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 Randall, Roberts, Sherman,
 and Wheeler counties

Here's why reducing your top blood pressure number matters ... a lot

February is heart health month and keeping your blood pressure in check is part of keeping your heart healthy.



Individuals with systolic blood pressure at the 140 mm Hg level are usually satisfied by that number. They may be more concerned about the risks of carrying around too much body fat.

Now, however, there's new evidence that systolic pressure of 120 brings lower risks for heart disease, stroke, kidney failure and erectile dysfunction. The evidence shows that high blood pressure is the heart's worst enemy.

The higher risks were reinforced by the SPRINT trial, which was presented at the annual meeting of the American Heart Association. The trial was a large study of the effects 140 mm Hg blood pressure compared with 120 or below. Systolic pressure, represents the heart as it contracts and pumps blood to the rest of the body.

The researchers randomly assigned

9,300 hypertensive patients over age 50 to either the 140 or the 120 group.

Results were published in the Journal of the American Medical Association.

Those who were close to 120 had significantly lower rates of premature heart-related death and death from any cause. They reduced their risk of heart failure by 38 percent and death from heart problems by 43 percent when compared to the 140s.

Dr. Paul Whelton of Tulane University, chairman of the SPRINT trial said, "Overall we deem that the benefits of lower blood pressure far outweigh any potential for risk."

Major organizations are considering the recommendation for reducing systolic pressure to 120. It could be the beginning of the new normal.

Nearly one in three Americans has hypertension, one reason heart disease is the top killer of both men and women in the United States.



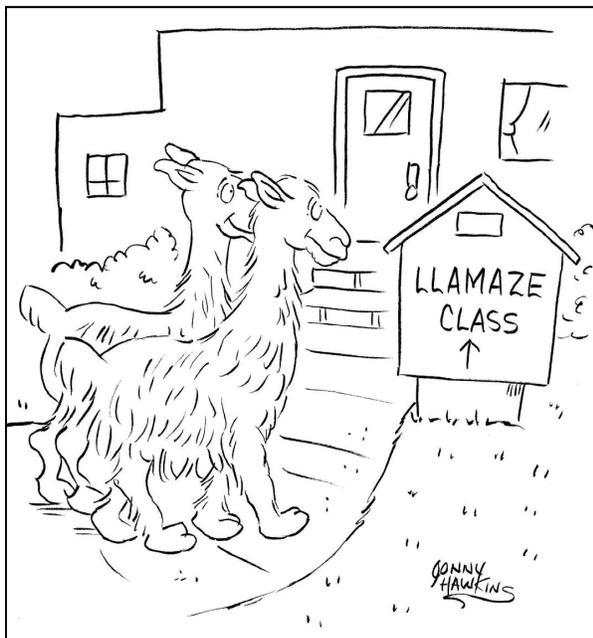
Happy Valentine's Day - February 14th

TPC Welcomes New Board Member

On November 19th, Texas Panhandle Centers Board of Trustees ratified the appointment of Ms. Amy Hord to the TPC Board of Trustees. Ms. Hord was appointed to the Board by the Randall County Commissioner's Court.

Ms. Hord is a Licensed Master Social Worker and serves as an Instructor of Social Work at West Texas A&M University. Her past experience in the behavioral health field includes: a part-time instructor at Amarillo College, a Medical Social Worker for the hospice program for Moore County Hospital District, the Lead Mental Health Professional for Amarillo Independent School District, social work at J.O. Wyatt Clinic, Social Services Surveyor for the Texas Health and Human Services Commission among many other areas of service.

She is married and has three children. Her hobbies include attending her children's sporting events, boxing workouts and church.



Congratulations!

The following employee was recognized through the Performance Enhancement Program for one or more of the following: Core Competencies, Safety, Critical Thinking, Communication, Client Rights, Continuous Quality Improvement, Professional Behavior, Customer Service:

Ross Watkins - Carlton Group Home

Reminder to supervisors: If you would like employees recognized through PEP in the newsletter, submit the PEP (or a copy) to the respective executive manager for approval.

Welcome these New Employees...

Crystal Morton
Shawntele Gormany
Jennifer Lane
Raychel Williamson
Coral Grimes

YES Waiver
Children's Services
Utilization Management
Children's Services
Alternate Living



Heart Healthy Recipe

by the American Heart Association

Mango, Avocado and Black Bean Salad



Ingredients

15 oz canned, no salt-added black beans (1can) drained, rinsed
15.25 oz canned, no salt added or low sodium whole kernel corn (1can) drained, rinsed
1 cup avocado (1 medium or 2 small) halved, cut into 1/2 inch cubes
2 mangos (about 2 cups) cut into 1/2 cubes
2 green onions, cut into 1/2 inch pieces OR 1/2 small red or white onion (1/4 cup) cut into 1/2 pieces
1 or 1/2 jalapeno pepper, stems discarded, seeded, finally chopped, optional
1 head Romaine lettuce, chopped
3 tbsp. fresh or bottled lime juice
1 tbsp. olive oil
2 tbsp. fresh cilantro, chopped (optional)
1/2 tsp. chili powder
1/4 tsp. ground black pepper
1/4 tsp. salt

Directions

1. Wash and dry lettuce, then chop or tear into 2 inch pieces and divide into 6 bowls or plates.
2. Combine black beans, corn, mango, avocado, onions and jalapeno pepper. Do not mix until you add the dressing.
3. Combine the lime juice, olive oil, cilantro, chili powder, black pepper and salt together in a jar with a secure lid. Shake together until mixed well and pour over the mango and avocado mixture
4. Toss gently to coat and serve over the lettuce and mixed greens.

