#BeThe1To Ask.

Don’t be afraid to ask the tough question.

When somebody you know is in emotional pain, ask them directly:

“Are you thinking about killing yourself?”

Find out why this can save a life at BeThe1To.com.
If you’re struggling, call the Lifeline at
1-800-273-TALK (8255)

September is National Suicide Prevention Month

#BeThe1To is the National Suicide Prevention Lifeline’s message for National Suicide Prevention Month
IDD Respite services provide relief to many of our caregivers with loved ones that are diagnosed with developmental disabilities. It could be a planned or emergency short-term relief service that is provided to client’s unpaid caregiver when the caregiver is temporarily unavailable to provide supports. If someone does not have a caregiver, he or she is not eligible to use respite. There are two types of respite services. Out-of-home respite is provided outside of the client’s residence and in our respite facility. In-home respite is provided in the client’s residence. The out of home respite is usually a contracted service and is set up specifically for families that do not live in the Amarillo or Canyon area and find it hard to travel to and from Amarillo to access in home respite services.

In order to be eligible for respite services, eligibility for IDD services has to be met through a diagnostic process. The respite home, which is a six-bed home, is located in Amarillo. This home is only used for respite services and its use is of a temporary nature. Respite services can be scheduled for several hours, days, or weeks, but cannot go beyond a thirty-day stay. It is not considered as a group home or a place where clients live.

Our busiest months take place during the summer months when children are out of school for the summer break. Respite services provide temporary assistance and support for individuals to perform personal care, health maintenance and independent living skills, participate in community activities, and develop, retain and improve community living skills.

Tanya Fenwick serves as the manager for IDD respite services. Other staff members include: Brittany Padgett, the supervisor; Yolanda King, who is responsible for scheduling services and ensuring all documentation is current prior to the scheduled respite stay; the LVNs, Geneva Adams, Julie Crawford-Williamson, Ray Stallings and Tonda Gowdy; and the direct care staff include David Mporpwiki and Kaci Galvez. Respite, like other TPC programs areas, are in need of additional qualified candidates.

Our goal is to provide a homelike environment so that the individuals we serve are comfortable and relaxed in their second home. Most of the individuals using respite seem to enjoy it as the purpose of it is for caregivers to have relief from providing care.
Board Appointment to Planning & Network Advisory Committee

At the August 30th Board of Trustees meeting, the Board unanimously approved the appointment of Michelle Baumgardner to the Planning & Network Advisory Committee. The purpose of the PNAC Committee is for members to contribute comments and make recommendations on an internal/external network of providers. The committee considers factors in accordance with Senate Bill 1182 and complies with the Performance Contracts.

Michelle is a Licensed Professional Counselor in private practice, a personal trainer (18 years) and group fitness instructor at Zach’s Club, a certified nutrition specialist (14 years) a Talkspace provider (online counseling), as well as a Military Family Life Consultant approved provider. She is the treasurer of the Amarillo Area Association of Mental Health Professionals. She enjoys exercise, watching movies, and spending time with her grown children. She considers herself to be a strong advocate for those with disabilities.

September 22nd
First Day of Autumn

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
Welcome these New Employees...

Jesse Greer  Data Management
Arica Hagos  Utilization Management
Shelley Kuntz  ASCI Pampa
Mariah Owensby  Community Living
Martin Borunda  Information Technology
Anna Carnes  Camp Lane Group Home
Carla Doan  Partnered Response Team
Lori Greene  ASCI Pampa
Athena Johnson  MCOT

TPC’s Employee Health Fair is scheduled for Friday, November 2nd!

Additional information will be forthcoming!

Desire’ Winslow, Quality Management, 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.
White Hat Award

The IDD Service Coordination department would like to give this month’s White Award to Julie Manning, IDD Records. Julie worked very hard to ensure that the records were in good order so that the IDD department’s audit went smoothly. Julie was very helpful to the service coordinators when they had questions about the records and was willing to work with the department to make sure everything was in the record that needed to be. Julie has gone above and beyond her job duties and from all of us at the IDD Service Coordination Department, we thank you and appreciate all that you do.

Breanna Deakin
For IDD Service Coordination

Answer’s to last months questions:
1) Intercept  2) CPR  3) Bus

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

1. _________ is National Suicide Prevention Month.

2. The four easy lessons in food preparation include: _________
   _____________ to prevent harmful bacteria from making your family sick.

3. ________ is something that should be addressed at all times for a dog. Lack of attention can lead to weight loss and other health problems.

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.
In the news recently you’ve heard about Salmonella and other foodborne bacteria that have been found in our food supply in items like tomatoes. These are typically rare cases. Food handling safety risks at home are more common than most people think. You are much more likely to become sick from improper food handling procedures at home than you are at a restaurant or from the grower or the supply chain. Improper storage or handling can cause bacteria to grow. The four easy lessons of Clean, Separate, Cook, and Chill can help prevent harmful bacteria from making your family sick.

