

WEST TEXAS REHABILITATION CENTER

# ROUND-UP

WEST TEXAS  
REHABILITATION CENTER

# 59 YEARS of ROUND-UP

PG. 6



PG. 2

# IRA

PG. 8

PHYSICIAN  
SPOTLIGHT

## Dr. George Dawson

PG. 12





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## LEADERSHIP LETTER

Steve Martin, President & CEO



As I write this article, we are in the midst of our first substantial rainfall in months. The grass and trees are bright green from the nourishment received and the mild temperatures and Friday night football all indicate fall is indeed on its way, if not here already.

With the changing of seasons, we all have time to reflect on the blessings we have been given. For the patients we treat and the staff employed here, the West Texas Rehabilitation Center is truly a blessing for our families, local communities and surrounding counties. The West Texas Rehab has relied on the generosity of our communities to make miracles happen each and every day for 65 years.

As you read about Greg Tamez, think about someone who has had a stroke at a young 44 years of age and what a blessing the West Texas Rehab has been in his recovery. Our generous supporters make it possible to provide the absolute best care, equipment and staff available.

As you read about an amazing physician, and an even more amazing individual, think for a moment about how many lives Dr. Dawson has touched throughout a medical career that dates all the way back to 1956. Think about how important and what a blessing he has been and continues to be for families experiencing terminal illness. Dr. Dawson and his Hospice of the Big Country team have been walking side-by-side with patients for over 17 years.

When it comes to our employees, we are so blessed to have over 320 outstanding folks to provide the best care anywhere with state of the art equipment, facilities and certifications. Certifications like those of Dr. Connie Stephens, enabling her and her staff to give the gift of hearing and independence back to patients of all ages each and every day. Blessings like Chaplain Burt Williams who provides unique services through our hospice program to help adults who have recently lost a loved one; to realize there are others experiencing the same issues and support is just a phone call away!

West Texas Rehab is blessed with amazing donors and volunteers. Donors like Maudie Reeves who turned her talent for quilting into a tradition of support for our patients that spans over 40 years. She has been such an advocate for the West Texas Rehab and our patients, recruiting many other quilters to expand our selection of quilts and afghans each year during the Telethon.

Please read about opportunities available for you to support the West Texas Rehabilitation Center Foundation, and to do so in ways that meet your charitable giving intent and philanthropic goals. The Foundation and our fundraising allow the West Texas Rehab to provide rehab and hospice services the way you want your family and loved ones to be treated. It is important to remember that rain will come inconsistently, seasons will change, grass and trees will become dormant, and football seasons will come and go. But, through your support of our events, your legacy gifts to Foundation, and the skill of our outstanding, certified clinicians, the West Texas Rehab will be a blessing for all who need us for many years to come!

Thank you for your continued support. We couldn't be the organization we are today without the blessing you have been to us.

Respectfully,  
Steve

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## IRA Qualified Charitable Distributions becomes Permanent Law

If you're required to take a minimum distribution from your IRA, you'll again have the option to make that distribution tax free by directing it to the charity of your choice, hopefully West Texas Rehabilitation Center. These distributions can be a convenient way to support worthy charitable causes and get a tax break, all while meeting the tax requirements for Individual Retirement Accounts (IRA's).

In understanding qualified distributions, it's helpful to recall the basics of required minimum distributions (RMDs): If you're age 70½ or older, you generally must withdraw a minimum amount each year from your traditional IRAs (Roth IRAs are excluded) and employer-sponsored retirement plans. The money you're required to withdraw gets added to your taxable income. Failure to take your RMD by year-end could result in a stiff IRS penalty—50% of the amount you should have withdrawn.

Under the now permanent Qualified Charitable Distribution (QCD) rule, beginning at age 70½, you can have all or part of your distribution made directly from your IRA to a qualified charity (up to \$100,000 per taxpayer, per year). Unlike conventional Required Minimum Distributions, QCDs ARE NOT subject to ordinary federal income taxes.

*However, donor-advised funds aren't eligible for QCDs.* To contribute from your IRA to a donor-advised fund, you'll still need to take your distribution, pay the income taxes and penalties, and then offset them with a contribution into your philanthropic account.

## How to take advantage of the QCD rule

For example, suppose that in 2018 you're over age 70½ and you'd like to make a contribution to the West Texas Rehabilitation Center. You may have your 2018 RMD made payable directly to West Texas Rehab, and then designate it as a qualified charitable distribution on your tax return. You'll have satisfied your distribution requirement, and you won't have to pay income taxes on that money.

