



LBK Community Newsletter

"Be willing to be a beginner every single morning." ~ Meister Eckhart

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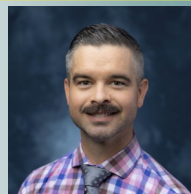
The LBK Advisory Council Welcomes New Members

Greetings, LBK Community Partners and Friends! Welcome to June, the halfway point of the year! 2024 has been full of transitions and collaborations. From **StarCare** breaking ground at the **Hope Center**, a joint project with the City of Lubbock and County, to **SUSAN for Families** joining forces with **The Hub City Outreach Center** and **The Happy Kitchen** to improve family resilience factors in our community. We continue to evolve while making changes along the way, and our advisory council is no different.

Farewell! LBK Community Advisory Members who will complete their term in 2024.

The LBK Community Advisory Council is a conglomerate of compassionate professionals who personifies the spirit of LBK Community's mission of breaking down local agency silos and effectively coordinating care for underserved individuals in our community. Council members are elected to serve on the LBK Community Advisory Council for 2-3 years and meet quarterly to discuss implementation efforts and the progression of the network.

I am thrilled to announce that the LBK Community Advisory Council has recently elected two new members. These individuals bring a wealth of experience and knowledge to the council, and I am excited to see the positive impact they will have on our network. Please Help me welcome our new LBK Community Advisory Council members.



Kyle Galyean, Director of Social Services, UMC
April 2021– July 2024



Kyle Ihfe, Preaching Minister, Broadway Church of Christ
July 2022—July 2024

Thank you for your guidance!

Rhiannon Hurd, Senior Business Manager, Elevance Health INC ★



Rhiannon Hurd is a Senior Business Change Manager at Elevance Health, Inc. (formerly known as Anthem) where she works to improve healthcare quality standards for the Medicare line of business. Rhiannon is originally from Dallas, TX. She graduated from Texas Tech University Health Sciences Center School of Nursing in 2012 and continued living within the Lubbock community for 16 years with her Husband of 9 years and 2 daughters (Mackenzie, 8 and Addilyn, 2). Outside of work, Rhiannon enjoys vacationing (tropical vibes), great food, and Zumba. Rhiannon is looking forward to building relationships and fostering innovation for the greater good of the Lubbock community through her participation with the LBK Community Advisory Council.

Thank you for your continued service! Advisory members who extended their membership!



Cole Watts, Co- Founder, Social Worker & COO, Stages of Recovery

Extended to 2025!



Ayda Martinez, Director, 211/ SPAG

Extended to 2025!

Andrea Omojola, Chief Operating Officer, Open Door ★



Andrea possesses a Master's in Public Health as well as a Master's in Divinity and daily combines her educational experience with vast work history to support those who are experiencing poverty and homelessness and who are survivors of sex trafficking. Andrea moved to Lubbock to work with Open Door in 2018 and brought to the table globally diverse experience in the non-profit sector, energy, and compassion. Andrea is highly skilled but, more importantly, extremely open to learning with a true heart for those experiencing poverty of heart, body and situation. Andrea is married with a daughter.

LBK Community Advisory Members beginning in August:



Amanda McAfee, United Way



Andrea Omojola, Open Door



Ayda Martinez, SPAG/ 211



Cole Watts, Stages of Recovery



Rachel Jones, UMC



Rhiannon Hurd, Elevance Health INC

Congratulations, Rhiannon and Andrea! You will both make a positive impact on our network. LBK Community partners and friends, thank you for your continued support. Together, we will continue to serve our community one referral at a time!

Sincerely,

~ **Ariea Alexander**, Public Health Program Liaison

LBK Community Walk Logo

We are thrilled to reveal the new LBK Community Walk logo! Thank you to everyone who voted. Your input is invaluable in shaping our event's identity. We are excited to move forward with this new logo, which truly represents our mission. Thank you for your participation and support!

LBK Community Walk Important Dates and Times:

⇒Registration Week: August 19th— August 30th

⇒ LBK Community Walk Kick-off: September 1st

⇒Celebratory Walk: September 28th @ 10am –1pm

⇒Resource Fair: September 28th @ 11am– 1pm

⇒Location: Mae Simmons Community Center. 2004 Oak Ave, 79404

Walk with us!



Resource Spotlight: CREDIBLE MIND

The Credible Mind platform is a mental health resource guide sponsored by Lubbock Public Health, the Prevention Resource Center (PRC), and the Reaching Rural Initiative West Texas. On the platform, you can take confidential mental health assessments, explore mental health topics, and stay informed with the latest mental health news and more. Click the link below to begin your journey of self-discovery.

