

COMMUNITY NEWSLETTER

April 2025

Upcoming Events

April 7-Board Meeting

April 18- Good Friday (Agency Holiday) No School

April 19- Easter Eggtravanza -Perry Sampson Park

April 20- Easter Sunday

Job Openings

Tri-C Head Start- Center, TX

*EHS Teacher

*HS Teacher

Jasper CB- Jasper, TX

*Food Service Specialist

*Head Start Teacher

Lil Eagles-Woodville, TX

*Head Start Teacher

Newton HS- Newton, TX

*Head Start Teacher

Did you Know?

The English word April comes from the Latin Aprilis, the name given to the month by the ancient Romans. No one knows for certain why the Romans named it as they did. Some Roman authors thought that Aprilis was related to the Latin verb aperire meaning "to open," because April "opened" the buds of leaves and flowers.

SOCIAL SERVICES DEPARTMENT NEWS

Food Pantry is open every Thursday from 8:30-10:30am

214 Nacogdoches St. Center, TX

*New applications and income are required for households to receive services once every 30 days

TCCA " Harvest for Homes" Produce Drop is April 9th at 8am until all produce is gone @ Ivan Smith parking lot in Center, TX

HAPPY
Easter

April is National Stress Awareness Month: 7 Tips for Preventing and Managing Stress

By: Charles Murray

Whether it's positive stress (like planning a wedding) or negative stress, everyone has felt the effects of stress at one point in their lives. Stress often manifests as physical symptoms, such as fatigue, headaches and muscle tension and can even lead to serious health issues, such as cardiovascular disease. In fact, 77 percent of Americans report that they experience physical symptoms as a result of stress. Additionally, 33 percent feel they are living with extreme stress and 48 percent blame stress for negatively impacting their personal and professional lives.

April is National Stress Awareness Month, and while stress is unavoidable for the vast majority of Americans, there are many ways to help prevent and manage it. Take a look at these seven tips for preventing and managing stress in your life.

Practice the Big Three

There is a reason that eating healthy, exercising and getting enough sleep always appear on prevention lists. These three habits are the cornerstone to a happy, healthy life and their impact on stress is no different.

- Eating a diet full of fresh, whole foods helps the body combat stress naturally. It is also wise to avoid stimulants like caffeine, alcohol and nicotine that can amplify stress, interfere with sleep and worsen the effects stress has on the body.
- Getting the recommended amount of exercise lowers blood pressure and provides a healthy outlet to relieve stress. Rhythmic exercise such as walking, jogging and swimming has proven to be especially effective. Aim for 30 minutes of moderate activity, five days a week.
- There is a reason sleep deprivation is a form of torture. Not getting a proper amount of sleep makes it difficult to deal with stressful situations and can increase anxiety and depression. To establish a healthy sleeping routine, make sure to turn off all electronics at least 30 minutes prior to going to bed and try to establish a calming nighttime ritual, such as reading or meditating. This ritual will signal your mind to relax and prepare for a restful night's sleep.

Learn how to relax

Relaxing while stressed is no easy task. It is important to find what works best for you and what fits into your lifestyle. The easier it is to do, the more likely you are to stick with it. Meditation and deep breathing are great ways to feel more relaxed and are also easy to do just about anywhere. If you are looking for a good way to get started, try the 4-7-8 deep breathing technique. Inhale for four seconds, hold the breath for seven seconds, exhale for eight seconds. Continue for as long as you need to feel relaxed.

Put your feelings on paper

Have thoughts running through your head on repeat? Try writing them out. Getting the thoughts out of your mind and onto paper will signal to your brain that the thought is safe, and it no longer needs to hold onto it.

Be proactive

You are your own best advocate. If you are feeling overloaded and worn down, take a look at everything that is going on in your life and see if some things can take a backseat until you feel up to tackling them. Make a list of situations that could cause potential stress and then figure out which situations you can avoid or improve to manage the outcome.

Talk about your problems

Sometimes talking through a problem is all you need to work through a stressful situation. Confiding in a trusted friend or family member can go a long way in combating stress. A licensed professional can also provide helpful tools to help you positively process through stressful scenarios.

Do something you enjoy

Always wanted to take a cooking class? Considering an herb garden? Learning new skills and taking the time to do something you love creates an outlet to relieve stress. Don't be intimidated by the prospect of picking up something new – it can be as small as playing a 15-minute game of Solitaire. Just make sure it's something you enjoy doing.

Smile

It might feel silly, but simply smiling can help improve your mood. Laughing is also a great way to beat stress and is clinically proven to be good for your health. Take some time for a laugh break – watch a funny show/movie or find a funny video online and enjoy the instant mood lift!



TRI-COUNTY COMMUNITY ACTION, INC

Events Around Town

Clever Creek Baptist Church Welcomes "The Texas Teddy Bear"

By: Jerry Hopkins

Clever Creek Baptist Church will host Evangelist Dwayne Williams, who is known as "the Texas Teddy Bear" from Woden, Texas, for a special gospel concert, singing and preaching event at 7pm on Friday, April 4, 2025.

Evangelist Williams travels all across the United States singing, preaching and witnessing.

Clever Creek Baptist Church is located at 199 CR 1042 at FM 417 West, Center, Texas 75935. For more information call 936-591-1936.



ETNSG Spring Smoked Pork Roast Fundraiser

By: Robbie Kerr

Its time for the Semi-Annual Smoked Pork Roast Fundraiser! Pre-Order your delicious smoked pork roast(s) "Fully-Cooked" Boston Butt today!!! Deadline to place an order is Monday, April 7th. Each roast is \$40 and will be delivered on Saturday, April 12th.

The fundraiser benefits the East Texas Neuro Support Group (ETNSG) which helps to purchase medical/adaptive equipment products for people with disabilities and enables them to improve their quality of life.

Pre-orders only! Call or text Robbie Kerr at 936-488-2154 to order. Pickup will be in the parking lot of First Baptist Church, 117 Cora Street, Center, Texas, after 12 noon. Pay cash or make checks payable to the East Texas Neuro Support Group. Pay when you pick up.

The ETNSG, a 501(c)3 organization, was established in July 1998 to serve persons with a neurological disability, as well as their families and friends. Some examples include brain and spinal cord injuries, stroke, multiple sclerosis, etc.

ETNSG meetings are held monthly for educational, social and recreational purposes. We personally extend a welcome to you or anyone you know with a neurological disability, family, and friends to join us monthly!

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