



SAMARITAN CENTER



Change Lives

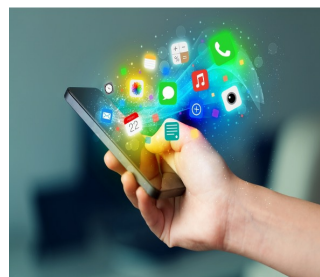
Apps for Wellness

Mobile Apps that can help our daily routine

by Carlos Nieves

These days you can do anything from a phone app. One of the most interesting ones I found are exercise and wellness ones. So why not do something better for your health?

For us veterans, several applications have been created that can help our physical and mental health. They help us control our anxiety, recommend breathing techniques, exercises, among others. Below are several applications that can help us on a day-to-day...



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

Meet a Board Member

Bill Simmons, CPA

Bill Simmons spent almost thirty years in the Army before retiring in 1993 as a Lieutenant Colonel in the Armor branch. During his tour of duty, he was stationed in Vietnam in 1971, Germany in 1977, and a wide variety of stateside posts. He was competitively selected as an action officer in the Operations Directorate of the Organization of the Joint Chiefs of Staff at the Pentagon for three years in the 1980s during the Sandinista takeover of Nicaragua and the uprising in Panama.



He was the action officer for Central American affairs during that period. His duties included those of an Aircraft Commander of a Cobra gunship in Vietnam, Commander of a Tank Company, Commander of Range Command in Ft. Bliss, Texas and a Professor of City Management, Leadership and Joint Warfare at the Army Management Staff College in Washington.

Following retirement, Bill worked for the State of Texas in several different governmental agencies as a Contract Officer, HR Director, Senior Director and retired from the Disability Determination Services as an Associate Commissioner. After retirement he was called back to duty as a Special Operations Director for another three years. Overlapping his tenure with the state, Bill began teaching Accounting, Bookkeeping and QuickBooks at ACC and continues with that position. Bill became a CPA in private practice in 2004 and continues to provide tax preparation services in Round Rock.

Bill earned his Bachelor of Business Management from the University of Tampa, Florida and later his Masters in Public Administration from the University of Missouri at Kansas City.

Bill serves as the Treasurer with the Board of Directors for Ten Thousand Villages in Austin and is the Finance Chair for The Samaritan Center of Austin.

Bill is a devout Christian and member of The Fellowship Church of Round Rock; he and his beautiful wife will celebrate their 30th anniversary this fall. Bill has four children and one foster son with a growing total of 10 grandchildren.

Climb the COTA Observation Tower



COTA Tower Climb

In memoriam of the 20th anniversary of 9/11, Samaritan Center will be having a special tower climb at Circuit of the Americas (COTA). We invite first responders, veterans, and others to participate in this unique and fun event.

The event will be on Saturday, September 11, 2021, at COTA's Observation Tower.

WHEN: Saturday, 9/11/21, 8:00 am

COST: \$30

WHO: Open to everyone

WHERE: [Circuit of the Americas, Observation Tower](#)

RSVP: [Register online](#)

Register

Immediate Openings for Acupuncture

Healing Mind, Body, Spirit

We have immediate openings for [acupuncture](#) appointments.

Some Aetna or Blue Cross Blue Shield insurance plans cover acupuncture.

Call us to schedule an appointment:

512-451-7337, option 8

Curious about acupuncture? [Learn more](#)



Ongoing Groups & Wellness Classes



2020 Impact Recovery Group - \$25/individual

1st & 3rd Wednesdays, 1:30 - 3:00 PM via Zoom

[Learn more](#)



Barton Springs Run, Walk, & Hike Group - FREE

1st Saturday of each month, 7:00 AM at Barton Springs

[Learn more](#)



Clergy Support Group - \$20/individual

2nd & 4th Wednesdays, 1:30 - 3:00 PM via Zoom

[Learn more](#)



Healing Trauma: Group for Veteran Survivors of Military Sexual Trauma - FREE

Wednesdays, 4:30-5:30 PM via Zoom

[Learn more](#)

Parent Support Group - \$20/individuals, \$25/couples

Every other Tuesday, 5:30 to 7:00 PM via Zoom

[Learn more](#)



Pilates - FREE

Fridays, 2:30-3:30 PM via Zoom

[Learn more](#)



PTSD Support Group - FREE

Tuesdays, 5:00 to 6:30 PM via Zoom

[Learn more](#)



Veterans Helping Veterans - FREE

Mondays, 6:00-7:00 PM via Zoom

[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.

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