



Here's What's Happening...

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

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Serving the citizens of:

Armstrong, Carson,
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Hemphill, Hutchinson,
Lipscomb, Moore,
Ochiltree, Oldham, Potter,
Randall, Roberts, Sherman,
and Wheeler counties

Wellness at TPC

Libby Moore, Chief Clinical Officer

Overall wellness and good health is a goal at TPC, for employees and the people we serve. "Wellness" can mean different things to different people. What we consider "well" in ourselves might be different than what we consider "well" in others. Regardless, we all strive to have our lives function in a way that best serves our own interests and those we consider our loved ones. We all have a need to feel safe and supported.

Colorado State University in Pueblo Colorado has done some work to help faculty and students improve their overall wellness goals.

Here are some tools that give some guides and information to improve our overall wellness. Below is an example of a quiz they offer to evaluate Occupational Wellness.

Click the link below to learn more:

<https://www.csupueblo.edu/health-education-and-prevention/8-dimension-of-well-being.html>

Occupational Wellness

Occupational wellness is one of eight dimensions that contribute to overall health and wellness. Occupational wellness encompasses all aspects of wellbeing pertaining to personal satisfaction in ones job/career. The resources listed in this section are opportunities designed to optimize your occupational wellness status, which can positively impact your overall health and wellness.

On the next page is a self assessment which may assist you in understanding your overall health and wellness.

(Continued on page 2)

Daylight saving time ends November 7th.
Fall back 1 hour.



(Continued from page 1)

Self Assessment

Assessment from A Wellness Way of Life (Robbins et al, 2017).

Read each statement and respond with one of the following:

Almost always = 2 points Sometimes/occasionally = 1 point Very seldom = 0 points

- ____ 1. I am happy with my career choice
- ____ 2. I look forward to working in my career area
- ____ 3. The job responsibilities/duties of my career choice are consistent with my values
- ____ 4. The payoffs/advantages in my career choice are consistent with my values
- ____ 5. I am happy with the balance between my work/career choice time commitment and leisure time
- ____ 6. I am happy with the amount of control I have in my work/career choice
- ____ 7. My work/career choice gives me personal satisfaction
- ____ 8. I am happy with the professional/personal growth provided by my job/career choice
- ____ 9. I feel my job/career choice allows me to make a difference in the world
- ____ 10. My job/career choice contributes positively to my overall wellbeing
- _____ Total

Scores of 15-20 points: Excellent strength in this dimension

Scores of 9-14 points: There is room to improve. Look again at the items in which you scored 1 or 0, what changes can you make to improve your score?

Scores of 0-8 points: This dimension needs a lot of work. Look again at this dimension and challenge yourself to begin taking small steps toward growth.

Use the link below to learn about the importance of job satisfaction and relevant statistics

Feeling tired and burnt out at work? Use the link below for a list of tips to increase your job Satisfaction.

<https://www.thebalancecareers.com/feeling-weary-1917962>

5 Numbers You Need to Know for a Healthy Heart

1

BMI
(body mass index):

18.5 – 24.9 - Normal
25.0 – 29.9 - Overweight
30+ - Obese



2 **Waist Size**

(measured at your belly button):
Women: less than 35"
Men: less than 40"



3 **Blood Pressure**

Top number (systolic):
under 120
Bottom number (diastolic): under 80



5 **Blood Sugar**

Less than 100
(after fasting 8 hours)



4 **Cholesterol**

Total number less than 200



Help Your Heart!

Determine your BMI with a free online calculator. Find a tape measure to figure out your waist size. And see your doctor to learn your blood pressure, blood sugar and cholesterol levels.

Complete the online Health Risk Assessment (HRA) from the IMS Wellness Works portal to learn how to improve these 5 critical numbers.

www.imstpa.com

Navigate to Wellness Works from Inquiry



COMPLETE THE ASSESSMENT



WELLNESS
WORKS

www.imstpa.com • P.O. Box 15688 • Amarillo, TX 79105

Review the "Results and Recommendations" from the Health Profile to begin improving these numbers for your best health.

Instructions available @ www.imstpa.com from the Employee Option, "Online Help"

Plan Ahead Before the Cold Weather Arrives

Are you prepared for the next winter storm? Last winter Texans experienced unprecedented power outages and life threatening circumstances as a result. It doesn't matter what part of the country you live in or what type of house or apartment you have, being prepared is the key.

Most cold-season power failures happen when winter storms bring freezing rain, sleet and high winds, damaging power lines and equipment. Plan ahead before the cold comes.

