



# LBK Community Newsletter

"Everywhere is walking distance if you have the time" ~ Steven Wright 🚶

## IN THIS ISSUE

- ◆ The LBK Community Walk Has Begun!
- ◆ New Building Ribbon– Cutting Celebration
- ◆ Welcome, New LBK Community Partners!
- ◆ Practice Self-Care The Right Way
- ◆ Community Engagements
- ◆ Save the Date
- ◆ Job and Volunteer Opportunities

## Walk with Us!: The LBK Community Walk Has Begun!

Greetings, LBK Community Partners and Friends! 🗣️ "Do you remember the 21st night in September?" 🗣️ It's September, ya'll! I just have one question for you: who's ready to get their walk-on?! That's right, the LBK Community Walk has begun, and I challenge YOU to walk with us.

For those who don't know, The LBK Community Walk is a walking challenge to "walk" to Palo Duro Canyon. Participants are encouraged to form groups of ten and collectively walk 112 miles in four weeks.

Our partners and friends at Mahon Library, United Way, Stages of Recovery, and Lubbock Public Health will host mini-walks to provide a common meeting space for participants. After the four weeks are complete, Lubbock Public Health, the City of Lubbock Parks and Rec, and LBK Community will host a celebratory walk and resource fair at Mae Simmons Park! Fun right?

So, I've explained plenty of times what the LBK Community Walk is, but I've never elaborated on the goal behind the LBK Community Walk. The goal is three-fold: promote healthy habits, encourage community connectedness, and expand the LBK Community brand. Allow me to explain further.

### Promoting Healthy Habits

Taking care of yourself is hard. That's it, that's the statement. Do you remember the good old days when you had to go to PE, and you were... let's be real, *forced* to exercise? When I was a kid, this was cruel and unusual punishment. Now, I look back on those days fondly. I wish I still had Coach Jackson around to push me to exercise, but I don't. My gym coach is gone, and so is yours. We have to take care of ourselves, which can be daunting considering our many obligations. It's easy to put yourself on the back burner.

Creating healthy habits does not happen overnight; it takes weeks of consistently adhering to the same process, which is why the LBK Community Walk is a four-week walking challenge instead of a one-day event. Our hope is that participants continue to walk beyond the four-week program, and walking with a group increases those chances.

### Encouraging Community Connectedness

According to the American Psychiatric Association, one in three Americans feels lonely on a weekly basis. 41% of Americans alleviate their loneliness by going for a walk! Also, Americans ranked family, friends, and their neighborhoods as the top three areas where they felt the highest sense of community and belonging.

For the LBK Community Walk, we encourage participants to form groups of ten and collectively complete the 112-mile "walk" to Palo Duro Canyon. When I tell people about this, they often say, "I don't know ten people who would want to walk," or "All the people I know wouldn't want to participate." Then, after some thought, they say, "Well, maybe I'll get people from my job or church to join me," or "Well, maybe I'll ask my neighbors," and so on, and the next day, I'll get an email or phone call from that person, informing me that they have formed a group and are excited to participate.

The spirit of the LBK Community Walk is to give individuals the opportunity to connect with others in new ways. The mini-walks offer a shared space for people passionate about our walk, providing more chances for social interaction and a stronger sense of community.

### Expanding the LBK Community Brand

In May's newsletter, I explained my goal of creating programs and events focused on community education and engagement to establish LBK Community as a reputable network and entice non-partner organizations to join us on our mission of un-siloed collaboration.

My hope is that the LBK Community Walk will serve as a catalyst for more community-focused events, strengthening our position as a trusted network across different sectors within our community.

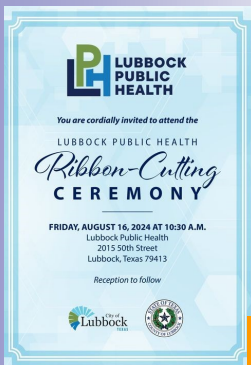
I hope you're as excited as I am for this fantastic opportunity to promote healthy habits, encourage community connectedness, and expand the LBK Community brand. Let's lace up our sneakers and step forward together towards a healthier, more connected community. See you at the LBK Community Walk!