*Be aware that you can't also claim the qualified distribution as a charitable tax deduction—the amount is simply excluded from your taxable income.*

There are several considerations to keep in mind when deciding whether to take advantage of the QCD rule.

Individuals with charitable intent may want to consider an IRA charitable distribution for 2018. However, you should consider consulting with a professional advisor to determine from not only an income tax perspective, but also an estate planning perspective, how best to achieve your wealth and charitable planning objectives. Other factors that can effect a decision to make an IRA charitable distribution include whether your charitable contributions exceed your otherwise deductible limit, whether you itemize deductions, the potential loss of tax-deferred growth on the amount distributed from the IRA, and the effect on the size of future RMDs.

The WTRC Foundation staff believes that you're well served to approach charitable planning holistically, taking into consideration income tax implications, as well as estate and gift tax planning goals and objectives. As always, we recommend you consult a professional tax advisor for specific guidance on your personal situation. If you need more information or if we can be of assistance, please call us toll free at 1-888-861-6385.



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West Texas Rehabilitation Center

Served

148

Communities

Across 3 States in 2017





## PATIENT SPOTLIGHT

### Greg Tamez

Greg Tamez will be the first to tell you about his passion for sports. For years, he's been playing football and softball in any league he could find



*Greg Tamez, pictured with his wife shortly after the stroke*

and all but bleeds 49'ers red and gold. Nearly every day after work, he would head to the gym for his favorite pastime: a good game of basketball! Greg was as active as they come, until one day, when his game was cut short. It was a day his whole life changed without warning; at the age of 44, Greg Tamez had a stroke. His doctors said it came out of nowhere, with no warning signs.

"I remember being in the hospital," says Greg. "I thought that I had just gotten sick and that I was going to get out and have my normal life back again. I remember going to the doctor after that and he looked at me and said, 'I'm going to tell you

right now, you're never going to work again.' I really didn't know what I was going to do or which direction I was headed." Greg's stroke left him with paralysis on the left side of his body, affecting his ability to function from his arm down to his left leg. He couldn't walk, he was wheelchair bound and needed maximum assistance with almost every task. Thankfully, his doctor referred him to The West Texas Rehabilitation Center, where he would find the tools he needed to get back in the game.

"I've gotten to know these people like a second family. They are just amazing, so welcoming and helpful. When I first got here, another patient told me 'If you stick with West Texas Rehab, they'll get you where you need to be.' They were right," Greg tells us.

Greg started work right away with Jodi Hierholzer, a physical therapist at West Texas Rehab.

"Greg is highly motivated and accountable. He never quits. He is doing everything he can to be a good dad and a good husband. He knows that his physical ability directly affects how he can take care of his family. He's told me this day in and day out: 'I want to be able to take care of my family and not be stuck in this wheelchair,'" Jodi tells us.

And that's exactly what they did. Bit by bit, Greg fought to regain strength and function on the left side of his body. Today, he is walking on his own, something Greg says wouldn't have happened without the amazing services at West Texas Rehab.

"This place has changed me. I know if I can keep working on my goals here at West Texas Rehab, I'll get where I want to go. It may take me a while, but I'll get there." You know what's amazing? That you can be a part of the journey of healing for Greg and countless others, through your kind gifts to the West Texas Rehab.

"The great thing about West Texas Rehab, is we are able to give patients personal attention. Often at other clinics,



*Greg Tamez and Physical Therapist Jodi Hierholzer*

a therapist will check a patient out and send them to a technician to do therapy and exercises. At WTRC, we don't have technicians. We are proud that our certified therapists spend the entire session with each patient," says Jodi.

That one-on-one attention is a big part of why Greg continues to make progress after a stroke that many medical professionals said he'd never recover from.

"Everything you give is worth giving. Everything you give helps someone who is in my shoes. Every little bit does a lot more than you realize. I came to West Texas Rehab to prove my doctor wrong and everybody that doubted me. Because that's my goal: to get back in the gym and lead my normal life again. And I can do that with West Texas Rehab and with God's help." - Greg Tamez

49th Annual **REHAB** 2019  
WEST TEXAS REHABILITATION CENTER

# Telethon & Auction

JANUARY 19, 2019

WestTexasRehab.org

*Mark Your Calendar!*

How has WTRC been a part of your life?

*Tell us your story*

If West Texas Rehabilitation Center has impacted you or someone in your life in some way we would love to hear your story.

Please contact Amelia Carnagey at [acarnagey@dwtrc.com](mailto:acarnagey@dwtrc.com) or call 325.793.3519

**REHAB**  
WEST TEXAS REHABILITATION CENTER





## DONOR SPOTLIGHT

### Bobby Helmers

As an athletic teenager riding, roping and tending cattle to earn spending money, young Bobby Helmers couldn't have imagined the many trails which lay ahead of him in the late 1950's.

