

WEST TEXAS REHABILITATION CENTER

ROUND-UP



Gunner: A Young, Aspiring Cowboy • Remembering Homer Grimes
Your Will is Vital • Pacesetter's & Parkinson's • + Much More



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LEADERSHIP LETTER BY STEVE MARTIN, PRESIDENT & CEO



“Time flies when you’re having fun.” It is hard to believe that we are already into September, but a year after COVID shut everybody down, at West Texas Rehabilitation Center, we are definitely having more fun than we did in 2020.

In May, we honored 26 wonderful folks we lost in 2020. In two separate ceremonies, we heard inspirational story after story of folks who had dedicated their lives to helping others, including West Texas Rehab. I cannot imagine where we would be today had it not been for caring folks who have been so kind over these past 68 years as well as those who continue to support our mission each and every day.

Folks like Donnie Schwertner with Top-Tier Grain & Feed in Miles, Texas. Donnie basically grew up helping West Texas Rehab as his mom, Dolores, directed the Retired & Senior Volunteer Program (RSVP) for 34 years. He and his wife Danelle and their family continue to find ways to stay involved

with and support West Texas Rehab, our mission, and our patients.

Beginning in the fall of each year our Round-Up for Rehab events always begin to heat up. I hope you will check out ways you can be involved by volunteering your time, donating animals to our sales, making cash donations, or through the purchase of raffle tickets, gun board squares, or of items being sold at our many events. The Round-Up for Rehab, at 62 years old, is our longest running fundraiser and speaks to the neighbor-helping-neighbor spirit at the heart of West Texas Rehab and the agricultural community. The success of the Round-Up has depended on volunteers like Homer Grimes “who would do anything for anybody,” especially children, as he knew the value of owning and raising livestock and the importance of helping others. And patients like Gunner Quirk, who now can attend therapy at West Texas Rehab in San Angelo instead of enduring the 4-hour drive one-way to Fort Worth.

“Time flies” is an understatement. As we get older for sure! I also realized the other day, I have over 30 years experience in rehabilitative care. In my years working in for-profit, hospital-based not-for-profit, and freestanding not-for-profit, I have seen therapy, audiology, orthotics, prosthetics, and hospice delivered to a multitude of patients, and I will put our staff, our facilities, and our equipment up against anyone in the Big Country, Concho Valley, or the country.

There have been many changes in our local

healthcare environment in the past year with our local hospitals having more control than ever before. At West Texas Rehab, we are trying to partner with the hospitals in “win-win” relationships where we can. Beneficial cooperation has been achieved in San Angelo for hospice, in Abilene and San Angelo for orthotics-prosthetics and in Abilene for the orthopedic residency program.

One thing I would ask you all, as supporters of West Texas Rehab, to do for us. Regardless of who your employer is, who your doctor is, who your insurance is with, or what your diagnosis is, remember that it is 100% your choice where you receive rehab and hospice services. Please be a vocal proponent and advocate with family and friends for receiving services at West Texas Rehab, Hospice of the Big Country, and Hospice of San Angelo.

We need you to advocate for the best care available to you and your family, and we’re confident that care is provided by West Texas Rehab.

Thank you so much for all you do for us, and may God continue to bless you and your family with health and happiness. ★

All my best to you,

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Published by West Texas Rehabilitation Center
WestTexasRehab.org



Design & Layout © 2021
Zoom Advertising Design
281.794.2745 • ZoomTexas.com
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On the Cover

Gunner Quirk
Read the article on PG. 5

Let's
get the
ball
rolling

FOUNDATION SPOTLIGHT BY CHUCK RODGERS, VP DEVELOPMENT, WTRC FOUNDATION

Your Will is
VITAL

Where will your estate end up?

In our recent Foundation Newsletter, the entire issue was about wills and how vitally important they are for making sure your estate *does not* end up leaving more to the IRS than to your heirs! You would be amazed at all the ways the IRS has to literally consume a significant portion of your estate! You may also be amazed at all the estate planning tools there are to make sure that doesn't happen. We also shared the story of June Frost Leland, a woman who used the power of a will to effect transformational change for patients at West Texas Rehab Center. Well, the *chatter* about that issue and what it caused people to both realize and think about has been tremendous!

