



LBK Community Newsletter

“He who has health, has hope; and he who has hope, has everything.” ~ Thomas Carlyle

In This Issue

- ◆ National Public Health Week— Meet our Public Health Heroes!
- ◆ LBK Community 1st Quarter Update
- ◆ Community Engagements
- ◆ Save the Date
- ◆ Job and Volunteer Opportunities



LBK Community Celebrates National Public Health Week: Meet our Public Health Heroes!

Greetings, LBK Community Partners and Friends! I have some exciting news: This year, the first week of April (1st—7th) is National Public Health Week! As a proud public health nerd, I am delighted to celebrate and bring awareness to the field, as I believe public health innovations and efforts are often overlooked in our society.

What is National Public Health Week?

National Public Health Week (NPHW) is an initiative organized by the American Public Health Association (APHA). Each year, APHA encourages communities to commemorate

NPHW as a time to acknowledge contributions made by public health professionals and discuss issues that affect our nation's health and well-being. This year's theme for NPHW is: **Protecting, Connecting, and Thriving**, which sums up the LBK Community Network beautifully- I just love it!

In celebration of NPHW, I want to showcase the talented and amazing people I have the privilege of calling my colleagues. Many featured individuals have played a pivotal role in my fellowship experience, and I am forever grateful for their guidance and kindness. So please, allow me to introduce you to our public health champions!



Katherine Wells, MPH

Title: Director of Public Health

How did you discover the Public Health field? When I graduated from college with a degree in Sociology, I had no clue what to do next. I was living outside of Washington, D.C., and registered with a temp agency. My first assignment was as an administrative assistant at the National Institutes of Health. I met some awesome people and fell in love with public health work—I've never looked back.



Lynette Hollis, MSMH, ACPH, LCDCI

Title: Prevention Resource Center Program Director

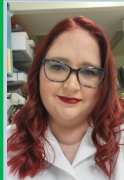
Why did you choose public health? I have spent years volunteering with organizations and working with youth who struggle with mental health and/or substance use issues but wanted to be able to make a bigger impact. In Public health, You have the ability to enact real change on a much larger scale. It gives us a chance to create what we collectively want to see in our community and positively affect the population(s) we are passionate about.



Amanda Shotts, MPH

Title: Epidemiologist

What do you like most about working in Public Health? I have always loved science and thanks to scholarships, I was given the opportunity to become an Epidemiologist. Now, I get to work as a disease detective and help my entire community using that science. The CDC Foundation defines public health as “the science of protecting and improving the health of people and their communities.” I love working in Public Health because I get to make an impact on the health of every individual in my community. Healthy communities lead to healthier happier world.



Larissa White, CLS (ASCP)

Title: Medical Technologist— Laboratory

What do you like most about working in Public Health? Currently my role is working in the lab providing testing for STI's including RPR, TPPA, gram stains, wet preps, darkfield microscopy, as well as other services to support other departments. We work in partnership with the two major hospitals in Lubbock in providing confirmation testing for syphilis, which is currently seeing an exponential increase in positive cases. One of the things I like best about working in public health is being able to communicate freely with the practitioners who are providing care directly and see the treatments as a result of my work.



Rachel Dolan, BS— Education

Title: Assistant Director of Public Health

Why did you choose Public Health? My mom was a TB nurse at the Health Department in Amarillo and I remember being fascinated by the stories she told me. She would tell me of the people that she had to track down for medication compliance or due to potential exposure. It sounded like a “disease detective”. I've been drawn to public health ever since!



LaShonda Black, BSW, LCDC, CHW

Title: S.U.S.A.N Program Supervisor

Why did you choose Public Health? I previously worked for an organization that lost treatment funding for region 1. I spoke with Mrs. Wells while she was in the process of applying for the treatment grants. She and I discussed what I perceived to be a gap in services. In conclusion the SUSAN program was established to assist individuals with overall healthier and more meaningful lives.

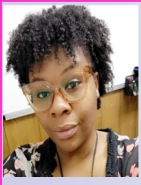


Daniel Hilario, MS

Title: Public Health Liaison— Disease Surveillance

How did you discover the public health field? Living and promoting a healthy lifestyle has always been a priority in my life, but I was focused early on individual development and healthy populations. I wanted to shift more towards contributing to a healthier community for everyone and public health seemed like a natural field to work in with that goal in mind.

