



# Dignity Independence Dreams

## October 2021 NEWSLETTER



National Disability Employment Awareness Month is recognized each October to commemorate the many contributions of people with disabilities to America's workplaces and economy. This year is even more special because we are honored to have a new program to support individuals with intellectual disabilities in their efforts to be employed. For more information about the Vocational Apprenticeship Program, contact [Emily Kendall](#) or [Kathleen Newton](#).

### Mental Illness Awareness Week

**MENTAL ILLNESS  
AWARENESS WEEK**  
OCT. 3-9

#Together4MH

[nami.org/miaw](https://nami.org/miaw)

### Mental Illness Awareness Week!

Now more than ever, bringing awareness and understanding of mental illness is so important. The more we talk about mental illness and how recovery is possible, the more people will start seeking treatment and support.

As story-changers, we are working every day to erase the stigma of mental illness and help people achieve dignity, independence, and their dreams.

## The Percolator in Longview Reopens October 5th!

We are excited to announce the reopening of The Percolator at 107 Woodbine Place. The Percolator will assist the Vocational Apprenticeship Program participants in learning and refining job skills. We appreciate your support!



Your mental health is just as important as your physical health.

903-399-5202  
FREE COVID Mental Health Support

October is Emotional Wellness Month! How is your emotional well-being?

Let's use Emotional Wellness Month as an opportunity to take charge of our emotional wellness, find the soothing activities that work for you, and, most of all, breathe! Emotional Wellness focuses on five major factors: mindfulness, sleep, coping with loss, stress reduction, and managing emotions. Your mental health relies on emotional wellness! Read that last sentence again!

Texans Recovering Together offers FREE emotional support for Texans of all ages. Contact Kim Durham for more information, [kim.durham@communityhealthcore.com](mailto:kim.durham@communityhealthcore.com) or 903-399-5202.



Congratulations to the TOP Wellness Challengers for FY21, Quarter 4!



Now is a great time to join the Wellness Challenge!

## Wellness Challenge Top Ranked FY21 QUARTER 4

- 1 Sandra Taylor - 132 Credits
- 2 Michelle Vess - 120 Credits
- 3 Amber Wright - 118 Credits

**Congratulations!**  
A total of **4,695 Credits**  
earned in Q4!

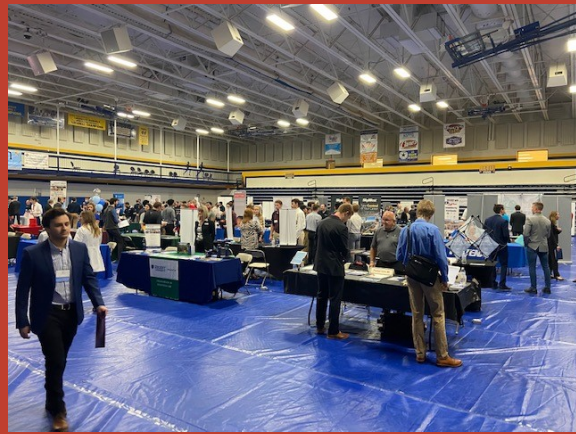


Submit September 2021 Credits Here!

## CHC in the Community!



On September 17, CHC facilitated Youth Mental Health First Aid for 28 Harleton ISD teachers and faculty.



On September 29, CHC attended the LeTourneau Career Fair to recruit story-changers!



On September 15, Jeanell Cannon presented at the Kiwanis Club of Texarkana on Community Healthcore services and supports.



On October 1, Sarah Tunnell and Patti Brady presented to Marshall High School students about the Texans Recovering Together program.

Share your photos from Community Outreach Events to [events@communityhealthcore.com](mailto:events@communityhealthcore.com).

# PREV-NET OCTOBER NEWSLETTER

October 2021



[Click Here!](#)

## CHC is Hiring and We Need Your Help!

A graphic for the Employee Referral Program. It features a large yellow circle with the text 'Employee Referral Program' and 'Earn up to \$1,000 for each referral!'. Below the circle is a megaphone with the 'Community HealthCore' logo. The background is dark purple with yellow and white confetti.

