

WEST TEXAS REHABILITATION CENTER

ROUND-UP

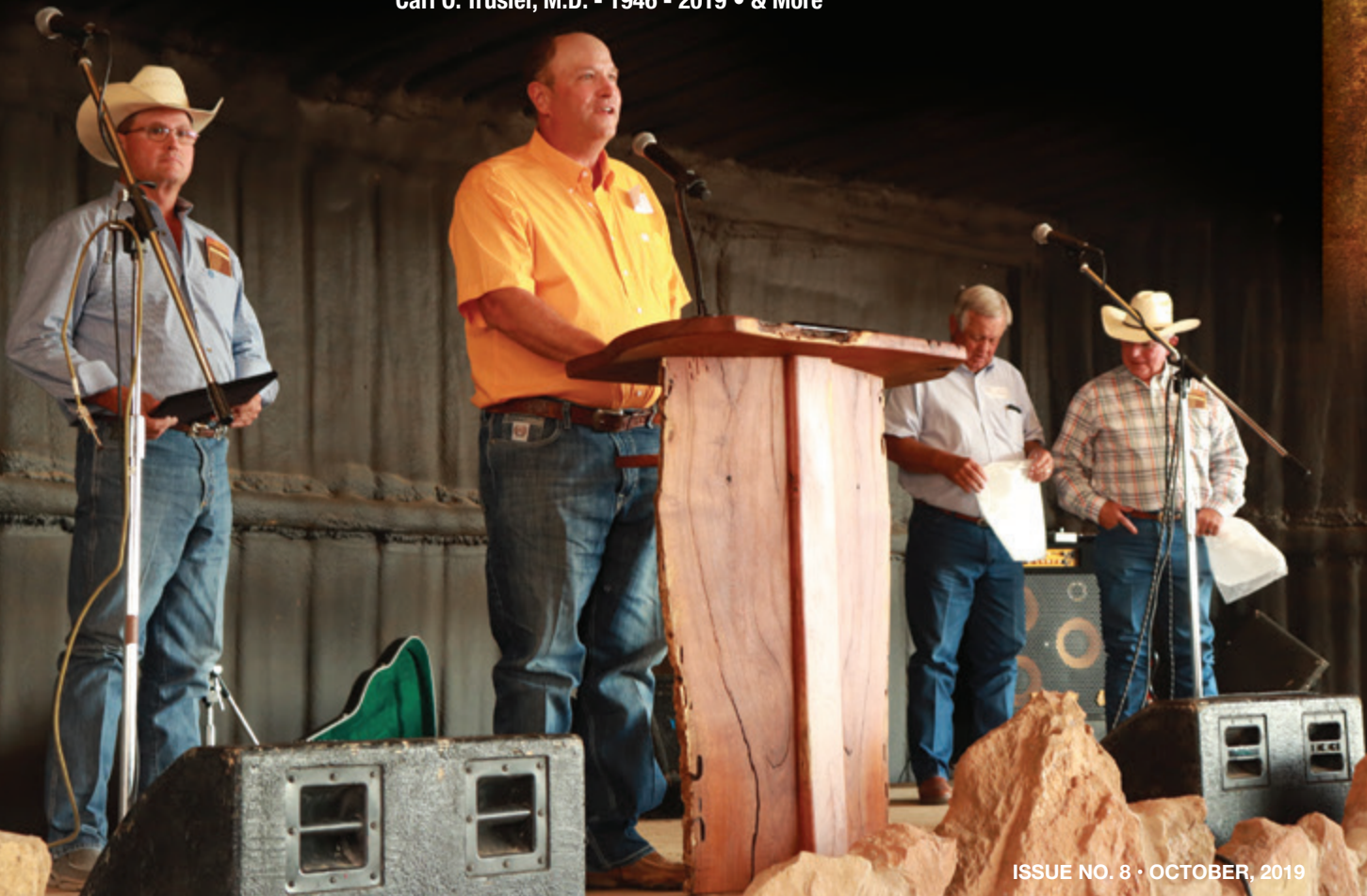
2019

ROUND-UP for REHAB

Edition

THE **HARRY HOLT AWARD**

PLUS: What does a legacy of giving look like? • We honor Veterans
Carl O. Trusler, M.D. - 1946 - 2019 • & More





"One trip stops the drip."

RESIDENTIAL & COMMERCIAL

Abilene, Brownwood, Big Spring, Colorado City, Hermleigh, San Angelo, Stephenville, Sweetwater, and surrounding areas



**TRENCHLESS PIPE REPLACEMENT & REPAIR
HYDRALINER TRENCHLESS PIPE LINER
VIDEO INSPECTION • WATER HEATERS**

24 HOUR EMERGENCY SERVICE!

www.blackplumbing.com



www.mavericksawcutting.com

LEADERSHIP LETTER BY STEVE MARTIN, PRESIDENT & CEO



What a great dinner show in Abilene on August 29th! Martina McBride entertained a sold out, packed house to benefit the

more than 650 patients we see each day in our locations in Abilene, San Angelo and Ozona. This year's event will go down as the largest Joint Venture Dinner Show ever. As I write this column, we received word that the legendary act, Nitty Gritty Dirt Band, will perform to benefit West Texas Rehab at our 27th annual dinner show in San Angelo on October 24th. A big thank you to everyone who supports our events each and every year!

Throughout our history, West Texas Rehab has relied on support from our donors and local communities to help us carry out our mission of providing quality care to all of our patients regardless of their financial circumstances. Folks like Rough Creek Taxidermy (p12) stepped up to provide support for our Round-Up for Rehab event in Sonora, appropriately referred to as the Sonora Sensation.

This year, West Texas Rehab celebrates 66 years of taking care of patients and for 60 of those years farmers, ranchers and other agricultural related businesses have stepped up to help whenever needed. The Round-Up for Rehab is our oldest

fundraiser, and this series of sales and events truly embodies the neighbor-helping-neighbor philosophy of our agricultural community and West Texas Rehab. On August 24th, at Ft. Chadbourne, we were honored to present the Harry Holt Good Neighbor Award, named after the long-time voice of West Texas Agriculture, to Marty and Jody Frey. The Frey family has been involved with West Texas Rehab for many years, and this award was created in 2004 to annually recognize an individual or individuals in agriculture who "Measure Up" to the example set by Harry. Marty and Jody are certainly deserving, and we appreciate all they do for West Texas Rehab and our patients. Round-Up for Rehab helps patients like Edith Clifton (p6) receive care from highly trained clinicians such as Gwen Calvert and ensures therapists like Clint Conley receive the credentialing and certification necessary to provide care unmatched in many facilities.