What does public health mean to you? To me, public health is our collective effort to mitigate the effects of chronic and infectious disease in the general population.



Aria Alexander, BS– Counseling and Addiction Recovery Sciences

Title: Public Health Program Liaison– LBK Community

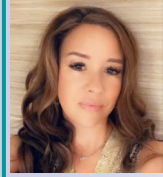
How did you discover the Public Health field? During my junior year of college, I realized that counseling was not the right career path for me. However, I didn't want to abandon the skills I was acquiring in my program altogether. So, I started exploring different occupations that could help me utilize those skills. That's when I stumbled upon public health through a Google search. As I delved deeper into the field, I realized that it met all my criteria for a fulfilling career. Without wasting any time, I decided to switch careers even before I graduated from college!



Colleen Sims

Title: Administration Assistant

Why did you choose Public Health? I chose Public Health because I wanted to help make a difference in the lives of those living in my community. Being able to help educate and inform the need to vaccinate.



Madelyn Boone, MPH

Title: Epidemiologist

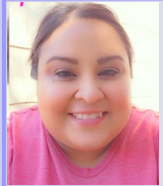
What do you like most about working in Public Health? I love knowing that what I do can positively impact large populations throughout our community. It is satisfying to see when public health entities are able to bridge the gap between traditional healthcare and meeting the needs of our community and throughout the state of Texas.



Raynard Covarrubio, LVN

Title: Immunization Nurse

What do I like most about working in Public Health? Your way of thinking changes from caring for a single/few patients to a whole community. Barriers like language, education and economics must be surpassed in order to reach your patients. Embracing the evolving landscape of public health requires adaptability, innovation, and a steadfast commitment to promoting health equity. This type of thinking allowed us to create and run the mass vaccination clinic at the Civic Center during the Covid pandemic. Utilizing the resources and people of the community, we were able to vaccinate 100,000 plus people. It's reassuring to know that public health is ready and improving to meet the health needs of the Lubbock community.



Nikki Castaneda

Title: Disease Intervention Specialist (DIS)

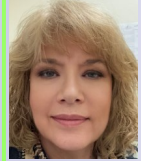
Why did you choose Public Health? I chose Public Health because I want to help people. I started as a receptionist for the STI clinic and now I am a DIS. I love it when DIS and the nurses help each other out and most importantly help out the patients. We work together as TEAM! When a patient tells me at the end of their visit that they like coming here because everyone is so nice it makes me happy; or if they've never been here and they had a good experience.



Rocky Flores

Title: Health Promotion Worker– HIV

What do I like most about working in Public Health? I love that I help people become more aware of their sexual health. I feel like we help destigmatize a lot of sexual transmitted infection "Testing" that we do. Making people more comfortable coming in and taking care of themselves. I also love the work family that we have created here!



Cynthia Clark, MT (ASCP)

Title: Health Lab Service Lead

What does Public Health mean to you? Public Health means to me, the collective efforts to promote and protect the health of communities and populations. It involves preventing diseases, prolonging life, and improving quality of life through initiatives such as vaccination campaigns, health education, and disease surveillance. Ultimately, public health aims to create a healthier and more equitable society for all.



Tiffany Torres, MPH, MLS(ASCP), CIC

Title: Epidemiology/ Surveillance/ Laboratory Manager

What does Public Health mean to you? Public health is the collaboration of the community to create a healthy community. It's listening to what people need from their healthcare providers and community leaders. It's giving them a voice. Public health requires partnerships and sharing of thoughts and ideas and giving people an opportunity to access resources to help them lead to healthier lives. Access to healthy food, drinking water, healthcare is just a small part in a large role that public health plays. Public health is population health.



Erin Roten, LVN

Title: Immunization Nurse

What do you like most about working in Public Health? Being able to provide help where it is most needed. I also like that it's more community-based rather than focused on individual care. As a public health nurse, my impact on patient outcomes focuses on working on health initiatives that educate patients and the public on health issues and diseases, improve community health and increase access to care, particularly for underserved populations. Being a public health nurse enables me to create positive inroads within our local community and to make a positive impact, which is beneficial to everyone.



