



Here's What's Happening...

TEXAS PANHANDLE CENTERS
901 WALLACE BLVD. AMARILLO, TEXAS
www.texaspanhandlecenters.org

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and Wheeler counties

New Year! New Start! But don't overreach.

Why are New Year's resolutions so hard to keep? You might actually be surprised that many people claim to have kept their resolutions.

According to a recent poll, 59 percent of those who made a promise of any kind going into 2014 kept it but only for part of the year. That leaves about 40 percent who evidently did keep their resolutions. Men edged out women 64 percent to 55 percent.



Why do some succeed and others fail? Behavior therapy experts say it's resolutions that fail are made casually and not based on reality. There was no clearly defined goal and specific action plan.

"I vow to lose 10 pounds monthly. I promise to exercise an hour every day. I resolve to turn off my smart phone at restaurant tables and during all family meals."

Overreaching, too ambitious resolutions tend to fail; each time the stated vow is broken, resolve weakens.

This year, be proactive. Make a plan. Think about the potential triggers for relapse and how you'll respond. Know why your goal is important and how it will improve your life. Be patient. Remind yourself of the benefits of achievement. Be accountable and good luck!



The first Amaryllis to bloom was at the Polk Street Clinic. The staff were appreciative of the flower and said that it reminds them of Paula.

Each year in December, Amaryllis bulbs are given to the behavioral health clinics in memory of Ms. Paula Porterfield. Ms. Porterfield started the tradition many years ago and it continues today.

Thanks to Lillian Wheeler for submitting the photo.

On Martin Luther King Day:

Give someone the gift of forgiveness

Martin Luther King Day, January 18, is the only federal holiday that marks the contributions of a private American citizen.

To honor the man and his philosophy of peace, many cities, and private businesses, honor the man whose philosophy of nonviolent, but pointed demonstrations, created civil rights laws and changed hearts.

Just two examples: Philadelphia's MLK Day of Service has grown to over 125,000 volunteers since their first annual event in 1995. The MGM Resorts International holds training program teaching the value of respect, inclusion and the embracing of individual differences. They have invested over \$3 billion in minority and women-owned businesses.



"Forgiveness is not an occasional act.
It is a permanent attitude."

Martin Luther King, Jr.

You don't need to have billions or a business to honor Dr. King. You can apply some of his philosophy in your life today.

Dr. King said: "We must develop and maintain the capacity to forgive. He who is devoid of the power to forgive is devoid of the power to love. There is some good in the worst of us and some evil in the best of us."

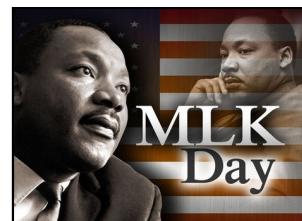
"The old law of 'an eye for an eye' leaves everybody blind."

"Life's most persistent and urgent question is, what are you doing for others?"

"Hate cannot drive out hate; only love can do that."

"Forgiveness is not an occasional act. It is a permanent attitude."

**In observance of Martin Luther King Jr. Day,
Texas Panhandle Centers will be closed on
Monday, January 18th.**



Baby News!

**Congratulations to Debra Cooksey, Dumas Behavioral Health,
on the birth of a grandson.**

**Alexander Dean was born January 1st at
8:10 p.m. He weighed 6lbs 11.7 oz and
was 20 inches long. Mom and baby are
doing great!**

Congratulations!



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:

Marie Farbro, IDD Service Coordination

Kaci Renteria, IDD Service Coordination

Terry Zimmerman, Alternate Living, Administration

Loretta Carter, Devon Group Home

Glenda Easter, Amherst 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...

Annette Gutierrez

Medication Unit - Adult

Shakena Kingcade

Alternate Living - Westcliff

Mallory King

Alternate Living - Westcliff

Valerie Spanel

Adult Behavioral Health

Anna Carnes

Alternate Living



Answer's to last months questions:
1.) Exercise 2.) Snow and Ice 3.) 133



NAMI Family –to– Family Education Program Free for family members and loved ones of individuals with:

Major Depression, Bipolar Disorder (Manic Depression), Schizophrenia and Schizoaffective Disorder, Post-traumatic Stress Disorder; Borderline Personality Disorder, Panic Disorder, Obsessive Compulsive Disorder, Co-occurring Brain Disorder and Addictive Disorders

Monday evenings: March 21st through June 6th, 2016

Registration Required! Call to register: Margie at 806.678.7385

White Hat Award



The IDD Service Coordination department would like to give this month's White Hat Award to **Julie Manning with Alternate Living**. Julie is the receptionist for building 503. She does a great job greeting our consumers and families and keeps the front area well managed. She is very helpful and kind. She is also willing to lend a hand whenever she can. Thanks Julie, we appreciate you.

Sharon Guinn for IDD Service Coordination Department

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



1. You'll be more _____ when doing what you enjoy.
2. Reasons for failed resolutions was that there were no clearly defined _____ and specific _____ plan.
3. TPC will be closed on Monday, January _____ in observance of MLK Day.

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.



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

We're Moving!



TPC's Perryton Behavioral Health Regional Clinic is moving. They are not going far. They are moving next door from their current location. Their new address is 311 S. Main Street, Perryton, Texas. The phone number will remain the same. The office will be closed on Friday, February 5th during the move. They are excited about their new office space.

You'll be more active when doing what you enjoy

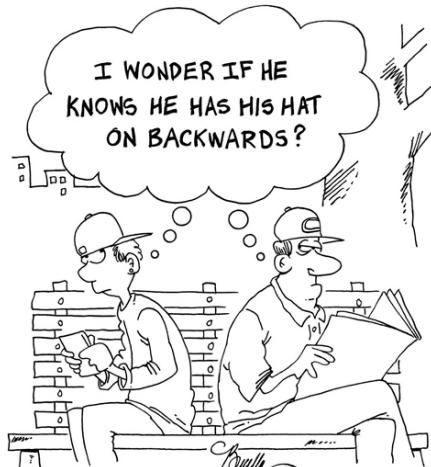
You'll get more exercise if you take the "should" and "ought to" out of the activity and do it because you like to.



When you enhance your life with immediate rewards, you'll be more likely to dance, go for walks with a friend or two, or play a sport. If you take pleasure in the activity, you'll do it more often.



"Believe me, you're not the first customer who's dropped their phone in the litter box."



Brittany Weaver, MH Service Coordination, 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!