

Ms. Holly Wyingner

Ms. Ashton Martin, PT

Ms. Tyra Williams, PT

Mr. Darryl English, PT

Ms. Kaylee Marshall, PT

Ms. Karlee Marshall, PT

A SHOUT OUT FROM...

COMANCHE COUNTY: Beginnings Academy EHS/HS

These lovely ladies were kind to send pictures in their masks. One thing I have noticed while suited up is how prominent the eyes are. The eyes truly have become the focal point of our faces since nothing else is revealed, and my...what beautiful eyes you have!



Carrie Bradke
Family Advocate



Stephanie Stamper,
Center Director



Paula Gula,
HS Teacher



Lisa Acosta,
EHS Teacher



Ruth Soliz,
Administrative
Assistant



Emma McClain,
EHS Teacher



Angie Rodriguez,
Area Supervisor



Dalisha Hayes,
Classroom Support

Thank you to the ladies at Beginnings Academy in Comanche County for taking the time to share your beautiful photos with us.

Crossroads Creative Corner

30 DAY CHALLENGE

Meditate



Start a DIY project

Take a walk for 30 minutes

Watch a how-to video on a new topic

Sit in nature

Do a random act of kindness

Write down 3 things you are grateful for

Give up a vice for the rest of the month

Visit a new park

Watch a funny video

Write down a quote you like



Start a new book

Drive somewhere new

Do something that makes you sweat

Don't eat sugar

Try a new exercise

Look in the mirror and say a self-affirmation

Go an entire day without complaining

Stretch for 10 minutes

Complete one task from your to-do list

No phone after 7 pm

Write a list of your blessings

Reach out to a friend

Listen to a podcast

Write a list of things that give you stress

Start a new TV show

Intrepid, adroit, quixotic...



Learn a new word

Plan a date with your special person

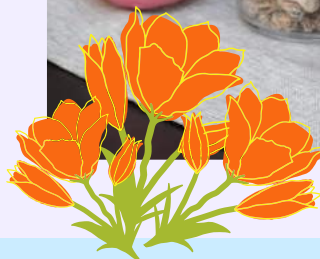
Organize one room in your house



No Sew Sock Bunny

YOU WILL NEED:

- Unmatched socks
- Uncooked rice (around 1 cup per bunny)
- Rubber bands
- Black Sharpie Marker (or any black marker)
- Pretty Ribbon (Optional)
- Scissors



INSTRUCTIONS:

Step 1. Take the sock and place it over a tall glass so it's easier to pour the rice into.

Step 2. Pour the rice into the sock. You may use a measuring pyrex cup to make it easier to pour, but anything will work.

Step 3: Take the rubber band and tie the top closed.

Step 4: To make the head and body shape, take another rubber band and tie it between the head and the body.

Step 5: Use another rubber band and make the bunny tail.

Step 6: To make the ears, cut any excess sock so that there is a couple of inches for the ears. If you want floppy ears that flop down, then leave them a bit longer.

Once the excess is gone, cut the top portion down the middle.

Using a marker, draw on a bunny ear shape. Take your scissors and cut along the marker line. Once done, your bunny ears should stand up straight (or flop down if you want floppy ears).

Step 7: Use the Sharpie to draw the bunny eyes and nose. To make the eyes, simply color in two dots with the marker. To make the nose, draw an "x" shape.

Step 8: This part is optional but it really adds a nice decorative touch to your bunny craft. Cut a long enough piece of ribbon and tie a bow around the bunnies neck. You may use both fabric or plastic ribbon. They both work well. You may also use bakers twine, instead of ribbon, if you have some lying around.



MONTHLY INSPIRATION



A new skill I'd like to learn:

A bad habit I'm going to break:

A person I hope to be more like:

A good deed I'm going to do:

A place I would like to visit:

A letter I'm going to write:

A book I'd like to read:

A new food I'd like to try:

I want to do better at:

BIRTHDAYS

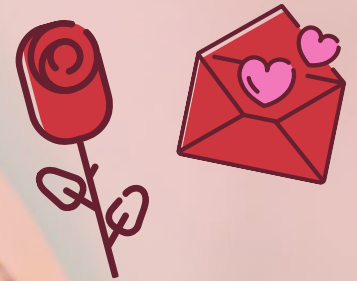
JANUARY

Donna Benson	Melonie Pruett
Mikayla Brown	Tiffany Hoskins
Laura Byrd	Ursula Walker
Shaunda Dahlem	Timothy Wallace
Paula Gula	Duwannah Williams
Michael Hoskins	Lisa Marion
Yareli Lorenzo Luna	Kaitlyn Willis
Ulma Mabry	
Kyleigh Willis	
Ariel Norseworthy	
Lori Pitchford	



FEBRUARY

Lisa Acosta	Angela Nobles
Jessica Belair	Shyla Peters
Darrell Crain	Hilda Rodriquez
Christopher Crawford	Renee Sosebee
Ashley Elmore	Terrie Vicknair
Kathellena Hagen	Desarae Wentworth
Sabrina Hall	
Vanessa Henson	
Shyra Maulsby	



MARCH

Kimberly Bryant	Mary Magallanez
Dawn Cahoon	Gaye Moore
Teresa Carnero-Jimenez	Valerie Moore
Gary Cooner	Gabrielle Peters
Lauren Davis	Amy Rhoads
Maria Diaz	Nichol Russo
Angela Frazier	Naomi Sauseda
Jennifer Gumerson	Linda Van Pelt
Dalisha Hayes	Rosalyn West
Latrisha Ibendahl	Melissa Wilson
Breanna Jackson	

APRIL

Ashlee Allen	Stacia Jordan
Erica Barnes	Connie Little
Janice Barnett	Paige McClanahan
Zondrea Bowman	Mandy McKay
Brandi Brocker	Dava Peters
Austin Calligan	Shelli Pratt
Jennifer Calvillo	Cheryl Ramey
Tracey Compton	Alicia Rosenquist
Leanne Condray	Sharon Saltus
Frances Dee	Jessica Smith
Kennedy Finlay	Ronda Thomas
Annette Garrett	Michelle Watson