**Employee Referral Program**  
*Earn up to \$1,000 for each referral!*

Do you know someone that would be a great Story-Changer?

CHC has several full time, part-time, and PRN openings. You (and the applicant you refer) can earn a referral incentive of (\$500 or \$750 or \$1,000)!

Complete the Applicant Referral form (available in the Forms list on the e3 home page) and email to [HR@communityhealthcore.com](mailto:HR@communityhealthcore.com).

See Administrative Procedure 5.01.01a for details of incremental payments and eligibility.

[Click Here for Open Positions!](#)



# It's a Booooooiful Masquerade Party and You're Invited

When: Thursday, 10/28/2021, 3pm-6pm

Where: 409 South Fredonia

Attire: Make your own wild and weird mask, prize will be  
given to the top 3 freaky fandango incognito faces  
{Kids group and an adult group}

... Momma's come and bring your wee little goblins for a  
festive good ole' time...

Food and sweet treats will be aplenty,  
Trick a Treat tables for those kute kiddies



Barbara Burnett or Linda Bischoff for any details.

## Tips for Managing your Well-Being

### MANAGE ANXIETY RELATED TO COVID-19

- ☐ Talk to someone you trust for support.
- ☐ Create a self-care plan for when things feel overwhelming.
- ☐ Find a healthy routine that makes you feel productive.
- ☐ Explore new hobbies and activities.



**Mental Health FIRST AID**

from NATIONAL COUNCIL FOR MENTAL WELLBEING



**A PRACTICAL GUIDE**  
to **Self-care**  
When Working from Home

**Mental Health FIRST AID**  
from NATIONAL COUNCIL FOR MENTAL WELLBEING

- Separate "work" and "life" to create better work-life balance.
- Ready, set, routine to set yourself up for success.
- Schedule breaks throughout the day to give your brain a rest from work.
- Stay hydrated and well-fed to ensure you're fueling your body while you work.

## Employee of the Week!

### Congratulations to the September 2021 Winners!

Do you know of a team member who excels in the performance of their duties as well as promotes teamwork and inspires excellence in others? Someone who is dedicated, positive, and a hard worker during these challenging times and always?

Nominate a team member for Employee of the Week!

[Nomination Form](#)



*Congratulations!*  
**MARSHA BENNETT**  
Fiscal Services - Accountant III  
**EMPLOYEE OF THE WEEK**  
September 6, 2021



*Congratulations!*  
**KATHRYN STOLLE**  
Children's Mental Health Therapist  
**EMPLOYEE OF THE WEEK**  
September 20, 2021







*Congratulations!*

**BRANDI LEWIS**

LVN - CORE Health Systems, Clarksville

**EMPLOYEE OF THE WEEK**

September 27, 2021



## PREV-NET Celebrates Red Ribbon Week!

**RED RIBBON WEEK**  
*Oct. 25-29*  
**FREE RED RIBBON WEEK IMPLEMENTATION TOOLKIT**

For more information, email [prev-net@communityhealthcore.com](mailto:prev-net@communityhealthcore.com)

The Prevention Network for North East Texas (Prev-Net) is offering a **FREE** implementation toolkit for Red Ribbon Week! Included in this kit are deliverables organizations and adults can use to engage students in drug prevention messaging and activities. The toolkit is meant to be a guide for the implementation of Red Ribbon Week activities that can be used with a wide range of communities, schools, and students. Email [PREV-NET](mailto:PREV-NET) for more information!

*Stay Connected*  
**FOLLOW US ON SOCIAL MEDIA**

COMMUNITY HealthCORE



**Community Healthcore**  
P.O. Box 6800  
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**Intake/Services 1-800-4-INTAKE**  
**24/7 Crisis Hotline 1-800-832-1009**

