



LBK Community Newsletter

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Cheers to health, happiness, and prosperity in 2024!

2023 Rewind: A Brief Chronology of Yesteryear

Greetings, LBK Community partners and friends! We did it! We finished another year as a collaborative; what an accomplishment! Even though I haven't been with you all very long, I think it's fair to say that 2023 has been one of the most monumental years of LBK Community. Join me as I review the events that got us to this point.

January

- ◇ 1/20/23 Katherine Wells signs contract with Unite Us.
- ◇ 1/24/23 The contract is on the City Council agenda for approval; contract was approved.

- ◇ 1/30/23 Risk Management requires additional info before approving insurance for Unite Us.

February

- ◇ 2/8/23 The LBK advisory council made changes to by-laws. Kyle Galyean agreed to extend his membership to June 2024.
- ◇ 2/16/23 Risk Management approved insurance for Unite Us!
- ◇ 2/27/23 LBK Community partners and friends are informed that Unite Us is the new technology administrator

March

- ◇ 3/13/23 Kick-off meeting with Unite Us' implementation team and Advisory council. **This meeting officially started the implementation process!**
- ◇ 3/30/23 Engagement session registration links were sent to partners by Unite Us team.

April

- ◇ 4/5/23-4/6/23 Unite Us held the first community engagement sessions to start the implementation process.

May

- ◇ 5/2/23 The Health department went live on the Unite Us platform! 🎉
- ◇ 5/17/23 9 partners completed the partner registration form (PRF).

June

- ◇ 6/1/23 We welcomed Amanda McAfee and Rachel Jones as new advisory members!
- ◇ 6/1/23 Ariae Alexander's first day as active public health fellow. ❤️
- ◇ 6/27/23 At this time, 13 partners have on-boarded and 5 partners are engaged.

July

- ◇ 7/24/23 LBK Community's celebrates 3rd anniversary! 🎈
- ◇ 7/25/23 UMC went live on the platform!

August

- ◇ 8/1/23 Seydia Adkins (former LBK Community Coordinator), announces her resignation.
- ◇ 8/23/23 On this day, 22 organizations were on-boarded or completed the PRF, 8 are engaged, and 3 are hopefuls.
- ◇ 8/31/23 Seydia's last day as active LBK Community coordinator. 😞

September

- ◇ 9/1/23 Ariae's first day as active LBK Community Coordinator.
- ◇ 9/15/23 StarCare went live on the platform!
- ◇ 9/29/23 On this day, 27 agencies onboarded or completed their PRF, 6 agencies are engaged, 5 hopefuls.

October

- ◇ 10/23/23 On this day, 29 agencies onboarded or have completed their PRF, 8 are engaged, and 3 are hopefuls.

November

- ◇ 11/8/23 The United Way hosted our final networking session for 2023! (Thanks, guys)
- ◇ 11/13/23 Advisory Council met and agreed that Cole Watts and Ayda Martinez will extend their membership into 2025!

December

- ◇ 12/11/23 On this day, 30 organizations onboarded or have completed their PRF, 10 are engaged, and 5 are hopefuls.

Congratulations to the City Bank Community Award Winners

- *Catholic Charities
- *Lubbock Meals on Wheels
- *Lubbock Impact
- *Larry combust Community Health and Wellness Center
- *South Plains Kidney Foundation
- *West Chapter AFSP
- *Saint Francis Ministries
- *Texas Boys and Girls Ranch
- *Children's Home of Lubbock

After reviewing our progress over the past year, it's clear that we've achieved great success. As we bring in the New Year, I challenge you to brainstorm new ideas to expand and enhance our network. Let's work together to make it the most influential and impactful network in our community! ~Ariae Alexander, Public Health Program Liaison

Organization Spotlight: PRC Region 1



Prevention resource centers, or PRCs, play a vital role in providing valuable resources and support to the community. In Texas, 11 PRC regions cover a wide range of counties throughout the state. These centers offer information, training, and technical assistance to individuals, organizations, and communities to help prevent substance abuse and promote healthier lifestyles.

The City of Lubbock Health Department is home to PRC Region 1. Region 1 covers 41 counties, including Armstrong, Crosby, Randle, and Yoakum, to name a few. The goals of PRC Region 1 are:

- Maintaining and serving as the region's primary resource for substance use and related behavioral health data.
- Coordinating prevention strategies and resources across the region for prevention providers.
- Strengthening compliance with existing laws preventing the sale of tobacco and nicotine products to minors through education and monitoring activities.
- Increasing awareness of the community regarding substance use and misuse through the dissemination of information across a wide variety of media outlets and distribution networks.
- Provide comprehensive substance use prevention education for schools, organizations, and businesses.

