



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 January 16<sup>th</sup>, 2023

### COVID19 Testing @ LSCTH

Round 1 - Tuesday, January 17<sup>th</sup>

Round 2 - Thursday, January 19<sup>th</sup>

## Get Fit Texas!

### Registration Opens January 16<sup>th</sup>

Registration for the 2023 Get Fit Texas! State Agency Challenge, a fitness competition administered by DSHS, opens on Monday, January 16<sup>th</sup>, 2023. The challenge begins January 23<sup>rd</sup>.

Get Fit Texas! is a 10-week agency-to-agency competition that encourages employees to be physically active for 150 minutes per week for at least six weeks during the challenge.

On January 16<sup>th</sup>, participants can [register on the Get Fit Texas! State Agency Challenge website](#), where they can log their physical activity (starting January 23<sup>rd</sup>) and access virtual exercise classes and events on the Get Fit Texas! calendar.

The challenge ends on April 2<sup>nd</sup>, and participants will have until April 10<sup>th</sup> to log activity minutes. A virtual awards ceremony will be held on April 13<sup>th</sup> to announce the winners and results of the challenge.

The Get Fit Texas! challenge is a great way to kick-start health and wellness goals in the new year.

For questions about the challenge, [email DSHS Wellness](#).

### Gentle Reminders ...

- Please ensure your entry/parking sticker has been placed on your windshield – ideally right above the registration sticker on the Driver Side.
- If you have called for a food delivery, please notify the Switchboard so they can, in turn, notify the gate.
- If you need to have tow truck come to campus for your vehicle, ensure you have let the Switchboard know. We do not allow vehicles to be repo'd on campus unless the tow company has a deputy sheriff with them and the required paperwork. We need to know if they need to be here.
- And finally ... remember the person at the gate has to see your sticker or badge for entry. Please drive accordingly.

### Handicapped Parking Areas

A number of areas around campus are designated for **Handicapped Parking** only. These are marked the same way as they are in town – with blue paint and signage. Parking in these areas without the required placard or license plate will result in a ticket. Repeated issues may affect your ability to drive/park on campus.



### W2/1095-C Forms

There is still time to consent to receive your W2 & 1095-C forms electronically for 2022. Receiving them this way – instead of through the mail – saves you time and lets you get your taxes filed faster! You can print your forms using a state computer.

**NOW  
HIRING**

Please be telling family, friends, friends of friends along with people you meet while out shopping & eating about the upcoming raises. **You** are our best way to get the word out! Send them to [AbSSLC.org](http://AbSSLC.org) for details.

# Shout Outs!



I would like to Nominate our wonderful **Grounds Team** for a Shining Star award.

The Grounds Team works in rain, sleet and snow to make sure the campus is not just a beautiful site but also safe for our residents & staff. Grounds is not just about mowing grass - they make sure any dangerous natural and manmade elements are taken care of such as picking up possible Pica hazards or trimming dangerous limbs and hauling debris away.

Shout Out to all of those involved in the small fire that occurred overnight last Thursday at the Infirmary.

**Home Staff & Nursing Staff** from both 6521 Peach & 6522 Peach – along with other staff from around campus - responded immediately to get everyone evacuated to their designated areas. Staff from Maintenance (**Kenny Dry, Jeff Channell, Ricky Watkins & Carl Lawrence**) along with **Jimmy Betcher** from Building Systems immediately returned to campus to help diagnose & correct the issues once the Abilene Fire Department declared the area safe.

I would like to send a Shout out to **Jessica Garcia!** She is amazing and cares so much for the people we serve. I cannot express how grateful I am for her and what she does for our campus!

Big thank you Shout Out to **Maggie Moore** at 6330 3<sup>rd</sup> Street for helping to locate some supports & equipment for an individual. Maggie is knowledgeable about the individual and his equipment and shared information.

Shout out to **Trevor Reese, PNMPC** from Habilitation Therapies, who did a lot of leg work concerning support equipment for an individual who lives at 6330 3<sup>rd</sup> Street. Trevor went to the home several times specifically to help answer questions about location and condition of the equipment and was instrumental in making sure everything was available for the individual. Thanks so much Trevor!

## Shout Out!

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

It's easy to do a Shout Out!

- “Reply” to any of the update texts you receive through the AskAdmin Text Group
- Email Jeff Goza with their name and your comments
- Text their name and your comments to 325.370.4525

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