



# Dignity Independence Dreams

February 2022 Newsletter



**FEBRUARY IS  
AMERICAN HEART MONTH**



**February is National Heart Healthy Month!**

It's important for us to take care of our heart. A healthy heart is key to numerous other health benefits. Below are some tips on ways you can take care of your heart.



## How to Protect Your Heart



Actively  
exercise at  
least 150  
minutes  
per week



Follow an  
overall  
well-balanced  
diet



See your  
primary care  
physician  
for a yearly  
physical



Stay hydrated  
by drinking at  
least 64 oz.  
of water daily



Sleep  
6-8 hours  
a night

**Congratulations, Shaunkia Love** for winning the **We Wear Red** contest for National Wear Red Day for National Healthy Heart Month! Shaunkia won a \$20 Smallcakes gift card!







**CHRISTY CRAVEY**  
**PROJECT EVALUATOR**  
STORY-CHANGER SINCE 2011

# STORY-CHANGER SPOTLIGHT

## WHAT MAKES YOU PROUD TO WORK FOR CHC?

"I'm proud to work for Community Healthcore because we view work/life balance differently than any other place I've worked. The company provides great benefits that allow us to take time off when we need it, and my bosses have always said that family comes first, and I know they mean it. They encourage us to work to live, and not to live to work."



christy.cravey@communityhealthcore.com

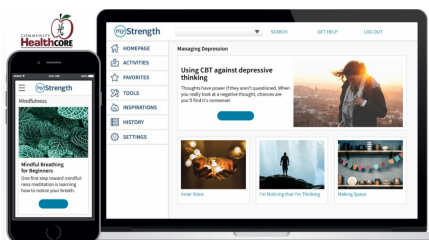


903-234-7019 Ext. 4219



Enter your January 2022 Wellness Challenge credits here!

## myStrength Online Wellness Tool

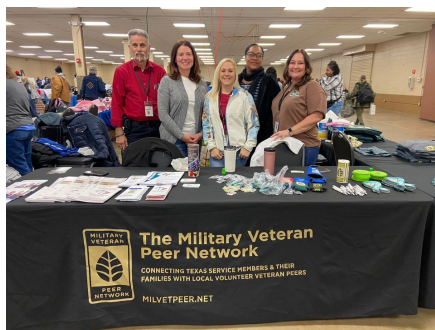


Did you know? Community Healthcore provides a FREE, flexible, and comprehensive digital program with proven tools and dedicated support for stress, depression, sleep, and more? Sign up today for confidential, no-cost help for you and your family. Click the button below for more information.

Use access code: **chccommunity**

Sign Up Here for myStrength

## Point in Time and Homeless Resource Day in Gregg County







### Point in Time - News Article

Texarkana will host the Point in Time count this month!



Join us for the Annual  
Point-in-Time Count



**Thursday, February 24, 2022**  
Contact Wallace Revalee  
[wallace.revalee@communityhealthcore.com](mailto:wallace.revalee@communityhealthcore.com)  
for more information.

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

**Program Manager: Rene Scherer**  
501 Pine Tree Rd. Rm U17 Longview  
Office: 903.237.2327

## PREV-NET News and Meeting

Join the PREV-NET team on Tuesday, February 22nd to learn more about the Too Good for Drugs & Strengthening Families programs.




**SAVE THE DATE**

**PREVENTION  
NETWORK FOR  
NORTH EAST  
TEXAS MEETING**  
February 22nd @ 2PM

Zoom Meeting ID: 971 6833 2254  
Passcode: zZpws2

For More Details:  
Phone: 903-234-9200  
Email: [prev-net@communityhelathcore.com](mailto:prev-net@communityhelathcore.com)



**CLICK HERE  
PREV-NET  
COALITION  
NEWSLETTER**  
February 2022



**CLICK HERE  
PREV-NET  
YOUTH  
NEWSLETTER**  
February 2022



## Employee of the Week!

Thank you for your dedication and passion!



*Congratulations!*  
**JONATHAN GOOCH**  
IT Network Engineer  
**EMPLOYEE OF THE WEEK**  
January 10, 2022



*Congratulations!*  
**LANE STRINGFIELD**  
Mental Health Trainer  
(Adult and Children's Outpatient Services)  
**EMPLOYEE OF THE WEEK**  
January 17, 2022



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



Have you tried the various hand-made soaps made with all-natural, creamy goat's milk, created by individuals with intellectual and developmental disabilities? They smell SO good! Learn more and order online. Looking for a new CHC shirt. Orders can be placed by completing the form below.

Limited Time



[Order a Shirt!](#)



Do you have an idea to enhance your programs to better serve people receiving services?

Submit a grant request to the Community Healthcore Foundation.

For questions or more details, contact [Jeanell Cannon](#) or [Patti Brady](#).

[CHC Foundation Grant Application](#)





## MODERNA COVID-19 VACCINE AVAILABLE!



Walk-ins Welcome or  
For appointment call, 903-686-9256

Genoa Pharmacy  
1300 6th Street, Longview  
(inside Community Healthcare)



Individuals 18 and older!  
Initial or booster vaccinations.

We're Hiring! Spread the Word!



# OPEN POSITIONS

MENTAL HEALTH CASE MANAGER  
EARLY INTERVENTION SPECIALIST  
PEER PROVIDER  
DIRECT CARE SERVICE PROVIDER

REGISTERED NURSE  
FAMILY PARTNER  
ADMINISTRATIVE TECHNICIAN  
IDD CASE MANAGER  
ACCOUNTANT

APPLY ONLINE!  
[WWW.COMMUNITYHEALTHCORE.COM](http://WWW.COMMUNITYHEALTHCORE.COM)



Community Healthcare  
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

