



SAMARITAN CENTER



Change Lives

Counseling in Combination with Integrative Medicine

What do we need to do differently?



Message from Cindy Long, CEO

We're growing
When we made the difficult decision to **stop in-person counseling**

and acupuncture in mid-March, and transition to a telehealth platform, we saw a big drop in client appointments. And we were worried about our clients and about our community. The pandemic is hard on all of us, but for so many it has been absolutely tragic, heart breaking, and overwhelming. Because we had open appointment times, we offered as many **free services** as we could. And we waited with trepidation, because experts everywhere were predicting a mental health crisis due to increased unemployment, the grief, fear and isolation of the pandemic, and the resulting increase in anxiety, depression, domestic violence, substance abuse and suicide deaths.

Challenge

The biggest challenge we face now is how to reach and care for the most vulnerable families in our community. Health disparity for people of color is not a new issue, but the inequality has been magnified and demonstrated in painful ways during this pandemic. We are searching for answers and we're committed to finding new solutions.

Brainstorming

After four months of **telehealth**, we've



Immune System Care 101, Part 2

Caring for our health and maintaining the strength of our bodies

For many months, we have had the collective human experience of navigating a global pandemic. By now, we are all familiar with the recommended best strategies to reduce risk of contracting or transmitting COVID-19: hand-washing, wearing masks, and social distancing. It is paramount that we not only are consistent in following these preventative measures, but that we are also caring for our health and maintaining the strength of our bodies.

Stress reduction

In recent years, we have learned much about the link between emotional well-being and physical health. One of the biggest favors you can do for your immune system is introduce stress reduction into your daily regimen. Find a type of exercise that you truly enjoy or perhaps try something new altogether to mix things up. A friendly reminder that here at Samaritan Center, we continue to offer **FREE Tai chi** and **Pilates** online on a weekly basis, so if you have always been curious about either or both of these, please sign up! Moving our bodies is essential to feeling well, as it will promote endorphin release and help regulate mood.

Getting quality sleep?

How is your sleep quality? I'm sure it's not

started meeting in small virtual groups to discuss how the needs of our clients and community has changed. Children, teens and adults are unable to socialize. Parents are acting as teachers, and there is uncertainty and fear about the start of school. We're reaching out to agencies and partners in the community and asking, "How can Samaritan Center fill gaps in mental and emotional health? What do we need to do differently?" And we're brainstorming about how to meet those needs in innovative...

[Read the rest of Cindy's message here](#)

lost on any of us what a difference a proper night's sleep can make. When we rest, our bodies are detoxifying and replenishing themselves. Try removing any technology from your bedroom, so that your nervous system won't be over-stimulated and you can get the rest you need. A well-rested body will give your immune system a leg up...

[Read the rest of Colleen's blog here](#)

Save These Dates!



The [21st Annual Samaritan Cup Classic](#) will be over two days this year - allowing golfers to sign up for tee times instead of a shotgun start! Join us **November 9 & 10, 2020**. Sponsorships, registration, and other information to come. [Would you like to be a host committee member?](#)



Save **Friday, February 26, 2021** for our famous [ATX Veterans Ball](#). The date has been set and let your calendars be earmarked now! We are looking for committee, host committee, and other volunteers. If you would like to help, [please reach out](#).



Vision

We envision a healthy and compassionate community in which every individual achieves mental, physical, spiritual and social well-being.

Mission

We heal hearts, provide hope and enhance lives with a holistic approach to mental health for all ages, whole families and the military community.