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Serving the citizens of:

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 Ochiltree, Oldham, Potter,
 Randall, Roberts, Sherman,
 and Wheeler counties

**SIGN UP
 NOW!**

Seating is limited.

**Friday
 APRIL 19th**

**11:30am
 Until
 1:00pm
 (Lunch Provided)**

**Pavilion
 Auditorium
 7201 Evans
 Amarillo**

**Please
 RSVP
 At
 806-351-4991**

**1.0 CEU
 Pending**



**Synthetic
 Drugs**

Presented by

Melynn Huntley
 Director of Safe Schools/Healthy Students
 Amarillo AISD

Sgt. Jerome Godfrey
 Supervisor of School Liaison Program
 For Amarillo and Canyon School Districts

 **The Pavilion**
 Northwest Texas Healthcare System

Did You Know?

A "Did You Know" section will be featured regularly in an effort to inform and educate employees of policies, procedures or news of importance.

Did you know that TPC offers continuing education opportunities to the public?



**Defensive Driving
Ticket dismissal available
Cost \$25.00**

**CPR/First Aid/AED Classes
Certified by the American Heart
Association (One day class)
Cost \$45.00**

Call for an appointment

**CPR Refresher Classes
Cost: \$30.00**

Call for an appointment

**Must bring driver's license to class.
Participants cannot enter
defensive driving class late due to
State of Texas requirements**

**To register for training/classes, call the
TPC Human Resource
Development at 806.351.3282 or
806.351.3245**

Opening Saturday, June 8, 2013

Hours of Operation: Monday - Saturday 12pm – 7pm
& Sunday 12pm - 6pm
WEATHER PERMITTING! (75-80 degrees)



Texas Panhandle Centers will once again offer discount tickets to Splash Amarillo.

Regular price admission is \$22. The discount tickets are \$15. Tickets are good any time during regular business hours beginning June 8, 2013 through September 2, 2013.

Splash Amarillo has added a new party zone pavilion with room for a grill pit for companies or groups to rent or bring their own grill and cook out. They have also added a basketball court and did a total remodel of the kids adventure area.

Notification will be sent out when the discount tickets are available through TPC's Financial Services Department.

Splash Amarillo is located at 1415 Sunrise Drive. For FAQ's about the park visit: splashamarillo.com

April is National Autism Awareness Month



Mother's Day - Sunday, May 12th

Baby News...



Congratulations to **Amy Garcia, IDD Psychology**, on the birth of a baby girl. Baby Avery was born April 3. She weighed 8lbs 3 oz and was 20 Inches long.



Congratulations to **Latasha Davis, Reimbursement Officer, ECI**, on the birth of a baby girl. Quinly LaRhea Davis was born March 19th. She weighed 3lbs 11oz and was 15.75 inches long. Despite her early arrival, (at 31 weeks) Quinly is doing well and will get to go home in a few weeks. Congratulations!

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

1. Use "Family Meetings" at least _____ a week to bring the family together about whole family issues.
2. The Veteran, Military & Family Resource Fair is scheduled for _____.
3. Defensive driving ticket dismissal is available to the public at a cost of \$_____.



Submit your answers to 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.

When Parents Choose Change

By: Janice James, TPC Family Partner & Prevention Specialist

Current trends in family studies are focused on what makes the healthiest families and what provides the healthiest environment for growing happy, healthy, and confident kids. We all need a reminder from time to time to look at ourselves and look at what we are doing. We can learn from these reminders.

Some things we learn from all this family-focused research are, first, that home and family are vitally important. Yes, we learn good things in kindergarten that will help us throughout our lives. But family comes first and family is there long after kindergarten is gone. Second, we learn that involved, engaged parents who provide supervision for their kid's activities are also providing the love and sense of safety and security the kids need to make good behavioral choices. Third, the parents who are willing to be the parent, and not the friend, are willing to make changes in activities and routines that are in the best interest of the kids as they grow and change, even at the cost of experiencing the kid's displeasure. The choices and changes these parents make keep those same kids safe.

A recent study led by Dimitri Kristakis, Director of the Center for Child Health, Behavior and Development at Seattle Children's Research Institute is a perfect example of what happens when parents are responsive to their kids' needs and are willing to change and make changes within the family unit to address those needs. This study observed changes in kids' behavior based on the types of TV programming the kids watched. The results of the study showed that kids who watched carefully selected and monitored TV programs that promoted pro-social behavior had a greater decrease in aggressive behavior than kids who watched random and often violent programs. It turns out that what the kids watch, and whether or not the parents are watching with them, has more impact on

kids behavior choices than does the length of time the kids watch TV.

