



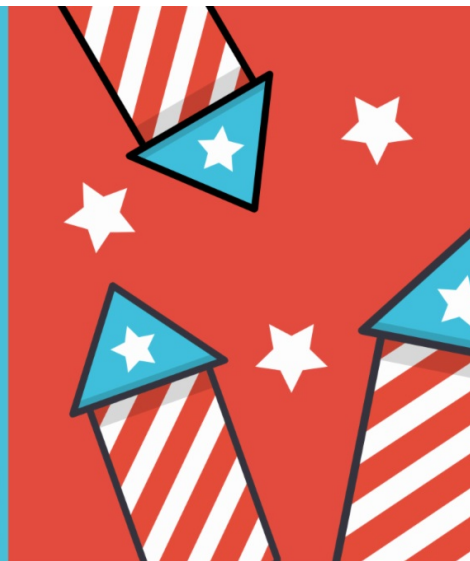
Dignity Independence Dreams

July 2021 Newsletter

HAPPY INDEPENDENCE DAY!

Let's celebrate and cherish our country's freedom!

In observance of Independence Day, our offices and clinics will be closed on Monday, July 5, 2021.



Story Changers!

Employees of the Week! Special Edition!



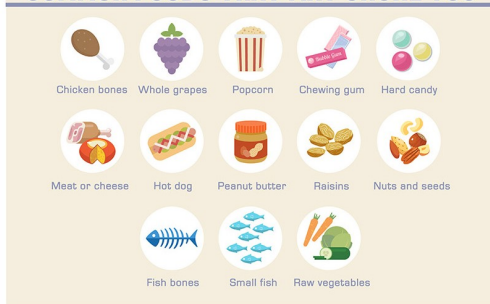
We were honored to recognize two heroes of our Community Healthcore family: Cheryl Adaway and Fantasia Johnson as the Employees of the Week Special Edition in June! Cheryl and Fantasia took quick action when an individual started choking. The individual was unconscious and they saved his life by performing CPR until EMS arrived.

They truly are story changers!

Choking Safety!

Did you know? Thousands of People Die From Choking Every Year

COMMON FOODS THAT MAY CHOKE YOU



COMMON REASONS WHY PEOPLE CHOKE



According to Injury Facts 2017, choking is the fourth leading cause of unintentional injury death. Of the 5,051 people who died from choking in 2015, 2,848 were older than 74. Food is often responsible for choking incidents in the elderly. If you see someone clutching their throat, coughing, gagging, wheezing, or passed out, would you know what to do?

Visit the National Safety Council website as a refresher. You never know when this situation could occur. <https://www.nsc.org/home-safety/safety-topics/choking-suffocation>

JULY IS SOCIAL WELLNESS MONTH!

Research shows there are five simple things you can do as part of your daily life – at work and at home – to build resilience, boost your wellbeing and lower your risk of developing mental health problems.

The Five Ways to Well-being are – Connect, Be Active, Keep Learning, Give, and Take Notice.



Check out PREV-NET's July Newsletters!



Kudos to Kory!



**LICENSED
PROFESSIONAL
COUNSELOR**



He received his Bachelor's of Science in Psychology at Henderson State University, and subsequently received his Master's of Science in Clinical Mental Health Counseling at Texas A&M University - Texarkana. Kory is part of the ACT/IST team Texarkana.

Community Healthcare Foundation


FUNDRAISING

Bring in this flyer or show a
digital copy on
Tuesday July 27
for Dine In or To Go, &
we will **donate 10%**
of your check to
Community Healthcare

Proceeds help to fund the enhancement of lives of people
with mental illness, substance use disorders, and
intellectual and developmental disabilities in our
community.



Community
HealthCORE
FOUNDATION



Bubba's
33

200 E Loop 281
Longview, Texas 75605
903-232-1606

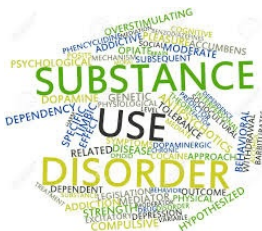
The Community Healthcare Foundation is hosting a fundraiser at **Bubba's 33 Longview ALL DAY on Tuesday, July 27, 2021!**

When you mention the Community Healthcare Foundation or show this flyer at Bubba's on July 27, 10% of your check will go to the Foundation to help expand the Center's programs and services and to improve the lives of the people we serve.

Let us know if you're going to attend and share this event with your family and friends by clicking the link below.

<https://fb.me/e/4o4lreqAO>

PROGRAM SPOTLIGHT: The Beginning Treatment Centers



The Beginning Treatment Centers are outpatient substance use disorder treatment facilities that provide counseling, screening, assessment, and a treatment plan to adults who suffer from a chemical dependency. Learn more about The Beginning Treatment Centers on our website at the links below.

Longview: <https://communityhealthcore.com/services/the-beginning-treatment-center-longview/>
Texarkana: <https://communityhealthcore.com/services/the-beginning-treatment-center-texarkana/>
Tyler: <https://communityhealthcore.com/services/the-beginning-treatment-center-tyler/>

EMPLOYEE(S) OF THE WEEK!

Congratulations to our June 2021 Employees of the Week!



Congratulations!
KAILA HERNANDEZ
EMPLOYEE OF THE WEEK
JUNE 7, 2021



Congratulations!
PATTI BRADY
EMPLOYEE OF THE WEEK
JUNE 14, 2021

Is getting back to "normal" harder than you expected?
We can help!

Texans Recovering Together
WE ARE HERE FOR YOU!

endurance fearful relief
upset loneliness vaccine sadness
anxiety kindness
afraid
grief new day tension school
unemployment frustration
help
sick

INDIVIDUAL COUNSELING?

We can provide up to 6 sessions of counseling for FREE.

That's right - FREE.

We are here to provide emotional support and help with handling stress, anxiety, grief, anger, etc.

HOW CAN
WE SERVE
YOU?



GROUPS/FAMILY COUNSELING OR PRESENTATIONS?

We can also provide counseling for family or groups for FREE. Yes, that is right, again - FREE

We can also provide group presentations at no cost for teaching skills for handling loss, increased stress, learning how to be resilient, etc.

All you have to do is pick up the phone and call
903-399-5202

We are here for YOU!

OUR NEW WEBSITE IS LIVE



www.communityhealthcore.com



Community Healthcore
PO Box 6800, Longview, Texas 75608
Intake & Services: 1-800-446-8253
Crisis Line: 1-800-832-1009

24 HOURS A DAY . 7 DAYS A WEEK MULTILINGUAL

