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Serving the citizens of:

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

April is National Autism Awareness Month

Texas Panhandle Centers participated in the 6th Annual Amarillo Area Autism in Action Walk and 5K Run on Saturday, April 2nd along with many other organizations and families to bring awareness to Autism.

Amarillo Area Autism in Action is a parent run organization dedicated to raising awareness about Autism and generating support for families facing this puzzling disease.

The Centers for Disease Control and Prevention (CDC) released in March 2016, the newest estimate of autism prevalence among the nation's children. The report shows that, overall, less than half the children identified with autism (43 percent) had received comprehensive developmental evaluations by age 3. This proved true despite the fact that the vast majority (87 percent) had developmental concerns noted in their medical or educational records before age 3. Currently, autism can be reliably diagnosed by age 2, with earlier diagnosis affording greater opportunities for intervention that supports healthy development and improves function and quality of life.

The new report also found that minority children continue to receive developmental evaluations later than other

children and continue to be diagnosed with autism at lower rates. In addition, the newest estimate of autism prevalence among the nation's children remained unchanged, at 1 in 68, from two years ago.



In response to these findings, Autism Speaks calls on legislators, public health agencies, the National Institutes of Health and others to join in urgently advancing programs such as universal autism screening for toddlers and enhanced and expanded early intervention services – as well as the personalized medical care, support and resources needed by the growing numbers of people with autism now reaching adulthood.

At TPC, helping parents understand the diagnosis of Autism Spectrum Disorder is crucial to cultivating reasonable expectations of behavior and behavior change. Developing parenting skills allows parents to carry out behavioral intervention in the home and enhancing the child's success through skills acquisition and replaces troublesome and challenging behaviors with adaptive behaviors.

If you or someone you know is in need of services, please call to schedule an appointment: **806.351.3212**



Severe Weather in the Texas Panhandle

Submitted by: Desire Winslow, Safety Director



Spring is in the air and the possibility of Severe Weather and Tornadoes are upon us. A “Tornado Watch” is an event where the conditions are suitable for a tornado. This is the time that you should prepare your shelter and/or discuss evacuation plans with loved ones. A “Tornado Warning” indicates that the event is occurring, imminent or highly likely. In the event of a Tornado, following the steps below could help to save lives!

Have you ever sat down with your family to discuss and plan what you would do in case of an immediate weather threat? If you haven’t, now would be an excellent time to sit down with your family and devise a plan. Finding the time to do this can be difficult, but taking the 15 minutes to develop and practice a plan could save the lives of ones you love. Please remember these tips when planning and carrying out your actions.

Tornado Safety Tips

Before the storm:

- Develop a plan of action
- Have frequent drills
- Have a NOAA Weather Radio with a warning alarm tone
- Listen to radio and television for information
- If planning a trip outdoors, listen to forecasts

In Homes or Small Buildings:

Go to the basement or to an interior room on the lowest floor (e.g. closet or bathroom). Upper floors are unsafe. If there is no time to descend, go to a closet, a small room with strong walls or an inside hallway. Wrap yourself in overcoats or blankets to protect yourself from flying debris.

In Schools, Hospitals, Factories, or Shopping Centers:

Go to interior rooms and halls on the lowest floor. Stay away from glass enclosed places or areas with wide span roofs such as auditoriums and warehouses. Crouch down and cover your head. Don’t take shelter in halls that open to the south or the west. Centrally-located stairwells are good shelter.

If a warning is issued or threatening weather approaches

- Always remember **“DUCK”**
- Stay away from windows
- Get out of automobiles and get into a sturdy structure or ditch.



“DUCK”

Down to the lowest level
Under something sturdy
Cover your head
Keep in the shelter until
the storm has passed

- Or, buckle your seat belt and get below window level of your vehicle.

In High-Rise Buildings:

Go to interior small rooms or halls. Stay away from exterior walls or areas with glass.

In Mobile Homes:

ABANDON THEM IMMEDIATELY!!!

Many deaths occur in mobile homes. If you are in a mobile home when severe weather approaches, leave it immediately and go to a substantial structure or designated tornado shelter. Determine your shelter ahead of time so you don’t have to think about it when weather strikes.

If no Suitable Structure is Nearby:

Lie flat in the nearest ditch or depression and use your hands to cover your head. Be alert for flash floods.

Welcome these New Employees...

Kendra Williams	IDD Service Coordination
Christina Barba	IDD Service Coordination
Dianna Goetz	IDD Service Coordination
Julia Cruz	Dumas Behavioral Health
Tasha Moses	IDD Service Coordination
Casey Rogers	BH Screening & Intake
Eva Morales	ASCI Dumas
Robin Reed	Alternate Living
Bienvenu Ruhara	Alternate Living
Jessica Courkamp	Alternate Living
David Landin	Behavioral Health



"I can work days, evenings, nights...I'm very flexible."





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:

Jeromy Thornton, HCS
Brittany Padgett, HCS
Janie Cobb, HCS
Betty Gonzales, HCS
Rhonda Stacey, Alternate Living
Janice Alexander, HCS
Susan Young, HCS
Michael Ray, HCS
Samantha Laughlin, MH Intake Pampa

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.