So what do we learn from this study? We learn that kids copy what they see and hear. They absorb everything. Good or bad. Parents can control to a great extent what kids see and hear by selecting the material the kids watch, supervising the kids TV habits, discussing what the kids see, and enforcing TV time rules.

Bruce Feiler, author of [The Secrets of Happy Families: Improve Your Mornings, Rethink Family Dinner, Fight Smarter, Go Out and Play, and Much More](#), puts into understandable language many helpful ideas that parents can use to set the tone for kids to make positive pro-social behavior choices. Here are a few of his ideas as presented in the Sunday February 17, 2013 Amarillo Globe News, [Parade](#) Magazine article entitled, "One Big Happy Family."

- 1) Make sure your kids know as much about their family history as possible. Kids who have this kind of knowledge have a stronger sense of connectedness to something bigger than themselves. Therefore we see kids with more confidence and a stronger sense of security.
- 2) Read to, talk to and play games with your kids. Their vocabulary will grow and their confidence and ability to connect with others through conversation will increase. Sit down to a family meal at least once a week and have conversation. Poor behavior choices will diminish.
- 3) Involve the kids in decision making that will impact them, like allowance, their own consequences, family vacations, etc. This engagement breeds a sense of responsibility in kids.
- 4) Use "Family Meetings" at least once a week to bring the family together about

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Employee Recognition

At the March 28 Board of Trustees meeting, Judge Smith, Chair, recognized Jennifer Long, and Janie Cobb, both from Alternate Living - IDD Services, for fifteen (15) years of service. They were awarded a plaque, gift card and a day off.

Congratulations!



PREVENTING CHILD ABUSE ONE CHILD AT A TIME

Recognizing, Reporting and Preventing Child Abuse

April 20, 2013

1st Christian Church • Snodgrass Fellowship Hall
3001 Wolflin Street • Amarillo, Texas 79109

A certificate of attendance will be provided for six-hour credit to each participant.

Pre-registration \$20 if post marked by April 13th. \$25 on site registration. For questions call 512.250.8438 Ext. 118 or email Trainings@PreventChildAbuseTexas.org

Rhonda Osmus, Specialized 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 at 806.351.3308 or email: joyce.lopez@txpan.org.

Congratulations!

whole family issues that work or that need to be changed. Research shows that what kids want most for their parents is for the parents to be less stressed. Holding family meetings is one way to accomplish this.

- 5) Better relationships result from celebrating accomplishments than from reviewing what didn't go well.
- 6) Involved fathers have closer relationships with their kids, both male and female. The kids tend to be more confident and sociable. The girls tend to delay having sex longer than girls with less involved fathers. Boys tend to engage less in delinquent behavior.
- 7) The main thing that happy families do is keep trying to be better. They never give up. So rather than continuing to do more of what is not working within the family, choose to change and try something new. The kids will see you trying and be more likely to try.

Consider the old adage, "Little pitchers have big ears." Or how about the nursery rhyme, "I'm a little teapot short and stout, here is my handle here is my spout. When I get all steamed up then I shout, 'Just tip me over pour me out.'" And kids for decades have chanted at one another, "Copy Cat!" All of these speak to the core of how kids learn.

They imitate. What goes in will come out. Who are they most likely to imitate? The answer is, "Their parents." "Careful the things you say and do children will listen and learn." (Stephen Sondheim, musician and lyricist, 1987) Kids are watching their parents every move, hearing their parents every word, and copying.

For parents who are looking for new ideas to guide their kids, the internet is an endless resource. Type in your question and go to it. For a plethora of information about what is available in our area to empower parents and strengthen families, go to www.peabpanhandle.org. This is a fairly new website that is striving to centralize access to links, current local information and events, such as, parenting classes, the local Child Abuse Prevention Conference and Parenting Webinar at AC.

"Be the Change!" Parents! Mahatma Gandhi, Indian political and spiritual leader (1869 - 1948) is quoted as having said, "You must be the change you want to see in the world." This starts with the foundation of the family, the parents. If there is to be change in the world there must be change in the kids. If there is to be change in the kids there must be change in the parents. Choose to change. Imagine the impact.