We are so blessed in this country to have a group of dedicated individuals who willingly risk their lives every day to protect the freedoms we often take for granted. Our United States military is the best in the world. We are grateful for all they do and are proud to take care of our active duty and retired military personnel. Through our Hospice of the Big Country "We Honor Veterans Program," we recently were able to pay tribute to several Korean War veterans (p5). Our military personnel are extremely important to us and deserve

our care and support. We also annually host a Marine cake cutting ceremony celebrating the annual Marine Corps birthday. This year's celebration is scheduled for November 8th and commemorates the 244th birthday of the Marine Corps.

This year we lost a great friend, physician and board member when Dr. Carl Trusler passed unexpectedly. "Carlo," as so many of us knew him, was one of the kindest and most amazing people I have ever known. His contributions to our country, West Texas Rehab, our patients and the Abilene community are immeasurable, and he will be missed by all who knew and loved him (p7).

As we approach fall in West Texas, I hope you and your family enjoy all that the change of season brings: Friday night football, hunting and much-anticipated milder weather.

May God bless you and your family, the West Texas Rehab, our Lone Star State and the United States of America.

TABLE of CONTENTS

- 2 Leadership Letter
- 3 Foundation Spotlight
- 5 Hospice Spotlight
- 6 Patient Spotlight
- 7 Physician Spotlight
- 12 Sponsor Spotlight
- 9 Volunteer Spotlight
- 11 Staff Spotlight
- 13 Harry Holt Award
- 18 Calendar of Events
- 20 Equipment Wishlist

© 2019

Publisher
West Texas Rehabilitation Center
WestTexasRehab.org



Design & Layout
Zoom Advertising & Design
ZoomTexas.com



What does a Legacy of Giving even look like? And, what does that have to do with estate planning?

Leaving a Legacy of Giving is something that may be:

- *Taught* – You intentionally make a point of showing and sharing and teaching your kids what it means to give, the benefits of giving, and how good giving makes you feel. Or...
- *Caught* – Your children simply watch how you give and share your time and your resources with others. Or, though rarely...
- *Natural* – Some people are just natural givers!

My wife and I hoped and prayed that our kids would be grateful, gracious and giving people; people who realize about life what a mentor of mine once told me: *“Remember this – ALL-IS-GIFT!”* We did not want them to suffer from what’s been called Affluenza: a term describing the negative impact of affluence on those who aren’t adequately prepared to shoulder the responsibilities of wealth. We want to benefit our kids with what we may have, but in the same breath we don’t want to rob them of the unbelievable satisfaction that comes from hard work and reaching their full potential.¹ Warren Buffett was quoted saying, *“You should leave your children enough so they can do anything, but not enough so they can do nothing.”*² So why not share some of your blessings with those who need to be blessed; those who need a little hope, right? Fact is the happiest and most “at peace” people I know are givers! They

are. And it’s not just those with significant means, but some who have almost nothing by the world’s standards. The thought that my kids could pass on to their kids this whole “giving as a way of life” mentality does what I always heard as a kid: *“It does your heart good!”*

I read the following in a periodical awhile back and I was so taken by it that I typed it up and printed it out to put on my bulletin board. Here it is:

J. Irwin Miller built his fortune through Irwin Union Bank and Trust and Cummins, Inc., the diesel engine-maker. In 1996 Irwin wrote a letter to his five children, explaining the general philosophy that he and his wife, Xenia, lived by, and according to which they had structured their estate plan:

Of all the things we can “leave to you,” money seems to us to be the least important. The most important thing parents can do for their children is to try as hard as they can to leave them a personal example in the kinds of lives they live... we have not lived and worked primarily to maximize your inheritance any more than our ancestors lived and worked to maximize our inheritance. We have lived and worked to do our best to help prepare you for the lives and careers of your choice. We have worked and lived to make a constructive contribution to our community, church, and nation...

After Irwin’s death in 2004, Xenia was declared incompetent. The attorneys-in-fact pursuant to a power of attorney, continued to spend more than \$20 million over 3½ years in

philanthropic and public service causes!

Now, before you stop reading because this is feeling like it’s moving from preaching to meddling...Please read this:

What if there were ways, tools you could utilize that would allow you to give freely and generously, leaving a legacy of giving,

-and-

allow you to care for those who are most dear to you? If there were, wouldn’t you like to learn about them?!

Bottom line: Is there a way you can do both?

Yes, there is! So please read on!

Remember when I told you in our first two Foundation Blogs how I’ve learned that there are so many tools/giving vehicles available out there, it’s just that most people never know about them! They are found in the financial arena called.....Estate Planning! (I know - scary right?) What is it about the words estate planning that makes me feel like I’m about to talk about dying? Does that ring true for anyone else? I mean, all there is to it is doing my will, right? WRONG! A will is just the beginning. And when it comes down to it, no discussion could be more about living than a discussion about estate planning!

So, what exactly is estate planning? I’m glad I asked that question! A simple definition would be...*Estate planning is the act of preparing for the transfer of a person’s wealth and assets after his or her death.* Assets, life insurance, pensions, real estate, cars, personal belongings, and debts can all be part of one’s estate. In general, wills and other estate planning documents must be in typed or written form, signed, witnessed, and notarized.³

Lots of folks don’t think they need any kind of estate planning simply because, “Hey, I have a will!” I thought that, too. I was wrong. Wills are simply legal documents that express your and my

intentions for burial and to whom we want our money and property (the estate) to be given when we die. A judge will then normally approve the distribution of assets from your estate to the beneficiaries you named in your will. This is known as probate, and it may or may not go as you had planned. A poorly written will can even open the door for relatives or third parties to contest your will and/or for a judge to misinterpret your wishes, both of which can tie up an estate in court for years!

