



TEXAS PANHANDLE CENTERS

901 WALLACE BLVD. AMARILLO, TEXAS

www.texaspanhandlecenters.org

December 2015 Volume XII, Issue 12

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Serving the citizens of:

Armstrong, Carson,
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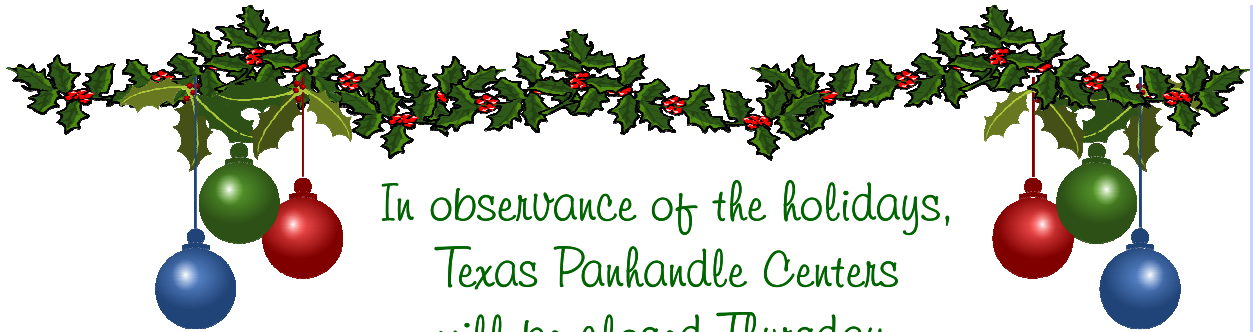


*Merry Christmas and
Happy New Year!*

This is just one of many
ornament trees that were set
up throughout the city
at area banks.

All the ornament requests
have been filled and are
being delivered.

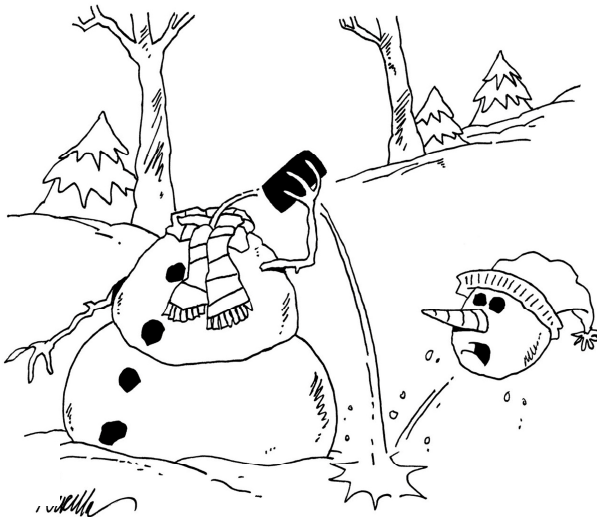
Thank you to all that
participated and for *Making
Lives Better* during the
holidays!



In observance of the holidays,
Texas Panhandle Centers
will be closed Thursday,
December 24th & Friday, December 25th for Christmas
and Friday, January 1st for New Year's Day.

Wishing you and yours a safe and happy holiday!

*133 packages of socks were collected for our clients during
"sock it" jeans week. Thank you for your participation!*



"Hold on...I seem to be breaking up."



"I don't care if it's on sale. We have a
perfectly good dust magnet at home."

Preparing for the holidays

Source: WebMD

The holidays can be a joyful time, offering a chance to reconnect with friends and family. But they can also be stressful. You may feel pressure to buy and give gifts. Maybe you are worried about money. The holidays can also be hectic. There never seems to be enough time to get things done.



Think about the kinds of events that trigger stress for you during the holidays. Then you can focus on one or two things you can do that will help the most to reduce stress.

