



TEXAS
Health and Human
Services

★ Abilene State Supported Living Center ★

OUR MISSION:
To empower people to make choices
that result in a life of dignity and
increased independence.

AbSSLC News

Abilene SSLC

Week of March 16th, 2026

National Nutrition Month 2026

Since 1980, the general public has been encouraged to explore healthful food choices while balancing physical activity and mindful eating routines in observance of the National Nutrition Month® every March.



2026's theme for National Nutrition Month® is "Discover the Power of Nutrition". The power of nutrition, through making informed and safe food choices to optimize nutrient intake from different food groups to enhance wellness, in addition avoid fad diets that push for futile restrictions that offer easy solutions for unrealistic promises that potentially lead to nutrient deficiencies, has been a driving force to further individual's physical and mental wellbeing, subsequently strengthen their community with resilience and compassions. s

Registered Dietitian Nutritionists (RDNs) are food and nutrition experts with a degree from dietetics programs accredited by the Academy of Nutrition and Dietetics, who completed a supervised practice requirement, passed a national exam, and continued professional development throughout their career. A RDN is an essential part of a facility's treatment team who is committed to promoting optimal health and wellness for patients of different life-stages and medical conditions by overseeing medical nutrition therapy and providing patient nutrition education. RDNs may serve as administrators of hospital foodservice operations, oversee menu planning, food purchasing, preparation, and manage staff.

Take a minute to express your appreciation to our wonderful RDNs, **Nicole Spalding & Tricia Reyes** and the work they do for those living at Abilene SSLC. It's not easy to help 240 people eat right!

Form 1095-C: Health Coverage Tax Documents

Form 1095-C is now available in CAPPs. This form provides information about offers of health coverage made to all employees.

To print your 1095-C:

- Log in to **IAMOnline** to access **CAPPs Employee Self-Service**
- Click on **My 1095-C**
- Select **View Form 1095-C**
- Click on **Tax Form**, open the PDF and print

To request a mailed copy or for more information, call the HHS Employee Service Center at **888-894-4747**

Spring Benefit Golf Scramble!

A Volunteer Services Council Golf Fundraiser Benefiting Residents of the Abilene State Supported Living Center

Register Now!

Date: 5/15/26

4-man Scramble

\$400 per Team of 4

(\$100 for current **AbSSLC** Employees)

Registration closes: 4/14/2026

Maxwell Golf Course

Click [here](#) to register!

The Sunset Commission is conducting their every-10-year review of Health & Human Services. You can provide your input & by clicking [here](#)!

Shout Outs!

I would like to shout out **Staci Garret** from 6360 1st Stret . She goes above and beyond for her staff and residents. I honestly think she's one of the hardest working people at the facility and the most caring.

Shout-out and hats off to our morning staff holdovers — **Ralph Rosales, Monica Cloud, April Nelson and Madonna Martinez** who are as doing POT— for staying and helping with the 2–10 shift on March 7, 2026. They did a magnificent job supporting a staff member who was working alone that day. Even after finishing their morning shift and being tired, they still stepped up to help. Your teamwork and dedication are truly appreciated. Thank you for going the extra mile!

Shout out to **6760- DSP's and Housekeeper**. You ladies encourage independence and structure throughout the day. Your wiliness to teach with patience and understanding is admiral.

Shout out to **Justin Rivera** in Recreation. He has been selected as a coach for the Team Texas Unified Basketball Team at the Special Olympics USA Games being held in Minnesota in June.

I just wanted to let you know how much I appreciate **Collin @ FCT/D**. He covers the material and asks for questions, his communication is very clear, and he makes it fun!

Thank YOU to **Amanda Espinoza, Security,** and **Maintenance** for YOUR quick response during an incident at Second Edition this week. Great teamwork and quick action helped keep visitors, individuals, volunteers, and staff safe during a busy time at the store! YOU ARE AWESOME!! THANK YOU!!

Vote for the April 2026 Employee of the Month!

- Ashley Guerra (Vocational Services)
- Delia Cantu (Food Service)
- Jonathan Atkins-Horton (Housekeeping)
- Katy McReynolds (Nursing)
- Marie Castillo (Unit 3 Home Supervisor)

Click [here](#) to Cast your vote!



Life Safety Code Tips of the Week

- SDS Sheets are available at all locations where chemicals are housed
- Panic hardware on doors is not disabled and operates/latches properly
- No excessive accumulations of trash or clutter in the home/area

Shout Out Abilene!

We want to hear from you! Have a **suggestion** on how to make Abilene SSLC the best place ever to live & work? Have a **concern** to express? Want to **recognize someone** for their amazing work? **Shout Out and let us know!**



You can also email your Shout Out to jeff.goza@hhs.texas.gov or text it to 325.370.4525!