In addition to their goals, Region 1 also formed 2 coalitions, Helping Every Adolescent Reach Dream, H.E.A.R.D and Teen Awareness Group, T.A.G.

H.E.A.R.D “is a group of community members from every sector of Lubbock. H.E.A.R.D strives to strengthen community infrastructure, provide connections and resources, advocate with youth, and enact change to prevent substance use and reduce its impact on youth and younger adults in the Lubbock area.”

T.A.G is a group of passionate teens who work together to advocate for and educate their fellow peers about the risks of drug use and the importance of mental health awareness.

To learn more about the PRC Region 1 or their coalitions, visit <https://www.prcone.org/>

HELPING EVERY ADOLESCENT REACH DREAMS

HEARD COALITION

Our Mission

H.E.A.R.D. is a group of community members from every sector of Lubbock. We strive to strengthen community infrastructure, provide connections and resources, advocate with youth, and enact change in order to prevent substance use and reduce its impact on youth and young adults in the Lubbock area.

CONTACT:
LHOLLIS@MYLUBBOCK.US
806-775-3320

Instagram: @heardcoalition
QR Code: Register & Info
HEARD Logo

TEEN AWARENESS GROUP

MENTAL HEALTH AWARENESS & SUBSTANCE USE PREVENTION

Are you a young person that is ready to assist in making community change by becoming a youth leader in your area?

Would you like to be a voice that empowers your peers to remain free from substance use?

The T.A.G Youth Coalition is inviting you to take part in working with your peers to reduce the risk of substance use among young people. As well as to raise awareness about mental health issues young people face.

Scan the QR code for more information and to apply to become a member or
Contact Genesis StClair gstclair@mylubbock.us
806-775-3888

City of Lubbock Health Department logo, QR code, PRC logo, HEARD logo

Partners in Action

The city of Lubbock Health Department’s S.U.S.A.N, HIV/AIDS and PRC team tabled at the First Friday Art Trail for World AIDS day!



Program Spotlight: PREVENT T2

Did you know, more than 8 in 10 adults have prediabetes and don't even know they have it? Having prediabetes can lead to a diagnosis of Type 2 diabetes, which can lead to multiple health risk including blindness, kidney failure, heart disease, stroke and loss of toes, feet, or legs.

The good news is type 2 diabetes is preventable!

Prevent T2 is a yearlong program which features structured lifestyle changes proven to prevent or delay type 2 diabetes. It will empower you with the knowledge you need to live a healthier lifestyle.

If you have prediabetes or other risk factors for type 2 diabetes, now is the time to take charge of your health and make a change. The Prevent T2 lifestyle change program can help!

When: November, 2023

Where: UMC Business & Technology Center- 309 N. Slide Rd.

Time: 11:00 – 12:00 or 5:30 – 6:30

If you have questions or are ready to enroll, please call or email Jacquee Brown @ 806 761.0530 or jacquee.brown@umchealthsystem.com ~ **Antrionette Lewis, CHWI, Certified Lifestyle and Diabetes Coach**

Program Spotlight: Live in Control

Managing **Diabetes** Together

*4- week diabetes education classes

*Taught by trained facilitators

*Family- Centered program

*Educational materials provided

To Register, Call:

Antrionette Lewis, CHW

UMC Care Coordination

(806) 761-0531

Classes are regularly scheduled throughout the year!

Register Now!!

~ **Antrionette Lewis, CHWI, Certified Lifestyle and Diabetes Coach**

Staying Healthy This Holiday Season

Respiratory season is in full swing and we're seeing increased activity of all sorts of nasty bugs and viruses. Here are a few tips to keep yourself and others healthy as we move into peak holiday season.

1. Avoid close contact

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too. Try to stay at least 6 feet apart, if possible.

2. Wear a mask

It is recommended to wear a mask if you will be in small or enclosed spaces or around lots of people (New Years shopping anyone?). Wearing a mask can help prevent you from getting sick and spreading to your family and friends. This will also help prevent the spread of germs as some illness, like the flu, can spread before you even start having symptoms!

3. Stay home when you are sick.

If possible, stay home from work, school and errands when you are sick. Respiratory illnesses spread fast!! One person with the flu can infect 1-2 people (and then those people infect 1-2 people and so on).