And that’s not all! A will also involves probate fees which can cost thousands and thousands of dollars. Oh yes, let us not forget the executor fees, court fees, recording fees and attorney fees, and in many cases, these fees have to be paid while the estate is probated. That means heirs will need to come up with the money fairly immediately upon your death to begin the probate process. And one more thing: A will also does

not alleviate the problem of estate taxes and potential capital gains taxes (for bequests made during one’s life – more on that in our next blog

All of the above is to say this: you and I need to make sure our estate is in order just in case. **Proper estate planning with a qualified investment advisor, accountant AND competent estate attorney is critical in making informed decisions.** A well-crafted will can actually save money and avoid unnecessary inconvenience. And whether you plan to leave a gift with us at West Texas Rehab or not, we would love to sit down and visit with you. I bet we can give you some thoughtful ideas and point you in the right direction!

Please give us a call!

Feel free to contact me, Chuck Rodgers at (325) 793-5475, croddgers@wtrc.com, or one of our other Foundation officers with any

questions you may have:

Chad Hirt at (325) 793-6415
chirt@wtrc.com

Rodger Kennedy at (325) 793-5424
rkennedy@wtrc.com

Jason Weaver at (325) 793-3435
jweaver@wtrc.com

★

Endnotes

1. Robert F. Sharpe, “The Prevention and Cure of Affluenza,” trustsandestates.com (March 2019)
2. www.forbes.com/sites/angelauyeung/2018/06/01/warren-buffetts-advice-on-how-to-raise-well-adjusted-heirs/#787a4838712f.
3. www.investinganswers.com/dictionary/e/estate-planning



GORMAN MILLING was started in 1969 and is proud to still be a local family-run business. We owe our success and growth to the farmers, ranchers, dairies and our growing dealer network across the state. No matter what your need is we are committed to that need, and we work hard to get you the best price. We buy our ingredients in train car loads to help keep our cost and your price down. We specialize in custom formula products and feeds. These custom formulas are formulated around your particular needs, feed habits, animals, management, and goals.

If you are already one of our valued customers, we appreciate your business and trust that our products and services are making your business more profitable. If you are not yet familiar with Gorman Milling Company’s family-style way of doing business, we invite you to give us a try. We appreciate your consideration.



www.redchainfeeds.com
800.588.2252

HOSPICE SPOTLIGHT



Korean War Veterans with members of Dyess Air Force Base Personnel (L to R)
Clifford Hollis • Paul Brown • Art Viertel • Terry R. Smith • Claude Boyd • Clifford Archa • Johnny Greenfield • Ron Deiner

We Honor Veterans

Few things we do at WTRC's Hospice of the Big Country mean more to our team than the opportunity to honor those who signed a blank check made out to the United States of America in the amount of and up to their very life in defense of freedom and the American way of life.

The *We Honor Veterans* program, a joint venture between the Department of Veteran Affairs and the National Hospice and Palliative Care Organization, is one of the most valued services at Hospice of the Big Country. The goal of the program is simple – to care for and honor those who have served when they reach the end of life by educating, engaging, and expanding awareness to veterans and their families.

There are four levels that hospice partners can achieve, and Hospice of the Big Country is a Level 4 partner. Hospice participation in the program requires several levels of training, participation in programs sponsored by veteran organizations, and direct support for veterans and their families. Hospice of the Big Country has participated in veteran funeral services, laying of wreaths at the local veteran's cemetery, TET Reunion programs, Stand Down, church and civic events, donation of personal toiletries through



WWII Veterans (L to R)
Bill Goyne • Clovis Thompson • Bill DeBusk • Ellen Webb • Don Altman • Dennis Bruno

our local veterans office, and participation in national veteran holidays.

In 2018, Hospice of the Big Country provided a special recognition program at the West Texas Rehab Center to honor WWII veterans. Six veterans were honored in the ceremony including a recipient of the Medal of Honor.

The second annual *We Honor Veterans* recognition program was conducted in July 2019 to honor Korean War veterans of the "forgotten war." Eight Korean War veterans were honored that evening, including one that is on Hospice of the Big Country services.

While these annual events are very meaningful to our hospice team, the opportunity to honor veterans coming on hospice service is even more special. Led by retired Hospice of the Big Country military volunteers

in full dress uniform, the hospice team joins at the veteran's residence and conduct a ceremony of recognition. The veteran's military record is reviewed and tokens of appreciation are presented, including a lap quilt, hand-made by hospice volunteers.

Hospice of the Big Country is greatly honored to be able to recognize veterans and their families. We treasure those who have answered the call of our nation to defend freedom and liberty at home and abroad. ★



WE HONOR VETERANS

PATIENT SPOTLIGHT



Edith Clifton

Imagine how it would feel to carry a gallon of water, weighing 8.34 pounds, in your left arm every day, all day long, not being able to put it down to rest your arm. Or imagine how you would feel if someone poured a gallon of water on your left arm and the water just soaked in and became part of you.

Edith Clifton, a lymphedema patient at West Texas Rehabilitation Center, describes the feeling this way: "My arm was heavy. My shoulder hurt. My hand hurt and I couldn't close my fingers. My other arm hurt from overcompensating. It felt like I was carrying a bowling ball all the time."

Because her left arm was abnormally large, sometimes people would ask her what had happened to it. "It was embarrassing to tell people, especially men, that I'd had breast cancer," she says.

After her mastectomy and the removal of her lymph nodes in 2016, the swelling began almost immediately. But Edith had to endure 38 radiation treatments and 28 chemo treatments before she could turn her full attention to treatment for her lymphedema.

In treating her lymphedema, Edith tried wraps, which were hot and uncomfortable. She took Lasix, and

she elevated her arm and had it massaged by caregivers. Nothing helped to lessen the discomfort and swelling.

Then only a few short months ago, in June 2019, Dr. Milton Leon, cardiologist, referred Edith to West Texas Rehabilitation Center for treatment of her lymphedema. At WTRC Edith began seeing Gwen Calvert, Certified Lymphedema Therapist, with additional testing by the Lymphology Association of North America (CLT-LANA). [An article on Gwen appeared in the Spring 2019 issue of the WTRC Round Up.]

"She had the biggest arm I had ever treated," Gwen says. "Nothing else she had done had been successful. She seemed hopeless. She was at the bottom of her barrel. I told her I could help her if she would work at it."



As part of Edith's treatment, Gwen ordered a reduction kit for her through Medi. The compression sleeve in the kit is different from most compression sleeves in that it can be adjusted with Velcro straps, so that as Edith's arm becomes smaller, she can adjust the straps to apply compression.

At the time of her first visit, Edith's left arm was 73% bigger than her right. Gwen re-evaluated her one month later – only four visits later – and found that the swelling had gone down to only 18%. Today Edith retains around 900 milliliters of fluid, almost 30 ounces, in her left arm.

