

# Texas Firefighter Wellness Newsletter

## Winter 2019

### Texas Firefighters Giving Back



Citations: <https://www.centexproud.com/news/local/firefighters-donate-to-children-s-hospital/1674729476> and <https://news4sanantonio.com/news/local/firefighters-open-their-stations-to-air-force-trainees-for-thanksgiving>

Fire departments all over Texas have been partaking in acts of service this holiday season. These acts include firefighters welcoming people into their homes for holidays, donating coats to children in need, and handing out presents to hospitalized children.

In San Antonio, almost every fire department participated in "Operation: Homecooking," in which families invite military trainees into their homes for Thanksgiving, since many are unable to spend the holiday with their families. Families are able to send in a request to host two trainees for the holiday. Over 3,000 Air Force members were hosted by locals last year. This year marked the 43<sup>rd</sup> anniversary of this tradition; San Antonio fire departments participated by inviting air force trainees to have Thanksgiving at the firehouses and gave them a chance to call their families. This tradition is one that will continue for years to come.

Firefighters in Lubbock, TX spent a day at Overton Elementary School providing new winter coats to the children. The firefighters partnered

with Lubbock ISD and Operation Warm to hand out new coats. Gavin Daniel, a Lubbock firefighter commented that, "We have seen a need here in our community for Lubbock schools, for kids who don't have coats." Operation Warm is a nonprofit organization whose mission has been to provide new coats to children in need since 2013. In the past five years they have given out more than 6,000 coats. Additionally, in order to avoid calling out specific children due to their economic status, a new coat is provided to each child in the school. At Overton Elementary School the new coats were even more special due to them being given to the children by the firefighters. One third grade student said, "I think it is an honor and special because I got it from firefighters." The firefighters of Lubbock, TX provided 400 new coats and smiles to the children of Overton Elementary.

The children in McLane Children's Hospital in Temple, TX

received a wonderful surprise from Temple firefighters on Christmas morning. The Temple Professional Firefighter's Association spent Christmas morning unloading dozens of presents for the children in the hospital. Nolan Kunkel, a Temple firefighter said, "They're in the hospital for Christmas and that's not great, but being able to be here and give them presents and get them excited brings a really good feeling to all of us that are here." Each child got two presents, and some were even given to the siblings of the children in the hospital. Kunkel went on to say, "It's a pretty good feeling knowing that they're going to be excited and joyful." This holiday season was one filled with giving and acts of service by Texas firefighters.

#### Sources

<https://www.everythinglubbock.com/news/kamc-news/firefighters-donations-keeping-kids-warm/1597430340>

<https://news4sanantonio.com/news/local/firefighters-open-their-stations-to-air-force-trainees-for-thanksgiving>

<https://www.centexproud.com/news/local/firefighters-donate-to-children-s-hospital/1674729476>

<http://www.jbsa.mil/News/News/Article/1673760/operation-home-cooking-take-a-trainee-home-for-the-holidays/>

2201 MacArthur Drive  
Suite 2200  
Waco, TX 76708



## Gingerbread Cookie Recipe

### Ingredients

- 3/4 c. (1 1/2 sticks) butter, softened
- 3/4 c. packed brown sugar
- 2/3 c. molasses
- 1 large egg
- 1 tsp. pure vanilla extract
- 3 1/4 c. all-purpose flour
- 1 tbsp. ground ginger
- 1 tsp. baking soda
- 1 tsp. ground cinnamon
- 1/2 tsp. ground cloves
- 1/2 tsp. kosher salt
- 1/4 tsp. ground nutmeg

### Directions

1. In a large bowl using a hand mixer, beat butter, brown sugar, and molasses until fluffy, about 2 minutes. Add egg and vanilla and beat until combined.
2. In a medium bowl, whisk flour, spices, baking soda, and salt until combined. With the mixer on low, gradually add dry ingredients to wet ingredients until dough just comes together. (Do not overmix!)
3. Divide dough in half and create two discs. Wrap each in plastic wrap and chill until firm, about 2 to 3 hours.
4. Preheat oven to 350° and line two large baking sheets with parchment paper. Place one disc of dough on a lightly floured surface and roll until 1/4" thick. Cut out gingerbread men and transfer to baking sheets.
5. Bake until slightly puffed and set, 9 to 10 minutes, depending on the size of your cookie cutters. Let cool on baking sheets for 5 minutes before transferring to a cooling rack to cool completely.
6. Repeat with remaining disc of dough. Decorate with icing and sprinkles as desired.



[https://whydyoueat-that.files.wordpress.com/2011/12/gingerbread\\_men\\_cookies-ashx.jpeg](https://whydyoueat-that.files.wordpress.com/2011/12/gingerbread_men_cookies-ashx.jpeg)

Source: <https://www.delish.com/cooking/recipes/a50468/gingerbread-cookies-recipe/>

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## What's New at the WRI

### The WRI welcomes a new study therapist and a new BEAR intern!

#### DeAngela Bynum

DeAngela joined Warriors Research Institute (WRI) in September 2018 after graduating with honors from Tarleton State University. She earned her Bachelors of Social Work degree in May of 2018 and is currently in the Tarleton State University Masters of Social Work program. Prior to working with WRI, she volunteered at the Waco Police Department in the Victim Services Unit. She is also a part of the peer support team for Behind The Badge, promoting the emotional and psychological health of officers who work for Waco PD and their families. DeAngela is a native Texan, but as a child of a military family she grew up in multiple states. She returned to Texas in her early 20s and has lived in Waco for the past 6 years. In her personal time, DeAngela enjoys reading, camping outdoors with her family, and woodworking.

#### Emily Pendleton

Emily began as a BEAR intern in August 2018, and she is a senior at Baylor University. After graduating in May 2019 with a Bachelor of Science degree in Psychology, she plans to earn her masters in Public Health. Through several different tutoring, mentoring, and research experiences, Emily discovered an interest in mental health, and she hopes to work in mental health advocacy in the future. Emily grew up in Austin, TX, and while she loves her home city, she also loves the tight-knit community she's found in Waco. In her free time, she enjoys writing and spending time with friends exploring Waco.

**Moving? Changing your phone number? If so, please let us know so we can update our information.**

**Contact Jessica Dupree at:**

**(254) 730-2674 OR [Jessica.Dupree@BSWHealth.org](mailto:Jessica.Dupree@BSWHealth.org)**



Don't forget that you can contact us 24 hours a day, 7 days a week, 365 days a year!