<https://westtexas.crediblemind.com/>



Program Spotlight: Covenant Community Health Diabetes Education

*Do you have diabetes or know someone who has diabetes?

*Do you have questions about diabetes and how to ensure that you're getting the right information for self-management?

*Would you like to be involved in a **Community** resource that can provide you with all the necessary education to be **Successful**?

**Covenant Community Health
Diabetes Education**

We are Your answer to self-management of:

Pre-Diabetes

Diabetes Type 1

Diabetes Type 2

with our staff of Diabetes Educators.

We can guide you on a path with various teaching models and instruction individualized to you!

Please call our office today to start your journey to a healthier you!

806-778-8652

Call to schedule a one-on-one visit

~ Shanay Hernandez, Diabetes Education Specialist

Community Engagements

Texas Tech University

Next-Level Fundraising: Crowdsourcing Strategies in the Digital Era

A Workshop for Leaders and Managers in Local Governments, Nonprofit Organizations, and Small Businesses

June 8, 2024 (Saturday)
In-Person and Online
8:30 am – 4: 30 pm
Texas Tech University at DFW
4201 N. State Highway 161
Suite 200 North Irving, Texas 75038
Sign up here <https://eventreg.ads.ttu.edu/event/25/>

American Foundation for Suicide Prevention

Ride to FIGHT SUICIDE

→Mark your calendar: June 22, 2024 Wild West Harley– Davidson

→Register to ride:



→Fundraise: Register your team– Ask family and friends to donate. Raise a \$100 receive a ride T– shirt
→Sponsor Event: Sybille Neuber, 806.392.3860, SNEUBER@gmail.com
→More Details: Rider/ Driver \$35.00, Passenger \$25.00
Online registration ends at noon on 6/21/24, with prices increasing to \$40 and \$30 the day of event.

June 22, 2024

Location: Wild West Harley– Davidson

Registration: 8:30am

Event Time: 9:00am–3:00pm

www.AFPS.ORG/WESTTEXAS

FREE!
KIDS SUMMER CAMP
AGES 5-8
Limited spots available
Sign up ends June 10th,
follow the QR code to register.
17-20 JUNE
9 AM-1 PM

FREE!
KIDS Summer CAMP
AGES 9-12
GET READY FOR A GREAT ADVENTURE!
JULY 22-25, 2024
9 AM - 1 PM
1510 S LOOP 289 LUBBOCK, TX
FOLLOW THE QR CODE TO REGISTER.
LIMITED SPOTS AVAILABLE.
REGISTRATION CLOSES JULY 15TH.

Join us as we run and walk in remembrance of those we serve - our neighbors experiencing poverty, homelessness, hunger, crisis, and trauma.

8AM Saturday, June 22, 2024
Catholic Charities
102 Avenue J, Lubbock, TX

Fun Walk FREE
5K Run \$30 per individual/\$200 team of up to 8
-Includes run t-shirt and completion medal

Scan this QR code to sign up for this family-friendly event, open to ALL ages and fitness levels!

www.cclubbock.org

CONTACT: Erin Baxter, Director of Development
(806) 765-8475; ext. 131 or erin@cclubbock.org
EVENT SPONSORSHIPS ALSO AVAILABLE

TEXAS TECH UNIVERSITY HEALTH SCIENCES CENTER

Texas Tech University Health Sciences Center Department of Psychiatry and Office of Accredited Interprofessional Continuing Medical Education present

PSYCHIATRY GRAND ROUNDS SERIES Postpartum Psychosis and Infanticide: Medical and Legal Perspective

Friday, June 7, 2024

1:00 PM - 2:00 PM

TTUHSC-ACB120

Presented By:

Nicole H. Cirino MD, IF, CST, PMHC

Endowed Chair of Reproductive Psychiatry, Maurice Haddock Foundation
Director, Division of Reproductive Psychiatry
Professor, Department of Obstetrics and Gynecology
Professor, Meningeal Department of Psychiatry and Behavioral Sciences
Bayler College of Medicine/ Texas Children's Hospital

ZOOM Link:

<https://ttuhsc.zoom.us/j/9798966879?pwd=eXk0QzVvWS80ZDRKZ2wvG0hSMlFkd09>

Following this session, the participant should be able to:

- Describe typical and atypical presentation of postpartum psychosis (PPP) and discuss the limitations of current diagnostic terminology.
- Recognize clinical risk factors associated with violence toward infants in the postpartum period.
- Develop a comprehensive treatment plan for women experiencing PPP.
- Discuss legal perspectives on infanticide, and how it has evolved.

