

# Hub City Happenings

Hub City Outreach Center

January 5<sup>th</sup>, 2021  
Volume 3, Issue 1

## The Hot Talk

### Important Events & Dates:

**\*Due to many events being cancelled or rescheduled during the Coronavirus Pandemic, we decided not to include events in this Quarter's newsletter\***

MLK Jr. Day	1/18
Inauguration Day	1/20
Groundhog Day	2/2
New Lunar Year	2/12
Valentines Day	2/14
Presidents Day	2/15
Daylights Saving	3/14
St. Patrick's Day	3/17

**Please reach out to us if you had a (free) event that was cancelled or reschedule. We would absolutely love to be able to showcase it in our Q2 Newsletter on 4/1/2021.**

### Joke of the Month:

**Q:** What do you call a pig that does karate?

**A:** A pork chop!

Joke for this quarter was submitted by Jackie D.

Submit your best joke to:  
[Team@HubCityOutreachCenter.org](mailto:Team@HubCityOutreachCenter.org)  
Please include your name,  
school/agency and your  
joke/riddle.

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*Your events can be featured here for free! Reach out via email with your event details to be on the front page of next quarter's issue!*

### Inside this issue:

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## “We Want You To Know...”

Beyond “Times Are Tough Right Now” Balancing 8 Dimensions of Wellness Across The Lifespan: SAMSHA’s Eight Dimensions of Wellness are Environmental, Spiritual, Intellectual, Emotional, Social, Occupational, Financial and Physical. All of these areas of our lives are interconnected, build on one another and evolve throughout our lives and lifestyles. It is important to recognize that finding balance, embracing help from others, valuing routines and our habits is important! While the experiences and ability to manage or cope with those experiences vary, having quality support and good habits are paramount for resiliency. As adults, sometimes we may stress about the money (financial), which can lead to anxiety (emotional), that can bring on (physical) distress and distractions at work (occupational). As youth, their stressors are different, yet valid and are an important part of their development. Adult maintenance of wellness is just as important as the developing youth. It can be difficult to make positive adjustments in one’s life during difficult times and especially during a global pandemic. We want you to know there are commonalities when it comes to preventing and managing turmoil within your eight dimensions of wellness, here’s the scoop: Be active in activities that have purpose. Increase activities that contribute to your wellness. Get a good nights rest. Be aware of the right amount of social interaction that *you* need. Remembering that changing time zones and daylight savings time can impact your mood and routines. Use a routine that works for you. Find the right resources, support and information for tracking your progress can get you to your ideal quality of life! Visit our friends at [SAMSHA.gov](http://SAMSHA.gov) for a free Step-By-Step Guide to Wellness, or maybe just some light reading to increase your life knowledge!

## HCOC's Hallmarks

What a year & we're glad it is over with! Let's catch up on the last quarter of 2020— tons happened! Our amazing Program Director and Program Coordinator presented at the National Prevention Specialist Conference. Jonathan and Adam gave a stellar hour-long overview detailing Mental Health and Drug Use In Our Community. From 100+ participants in 14+ states, we loved these two in the spotlight! We hosted Red Ribbon Week at Bean Elementary School but unfortunately, we were not able to be physically in the school and do all the fun stuff that happens during RRW. However, we did give Bean Elementary all the marketing stuff and a few prizes, donated from local favorites, for the kids who participated in the themed awareness days. Donated gift baskets were made from yours truly, Tova Coffee House, City of Lubbock-PRC 1 and the South Plains Mall. Also during Red Ribbon Week, we partnered with of Atl'Do Farms by creating our own set of questions to help you through the Maize. We hope you all had the chance to check it out! Red Ribbon Week and Halloween at At'l Do Farm was like no other, you may have seen our booth or tested your ATOD knowledge! In November, the Adopt-A-Family event was tremendous because we exceeded our goal and had many happy, stress-free families enjoying quality time together! Thank you to everyone who nominated a family for our meal distribution. A huge thank you goes out to the new Lubbock H-E-B for their generous donation to our Adopt-A-Neighbor program which helped us exceed our goal of feeding not just 10 families, but 20 families!!!! Every fall we host a Winter Coat Drive, where we collect winter wear for youth to access via our clothing closet. If your youth needs clothes or any winter wear, go to our website and obtain a clothing voucher asap! Finally, Thank you to everyone who donated to our nonprofit for Giving Tuesday! We were able to have those funds matched and it will make twice the impact in our wonderful community's growth!! We're excited to (hopefully) get back into the swing of things... Woo! This spring we hope that everyone stays safe and keep an eye out for any events we may pop up with! They may be in-person or virtual! Please keep us in mind when you need a hand! All of our services are free. More information at our website.

