

Texas Community Service Association

Sentenced to Serve

TCSA's Quarterly e-Newsletter

October-December

Inside this Issue:

<i>Greetings</i>	1
<i>New Board</i>	
<i>Members</i>	2-3
<i>Advisory</i>	
<i>Committee</i>	3
<i>Holiday Tip</i>	4
<i>Conference</i>	
<i>Highlights</i>	5-7

President

David Peters
Smith County JPD

Vice President

Israel Tena
El Paso County JPD

Treasurer

Lonnie Rogers
33rd & 424th Judicial
District CSCD

Secretary

Senae Davidson
Victoria County Juvenile
Services

Historian

Guadalupe Garza
Bexar County CSCD

Board Members

Santos Aguilar
Gillespie County

Rita Garcia
Bexar County CSCD

Joby McDaniel
Cass County CSCD

Chris Shirley
Gregg County JPD

Greetings,

I would like to thank all of those who were able to attend the 23rd Annual Texas Community Service Association Conference that was held at Embassy Suites by Hilton San Antonio October 28th-31st. For you that were unable to be there, you missed a great conference and we missed you. Bexar County CSCD and Juvenile did a wonderful job at hosting this conference along with the great support of TCSA Board. The board and I were pleased with the outcome of this conference. Our speakers shared their knowledge and expertise as well as demonstrating the importance of Community Service and collaborating. It was great to see so many new faces; by a show of hands I believe 50% of our attendees were first timers. TCSA donated canned goods that were brought by our TCSA members and cash donations was made in the amount of \$500 to MADONNA NEIGHBORHOOD CENTER, and \$500 to RIVER CITY OUTREACH.

At the San Antonio Conference, we had three board members step down at the end of their terms, President Brenda Garcia, board member Mandi Jakubowski, and board member Clint Emerson. Each will be missed and I would like to thank you for your service on behalf of all TCSA members. Lonnie Rodgers was re-elected to serve another term and remains our Treasurer, and we added three new board members to TCSA. We would like to welcome all of our new board members as they represent their departments and will help TCSA continue to grow. We welcome Chris Shirley of Gregg County Juvenile Services, Lupe Garza of Bexar County CSCD, and Rita Garcia of Bexar County CSCD. After the conference and general election I was saddened to hear that one of our current board members Jeff Lee was no longer able to serve on our board and Santos Aguilar was moved into that position from the advisory committee.

During the General Membership Meeting, the TCSA membership voted to hold the 2019 24th Annual TCSA Conference in Tyler with your current President David Peters (me) hosting the upcoming conference. I am humbled with the opportunity to serve this association both in the role of President and as hosting County. I am committed to each of you and will do all I can to make positive changes in this great association.

Merry
CHRISTMAS AND A HAPPY *New Year*

Please visit our Texas Community Service Association group page on Facebook or you can visit our website at www.texascommunityservice.com

Respectfully,

David L Peters, TCSA President

Meet Our New Board Members

*Rita Flores-Garcia, Board
Member, Assistant Chief,
Regional & Residential
Services of Bexar County
Community Supervision and
Corrections Department*



*Guadalupe M. Garza, Historian,
ARC Security Operations Manager
Bexar County Community
Supervision Department*



*Chris Shirley, Board Member,
Gregg County JPD*

*Santos Aguilar, Board Member
Gillespie County CSCD*



Advisory Committee

Lillian Byas, Bexar County JPD



Cecilia Macumba, Bexar County CSCD



Reducing Stress During the Holidays

Managing expectations

Everyone has a vision of the perfect holiday, but when reality fails to live up to the dream, stress can result. Here are some tips to help you manage your expectations this holiday season:

Set realistic expectations. No Christmas, Hanukkah Kwanzaa or other holiday celebration is perfect. View any missteps as opportunities to exercise your flexibility and resilience. A lopsided tree or a burned brisket won't ruin your holiday — it will create a family memory. If your children's wish list is outside your budget, talk to them about realistic expectations and remind them that the holidays aren't about expensive gifts.

Be proactive. If you are concerned about potentially difficult conversations at family gatherings, such as during the holidays, remember these events are about bringing people together, not driving them apart. Focus on good memories and what you and your family have in common. Plan activities that foster fun and laughter, such as playing a family game or looking through old photo albums.

Keep things in perspective. On the whole, the holiday season is short. It helps to maintain a broader context and a longer-term perspective. If something goes wrong, realize it's not the end of the world. Remember the good things you have in your life and recognize that this situation will pass. There will be time after the holiday season to follow up or do more of things we've overlooked or did not have the time to do during the holidays.

Remember what's important. Commercialism can overshadow the true sentiment of the holiday season. When your holiday expense list is fatter than your monthly budget, scale back. Remind yourself that family; friends and the relationships are what matter most.

Take time for yourself. You may feel pressured to be everything to everyone. Remember that you're only one person and can only accomplish certain things. Sometimes self-care is the best thing you can do — others will benefit when you're feeling less stressed. Reflect on aspects of your life that give you joy; go for a long walk; get a massage; or listen to your favorite music or read a new book. All of us need some time to recharge our batteries. Be mindful and focus on the present rather than dwelling on the past or worrying about the future.



<https://www.apa.org/helpcenter/holiday-stress-managing-expectations.aspx>

CONFERENCE HIGHLIGHTS!



THANK
YOU

A very special thanks to Bexar County JPD and Bexar County CSCD: Rita Garcia, Celia Macumba, Guadalupe Garza, Lillian Byas, and last but definitely not least, Mr. Pete Gonzales for the coordination and assistance with the conference. The success of the conference is because of you!





Sp Adobe Spark

TCSA ENJOYED SAN ANTONIO, TX!



BE SURE TO JOIN US NEXT YEAR IN
TYLER, TX

10/13/19-10/16/19



The Texas Community Service Association (TCSA) is a recognized 501(c)(6) non-profit corporation in the State of Texas. It began operations in 1995 and was incorporated on March 18, 2008. It exists for the explicit purpose of promoting the effective development and administration of community service restitution programs.