Both Edith and Gwen commend the other for Edith's dramatic improvement. Edith compliments Gwen for being smart and knowing how to treat

her condition and continuing to research treatments. Gwen credits Edith for being compliant every day in the way she has cared for herself and for sticking with a protocol that has been uncomfortable and bulky in the Texas summer heat.

"You get to the point you'll do whatever they say to get better," Edith says. "My arm was so heavy, and for me, everything seemed hopeless."

The next step in Edith's therapy will be the addition of a compression pump, which Edith will wear for one hour a day. When plugged in, it will mobilize the fluid away from Edith's arm toward her core.

Gwen's goal is to teach patients in a way that works for them and to get them where they are managing their lymphedema on their own. But, as Gwen makes clear, the patients must be disciplined in keeping up their regimen. If not, the lymphedema always comes back.

Only months after beginning therapy at WTRC, Edith is able to lift her left arm above her head again. She says she is finally able to do things she could not do for three years after her surgery. She wears a compression sleeve 23 hours a day. But not just a plain one – many have colors and patterns. Now, instead of asking why her arm is so big, people see the designs on her left arm and tell her they like her tattoos!

Edith wants others who are suffering with lymphedema to know there is hope. "I know how I felt," she says, "and I know how I feel now. I recommend West Texas Rehab highly, highly, highly."

West Texas Rehab is proud to be a leader in the treatment of lymphedema, offering the highest quality of rehabilitation and expertise while continuing to implement the latest and most effective techniques and research. WTRC wants to partner with those who need help in the treatment of their lymphedema. No one has to carry the load alone. ★

PHYSICIAN SPOTLIGHT



Carl O. Trusler, M.D.
1946 - 2019

Something funny – rather, interesting – happened recently when I asked two different people this question: “What comes to your mind when you think of Carl Trusler?” The first one said, “Laughter. Carl loved to laugh!” The second one said, “When I think of Carl – I smile!” Who wouldn’t want to be thought of as a person who encapsulated those two things: laughter and smiling! And of the many people on this earth who had every reason NOT to laugh and smile, Carl could be added to that list, for he had plenty of reasons to never utter a laugh or crack a smile. In fact, as you learn about Carl’s early years, it doesn’t take long to imagine and accept that Carl Trusler should have been and could have been a very bitter, angry and resentful person. You would read about things that would make you both angry and sad; and you’d understand it if he had been angry himself. You’d see that everything was stacked against him – or so it seemed:

- He, his mother and siblings were physically and emotionally abused by his father
- Though beloved by his mother, Barbara, she was so sick with polio and had no husband in the picture that she simply could not take care of Carl, his brother and sister alone
- So they were sent to Hendrick Home for Children, a place where they were nurtured and cared for in ways a mother could have only hoped and prayed they would

Carl had a favorite quote from an author that read, “You can’t get rid of the baggage with a fist – you have to



let it go to be free!” Apparently he did because look at the vertical trajectory of this man’s life:

- Graduated from Cooper High School in 1964
- Received his bachelor’s degree from Hardin-Simmons University in 1968 and his Doctor of Medicine degree from Baylor College of Medicine in Houston in 1972
- Did his post-graduate training at St. Joseph Hospital in Houston, before entering the United States Navy in 1974
- Served 15 months as Medical Officer for Naval Support Force, Antarctica, before transferring to Naval Air Station Dallas in 1976
- In January 1977, he was assigned to the Naval Aerospace Medical Institute, where he underwent training to become a U.S. Navy Flight Surgeon
- He received the Surgeon General’s award as Number One in his class of Flight Surgeons and became Fighter Flight Surgeon to Carrier Air Wing ELEVEN, completing two cruises aboard the USS Kitty Hawk and USS America

Seriously? Yes, Carl Trusler steadily made an impact on people and places and organizations everywhere he went. Simply not a bitter bone in his

body, Carl lived his life large and out front; yet did so with such humility and grace.....and of course, laughter!

Carl’s relationship with West Texas Rehab began when he was only 10 years old through his mother, Barbara, when she was hired in 1956 by the late Shelley V. Smith to work at West Texas Rehab. She worked there, all while being treated for her disabilities from her polio, until her retirement in 1993. Barbara was known as the “voice of The Rehab,” with her contagious smile greeting all who entered the front doors of West Texas Rehab! She was loved by patients, staff, donors and board members alike. Certainly, it was in those years when Carl learned to appreciate West Texas Rehab and all Shelley did for his mother. However, when he returned to Abilene to be a physician, serving as the Medical Director of West Texas Rehab for 17 years, well....that’s when he learned to love West Texas Rehab! He was able to see firsthand the wonderful healing taking place in patients, many of whom had lost hope, as well as those who couldn’t have afforded their therapies had it not been for West Texas Rehab. Carl also found a place that embraced his philosophy of the medicinal healing of joy, for few are the places that bring more smiles and laughter to patients than West Texas Rehab!

Carl was a part of the West Texas Rehab Family in ways other than as Medical Director, serving on the Board of Directors and Executive Committee for a total of 18 years each, as well as a Foundation Trustee from 2018 until his passing on June 27, 2019. Carl was also a recipient of The Billy Mac Award, West Texas Rehab’s highest honor given to the volunteer who has shown his or her unrelenting commitment to our mission of improving the quality of life of those we serve regardless of financial circumstance. Carl and his wife, Jaynne, even gave the décor and remodel of the West Texas Rehab entrance in memory of his mother in 2006 – a generous and fitting gesture since that’s where she served for 37 years!

Every one of you who ever knew Carl Trusler has a memory or thought about

him, always told to others with a smile on your face! It just happens when you talk about Carl. However, it was a close friend of Carl’s who said this about his dear friend upon hearing of his death: No one cared for his fellow man and patients as much as Carl did. He gave his all to the town people of Abilene and his deep love to his church, family and close friends. Most of all he gave his incredible devotion every day to his wife, Jaynne, and loved her dearly. I cannot tell you how many times he told me of his devotion to Jaynne.