4. Cover your mouth and nose

a. Cover your mouth and nose with a tissue when coughing or sneezing. Flu and other respiratory viruses spread mainly by droplets made when people cough, sneeze or even talk.

5. Clean your hands

a. Washing your hands often will help protect you from germs. Alcohol based hand rub (ABHR) can be used if soap and water are not available. ABHR should contain at least 60% alcohol to be effective. Yes, most of the Bath and Body Works sanitizers have enough alcohol to kill germs but try to use the non-fragrant ones like Purell or germ-x.

6. Avoid Touching your eyes, nose, or mouth

a. Germs can be spread when a person touches something that is contaminated with germs and then touches their eyes, nose, or mouth. Research shows that people touch their face at least 23 times per hour. That is 184 times in a working day. YIKES!

7. Practice other good health habits

a. Clean and disinfect frequently touched surfaces at work and home, especially when someone is ill. Disinfect your desktop, phones, doorknobs, keyboards and mouse. Try to make it a habit to clean your space when you arrive and when you leave. Get plenty of sleep, stay active, manage your stress, drink plenty of fluids, and eat nutritious food.

8. Get vaccinated

Stay up to date with the recommended COVID, flu and RSV vaccines. The single best way to reduce your risk of severe illness is to get vaccinated! Flu vaccines are still available so see our awesome Immy team if you haven't gotten your vaccine. It's not too late!

~ **Tiffany Torres, Epidemiology/ Surveillance/ Laboratory Manager**

Community Engagements

Methodist Children's Home

Family Outreach Parenting Class Schedule

January 2024

Wednesday's

Nurturing Parenting Office

11:00am - 12:00 pm

Thursday's

Nurturing Parenting— Virtual

1:00 pm - 2: 30pm

For an comprehensive schedule, please contact **Nicole Salinas** at nsalinas@mch.org

LBK Vet Connect

The Silent Wings Museum has a Women Working workshop this January 20th from 2-4pm.

An intimate screening of the documentary *Women in the Wings*, a film about the intrepid women who worked in the Pittsburgh Heinz baby food plant manufacturing parts for the CG-4A glider.

A snack and discussion of the film, a tour with the curator of the *From Promise to Production* exhibit.

Access to the museum all for \$10, Veterans get in free.

Please call 806-775-3059 to register. Seats are limited.

The Happy Kitchen

The Happy Kitchen/La Cocina Alegre is a free, 6-week, peer-facilitated cooking class rooted in nutrition, culturally sustainable foodways, and community where participants leave with the groceries to make the meal demoed in class at home!

East Lubbock Art House—405 M.L.K. Jr Blvd Suite B, Lubbock, TX 79403

Thursdays: 1/8, 1/25, 2/1, 2/8, 2/15, 2/22

6 - 7:30pm

<http://tinyurl.com/thk-elah>

YWCA of Lubbock - Community Kitchen—6501 University Ave, Lubbock, TX 79413

Mondays: 2/5, 2/12, 2/19, 2/26, 3/4, 3/10

6 - 7:30 pm

<http://tinyurl.com/thk-lbk-ywca>

Our first two classes for 2024 are listed above. When registering, participants are committing to attend the full 6-week series, but as long as you attend 4 classes, you will receive incentive gifts during our last class.



The LBK Community Advisory Council cordially invites you to the 3rd annual

LBK Community Year in Review

Year in Review 2023

January 11, 2024

11:30am - 2:00pm

Lubbock Memorial Civic Center Rm.107

Lunch will be served

Please R.S.V.P by January 5th to

Ariea Alexander

ArieaAlexander@mylubbock.us

Or call 806-775-3269

Sponsored by the City of Lubbock Health Department



Networking Sessions are back!!!

StarCare is hosting our first networking session in 2024!

When: February 20th @ 11:45am—1:00pm

Where: 3804 I-27

Please RSVP to Sabrina Marcum @ smarcum@starcarelubbock.org by February 16th!

Lunch will be served

Job and Volunteer Opportunities

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.

Here are just a few of our career opportunities.

[PCA/Transportation Supervisor](#)

[Direct Support Professional](#)

[Financial Analyst](#)

[Child and Adolescent Mental Health Case Manager](#)



CAN TO SEE JOB LISTINGS OR VISIT STARCARECAREERS.ORG

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

Happy New Year!!!!

