



Texas Community Service Association

Sentenced to Serve

E-Newsletter

April-June 2020

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Greeting Members,

Many of you may be wondering about the 25th annual conference in Waco, Texas this October. As of now, we are still moving forward with these plans, with hopes and prayers that this will be behind us by then. We will all need some social gatherings by that point for sure. The board will discuss this in July and will update you on any changes in the July/Sept newsletter.

This has intruded significantly in all of our everyday lives and routines. We are all working on a day-to-day, week-to-week, and even month-to-month basis. However, we should all avoid a state of panic and work towards helping as much as possible by following the health guidelines provided to us. We can flatten the curve of transmission by taking precautions right now! For some of you, around the State changes have occurred to your work schedule causing a big shift in our "normal." We will all get through this together; it will just take some time to get back to our routines, and maybe some new and creative ways of conducting business with our clients.

I would encourage each of you to take care of yourself first, so that you are able help to your clients. Stay positive and reach out to others if you need assistance throughout these difficult times.

Stay safe and may God bless you,

David L. Peters

TCSA President

2020 Conference Registration Form

25th Annual Texas Community Service Association

www.texascommunityservice.com

Registration fee for the 2020 conference in Waco, is \$150.00 (include one year membership) if you are unable to attend, conference to renew your one-year membership is \$25.00

Conference dates are:

October 25, 26, 27 & 28, 2020

Make All Checks Payable to: TEXAS COMMUNITY SERVICE ASSOCIATION

Mail Conference registration forms and fees by October 5, 2020 to:

33rd & 424th Judicial ISF
Attn: Lonnie Rogers, TCSA Treasurer
501 Coke St.
Burnet, Texas 78611
Phone: (512) 756-7628
E-mail: csrcoord@burnetcountytexas.org

If possible, please bring a Local Food Pantry Donation, as we will be making a contribution of non-perishable items to a charitable non-profit organization.

Host Hotel Information

Holiday Inn Express and Suites Waco South

5701 Legends Lake Parkway Waco, TX 76712
PHONE: 254.732.1028 FAX: 254.732.2787

To make a room reservation, call the hotel directly and refer to the group Texas Community Service Association. The government room rate is \$110.00 per night plus taxes. The room rate includes complimentary full breakfast, parking, WiFi, mini-refrigerator and microwave. The hotel will reserve rooms up to October 5, 2020. Room availability cannot be guaranteed after October 5, 2020

TCSA Conference Registration Form October 25th – 28th 2020

NAME: _____

AGENCY: _____

JOB TITLE: _____

MAILING ADDRESS: _____

CITY/STATE/ZIP: _____

PHONE: _____

FAX: _____

EMAIL: _____

Community Service around the State

Many counties have experienced office closures, staggered schedules, working from home, reporting by video, court via Zoom, and a cancellation of various community service projects. Some counties still have to complete the work without CSR workers. During this time, it is important to remain safe and to practice social distancing. The chart below is a summary of some of the various ways our probationers are having to report and how sometimes court must continue.

County	CSR Projects	No Projects	Video Reporting	Visits w/Social Distancing in Place	Video Court
Gillespie	*				
Victoria		*	*	*	*
El Paso		*			*
Burnett		*	*	*	
Cass		*			
Smith		*		*	

Dealing with Stress- 10 Tips



1. Avoid Caffeine, Alcohol, and Nicotine
2. Indulge in Physical Activity
3. Get More Sleep
4. Try Relaxation Techniques
5. Talk to Someone
6. Keep a Stress Diary
7. Take Control
8. Manage Your Time
9. Learn to Say 'No'
10. Rest if You Are Ill

Stress occurs as a reaction to excessive pressure. It is generally characterized by feeling under pressure, or unable to cope. You may also have physical symptoms such as headaches, sweaty palms, and a racing heartbeat when you are stressed. A little stress is not generally considered to be harmful, but too much over a long period can have an effect on your health.

It is therefore important to learn to manage stress. This includes both learning to avoid becoming stressed in the first place and taking actions to decrease stress when it occurs. This page discusses both these issues and suggests some simple and more advanced ways in which you can help to both avoid and reduce stress in your life.

Read more at: <https://www.skillsyouneed.com/ps/avoiding-stress.html>



Save the Date **October 25–28, 2020**



25th Annual Texas Community Service Association Conference

HOLIDAY INN EXPRESS WACO SOUTH
5701 LEGEND LAKE PKWY, WACO, TX 76712 US
RESERVATION 254-732-1028 OR 844-216-1483

This training is specifically tailored for:

- CSCD Employees
- Juvenile Probation Departments
- Parole Services Employees
- Educators
- Law Enforcement
- Anyone interested or involved in community service

For more information or to register please contact:

David Peters, TCSA President @ (903) 533-2350 dpeters@smith-county.com

Israel Tena, TCSA Vice-President @ (915) 800-9562 itena@epcounty.com

Lonnie Rodgers TCSA Treasurer @ (512) 588-0658 isf-ed@tstar.net

WWW.TEXASCOMMUNITYSERVICE.COM

Do you have any questions, comments, or ideas for our newsletter? Please contact TCSA Secretary, Senae Williams at senaew@vctx.org



The Texas Community Service Association (TCSA) is a recognized 501(c)(3) 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.