

TEXANA TALKS



December 2015 - Issue 80

Texana Center | Behavioral Healthcare & Developmental Disabilities Services
4910 Airport Avenue | Rosenberg | Texas 77471

PARKS FOUNDATION DONATION

14th Annual Texana Christmas Choir Performance

Hosted by the
Parents and Staff at
the
Texana Learning Center
at Missouri City

Friday
December 4, 2015
6:30 PM

at the

Asian American Baptist Church

2723 Kingsbrook Lane,
Missouri City, Texas 77459
directly across the street from the
Learning Center

*Immediately following the
Choir performance, join us
at the Learning Center for
refreshments and a sale of
unique items -handcrafted
by our clients. Great gifts!*



The Children's Center for Autism recently received a \$20,000 grant from the Fred & Mabel R. Parks Foundation to help fund a career ladder for our Registered Behavior Technicians. Our direct care employees are usually hired straight out of high school. They then go through 6-8 weeks of intense training so that they are competent in applying the behavior analysis treatment which is developed and overseen by our Board Certified Behavior Analysts. This year we became one of the first Autism Centers to fully implement this new credential; Registered Behavior Technicians (RBT) developed by the

Behavior Analyst Certification Board. To maintain this new credential staff must take the annual RBT Competency Assessment. Kate Johnson-Patagoc, Director Specialized Services hopes the new career ladder will help the center to retain the RBT's that have already been trained. Jim McClellan, President, Fred & Mabel R. Parks Foundation was on hand to present the check to Kate Johnson-Patagoc and Lindsey Smith, Asst. Manager, Children's Center for Autism. Thank you we are very grateful for this grant.

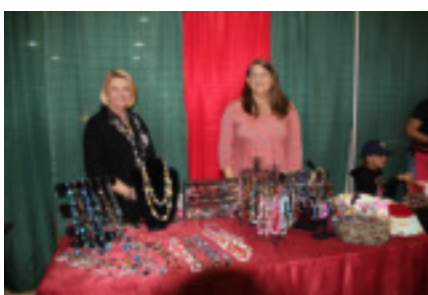
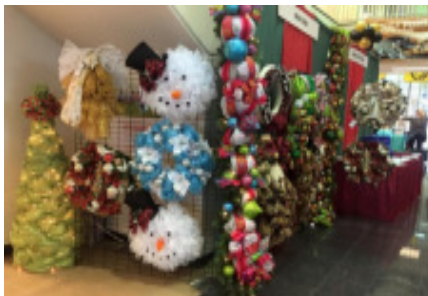
YOUTH IN PHILANTHROPY 2015-16



Texana Decor & More... are hard at work putting together our project for the Youth in Philanthropy Program which we will be doing on Saturday, December 5. As always our clients are excited at the opportunity of meeting and working with new volunteers. This year, three of our Community Advisory Board members are also volunteering with us; Lisa Arnold, Chuck Bucek and Asma Rahim will help guide the students. The idea behind Youth in Philanthropy is to give high school students a chance to learn about volunteerism and philanthropy through a wide variety of projects with local non-profit organizations. Texana's goal is for the students is to learn that people with intellectual disabilities are really no different than they are; they want to be included and recognized. This will help Décor & more.. get a jump start on 2016 and will be a fun day!

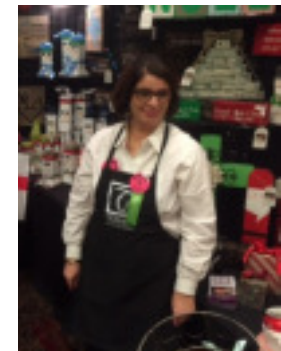
TINSEL & TREASURES

Texana's Community Advisory Board hosted the 3rd Annual Tinsel & Treasures Holiday Market at Legacy Ford. The Dealership underwent an amazing transformation from a car showroom to a vibrant marketplace with Holiday music and a bustling crowd of shoppers. There were over thirty different vendors with a wide variety of unique and handcrafted items. Food was provided by Witt's Pitt BBQ and adult beverages by Silver Eagle. The event raised over \$3,000 for Texana Center's programs for adults with intellectual disabilities and we know that it also raised some new friends. Thank you to Legacy Ford for supporting us through this wonderful event!



SUGAR PLUM MARKET and DÉCOR & MORE...

Texana Décor & More.. had a great first time Sugar Plum Market. Thanks to all the volunteers who put in time to help sell the items. Special thanks to Asma Rahim who not only helped to sell on Preview Night, but was there the day before to set up the booth; which looked really great. Everyone at the booth was given a Décor & More apron; so they looked really professional. We also had Décor & More.. Tote bags, thanks to a grant from 4-Imprint, in addition each shopper received a brochure about the program. Thank you to everyone who stopped by and purchased items. We hope to see you next year with some new fun décor!!



COPING WITH LONELINESS DURING THE HOLIDAYS

Loneliness is common during the holidays especially to; empty nesters, the elderly and those who are grieving because of the loss of a loved one or a relationship. Expectations are high, and people feel pressure to be happy and social. For many people this can trigger feelings of isolation. Loneliness also can cut deep and some individuals who experience chronic loneliness, may also have emotional scars from past experiences and traumas. This in turn may lead to unhealthy habits and toxic people.

Here are some suggestions for coping with loneliness:

- ◆ **Seek company** -The best way to deal with loneliness is to resist isolating yourself, call a friend and go out for a coffee or shopping or find a group with similar interests.
- ◆ **Share your feelings** - Be honest with the people you trust, and tell them you're feeling lonely - they will want to help.
- ◆ **Ask for what you need** - It's important to clearly communicate your needs to others as they are not clairvoyant and may not realize.
- ◆ **Honor your feelings** - Give yourself permission to feel those feelings, and then separate yourself from them.
- ◆ **Practice self-care** - Focus on taking good care of yourself. Get enough sleep. Engage in physical activities you enjoy.
- ◆ **Have realistic expectations** -You may be feeling lonely because you have unrealistic expectations about the holidays. Avoid expecting things to be good or bad and accept them as they are.
- ◆ **Volunteer** - Volunteer your time helping a non-profit organization such as a food kitchen, senior centers etc.
- ◆ **Seek Therapy** - When you're experiencing profound loneliness, therapy can help. Seek support from others, whether loved ones, a therapist or both. If these feelings last for a while, talk to your doctor or a mental health professional.



Crisis Hotline 1.800.633.5686

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*see dealer for details

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SAVE THE DATE



MONDAY, DECEMBER 7, 2015

All you have to do is eat pizza!

**1st Monday each Month
Rosenberg, Sugar Land & Cypress locations**

*Papa Murphy's will donate 20% of your purchase to
Texana. Place your check in the box at the store.*