Jesus Gonzalez, MPH

Title: Public Health Liaison– Health Equity

What do you like most about working in Public Health? Meeting new people! Through my work, I have the opportunity to meet others who share my same goals and visions. It also allows me to collaborate and create new partnerships for new projects and works that serve our communities. Overall, I get to learn about different programs and get to know the amazing people making the effort to create healthier communities.



Belle Maldonado, LVN

Title: Public Health Nurse– STI/HIV

Why did you choose Public Health? I chose Public Health because it isn't a job field that people don't get into. I see people who have to discuss personal experiences or situations with me. I get to listen during these intense times in a non-judgement way. I get to provide them with education that they may not receive at another providers office.



Sally Brewer, BSN, RN

Title: Public Health Nurse– Disease Surveillance

What do you like most about working in Public Health? Investigating, Educating and Advocating. Our team works in Disease Surveillance. We are constantly reviewing reports and medical records to determine disease trends and outbreaks. We teach one on one to individuals about prevention topics such as food safety and hand hygiene. We also educate providers and clinics regarding a variety of topics such as Hepatitis B infant vaccine schedules/post-vaccine serology testing and/or evidence-based practices regarding treatment of Shiga-toxin producing E. coli infections. We partner with the immunization team to provide up-to-date information and also with the Environmental Health team to assure food safety in our community. We never stop learning and it is always exciting to implement new systems to assist in our mission.

Fantastic group of individuals, right? And there are many more who weren't featured. Public health professionals are unsung heroes in our community. They work tirelessly to protect and promote public health, often facing difficult and complex challenges along the way. So, on this National Public Health Week, let's take a moment to acknowledge and thank these amazing professionals for their contributions in keeping us healthy and safe.

Happy National Public Health Week!

Sincerely,

Ariea Alexander, Public Health Program Liaison

LBK Community 1st Quarter Update

Below is a brief rundown of LBK Community's activity for the first quarter of 2024 (January to March). We're making progress, although it's slow and steady. I believe we'll gain momentum in the upcoming months. Meanwhile, let's appreciate what we've accomplished so far. After all, Rome wasn't built in a day.

Onboarding

In first quarter, we onboarded 4 Agencies

- ◆ ECHO West Texas
- ◆ Flatland Therapy— SpeakOut Group Therapy
- ◆ Legal Aid Society of Lubbock
- ◆ Serve Lubbock

Case Activity

263 cases were created in first quarter. 139 of which were crated in January.
32% of these cases have been resolved.
65% are in open status.
3% are unresolved.

Referral Activity

In first quarter, we generated 177 referred cases.

The median time of referred case acceptance: 3.6 days. Fantastic!

Top Referral Sending Organizations

- ⇒ SUSAN
- ⇒ UMC
- ⇒ SUSAN for Families
- ⇒ Buckner Family of Hope Center

Top Referral Receiving Organizations

- ⇒ SUSAN
- ⇒ South Plains Food Bank
- ⇒ SUSAN for Families
- ⇒ Love the Hub
- ⇒ Harmony Collective

Top Recurring Needs Identified

- ⇒ Mental/ Behavioral Health
- ⇒ Clothing & Household Goods
- ⇒ Wellness
- ⇒ Physical Health
- ⇒ Housing & Shelter

Community Engagements

HOPE WALKS HERE
#STOPSUICIDE
Out of the Darkness™ Lubbock ISD Walk

Date: April 27th
Time: 2 pm
Location: Chapman Field

American Foundation for Suicide Prevention

NAMI Lubbock

Become a member of NAMI Lubbock!

Create a free NAMI.org account.

Become a NAMI member at all three levels of the organization—national, state, and local.

Membership Rates

- \$60 per year— Household membership
- \$40 per year— Regular Membership
- \$5 per year— Open Door Membership

Visit <https://www.nami.org/About-NAMI/Join-NAMI> to learn more!