One of his first wise decisions was to marry his high school sweetheart, Sandra Hall, 58 years ago in 1960. This young, educated couple began teaching school and coaching athletes all across West Texas – but they were always rooted in the fertile soil of Schleicher and Tom Green counties where Sandra's grandfather, Lee Williams, had homesteaded in 1891. Mr. Williams, in building his ranching holdings, also sold horses and mules to the U.S. government during World War I.



*Bob and Sandra Helmers*

While coaching both boys' and girls' in football, basketball, track and golf, Bob brought to the field and gymnasium his tenacious work ethic and his core values of fair play and good sportsmanship. Early on he was a winner, and he passed his



*May 1973 Eldorado State Track Champions*

passion on to his students and his growing family. Back at home on the Bar H Ranch, he and Sandra raised Brangus cattle, made many conservation

improvements, and nurtured their two daughters: Paige Franklin and Staci Jenkins. Both have careers and Paige and husband Joe live nearby on the ranch. Two granddaughters, Macy and Blake, have given Bob even more females to dote on!

Family and friends being served by West Texas Rehabilitation Center brought Bob down another important trail – 'riding' for the Rehab brand. Beginning in 2004, he was asked to join the Center's Board of Directors and also began serving on the Executive Committee, making monthly commutes to San Angelo and Abilene.

A year later, exhibiting his business and financial savvy, he was tapped to serve on the Rehab Center's Foundation as a trustee, and for a dozen years he has helped guide the growth and resources of West Texas Rehab's financial future. He knows and understand the importance of the West Texas Rehab's viability for generations to come.



*Bob Helmers playing golf with Red Steagall*

In 2006 Bob assumed the vice chairman's role of the WTRC-San Angelo Board of Directors, and that same year he stepped up and joined Jody Frey (pronounced Fry) as Concho Valley Round-Up for Rehab volunteer co-chairmen.

Part of the secret of Bob Helmers' success is that he is a giver himself. Before approaching others to join him in worthy causes such as supporting the West Texas Rehab, he's already donated a Brangus steer or two to the Rehab Round-Up and a trophy game hunt to the Telethon auction – all to benefit children and adults needing a hand up to overcome their adversities.

This former educator also worked as a petroleum land man, and he has been honored by his peers as the Conservation Rancher of the Year, Outstanding Rangeland Manager and Wildlife Conservationist.



# Helping Here®



*Bobby Helmers receives 'Harry Holt Award' in 2018*

Also, he's active at the First Presbyterian Church in Eldorado where he's an elder, has taught Sunday School and sponsored the youth group, and serves on the boards for First National Bank in Eldorado as well as the Hill Country and West Texas Brangus Associations.

Long-time ranching friend and West Texas Rehab board member Tommy Milliorn said it best: "At Rehab Center meetings, when Bob Helmers speaks, we all listen. And when the Harry Holt award was established, a person of his caliber must have been



*Donor Bobby with 504 bull*

what they had in mind." Aren't we mighty proud Bob's on Rehab's team, and still riding for the WTRC brand!





## PHYSICIAN SPOTLIGHT

### Dr. Dawson

A beautiful death: This sentiment could be expressed only by someone who has spent a career caring for others. Only someone who has experienced helping others bring life into this



*Dr. George Dawson*

world. Only someone whose eyes and heart have seen joy, heartache, sickness and health in his own family, could say at the end of an individual's life, "It was a beautiful death." Only someone with the empathy, knowledge, stamina, and compassion as that of Dr. George Dawson could truly see the beauty in death. When asked why he is passionate about hospice care, he stated, "I see forgiveness at the end of life as the most powerful medicine I've ever witnessed."

Dr. George Dawson is the Medical Director of West Texas Rehabilitation Center's Hospice of the Big Country and has served in this position since 2001. Angie Lane, Director of Hospice of the Big Country, says, "Dr. Dawson brings kindness, compassion and expertise to our team. He is full

of wisdom and has such a heart for hospice. Our patients are better served because he is here."