Accreditation:

In support of improving patient care, Texas Tech University Health Sciences Center is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

Designation:

This activity was planned by and for the healthcare team, and learners will receive 1 Interprofessional Continuing Education (IPCE) credit for learning and change.

Texas Tech University Health Sciences Center designates this live activity for a maximum of 1.466 PRA Category 1 Credit. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

IPCE CREDIT

None of the planners and faculty for this educational activity have relevant financial relationships to disclose with ineligible companies (commercial interest).

Persons with disabilities who need auxiliary aids or services may call the Office of CME at (806) 743-2929 to arrange accommodation. The TTUHSC Office of CME reserves the right to cancel this activity. CME information also available on web site <https://www.ttuhsc.edu/medicine/continuing-medical-education/>

INAUGURAL CITY-WIDE
BACK-SCHOOL BASH

SATURDAY, AUG. 3 | 2:00 - 6:00 PM
LUBBOCK MEMORIAL CIVIC CENTER

WHAT TO EXPECT
IMMUNIZATIONS ★ FOOD VENDORS ★ FUN GAMES ★ SCHOOL SUPPLIES
BACKPACKS ★ COMMUNITY RESOURCES ★ HAIRCUTS ★ AND MORE!
EVERYTHING IS FREE!!!

GET A FREE CITIBUS PASS TO ATTEND THE EVENT!
SIGN-UP FOR THE LUBBOCK PUBLIC LIBRARY SUMMER READING PROGRAM AND RECEIVE A FREE CITIBUS PASS- GOOD UNTIL AUGUST 13TH!

CHILDREN MUST BE PRESENT TO RECEIVE A BACKPACK!

THE HAPPY KITCHEN/ LA COCINA ALEGRE®

Free Cooking and Nutrition Classes

- Each class includes a new nutrition lesson and a seasonal recipe demonstration.
- Free ingredients to prepare recipes at home.
- Supervised childcare activities available for this series upon request.

TUESDAY, 6:00 PM - 7:30 PM
SUSAN FOR FAMILIES
806 18TH ST, LUBBOCK, TX 79401
5/21, 5/28, 6/4, 6/11, 6/18 & 6/25



To Register:
Text Jacq 806-445-1471, scan this QR code, or attend the first or second class to register in person.
Come to 4+ classes to receive gifts in the final class.



19
JUNE TEENTH
CELEBRATE LIBERATE EDUCATE



Lubbock Area United Way

SAVE THESE DATES IN 2024

ANNUAL CAMPAIGN KICKOFF
August 27 | 11:30 AM - 1:00 PM
Lubbock Memorial Civic Center

IMPACT LUNCHEON
October 17 | 11:30 AM - 1:00 PM
Lubbock Memorial Civic Center

CAMPAIGN CELEBRATION
December 3 | 11:30 - 1:00 PM
Lubbock Memorial Civic Center

LIVE UNITED GOLF TOURNAMENT
September 16 | Morning & Afternoon Flights
Hillcrest Golf & Country Club

UNITED WE READ
October 24 | 10:00 AM
Lubbock County Schools

ANNUAL MEETING & VOLUNTEER RECOGNITION
January 30, 2025 | 11:30 - 1:00 PM
Lubbock Memorial Civic Center

sfc
Sustainable Food Center
www.sustainablefoodcenter.org | doubleuptexas.org
Sustainable Food Center is a nonprofit organization with a mission to transform the food system to nourish our health, land, and livelihood. SFC operates the Double Up program at Lubbock-area farmers' markets and grocery stores.
For more information, contact taylor@sustainablefoodcenter.org

Happy Father's Day!!

June 16, 2024

Yay, Dads!



Save the Date

LBK Community Networking Session

Agency: Stages of Recovery

Where: 4413 71st St Suite G-101

Date/ Time: June 13th @ 11:45am—1:00pm

RSVP to Ariaea Alexander,
Arieaalexander@mylubbock.us

RSVP Cut-off Date: June 6th

Lunch will be served



BURGERS & BADGES

5pm-8pm June 4th • Clapp Park
46th Street and Avenue U

Meet local first responders and share a meal and conversation!

Free Hamburger, Chips and Drinks for first 1000 people
Games • First Responder Vehicles • Music

Safety City Open 5pm - 8pm • Leashed Dogs Welcomed



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 to see job listings.

City of Lubbock Public Health Department

We are hiring for an **COMMUNITY HEALTH LIAISON!** This is a **temporary, part-time opportunity.** Duties include:

- Local travel with mileage reimbursement
- Administrative tasks
- Outreach— providing education an information to community providers, schools and justice— related employees

Email resume to **LYNETTE HOLLIS AT** lhollis@mylubbock.us