In recognition of American Heart Month, here are some cardiovascular research developments to keep an eye on in 2020, courtesy of Harvard Health Publishing:

**Digital stethoscopes.** Featuring specialized microphones and sensors that filter, buffer, and amplify sounds from the heart, digital stethoscopes then convert the sounds to a digital signal sent wirelessly to a smartphone. There, the patterns can be visualized and further analyzed.

**Safer anti-clotting treatments.** A chip the size of a postage stamp contains miniature channels, valves, processors, and pumps that enable precise manipulation of different fluids. The chip can screen hundreds of compounds in a few hours and was developed by Australian scientists who aim to identify better and safer anti-clotting treatments.

**New ways to lower cholesterol.** An experimental injectable drug called Inclisiran requires just two injections a year (rather than others that are monthly) and may cut LDL -- the "bad" cholesterol -- in half. Another new drug called bempedoic acid, taken in pill form, can lower LDL by about 25 percent in people who can't tolerate high doses of statins.

**Cuffless blood pressure monitor.** The Biobat device uses a small skin patch to measure light absorbed or reflected by blood vessels; paired with a special smartwatch, it continuously measures a person's heart rate and oxygen level in addition to blood pressure. The patch is placed on the upper torso and lasts for 10 days.

**Handheld ultrasound.** Miniaturized ultrasound devices that fit in a doctor's lab coat pocket are plugged into a smartphone or tablet, providing images that can detect problems with the aorta or the heart valves and also determine the severity of heart failure. Though they won't replace standard echocardiograms, the goal is faster diagnosis and treatment of common heart problems.

Though research has made significant improvements in treatment and medications over the years, maintaining a healthy diet and regular exercise will go a long way in staying heart healthy.
New Board of Trustee Appointments

At the January 30th Board of Trustees meeting, the appointments of Jerry Don Williams of Amarillo, and Cheryl Cano, of Hemphill County, were approved by the Board.

Jerry Don Williams has served as Chair of TPC’s Planning & Network Advisory Committee for the past fifteen (15) years. Mr. Williams is the Executive Vice President, COO and CFO of First Bank Southwest in Amarillo. He is a native of the Texas Panhandle; growing up in Perryton, Texas. He received his BBA in Finance from West Texas State University and began his career at First Bank Southwest shortly thereafter. Mr. Williams resides in Amarillo, is married, has four children and three grandchildren. He enjoys traveling and spoiling his grandkids.

Mr. Williams’s appointment filled the unexpired term of Dr. Sam Reeves.

Senate Bill 632 of the 86th Legislative Session requires the governing body of the Local Authority to choose a sheriff, or a designated representative, from the group of counties above the median population as well as from the counties below the median population of TPC’s 21 county local service area. This legislation became effective September 1, 2019 and requires the addition of two sheriffs (or their designees) to serve on the Board as ex-officio, non-voting members. A nomination from the below the median population was submitted for consideration.

Cheryl Cano, Hemphill County, was nominated by the Sheriff in Hemphill County and voted by the below the median population of the 21 county local service area. Cheryl is a member of the Texas Jail Association and the Abundant Life Assembly of God in Canadian, Texas. She is married and has two adult children. She enjoys reading, cooking, sewing and spending time with her grandchildren.

Happy Valentine’s Day!
TPC’s Homeless Services
Submitted by: Libby Moore, Chief Clinical Officer

TPC’s Homeless services are located at 723 N Taylor, co-located with Regence Health Network. We have 4 case managers, one that serves as the PATH (Projects for Assistance in Transitioning from Homelessness) Coordinator, and an Office Manager.

The PATH Program works with individuals experiencing homelessness or who are at risk of becoming homeless and have a serious mental illness. This also includes those with co-occurring substance use disorders. The program is designed to provide outreach services and engage people who are disconnected from mainstream, traditional resources. Services can include case management, linkage to primary health care services, job training, mental health and substance abuse services, education services, and housing.

PATH has walk-in times (Open Access) Tuesday and Thursday, 8:30 a.m.-11:30 a.m. and 1:00 p.m. to 4:00 p.m.

The PATH Coordinator, Amanda Weatherford, works closely with the CIT officers through the Amarillo Police Department and the Homeless Outreach Team (HOT). We also work in conjunction with other homeless service providers in the community to ensure a coordinated effort for client outreach activities.

Amanda serves on the local COC (Continuum of Care) board and currently serves as the chair of the PIT (Point In Time) count. The PIT count, conducted on January 24th, is a community-wide effort to provide a snapshot of the number of homeless individuals and families living in Amarillo. It is a required activity through HUD and is very important as it determines the funding our community can receive to work with this population. This year, the committee organized a resource health fair at Guyon Saunders Resource Center to begin the count.