Many know of Dr. Dawson, but few know how he became the great man he is today. Dr. Dawson was born in Georgetown, Texas in 1931. He grew to value hard work and helping others early in life, as the son of two very hard working parents. Dr. Dawson met his wife, Dorthy, while in school together in Georgetown. In 1952, Dr. Dawson graduated with a B.S. in Chemistry from Southwestern University. That same year he married Dorthy, his hometown sweetheart and a recent nursing school graduate. He went on to complete his medical degree from the University of Texas Southwestern Medical School in Dallas and graduated in 1956. Once he completed an internship at Brackenridge Hospital in Austin, Dr. Dawson entered the United States Air Force and was stationed in Clovis, New Mexico. As the Dawson family began seeking therapy options for their daughter, they were unable to find a facility close by. Shelley Smith, the founder and the first staffed physical therapist of West Texas Rehab, was a high school friend of Dr. Dawson and encouraged him to come to Texas for his daughter's treatment. In 1958, through a compassionate transfer, Dr. Dawson was restationed at Dyess Air Force Base, thus beginning his long history at West Texas Rehab. In 1959, Dr. Dawson was discharged from active duty and opened his medical practice in Abilene.

During his time in medical school, Dr. Dawson and Dorthy became increasingly interested in medical mission work. Once his practice was established, the Dawson family began making trips to remote areas in Nigeria, Ghana and Tanzania to provide medical care to patients in desperate need. As the parents of two daughters and two sons, it was important to George and Dorthy that their children see the importance of giving back and helping others less fortunate.

In 2001, Dr. Dawson retired from his full-time medical practice. His retirement was more like a pause, as four months later he began his work with Hospice of the Big

# HATS OFF

to the West Texas Rehabilitation Center.

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Country as their medical director. He felt it was time to give back to an organization that helped his family, when his daughter was in need of treatment years before. "Not financially, but with service," he said. "They had given our daughter so much hope." He loves his job, and as his wife Dorthy says, "This job must have been prepared by the Lord just for George." Dr. Dawson says the most rewarding part of his work is to see patients make peace with God, knowing they truly are



*Dr. George Dawson (center) Medical Director of Hospice of the Big Country, with Associate Medical Directors, Dr. Gary Holland (left), and Dr. Sandra Hazelip (right)*

going home. In keeping with his high standard of care, Dr. Dawson became certified in Hospice and Palliative Medicine, allowing him to better serve all of the patients at Hospice of the Big Country.

Time spent with Dr. Dawson is special. Whether it is "windshield time" with a nurse who is headed to visit a patient or time spent sitting in a team meeting, his wisdom, gentleness, and thoroughness are examples to be learned and followed. He has taught the hospice staff the importance of simplicity and of valuing the patient's wishes. At the end of each patient report, his never-changing question "Is this patient comfortable?" has taught one and all the true hospice philosophy.

Dr. Dawson says, "This is a great retirement job." What a privilege it is to have him at West Texas Rehab and Hospice of the Big Country. Because of physicians like Dr. Dawson, "Great things happen here every day!"





## STAFF SPOTLIGHT

### Dr. Connie Stephens

Tinkling laughter, sizzling of food cooking, crinkling of leaves under foot, the ebb and flow of the breeze rushing past, birds' song overhead, harmonizing in church, little voices sharing stories, important conversations with loved ones -- have you ever considered what is missed by those who suffer from hearing loss? Dr. Connie Stephens, Director of



*Dr. Connie Stephens, Director of Hearing and Balance at West Texas Rehabilitation Center*

Hearing and Balance at West Texas Rehabilitation Center, has a passion for conservation of these important sounds. With 40 years experience as an Audiologist, she has truly impacted many lives through her kindness, her expertise and her restoration of hope.

Originally from Quanah, TX, Dr. Stephens ventured across the state to start her education journey. Little known fact, Dr. Stephens is an avid Longhorns fan and received her undergraduate degree, a Bachelor of Arts with honors in Biology, from The University of Texas at Austin in 1975. Dr. Stephens always knew she wanted to go into the health field because she had a desire to help people. When asked about her career path, Dr. Stephens stated, "I wanted to do something I felt would be rewarding, but and I had no clue what that would be." When she began her coursework, she had never been exposed to hearing loss, but she found herself fascinated as she immersed herself into her first Audiology courses. With obvious excitement at the memory, Dr. Stephens explained, "I thought, this is it!" Every course I took from then on... the more and more I

was hooked. Not everyone is fortunate enough to find what they love to do!" She completed her graduate degree, a Master of Science in Communication Disorders, from The University of Texas at Dallas in 1977. Right after graduation, even though she had planned on life in a big city, Dr. Stephens accepted a "temporary" position at an Ear Nose and Throat Specialist office in Abilene. Rather than a temporary stepping stone to metropolitan life, the position led to her falling in love with Abilene and the community she quickly became a part of.

