HIV/AIDS is still a critical problem in Oklahoma.

At Tulsa CARES, our “circle of care” is an evidence-based strategy for the effective treatment and prevention of HIV/AIDS.

There are over 1,000 HIV positive people living in the Tulsa area who need our help. We are only able to serve half of those in our current facility.

Together, we can stop the spread of HIV/AIDS and improve the quality of life for Oklahomans living with this disease.

We need your help.
Saturday, March 7, 2015

Dear Prospective Donor:

Three decades into Oklahoma’s HIV/AIDS epidemic, over 5,000 Oklahomans are living with the disease, and over 1,400 of these cases are in Tulsa County alone. Infection rates are on the rise. Oklahoma saw a 12.6 percent increase in new HIV infections from 2012 to 2013.

Proper care is prevention. Uninterrupted medical therapy is absolutely necessary to control HIV/AIDS and lowers the risk of transmission by 96%. For a large segment of sufferers, poverty issues create huge roadblocks to continued treatment. Tulsa CARES overcomes these obstacles through case managed care that includes mental health counseling, housing assistance and nutrition services.

Case managed care is the most effective way to treat chronic diseases; HIV/AIDS is no exception. Tulsa CARES delivers that care. We’ve been at it since 1991, working from a location that is cramped, unsafe and in need of constant repair. At times we’ve closed our doors due to carbon monoxide leaks and mold contamination. Our kitchen falls short of institutional health department standards. We don’t comply with ADA regulations and our waiting area is so small that our clients can be forced to wait outdoors.

In Northeastern Oklahoma there are 500-600 additional unreached HIV positive individuals who are poor and likely food insecure, unstably housed, and suffering from emotional or mental health issues. The fight against HIV/AIDS demands we link them to our life saving services.

We’re counting on you to help find, feed, house, comfort, and protect some of our most vulnerable and disadvantaged friends. We are counting on you to help complete the circle.

R. Shannon Hall
Executive Director
Help Complete the Circle of Care

There is an unmet need in Oklahoma. Tulsa CARES serves 500 HIV positive clients. But there are 500 to 600 more HIV positive individuals in Northeastern Oklahoma living in poverty who cannot access our services. These people are likely food insecure, unstably housed, or suffering from emotional or mental health issues.

We do not have the physical capacity to meet the need. The cramped quarters and poor conditions of our current facility, including carbon monoxide leaks, mold contamination, an unsafe kitchen, confidentiality issues, inadequate waiting space, too few public restrooms, and accessibility challenges prohibit us from finding, feeding, housing, and helping these vulnerable individuals.

Meeting the need is critical for stopping the spread of HIV. These people who cannot access our services are the same individuals whose health and wellness are integral to stopping the spread of HIV in our community.

Completing the circle of care will help us win the battle against HIV/AIDS in Northeastern Oklahoma.

tulsa cares
Here, HIV positive people will have a safe haven and a comfortable space with all the critical keys to good health. We will expand our space for integrated service delivery including a wellness wing, support group spaces, an updated kitchen, and expanded food pantry. We’ll reduce trips to emergency rooms, repeat visits to the hospital and the strain on other social service agencies. Together, we’ll fight to stop the spread of HIV in our community through proper treatment and care.
Our expanded entrance, waiting room, and recreational area will give clients access to restrooms, computers, and educational materials in a safe, comfortable social setting.

An enlarged dining room will increase the capacity of meals served from 40 to 120 and offer space for community events.

An updated kitchen will bring us into compliance for meeting health and safety codes.

An expanded storage area will eliminate our current need for costly bi-weekly restocking trips.

Our enlarged food pantry will be wheelchair accessible for our disabled clients. In addition, it will expand our existing nutrition services and offer new services like food as medicine workshops and healthy cooking classes.

Our new Wellness Wing will provide space for Tulsa CARES to partner with community health providers, giving clients access to one-stop-shop, whole-person health care.

Our Care Coordination Wing will be the hub of our activities. It will ensure that we can continue assisting clients with customized care plans, but will give us the space to expand our circle and help the additional individuals in need.

Having a separate mental health group room will provide more confidentiality and enable us to offer more support groups like substance abuse, smoking cessation workshops, women’s wellness, singles groups, and more.
The lower level will provide us with on-site storage and a dedicated administrative work space. It will house our employee break room, the Board of Director’s conference room, additional storage, and the office of the Executive Director.
Your contributions help by providing:

<table>
<thead>
<tr>
<th>Amount</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>$100,000</td>
<td>Wellness Wing</td>
</tr>
<tr>
<td>$100,000</td>
<td>Client reception and waiting area</td>
</tr>
<tr>
<td>$70,000</td>
<td>Elevator</td>
</tr>
<tr>
<td>$68,000</td>
<td>Kitchen equipment</td>
</tr>
<tr>
<td>$50,000</td>
<td>Mental Health Wing</td>
</tr>
<tr>
<td>$25,000</td>
<td>Bus shelter</td>
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<tr>
<td>$15,000</td>
<td>Tables and chairs for the Dining Hall</td>
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<tr>
<td>$10,000</td>
<td>Client classroom</td>
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<tr>
<td>$7,000</td>
<td>Secure storage for all programs</td>
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<tr>
<td>$6,000</td>
<td>sofas, tables, chairs for client support group room</td>
</tr>
<tr>
<td>$6,000</td>
<td>Computers, tables, chairs, &amp; TV for lobby</td>
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<tr>
<td>$3,000</td>
<td>Clothing &amp; display racks for donation closet</td>
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<tr>
<td>$1,000 x 23</td>
<td>Standard desk for one office</td>
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<tr>
<td>$700 x 4</td>
<td>1 table &amp; 4 chairs for break room</td>
</tr>
<tr>
<td>$200 x 50</td>
<td>Office chairs for staff and clients</td>
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</tbody>
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$2.6 million and counting on you.

$400,000 Public Phase

$2,600,000 Funding Secured

Total Budget = $3,000,000
Building Stability, One Client at a Time

After falling out of care for many years, “Tom” walked through the doors at Tulsa CARES seeking our assistance. Fired from his job, he was unable to remain engaged in medical care and was severely depressed. During his intake appointment with a care coordinator, Tom described how his illness and depression led to a lack of interest in life and no motivation to get up in the morning.

Tom had hit rock bottom.

While discussing his current life situation with our support staff, it became clear that Tom needed not only medical care, but mental health therapy and medication for his depression. He was referred to our mental health program, and over time Tom learned how to practice self-care. Through individual and couples therapy, Tom was able to build a better relationship with his long-time partner and follow through with long-term goals, including the completion of an Associate’s Degree.

Today, Tom is married. The couple bought a house and recently adopted a three year old child. Tom loves his consulting career and is saving money to further his education. In short, Tom is thriving.

At his last care coordination appointment in August 2014, Tom acknowledged Tulsa CARES’ role in his success.

“My health and well-being is directly attributed to Tulsa CARES.”