What they realized were things like:

- We haven't updated our will since our kids were born, and now they're in their 20's & 30's!
- We have grandkids now!
- We have nothing in our wills that will have any kind of impact on the

organizations we love.

- We don't know near enough about how to do this!

What they thought about was:

- What questions should I even ask?
- Who are the professionals I should talk to about this? Financial planner? Estate/Tax attorney? My accountant?
- And then, how do I know which one(s) to call?

However, for some the most profound realization was this: no one is guaranteed tomorrow.

Now, we are not trying to be overly dramatic, and certainly don't want any of our friends living in fear. But doesn't change the reality that you and *I need* to make sure our estate is in order, no matter how large or small it is! The fact of the matter is that this is something you must do, you must do it soon, and this may surprise you: it actually can be much more enjoyable than you probably imagine. I know it was for me! When I sat down with my kids and their spouses and read them my will, sharing the ways I was caring for them, my unborn grandkids, and the charities I love, well—it made us all smile!

The West Texas Rehab Center Foundation team of Rodger Kennedy, Jason Weaver, Chad Hirt and Chuck Rodgers are here

for you, to listen and offer the guidance and direction you may need to take the steps to secure your estate. We can give you ideas and point you in the right direction and to the professionals that can help you craft your will and estate plan to meet your desires, whether they include West Texas Rehab or not.

Don't wait! Give us a call and let's get this ball rolling! ★

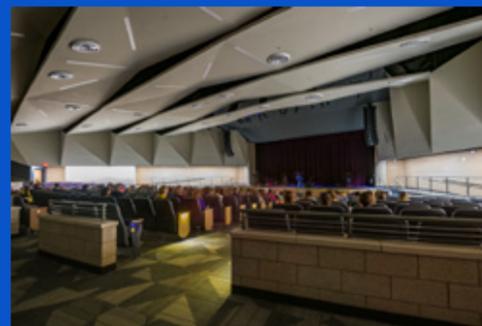
NEXT STEPS

Contact Rodger Kennedy at (325) 793-5424 or rkennedy@wtrc.com, or any of our Foundation officers to talk about supporting West Texas Rehab.

Chad Hirt at (325) 277-0442
chirt@wtrc.com

Chuck Rodgers at (325) 669-4139
croddgers@wtrc.com

Jason Weaver at (806) 420-0771
jweaver@wtrc.com



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Gunner Quirk

This story of a young, aspiring cowboy is one that is sure to provide hope and inspiration to us all. Let us introduce you to 5-year old Gunner Quirk.

“I just wondered if he was ever going to walk and was living in fear of not knowing what would happen next”, said Katrina Quirk, Gunner’s mom. At just 9 months old, Gunner was diagnosed with Kabuki Syndrome, a rare genetic disorder that affects 1 in 32,000 births worldwide. This syndrome portrays a variety of symptoms including: intellectual impairment, growth delays, low muscle tone, feeding difficulties, vision and hearing impairments, and it’s common to be on the autism spectrum. After 4 rounds of in-depth genetic testing, the Quirk family finally felt like they had some answers on Gunner’s condition. However, their journey was just beginning. Due to the specialization and rarity of Gunner’s condition, the Quirk family traveled 3x per week to Cook Children’s Hospital in Fort

Worth to visit with 18 different types of specialists for the past 4 years.

The Quirk family settled into life in West Texas in May 2020, when Jeff Quirk signed with Cargile Cattle Company and became Foreman of Cinco Cattle Company, which is located in Sterling City and co-owned and operated by Sarena Terry, a West Texas Rehabilitation Center Board Member. The Quirk family established pediatric care at Shannon Medical Center and after research and recommendation from Sarena, they requested to be referred to West Texas Rehab for Gunner’s therapy. Instead of the 4-hour drive one way to Fort Worth, the Quirk family now only has a 35-minute drive to get Gunner the help he needs. Currently, Gunner participates in physical therapy, occupational therapy, speech therapy, and audiology. Receiving treatment from West Texas Rehab has allowed this ranching family to have the best of both worlds - life on a ranch and a “one stop” location for Gunner’s

rehabilitative care. The treatment he receives has not only given the Quirk family a familiar place to call home for his care but has also alleviated financial burdens.