For the twenty-four-hour time frame, volunteer/staff teams were assigned an area of town to canvas and find individuals and try to engage them in a conversation to “count” them and refer to community resources if indicated. Information is entered in the Counting Us App, then entries are reviewed, and duplicates are merged. This information is used to create a map of the location of the client for outreach activities. For this count, the city of Amarillo, was home to 774 homeless individuals.

TPC’s Executive Director, Chief Clinical Officer and staff from Homeless Services, MCOT, Jail Diversion, and Adult Behavioral Health participated in the PIT. We had the most volunteers from any agency! Amarillo chooses to do two counts, so we’ll have another one this summer.

If you are interested in participating, please check with your supervisor, then call Amanda at 806-371-7716.
Welcome back to Compliance Corner. In Compliance Corner we will address a question that was received internally for the purpose of education. (All personal identifying information has been removed to protect the identity of the employee and client).

IF YOU SEE SOMETHING, SAY SOMETHING…..

Employees are the “eyes and ears” of the organization to detect any violation of our Compliance Program. You are required to immediately report anything that you encounter at TPC which you believe may be unethical, illegal, or fraudulent to:

Your supervisor or

Donald Newsome, Director, Quality Management & Compliance, (Privacy Officer)
Phone: (806) 351-3284
Email: Donald.newsome@txpan.org

Here is the compliance question of the month:

Question:

I’ve been hearing about “cloning” documentation recently. Does that mean I can’t copy/paste in my progress notes? I do basically the same things with each client and it saves me a lot of time if I can just copy/paste my notes.

Answer:

Documentation is considered cloned when each entry in the medical record for a client is worded exactly alike or similar to the previous entries. Each note in the client record MUST be individualized. It would not be expected that every patient had the exact same problem, symptoms, and required the exact same intervention at every visit. Cloned notes may be construed as an attempt to defraud the Medicaid program.

If you have a question/scenario that you would like to be considered for inclusion in the newsletter, email the information to Compliance.Corner@txpan.org.
February is African-American Cultural Heritage Month

In memory of Toni Morrison

The passing of Toni Morrison in August 2019 marked the loss of one of the most impactful authors in modern times.

Morrison was the first black woman to receive the Nobel Prize in literature. According to The Washington Post, Morrison's recognitions ran the gamut from the Pulitzer Prize to a four-time selection in Oprah Winfrey's Book Club. She also worked as an editor at Random House starting in the late 1960s and later worked as an essayist and lecturer in addition to professor at Yale and Princeton Universities.

Morrison's work placed African Americans, and particularly black women, at the center of her writing, which gave a voice to stories that had largely gone unnoticed. Her Nobel Prize in 1993 made her the first native-born American since John Steinbeck to receive that honor.

Her Pulitzer winning novel "Beloved," published in 1987, was later made into a movie starring Winfrey. Morrison was born Chloe Ardelia Wofford in Lorain, Ohio and was one of four children. She received a Bachelor's degree in English from Howard University; later joining the faculty, then earning a Master's in English from Cornell University.

Points to Ponder

Jana Campbell, Rights Protection Officer

I wanted to show how TPC staff try so hard to make sure the individuals we serve have a cheerful place to come to each day. In some cases, the staff spend their own money on decorations to add to the cute things they have helped the individuals make. Thank you for Making Lives Better!
TPC’s Trauma Informed Care Time for Organizational Change Committee recognized the following individuals, who were nominated by their peers, for demonstrating one or more of the following as it relates to trauma (empathy, cultural sensitivity, self-awareness, self-care promoting/building resilience, flexibility toward others, collaboration, willing to learn from others, creating a safe space, trustworthiness, respect and courage):

Keiko Schinzato, Children’s Services, Diane Donnell, Utilization Management, and Amanda Arguellez were also recognized. They were awarded a $25 gift card. Thank you ladies for Making Lives Better!

TICTOC 3.0 Employee Recognition

At TPC there are many good deeds that happen every day and the TICTOC Committee wants to hear about the people behind those good deeds.