Carl LOVED, period! He loved the Lord, he loved Jaynne, he loved West Texas Rehab, and he loved so many other wonderful missions and ministries that help make Abilene the amazing place it is. Yet, it was the West Texas Rehab that always held a special place in his heart:

“Mother worked at WTRC as receptionist for 37 years. WTRC

offered her a way to support herself. Throughout my life other people and organizations have been kind to me and helped me. This is a way I can ‘payback’ the great generosity of a caring community. WTRC helps people who cannot get help anywhere else.”

All of us at West Texas Rehab were privileged to have worked alongside Carl, but even more...we were honored to call him friend! ★



Carl O. Trusler, M.D.
1946 - 2019

Carl’s relationship with WTRC began when he was 10 years old.

When I think of Carl, I smile.

It’s not too early to register to join our Telethon 2020 Live Auction:

GET STARTED WITH HANDBID



1. DOWNLOAD HANDBID APP or GO ONLINE

Visit the AppStore or Play Store or www.Handbid.com

2. TAP GET STARTED & CREATE ACCOUNT

Enter user information and Handbid will text you a PIN code.

Enter the PIN or click the link in the text message.

3. SELECT AUCTION FROM LIST REHAB 2020

Swipe left to enter the auction & accept push notifications.

In the app, swipe left/right to access categories & items.

4. AUCTION WILL BE LIVE ON NOVEMBER 1, 2019

SET MAX BID:

Select Max Bid & enter the max amount you are willing to spend. Handbid will automatically bid for you up to that price!

DASHBOARD:

Monitor your winning & losing bids! Select menu in upper left corner to view your profile, invoices, etc.

NOTIFICATIONS:

Receive outbid notifications on your phone if you accept push notifications. Don’t have the app installed? You will receive text notifications.



HANDBID

VOLUNTEER SPOTLIGHT



Kirsten Brink

Volunteers for Hospice of San Angelo do many things for their patients – like bringing milkshakes, mowing the lawn, or filling a birdfeeder. Tutoring a granddaughter who lives with a patient is not normally one of them.

Toni Goodwin, HOSA Volunteer Coordinator, recalls the day she asked a new patient how a volunteer might help her. The patient admitted there was a need, but she did not know if there was anything HOSA could do: her granddaughter, who was living with her, needed help in science.

Toni remembers saying she had never had that kind of request before but she would see what she could do. When the email went out to the volunteers, Kirsten Brink – an engineer at Ethicon and former high school science teacher – eagerly stepped up.

In addition to helping the patient, Kirsten began addressing some of the needs of the granddaughter. She helped the fifth-grader create a study space by buying her a portable desk and helped with time management and organization by giving her a planner. The task of re-organization spilled over to the bedroom. In the process of tutoring the student and helping her tidy up her bedroom, Kirsten developed a relationship with her, which did not

stop when school was out. One day this summer Kirsten made a 40-mile round trip to pick up the now-6th grader and take her to a movie.

Kirsten never forgets that the grandmother is the patient and the primary focus of her work in the home. “She is very concerned about her granddaughter. She loves her dearly, and she does what she can. I’m doing what the grandmother thinks needs to be done,” Kirsten says of her double role.

Kirsten points out, in spite of the fact that the girl is dealing with some very real issues, she was able to pull up her grades last year. “As a child, she’s doing the best she can,” Kirsten notes.

Kirsten has been volunteering with Hospice of San Angelo for two years, usually with two or three patients at a time. At first, she volunteered with Terry, a rescue greyhound and a certified pet therapy dog that recently died. Today, a photograph of Kirsten and Terry taken while they were visiting a hospice meeting hangs on the wall at Hospice of San Angelo as a reminder of how important volunteer connections are.

Volunteering with two or three patients, tutoring a child in science, helping her organize her room, driving 40 miles to take her to a movie, working full time as an engineer, and raising her own

daughter – how does one person do all of that?

“I feel called to do what I’m doing. I’m giving what I can, not as much as I’d like to, but volunteering is my way of giving back to the community,” Kirsten says. “I feel I’m helping people make a very important transition in their lives.”

“I have to be mindful of my energy level,” she says. “I have to make sure things are balanced with my daughter and my work. It’s important I do that. Patients figure out if I am stressed or don’t want to be there. I can’t do it unless I give 100%.”

In honor of Kirsten’s second anniversary with HOSA, the patient’s granddaughter designed a special card for Kirsten, which reads:

You are the #1 volunteer!! Thank you for helping me with my homework and helping me understand my homework more. I get down on myself sometimes, because I don’t understand, but you made me feel better and I did better! I also want to thank you for helping me get rid of all the clutter. Nana can breathe better in her room, and I am so happy about my room! Even though school is out, you still come over and even took me to the movies. So much fun! I hope you have fun on your special day today!

Kirsten encourages those who think they might be interesting in becoming a hospice volunteer to follow up, saying, “It’s natural to be a little scared the first time you walk into a patient’s room.” At first, Terry helped her talk with patients.

But she says, “The best thing about being a volunteer is that the smallest thing you do – like cleaning a fan, which is nothing – makes a patient feel comforted.”

Toni calls the connectedness of the patient, the granddaughter, and Kirsten a God-thing. “The patient is always so complimentary of Kirsten and each time says something like ‘My granddaughter is my top priority, and

having Kirsten’s support eases my mind.”

When Hospice of San Angelo cares for a patient, it knows in reality it is caring for a whole family. Volunteers are a critical part of the HOSA team and do many things to make patients and family feel better. Sometimes that family member is a child, and sometimes the need is personal attention and a little science tutoring. Volunteers give a piece of themselves to make life better for others.

HOSA needs volunteers in all counties we serve: Brown, Coke, Concho, Crockett, Kimble, Irion, Mason, McCullough, Menard, Reagan, Runnels, Schleicher, Sterling, Sutton, and Tom Green.

For more information about volunteering for West Texas Rehab’s Hospice of San Angelo, please contact Toni Goodwin at 325-658-6524. ★

HOSA
needs
volunteers
in all
counties
we serve



DYNASTY
WIRELINE SERVICES

Services include:
Perforating
Mechanical
Logging
Technology

DynastyWireline.com



Let us handle all the logistics of sending your Christmas cards to family, friends, and business customers this year!

We'll inscribe the following message on the attractive card pictured:

A GIFT HAS BEEN MADE IN YOUR NAME TO WEST TEXAS REHABILITATION CENTER BY

(Your name inscribed here)

We will personalize, neatly address, stamp & mail them FOR YOU!

For pricing or more information, please contact Julie in San Angelo at 325.223.6301 or Kathi in Abilene at 325.793.3525.



