



LBK Community Newsletter



Happy Kwanzaa! Happy Hanukkah! Merry Christmas! 2023!

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Request For Proposal In Review Stage. New Technology Close To Being Settled

The Lubbock Public Health Department has been busy working to secure an agreement with a new technology. The deadline for proposals was November 22nd. We are in the *review process*, and hope to be able to make an announcement in the coming days. Stay tuned!

An email was sent to All Network Leaders and Users earlier in the week regarding “last things”, highlighting data reports, as we close out our time with Signify Health.

If you have utilized the platform and would like to retrieve your data you are able to do so via the platform or by sending a request for your data to **Courtney Proffitt**: cproffitt@signifyhealth.com
Deadline for retrieval: January 16, 2023.

Additionally, an invitation for the **2nd Annual LBK Community Year in Review** was sent on Monday! We are so excited, and hope you are too! People have begun to RSVP :-). We cannot wait to celebrate with everyone! Keep the reservations coming!

I know this transition has been looming overhead, and has not really helped with motivation to utilize the platform. Right? You are not alone! Because we have Signify Health’s support through the end of December, however, if there is anything we can do for someone via the platform, let us do so. Ok? I will make the commitment as well. Our last referral with a completed authorization was on October 19th. We started strong, let us finish our race with Signify strong :-)! If there is anything I can do to support you as we near December 31st, I am here and standing by. Good?

You are all remarkable and so glad to work with you. Here is to you, your family and friends this Christmas and New Year: May there be love, peace, prosperity and lots of joy!

~ Seydia Adkins

988 & StarCare Crisis Line

The holiday’s can be a difficult time for people. Knowing what to do to help someone in need could make a huge difference for them.

Important facts about the new dedicated crisis line:

1. Calls will be answered by trained crisis counselors who will be able to connect callers to additional services and dispatch mobile crisis teams to situations that require an immediate, in-person response.
2. Counselors will route calls to local emergency responses and law enforcement when incidents require more than a behavioral health response.
3. The dedicated line will be an important component of local crisis responses as a new way to connect people to the most appropriate intervention for their needs.
4. People can call or text 988 or chat @ www.988Lifeline.org to be connected to a mental health professional trained in providing confidential and compassionate services.

When to Use StarCare

StarCare remains the local, face-to-face contact for anyone in need of crisis services located in Cochran, Crosby, Hockley, Lubbock or Lynn counties. Individuals currently receiving services from StarCare and our community partners, such as Law Enforcement, School Districts, Hospitals, etc., are encouraged to call StarCare as they always do.

StarCare 24/7 Crisis Helpline: 806-740-1414 or Toll Free 800-687-7581

Network Performance Data

In the past **29** months, Network partners have utilized this fantastic tool!

- Total Contacts Created: **496**
- Total Needs Identified: **820**
- Total Program Referrals Made: **465**
- Number of Partner Agencies: **31**

Current Top 5 Needs:

- Food Vouchers
- Case Management
- Food
- Utility Payment Assistance
- At Risk/Housing Assistance

LBK Community Year in Review 2021



PARTNER SPOTLIGHT

Below is an email interview with Michelle Crain, Executive Director of LIFE Inc. We hope you will come away with a greater understanding of LIFE's heart, program, and services.

Seydia: How did you get started: your journey that led to LIFE Inc.?

Michelle: I am a native of the Texas Panhandle. I began my college career as a Red Raider but sustained a spinal cord injury from a car accident prior to beginning my sophomore year. After completing rehab, I resumed my education at West Texas A&M University, where I received both my undergraduate and graduate degrees. I began my career in working with individuals with disabilities at the Texas Panhandle Mental Health Authorities. Soon after, I developed a passion for the Independent Living (IL) Movement after becoming a Housing Consultant for the Enterprise Foundation, which included facilitating projects to increase affordable, accessible and integrated housing for people with disabilities. I later managed a Tenant-Based Rental Assistant Program for the LIFE/RUN Center for Independent Living (CIL) in Amarillo, Texas and became the organization's Executive Director a year later. The Director of Programs (*Nancy Penland*) and I relocated to the Lubbock Center in 2003. I have been the Executive Director of LIFE, Inc. for 22 years now, and with the support of an amazing Board and dedicated Staff, have had the privilege to grow LIFE Inc. into one of the largest and most diverse CIL programs in the state.



Michelle Crain
Executive Director



Other services include:

- Job Readiness Training
- Ombudsman Program
- Social Security Representative Payee Services
- Health & Fitness
- Hygiene Closet
- Sign Language Interpreting
- Social & Recreational Activities
- Braille Services
- Business Accessibility Check
- Assistive Technology (e.g., hearing aids, wheelchairs, prosthetics, home modifications, etc.)