If you observe a fellow employee doing a good deed as it relates to trauma (trauma sensitivity/education/training/etc.), send an email to the TICTOC Committee letting us know what you observed to TICTOC@txpan.org. The committee will review the submissions and select those are demonstrating trauma principles and Making Lives Better for those we serve and employ. The Committee will reward those individuals with a gift card and/or other form of recognition! We look forward to hearing from you!
White Hat Award

The IDD Service Coordination Department would like to present the Shining Star Christmas Project Team with the White Hat Award. Janice Stoner, Trisha Wilson, Gayla Christian, Bobby Wilson, Gary Scheller, and Pablo Duarte worked diligently and efficiently to help provide Christmas gifts to the individuals we serve in the IDD Department. We would like to say Thank You for your commitment and invaluable contributions. Because of this team’s hard work and willingness to serve, our individuals were able to have a very Merry Christmas! We appreciate all that you do.

Cecilia Gallegos for the IDD Service Coordination Department

Answer’s to last months questions:

1) 11-30 years 2) 2 business days 3) Jana Campbell

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

1. Each client note must be ________; otherwise, it may be construed as fraudulent.

2. The _______ Program works with individuals experiencing homelessness or who are at risk of becoming homeless and have a serious mental illness.

3. TPC’s Stars basketball game is ________.

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.
Employee Recognition

Judge Willis Smith, Board Chair, and the Executive Staff recognized the following employees for their service with the Center.

Keiko Shinzato, Associate Psychologist (not present) was recognized for 15 years.

Linda Gaskill, Inventory Coordinator, Purchasing, was recognized for 30 years.

Kay Annen, Administrative Tech, Maintenance, was recognized for 35 years.

They were awarded a plague, gift card and a day off.

Congratulations!

2020 Annual TPC Staff vs. TPC Stars

It’s that time again! The TPC Stars #1 Basketball Team is preparing for State Games in Arlington this March and we would like to ask for your help to make sure these amazing athletes have everything they need for the trip.

Watch for dates for upcoming jean weeks!

For just $2.00 a day, you can wear your jeans and support TPC’s team!

The annual TPC Staff vs. TPC Stars game will be held on Friday, February 21st, 2020 at Paramount Baptist Church Recreation Center (the PAC) at 3801 S. Western Amarillo, TX 79109 from 10:00 am - 11:30 a.m. We invite you to come out and help support our Stars!
Due to the number of calls received from case managers concerned about their clients receiving suspicious calls claiming to be Social Security, please review the following regarding fraudulent misrepresentation:

Do you suspect someone of committing fraud, waste, or abuse against Social Security? Reporting fraud to the SSA Office of the Inspector General is easy, safe, and secure.

Social Security Phone Scams

There is a widespread telephone scam happening right now across the country involving Social Security. Callers saying are from Social Security, and may say there is a problem with your Social Security number or threaten to arrest you unless you pay a fine or fee with cash, retail gift cards, pre-paid debit cards, or wire transfers.

Social Security Program Fraud

To report suspected fraud, waste, and abuse related to Social Security programs and operations, including Social Security benefit fraud, Supplemental Security Income fraud, misuse of benefits by a representative payee, or other Social Security related fraud, please visit the options below:

Visit the Office of the Inspector Generals website:  oig.ssa.gov/report

U.S. Mail: Social Security Fraud Hotline
P.O. Box 17785
Baltimore, Maryland 21235

FAX: 410-597-0118

Telephone: 1-800-269-0271 from 10 a.m. to 4 p.m. Eastern Standard Time, Monday through Friday, excluding Federal holidays

TTY: 1-866-501-2101 for the deaf or hard of hearing

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
Texas Panhandle Centers is pleased to offer its employees and household members an employee assistance program. Each month we will feature a program from the EAP.

Additional details can also be found in TPC’s ADP site or you may contact the Human Resources Department.

**Webinars**

Access MINES archive of online webinars. A great resource with a different topic every month. Register for the next webinar at minesandassociates.com/webinars.

The use of your Employee Assistance Program is strictly confidential and available 24/7. We are here to help with the everyday issues that come up in your life, including:

- Stress
- Depression
- Family Issues
- Financial Problems
- Substance Abuse
- Work Related Issues and More...

800.873.7138

www.MINESandAssociates.com
Welcome these New Employees...

Antinette Baca  Alternate Living
Trent Britten  Alternate Living
Joshua Fanguy  Alternate Living
Armanda Munoz  Specialized Services
Jennifer Gonzalez  STAR Program
Marizza Lester  BH Crisis, Screening & Intake
Naimo Mohamed  Alternate Living
Joslyn Smith  Children’s Behavioral Health
Tisheda Smith  Alternate Living
Tracy Soria  ASCI Pampa

Your Story Matters!

Teresa Mendoza, IDD Service Coordination, answered last month’s questions correctly and was randomly selected to win a $25 gift card.

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

Daylight saving time begins
Sunday, March 8, 2020