STAFF SPOTLIGHT



Clinton Conley, PT, DPT, DNCert, MFDc, CKTP, Graston Provider

When you first walk through the adult gym in the Abilene location of West Texas Rehabilitation Center, you may wonder what Novak Djokovic is doing there. So you do a double take and realize the guy helping a patient through their physical therapy is actually Clinton Conley, and he's completely focused on doing whatever is necessary to help his patient improve.

Clinton, or "Clint" as we call him, realized he loved being at West Texas Rehab when he was a student at Texas Tech Health Science. He was going through one of his eight week clinical rotations and knew West Texas Rehab was where he wanted to be, so he "ran back to Abilene" when he graduated from Tech in 2014. "I feel like the two tiered environment is special. We have an excellent team, everyone gets along. Our bosses are supportive. The Foundation allows us to provide the kind of care our patients need. I just really appreciate the Foundation and what West Texas Rehab stands for. I love the one-on-one care, hands on, patient specific therapy I'm allowed to perform."

His love of his patients is evident as you watch him guide them through their therapy. He enjoys working through challenges such as a patient who came to him with major shoulder issues. She had been misdiagnosed and was at her wit's end trying to get relief. Clint was able to use one of several techniques he's certified to do -- dry needling -- to treat her frozen shoulder. She saw an almost immediate difference after her therapy with Clint.

Another patient, Carol, feels like she had "the luck of the draw" when she ended up with Clint as her therapist for her knee. "He's very encouraging and fun to work with. He provides good communication. He listens to me, and I listen to him," says Carol. "He's always happy," she said with a smile. Carol recently returned for therapy on her back and insisted that Clint be the one to treat her.

Clint, a Tuscola native, graduated from Jim Ned in 2007 and then headed to Texas Tech where he graduated with his undergrad in 2010. He's been married to his wife, Sarah, for five years and they have two beautiful children, three year old Addison and 10-month old Nolan. He'll tell you one of his hobbies

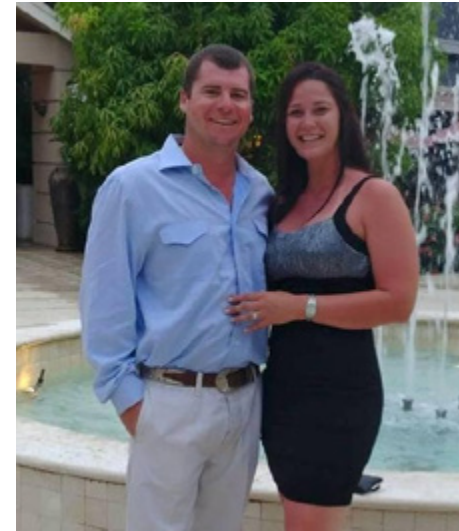


is "family time." You will often find Clint giving horseback rides to his kids in the living room or outside making mud pies. When he isn't at work or with his family, you can catch him on the disc golf course. He's a rated player, and his favorite course to play on is in Selah, Texas. He's won several tournaments and often plays in the Waco Charity Open.

West Texas Rehab is incredibly lucky to have highly-skilled clinicians such as Clint. "He's so positive, caring, and explains stuff. I don't dread coming here. PT isn't a drudge," says Carol.

When asked to sum up what Clint thinks of West Texas Rehab, Clint responded with, "A good heart makes a good therapist." Fortunately, West Texas Rehab is full of good hearts like Clint's! ★

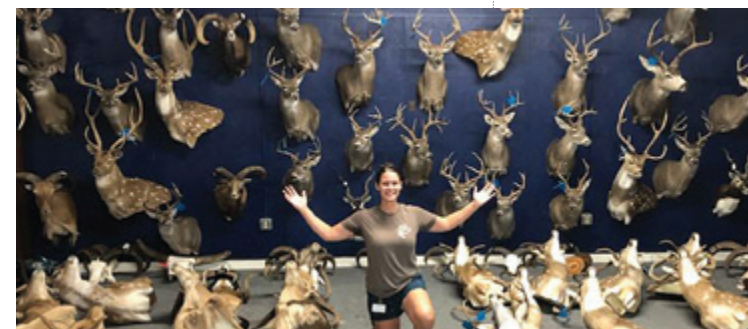
SPONSOR SPOTLIGHT



Ask anyone around town for the best processor or taxidermist, and they will point you in the direction of Rough Creek Taxidermy (RCT) and its owner, Jessica Brown.

Pulling in the parking lot, it seems that there is no more to see than a metal building with a drive up area and a traditional deer drop off--which looks like the prime place to swap hunting stories and meet outfitters. But as you enter the building Jessica's craft is made apparent. She is the Queen of Taxidermy in these parts, and the hundreds of meticulously-finished mounts is all the proof you'll need.

A native of Greene, New York, she ended up in Texas like most of our state's greatest pioneers, looking for adventure and the chance to learn something new. She came to Sonora in 2011, and by 2014 she was in full swing of the new trade she had learned: processing meat, and putting tanned hides back together again and turning them into majestic mounts. In 2015, Jessica became the sole owner of Rough Creek Taxidermy after many years of learning every aspect of the business and every detail that makes a difference in the services that she provides to her customers. "I had to make sure things were done right, for myself, and my customers. Quality in the butchering of the meat is just as important as



Rough Creek Taxidermy

In Sonora, Texas there are at least two things that locals can tell you, directions to the nearest gas station or where the local taxidermist can be found.

that, she stocks items that are perfect for anyone simply stopping off the interstate looking for a souvenir to take home. You can find axis stockings, axis throw pillows, antler handled knives and kitchen utensils, tanned hides, and purses--all beautifully crafted.



SONORA, TEXAS

Jessica, her husband Josh, and daughter, Harper, are proud supporters of West Texas Rehab Center and were the presenting sponsors for the 2019 Sonora Sensation. ★

taxidermy, and I am doing everything the way I would want it done--carefully, and correctly."

Today, Jessica has branched out and now offers her

customers way more than just taxidermy and processed meat. Customers who are passing through can pick up RCT caps, T-shirts, magnetic koozies, or hoodies that would be the envy of anyone at deer camp. But beyond



"Good Neighbor Award"

2004 - 2019



THE HARRY HOLT

HARRY HOLT

A West Texas icon – Farm & Ranch broadcast and writing career for almost 70 years – helped make Cattlemen's Round-Up a success. Received the Lifetime Achievement Award at the 2003 Telethon.