LIFE engages in systems advocacy, which entails educating policy makers and the broader community about the impact that existing policies and proposed legislation may have on the disability community. LIFE also coordinates with other community-based organizations in assisting individuals with disabilities to navigate an often complex service delivery system of regulations that may impede access to benefits for which Consumers may be eligible.

LIFE's mission is to not only address the physical barriers that challenge people with disabilities, but the attitudinal barriers that can often hinder change. LIFE strives to promote awareness among public and private entities in recognizing that people with disabilities, through full inclusion, can live more independently, enjoy the freedom of choice, pursue meaningful and productive lives, and contribute to and experience the economic benefits of an engaged community.

Additionally, LIFE organizes an **Americans with Disabilities Act Celebration** each year to promote disability awareness and education. Attendees usually enjoy an afternoon of planned activities that include lunch, live entertainment, prize giveaways,

and the opportunity to access valuable community resources through local businesses and disability service providers.

Seydia: What is something you think our partner agencies need to know about LIFE Inc. and that might be helpful to them?

Michelle:

- Growing out of the Disability Rights Movement, Centers for Independent Living (CILs), such as LIFE Inc., were created with the explicit goal of integration and advocacy. For instance, people with disabilities must comprise, at a minimum, 51% of LIFE's Board of Directors, thus putting policy and advocacy decisions in the hands of the people those decisions directly impact.
- Contrary to what the name implies, CILs are not places where people live, but instead, are strong advocates for community inclusion.
- Independent Living is not just a goal that people with disabilities strive for, it is a philosophy that we, as CILs, adhere to. The Independent Living Philosophy is based on the premise that people with disabilities should have the same civil rights, options, and control over choices in their own lives, as do people without disabilities. Essentially, Independent Living is living just like everyone else--having opportunities to make decisions that affect one's life, being able to pursue activities of one's own choosing, having the freedom to fail and to learn from one's failures and being limited only in the same ways that one's non-disabled neighbors are.

Seydia: Who is a great candidate for your services?

Michelle: LIFE is a great resource for people with disabilities striving to obtain or maintain their independence and need assistance accessing housing, employment, transportation, recreational facilities and health and social services.

Thank you so much, Michelle!



For more information about LIFE Inc. and their services, please call: 806-795-5433 or visit: liferun.org



Nancy Penland
Director of Programs

Seydia: Can you tell us what LIFE Inc. is all about: its heart, mission, purpose – how it serves the Lubbock Community and who it serves?

Michelle: Lifetime Independence for Everyone, Inc. (LIFE) was established in 1988 in Lubbock, Texas to assist individuals of all ages and with all types of significant disabilities to obtain the information, skills and resources they need to function as independently as possible in the family, home and community. LIFE Inc. currently consists of two Centers for Independent Living, LIFE/RUN in Lubbock and Disability Connections in San Angelo. Our Mission is to empower people with disabilities to exercise their freedom of choice in overcoming the social and attitudinal barriers to a life of equality, independence and full inclusion. As part of a larger network of CILs throughout the nation, LIFE accomplishes its mission by providing a vast array of independent living resources, including the core services of Information & Referral, Advocacy, Peer Support, Independent Living Skills Training and Youth & Nursing Home Transition.

PARTNERS IN ACTION



Covenant Family Dental and Lubbock Impact have come together in an amazing effort to tackle Lubbock Impact's wait list for Dental assistance. Covenant will provide their dentists, RDA's and front desk staff at the first all-day clinic on December 1st, 8:30-4:30 at Lubbock Impact. Patients have been notified of their appointments. The second all day clinic will take place in January 2023.

LBK Partner's on the move!



QUICK REMINDERS

LBK Community Year in Review 2022

Date: January 12, 2023

Time: 12:00-2:00 (Lunch will be provided)

Where: Lubbock Memorial Civic Center

An invitation was sent to our partners and community friends. Please **RSVP by January 6, 2023** to Seydia Adkins: sadkins@mylubbock.us or call 806-775-3891. We look forward to celebrating with you!

LBK Community: Meetings

There are NO meetings this month for the following: Super Users, Refresher Training, and Networking Sessions. Meetings will start up again in February 2023! *Merry Christmas to everyone and a blessed New Year!*

RECRUITMENT UPDATE

*Though focus has primarily been on securing a new SDoH Technology and supporting our partners as we transition into a new and exciting platform, we have begun meeting with agencies. Thank you to **Kaley Ihfe** from the **Volunteer Center of Lubbock** and to **CHCL** and their annual Assessment Meeting as they both helped with making new connections! Let's go, Lubbock! ;-)*



PARTNER & COMMUNITY ANNOUNCEMENTS

Guadalupe-Parkway Sommerville Center

Winter Recital on December 16th at the Parkway Center. For more information, please call: 806-763-3963

LIFE Inc.