Calendar of GO BLUE LUBBOCK COUNTY EVENTS Participate in any of these events during April National Child Abuse Awareness Month

- ⇒ **Go Blue Lubbock** -11th Anniversary T-shirts On sale thru **March 15, 2024**, Online ordering link: https://stores.inkssoft.com/go_blue_campaign_shop/home
- ⇒ **Tuesday, April 2, 2024 - 10:00 AM Blue Ribbon Tying Ceremony** Main Entrance -Covenant Children's Hospital - 4000 24th St. Blue Lights will illuminate the trees on campus all month. For more info: kaci.thompson@stjoe.org
- ⇒ **Wednesday, April 3, 2024 - 9:00 AM GO BLUE LUBBOCK COUNTY KICKOFF** Lubbock Chamber of Commerce 1500 Broadway - San Jacinto Room - 2nd Floor Includes presentation of Cherish the Children Award 2024
- ⇒ **Friday, April 19, 2024 - 8:30 AM-4:00 PM 11th Annual Child Abuse Prevention Conference** (Virtual- Live Stream) presented by Covenant Children's Hospital & South Plains Coalition for Child Abuse Prevention For registration and conference info: <https://www.facebook.com/southplainsccap>
- ⇒ **Friday, April 19, 2024 - 1:00 PM-4:00PM Children's Advocacy Center - Stand Up for Kids at Golf Suites** - 6909 Marsha Sharp Freeway Contact Derek Danner at ddanner@safespace4kids.org Phone: 806-740-0251
- ⇒ **Saturday, April 27, 2024 Voice of Hope STEP INTO HOPE Awareness Walk** Safety City-42nd & Avenue U For info or to register: www.voiceofhopetexas.org
- ⇒ **Thursday, April 4, 2024 -12:00 PM Pinwheel Ceremony** UMC Children's Hospital - 602 Indiana For more info: erica.allen@umchealthsystem.com
- ⇒ **Thursday-Saturday, April 4-6, 2024 ABC Rodeo** - Benefitting Lubbock Boys & Girls Clubs HOCKLEY COUNTY MALLET EVENT CENTER & ARENA, 2320 SOUTH US-385, LEVELLAND, TX 79336. Child Abuse Awareness Bracelets will be given out. For tickets & info: www.abcrodeo.com
- ⇒ **Wednesday, April 17, 2024 - 11:30 AM Early Learning Centers-Champions for Children Luncheon** Fiber Max Center Contact Lena Scaff at lena.scaff@elclubbock.org or Phone: 806-765-9981

Gather and Grow:
Substance Use Conversations for Parents and Youth
THURSDAY, APRIL 18 - 6:30 PM
LOCATION: YWCA LUBBOCK, 6501 University, Lubbock

DISCUSSION TOPICS

- ★ WHAT REALLY HAPPENS INSIDE THE BRAIN WHEN SOMEONE DRINKS OR SMOKES?
- ★ HOW DO I TALK TO MY KIDS ABOUT DRUGS AND ALCOHOL USE?
- ★ WHERE TO GO OR WHO TO TALK TO WHEN SOMEONE I KNOW IS USING DRUGS - EVEN IF IT'S NOT A "PROBLEM," YET

EVERYONE WELCOME TO ATTEND!
Special Conversation for PARENTS, YOUTH, CHILDREN, and ANYONE interested in changing our community

FOR MORE INFORMATION: 806-775-5888 OR BSTCLAD@YWVALUBBOCK.ORG

Lift the Stigma JOIN

NICK'S FIGHT CLUB & American Foundation for Suicide Prevention

In a strength training class to fundraise for suicide prevention!

SATURDAY, APRIL 13TH
CLASSES START AT 8:30AM AND 10:30AM
OPEN TO ALL GYM MEMBERS AND NON-MEMBERS

\$10 PER PERSON

RSVP AND QUESTIONS: 806-283-7648 (KELSEY)
VENMO: @KELSEY99-AFSP

THE CROSSBOTS WORK WE DO FOCUSES ON ELIMINATING THE COST OF LIFE FROM SUICIDE BY DESTROYING STIGMA THROUGH EDUCATION, THE SHARING OF RESOURCES FOR SUICIDE PREVENTION AND PROMOTION, & PROVIDING SAFE TO INDIVIDUALS WHO HAVE LOST SOMEONE TO SUICIDE.

