

Board of Trustees

Chair
The Honorable Willis Smith
Lipscomb, