



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 24<sup>th</sup>, 2024

### Texas State Employee Union

Free Hotdog Meal!  
Tuesday, June 25<sup>th</sup> - 8am-5pm  
Bill Cain Pavilion (east of the Chapel)



### June is Elder Abuse Awareness Month

Elder abuse is a largely hidden and growing problem in the United States.

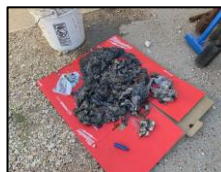
It is defined by law as “an act or omission, which results in a serious physical or emotional injury to an elderly person or financial exploitation of an elderly person; or the failure, inability or resistance of an elderly person to provide for himself or herself one or more of the necessities essential for physical and emotional well-being without which the elderly person would be unable to safely remain in the community.”

Elder abuse can include physical, sexual, emotional, neglect, and financial exploitation.

### What goes down our drains?

If a picture is worth a thousand words, this one is likely worth even more ... the mess shown below was removed from the screen trap right before the campus sewer line enters the city lines. As you can see, there is huge number of wipes that we caught. It's very likely more made it to the city. Please **never flush wipes** (or basically anything except toilet paper) down the commodes. Doing so stops up our lines – frequently – but can also result in a fine from the City of Abilene.

You should never flush wipes down your commode at home – even if the package says it's flushable. It's really not and you run the risk of a major stoppage!



### Heat Precautions

Helpful Reminders for you and those we serve:

- Limit outdoor activity, especially midday when the sun is hottest.
- Be sure all vehicles are cool and have properly working air conditioning. If the air conditioning is not working properly, report it to Motor Pool.
- Sunscreen should be worn and reapplied as indicated on the package.
- Pace activities. Start activities slow and pick up the pace gradually.
- Drink more water than usual and don't wait until you're thirsty to drink more. Encourage Individuals to do the same thing. Muscle cramping may be an early sign of heat-related illness.
- You and the Individuals should wear loose, lightweight, light-colored clothing.
- If you or an Individual need to cool down, cool showers or baths are helpful.
- **Never leave anyone in a car unsupervised.**

### Gate Change

Effective on **Monday, July 1<sup>st</sup>**, the 24<sup>th</sup> Street Gate will be open from 0700-0810 M-F for **exit only**. Previously this gate had stayed open until 0830.

Regular traffic (in & out) on 1<sup>st</sup> Street will resume @ 0810.

### Mobile Ordering

Mobile Ordering is coming soon to the (World Famous) 5<sup>th</sup> Street Diner and the Lone Star Coffee & Tea House. Stay tuned for details and more information coming your way!

### We want to hear from you!

Click the [link](#) or scan the code to let us know your questions or tell us your ideas and thoughts to make AbSSLC an even better place to live & work!



# Shout Outs!

I LOVE all the flags! Thanks to those involved with putting them all up and those who will take them all down (IF they have to come down 😊)! THANK YOU!

Shout Out to the **Abilene Volunteer Services Council** and the **AbSSLC Family Association** for sponsoring Adventure Cove 2024. The VSC sponsored 3 nights of fun while the Family Association supplied the Door Prizes! AbSSLC is very blessed to have these groups that recognize and support our staff – many of the other facilities aren't so lucky!

I would like to Shout Out to **Jane** (Accounting) and **Michelle** (Reimbursement). A lot of the stuff they do isn't "seen" by many, but their work is so important to the people that live here. They are both a true pleasure to work with and want the very best for all of the residents.

Thank you to **EVERYONE** who came out for our 3 nights of the Staff Appreciation Event at Adventure Cove! We are so grateful for the VSC sponsoring this event AND to the Family Association for the AwEsOmE door prizes (along with those donated by Admin and the VSC). We are ALL so thankful for YOU (our amazing AbSSLC Staff) and the way you take care of the people we love to serve!

Special shout out to THE best crew for making it THE best 3 nights at Adventure Cove! **Cindy, PJ, Mike** and **JM** - y'all have NO idea how much I appreciate YOU, your smiles, your attitudes, fun spirit, patience, putting up with me, and the way you continue to shine bright day and night! 🌟 Thank you for making things SO MUCH fun! SPECIAL Thank YOU to **Jeff & Andrea, Ted,** and **Mom** for your support, encouragement, and help! - Shae 🥰

**Adventure Cove Crew** - Thank YOU for keeping us safe and having us back for this much loved event! 🥰

🥰 **Jacob Moore**, Head Lifeguard and son of our very own **Jessica Moore** was AMAZING to work with and we appreciate their hospitality each year! Jessica ~ you raised a fine young man!

## 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!

# Photo Explosion!

## Adventure Cove 2024



See more pictures @ [AbSSLC.org](https://www.AbSSLC.org)!