West Texas 8th Annual Salute to Veterans
SILENT WINGS MUSEUM | 6202 N. I-27 | LUBBOCK, TEXAS

SATURDAY April 20
7:00 AM - 3:00 PM

KEYNOTE SPEAKER: DR. JOHN E. KELLEY
Director - Texas State Veterans Cemeteries
VETERANS LAND EDUCATION SERVING TEXAS VETERANS

EVENING SCHEDULE

- 7:00 - 5K Fun Run/Walk | Team Red, White & Blue
- 9:00 - Color Guard & Opening Ceremony
- 9:15 - Keynote Address | Dr. John P. Kelley, VLB
- 9:30 - Veteran Resource Fair | Kids Activities
- 10:00 - JROTC Drill Competitions

Thank You to Our Sponsors!

BUCKS, City of Lubbock, SILENT WINGS, FFW, RWB, IDAV

Community Resource Fair

Monday, April 8, 2024
5:00 - 7:00 PM
Frenship Bennett Elementary School

Discover Community Resources

Benefits for your child/family (Now and Future)
Higher education opportunities
Employment
Housing
And MUCH more!

For more information, please contact:
D'lynn Reed
(806) 443-9703 or (806) 300-8786

Los Hermanos Familia

Here are some upcoming dates to consider adding to your 2024 Calendar:

[Call for Adelante Awards Nominations - Deadline April 1, 2024](#)

[23rd Annual Cesar. E. Chavez Day of Service & Learning - March 31, 2024](#)

[Bilingual Financial Literacy Workshop - Each Tuesday in April](#)

[El día de los niños, El día de los libros/Children's Day, Book Day, April 30, 2024.](#)

[8th Annual Adelante Awards Gala- May 4, 2024.](#)

[10th Annual Cinco de Mayo Parade - May 4, 2024.](#)

[15th Annual "Vamos a Pescar, Let's Go Fishing" Event - Saturday, August 3, 2024 - We're having a quinceañera!](#)

[Warm Hearts Back to School Project by LHF - Benefitting Homeless Highschool Students - August 2024](#)

[Annual Membership Drive - August 15, 2024 - Sept. 15, 2024](#)

[Los Hermanos Familia Fall Scholarship Application Opens late summer 2024](#)

For Sponsorship, Registration, Vendor Info Details visit [Los Hermanos Familia website](#). For more information call (806)792-1212

Health Department Adolescent Immunization Week (April 1-5)

The immunization clinic will be taking walk-ins for adolescent vaccines on April 2nd to April 4th from 1:00pm to 4:30pm!
Be sure to spread the news!

Save The Date

Child Abuse Awareness

GO BLUE LUBBOCK COUNTY KICKOFF

Date: April 3rd Time: 9:00am

Where: Lubbock Chamber of Commerce 1500 Broadway - San Jacinto Room - 2nd Floor Includes presentation of Cherish the Children Award 2024

LBK Community Networking Session

Agency: **Lubbock Impact**

Date: **April 11th** Time: **12:30pm- 1:30pm**

Where: **2707 34th St Lubbock TX, 79410**

RSVP to Raelynn Beatty raelynn@lubbockimpact.com by April 4th

Lunch will be provided!

Covenant Children's

11th Annual Child Abuse Conference
Friday, April 19, 2024

EVENT DETAILS
April 19th, 2024, 0830-1600 CT
Virtual via Teams Live
Cost: \$25.00

Register through Eventbrite using the QR code or link below:
<https://www.eventbrite.com/e/11th-annual-child-abuse-conference-tickets-847307037157>

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.

Visit STARCARECAREERS.ORG to see job listings.

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

Join the LBK Community Advisory Council!

Attention to all LBK Community Partners! The LBK Community Advisory Council is in search of two passionate individuals to volunteer as advisory members and help expand the LBK Community network. As an advisory member, you will be required to participate in LBK community events, engage in public speaking, and advocate for the LBK community network. This is an excellent opportunity to make a difference in our community and contribute towards creating a better tomorrow. If you are interested, please contact Ariea Alexander at ArieaAlexander@mylubbock.us for further details and to request an application form.