THE COLOR RUN

Welcome to The Color Run™ 5k Amarillo!

Join TPC's IDD Team, "*Sunshine, Rainbows & Puppies*," at The Color Run™ 5k in Amarillo, TX on June 15th, 2013! The only question is "Are you ready for the craziest, colorful, 5k of your life?" You bet you are. Race it solo or form a "color team" of 4+ members. Check out the race details at:

<http://thecolorrun.com/amarillo/>

or contact Sara Wall at 351.3229 & we'll see you all squeaky clean at the start line.

Congratulations!

The following employees were 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:

Jennifer Valingo - IDD Service Coordination
Janice Alexander - Lamount Group Home
Karon Moody - Lamount Group Home
Misty Thornton - Camp Lane Group Home
June Goding - Camp Lane Group Home
Susan Ross - IDD Service Coordination
Jessica Martinez-Garcia - MH Service Coordination, Hereford

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.

White Hat Award



The IDD Service Coordination Department would like to present this month's White Hat Award to **Mark Seidlitz and Susan McQuaig in IDD Nursing**. They are given this award for their helpfulness as service coordinators seek information for service planning purposes. They are always willing to lend their time with this process and they do it cheerfully. We thank both of them for all they do.

Sharon Guinn, for IDD Service Coordination

Welcome these New Employees...

Marilyn Ford	Specialized Services
Alexander Ortiz	Carlton Group Home
Rhonda Stacey	Westcliff Group Home
Marcia Taylor-Diggs	Utilization Management
Vincent Millican	IDD Service Coordination
JoAnn Moreno	Westcliff Group Home
Patra Moreno	Wayne Group Home
Maranda Sotello	Westcliff Group Home
Kevin Gerber	BH Children's Services
Karen Hashimoto	Browning Group Home - Pampa





Present

Veteran, Military & Family Resource Fair- Amarillo

Armed Forces Reserve Center

4511 NE 24th Ave

Saturday, April 27

Join us April 27, 2013 from 1:00-4:00PM, for a resource and benefits fair for veterans, military members, and military families at the Amarillo Armed Forces Reserve Center.

Local community organizations and Veterans Support Organizations will be available to provide information and assistance on a variety of topics:

Employment/Education

Health and Mental Health

Legal Aid

Financial Counseling and Assistance

Housing & Transportation

Emergency & Crisis Support

Family Services

Faith Based Services



For more information, contact JCFTexas@gmail.com or visit



Register at <http://www.eventbrite.com/event/5602210362>

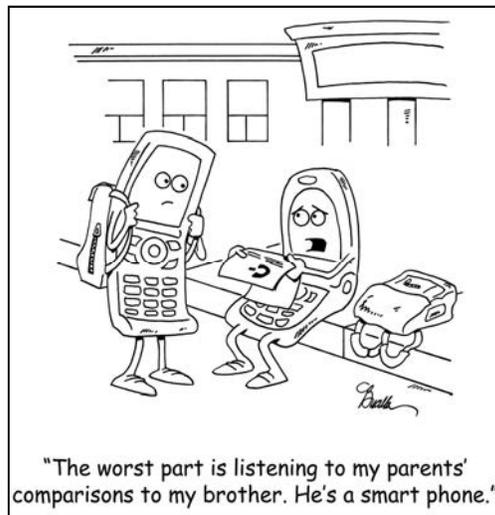
Cinco de Mayo in the United States

Americans love celebrations, which is the reason Cinco de Mayo and St. Patrick's Day have a lot in common. People who aren't Irish wear green on St. Patrick's Day and go to parades. People who aren't of Mexican descent love the musical and colorful events celebrating Cinco de Mayo.



The day is one of cultural pride for Mexican-Americans. It's the anniversary of an early victory by Mexican forces over the French in the Battle of Puebla on May 5, 1862, leading to the expulsion of French forces in 1867.

The largest U.S. celebrations are in cities such as Los Angeles, San Jose, San Francisco, San Antonio, Sacramento, Phoenix, Albuquerque, Denver and El Paso. In these cities, a large portion of the population has Mexican origins. But many other cities in the United States celebrate Cinco de Mayo as well.



Congratulations to the staff of the STAR Program and all the other staff in the various departments who contributed to a successful audit!

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

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