



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 September 14th, 2020

2020 TB Test & Flu Shot Clinic

September 15th & 16th

5:30am-2:30pm

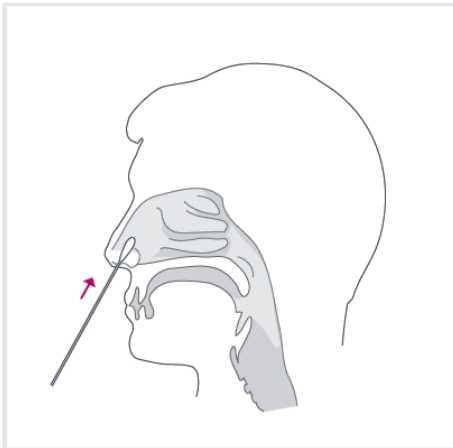
Lone Star Coffee & Tea House
Conference Center



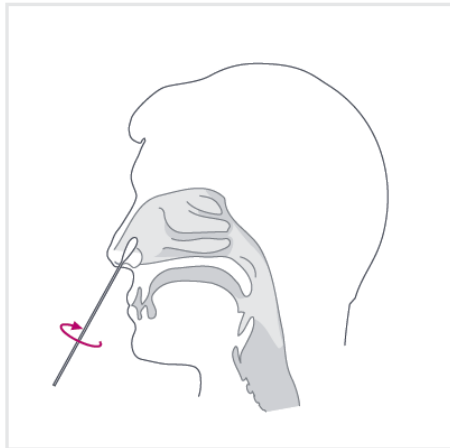
Calling in Sick

- If you are calling in for any kind of illness, you **MUST** call the Nursing Hotline **FIRST**. If you or anyone in your household is tested for COVID-19 you must call the Nursing Hotline immediately. You can reach this line by dialing **INFO (x4636)** from any campus phone or by calling **692-4053 x4636** from off-campus.
- **Please watch for calls from the Hotline after you leave a message! The call will come from a "795-3xxx" number** or a Cell Phone number you likely don't know. Nursing **will** return your call but many times they do not get an answer and/or your voicemail is not setup.
- **You must report being tested for COVID-19 (and then report your results if applicable) immediately to the Nursing hotline. Failure to do so will result in disciplinary action.**

Campus Wide COVID-19 Testing September 22nd-24th



1 To collect a nasal swab sample, carefully insert the swab into the nostril exhibiting the most visible drainage, or the nostril that is most congested if drainage is not visible.



2 Using gentle rotation, push the swab until resistance is met at the level of the turbinates (less than one inch into the nostril).

When the swab is in place, rotate in a circular motion 2 times and then hold against the nasal wall for 15 seconds

Remove the swab from nostril and repeat steps on the other nostril, removing the swab slowly when finished

One of the questions is always "how is the sample taken"? As shown above, it should be painless and not overly invasive!

Paying off Student Loans?

The Public Service Loan Forgiveness Program helps eligible public service employees with their federal student loan debt. The program forgives the remaining balance on your loan after you have made 120 monthly payments — or at least 10 years' worth of payments — under a qualifying repayment plan while working full-time for a qualifying employer.

To learn more and see if you qualify, visit the program's website @ <https://studentaid.ed.gov/sa/repay-loans/forgiveness-cancellation/public-service>

Wear.The.Mask

Please remember the speed limit on both Lakeside & South 21st is **30mph!**

Shout Outs!

Shout Out to the amazing timekeepers, **Micki Roberts** and **Shelli Treat**, for all the hard work they put in during this hard time. These 2 ladies cover the entire campus and are always pleasant and helpful.

I think the **Orthotics Department** should be celebrated! On the south side of the entrance ramp they have a beautiful flower garden. I see **Desiree** and **Pam** watering and tending the plants. It is really cute with a tiny wheelchair as a plant holder. The flowers are beautiful. Hooray for them!

Shout out to **Jessica Jones** for always going over and beyond with the individuals that live at 6760 Circle Drive.

Shout Out!

Have you seen someone do the above & beyond or just want to recognize great work?

- “Reply” to any of the update texts you receive through the AskAdmin Text Group
- Email Jeff Goza with their name and your comments
- Text your comments to 325.370.4525
- Leave your comments on the AbSSLC TALK Line (x8255)

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