



## SAMARITAN CENTER



Change Lives

### Giving Tuesday

# GIVING TUESDAY

Today is #GivingTuesday!

[According to I Live Here I Give Here.](#) #GivingTuesday was created in 2012 as a simple idea: let's create a day that encourages people to do good. Over the past seven years, it has become a global

generosity movement that unleashes the power of people and organizations to transform their communities. Today, we have the opportunity to join a global chorus and inspire our friends, family, coworkers, and neighbors to join us in a celebration of local generosity.

Actions for good include making a [monthly sustaining donation](#) to Samaritan Center, starting a fundraiser for us on [AmplifyATX.org](#), or saving the date for the Veterans Ball on March 5.

Join us today and inspire a celebration of generosity across Central Texas.

- \$25 covers the copay for a session for someone who cannot afford it
- \$50 covers a support group session for a veteran living with PTSD
- \$150 gives one session to someone in crisis needing immediate counseling
- \$500 provides one month of weekly play therapy to an abused child

Donate

### Tax Incentives

Here are several [great tax incentives](#) happening for 2020:

- New charitable tax break of \$300 above-the-line deduction and up to 100% of adjusted gross income (AGI) for qualified donations
- For an [IRA distribution](#), the age of the individual has been increased to 70 1/2 or older.
- Retirement plan and IRA penalty-free distributions
- Waiver of 2020 required minimum distributions from qualified retirement plan and IRAs Delayed deadlines for IRA and retirement plan contributions for 2019

### Meet Our Director of Integrative Medicine

Staff Spotlight: Kim Layne, L.Ac

Kimberly has been with Samaritan Center since 2012.

She earned her Master's degree in Acupuncture and Oriental Medicine (MAcOM) from AOMA Graduate School of Integrative Medicine in Austin, TX, where she received extensive training in both Chinese and Western medical theory, diagnosis and treatment.

She has experience treating patients presenting with a wide range of psychosocial, musculoskeletal, digestive, endocrine, immune, and nervous system conditions using a combination of acupuncture, Chinese herbal medicine, whole food nutritional supplementation, Asian bodywork therapy and corrective exercise.



[Learn more about Kim here](#)

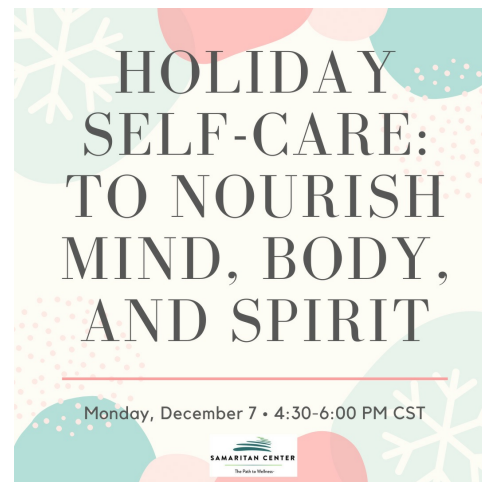
## New Groups and Workshops



### Healing Trauma: An Ongoing Group for Survivors of Military Sexual Trauma

The group for women and men is designed to offer survivors opportunities for personal growth as they work toward healing their trauma.

[Learn more](#)



### Holiday Self-Care: To Nourish Mind, Body, and Spirit

This 90 minute workshop will touch on the many different, often overlooked, and simple ways we can care for ourselves – mind, body, and spirit – during the stressful holiday season.

[Learn more](#)

Donate



### 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.

**Samaritan Center** | (512) 451-7337 | [samaritan-center.org](https://www.samaritan-center.org) | [Donate Now](#) | [Join Our List](#)