In May 2002, Dr. Stephens accepted a position at West Texas Rehabilitation Center in the Hearing and Balance Center. She has since shown her love for Audiology through each interaction she has with staff and patients. The final step in her educational journey came in the late 2000's when certification standards shifted from requiring audiologists to hold a minimum of a masters degree, to now being required to have doctoral degrees. Though Audiologists previously certified would be allowed to keep their certification and continue practice without the added credential, it is a testament to Dr. Stephens steadfast devotion of bringing the utmost knowledge and care to her patients that she returned to school, while continuing to work full time. She completed her Doctorate in Audiology from A.T. Stills University of Health Sciences in 2009.

When speaking with Dr. Stephens, she frequently references individuals who were significantly impacted by the Hearing and Balance Department. Many of her memories involve patients who have been fitted for hearing aids for the first time, adults even, who then teared up once they realized how much they had been missing for so long. When asked about impactful moments throughout her career Dr. Stephens said that, "It is so rewarding... to make a difference in their lives, and improve their quality of life." One particularly touching story was about a farmer who had been fit with hearing aids two weeks prior, and had returned for a follow-up appointment. "I asked him how things were going and he sat there for a long time.", Dr. Stephens recalls, "I could tell he was choking up and trying really hard not to cry. Tears started going down his cheeks and I could tell it was really hard for him. I said, "What's wrong?" He said, "Nothing's wrong, I had thought the country had gone dead. The first night that I stepped out on my back porch



*West Texas Rehabilitation Center  
Abilene Hearing and Balance*

I could hear the crickets, and the frogs down at the tank. I don't know how many years had gone by that I wasn't hearing that." It affected him so much he couldn't keep from crying and we sat there crying together." So many of us take for granted the simple sounds that surround our daily lives. The click of the keyboard as I write this, the sound of the

mailman greeting passersby, the jingle of a key in a lock, these are all sounds that help create this moment, but Dr. Stephens knows the importance of these sounds; she notes, "Every time I walk out of my house and hear birds singing I have to stop and listen, because that is such an important part of our quality of life, all of those little sounds."

With sixteen years as a member of the West Texas Rehabilitation Center family, Dr. Stephens ardently loves all she continues to do through her work here. "I count my blessings every day, that I love what I am doing!" she explains, "I love the patients that I see every day; every person is so different and a different set of challenges and it just keeps me so excited about meeting each new patient and doing what I can to help them." We are so grateful for the continued excitement and the passion she brings with her each and every day. "I love it. I love the Rehab Center. I love the mission. I love the people who work here. I love that we are able to treat everybody the same regardless of their ability to pay." Dr. Stephens and all she does is part of what makes great things happen here every day!

November 10, 2018  
San Angelo  
Claybird Association  
Rotation at 9:00 AM

**FRANK CARAWAY**  
Sporting Clays  
Classic

Benefiting WEST TEXAS REHABILITATION CENTER

**REGISTRATION INFORMATION**

**Individual Fee \$150**  
**5-Member Squad Fee \$750**  
Deadline to guarantee slotting is Nov 1.  
Entries received Nov 2-5 will be accepted  
based on availability.

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a few of the items you'll be able to bid on...

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For more information, call 325.223.6364  
Register Online: [WestTexasRehab.org/events-directory/](http://WestTexasRehab.org/events-directory/)





# VOLUNTEER SPOTLIGHT

## Maudie Reaves

The 2019 Rehab Telethon and Auction are quickly approaching, with several areas of preparation already underway. One of those areas includes the extensive collection of handcrafted quilts and



*Maudie Reaves*

afghans available in the Rehab Telethon Auction. They have been an important part of the Rehab Telethon Auction for over 40 years and have raised over \$1 million dollars – all for patient care.

Quilts and afghans are a unique tradition and have become an iconic piece of the Telethon. It all began with two women who wanted to help the Rehab, but lacked extra funds to do so. That didn't stop them from helping. They showed up backstage at the telethon wanting to donate a quilt in hopes that someone would see it and bid on it. No one really knew what to do with the beautiful quilt, which led long-time host, Susan Hayes, to wrap the quilt over her shoulders and walk on stage. She then started urging viewers to start bidding and just like that, a tradition was born.

Often there is a lot of time, effort and love put into making the quilts and afghans. Beyond the craftsmanship what makes these items so special,

is the idea any person can do something for someone else simply by using their talents and gifts.

One of those unique contributors is Maudie Reaves. Maudie is just one of the many amazing people who have helped West Texas Rehab with this approach, and she's been crafting and donating quilts since the beginning to the Telethon and Auction

When Maudie and Sam Reeves moved from Abilene to the country to run the family farm, Maudie felt the need to develop a hobby. Everyday Maudie cooked for the farm hands that ate in different shifts, leaving Maudie with down time between those shifts. While waiting, Maudie decided to pick up quilting to pass the time. She liked the fact that this hobby, some would say skill, was easy to stop at a moment's notice yet easy to pick back up again.