CRITERIA

- 1) Person in Agriculture or Agricultural Media who has promoted the Rehab and the Rehab Mission
- 2) Person who has used personal or professional contacts to convince others to support Rehab and has encouraged the next generation to get involved with Rehab
- 3) Person who has led by example and who gives and has encouraged others to give
- 4) Would Harry agree that this individual deserves special recognition – or would he chastise us for the selection – now that would keep us cautious

PAST WINNERS

- 2004 Bobby Sayles
- 2005 Jerry F. Lackey
- 2006 Bobbie Jean Edington
- 2007 J. T. Smith
- 2008 Bob Moorhouse
- 2009 Garland Richards
- 2010 Rob Brown
- 2011 Willard & Peggy Jordan
- 2012 Troy & Cheryl Moore
- 2013 David & Marc Dobbins
- 2014 Tommy Milliorn
- 2015 Tommy Riley
- 2016 Carter Behrens
- 2017 Randy Carson
- 2018 Bob Helmers

2019 **Marty & Jody Frey**

Congratulations & Thank You!

ROUND-UP FOR REHAB



Red Steagall: Honorary Chair for Round-Up for Rehab

Since 1953, West Texas Rehab's mission has been to improve the quality of life for every child and adult who seek our services, regardless of their financial circumstance. A private, non-profit organization, WTRC has outpatient rehabilitation facilities in Abilene, San Angelo and Ozona and treats more than 650 patients per day.

The West Texas Rehabilitation Center's philosophy of neighbor-helping-neighbor was born when Coke County ranchers Conda & Edna Wylie donated the first pen of cattle to West Texas Rehabilitation Center in 1960. 60 years later, Round Up for Rehab continues to raise money and awareness through livestock sales in multiple counties.

Round-Up for Rehab is a year-round program.

You can support the life-changing programs at the West Texas Rehabilitation Center by attending one or more of our special Round-Up sales, or donating livestock.

Please contact the West Texas Rehabilitation Center for more information.

WTRC Abilene
4601 Hartford
Abilene, TX 79605 • 325.793.3507

WTRC San Angelo
3001 South Jackson
San Angelo, TX 76904 • 325.223.6364

WTRC Ozona
908 1st Street
Ozona, TX 76943 • 325.392.9872

Follow Us for More Information
Facebook: WestTexasRehabCenter
Twitter: @WestTXRehab
Instagram: @westtexasrehab
#WestTexasRehab

www.WestTexasRehab.org



2019
ROUND-UP
for **REHAB**

60th Annual
EST. 1960

2019 Round-Up for Rehab Sale Calendar

Jackpot Show
Wylie ISD Ag Barn, Abilene
Saturday, December 7, 8:30am

Round – Up for Rehab is a year-round program. You can support the life-changing programs at the West Texas Rehabilitation Center by attending one or more of our special Round-Up Sales, or donating livestock. Please contact the West Texas Rehabilitation Center for more information.

EKDAHL NELSON
Farm & Ranch, Commercial, and Residential Real Estate

PROPETRO

B-4 Farms

BAR-C-FEEDYARD

Group IV - Member Owned Electric Co-Ops

Southwest Texas Electric Cooperative
Southwest Rural Electric Association
Fort Belknap Electric Cooperative
Coke County Electric Cooperative
Big Country Electric Cooperative
Taylor Electric Cooperative
Comanche Electric Cooperative
Concho Valley Electric Cooperative

©2019 WESTTEXAS.COM

REHAB
WEST TEXAS REHABILITATION CENTER

41

Join the West Texas Rehabilitation Center's
Cotton & Commodities Round-Up for Rehab

and be a part of its neighbor helping neighbor philosophy. With the support of our producers, sponsors, and ginning partners, we are raising funds or, "bales and bushels," to benefit the life changing programs at West Texas Rehab. To find out how your gin or co-op can get involved, please call 325.223.6313 or visit WestTexasRehab.org

Presenting Sponsor



Participating Co-ops & Gins



CALENDAR of EVENTS ABILENE DATES, KARLA @ 325.793.3507 / SAN ANGELO DATES, JENIFER AT 325.223.6313

Date	Event
November 5, 2019	Round-Up Sweetwater Shrimp Peel
November 7, 2019	Hospice of the Big Country Candlelight Memorial Service
November 9, 2019	Frank Caraway Sporting Clays - San Angelo
December 5, 2019	Hospice of San Angelo Light Up a Life
December 7, 2019	Round-Up Jackpot Show
December 14, 2019	Snyder Christmas Ball
December 17, 2019	Hospice of San Angelo Candlelight Memorial Service
January 18, 2020	50th Annual Rehab Telethon & Auction
February 1-28, 2020	Hospice of the Big Country's Hearts Remembered
February, 2020	Round Up of the Heart - Breckenridge
March 19, 2020	Stribling Art Show Extravaganza Preview Party
March 20-22, 2020	Stribling Art Show Extravaganza
April 2-4, 2020	Abilene TOP GUN Sporting Clay Shoot
April, 2020	Spring Chicken Affair 5K
April, 2020	Spring Chicken Affair
April 30, 2020	2nd Annual Hospice of San Angelo's Dancing with the San Angelo Stars
June 16, 2020	Round-Up for Rehab Lamb & Goat Sale
July 2020	Stamford Art Show
TBD	Sonora Sensation
August, 2020	Abilene Dinner Show
September, 2020	Ozona Goat Roper's Gala
September, 2020	Round-Up for Rehab Abilene Sale
September, 2020	Round-Up for Rehab Producer's Sale San Angelo
October 15, 2020	Round-Up for Rehab Pig Sale
October, 2020	San Angelo Dinner Show
November, 2020	Sweetwater Shrimp Peel & Auction
November, 2020	Frank Caraway's Sporting Clays Classic
December 5, 2020	Round-Up for Rehab Jackpot Show
December 12, 2020	Big Country Christmas Ball - Snyder


TBD: To Be Decided

All dates subject to change. Please check WestTexasRehab.org throughout the year for updates.

50 Years of Telethon

Watch it via Live Stream on
January 18, 2020 at WestTexasRehab.org





PACESETTERS

Pacesetters is a program designed for individuals who would like to participate in a fitness program in a rehab environment. No contract, pay as you go.

