



Region 8 Update

2014 Photo Contest

A regular Region 8 event is our annual photography contest. In 2012 and 2013, you and your colleagues submitted over 200 photographs for this event. At the December all staff meeting, you will vote to select the top photos, which are then framed and displayed in the main hallway at 7430 Louis Pasteur. Here are the rules for the 2014 Photo Contest.

1. Pictures must be taken by Region 8 employees in Region 8.
2. They must be submitted digitally to mark.mullings@dshs.state.tx.us.
3. This year we will vote on two separate categories: places and public health.
4. Public health pictures may not show the faces of clients or patients. They may show the faces of Region 8 staff.
5. Public health photos do not have to show Region 8 at work, but can also showcase public health topics.
6. You will vote on the two categories separately, so we will have winners in each category.
7. The deadline for submitting photos is December 1, 2014.

Here are the winning pictures from the 2012 and 2013 contests taken by Mark Mullings (Mission Espiritu Santo, Goliad TX) and Laurie Henefey (Hummingbirds -- D'Hanis).



Hurricane Season has started! Are you ready?

We can't always stop disasters from happening, but we can get prepared. Take a few minutes and go to www.texasprepares.org to learn what you need to do to get ready. Click on one of the links below to learn more.

Take three steps and be ready:

1. [Make a plan.](#)
2. [Build a kit.](#)
3. [Get informed.](#)



2014 All Staff Meeting - December 10th

Please mark your calendar to reserve December 10 for Region 8's 2014 all staff meeting. Once again, we will hold the meeting at the Christopher Columbus Society Hall at 201 Piazza Italia from 9 a.m. to 3 p.m. If you are new to Region 8, this is an annual event where all the staff gather to hear an interesting speaker, enjoy lunch and participate in a white elephant gift exchange. If you would like to help plan this event, please send an email to gale.morrow@dshs.state.tx.us.

Wellness Update

The Wellness Committee has been busy working on several projects, including a vending machine initiative, logo development, lunch & learn, and a wellness room/lending library. Room 209 is now available for wellness activities, like Zumba and stretching, and as a wellness resource center where you can check out resources for personal use or for programs in field offices. The committee has held a donation drive and some fund-raising activities (soup/salad, chili cook-off, wrap lunch) to equip the library. We appreciate the donated books, jump ropes, and DVD's, and would welcome more items. A special thank you goes to D'Angela Harder and her husband, Brian, for the donation of a treadmill. The committee is still working on setting up the room and a lending system. If you have items to donate or suggestions for resources to purchase, please let any committee member know or send a message to Katherine.velasquez@dshs.state.tx.us.

Wellness Activities

Activity	Days	Time	Location
Zumba	Tuesdays	5:30 pm	SA, Rm 130
Gentle Aerobics	Tues, Thurs	11:30 am	SA, Rm 209
Lunch n Learn*	Wednesdays	12:15 pm	SA, Rm 228

*Nutrition & Healthy Lifestyles through August; video clips available on the Wellness Outlook Calendar

Here is the **Region 8 Update** for July 2014. We have shortened the newsletter and will be sending it to you more often. If you have something you would like published in an upcoming newsletter or an idea for a story, please send it to gale.morrow@dshs.state.tx.us. We'd like to hear about your ideas.

Employee News

Nathan Balfour, RS, became a Region 8 sanitarian in March. After graduating from UTSA, he worked for San Antonio Metropolitan Health District and also spent time designing septic systems.

Rose Champ is a Meat Safety inspector stationed in Uvalde. She has a Bachelor's from the University of Louisiana at Monroe, and previously worked in research and environmental health in Houston. She is a non-commissioned officer in the Army Reserve.

Stacy Davlin, MPH, PhD became the Epidemiology Manager in March. Dr. Davlin has worked at DSHS as the vaccine-preventable disease surveillance coordinator, epidemiologist for the diabetes program, and Flu Surveillance Coordinator. Since completing her PhD in 2011, she has worked as a researcher with Baylor College of Medicine and the University of Texas Medical Branch in Galveston.

Jessica Deerin, MPH joined the Epidemiology Team as a February. Jessica got her MPH from Emory in 2009 and has experience working as an epidemiologist/researcher in various settings, including at the International Vaccine Institute in Korea.

Ashley Dodds, RN started his job in Pearsall in June. He previously worked as a Nurse Consultant with the Quality Management Branch of the Family and Community Health Division in Austin. He lives in Lytle and enjoys music. He plays several instruments, including the piano, guitar, fiddle and drums.