*Maudie Reaves pictured with one of her hand-crafted quilts*

Maudie's first quilt donation to the Rehab Telethon was one she and a group of ladies at the Prairie Star Quilt Shop crafted. Every year since, Maudie has crafted and donated a quilt to be sold during the Rehab Telethon.

A hobby that was simply started to pass time, now continues to help countless children and adults receive the care they need from West Texas Rehabilitation Center.



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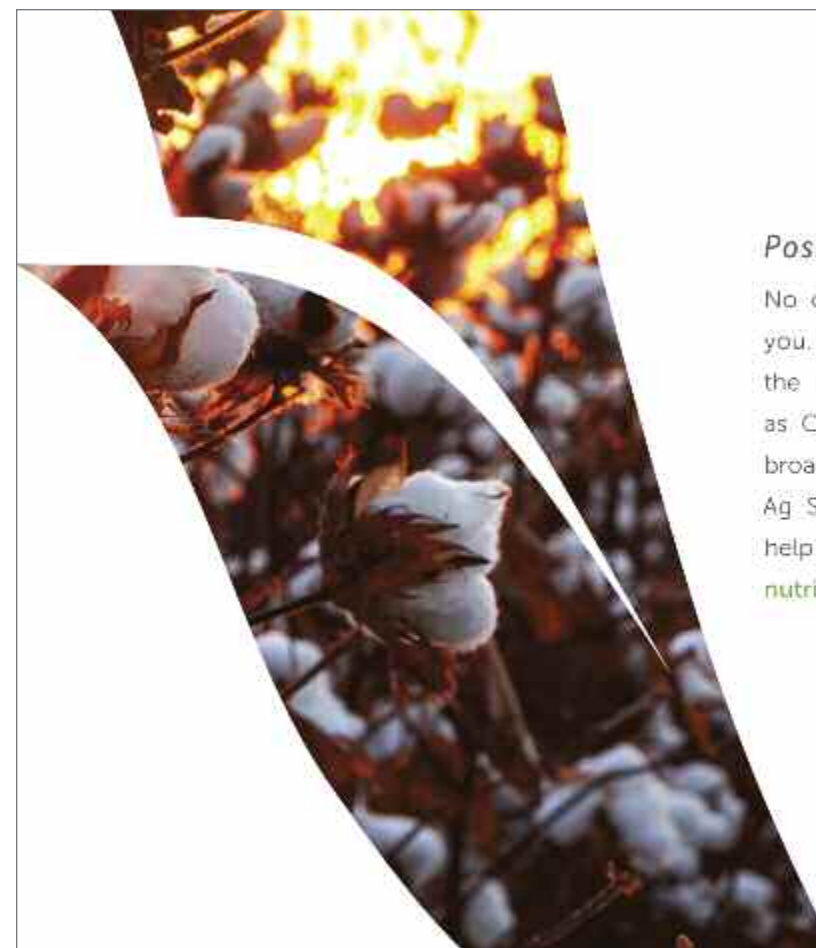
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**HOSPICE OF SAN ANGELO**  
 invites you to join us for our

# Annual Candlelight Memorial

Monday, December 10, 2018 - 6:00 in the evening  
 Emmanuel Episcopal Church - Great Room  
 3 South Randolph - San Angelo, Texas

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# Light Up a Life Celebration

Tuesday, December 18, 2018 - 6:00 in the evening  
 The Cactus Hotel - Lobby  
 36 East Twohig - San Angelo, Texas

