



# LBK Community Newsletter

“Living in state of gratitude is the gateway to grace” ~ Arianna Huffington

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## LBK Community Reflections: What Are You Thankful For?

Greetings, LBK Community partners and friends. Welcome to November, a month where we are reminded not to take our blessings for granted and to give thanks for what we have in the present. As I reflect on our journey as a network, I realize there are many things that I am truly grateful for, but for the sake of space and limited time, I’ll mention just a few.

I am grateful for our resilience above all else. Since the beginning, we have faced challenges. We started during the pandemic, switched platforms, adapted to a new one, and experienced a change in leadership. Despite all this, we have continued to grow and evolve, and I appreciate that you are still here. Special thanks to our eleven founding organizations:

- Lubbock Public Health: SUSAN
- UMC
- South Plains Food Bank
- United Way
- Stages of Recovery
- Early Learning Centers of Lubbock
- YMCA
- SPAG:211
- The Parenting Cottage
- Hub City Outreach
- SPCAA: Project Champs



Thank you for stepping up during an unprecedented time in our community and laying the foundation of our network. I also want to thank all the organizations that have joined us since then. Our partners are essential to the LBK Community, and I am truly thankful for all of you.

I am grateful for your support. My goal for 2024 was to expand our network by creating a city-wide event, and many of you volunteered your time and resources to help me actualize that event. It didn't turn out how we hoped, but many of you surrounded me with positive energy and encouragement to keep trying, and that is something that will stick with me forever; thank you.

Lastly, I am grateful I have the privilege to work alongside all of you. Your dedication, passion, and commitment to our Community inspire me every day. We have accomplished so much, and I am excited about the future as we continue to work together to make a positive impact in our Community. Thank you for your collaboration, support, and friendship.

As we move forward, let's continue to be grateful and celebrate our opportunities and the people who support us along the way. And remember, you don't have to wait until November to count your blessings. So, what are you thankful for?

Best,

~ Ariae Alexander, Public Health Program Liaison

## Giving Thanks

By Robert Longley

What is it you're lacking  
 What is it you have  
 Are your cupboards barren  
 Or do you bear the fatted calf

So much the accounting  
 By things that take up space  
 But this is not the measure  
 That defines the human race

Are there those of value  
 Who brighten up your day  
 Has someone shown you kindness  
 Or helped you along the way

It's there that we find gratitude  
 It's there our worries cease  
 For where we know what matters  
 It's there we find peace

# Connect & Collaborate (C&C)



**Calling all non-profits AND agencies who work with nonprofits!!**



**Calling all Non-Profits!**

## Connect & Collaborate

Non-Profit Fair

February 5th, 2025  
Civic Center, 11:30 am - 1:30 pm

Join us for an informational and resource fair for professionals working for or with non-profit organizations. C&C provides a platform for non-profits to connect, collaborate, and strengthen the LBK Community Network.

**How to Participate:**

- Organizations must send at least two representatives to distribute information about their organization.
- Opportunity to give a 5-7 minute presentation about your organization.

**C&C Presentations:**

- Sign up now for a chance to educate other non-profits about your agency!

Open to all professionals working for or with non-profits. Contact Ariea Alexander at [ArieaAlexander@mylubbock.us](mailto:ArieaAlexander@mylubbock.us) or (806) 775-3269 for further information.

**LUBBOCK PUBLIC HEALTH**

Sign up here!

LBK Community is hosting a networking and resource fair for non-profits AND LBK Community Partners and Friends!

**What is C&C?** C&C is an networking and resource fair for professionals working for **OR** with non-profit organizations. C&C is a great opportunity for non-profits serving Lubbock County to connect and build working relationships to improve care coordination in our community. The Goal of C&C is to provide a platform for non-profits to educate other non-profits about their organization, increase collaboration among non-profits, and strengthen LBK Community Network.

## How to Participate in C&C?

Organizations must send at least two representatives to distribute information about their organization. There are also opportunities to deliver a 5-7 minute presentation about your Organization

## C&C Presentations

Is your organization launching a new program? Or do you want to elaborate on the services your organization offers? We've got you covered! C&C participants can give a 5-7 minute presentation about their organization. There are only 12 slots available, so sign up now! Take advantage of this chance to educate other non-profits about your agency!

## My organization is not a non-profit, but we closely collaborate with non-profits. Can I give a presentation?

Yes! All C&C participants are eligible to present their organization.

## Is there a limit on how many representatives can attend this event?

No! We encourage organizations to bring as many staff as possible. We only ask that you have at least two representatives designated to distribute educational materials.

