

Hub City Happenings

Hub City Outreach Center

October 1st, 2021
Volume 3, Issue 4

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

Hispanic Heritage Month	9/15 – 10/15
World Mental Health Day	10/10
Columbus/Indigenous Peoples Day	10/11
Red Ribbon Week	10/25 – 10/29
Halloween	10/31
Daylight Savings Ends	11/1
Veteran's Day	11/11
K-12 Thanksgiving Holiday	11/25
Hanukkah Begin	11/28
Winter Solstice Begins	12/21
Christmas Day	12/25
Kwanzaa	12/26

Joke of the Month:

Q: When does a joke become a dad joke?

A: When it becomes apparent!

Joke for this quarter was submitted: Megan E.

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

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!

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BONUS:	
+ Visit our website to see if you qualify for our Covid Relief Project!	
HubCityOutreachCenter.org/CRF	

“We Want You To Know...”

We want you to know that your life can always be better, but it could also be worse- which would you prefer? Mental Health America is a great resource for all things health. They've even done the hard work, we're just here to relay that message: here are 10 proven tools to help you feel stronger and more hopeful in your day-to-day life. 1) **Connect with others**- find your support system, find a friend, make a friend, or strengthen your current relationships. 2) **Stay positive**- foster optimism, practice gratitude, avoid negative thinking. 3) **Get physically active**- find a friend, make it fun, reward yourself, take it easy but sweat! 4) **Help others**- little acts of kindness or even full-blown volunteering at an event. 5) **Get enough sleep**- de-caffeinate yourself, de-stress yourself, figure out a routine, use aides. 6) **Create joy and satisfaction**- laugh more, do something fun, find things you enjoy, find your flow, indulge sometimes, get more out of what you've got. 7) **Eat well**- don't skip meals, snack well, get more of good nutrients, cut back on caffeine, limit saturated- and trans-fats, be carb smart! 8) **Take care of your spirit**- connect with yourself and within. 9) **Deal better with hard times**- coping is HARD... write it out, shift your thinking, talk it out, get support. 10) **Get professional help if you need/want it**- there is so much that can come from getting a third-party person in your life... such as, coming up with plans for solving problems, feeling stronger when facing challenges, changing behaviors that hold you back, look at ways of thinking that affect how you feel, healing pains from your past, figuring out your goals, building your self-confidence and more. Professional help is for everyone. Medication is not the “end goal”. These ten tools from Mental Health America are the perfect start to a better life. We're happy to refer you to professionals that fit with your needs and budget. Go to **Referrals** on our website to get started!!

For more in depth details for using these ten tools at: <https://mhanational.org/ten-tools>

HCOC's Hallmarks

What. A. Year! We held our third annual (free) Summer Bash on July 22nd from 5:30pm-7:30pm at Maggie Trejo Supercenter! We hope you had the chance to enjoy time with your loved ones, while collecting local resources, awesome prizes and listening to the local superstar, Brennon Cole! Not only did our Summer Bash pop off, we held a free, week-long summer camp at Buckner. As mentioned in the previous newsletter, we did not host our Back-to-School Bash, but we did participate in the Dream Center's Backpack Giveaway and also the Familial Dental Backpack Giveaway. We hope you had a chance to come by and get free school supplies, hygiene items and some essential prevention education to gear up for this academic school year! However, as always, if you/your child needs school supplies, hygiene products or clothing, we got you covered! Navigate to our website and access the necessary form to get connected to our free resources for youth/teens. We closed out our summer programming with some amazing partners. We appreciate our partners for letting us to come to some networking and outreach at their Open Houses, National Night Out, and even LCU's Get Busy Bash! It was awesome to meet and chat with all of you! Fall 2021 is in full-swing and we are still scheduling meetings to set up Fall 2021 and Spring 2022. If you want our Specialists at your site, you better act quickly!! In addition to our usual programming, LeadHERship League is still recruiting mentees and mentors for this one-of-a-kind program in Lubbock. We're on track to have our inaugural cohort starting Fall 2022. We're committed to growth in all areas, which is why our entire team set out to San Antonio earlier this month for the Texas Association for Addiction Professionals Conference! Learning, networking and of course fun was had! Our Covid Relief project is still active, and we are still assisting individuals who must quarantine due to testing positive for Covid!! We have lots coming your way this fall, Lubbock! Keep an eye out for more Adopt-A-Highway Clean Up events, Clothing Closet Sidewalk events, Giveback events, youth and adult workshops and more! Let's finish 2021 strong! **You** got this! *We* got this! 😊

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 Megan: 806-701-1687
 More Information:
HubCityOutreachCenter.org

~WE ARE HIRING!~

A Prevention Specialist is a Behavioral Health Professional who has competency related to alcohol, tobacco, and drug abuse prevention, and who provides services that help individuals, families and communities to develop the capacities needed to achieve Behavioral Health and Wellness.

Prevention Specialists deliver evidence-based prevention programming in a wide range of settings including schools, workplaces, health care centers, behavioral health programs, community-based organizations, prevention coalitions and other coalitions.

If you were gifted with patience and enjoy planning, organizing, coordinating, marketing and conducting prevention programs to educate youth and adults about substance abuse and other high-risk activities; as well as, networking with other agencies and community members to encourage a drug and alcohol-free lifestyle, please check out our available positions on our website under the 'Careers' tab.