Serves 6 | 218 Calories | 128 mg Sodium | \$1.98 Per Serving

White Hat Award



The IDD Service Coordination Department would like to give this month's White Hat Award to **Michael Ray in Alternate Living**. Michael never hesitates when asked to help out with a client and he's always very patient and cares deeply for our clients. Michael goes above and beyond the duties of his job and has always been extraordinarily professional and respectful. We thank you and appreciate all that you do.

Breanna Deakin for IDD Service Coordination

Answer's to last months questions:
1.) Active 2.) goal; action 3.) 18th

Answer the questions correctly and your name will be entered in a random drawing to be eligible to win a \$25 gift card.



1. Evidence shows that _____ is the hearts worst enemy.
2. If the solar year can be divided either by _____ or _____, it's a leap year.
3. _____ is the unofficial American holiday.

[Submit your answers to joyce.lopez@txpan.org](mailto:joyce.lopez@txpan.org). Deadline for responses is the 5th of the following month. You must type "Monthly Drawing" in the email subject line to be eligible. For those that do not have a computer, entries may be submitted via interoffice mail. The same requirements apply for hard copy submissions.

Articles, or suggestions for this publication may be submitted by the 1st of each month to:

Joyce Lopez-Enevoldsen • 901 Wallace Blvd., • Amarillo, Texas 79106
Phone: (806) 351-3308 Fax: (806) 351-3345 Email: joyce.lopez@txpan.org

Employee Recognition

At the November 19th Board of Trustees meeting, Judge Willis Smith, Board Chair, recognized the following employees for their years of service with the Center. They were awarded a plaque, gift card and a day off. Congratulations!

- 25 Years - Genna Dunlap, Financial Services
- 15 Years - Sharon Williams, HSC Group Home
- 15 Years - Jo Ann Watson, Behavioral Health Intake



Jo Ann Watson - 15 Years



Sharon Williams-15 Years



Genna Dunlap - 25 Years

Congratulations!

It's time to brush up on your understanding of Leap Year and Leap Day,

February 29, 2016. The science is pretty simple. Most of the world uses the Gregorian calendar (also called Western or Christian calendar) after it replaced the Julian calendar because of its inaccuracies.

The 365 days are divided into 12 months and divided into 30 or 31 days, except February, which has 28. Well, except for Leap Year, when it has 29. The extra day was added to February, because it had



fewer days after the adjustments calculated by how long it takes the earth to go around the sun.

That trip takes five hours, 48 minutes and 45 seconds longer. If the solar year can be divided by either 4 or 400, it's a Leap Year.

If we didn't add a day on February 29th nearly every 4 years, we would lose almost six hours every year.

Kicking off a 50th Super Bowl with these fun facts...

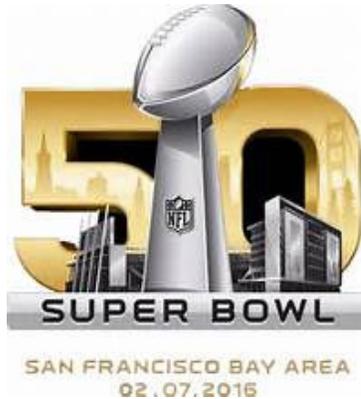
With the 50th Super Bowl just days away, you might find these facts interesting...

The first Super Bowl took place on January 15, 1967 in Los Angeles' Memorial Coliseum with a game between the Green Bay Packers and the Kansas City Chiefs. The Packers took home the trophy with a decisive 35-10 win.

In Super Bowl appearances, Dallas, New England and Pittsburgh have all taken eight trips to the field, Denver and San Francisco followed with seven and six respectively. Pittsburgh holds the title for the most games won with six.

The 1980 XIV Super Bowl game between Pittsburgh and Los Angeles tops the list of the largest attendance with 103,985 football enthusiasts passing through the gates.

Super Bowl Sunday is an unofficial American holiday. Everyone looks forward to this day of football, friends, funny comm-



The average number of people at a Super Bowl party is 17, while 5% of Americans watch the game alone.

4 days prior to the game, Americans spend over \$50 million on food for their Super Bowl parties!

Super Bowl Sunday is the biggest grilling day of the year during winter.

6% of Americans call in sick the Monday after the Super Bowl.

Antacid sales increase 20% on the Monday after the Super Bowl.

Super Bowl Sunday is the second largest day of food consumption following Thanksgiving Day.

Tiffany & Co. of New York makes the Super Bowl Trophy.



cial, and tons of food!

Speaking of food, here are some food facts...

8 million pounds of guacamole is consumed on Super Bowl Sunday, along with



14,500 tons of 74 different kinds of chips!

4,000 tons of popcorn is eaten on this day.

Carol Cobb, Financial Services, answered last month's questions correctly and was randomly selected to win a \$25 gift card from Amarillo National Bank.



To claim your card, contact Joyce Lopez-Enevoldsen at 806.351.3308 or email: joyce.lopez@txpan.org.

Congratulations!