**THIS EVENT IS OPEN TO ALL LBK COMMUNITY PARTNERS AND FRIENDS REGARDLESS OF 501(C)3 STATUS!**

Please contact Ariea Alexander at [ArieaAlexander@mylubbock.us](mailto:ArieaAlexander@mylubbock.us) or (806) 775- 3269 for further information regarding this event.

## Meet ICC's New CHW!



The Intermediary Care Clinic (ICC) has gained its first official employee! **Lisa Perez** has joined the team as a community health worker (CHW), bringing with her a compassionate approach to patient care. We are excited to welcome Lisa on board and look forward to the positive impact she will have on our clinic and the individuals we serve. Learn more about Lisa below.

### How long have you been a CHW?

LP: I was hired on through a temporary agency in March '24 assigned to the SUSAN for Families and started the CHW training program with TTUHSC in April. I then completed program in August of the same year. It has been a fast and furious 7 months. Once I completed, I was hired on full time with the LPH in the ICC as the CHW, and I am loving it!

### What inspired you to become a CHW?

LP: Once I researched the CHW criteria, it warmed my heart to have a purpose among the community.

### How did you learn about the ICC?

LP: I was already within the LPH department and the ICC position became available and was mentioned to me by my supervisor.

# Meet ICC's New CHW Continued



Lisa Perez, ICC's new CHW

## What do you hope to accomplish working in the ICC?

LP: My daily goal is just to make someone's day better than the day before within the ICC department.

## What has been your greatest challenge since working in the ICC?

LP: My greatest challenge overall is it all being brand new to me, a little intimidating, overwhelming but working with great people eases the transition.

## What has been your greatest accomplishment since working in the ICC?

LP: My greatest accomplishment was my first two clients having positive outcomes and their gratitude towards our work with the ICC. Honestly made me just smile!

## What do you want LBK Community partners and Friends to know about you?

LP: Just a little about myself; I enjoy traveling random road trips, book a flight, ride a train, or head out on a cruise.

Life is too short to sit still!

If you see Lisa at an event, be sure to give her a warm LBK Community welcome!!!!

# Source 2 Solution

Register now to join us for our annual Source to Solution Symposium on November 13th! Source to Solution highlights substance use prevention, treatment, and recovery. This free event is open to anyone interested in creating community change across the Panhandle and South Plains of West Texas . <https://www.prcone.org/sou#sourcetosolution>

# Community Engagements

## Mothers and Babies

Tools & support to help manage the life changes while pregnant and through baby's first year.

**NO COST TO ATTEND**

A nationally recognized evidence-based curriculum developed by a collaborative team of researchers as a part of Northwestern University Institute for Public Health and Medicine. Taught by degreed & certified educators from the Parenting Cottage.

Learn with and from other moms in the same place you may be. For those expecting a baby or already in baby's first year. Weekly sessions

Sessions will be offered in-person or virtually via Zoom.

To ensure the best experience for all participants, babies only may attend with mom. Please no additional children.

Call the Parenting Cottage to enroll: (806) 795-7552



### DEC-JAN, 2025 SCHEDULE

**In-Person Group-6 sessions:**  
at the Parenting Cottage  
(2815 50th St.)  
**Thursdays, 10:00-11:45 AM**  
December 5, 12, 19, Jan. 2, 9, 16

**Virtual Group-5 sessions:**  
On Zoom  
**Wednesdays, 8:30-10:45 AM**  
December 4, 11, 18, Jan. 8, 15



"I loved MGB, learned so much. Helpful to anyone going through this new chapter in their life."

## Expecting a Baby?



Evidence-based parenting education that can be utilized to satisfy mandated parenting education requirements

Families can receive attendance gifts such as diapers, diaper wipes and baby care items. Attend all four classes--be eligible for entry in the drawing at Session 4 for a special gift!

For the best learning experience for families, the following guidelines will apply:

- Classes will be limited to 12 Families.
- Moms & Dads are encouraged to attend.
- Please do not bring children to class.
- Classes are FREE for all parents attending.
- Parents MUST REGISTER IN ADVANCE to attend; please do not "drop-in" for classes.
- To register, please call the Parenting Cottage at (806) 795-7552.