Rosalinda (Rose) Falcon joined DSHS in January as administrative assistant to Dr. Ringsdorf and Gale Morrow, transferring from the Region 8 HHSC Director's Office. Rose joined the State in 2012 and brings with her years of experience in the business environments of marketing, event management, telecommunications and Human Resources.

Nina Fassell is an MQSA Inspector at the Roszell office in San Antonio. She inspects mammography equipment.

Edilia Gonzalez, LVN joined the Tuberculosis Program in Eagle Pass this July. Most recently, she was the Infectious Disease Nurse at the Maverick County Detention Center, and has worked for dialysis centers and home health agencies.

Jody Harper, RN works in the Goliad field office. She was previously employed in home health and also worked as a school nurse for 30 years. She lives outside of Goliad near Charco and enjoys reading and making jewelry.

Nicole Henry, MPH joined Region 8 as an epidemiologist in June. She is working with the HIV/STD and Tuberculosis programs. Nicole got her undergraduate degree from the University of Texas at Austin and completed her MPH in Epidemiology at the University of Texas School of Public Health. She has previously worked as a research assistant, and is currently working on an MBA.

Denise Kleiber joined us in November as the HST III in Floresville. She graduated from The University of the Incarnate Word with a degree in Nutrition. At home, she stays busy chasing after 1 (Ryland) and 2 (Landry) year old boys. In her spare time she loves to go antiquing, and enjoys baking and cake decorating.

Brittany Laster is the Meat Safety inspector in Poth. She has a BS and MS in Animal Science from Texas A&M University, and comes to us after three years working in Western Pennsylvania.

Becky Maison, LBSW was excited to return to San Antonio from Abilene. She has been a Licensed Social Worker since 2005 and has specialized training and experience with individuals who have medical diagnoses and intellectual disabilities, especially in the birth to 3 year old population.

Maggie Moreno joined us in July as the Adult/Adolescent Immunization Coordinator in San Antonio. She lives in San Marcos where her husband teaches at the high school and coaches baseball. She enjoys outdoor activities with her husband and 15 month old son. She also likes to bake and do arts and crafts.

Cathy Moritz, LBSW (Victoria) began her social work career in 1981. She has worked in fields such as therapeutic camping with juvenile delinquent girls, Child Protective Services, and rape crisis. As Assistant Director of a counseling clinic, she helped develop comprehensive sex offender and family violence treatment programs. Most recently, Cathy worked with Camino Real Early Childhood Intervention.

Rebekah Patterson, RN began work in February in the Kerrville field office. She came to Region 8 from the Kerrville State Hospital where she worked as a psychiatric nurse. She lives in Kerrville, and enjoys the outdoors and gardening.

Nicolette Portales, RS is a Professional Sanitarian working with the Foods Group at the Roszell office in San Antonio. She comes to us from San Antonio Metropolitan Health District.

Marilena Jean Rodriguez, LMSW (Uvalde), comes to us with experience working with children as a Conservatorship worker at DFPS. She has also worked as a social worker in a nursing facility. She is currently pursuing her license as a Clinical Social Worker. She enjoys the outdoors and doing things with her children and husband.

Ada Sanchez joins the HIV/STD program as Disease Intervention Specialist (DIS) in August. She has experience with HIV/STD programs in Texas and in Massachusetts. She has an associate's degree in Liberal Arts from Northern Essex Community College.



Team Challenge

The Step Out: Walk to Stop Diabetes is a walk organized by the American Diabetes Association (ADA). Its aim is to raise funds for diabetes education and research. In support, the DSHS Activ8! Wellness Committee invites all HSR 8 staff to participate and train for this event scheduled for November 8, 2014. In preparation for this walk, we will be training through a friendly office competition. Headquarters and field office staff will compete against each other and have the opportunity to enter weekly drawings to win cool prizes. To enter these weekly drawings simply track your minutes of exercise, healthy habits and weight loss. To get started you can visit the ADA website and join either the Headquarters team or the Sub-Office team. You do not have to donate money to join the team. Choose one of these URLs to register and join the DSHS Activ8! challenge:

Join the Active8! Team (San Antonio) at http://main.diabetes.org/site/TR?team_id=678695&pg=team&fr_id=9902&et=TX7uscaZLVfbyQcT3_8IQ&stafid=561647

Join the Active8! Team (Field Offices) at http://main.diabetes.org/site/TR/StepOut/StepOutContent?team_id=690337&pg=team&fr_id=9902

More details to come. Feel free to contact:

- Pamela Gomez at Pamela.gomez@dshs.state.tx.us or
- Bridget Wahler at bridget.wahler@dshs.state.tx.us or
- Elvia Ledezma at elvia.ledezma@dshs.state.tx.us for more information.