Level 1
Gym only - This program is designed for individuals who are completely independent with workout equipment. The individual demonstrates the ability to properly use all gym or pool equipment without the assistance of a certified fitness professional. (\$24 a month)

Level 2
Class Only - This program is designed for individuals who need or desire supervision and assistance with workout equipment. This is a class setting which will meet 2-3x a week. This program is designed by a therapist, but will be overseen by a certified fitness professional. Class size is typically 4-6 clients. (\$45 a month)

Level 3
Personal Trainer - This program is designed for individuals who require or prefer one on one supervision by a certified fitness professional when exercising. These individuals may need minimal assistance getting on/off equipment or may require assistance with various forms of exercise. (\$75 a month)

Level 4
Pool only - This program is designed for individuals who are completely independent in the pool. The individual demonstrates the ability to properly use all pool equipment without assistance of a certified fitness professional. (\$24 a month)

*Pool Classes: Tuesdays and Thursdays
AM: 8:00, 8:45, 9:30, 10:15 & 11:00 / PM: 1:30 & 2:15*

For more information contact Pacesetters in San Angelo at (325)223-6479

CAPITAL WISHLIST

Site	Department	Description	Quote
SA	Audiology	Pneumatic Exam Chair	3,100.00
SA	O & P	New Solid counter tops, 2 solid surface sinks and faucets (plaster room) Replace sink and faucet and counter top (Cast Room)	4,000.00
AB	Hospice	Scoop Mattress (Quantity 15)	2,506.65
SA	IR	Drug Screen Chain of Custody Cabinet	2,210.00
OZ	PT/OT	N-K Delux Electric Hi-Lo Table	2,395.00
AB	Pedi OT	Social Group Room Kitchen Play Set, Switch Music Box, Treatment Card Sets	2,883.32
SA	Adult PT	SportsArt Upright Cycle w/20 Resistance Levels	1,770.00
AB	Pedi PT	Clinton physical Cuff, Weights, Dumbell and Racks	826.68
SA	Adult OT	Lightforce Laser Therapy System	33,500.00
SA	Adult OT	New Whale P5 Portable /include linear & convex probes, trolley cart	17,500.00
Pedi	PT	Therapy/Nesting Bench	2,584.32
SA	O & P	Powered Parallel Bars	4,850.00
SA	Adult ST	Iowa Oral Performance Instrument (IOPI)	2,120.75
AB	Audiology	Vivosonic ABR - Infant hearing evaluation system	19,400.00
AB	Pedi OT	Sensory Quiet Room Equipment- Light Wall Pannels	7,117.75
OZ	PT	Triton DTS Advance Traction Table (Vonco)	9,258.00
AB	Pedi PT	Vital Signs Monitoring System	2,429.68
AB	Pedi OT	Treatment Chairs for food school program	2,421.00
AB	Pedi ST	Green house and supplies for Horticulture Therapy Program	2,357.00
SA	Pacesetter	Elliptical Trainer	2,520.00
SA	Audiology	High HZ Option-HF Tinnitus Evaluation System	1,775.00
AB	Audiology	GSI Tymptstar	10,345.00
AB	Adult PT/OT	OCCCUPRO FCE Software	13,225.00
AB	Pacesetter	Fitness Equipment for Pacesetters Program 27	17,500.00
SA	Adult OT	Stereo Optical Vision Screener 28	7,225.00
AB	Adult PT	Matrix Climbmill	4,118.00
SA	Pedi	Cabinets (13) for Speech Rooms and Hallways	2,599.87
SA	Adult PT	Natus Balance Master	109,436.25
SA	Adult PT/OT	Lympha Touch Therapy Device-Cupping System	5,298.00
AB	Adult PT/OT	Lympha Touch Therapy Device-Cupping System	5,298.00
AB	Audiology	GSI Tymptstar	10,345.00
AB	Adult PT/OT	Bioness Knee and Foot Drop FES Rehab system	44,740.00
AB	Adult PT/OT	Bioness Hand Rehabilitation System	50,272.00
<i>Total to Fund</i>			\$397,582.27



**JANUARY
18
2020**
50th Annual
Rehab Telethon
& Auction



Proceeds Benefit **REHAB** WestTexasRehab.org
WEST TEXAS REHABILITATION CENTER

SHRIMP PEEL & Auction

TUESDAY **NOVEMBER 5** 2019 **6-8 PM**

Nolan County Coliseum Annex

TICKETS
ONLY
\$25 ^{EACH} AT THE DOOR OR \$20 ^{EACH} IN ADVANCE

★ SPONSORSHIPS AVAILABLE

- ★ PLATINUM • 20 DINNERS • \$1,000
- ★ GOLD • 8 DINNERS • \$500
- ★ SILVER • 4 DINNERS • \$250

CONTACT:
Jan Smith 864.3557
Homer Grimes 235.3821
Riley Ann Price 207.4989
Kirstin Smith 806.441.0295
Mandi Ligon 940.733.0120
Suzi Pillans 214.236.5515
Kelly Etheredge 725.0756
Dalton Maddox 338.0746
Stacy Dove 235.1700
Tom Rees 235.4050

BUZZ **THE MedicinePlace** **ROUND-UP for REHAB**

BY **T&S VENTURES** **CHOICE AGGREGATES**
STEVE & JAN SMITH **TOLAND & KIRSTIN SMITH**

DON'T MISS THIS

SAN ANGELO TEXAS
FRANK CARAWAY SPORTING CLAYS CLASSIC

REHAB
FRANK CARAWAY SPORTING CLAYS CLASSIC

SATURDAY | NOVEMBER 9
SAN ANGELO CLAYBIRD ASSOCIATION

2019 **SAVE THE DATE**

VISIT WestTexasRehab.org FOR SPONSORSHIP AND REGISTRATION INFORMATION

700MTEXAS.COM

Keep the tradition alive.

Loans custom-tailored to fit your financing needs.

At Capital Farm Credit, we believe in Texas agriculture. We work hard to earn your trust and keep your business. Whether you're looking to finance farm or ranchland or improve your current operation, our team of experts is here to help you grow. We even have special programs for beginning farmers, ranchers and veterans. And as a cooperative, our patronage program has returned more than \$750 million to our borrowers over the last decade.



Together we're better.
Partnership that really pays.



877.944.5500

 capitalfarmcredit.com

NMLS493828