**October 2024**  
Wednesdays, 12:00-1:00pm  
Session 1: Oct. 02, 2024  
Session 2: Oct. 09, 2024  
Session 3: Oct. 16, 2024  
Session 4: Oct. 23, 2024

**September 2024**  
Wednesdays, 12:00-1:00pm  
Session 1: Sept. 04, 2024  
Session 2: Sept. 11, 2024  
Session 3: Sept. 18, 2024  
Session 4: Sept. 25, 2024

**November 2024**  
Wednesdays, 12:00-1:00pm  
Session 1: Oct. 30, 2024  
Session 2: Nov. 06, 2024  
Session 3: Nov. 13, 2024  
Session 4: Nov. 20, 2024



# Community Engagements Continued



**November 16, 2024**

Each year, AFSP supports hundreds of large and small Survivor Day events around the world, in which suicide loss survivors come together to find connection, understanding and hope through their shared experience. While each event is unique and offers various programming, all feature an AFSP-produced documentary that offers a message of growth, resilience and connection.

**Questions?**

West Texas Chapter  
 Sybille Neuber (Board Chair WTX chapter)  
[sneuber6@gmail.com](mailto:sneuber6@gmail.com)  
 (806)392-3860

**Local Event Information**

Saturday, November 16, 2024  
 9 am - 12 pm

Location:  
 Covenant Children's Hospital  
 4002 24th Street  
 Arnett Room

Sharing  
 Video  
 Speaker Panel  
 Healing Activity  
 Remembering

Coffee, water, breakfast items

No childcare provided

**Tuesday, November 19, 2024**

**Global Health Lecture Series - Health Literacy for Local Youth: The Dangers of Cannabis on the Developing Brain**

12:00 – 1:00 pm on Zoom

[Register Here](#)

Please join the Office of Global Health as they host Dr. Molly Setliff, OTR, OTD and Andrew Setliff, MS as they work to improve youth health literacy by addressing the psychosocial implications of cannabis use and the neurobiological effects of THC on the brain's development in individuals ages 12-25. This event is free and open to the public. Please reach out with any questions at [emma.woolard@ttuhsc.edu](mailto:emma.woolard@ttuhsc.edu) or 806.74.290.



To Register Scan QR Code or visit [www.afsp.org/afsp/2024/11/16](http://www.afsp.org/afsp/2024/11/16)



**NOVEMBER 2024** Method Children's Home

MCH Family Outreach Parenting Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
				Virtual Parenting 9:00-10:30 am
In person Parenting 2:00-3:30 pm				Virtual Parenting 9:00-10:30 am
In person Parenting 2:00-3:30 pm				Virtual Parenting 9:00-10:30 am
In person Parenting 2:00-3:30 pm				Virtual Parenting 9:00-10:30 am
In person Parenting 2:00-3:30 pm				Virtual Parenting 9:00-10:30 am
GAP: (kinship) Please contact Nicole Salinas: <a href="mailto:rosalinas@mch.org">rosalinas@mch.org</a> Cumberland Presbyterian 7702 Indiana Ave Lubbock TX 79423		** We do offer parenting during the lunch hour and parenting in Spanish, if you are in need. Please call the office at 806-792-0099 **		MCH Family Outreach 5424 15th St Unit 500 Lubbock TX 79407 (806)792-0099



**THURSDAYS**  
 4:00 - 5:00 PM  
 MAHON LIBRARY

- Computer Basics; October 10
- Typing Skills; October 24
- Mouse Skills; November 7
- Internet Basics; November 21
- Digital Safety; December 5

**1306 9TH ST. | 806.775.2835**

## Job and Volunteer Opportunities

**FOSTER GRANDPARENT VOLUNTEER PROGRAM**  
 for Texans 55 and Older

Strengthening our communities, one generation to another.

**You've Got A Lot to Give**



Foster Grandparent Program Volunteers serve as role models, mentors and friends to children with exceptional needs at schools and other community centers.

Eligible volunteers may receive a monthly stipend of \$240 to \$640, plus mileage reimbursement, training and more!

**Lubbock, Texas and surrounding counties**  
 806-549-8466

[hhs.texas.gov/foster-grandparent](http://hhs.texas.gov/foster-grandparent)

Serving Texas children since 1965



This institution is an equal opportunity provider.

**Texas Ramp Project**

Texas Ramp Project is looking for volunteers to help build free wheelchair ramps in our region. We have some upcoming builds on our Facebook page and post all our build on: Lubbock Texas Ramp Project. We have over 70 requests in our region and need more volunteers to be able to serve our community. For more information, contact **Sara Schaefer** at **806-319-0259** or [sarajolynne@gmail.com](mailto:sarajolynne@gmail.com)

**StarCare**

**TAKE THE LEAP AND APPLY TO BE A DIFFERENCE-MAKER TODAY!**

StarCare Specialty Health System offers great benefits, flexible work schedules, and an environment where hope and health work hand in hand.

Visit [STARCARECAREERS.ORG](http://STARCARECAREERS.ORG) to see job listings.