**FOR MORE INFORMATION CONTACT**  
 Jeanne Miller, Bereavement Coordinator - (325) 658.6524

*These Services are Open to the Public*




## EQUIPMENT WISHLIST

Ozona • San Angelo • Abilene • FYE December 31, 2018

Site	Department	Item Description	Priority	Quotes
SA	Audiology	Cerumen removal Chair	1	2,660.00
SA	O & P	New Solid counter tops, 2 solid surface sinks and faucets (plaster room) Replace sink and faucet and counter top (Cast Room)	2	4,000.00
OZ	PT/OT	Armedica Power Parallel Bars (Vonco)	3	3,995.50
SA	IR	Drug Screen Chain of Custody Cabinet	4	2,210.00
OZ	PT Pedi	Basic Vestibular Set (therapy net/stander bolster set/platform swing)	5	831.06
OZ	PT	Triton DTS Advance Traction Table (Vonco)	6	9,258.00
SA	Audiology	GN Otometrics NCI-480 Water Caloric Stimulator with an upgrade version for charter VNG	7	7,865.00
AB/SA	Housekeeping	Taski Procarpet Cleaning System	8	3,605.00
SA	Adult PT	Safe Gait Balance and Mobility Trainer	9	185,000.00
OZ	PT/OT	N-K Delux Electric Hi-Lo Table	10	2,395.00
SA	Adult OT/PT	Diagnostic Ultra Sound	11	17,500.00
SA	Adult PT	SportsArt Upright Cycle w/20 Resistance Levels	12	1,770.00
SA	Adult OT/PT	PTS BFR Tourniquet Instrument & Cuff Set	13	4,995.00
SA	Adult PT	Lightforce Laser Therapy System	14	33,500.00
SA	Adult OT	New Mindray M1 Portable /include linear & convex probes, trolley cart	15	19,750.00
SA	Adult ST	Iowa Oral Performance Instrument (IOPI)	16	2,120.75
SA	Audiology	Micromedical Air FX Caloric Irrigator	17	7,375.00
SA	Pacesetter	Elliptical	18	2,520.00
SA	Audiology	High HZ Option-HF only	19	1,775.00
AB	Adult PT/OT	OCCCUPRO FCE Software	20	13,225.00
AB	O&P	PhotoKinetics Gait Analysis System	21	42,000.00
AB	Pacesetter	Fitness Equipment for Pacesetters Program	22	15,394.00
SA	Adult PT	Natus Balance Master	23	109,436.25





# HOSPICE OF THE BIG COUNTRY SPOTLIGHT

## THE ORPHANED ADULT

By: Burt Williams

By age 60, two of three Americans will have lost both birth parents. The children who remain after the death of their surviving parent experience a unique kind of grief. It is in support of these orphaned adults that we offer the program: *The Orphaned Adult*.



Technically “orphan” means without living parents. In reality, there are three kinds of orphans: those whose parents are deceased, those whose parent(s) are living but are unavailable to their offspring, and those whose parent(s) suffer from mental disabilities and cannot function as a parent. The focus of The Orphaned Adult conversation is on those whose parents are deceased, although the other types of orphans are considered as well.

So, what makes the orphaned adults grief unique? In Western culture, orphans often feel disenfranchised in their grief. The amount and intensity of support for those who lose their parents is significantly less than that experienced by those who, for example, lose a spouse or a child. The general attitude is: parents have lived a long life; old people die, move on. Expressions of compassion and empathy tend to be

more superficial and brief.

In addition to feeling disenfranchised in their grief, orphaned adults tend to feel abandoned, left without that which has anchored their lives and given them a place to belong. The reality of their own mortality is more likely to surface.

The sense of never having the opportunity to resolve unfinished issues or to finally hear, “I love you” is now forever gone. The ones who knew all the details of my life, who knew my language, who had the wisdom to guide me, are now gone.

In many cases, now-orphaned adults have spent much time focused on the care of their aging parents. Suddenly, the world they have known has ended. What is one to





do with his or her life now? Literally everything changes in some way and to some degree when one’s surviving parent passes. Now what?

The Orphaned Adult conversation is intended to provide a context which demonstrates that “You are not alone.” While acknowledging the uniqueness of their loss, adult orphans are encouraged to consider some of the possibilities of life after the loss of both parents. Significant opportunities for meaning and vitality are possible.

The Orphaned Adult conversation is offered periodically throughout the year. During the two hours of interactive conversation, participants discover that, though their loss is unique, they have much in common with other orphaned adults. Out of the conversation comes hope and optimism for the future.

West Texas Rehab Center’s Hospice of the Big Country in Abilene is proud to offer The Orphaned Adult program through bereavement services. The next session will be held on Thursday, December 6, 2018. This is a free service that is open to the public.

Please contact Burt Williams, Bereavement Coordinator, at 325.793.5450 for more information.

### HOW WELL DO YOU HEAR?

A YES TO ANY OF THE BELOW QUESTIONS SUGGESTS YOU NEED A HEARING EVALUATION

1. DO PEOPLE COMPLAIN THAT YOU TURN THE TV UP TOO LOUD?
2. DO YOU OFTEN FEEL OTHERS ARE MUMBLING OR NOT SPEAKING CLEARLY?
3. DO YOU HAVE DIFFICULTY FOLLOWING CONVERSATIONS IN NOISY SITUATIONS?
4. DO YOU MISUNDERSTAND AND ASK OTHERS TO REPEAT?
5. DO YOU HAVE DIFFICULTY HEARING OVER THE PHONE?
6. DO YOU HAVE RINGING IN THE EAR?

