



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 21st, 2020

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.**

National Suicide Prevention Awareness Month

During National Suicide Prevention Awareness Month, HHSC Intellectual and Developmental Disability and Behavioral Health Services reminds everyone that they can play a role in suicide prevention. The month is dedicated to reducing the stigma surrounding suicide and increasing awareness about suicide prevention and warning signs.

Know the Warning Signs

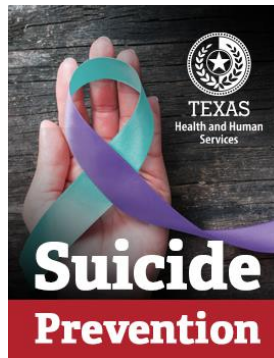
Warning signs are behaviors that indicate someone might be at risk of suicide and needs immediate help.

The most common warning signs of suicide are:

- Verbally talking about or writing about suicide.
- Feeling hopeless and/or worthless.
- Putting affairs in order, such as making changes to a will.
- Stockpiling medications or acquiring lethal means to end one’s life.
- Increasing use of substances.
- Expressing a dramatic mood change.

The [Crisis Text Line](#) provides access to free counseling through text messaging 24 hours a day, seven days a week. Text TX to 741741 to reach the Crisis Text Line.

[The National Suicide Prevention Lifeline](#), 800-273-TALK (8255), is available 24 hours a day, seven days a week to offer guidance and assistance for people experiencing thoughts of suicide and their loved ones.



COVID19 Testing

September 22nd & 23rd

COVID19 testing will be done for all staff on Tuesday, 9/22 and Wednesday, 9/23 at the Lone Star Coffee & Tea House Conference Area.

Your supervisor will have the date/time you are scheduled for your test. It is very important you be there at your allotted time (or about 10 minutes before) – we have over 1200 staff to do so it obviously takes everyone working together to make it happen!

This test is a “nasal swab” but, like our previous test, you will be given the swab and do it yourself. The swab only has to be inserted a short distance into your nose – not all the way to your brain as in other tests - so any/all childhood memories should be safe.

Wash.Your.Hands!

Visit our website – AbSSLC.org

Glenda’s Second Edition will be open on Wednesday (9/23) from 9:30am-2:30pm. This is only for staff who on-duty during these hours.

Shout Outs!

The Campus Supervision (RCC) Department would like to give some shout outs to **Janice Guardiola** and **Lisa Martinez** for ALWAYS going above and beyond to help us coordinate coverage on the 6a-2p shift there's a lot we couldn't do without them behind the scenes. Also, **Patty Montez** for always having a positive attitude at 0600 in the morning. **5971, 5972, 6480 on 2-10** are always very helpful when it comes to floating. **6480** is always willing to change female to male floats and vice versa when we need it for coverage reasons. And **5972** and **5971** are always willing to be pulled down to help get floats out. They never give us any trouble when we ask for help, they are greatly appreciated. On **10-6** the **6480** crew is exceptional when needing to coordinate floats Etc., **Mr. Jay Love** the Security Officer/Maint. man is great whenever we need anything he is great at assisting us. Also, we have a great bunch of **Night Supervisors** and **AUD Raul Martinez** helps out wherever he is needed and we as the **RCC's** have a great Group and we get the Job done! 😊

I just wanted to give a shout out to the **painters** who have been working on painting the Diner. I like the colors and I think they are doing a great job!

I am not sure who we need to notify for a shout out, but Risk Management would like to put out a shout out to all the maintenance gentlemen who have done a wonderful job refreshing they have done for our department. It looks awesome. **Doug King, Charlie Clements & David Wilson** from the Electric Shop along with **Jeff Channel** and **Kerry Crane** from Carpentry.

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 it to 325.370.4525

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