- Put together an emergency survival kit and an evacuation plan. Some things to include are: Cell phone, portable charger, and extra batteries, extra hats, coats, mittens/gloves, and blankets, battery powered radio with extra batteries, flashlight with extra batteries, candles and lighter or matches, first aid kit, medications or other medical needs, high protein snacks and bottled water.
- Food options with no power may include: canned beans, tuna or chicken, canned vegetables and fruit, breakfast cereal, peanut butter, pouches of fully cooked whole grains, nuts, whole wheat crackers, snack bars and shelf stable milk or plant milk and bottled water. Keep in mind, food can stay cold or frozen in your refrigerator or freezer for 24 to 36 hours if the door stays closed.
- Create a communication and disaster plan for you and your family ahead of time. Know how the COVID-19 pandemic has affected emergency preparedness and response. Shelter locations may have changed.
- Alternative heat sources to use during a power outage include: Wood burning stove



or fireplace. Kerosene heaters, alcohol heater/cook stove that uses denatured alcohol as a fuel source, Mr. Heater Propane Buddy Heaters (several sizes available), terracotta pot heater—homemade heater which uses canned heat for fuel.

- It's a good idea to winterize your home before the cold arrives. Check heating. Furnaces, boilers and chimneys should be serviced to clear any buildup and keep them running efficiently. Seal the cracks. Caulk around hole openings to help prevent cold air from coming in. Install weather stripping and seals around openings such as windows and doors. Install smoke detectors and battery operated carbon monoxide detectors.
- Don't forget about your pets and your car. Make sure your pets have adequate shelter, food, water, and medications if needed. Get your car ready ahead of time. Make sure the gas tank is full, tires have adequate tread and air pressure and keep an emergency kit in your car as well in case you get stranded.

While it may take a little extra effort to plan ahead, when the power goes out, the plans you put into place now may be life saving. Stay safe.



Trustee Recognition

Sharon Braddock of Clarendon, was recognized at the September 30th Board of Trustees meeting. Sharon was appointed to the Board of Trustees in November 2013 by the Eastern Division of the Texas Panhandle. The Eastern Division consists of the Commissioner's Courts of these eleven counties: Hansford, Ochiltree, Lipscomb, Roberts, Hemphill, Gray, Wheeler, Armstrong, Donley, Collingsworth and Hall Counties.

Sharon served on the Budget & Finance Committee and most recently as Chair of that committee. After 17 years with TPC, Sharon is stepping down from the Board. In recognition, she was presented with a crystal award as well as an engraved brick from the former Genesis House, where she served as Executive Director.

Thank you Sharon for your service and leadership over the years. You will be missed!

Well done!



Thank you!

Wellness Works Dates to Remember:

- **October 12—November 5th:** Schedule appointments (on-line) for lab work at BSA: 1000 S Coulter Ave.
- **October 25th: 8am—11am:** Blood Pressure and Weight Clinic @ Taylor Street Large Conference Room. RSVP to 351.3401 or mary.salazar@txpan.org
- **October 28th: 8am - 11am:** Blood Pressure and Weight Clinic @ 501 Wallace Blvd. RSVP to 351.3401 or mary.salazar@txpan.org
- **November 19, 2021:** Deadline to qualify for gift cards from IMS.
- **December 10, 2021:** Deadline for completing all steps to Wellness Works to receive \$2000 deductible credit.



Quality Management would like to recognize those case managers/ service coordinators who score 95 or higher on the bi-monthly compliance reviews. All staff who score 95 or higher will have their name put in a drawing. After the two monthly reviews are completed a name will be drawn and the winner will receive a \$25 gift card. A special thank you to the **TICTOC Committee** who made it possible for us to offer this recognition.

The winner for last month is *Misty Bush, MH Service Coordination*. Congratulations, Misty! Thank you for your hard work! Please reach out to Gaynelle Williams in QM for your gift card.



Banana Mummies and Cookie Spiders Recipe

BANANA MUMMIES:

- 1 bunch bananas or as many as desired (firm bananas work best)
- White chocolate wafers for melting (candy coating is also fine)
- Chocolate icing or chocolate wafers for melting
- Candy eyes
- Bamboo skewers



Peel bananas and slice in half. Carefully slide skewer into banana halves lengthwise, then set on a tray and place in freezer for at least an hour to harden. When bananas are frozen, melt white chocolate wafers or candy coating according to package directions, then carefully dip bananas in coating until covered. Place coated bananas in the refrigerator until coating is set, then decorate with melted semi-sweet chocolate or chocolate icing to create bandages and to glue on candy eyes. Freeze until set, then serve.