Katrina says, “The therapists he sees love him like their own and encourage the best possible version of him. Gunner is a fighter and has been a driven child from the moment he was born. Early on, he was going to be fitted for a wheelchair, but that same day, he got a therapy horse named Scooter. Since then, no wheelchair has been needed. He continues to make great strides, and he roped his first goat just the other day!

Gunner’s favorite thing to wear is his hat and boots and he can turn just about anything into a rope.” While Gunner is fairly new to our facility, he has quickly become attached to his therapists and claps his hands in pure delight when it’s time for his treatment. ★



As a ranch broker, we have seen a lot of dirt over the years.

Every property has something unique. The views - of course - are always a sight to take in. But what amazes us is the realization that only a handful of people have stirred up the dirt and taken in the views of the property because, it has been in the same family for over a hundred years, or owned by only a handful of owners. Likely, the number of people who have crossed the property line isn’t in the hundreds or thousands, it’s probably just a couple dozen.

Beyond that though, are the stories each property holds from those couple dozen’s adventures. From tall tales of the old west to cowboy stories and hunting legends, the stories are what really make a property a special place. It is our privilege to hear those stories from landowners. In an effort, to make sure all those stories are never forgotten we started the **“If This Dirt Could Talk” video series.**

We hope to do the stories justice and are grateful to the families and individuals who have graciously entrusted their stories to us. The series lives on our website ekdahlrealestate.net, [YouTube Channel](#), [Facebook](#) and [Instagram](#). Like or follow our pages to never miss an episode.

Tune in to make sure these stories are never forgotten.

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Thank You

Thank you to everyone that made this building a reality.

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CREATING A LEGACY OF GIVING

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Equities	Personal Property
Life Insurance	Appreciated Securities / Stock
Retirement Plan	Charitable Gift Annuities

Working as a team, we help friends of the West Texas Rehabilitation Center and our Hospice of the Big Country in Abilene and Hospice of San Angelo find practical solutions to everyday desires and needs, often through planned giving.

Is your desire to leave a legacy through a major gift?

Avoid or reduce taxes? Increase income? Realize tax-free appreciation? Provide for a lifetime income? Protect assets? Provide for retirement? Provide for expert asset management?

Regardless, our goal is to be helpful without expectation, obligation, or cost.

Our work is especially advantageous to anyone doing estate planning, wishing to benefit a charity or charities, facing significant capital gains, gift or estate taxes, or anyone with a life or estate planning need coupled with a desire to benefit charities they love.



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BIG COUNTRY



AG AND WILDLIFE



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SAVE DATE

SATURDAY
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2021
SAN ANGELO

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SPORTING
CLAYS
CLASSIC



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WestTexasRehab.org
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Ashley Rich, ACSM-EP/ASCM-CPT

The early symptoms of Parkinson's Disease may be mild and go unnoticed. But people experiencing tremors, slowed movement, rigid muscles, stooped posture, or problems with gait, balance, speech, and handwriting should see a doctor to diagnose their condition and to rule out other causes for these symptoms. Parkinson's cannot be cured, but physicians may prescribe medication and recommend speech/language therapy, physical therapy that focuses on balance and stretching, and maintenance through exercise therapy.

West Texas Rehabilitation Center provides many services for physical rehabilitation of Parkinson's patients.

Physical therapists have been trained in rehabilitation of those diagnosed with Parkinson's. West Texas Rehab also has exercise therapy, under the coordination of Ashley Rich, who is degreed in Exercise Science and certified by the American College of Sports Medicine as an Exercise Physiologist and a Certified Personal Trainer.

"Exercise helps strengthen the body, it helps with coordination to slow tremors, and it helps the brain release dopamine," Ashley explains. "Basically, it helps patients manage life longer."