~Intern Positions Now Available!~

Hub City Outreach Center's Prevention Services are provided by a Behavioral Health Professional who has competency related to substance abuse prevention and relative behaviors. Our services help individuals, families and communities develop the capacities needed to achieve behavioral health and wellness. Interns will gain experience and knowledge in: prevention systems, community mobilization events, networking and training opportunities, referral knowledge, and media aspects! Interns will shadow programming in a wide range of settings including schools, workplaces, health care centers, behavioral health programs, community-based orgs and various coalitions + more.

Interns will develop the following skillset: presentation, public speaking, group facilitation, strategic communications, strategic planning and evaluating, building resiliency, cultural proficiency, ethics, needs assessments and risk assessments, ATOD knowledge and systems of prevention across the lifespan.

Check out our available positions on our website under the 'Careers' tab.



ABOVE: We are officially listed in the JustServe.org directory! We were honored to be gifted 40 board games which we sent out into each of our sponsored kid's Winter Wishlist packages!



## Volunteer with Hub City Outreach Center

Not all volunteer opportunities have to take your entire day. If you're looking for something that is only a few hours weekly, listen up! Hub City Outreach Center has a few volunteer options available and they're everchanging so always feel free to reach out to us and we can let you know more specifics and answer any questions. If you have kids under the age of 18, they are welcome to participate in our programs, as long as you are present. Please wear comfortable clothes and tennis shoes.

If you can't make a day but want to make a difference, make a donation. We are always accepting youth/young adult clothes, shoes, linens, hygiene products, school supplies, household & baby items, incentives and monetary donations.

Questions:  
Call/Text Megan: 806-300-2848  
More Information:  
[HubCityOutreachCenter.org](http://HubCityOutreachCenter.org)

### Available days for Volunteer Hours:

→ ALL IN-PERSON VOLUNTEER OPPS:  
**Currently postponed. Return Date TBD.**

→ The Adopt - A - Neighbor Programs:  
Adopt-A-Voucher: "GIVE2FEED" to 44-321  
Adopt-A-Student: "GIVE2EDU" to 44-321  
Adopt-A-Family: "GIVE2FAM" to 44-321  
Adopt-A-Child: "GIVE2FUN" to 44-321

## West Texas Digestive Disease Center ~

Dr. Kharrat's Gastroenterology Office provides premiere gastroenterology care right here in the Hub City! Wait... What is Gastro-what'd-you-say-ology? Gut Health! Gut health describes the process and functions of organs from the esophagus, stomach and intestines working together to allow us to eat and digest food without discomfort. When we humans have digestion issues that go unresolved, they can cause serious health issues and may indicate underlying gastrointestinal issues with seriously painful consequences. It's no joke! West Texas Digestive Disease Center offers in-house procedures, has an Infusion Center and conducts colon research!! Anyone can get their services by simply calling and setting up that initial consultation or by referral from a Primary Care Physician. Dr. Houssam Al Kharrat and his amazing team of professionals have partnered with Hub City Outreach Center for multiple events over this last year. During our Third Annual Back-to-School Bash, multiple crates of brand-new school supplies were donated for all K-12 students in and around Lubbock. During the Annual Winter Coat Drive, they donated many jackets, warm sweaters and other winter wear for all youth to have access to! Most recently, Dr. Kharrat's Office sponsored four children's Winter Wishlist as part of our Adopt-A-Neighbor Program! The exact number of youth and families in our community that these amazing professionals have positively impacted, just by participating in three events, is exponential. We asked West Texas Digestive Disease Center why they decided to support Hub City Outreach Center and what sets them apart from other health professionals in Lubbock: "[We are set apart from other clinics by] our passion and commitment to our patients, we are the only gastro clinic in town who is currently doing research for Crohn's Disease and Colitis and we are trying our hardest to give others a better way of life. [We believe that] supporting our local community is not only the right thing to do but it plays a vital role in building a healthier and more stable community!" We couldn't agree more with what West Texas Digestive Disease Center believes in regard to aspiring for a healthier and stable community! We are excited for the future of this partnership, the healthier lives to come out of our combined efforts and also the growth of our community! We look forward to working with Dr. Houssam and his staff while promoting GI health more in this coming year. Be sure to consider West Texas Digestive Disease Center when it comes to the seriousness of your GI health because you'll be in great hands working towards a restored community! The professionals at West Texas Digestive Disease Center are always accepting new patients and are eager to get you in the best digestive care around! West Texas Digestive Disease Center Phone: 806-778-4368 Address: 5115 80<sup>th</sup> Street, Lubbock, TX 79424