Will be having their Consumer Christmas Party on December 14th, from 2 p.m. to 4 p.m. Refreshments will be served. They will give away door prizes. There will also be a gift exchange and bingo.

Lubbock Boys & Girls Club

- Their Referral Group will have Toy boxes throughout town at local businesses for their annual Lubbock Boys & Girls Club **Toy Drive**.
- BGC is also hosting **The Elks Hoop Shoot Out** open to all kids, ages 8-13 for girls and boys divisions.
- **Volunteer opportunity:** December 15th from 5-7 at the Talkington Boys & Girls Club
- All club **Christmas parties** are on **December 16th**.
- BGC is starting registration for **Girls & Boys Basketball leagues** which will start in January. Girls & Boys ages 9-10 & 11-13 are eligible to register at no additional cost, if members. They would love to have outside teams that are looking for a great NON-COMPETITIVE league to play in. Cost per team is \$75.00.

NOTE: Please call 806.792.2880 for more information. *Clubs will be closed for Christmas & New Years Holidays from December 23rd to January 3rd.*

Stages of Recovery

Black & White New Year's Eve Masquerade: Celebrate SOBER! Saturday, December 31st, starting @ 8:00pm. There will be: DJ, food, casino, raffle prizes, & more! Additional details coming soon!

SPCAA

Winter Wonderland Resource Fair, December 3rd, 10:00am-6:00pm @ the South Plains Mall, Lubbock, TX. If interested in being a vendor and want more information, please call 806-893-5997. *Vendors will need to provide their own table and chairs. No vendor fee.*

Navigator Program

Open enrollment assistance is here! If you know someone who might benefit from receiving extra support in navigating health insurance and other needs, they can visit with a **Certified Navigator from SPCAA**. A FREE service in Spanish and English. Call to discuss options @ 833-314-2373.

The Salvation Army VOLUNTEER OPPORTUNITIES

If you're interested in volunteering for Angel Tree, ringing a bell, serving holiday meals, or something else, please call The Salvation Army at 806-765-9434. To donate, or for more ways to engage with The Salvation Army, visit <https://southernusa.salvationarmy.org/lubbock> (taken from KCBD.com)

Citibus

Important Route changes on page 4

South Plains Food Bank

Christmas is just around the corner! If you know of a family that is in need of food, below is the link to complete the application for a **Christmas food box** from South Plains Food Bank. Individuals/Families in need just need to go to this link and submit the completed form: <https://www.safb.org/get-help/#1669388719141-4b5df14f-6052> It is based on a **first come, first serve** basis so encourage your families to complete the application ASAP!



JOB OPPORTUNITIES

YWCA

Hiring for the following positions: *Assistant Director of Health & Recreation, Custodial Staff, CYD Program Specialist, Early Head Start Teacher, Kitchen Manager, Maintenance Specialist, & YWCA After-School Staff*. Here is the link to their Career Page: [Employment | YWCA Lubbock](#)

SPCAA

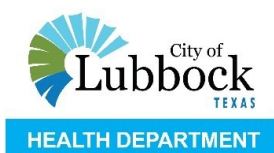
Job position open: *Navigator*. If you love helping people and making a difference in people's lives, this job is for you! This position makes it possible for you to provide education and outreach; engage with local community members; and assist individuals with health insurance needs. Please visit [SPCAA.org](https://www.spcaa.org) for an application

City of Lubbock Public Health Department

Hiring for the following position: *Health Promotion Worker*. Here is the link to begin the application process: <https://www.governmentjobs.com/careers/lubbock/jobs/3809315/health-promotion-worker-behavioral-health-program>



To find a current list of partner agencies, please scan:



EXTRA! EXTRA!



Citibus will be modifying some of their routes beginning in January 2023. Below are their flyers, hot off the press!
Please feel free and pass along.

ATENCIÓN: REVISIÓN DE SERVICIO

CAMBIOS DE RUTA

Fecha Efectiva	Ruta	Revisión de servicio
Enero 2, 2022	6	La Ruta 6 ahora dará servicio al Centro de Salud y Bienestar Comunitario Larry Combest (1). (Larry Combest Community Health & Wellness Center)
Enero 2, 2022	9	La ruta 9 ahora dará servicio al campus de Colegio South Plains - Downtown Lubbock (2) y ya no viajará por la calle 19 (19th Street).
Enero 2, 2022	12	La ruta 12 ahora dará servicio a la Clínica VA (4), Guadalupe Villas y ahora viajará por la avenida Iola (Iola Ave.) entre las calles 19 y 24 (19th St. and 24th St.) para servir el área en West Loop. Mire el nuevo mapa de ruta para los cambios de vecindario en el área de Arnett Benson.