COOKIE SPIDERS:

- 1 package sandwich cookies (we used Halloween Oreos, but Double Stuff Oreos will also work well)
- White chocolate wafers or icing -- any color or flavor is fine, but we used leftover melted white chocolate from the Banana Mummies.
- Mini pretzel rods
- Candy eyes

Carefully twist cookies apart. Count out eight pretzel rods for each cookie -- these are the legs. Dip just the tip of each pretzel rod in the melted white chocolate or icing, then press into the frosting side of the sandwich cookie. Be careful not to press too hard, or the cookie itself might break. Repeat for each of the eight legs. Replace the top of the sandwich cookie before the white chocolate or frosting sets. Use the white chocolate or frosting to glue on the candy eyes. Spiders are ready to eat almost immediately.

Points to Ponder

By Emily Rubio, Interim Rights Protection Officer

We have previously discussed the different types of abuse, as well as reporting abuse. I feel it is important to also cover documentation in regards to abuse, neglect, and exploitation.

Why is documentation important, and what does documentation have to do with abuse, neglect and exploitation? When we document, we should consider that an investigator can look at everything we have written. Therefore, we should always write as if we are describing the incident to someone that was not there and who does not know the people involved. For example, the individual came into the kitchen area and was upset that another housemate was in the chair that she usually used; the individual threw her things in the direction of her housemates. Instead of, the individual came into the kitchen and started throwing things. This more detailed example can help provide the investigator a complete and thorough picture of the incident.

If you have any questions or concerns call 806.351.3400 or email Emily at emily.rubio@txpan.org.

Hutchinson County United Way Community Event

TPC's Tillarie Sisneros and Tammie Donoghue, Borger Behavioral Health, hosted a TPC booth at the United Way Community Outreach event in Borger on Saturday, September 11th.



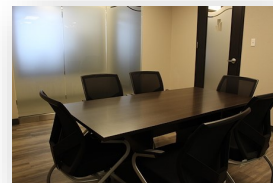
Welcome these New Employees...

Princesa Benitez	MH Docket
Natasha Betancourt	Community Living GR
Brittany Cotgreave	MH Administration
Charles Firestone	CCBHC Expansion Grant
Michelle Green	Children's MH Service Coordination
Gina Escajeda	Adult MH Service Coordination
Jazmin Escamilla	ASCI Dumas
Gaye Reynolds	HB 13
Byron Thompson	Wayne Group Home
Larry Thompson	Quality Management
Cassandra Trevino	SB 292
Shellye Walker	Children's MH Service Coordination
Hagenimana Alphonsine	Carlton Group Home
Apolo Anguino	Accounting
Cristina Arreola	ASCI Pampa
Katelyn Hudson	ECI



Need to schedule a conference room? Please contact the following:

- ⇒ 901 Wallace Blvd: 501 Wallace Conference Room or Board Room: Carol Cobb - 351.3205
- ⇒ 1500 S. Taylor Street Training Room: Norma Sloan - 349.5652
- ⇒ 1501 S. Polk Street Conference Rooms: Gracie Chavez - 349.5622
- ⇒ 2002 Hardy Street Conference Room: Paige Clements - 351.3277



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

White Hat Award



The IDD Service Coordination Department would like to recognize **Paul Jeffers, Community Support Program Developer**, with this month's White Hat Award. Paul's positive attitude, dedication, and professionalism are greatly appreciated. He is a great asset during team meetings and is very accommodating. Thank you for the dedicated years of service and loyalty to Texas Panhandle Centers and the individuals we serve.

Adrienne Sell, IDD Service Coordination



"It's weird, but I feel like I've read this before."



"Who does your hair?"



Yolanda King, IDD Respite, 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.

Employee Assistance Program

Through MINES & Associates, you and your household members are entitled to a number of resources at no cost to you.

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

♦ Stress ♦ Depression ♦ Family Issues ♦ Financial ♦ Substance Abuse ♦ Work Related Issues and more...

800.873.7138

www.MINESandAssociates.com

Answer's to last months questions:

- 1) Suicide
- 2) Certified Community Behavioral Health Clinic (CCBHC)
- 3) Health Conditions

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



1. _____ wellness encompasses all aspects of wellbeing pertaining to personal satisfaction in ones job/ career.
2. Complete the online _____ from the IMS Wellness Works portal.
3. When documenting, consider that the _____ can look at everything that is written.

[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.](mailto:joyce.lopez@txpan.org)