CELEBRATE NATIONAL VOLUNTEER WEEK - APRIL 10-16, 2016



**SPECIAL APPRECIATION GOES TO OUR
BOARD OF TRUSTEES AND PLANNING AND
NETWORK ADVISORY COMMITTEE
MEMBERS FOR THEIR
VOLUNTEER SERVICE TO TPC!**

Do you know what your credit report says?



Keep up with your credit report. It's important to check your credit reports on a regular basis to ensure that there aren't any errors and to help protect yourself against fraud and ID theft. Visit annualcreditreport.com.

Each year you're entitled to one free credit report from each of the three major reporting agencies: Equifax, Experian and TransUnion.

White Hat Award

The IDD Service Coordination department would like to give this month's White Hat Award to the **IT Department Staff**. The IT Department is always incredibly friendly and helpful, doing everything in their power to ensure that our systems are up and running so that we can make our deadlines. They also set up all of our ComNets and will do whatever they can to make sure any problems are immediately and efficiently addressed whenever you call them. We thank you and appreciate all that you do.



Breanna Deakin for IDD Service Coordination

Answer's to last months questions:
1.) 1966 2.) May 31, 2016 3.) May 2, 2016

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

1. Autism prevalence among the nation's children remained unchanged at _in _ from two years ago.
2. A tornado warning indicates that _____.
3. Studies show that smokers assisted by a _____ have a greater chance of quitting smoking.



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**

TPC Welcomes New PNAC Member

Texas Panhandle Centers welcomes Jim Conner to the Planning and Network Advisory Committee.

The PNAC was established as a requirement of the Performance Contracts with the Department of State Health Services and the Department of Aging and Disability Services.

Members of the Planning and Network Advisory Committee review, contribute comment and make recommendations to the Board of Trustees on an internal/external network of providers.



Mr. Conner grew up in Pampa and earned a Bachelors Degree from West Texas State University. He served in the US Navy for four years before returning to the Texas Panhandle. Mr. Conner worked for the Amarillo State Center until the merger in 2000 and then for TPC until his retirement. He is married and enjoys fishing, shooting, reading and anything to do with his grandsons.

Current PNAC membership includes: Jerry Williams, Chair (Amarillo); Jeff Malcolm (Amarillo); Margie Netherton (Amarillo); Keith Nishimura (Amarillo); Cindy Cockerham (Amarillo); Brandi Reed (Amarillo); Reverend James Peach, (Hereford); Vicki Line (Amarillo); Jim Conner (Amarillo)



WALK ACROSS TEXAS! IT'S WALK ACROSS TEXAS TIME AGAIN!

WHAT IS WALK ACROSS TEXAS?

Walk Across Texas is a free program to help people start moving more and establish physical activity as a lifetime habit. Doing WAT with people you know is a great way to help you keep going when you feel like quitting.

WHEN?

WAT Starts May 2, 2016 and runs for 8 weeks through June 27, 2016

**START FORMING YOUR TEAMS NOW!
MORE INFO IN THE WEEKS TO COME
QUESTIONS? CONTACT DESIRE WINSLOW
desire.winslow@txpan.org**

Tobacco Cessation Programs

Provided by: Jim Ann Rasco, Director of Utilization Management, IMS

Quit For Life

The American Cancer Society's Quit For Life Program is a FREE PROGRAM and is operated by Alere Wellbeing. It is a phone-based coaching and web-based learning support service to help people quit smoking.

Participants are matched with a Quit Coach and unlimited toll-free access to Quit Coach and Web Coach is included.

Support for the type, dose and use of medicine and, if needed, direct mail order access to medicine. Text2Quit messages and motivational emails. A printed, stage-appropriate quit guide is available.

To learn more about Quit For Life call any time day or night 1-800-227-2345 and when recording starts press 1. Tell person you want tobacco cessation information or you want to join Quit for Life.

<http://www.cancer.org/healthy/stayawayfromtobacco/quit-for-life> or <http://www.alerewellbeing.com/quit-for-life/>

Smokefree.gov –

A Government funded smoking cessation website designed to assist in smoking cessation.

<http://smokefree.gov/>

This is a free program.

CVS - The CVS pharmacy online has a smoking cessation program.

Stop smoking with Start to Stop®, our smoking cessation program*



Studies show that smokers assisted by a health care provider have a greater chance of quitting smoking. We created this program to help those over 18 kick the habit.

Come in for personal counseling with a nurse practitioner to help you quit smoking.

Our program includes:*

- 1-on-1 consultation with a practitioner, including a nicotine-dependence assessment
- Individualized smoking cessation plan and education based on your needs and goals
- Ongoing coaching and support in your efforts to quit smoking
- Nicotine-replacement recommendations or prescriptions written when clinically appropriate
- A visit summary sent to your primary care provider with your permission

<http://www.cvs.com/minuteclinic/resources/smoking-cessation>

American Lung Association

<http://www.lung.org/stop-smoking/i-want-to-quit/how-to-quit-smoking.html> (there is a cost associated with this program)