



Looking Forward to the Next 50 Years!

Helping People Achieve Dignity,
Independence and their Dreams.

February 2021 Newsletter



National Wear Red Day is celebrated on February 5 this year! CHC, let's wear **RED on Friday, February 5** to bring awareness that heart disease is a leading cause of death in the U.S., and that it's largely preventable.

Post pictures on Facebook on Friday, February 5, with hashtag #CHCHearts. Each person that posts a picture will be put into a drawing for 1 of 4 Raising Cane's gift cards!



During these unprecedented times, we've all been impacted by the global COVID-19 pandemic. We have personally experienced or have had a loved one experience the effects of COVID-19, like stress, isolation, depression, anxiety and fear.

Texans Recovering Together, a Program of Community Healthcore is hosting weekly wellness webinars on topics such as stress and anxiety, isolation, six types of self-care series, how to help children cope in time of uncertainty and other wellness topics to help us all cope during these challenging times. Join them every Wednesday at noon.

Click here to Register:

UPCOMING TOPICS:

February 10 -Recognizing and Coping with Depression

February 17 -Recognizing Burnout within Yourself

Program Spotlight

Early Psychosis Intervention And Counseling (EPIC)



EPIC is a team dedicated to promoting hope and offering support to individuals and families struggling with the onset of psychosis based illnesses. EPIC exists to collaborate, encourage and educate these individuals in every area of their recovery.

The vision of EPIC is that we actually believe in these things:

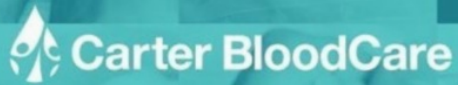
- Individuals with psychosis do recover and live well-directed lives.
- Recovery is facilitated by relationships. A sense of community is essential to the healing process.
- Recovery is a personal journey. There are many pathways to recovery and the process is owned by the individual.

EPIC seeks to support individuals ages 15-30 who are experiencing their first psychotic episode. What this means is that within the past 24 months, the individual has reported or demonstrated among other potential psychosis symptoms.

- Hallucinations which can be auditory (e.g. hearing voices) or visual experiences. For a person who experiences hallucinations, they are very real.
- Delusions which are false fixed beliefs, which may involve paranoia (e.g. a man who believes the FBI is chasing him).

Program Manager: Debbie Anderson
501 Pine Tree Rd. Rm U17 Longview
Office: 903.237.2327

Blood Drive
Monday, February 8 - Marshall Clinic



Blood Drive



HELP SAVE A



**Monday, 2.8.21
9:00am-2:00pm**

REGISTER TO DONATE! BY APPOINTMENT ONLY! EARN 2 WELLNESS CREDITS!

https://ww3.greatpartners.org/.../drive_schedule/121222

In Memory of Dr. Frank S. Murphy, D.O.



We are deeply saddened by the passing of a wonderful team member, Dr. Frank Murphy, D.O.

Dr. Murphy served and supported individuals with substance use disorders, mental illness and intellectual and developmental disabilities within our organization for over 20 years.

Dr. Murphy was very passionate and dedicated to the quality of care for the people we serve.

He was a Story Changer!

Dr. Murphy, you will be missed!

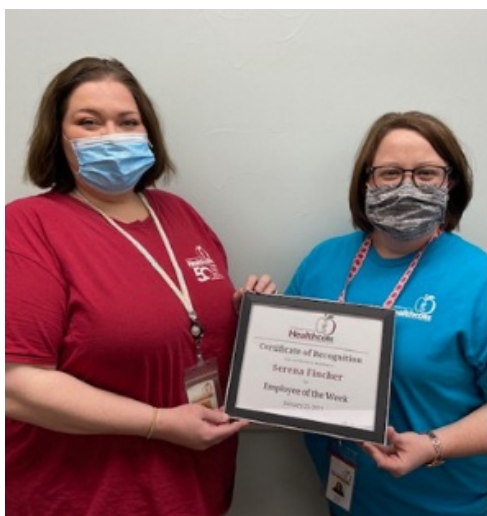
Congratulations on 30 Years of Service!



Congratulations and thank you, Benita Johnson for 30 years of service to Community Healthcore. Your passion, dedication and hard work shows everyday for the people we serve and for the Center.

Employee of the Week!

Thank you for your dedication and passion, Serena!



Congratulations!

SERENA FINCHER

EMPLOYEE OF THE WEEK

JANUARY 25, 2021

[Click here for Employee of the Week Nomination Form](#)

Next Meeting -
Tuesday, February 16, 2021
12:00 - 1:00PM



DISABILITY-RELATED TOPICS ALONG WITH THE OPPORTUNITY FOR INDIVIDUALS, CAREGIVERS AND PROFESSIONALS TO EXCHANGE INFORMATION AND COLLABORATE WITH ONE ANOTHER TOWARD BREAKING DOWN THE BARRIERS FACED BY PERSONS WITH DISABILITIES.

A.I.M. Meeting

Awareness Information Motivation

3RD TUESDAY OF EACH MONTH
12:00 - 1:00 PM

****Currently Meeting VIRTUALLY****

FOR MORE INFORMATION CONTACT

Emily Kendall at 903-295-5922 or
Emily.Kendall@communityhealthcore.com



Presentations by:
Texans Recovering Together and
Superior Healthcare

BlueJeans -
<https://bluejeans.com/665324357>

COVID-19 RESPONSE PLAN



1.29.2021 - 2.5.2021

Revised 1.29.2021

The current Response Plan may be accessed [HERE](#).

SLOW THE SPREAD OF COVID-19

cdc.gov/coronavirus



Wear a cloth face covering
in public spaces



Stay at least 6 feet
from other people



Frequently wash
your hands



Community Healthcore
PO Box 6800, Longview, Texas 75608
INTAKE/ADMISSION: 1-800-4-INTAKE
1-800-446-8253

CRISIS LINE: 1-800-832-1009

COVID CRISIS LINE: 903-399-5202

24 HOURS A DAY . 7 DAYS A WEEK MULTILINGUAL