Ashley, who has worked at WTRC since 2015, is the coordinator of

Pacesetters, an exercise therapy program designed to address the specific challenges Parkinson's clients face. Most of the clients who come to Ashley have transitioned out of physical therapy and need maintenance, but sometimes doctors will send a patient to Ashley if they feel the patient is clear to start exercise and does not need physical therapy.

Pacesetters participants choose from three options for exercise therapy:

1. One-on-one personal training with Ashley, for clients who have usually finished rehab and are not comfortable going to a gym;

2. Parkinson's Power Hour, a twice-weekly exercise class of 10-12 clients, led by Ashley, with assistance from physical therapy students from Angelo State University; and

3. An independent gym membership, entitling members to use the pool and gym during the day Monday through Friday, with Ashley or trained personnel present.

Ashley designed Pacesetters to appeal to the individual needs and preferences of the clients it serves. Some participants have been with Ashley since the beginning of her time with West Texas Rehab; others have taken breaks and come back.

"I enjoy working with people who may have thought in the beginning that there was no way they could exercise again," she says. "I love teaching them that it is still possible to exercise at any age or with any condition they may have. Seeing their progress and accomplishments is what makes me feel rewarded. Seeing them live a more functional and independent life and how happy that makes them is why I love my job."

Participants in Pacesetters pay reasonable rates on a pay-as-you-go basis; they do not sign contracts. For more information about Pacesetters, please call Ashley at 325-223-6479.

Some patients may also need speech/language therapy as part of the Parkinson's treatment options. The Summer 2019 issue of Round-Up, West Texas Rehab's quarterly publication, included an article on Khristina Douglas, Speech-Language Pathologist at West Texas Rehab, and SPEAK OUT! – individual therapy sessions for Parkinson's clients and The Loud

Crowd maintenance group. Ashley and Khristina frequently collaborate when working with Parkinson's clients.

West Texas Rehab is proud to be a facility that offers many services to meet the needs of Parkinson's patients: physical therapy, speech/language therapy, and exercise therapy with options to fit the preferences of all participants.

West Texas Rehab could not do what we do without the kind, generous support of our donors, people like you who want to know they are doing what they can to help friends and neighbors -- as Ashley says -- "manage life longer." That kind of kindness is priceless, and we thank you for it. ★

"Manage Life Longer"

Pacesetters

For More Information About Pacesetters Call Ashley @ 325-223-6479



(Pictured L-R) Alexa, Donnie, Danelle, Kameryn and Sawyer Schwertner

Donnie Schwertner and Family

Donnie Schwertner has always had ties to the West Texas Rehabilitation Center. His mother, long time employee Dolores Schwertner, enjoyed a long and successful career with West Texas Rehab as the Director of the Retired and Senior Volunteer Program (RSVP). She retired

in April of 2020 with thirty-four years of dedicated service. Donnie remembers “growing up” at the Rehab Center and spent many hours volunteering and helping his mom.