- 
- ♦ **Know your spending limit.** Lack of money is one of the biggest causes of stress during the holiday season. This year, set a budget, and don't spend more than you've planned. It's okay to tell your child that a certain toy costs too much. Don't buy gifts that you'll spend the rest of the year trying to pay off.
 - ♦ **Give something personal.** You can show love and caring with any gift that is meaningful and personal. It doesn't have to cost a lot. Or use words instead of an expensive gift to let people know how important they are to you. Make a phone call or write a note and share your feelings.
 - ♦ **Get organized.** Make lists or use an appointment book to keep track of tasks to do and events to attend.
 - ♦ **Share the tasks.** You don't have to do everything yourself. Share your "to do" list with others. Spend time with friends and family while you share tasks like decorating, wrapping gifts, and preparing the holiday meal.
 - ♦ **Learn to say no.** It's okay to say "no" to events that aren't important to you. This will give you more time to say "yes" to events that you do want to attend.
 - ♦ **Be realistic.** Try not to put pressure on yourself to create the perfect holiday for your family. Focus instead on the traditions that make holidays special for you. And remember that just because it's a holiday, family problems don't go away. If you have a hard time being around your relatives, it's okay to say no to events that aren't important to you. This will give you more time to say "yes" to events that you do want to attend.
 - ♦ **Take breaks from group activities.** Pay attention to your own needs and feelings. Spend a little time by yourself if you can. Meditate, or do some relaxation breathing. Go for a short walk.
 - ♦ **Keep a regular sleep, meal, and exercise schedule. Limit your alcohol.** Taking care of yourself will help you deal with stressful situations during the holidays.
 - ♦ **Get support if you need it.** Holidays can sometimes trigger depression. They can be especially hard if you are already dealing with the death of a loved one or the breakup of a relationship. You may feel embarrassed to ask for help, or you may think that you'll get over "the blues" on your own. But most people need treatment to get better. Talk with your doctor about counseling and medicine for depression.

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:

Michael Ray - HCS
Erin Hawkins - HCS
Laci Phillips - ECI

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.

Answer's to last months questions:

1.) November 19th; 2.) November 30 – December 4 3.) Legs

Welcome these New Employees...

Jennifer Ruppel
Samantha Loughlin
Brittini Crist
Jana Johnson
Misti Ebenkamp
Melissa Morphis
Ting Ting Li

BH Screening & Intake
Children's Services
ECI
Adult Behavioral Health- Clarendon
Adult Behavioral Health - Pampa
Children's - Amarillo & Regional
Adult Behavioral Health



Out and About...

Look who was spotted fashioning Christmas sweaters!
Hmm, I wonder what they were up to?



White Hat Award



The IDD Service Coordination department would like to give this month's White Hat Award to **Alicia Huckabay and Carol Bentley in the IDD Intake Department**. These two ladies have been very helpful with organizing a new program called Community First Choice. The deadlines and requirements have been challenging and they stepped up to the task. They are also very helpful when assisting service coordinators in need. We appreciate all of your contributions to our department.

Sharon Guinn for IDD Service Coordination Department



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



1. Some things that help avoid stress during the holidays include: keep a regular sleep, meal and _____.
2. Before driving in winter weather be sure all windows, mirrors and lights are free from _____ and _____.
3. _____ Packages of socks were collected during the "sock it" jeans week.

[Submit your answers to joyce.lopez@txpan.org](mailto: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**

2016 Holiday Schedule

January	1st	New Years Day
January	18th	Martin Luther King Jr. Day
May	30th	Memorial Day
July	4th	Independence Day
September	5th	Labor Day
November	24th	Thanksgiving Day
November	25th	Friday After
December	23rd	Friday before Christmas
December	26th	Day After Christmas



Reminder! In order to receive your \$1000 credit toward your insurance deductible, you must have your Health Risk Assessment (s) completed by January 15, 2015.

Below are the step by step instructions:

Login to www.imstpa.com

Select **Wellness Works** under *Inquiry*

Select the “**Assess My Health**” tab

Select the “**In Progress**” Adult Health Risk Assessment

Answer the questionnaire and select “**Complete for Credit**”

Complete the nurse consultation at 1-800-687-3020 ext. 391.

Nicole Garcia, Specialized Services, 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!

Tips for Winter Driving

Submitted By: Desire Winslow, Quality Management/Safety Director

Parking: Keep wiper blades from freezing to the windshield by swinging them out when you park your car.

Before Driving: Make sure all windows, mirrors and lights (head and tail) are free from snow and ice before driving. Never use hot water to try to defrost a windshield, utilize ice scrapers and the vehicles defrost settings.