ABOVE: LCU Highway Clean Up Event, where 7 huge bags of trash was collected for LCU's service day.

Available days for Volunteer Hours:

→ ALL IN-PERSON VOLUNTEER OPPS:
Clothing Closet Events: Inquire for details.
AAH-Environment: Inquire for details.
Summer-Spring Events: Inquire for details.

→ 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

Partnership Spotlight:

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We cannot do this work without the support of our community, or our *Board of Directors*. So, this page of our newsletter looks different this quarter so we can spotlight how amazing they are. Each of our Board members contributes to the Lubbock community in important ways. With the hard work they do every day, they also make time to support us and assist us in providing top tier services and quality resources. This quarter's newsletter will spotlight their main contributions to the community. Support them. Support us. Support Lubbock.

Tonya Bonner: Licensed Professional Counselor within her private practice, where she focuses on substance use/abuse, trauma and children of divorce. Tonya once was a first grade teacher, but since then has been a professor at LCU in the Behavioral Sciences Department for ten years... talk about some range! Tonya focuses a lot of her life around her family, children, and grandchildren. Additionally, she is our Board President.

Whitney Garnett: Assistant District Attorney – Felony Prosecutor at Midland County. Whitney focuses her free time on her family and all her young children's interests and endeavors. Whitney has extensive schooling in a variety of areas, and we love that she supports all the areas of interest her kids are exploring!

Maria Ortiz: Associate Attorney at Davidson Sheen, LLP. Maria is a key person in the litigation process and is a key correspondent between clients and the counsel. Maria volunteers with Meals on Wheels and Lubbock Friends of the Library and the United Way. She's also the nicest person everrrrr!

Danial Johnson: Marketing Section Manager at Texas Tech University, eLearning and Academic Partnerships. Danial has 10+ years of marketing and advertising experience in higher education and non-profit sectors. He's also worked as Marketing Director for Big Brothers Big Sisters (BBBS) of Lubbock. His commitment to family is top tier!

Roxana Lopez: Lead Specialist at TTUHSC SON- LCCHWC. Roxana conducts clinic, telephone and home visits. She also helps with social detriments of health, as well with helping with behavioral changes and goal settings for individuals with chronic diseases. She's also a Chair on West Texas Community Health Worker/Promotores Association and is the Vice President for the Texas Association of Promotores/ Community Health Workers. Woo!

Alfonso Del Granado: Administrator CEO at Covenant High Plains Surgery Center, LLC. He has led healthcare organizations for more than two decades, contributing to growth, quality of care, and improvements in patient and employee satisfaction. Alfonso's contributions in the health field as a multi-language speaking person is vital and has changed so many lives across the planet in his expeditions and endeavors.

Karleigh Porterfield: Director of Client Services at J Ferg Global. Karleigh ensures all of J Ferg Global clients are taken care of and that they are doing our part in keeping customers happy. She's also part of their sales team for our mobile disinfection and sanitizing services, Germinator. Additionally, she's interned with the Texas Boy's Ranch and is a part of the worship and arts team at First Lubbock and enjoy getting to lead worship on Sunday mornings.

Melissa Benitez: Outreach Specialist II at FirstCare Health Plans part of Baylor Scott & White. Melissa implements outreach strategies to FirstCare members, Educate Members with resources and how to use their plan and to improve health outcomes. She's also been a Certified Community Health Worker for 3 years!

Kyriea Richards: Intensive Supervision Juvenile Probation Officer at Lubbock County Juvenile Probation Department. Kyriea is so involved in the community, we'd need to add a whole extra page to our newsletter... but just a few of what Mrs. Richards' community contributions are participating in fundraiser tournaments for Alzheimer's disease, serves as secretary on the Alzheimer's fundraising committee, is a personal trainer, sings and performs in a band, and is also active in the service industry.

Hub City Outreach Center

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Facebook: @HubCityOutreachCenter



To unsubscribe, please reply: "UNSUBSCRIBE"

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: Our entire team traveled to San Antonio for the Texas Association of Addiction Professionals State Conference!

We're always growing our capacity to improve our services. Thankful for the opportunity to continuously learn and have fun with our team!

Everything a Public School Parent needs to know:

Your Child's Education Matters!

Texas Education Service Center; Region 17

www.esc17.net/

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

Phone: 806-792-4000

<https://www.lcisd.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 ~

It's been a reallllly hard past two years. We get it. We're sharing some of our favorite and go-to resources for grief. Please tap/click on what you need. These are also located on our website in the Resources page.

[Find a Grief Counselor in Lubbock, TX](#)

[Dealing with Death, Grief and Bereavement](#)

[Affects of Grief and Loss on Mental Health](#)

[Sleep and Grief](#)

[Coping with loss](#)

[Coping with grief](#)

[Survivors Guide](#)

[Co-Dependency](#)

[Depression Self-Screening Assessment](#)

[Military Loss](#)

[Survivors Resources](#)

[Resource library for various circumstances](#)

[National Child Traumatic Stress Network](#)

[Grieving Children](#)

[Ways to help a Grieving Child](#)

[Being a hero to a Grieving Child](#)

[Grief and Loss Resources \(resource for service providers\)](#)