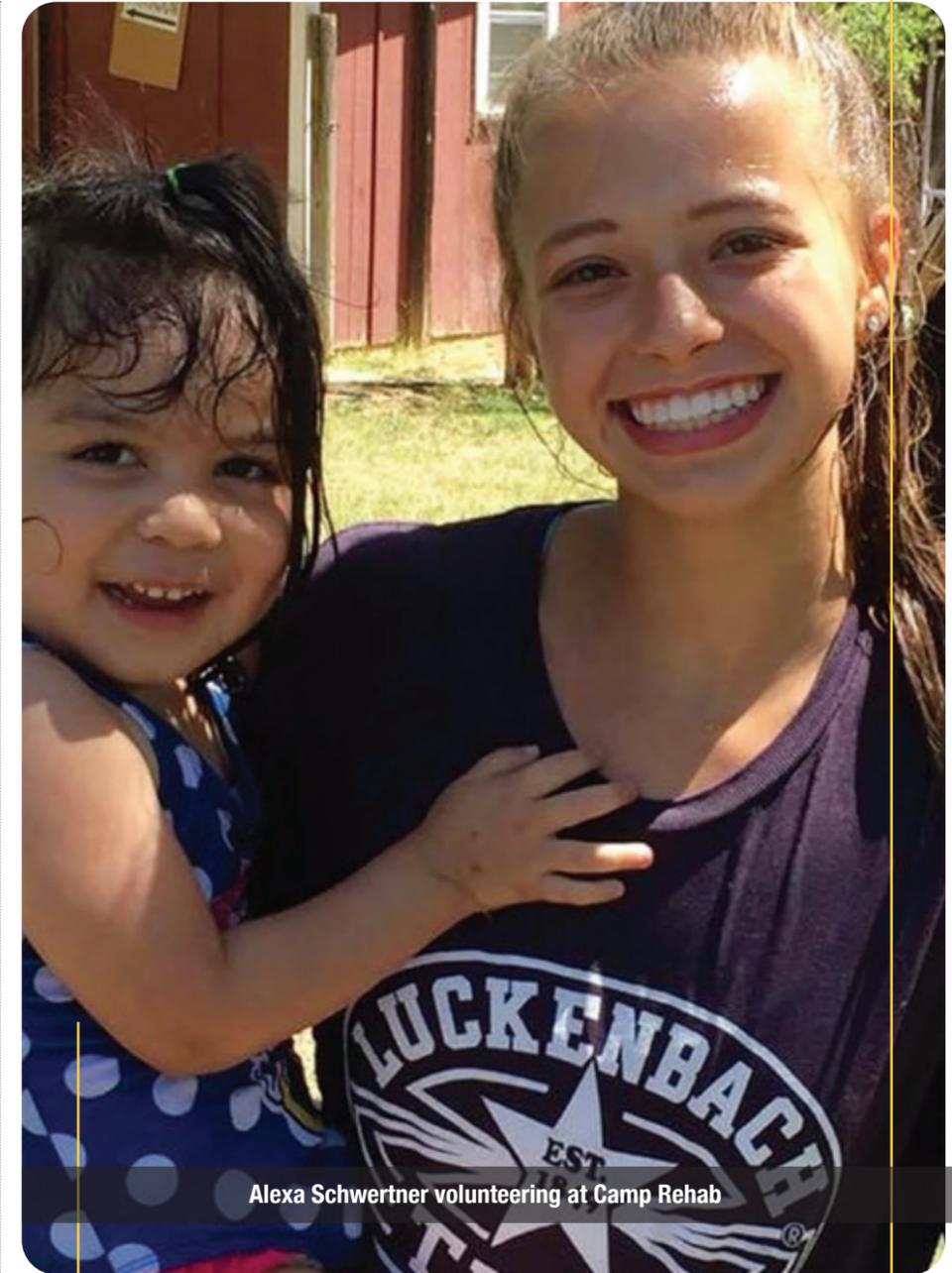
Donnie and his wife Danelle now own and operate Top-Tier Grain and Feed in Miles, Texas. Donnie approached us a

few months ago with the idea of doing a “grain round-up” benefitting WTRC; similar to our Cotton Round-Up we started a few years back. The Cotton Round-Up has been very successful, but when the grain farmers were asked to participate, their crops were already sold off for the season. Doran Reynolds, Donor Relations Coordinator at WTRC,

has known Donnie for several years, so it was a perfect fit to kick off WTRC’s Grain Round-Up this year.

Not only do Donnie and Danelle generously give their time, but they have also taught their three daughters the importance of volunteering their time and efforts as well. Their oldest daughter, Alexa, has been a volunteer at Rehab Camp for three years now. Her first year as a camp buddy she was partnered with a child camper named Addy. Addy was nonverbal at first, but after that week, Alexa was the first person Addy spoke to! Four years later, Alexa is going to babysit Addy and her sister after school as her part-time job while she attends Angelo State University this fall. “The West Texas Rehab Center has a way of making you fall in love with the people and you just want to be part of the magic that happens here. I’ve learned that the more blessed we are in our lives; we can then pay it forward to others.” says Danelle, Alexa’s mother.

To date, the Grain Round-Up has brought in over \$5,000 for the West Texas Rehab Center with plenty of room to grow in the years to come. Donnie states, “It’s in our blood to volunteer and help at WTRC. If you guys need anything, our family will always be here for you. We may need the services Rehab offers one day, but the Rehab can’t operate without funding and it’s important for us to give back when we can.” ★



Alexa Schwertner volunteering at Camp Rehab

“It’s in our blood to volunteer and help at WTRC. If you guys need anything, our family will always be here for you.”