Slow Down: In normal conditions, you should maintain a following distance of three seconds between you and another car. On winter roads, increase that to a full 8 to 10 seconds. Yes, that may mean slow going, but a little patience will keep you a lot safer on the road.

Get Unstuck the Right Way: Avoid the temptation to spin your wheels. You'll just dig yourself into a deeper hole. Instead, determine the path of least resistance between your car and solid ground. Then, clear the snow behind and in front of all four tires and liberally spread sand or kitty litter in front of and behind the drive wheels. Keep

in mind that the sharper your front wheels are turned, the more resistance to movement in either direction you create. Consequently, try to keep the front tires as straight as possible.

Tackle a Skid the Smart Way: If your car skids, keep a cool head, and follow these steps:

- o Don't panic.
- o Don't slam on the brakes.
- o Take your foot off the gas.
- o Steer your car in the direction you want to go.
- o Wait for the car to slow down so you can regain control.
- o You can prepare for a skid by practicing. Go to an open parking lot and practice braking on icy or snowy surfaces. (Yes, you are allowed to think this is fun.) More importantly, you'll better know how to handle yourself when you skid in traffic.

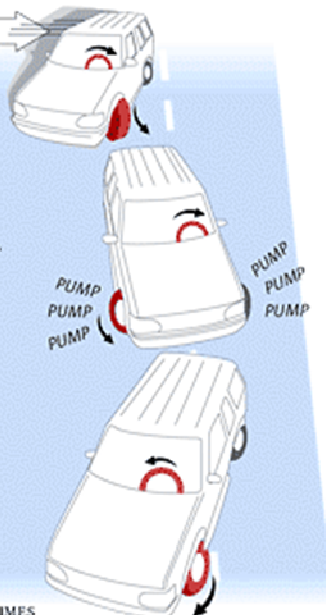
Slick management: rear-wheel skids

Rear-wheel-drive cars and pickup trucks are prone to rear-wheel skids because they have little weight over the rear wheels, but all cars can skid. Here is how to recover from a rear-wheel slide.

1. Ease foot off accelerator, and then gently steer car in the direction the back of the vehicle is sliding.
2. If your car has standard brakes, pump them gently. If your car has anti-lock brakes, apply steady pressure to brakes. You will feel the brakes pulse.
3. When the front wheels have regained grip, gently steer car in the desired direction.

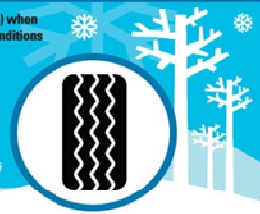
Sources: state Department of Transportation; AAA

THE SEATTLE TIMES



SLIP AND SLIDE: TEST ROAD CONDITIONS FREQUENTLY

Periodically, check traction (available grip) when driving in challenging conditions. Road conditions can change drastically in a short period of time/distance in winter. Apply the brakes with moderate pressure to determine the available grip and modify your driving, if needed, to respond to ever-changing road conditions.



GRIP IT GOOD!

It's best to avoid braking or acceleration when negotiating a turn.

- 1 Brake before the turn
- 2 Negotiate the turn
- 3 Accelerate after the turn



YOU CRUISE, YOU LOSE

Avoid cruise control in wet, icy or snow conditions to maintain control of acceleration and deceleration at all times.



Make Parenting a Pleasure

Parent Training

**For parents of children from
birth through age 6**



WHEN: On Thursday nights
beginning January 7, 2016
through March 10, 2016
from 6:00 PM to 8:00 PM

WHERE: Texas Panhandle Centers Children's Services
1500 S Taylor Street
Amarillo, Texas 79101

Sponsored by **S.T.A.R.** (Services-To-At-Risk Youth & Their Families)

Instructor: Janice James, MA, QMHP, UCAP Coordinator

(Must attend full class for certificate)

NO CHARGE

Call 359-2005 to register.

Limited seating available.

No Childcare

First Day of Winter, December 21, 2015

Caregiver Support Group

Noon to 1pm
Monday, January 4, 2016

Area Agency on Aging

415 West 8th Avenue, 1st Floor Conference Rm
Questions: Call Jamie Morales @ 331.2227