~ Ariea Alexander, Public Health Program Liaison



## New Building Ribbon-Cutting Celebration

On August 16th, Lubbock Public Health celebrated the grand opening of our new building with a ribbon-cutting ceremony. Our new location is more centralized and easily accessible, making it simpler for our clients to find us. We are thrilled with our new space and ready to continue serving our community with greater efficiency and dedication. Thank you to everyone who came to show us your support. ❤️





# Welcome, New LBK Community Partner!

## Arc Of Hope Foundation

WELCOME



The Ark of Hope Foundation takes pride in offering a comprehensive range of services aimed at promoting holistic health and well-being within our community. Our thorough physical examinations encompass essential health metrics such as blood pressure, BMI, and respiration rate, providing a holistic snapshot of an individual's current health status. In addition, we conduct vital lipid and glucose testing, aiding in the early detection of potential concerns. Our commitment extends beyond examinations; we believe that education is pivotal to lasting health improvements. Through our nutritional education initiatives, we empower community members with the knowledge they need to make informed dietary choices that contribute to overall wellness.

## Practice Self-Care The Right Way



What is the first thing you think of when you hear "Self Care"? For some reason, our society has done a fantastic job relating self-care to bubble baths and yoga, so if either of those were your first thought, I'm not saying you are wrong, but self-care is more nuanced than soaking in the tub or facing downward dog.

Genuine, unadulterated self-care is relatively simple and affordable - you shouldn't be breaking the bank to take care of yourself. Self-care also shouldn't have you feeling the need to explain yourself; for example, the "treat yo self" credo is often tied to self-care but can sometimes lead to unnecessary spending, overeating, and just overdoing things in general. I'm not saying treating yourself every once in a while is a bad thing, but constantly treating yourself can become a slippery slope into a sea of bad habits and poor coping mechanisms.

Below are some simple ways you can practice self-care without breaking the bank or yourself, for that matter.

### Get a Good Night's Sleep

I bet you already saw this one coming, but It's true! We all know the benefits of getting enough sleep, but do you actually go to bed at an appropriate time? I know I don't, but I'm working on it. And I know many of you are guilty of this, too. Sleep is the foundation of self-care, so please try to get enough sleep; you will thank yourself later.

### Add "No" to Your Vocabulary

Yeah, I'm calling all of you out with this one, myself included. We are natural helpers; that is why we do what we do- which is great! I like to think of our innate desire to help as a superpower; and the word "no" is our kryptonite. Telling a friend, client, or colleague no can be difficult, but the mental and physical effects of taking on more than you can handle are far worse. Don't "yes" yourself into burnout. I'm sure that coalition or community action group can find another committee member 😊.

### Get Moving

Again, this is probably another givin', but just like getting enough sleep, exercise is one of those activities we know we should do but don't. The beautiful thing about exercise is that it can be done anywhere, not just at the gym. There are plenty of workout videos on YouTube, or you can go for a walk \*cough\* (LBK Community Walk). Both options are free!

### Always Be In Anticipation

Okay, so this one is what life has taught me and the only item on this list that I adhere to consistently. Remember how you felt when you were a child waiting for Christmas? For me, the anticipation was palpable; December 25th could not come fast enough. It may be a different situation for you, like a family vacation or staying the night with a friend, but the sentiment is all the same: you were excited and woke up each day looking forward to that event.

When was the last time you were genuinely excited about something? And no, being excited for the work week to be over doesn't count. I mean genuine excitement from something that brings you joy, like attending an event, completing a home project, or even just receiving something you ordered from Amazon. If the answer is more than three months ago, this is your wake-up call to plan, join, or do something that thrills you.

In conclusion, self-care is about taking the time to prioritize your well-being, set boundaries, move your body, and look forward to the little joys in life. It's the small, consistent acts of self-care that make a significant impact on your overall health and happiness.

~Ariea Alexander, Public Health Program Liaison

# Community Engagements

**FREE**  
4TH ANNUAL CATHOLIC CHARITIES  
**FAMILY FALL FEST**  
6-8PM  
Friday, October 25, 2024  
1505 34th Street  
resalecenter  
FROM YOUR HOME. HELPING OTHERS.  
FREE RESOURCES - GAMES  
CANDY - COSTUMES ENCOURAGED  
Contact Candace at 806-765-8475, ext.165  
candace@clubbook.org  
or Gracie at 806-765-8475, ext. 108  
gracie@clubbook.org  
for more information.

