

Soon after moving to Oklahoma City to attend business school, Edna Ratliff joined the Liberty National Bank staff in the 1930s and quickly made her mark in an industry she worked in for nearly 50 years. During her career with the bank, Mrs. Ratliff was highly regarded by her co-workers and assumed the role of teacher and trainer for many of the younger trust officers. Her expertise led her to become one of the first female trust officers in the United States. When she made her estate plans, Mrs. Ratliff wanted to repay a community where she had found such a rewarding career and had made her home. Thanks to her charitable beguest, the Edna Ratliff Fund continues to support the nonprofit organizations she cared about.



## The Children's Center Wellness Program

## Great Grants

A line of more than 140 people moves through a room and snakes its way into the hallway where tables are filled with pedometers and exercise journals. This was the scene recently at the Children's Center when it held a health screening as part of their employee wellness program made possible through a grant from the Oklahoma City Community Foundation's healthy lifestyles initiative, Get Moving OKC!.

Created by the Trustees in 2006, the initiative promotes the integration of simple physical activities, such as walking, into the daily routines of children and adults in central Oklahoma. By raising awareness of the benefits of exercise to good health, Get Moving OKC! seeks to develop innovative community-based programs such as the employee wellness program at The Children's Center. "We didn't know what to expect when the project first started," explained Heidi Russell, development

director at The Children's Center. "But we have received an overwhelming response from the employees." Pedometers, activity log books and t-shirts serve as incentives for employees who continuously work toward the health goals they set. By increasing the range of wellness activities offered and organizing educational sessions with a health professional, The Children's Center is improving the overall health of their employees while minimizing the potential for future illness and disease due to inactivity.

Get Moving OKC! activities are possible through the generous gifts of many donors. These gifts allow the Trustees to respond to real and present needs in the community, such as the need for increased daily movement for health benefits. If you are interested in contributing to the health of your community, please contact us at 405/235-5603 or visit www.occf.org.



## **Helping Our Community**

Through a Great Grant.

As lifestyles become more sedentary, health issues related to lack of exercise are on the rise. The Oklahoma City Community Foundation is addressing this issue through Get Moving OKC!. By supporting and encouraging increased physical activity, many individuals like the employees at The Children's Center will benefit from taking steps in the right direction toward a healthier lifestyle.

Thanks to thousands of donors like Edna Ratliff, the Oklahoma City Community Foundation is making a positive impact in the community. By making your giving simple, flexible, and forever, we can help you help the community. For more information on charitable bequests, please contact us at 405/235-5603 or visit www.occf.org.



Helping you help the community
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