**Clean:**
- Wash hands, utensils, and cutting boards before and after contact with raw meat, poultry, seafood, and eggs.
- Bacteria can spread throughout the kitchen and get on hands, cutting boards, knives, and countertops. Frequent cleaning can keep that from happening.
- Wash hands with soap and warm water for 20 seconds before and after handling food.
- Run cutting boards and utensils through the dishwasher or wash them in hot soapy water after each use.
- Keep countertops clean by washing with hot soapy water after preparing food.

**Separate:**
- Keep raw meat and poultry apart from foods that won’t be cooked.
- Use one cutting board for raw meat, poultry, and seafood and another for salads and ready-to-eat food.
- Keep raw meat, poultry, and seafood and their juices apart from other food items in your grocery cart.
- Store raw meat, poultry, and seafood in a container or on a plate so juices can’t drip on other foods.

**Cook:**
- Use a food thermometer – you can’t tell food is cooked safely by how it looks.
- Stir, rotate the dish, and cover food when microwaving to prevent cold spots where bacteria can survive.
- Bring sauces, soups, and gravies to a rolling boil when reheating.

**Chill:**
- Chill leftovers and takeout foods within 2 hours and keep the fridge at 40 °F or below.
- Cool the fridge to 40 °F or below, and use an appliance thermometer to check the temperature.
- Chill leftovers and takeout foods within 2 hours, and divide food into shallow containers for rapid cooling.
- Thaw meat, poultry, and seafood in the fridge, not on the counter, and don’t overstuff the fridge.
- Bacteria spreads fastest at temperatures between 40 °F - 140 °.

http://safetytoolboxtopics.com/
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:

**Maria Armijo, Children’s Behavioral Health**

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.

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**Caring For An Aging Dog**

Just like humans, dogs require different kinds of care at each stage of life, and it is essential that pet owners be aware of the changes ahead so that they can plan for prevention, according to PetMD.

Unlike humans, there are many different breeds and sizes of dogs that can bring their unique challenges. In general, bigger dogs age faster so giants like Great Danes will be considered senior age at around 5-6 years old while a small dog like a Chihuahua might be closer to 10-11. The most common issues to watch out for are degenerative issues such as arthritis, dental disease, and obesity.

Dogs suffering from arthritis can’t tell their owners that they are hurting but might provide clues if they seem to tire more easily, have trouble moving up and down stairs, or not be able to sleep comfortably. Dental care is something that should be addressed at all times for a dog, but a lack of attention can cause severe problems with lost teeth and pain that can lead to weight loss and other health problems due to lack of nutrition. On the other hand, dogs with healthy mouths could still overeat, a common problem among older dogs, as they become less active and spend more time sleeping.

With any dog, putting more effort into their health and wellbeing as they age will likely allow them to experience fewer issues and a better quality of life as they age. While most dogs should visit the veterinarian at least once per year, consider upping it to two visits and ask for a body condition check each time to check things like weight. They might also suggest changing the dog’s food to one that has extra dietary support for seniors or to help treat specific conditions like heart or kidney disease. While they might not be as active as they once were, senior dogs benefit significantly from regular exercise and entertainment as long as they aren’t pushed past their limits.
The Core Implementation Team (CIT): Sammie Artho, Team Lead, Angela Ellis, Donald Newsome, Diana Van Scoy and Joyce Lopez-Enevoldsen attended the National Council for Behavioral Health’s Trauma Informed Care Training in Austin, Texas.

The guiding Principles of Trauma-Informed Care are safety throughout the organization, for staff and the individuals they serve; to feel physically and psychologically safe, including a belief in resilience and in the ability of individuals, organizations, and communities to heal and promote recovery from trauma.

*Being brave means to know something is scary, difficult, and dangerous, and doing it anyway, because the possibility of winning the fight is worth the chance of losing it.*

~Emilie Autumn

"The way I figure it, we can reach our goal of 10,000 steps a day by moving the refrigerator to the far wall."

"While you were busy checking your fantasy scores, your fantasy dinner went cold."

Here’s What’s Happening
Employee Recognition

At the August 30th Board of Trustees meeting the Board of Trustees recognized Chad Beavers, LPC, Hereford Behavioral Health, for fifteen years with the Center.

Judge Smith, Chair, presented Chad with a plaque, gift card and a day off.

A retirement reception was held for Susan Kitchens on Wednesday, August 29th. Susan served as the Rights Protection Officer at TPC for many years and most recently a trainer for staff around client rights. Toby Wallace, HR Director, and Susan’s supervisor, shared some parting words honoring her and her many years of service.