HOMER



Homer Grimes, Jr.
May 10, 1949 – March 12, 2021

“He’d do anything, for anybody!”

That’s not something that gets said about a lot of people. Most of us have our “boundaries.” I mean, we don’t mind helping out from time to time, but certainly not all the time. And yet, what an amazing thing to have said about a person! Well, that’s what people said about Homer Grimes!

Born in Merkel, Texas in 1949, Homer’s mom told him to “Go west!” Well, he did: 24 miles west to Sweetwater where he put down roots

that grew deep and wide into his new-found home. There he would also marry the love of his life, Patsy Cotton, and together they would simply and profoundly...impact lives! Homer and Patsy owned Homer Grimes Motor Company, Patsy’s Place and Feed Store, along with the storage shed business they later added. Those businesses became fixtures in Sweetwater for years, allowing Homer the ability to do what he loved most: volunteer to help others!

Homer’s volunteering took many forms (you don’t get awarded Sweetwater’s Outstanding Male Citizen of 2015 for nothing!), but for us at West Texas Rehab it began when Don

Richburg invited him to his first Round Up for Rehab Pig Sale. Homer’s love for kids came out full-throttle as he watched and worked to help the Rehab by helping countless numbers of kids own and raise their own livestock, knowing full well the life-lessons they would learn. And though he and Patsy never had kids of their own, Homer loved kids—and kids loved him, often seeking him out for advice even after they moved away.

Our world needs more Homer Grimes, and we at the Rehab are so honored and proud to have had such an amazing man “...doing anything for us!” ★



Rodger Kennedy and Homer Grimes check on the food at the Round-Up for Rehab cattle auction held on Wednesday, Oct. 31, 2012.

Courtesy Photo
At the recent Club Pig Sale for West Texas Rehabilitation Center, Homer Grimes was awarded the "Best-Lowest Man on the Totem Pole" award for his many years of faithful service to the Rehab's annual Club Pig program by helping the Chairman, Don Richburg of Rosecoe. Homer is shown receiving his award while Richburg is

HE'D DO ANYTHING FOR ANYBODY.

1949 - 2021

I Love: *hearing the choir sing!*

[What are You Missing?]

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

Date	Event
September	
2nd	Round-Up Supper Christoval/Eldorado, Bar H Ranch (Helmers), 6pm
3rd	Round-Up Lunch Ballinger, First National Bank of Ballinger, 12pm
11th	Ozona Goat Roper's Gala
14th	Round-Up Sale - Abilene Auction
16th	Round-Up Sale - San Angelo, Producers
18th	Frank Caraway Sporting Clays Classic, San Angelo, Claybird Association, 9am
24th	Rehab's HOBC Golf Tournament - Fairway Oaks Golf course Abilene
25th	C.A.S.T - San Angelo
October	
1st	Cotton Round Up Begins
5th	Pig Sale - Nolan County Coliseum Sweetwater, 7pm
6th	Round-Up Coleman Sale
7th	Round-Up Dudley Brother
9th	Round-Up Stephenville
12th	Round-Up Powell Bull Sale
13th	R.A. Brown Bull Sale - Throckmorton
14th	Round-Up Eastland singer / songwriter Cowboy Church Eastland, TX
21st	Fall Rehab Dinner Show - San Angelo featuring Wade Bowen and Randy Rogers
November	
2nd	Round-Up Sweetwater Shrimp Peel - Nolan County Annex
4th	Hospice of the Big Country Candlelight Memorial Service, Logsdon Chapel HSU, 6:30 pm
4th	Quilt & Afghan Brunch, WTRC, 10:30am - San Angelo
December	
11th	Round-Up Danny Isbell Memorial Rehab Jackpot Show, Taylor County Expo Abilene, TX
11th	Round-Up Big Country Christmas Ball, Coliseum Snyder
TBD	HOSA Light Up a Life, 6pm - Cactus Hotel Lobby
TBD	HOSA Candlelight, 6pm. - Emmanuel Episcopal Church
January 2022	
22nd	Rehab 2022 Telethon/Auction - Abilene Convention Center, 6pm

TBD: To Be Decided. Due to COVID-19, all dates are subject to change. Please check our website at WestTexasRehab.org for all updates.

