



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 10th, 2024

Remember that your AbSSLC Name Badge must be presented at the gate for entry and visible at all times while on campus

Mens Health Week - June 10th - 16th

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>



Adventure Cove 2024!

Thanks to the **Abilene Volunteer Services Council (VSC)** and the **AbSSLC Family Association** you are invited to attend (1 of the 3 nights) the staff appreciation event at Adventure Cove!

You can get tickets beginning **6/11**
(4 tickets **MAX** per staff.)

(More tickets are not "available for purchase")

To allow the **MOST** people the opportunity to attend, **PLEASE** only get the # of tickets you **NEED!**

You will be able to attend on **Tuesday, 6/18 or Wednesday, 6/19 or Thursday, 6/20**
Times are 730pm-930pm each night

Tickets will be available at Community Relations (B501) – the two-story building east of FCT/D.

Each night is limited to **500** tickets
Staff Only - Register for Door Prizes
(courtesy of the Family Association)

Proper Disposal of American Flags

Security will be performing the proper disposal process for American Flags on Flag Day, 6/14/24. If you have an old or tattered flag that needs to be disposed of, you can give it any of the Security/Gate Staff or bring it by the Powerhouse (B547).

Shout Outs!

Special sHoUt OuT and ThAnK yOu to **Josh** and **Mason** for coming to the Chapel on 5/30 to help clean up the Chapel grounds along with the Youth Group from Highland Church of Christ! We appreciate YOU, your help, hard work, and good attitudes!



Left: Joshua Heupel
Right: Mason Woods

I would like to submit a shoutout to **Victoria Walker**, who works in Housekeeping. Not only is she an amazing housekeeper she is extremely talented - she painted a beautiful mural in the Living Room @ 5961 Walnut. We can't express enough how thankful we are to have you at the boy's home! You're an amazing housekeeper, the home always looks incredible. Thank you for going to extra mile and making the boys home look and feel like a home. You're a true blessing!



I would like to give a "Shout Out" to **Kenny Dry, Doug King, Michael Roberts** and **Kevin Adams** for their quick work last Monday morning. It was discovered that the AC was out at FCT&D early Monday morning and had been out all weekend. Once the above were notified it did not take them long to jump to action by bringing over a portable AC and getting it set up to bring some relief to the extremely hot and humid classroom where new employees were showing up for their first day of employment. We really appreciate their dedication to their jobs of ensuring the well-being of the people we serve but also the staff!

SHOUT OUT to **Leticia "Letty" Martinez** for working so wonderfully with the newly admitted young man at 5961 Walnut – and providing excellent modeling for our staff in the process. You are awesome, Letty, and we're all very lucky to have you on our team!!

Shout out to **Phillip Craft** (Housekeeping). He is doing a great job here at 6360 1st Street. Phillip has a great rapport with the gentlemen that live here, and the staff have only good remarks about his work ethic. He comes to work and stays busy looking for ways to make 6360 1st Street the cleanest home on campus. I also want to say thank you to **Grayson Hall** for coming over and helping Phillip with some of our harder rooms. The rooms they worked on have never smelt or looked better and it's because of Phillip and Grayson going above and beyond.

Shout Out to everyone **5971 & 5972 Service** along with **6521 Peach**. THANK YOU-THANK YOU-THANK YOU for welcoming us into your areas for the HSU PA (Physician Assistant) student visit last Tuesday! They enjoyed their time on the homes and with the Individuals. This is a wonderful opportunity for them to get to see why we love serving the people who live here, and it allows them a rare opportunity to interact with people who have intellectual and developmental disabilities (and see how AWESOME they are). **Nurses** - thank you for getting the vitals for the students and visiting with them. Thank YOU, ALL, for making this possible for the students and being wonderful hosts & hostesses! We are thankful for this partnership that Jenni Jamison has arranged between us and HSU. YoU rOck!

Thank you to **Iris Jones Martinez** for getting the supplies needed for Dr. Chengson's "show and tell" with the HSU PA Students.

And a Shout Out to **Kalana Allen** - YOU are such a blessing to us every single day and we are so thankful for you. Thank you SO much for gathering the information and making them "incognito" for the HSU PA students. I know this was A LOT to ask after a very busy month + and just want you to know how much you, your time, energy, and expertise in all the things are appreciated.

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!

- 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!