Join us for a day of fun and games!  
**Family Field Day**  
Snacks, Games & Prizes!  
September 6, 6pm-8pm  
1510 S Loop 289 Lubbock TX 79412

American Foundation for Suicide Prevention  
**WALK WITH US**  
TO PREVENT SUICIDE  
**REGISTER TODAY**  
Lubbock- September 7, 2024  
National Ranching Heritage Center  
[www.afsp.org/lubbock](http://www.afsp.org/lubbock)

BUCKNER  
**HOMESCHOOL HELPERS**  
4:30PM-6:00PM  
STARTING  
Wednesday September 18th  
US LINK TO SIGN UP  
1510 S Loop 289 Lubbock TX 79412

FAMILY GUIDANCE and outreach est. 1982  
**FALL 2024 PARENTING CLASSES**  
Mondays, Tuesdays + Wednesdays at 6:30PM Central  
September 3: Managing Sibling Rivalry  
September 4: Dangers of Alcohol Abuse  
September 9: Positive Dating Relationships  
September 10: Parenting Teen Drivers  
September 11: Mental Health Education  
September 16: Dealing with Bedtime Drama  
September 17: Promoting Positive Self Esteem in Kids  
September 18: Family Communication  
September 23: Anger and Emotional Wellness  
September 24: Talking to Kids about Peer Pressure  
September 25: Handling Parental Stress  
September 30: Influences of Video Games  
October 1: Healthy Family Lifestyles  
October 2: Intimate Partner Violence  
October 7: The Basics of Respect  
October 8: SIDS and Safe Infant Sleep  
October 9: Understanding Children's Mental Health  
October 14: Helping Kids Make Good Choices  
October 15: Fetal Alcohol Syndrome  
October 16: Effects of Pornography  
October 21: ADHD 101  
October 22: Budgeting and Financial Planning for Families  
October 23: Tackling Tantrums  
October 28: Managing Anger within Families  
October 29: Positive Male Role Models  
October 30: Positive Female Role Models  
[www.lubbockfamily.org](http://www.lubbockfamily.org)  
Classes begin at 6:30PM Central. Visit our website at least 10 minutes before class begins to register and enter the virtual classroom. Participants will receive a certificate acknowledging 2 hours of parenting education class following each session they attend.

**DFPS Informational Resource Fair 2024**  
September 20th  
10am-1PM  
South Plains College 1625 13th Lubbock  
NAME OF AGENCY/PROGRAM:  
CONTACT PERSON:  
EMAIL AND PHONE #: GENERAL DESCRIPTION OF SERVICES PROVIDED: ANY SPECIAL REQUESTS (share table with another program, etc.):  
Optional - Participate in giving out a gift card, gift basket, & etc. for door prize. Please complete this form and return no later than September 15, 2024.  
If you have any questions, please contact Leonor Espinoza (Faith Based Community Engagement Specialist 806 470-5197  
leonor.espinoza@dfps.texas.gov) or Mistie Hill (Rainbow Room Coordinator 806 201-1671 mistie.hill3@dfps.texas.gov)

PATTERSON LIBRARY PRESENTS  
**HISPANIC HERITAGE MONTH**  
WITH KLKB'S EDDIE CATANO  
SATURDAY, SEPTEMBER 7, 2024  
2:00PM - 4:00PM  
ALL AGES  
1836 PARKWAY DR  
806-767-3300  
CELEBRATE LUBBOCK'S HISPANIC COMMUNITY BY HONORING THEIR LIFE STORIES & CONTRIBUTIONS.  
HONOREES:  
ANITA CARMONA HARRISON  
BIDAL AGUERO  
LALA CHAVEZ  
JERRY SERRANO  
ROBERT NARVAIZ  
PERFORMANCES BY MARIACHI AZTECA & BALLET FOLKLORIC AZTLAN DANCERS  
REFRESHMENTS IMMEDIATELY FOLLOWING  
CRAFTS BY FRENDSHIP SPANISH CLUB  
Sponsors: Friends of the Library, El Editor, Atmos energy, Copazon Lubbock, Lubbock Public Library

## Save The Date

ADDICTION, PREVENTION AND RECOVERY SYMPOSIUM  
**SOURCE TO SOLUTION**  
A JOURNEY OF RECOVERY  
NOVEMBER 13, 2024 LUBBOCK, TEXAS  
**SAVE THE DATE**  
Wednesday, November 13, 2024  
Lubbock Memorial Civic Center  
More information: [PublicHealth@mylubbock.us](http://PublicHealth@mylubbock.us)

**LBK Community Networking Session**  
Organization: Lubbock Legal Aid Society  
Where: Lubbock Legal Aid Society, 916 Main St. Suite 103  
Date/ Time: October 24th @ 1:30 - 2:30pm  
RSVP to Adrea Barnes [abarnes@lubbocklegallaid.org](mailto:abarnes@lubbocklegallaid.org)  
Lunch will **NOT** be provided

## Job & Volunteer Opportunities

### 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

### 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.