



*Member spotlight: Daniel Gamez*

"In what ways did HPAT help you as a professional? "

HPAT helped me make connections with professionals outside of my field that I may have not ordinarily met.

"Any words of advice for the current HPAT members?"

I encourage members to stay connected with each other and to make an active effort to be involved in the community. Individually or as a group the community involvement creates a lasting impact to those served.

Any advice for the HPAT board?

Keep the energy going and keep evolving. This has been a great organization from the beginning and there is much more to still tap into.

Anything else you would like to share with us ?

The last few years have gone so fast but there have been many memories made. It's been amazing to see many members families and businesses grow over the last few years. This organization made it possible for me to meet all these great people whom I may have never befriended otherwise.



*Member Spotlight: Alma Dear*

In What ways did HPAT help you as a professional?

Being a member of HPAT has helped me find my voice as a Leader and community member, It's also helped me become more comfortable with networking.

Any words of advice for current HPAT members?

I hope to see you at the next Quarterly Meeting!

Any advice for the HPAT board?

Continue to work as a team and everything will fall into place. I'm proud of the work you have already done.

Anything else you would like to share with us?

Thank you for allowing me to Lead this membership, it's been a pleasure working with you all.



*Upcoming Event: East Texas Leadership Summit (Friday May 19th)*



The purpose of the East Texas Leadership Summit is to contribute to the development of local leadership. The summit offers a unique opportunity to congregate leaders across all sectors to learn, network and collaborate to make an impact in the community. The committee has been working hard to ensure this event continues to be a success! HPAT continues to grow through events like this, and we hope you can take advantage of this opportunity.

## Día de los Muertos



Día de los Muertos Art Exhibition had a record of participation on students, ISD's and Sponsorship in 2022.

- 106 Students participating
- 6 Independent School Districts in EXT
- 6 Sponsors, and \$2,000 in Sponsorship
- 2 Donors

We look forward to celebrating this 2023 Día de Los Muertos Art Exhibition, as participation grows, we need also volunteers and sponsorship!!!

If you want to see your company supporting this event, please contact the Volunteer Committee.

## Volunteering with PATH



## Quarterlies: \*Sip & Paint, Christmas, Shine, Headshots Session



Our past 4 quarterlies offered an opportunity for our members to network while exploring their artistic ability. Celebrate the holiday season with friends, visit Shine coffee shop and learn about their nonprofit and lastly updated headshots. While each quarterly was unique and different, we hope they provided an important networking opportunity to all members.

## Six Tips for Maintaining Mental Well-Being



1. KEEP A ROUTINE
2. GET A GOOD NIGHT'S SLEEP
3. SPEND TIME OUTSIDE
4. STAY CONNECTED WITH FRIENDS AND FAMILY
5. DON'T OBSESS OVER THE NEWS
6. PRACTICE POSITIVITY AND GRATITUDE

<https://www.shrm.org/resourcesandtools/tools-and-samples/hr-forms/pages/tips-for-maintaining-mental-well-being.aspx>



## Tip of the month

Did you know: Hispanic workers only held 5 percent of executive level jobs in the United States in 2021? In addition, a study by the Latino Corporate Directors Association shows that Latinos represent only 2.3 percent of board members from companies listed on the Russell 3000 Index.

In recent years the Hispanic/Latino community has grown immensely. According to the article "Closing the Gap" by Theresa Agovino, she states the "Hispanic workers in the labor force grew to 29 million in 2020 from 10.7 million in 1990. And is projected to reach 36 million in 2030."

With this in mind, we hope that our very own HPAT will help in contributing to the increase of Hispanic professionals not only in Tyler but in the entirety United States.