



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 13<sup>th</sup>, 2022

## COVID19 Testing

**Round 1 - Tuesday, June 14<sup>th</sup>**

**Round 2 - Thursday, June 16<sup>th</sup>**



## AbSSLC ... bringing the pieces together



Abilene State Supported Living Center celebrated the month of May with various activities, events, and opportunities to discuss Mental Health Awareness. One of those activities included homes and departments around campus decorating a piece of a puzzle (overall theme being Mental Health). At Chapel last week, the puzzle pieces came together to make one beautiful work of art. Chaplain Mike Horton focused on how it takes everyone from every home/department to join together to make AbSSLC a wonderful place to live and work. One missing piece and the puzzle would not be complete. Just like with one missing department, AbSSLC would not function. The puzzle will be displayed in the Chapel for everyone to enjoy

## Mens Health Week – June 13<sup>th</sup> – 19<sup>th</sup>

Here are 9 things men can do to improve their health:

**Exercise regularly:** Exercising is one of the best things you can do for your overall health. Even if only for 30 minutes, exercise can lower your risk of having a heart attack or dying from heart disease. Please consult your physician before starting a new exercise regimen.

**Get checked for cancer:** If you are age 50 or older and have not been screened for colorectal cancer, you should. The risk of developing colon cancer increases with age. Of the various cancer screenings available to men, a colonoscopy is highly effective because it can prevent cancer. During this procedure, your doctor can find and remove precancerous colon polyps. If you have a sibling or parent who had a polyp removed before age 60, or had colon cancer at any age, it's a good idea to start these checks sooner, as family history of cancer can increase your chances of being diagnosed as well.

**Find a doctor:** The importance of finding the right doctor is crucial. Choose one you're comfortable with, so you can openly discuss all aspects of your health, from your mental state to your sexual function to your overall wellness.

**Be informed:** You want to be knowledgeable and understand that you shouldn't ignore symptoms or complaints, but you also shouldn't self-diagnose.

**Eat well:** Eating a healthy and well-balanced diet is extremely important to your overall health. Good nutrition is probably the second most beneficial thing for your health besides adequate sleep. Healthy eating keeps our body's metabolism functioning the way it should. Focus on nutrients rather than calories, and eat a variety of healthy foods.

**Get enough rest:** Getting enough sleep is the best thing you can do for your body. Sleep rejuvenates your body and mind. Getting at least 7 hours of sleep will do wonders for your overall health.

**Check your mental health:** Mental health is extremely important. Are you drinking too much? Are you paying attention to signs of depression or bipolar disorder, which often get missed? If you have a family history of mental illness, suicide, and/or substance abuse, you need someone to help you review the signs and symptoms.

**Care for your prostate:** As a man ages, the prostate grows. If not properly screened, you may overlook early symptoms of prostate cancer such as urinary problems. Get checked as soon as possible; don't wait for symptoms to arise.

**Do relaxing activities:** For most people with a job and/or family, finding time for yourself can be difficult. But doing something for yourself every day, whether it's going for a run or reading a book or practicing meditation or yoga, can hugely benefit your mental health and stress level.

Source: <https://www.intercoastalmedical.com>

# Shout Outs!

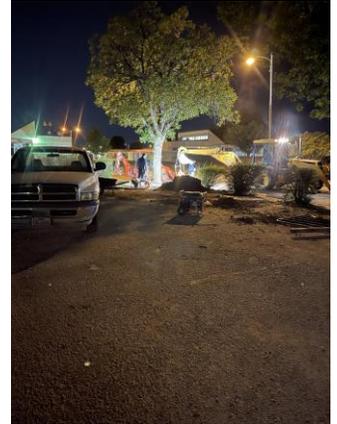
Just want to say thank you and express how much I appreciate all the help **Home Supervisors** are providing concerning scheduling for Audiology. The phones are not always reliable right now and home supervisors have been stepping up to help through emails. I truly cannot do my job without you!!! Thanks, thanks, thanks!

The Activity Center would like to send out a Shout Out to the **Carpentry Shop** for the assistance they gave us on the Mental Health Awareness Puzzle Piece project!! The guys were all so helpful! They had no warning when we walked in and asked them for their help. They assisted by finding the wood, helped to draw it out on the wood, and then cut out all of the pieces. It will be hanging in the Chapel when it is all put together if you would like to see the finished project!!

It seems like many years ago, the **Lone Star Coffee and Tea Shop** was first proposed for our facility. I remember thinking, will this ever be a success? I am happy to say it appears to be a great success, and I believe everyone in the Maintenance Department enjoys the LSCTHs offerings. I know it has offered learning opportunities for those we serve. The LSCTH was a treat to help set up, and I want to give a big Shout Out to everyone who works there making it a great place to get a cool drink in the summer and a hot coffee in the winter. The sandwiches and treats are awesome too.

I want to give a BIG shout out to the Event Planning committee. The members of the committee are **Mike Horton, Ashley Alonzo, Adriana Diaz, Keri McClure,** and **Phyllis Grubb**. They have all out done themselves planning the Mental Health Awareness Month activities. I'm blessed to chair this committee and work with these folks. They work on these great activities along with their current job. Thank you for your commitment to the activities! Stay tuned for the activities for Men's Health Month!!

A BIG SHOUT out to **Jeff Channell, Joe Guajardo, Ricky Watkins, Terry Bloom** and Plant Manager **Kenny Dry** for coming in at midnight to replace the fire hydrant at service and 2nd street. Coming in at midnight facilitated the Maintenance Shop, in the fact that we had water shut off to the entire campus with minimal disruption to the Individuals we serve. They finished the job in under four hours to keep us from undergoing the scheduled fire watch we had in place. Their dedication to our facility and the Individuals we serve went well beyond their duties. Thank You for your hard work and your dedication to this great facility we work at!



Shout Out to all the staff working so hard - a lot of tired face with positive attitudes. **Ebony** at 6510 Peach had great active treatment and a very positive attitude.

Huge shout out to our **HVAC department**. They are working hard to keep everyone cool in this heat; their hard work and effort does not go unnoticed!

I want to give a shout-out to all the guys at **Central Warehouse!** They are always working hard to keep the Campus stocked with supplies, and getting deliveries to departments as fast as possible! Keep up the good work guys!

Thank YOU, **Amber Stanford**, for ALL you do to recruit, interview, and retain employees for AbSSLC! We appreciate YOU and YOUR efforts SO MUCH! Keep up the GREAT work!

Let's **Shout Out** and recognize others!

Reply to any AskAdmin text  
Text directly to 325.370.4525  
Email Jeff Goza