DESCARGUE LA APLICACIÓN GOPASS O VISITA CITIBUS.COM PARA VER LOS CAMBIOS DE RUTA.

PARA PREGUNTAS O PREOCUPACIONES POR FAVOR LLAME 806-775-3640



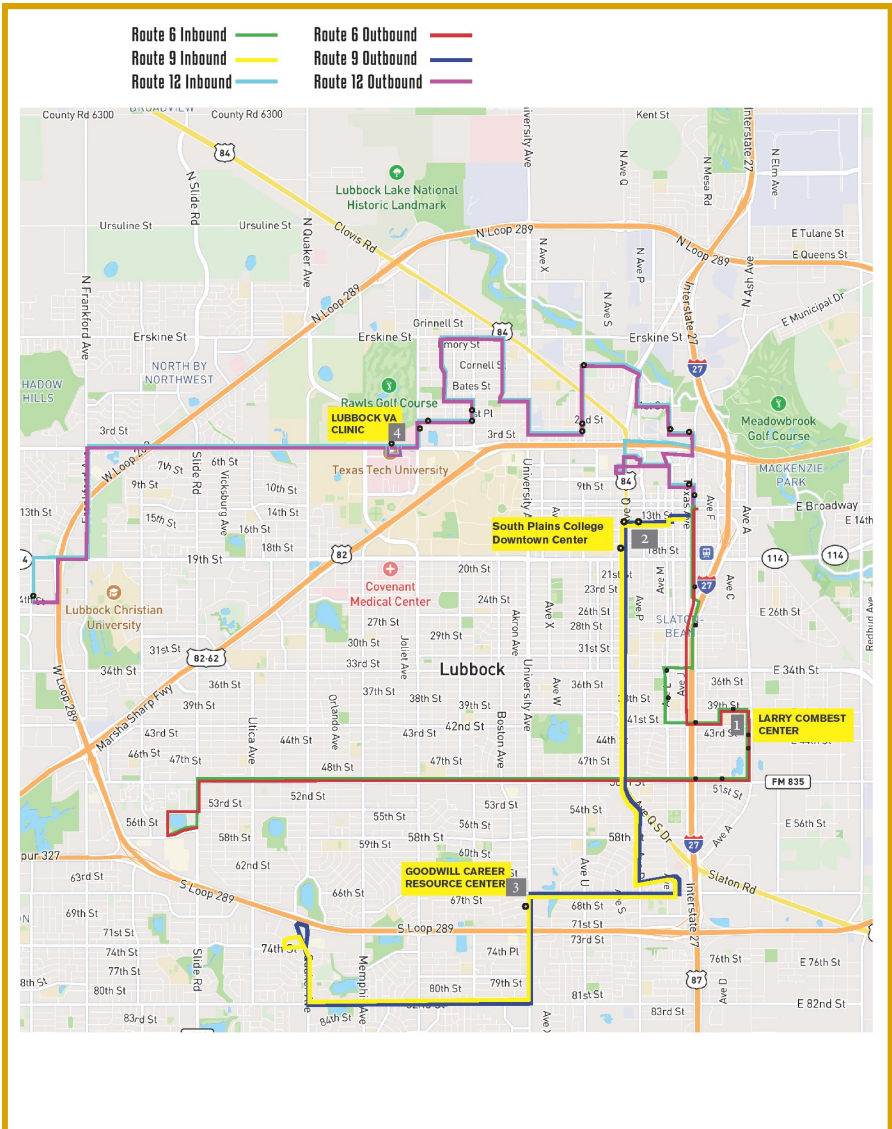
ATTENTION: SERVICE UPDATE

ROUTE MODIFICATIONS:

Effective Date	Route	Service Revision
January 2, 2022	6	Route 6 will now serve the Larry Combest Community Health & Wellness Center (1).
January 2, 2022	9	Route 9 will now serve the South Plains College Downtown Lubbock campus (2) and no longer travel down 19th Street.
January 2, 2022	12	Route 12 will now serve the VA clinic (4), the Guadalupe Villas, and travel down Iola between 19th and 24th to serve the area on the West Loop. Please see the new route map for neighborhood changes in the Arnett Benson area.

DOWNLOAD THE GOPASS APP OR VISIT CITIBUS.COM TO SEE THE UPDATED ROUTES.

FOR ANY QUESTIONS OR CONCERNS PLEASE CALL 806-775-3640



May the magic and the wonder of the holiday season stay with you throughout the coming year