## Leadership Forefront

Hub City Outreach Center is proud to be creating and working with leaders of tomorrow. Leaders are those who set desire in others to be and to do better. Daily, we encounter people who struggle yet persevere. We are delighted to be able to showcase leaders in our newsletter. This Quarter we are showcasing Megan E. The founder and Executive Director of Hub City Outreach Center. We cannot do our work without her! Thank you for being so amazing to the Lubbock community.

If you have a hardworking student/staff member or if you know someone who has a serving heart, please let us know. Send your nominations to us via email so we can share their accomplishments with the world.

Megan E. is HCOC's founding mother and Executive Director. Megan's leadership, dedication to her education, professional and personal growth is why she's been recognized by so many entities as an outstanding citizen in West Texas. Megan was recently selected as a recipient of the Lubbock Chamber of Commerce's Young Professionals of Lubbock's Top 20 Under 40 Award! Additionally, Megan was recently accepted into the Masters in Human Services, Administration and Nonprofit Leadership program at Lubbock Christian University! Ms. Estrada has a strong work ethic that mirrors her value to her family and friends. The importance of doing things right and with integrity is rewarded by great opportunities and even better friendships! Go Meg!



**ABOVE: Ms. Megan Estrada showing out in her blue because she is in LCU's Master's Program!**



## Hub City Outreach Center

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HubCityOutreachCenter.org

**Instagram:** @HCOC.Lubbock

Like us on **Facebook:**

@HubCityOutreachCenter



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Hub City Outreach Center's eclectic team is comprised of compassionate individuals that each come from diverse backgrounds and vast areas of expertise. Our organization applies a holistic approach on prevention efforts. We treat everyone equally while respecting the unique qualities they possess. Together, we aim to help youth understand their own personal value and guide them towards a bright and successful future through Prevention Services. As a non-profit, we depend on donations. We are always accepting youth/young adult clothes, shoes, linens, hygiene products, school supplies, incentives, and monetary donations. If you would like to collaborate in any way, please reach out via email. Thank you for considering us!



**LEFT:**  
Emily picking up the donation from Monterrey HS NHS Coat Drive! Emily is always going above and beyond for her community!

Everything a Public School Parent needs to know:

**Your Child's Education Matters!**

**Texas Education Service Center; Region 17**

[www.esc17.net/](http://www.esc17.net/)

Business Hours: M - F | 8:00 am - 5:00 pm

Phone: 806-792-4000

<https://www.lcisid.net/>

<https://www.lubbockisd.org/>

<https://www.shallowaterisd.net/>

<https://www.roosevelt.k12.tx.us/>

<https://www.ndisd.net/>

<http://www.slatonisd.net/>

<https://www.frenship.net/>

<https://www.idalouisd.net/>

## Resources ~

There seems to be much controversy around whether or not people will willingly receive the Coronavirus vaccine whenever it becomes available to them. That is not what this section is about.

This section is to give parents, caregivers and/or guardians the resources to educate themselves on the various vaccines for children, a schedule by age they are recommended, the pre-post and during the doctor's office details, information about the preventable diseases vaccines fight, ingredients in the vaccines, resource and help for making the decision about your child's health and lifestyle. Whatever you decide to do, vaccinate or not vaccinate, please be educated on your stance and spread accurate and honest information. Enjoy!

<https://www.cdc.gov/vaccines/parents/index.html>

<https://www.cdc.gov/vaccines/parents/FAQs.html>

<https://www.insurekidsnow.gov/find-coverage-your-family/give-your-kids-shot-stay-healthy-flu-season/index.html>

<https://kidshealth.org/en/parents/vaccine.html>

<https://www.consumerreports.org/vaccines/myths-and-facts-about-vaccines-for-children/>

<https://www.fda.gov/vaccines-blood-biologics/consumers-biologics/vaccines-children-guide-parents-and-caregivers>

<https://wicworks.fns.usda.gov/resources/immunization-schedule-children-birth-through-6-years>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5402432/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2924961/>

<https://www.sciencedirect.com/science/article/pii/S1198743X14601725>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5007135/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7268563/>