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OCTOBER

3	ROUND-UP COLEMAN SALE
4	ROUND-UP DUDLEY BROTHERS SALE
5	ROUND-UP LUNCH IN BALLINGER
8	ROUND-UP PIG SALE- WYLIE AG BARN
9	ROUND-UP POWELL BULL SALE
10	R.A. BROWN BULL SALE - THROCKMORTON
11	FALL REHAB DINNER SHOW FEATURING AARON WATSON- SAN ANGELO

NOVEMBER

1	HOSPICE OF THE BIG COUNTRY CANDLELIGHT MEMORIAL SERVICE, LOGSDON CHAPEL HSU, 6:30 PM
6	ROUND-UP SWEETWATER SHRIMP PEEL- NOLAN COUNTY ANNEX
10-12	ANNUAL FRANK CARAWAY SPORTING CLAYS CLASSIC, SAN ANGELO CLAY BIRD ASSOCIATION, 9 AM
27	DAY OF GIVING

DECEMBER

1	ROUND-UP DANNY ISBELL MEMORIAL JACKPOT SHOW, WYLIE AG BARN
8	ROUND-UP BIG COUNTRY CHRISTMAS BALL, THE COLISEUM SNYDER

JANUARY '19

19	49TH ANNUAL REHAB TELETHON - ABILENE CONVENTION CENTER
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FEBRUARY

1-28	HOSPICE OF THE BIG COUNTRY AND HOSPICE OF SAN ANGELO HEARTS REMEMBERED
TBD	ROUND-UP OF THE HEART- BRECKENRIDGE

MARCH

21	20TH ANNUAL STRIBLING ART EXTRAVAGANZA PREVIEW PARTY
22-24	20TH ANNUAL STRIBLING ART EXTRAVAGANZA- FORT CONCHO, SAN ANGELO

APRIL

5-6	SNOOKER AT THE TOP GUN CLASSIC CLAY SHOOT, ABILENE
6-7	TOP GUN CLASSIC CLAY SHOOT- ABILENE
13	3RD ANNUAL SPRING CHICKEN AFFAIR 5K FUN RUN- SAN ANGELO
14	37TH ANNUAL SPRING CHICKEN AFFAIR- SAN ANGELO
25	INAUGURAL DANCING WITH THE SAN ANGELO STARS- SAN ANGELO

All dates subject to change. Please visit [WestTexasRehab.org](http://WestTexasRehab.org) for more information



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## DID YOU KNOW?

West Texas Rehabilitation Center

# Depends Heavily on Fundraising & Holds 46 Events Annually

46



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**TUESDAY \* 06 \* NOVEMBER \* 2018 \* 6-8 PM**

**NOLAN COUNTY COLISEUM ANNEX**

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SILVER \$250 WITH 4 DINNERS

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### GREAT LIVE AUCTION ITEMS!

*just a few of the items you'll be able to bid on...*



- 2 VIP tickets to see Aaron Watson in San Angelo on Saturday, December 1st- Foster Communications Coliseum!
- 2 tickets on the 4th row, 20 yard line at AT&T Stadium to watch the Dallas Cowboys take on the Washington Redskins on Thanksgiving Day!
- 6 opening night tickets (Thursday, December 6th) to the National Finals Rodeo at the Thomas and Mack Center in Las Vegas, Nevada. Great seats right above the bucking chutes!


For tickets or more information, call 325.793.3507 or email [kbrown@wtrc.com](mailto:kbrown@wtrc.com)

West Texas Rehabilitation Center

# Serves 530+ Patients Each Day

530+



## SPEAK OUT!® & The LOUD Crowd®

West Texas Rehabilitation Center in San Angelo is pleased to offer a two-part speech therapy program to help individuals with Parkinson's regain and maintain effective communication: SPEAK OUT!® followed by The LOUD Crowd®.

SPEAK OUT!® places emphasis on speaking with intent and converting speech from an automatic function to an intentional act. Together, patients and their speech-language pathologist work through a series of speech, voice, and cognitive exercises outlined in a SPEAK OUT!® Workbook.

Upon completion of SPEAK OUT!®, patients transition to The LOUD Crowd®. This maintenance program consists of weekly group sessions led by a speech-language pathologist. The SPEAK OUT!® exercises are performed, and group members provide support, encouragement, and accountability to one another.

Participation in The LOUD Crowd®, along with daily home practice and six-month re-evaluations, has been shown to help patients maintain their communication skills throughout the progression of Parkinson's. For more information about SPEAK OUT!® and The LOUD Crowd® or to schedule a speech evaluation, please call the speech-language pathology department at 325-223-6330.





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