



December 2016

Friends,

As Charles Dickens might say today - "It is the best of times; it is the worst of times." This can apply to our recent elections, our holidays, our work, our studies, or our families. And, like we say in Texas about our weather, "If you don't like it, stick around; it'll change."

If you are in "the best of times" category, embrace the moment, the situation, the time and the joy! If you are in "the worst of times" category, remember the good times; try to learn lessons while you are in this situation, and, hang on to your hope for better times, knowing "this too shall pass."

If you are like me and are experiencing both "best and worst" at the same time, it is definitely like riding a roller coaster. There are both ups and downs, gains and losses, joys and sorrows. Without the dark, we would not fully appreciate the light - and vice versa.

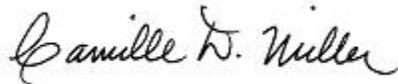
A number of years ago, a good friend gave me the gift of a free year of career coaching. Of all the exercises, readings, group meetings - I have always remembered his warning - "No one can handle more than three life-altering challenges at the same time." So, how do you cope if you realize you have more than three at the same time? The answer is refreshingly simpler than you think - acquire the services of a qualified counselor.

If you just counted three or more life altering experiences in your life and experienced a bit of anxiety, even panic - and then received some comfort and relief that there is a solution - don't hesitate - no excuses! Take action now!

I am very blessed that our only child is a new counseling psychologist - Dr. Janna M. Greeson and I have social work and psychiatrist friends. I would be happy to refer you to people in the caring field who can help you find a counselor.

I find great joy each day looking for a way or ways to make the world a better place to live because I am in it. So, I close wishing you great joy as we close out 2016 and wishing you a Happy New Year in 2017.

- ***Texas Health Institute's Giving Tuesday Campaign extends throughout the month of December.*** Help us improve the Health of Texans and their Communities by making an end-of-year contribution to THI. Click [here](#) to learn more.
- On Veterans Day, United Health Foundation in partnership with the Military Officers Association of America (MOAA) released the 2016 America's Health Rankings® [Health of Those Who Have Served Report](#), featuring research conducted by Texas Health Institute and Arundel Metrics. Through the analysis of 24 health measures, the report, developed in collaboration with an advisory group of leading public health, military and veterans' organizations, establishes a national baseline portrait of the health of people who have served on active duty in the U.S. Armed Forces. ([Full Report](#); [Executive Summary](#))
- ***2016 Southern Obesity Summit*** - See what you missed! Click [here](#).
- ***2017 CJA (Communities Joined in Action) National Conference - Registration Open!*** Click [here](#) for more information.
- ***2017 TPCCHS Save the Date!*** Click [here](#) for more information.
- ***Vector Control for Environmental Health Professionals (VCEHP) courses to launch in early 2017.*** Click [here](#) for more information.



Camille D. Miller
President/CEO
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Our mission is to provide leadership to improve the health of Texans and their communities through education, research, and health policy development.

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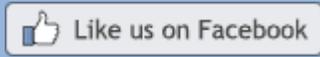
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Texas Health Institute (THI) is a nonpartisan, nonprofit organization focused on the development of health policy solutions to improve the lives of Texans and their communities. From acting as an honest broker and hosting unbiased health policy forums that facilitate dialogue among policymakers and other healthcare stakeholders, to creating a vision of an improved future healthcare system. The THI newsletter is a monthly

publication of Texas Health Institute written to update THI Board of Trustees and Friends of Texas Health Institute.

For e-mail address changes, add or delete requests, or to submit an article for publishing, please e-mail sondrias@texashealthinstitute.org



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