



TEXAS
Health and Human
Services

Abilene State Supported Living Center

OUR MISSION:
To empower people to make choices
that result in a life of dignity and
increased independence.

AbSSLC News

Abilene SSLC

Week of June 24th, 2019

Summer Enrollment 2019



You can make changes to your benefits during summer enrollment, which will take place June 24–July 6 for HHSC employees.

Summer enrollment is the only time of the year you can make benefit changes unless you have a qualifying life event like the birth of a child, marriage or divorce.

If you don't want to make changes to your benefits, you don't need to do anything during summer enrollment. Your current coverage will continue. Any changes you make to your or your dependents' coverage will go into effect Sept. 1.

For questions, call ERS toll-free at 877-275-4377 or visit ers.texas.gov.

To learn more, you can also attend a Summer Enrollment Fair or watch a webinar. Fairs take place across the state from 10 a.m. to 1 p.m. Find a fair in your area and sign up to take a webinar through the [ERS Enrollment Events calendar](#).

Our Four-Legged Friends

AbSSLC is fortunate to be home to a number of our four-legged friends including foxes, cats, skunks and the occasional monkey.

Please do not try to pick-up or approach an animal you see on campus. These are typically wild and don't know what to do so they may react by trying to bite or scratch you. It's much better to enjoy them from a distance. *If you have concerns about how an animal is acting, please contact the Switchboard for assistance.*

Juneteenth 2019 Celebration

Abilene Convention Center
Friday June 28th through Saturday June 29th
Doors open at 7:30pm on June 28th for the Kick Off Concert.
Saturdays events (doors open @ 9am) will include a Business Expo, Health Fair, Car Show and Free Lunch.

Hosted by the Abilene Black Chamber of Commerce.

Got Stuff?

The Vocational Services Department is in need of several items that will be used in the various projects done by those living at AbSSLC:

Items needed:

- Wood (fencing, boards, old signs, etc).
- Old/Unwanted jewelry
- Planters, pots and half-dead-but-still-alive plants

If you have any of these items or know someone who does please contact **Rhnetta Beaver @ x3273**. They can even arrange to pick it up from you!



It only takes a few seconds outside to realize that summer has arrived and its **HOT**. With the increased temperatures we need to be especially watchful for issues related to being out in the sun.

Symptoms of Heat Stroke

- Throbbing headache - Dizziness and light-headedness
- Lack of sweating despite the **heat**
- Red, hot, and dry skin - Muscle weakness or cramps
- Nausea and vomiting Rapid heartbeat, which may be either strong or weak -Rapid, shallow breathing

If someone is experiencing these symptoms help is needed immediately. Call **4444** and then apply cool towels. If possible, the person needs to be taken inside as soon as possible.

Vehicle Danger

Please check - and double check - to ensure your vehicle is secure (doors locked and windows open only 1" for ventilation). When returning from outings (on and off campus), take time to ensure everyone is out of the vehicle. A few minutes in a hot car can be life threatening.