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EQUIPMENT WISHLIST

Description	Quote
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Green house and supplies for Horticulture Therapy Program:	\$2,357
Elliptical Trainer:	\$2,520
OCCCUPRO FCE Software:	\$13,225
Fitness Equipment for Pacesetters Program:	\$5,525
Stereo Optical Vision Screener:	\$7,225
4 - High/Low Treatment Tables:	\$6,980
3 - Audiometer's to determine hearing loss type:	\$26,245
SCIFIT Pro Upper Body Exercise Bike:	\$5,300
Hip trac independent long axis hip traction:	\$895
Bloodflow Restriction System:	\$4,995
Biodex Balance System for Vestibular Treatment:	\$15,330
Gel Floor Tiles, UV Sensory Light Kit, Brain Toys (Variety):	\$1,840
Soft Swing, Tower Swing, Ceiling Suspension Kit, Ball Swing:	\$1,500
Sensa Soft Vibroacoustic Chair:	\$2,500
Real Design Convert-Able Table:	\$1,800
Ambucs Adaptable Tricycle with equipment :	\$1,715
Lightforce Laser Therapy System:	\$49,900
Chair Scale for Hospice Patients:	\$1,407
Kettlebells for WORKSteps Testing:	\$290
Verifit 2 hearing aid verification system:	\$14,510
Earigator Wax Management System	\$2,630

To donate a piece of equipment from this wishlist, visit: westtexasrehab.org/general-donation/wish-list-equipment



Glazer's Beer and Beverage

West Texas Rehabilitation Center is pleased to shine a spotlight on one of the businesses using our WorkSTEPS Program, consisting of a physical fitness and musculoskeletal exam and completion of job specific tasks to confirm that a candidate is physically fit enough to perform the job for which they have been hired.

Glazer's Beer and Beverage, located at 2030 W. 306 Loop, has been a wholesale distributor of alcoholic and non-alcoholic beverages in San Angelo since 2005. It is part of Glazer's Beer and Beverage, L.L.C., headquartered in Dallas, with offices

servicing Texas, Louisiana, and Arkansas.

GBB has consistently reported strong sales in San Angelo and offers benefits and a 401K to its 64 employees. During the pandemic, when many businesses were downsizing, GBB was able to offer bonuses and retain and even add workers to its already stable workforce. Justin Gomez, branch office manager at Glazer's Beer and Beverage in San Angelo, has been with the company for 16 years. He reports that most managers have worked there for 10-15 years.

"It's a great company to work for," Justin says. The company is known for distributing the MolsonCoors family of products locally but is

currently expanding its portfolio into non-alcoholic drinks and wine and spirits. GBB is already excited about announcing a rollout of Yuengling Beer in San Angelo soon.

Glazer's Beer and Beverage has supported the San Angelo community over the years and has co-sponsored many fundraising events, some of them with West Texas Rehab. Justin points out that the company has a great relationship with various organizations and that GBB is a "giving organization."

The working relationship between Glazer's Beer and Beverage and West Texas Rehab has been strong for many years. When GBB is hiring new employees, they are



sent to West Texas Rehab to go through the WORKSTEPS program, under the direction of Josh Tanner, Director of Employer Services. Rehab also conducts drug and alcohol testing and rehabilitates workers with work-related injuries.

"Glazer's Beer and Beverage is a great company that really values their relationship with WTRC," Josh says. "They send everyone through us before hiring them, including their part-time help in the warehouse. Justin has been there a long time and has always been professional and courteous."

"No one can beat the reliability of West Texas Rehab," Justin says. "They are solid, dependable, and proven." ★



For more information about how West Texas Rehabilitation Center can help your organization or business with employment testing and safety, environmental, and occupational health services, call Josh Tanner at 325-223-6370.



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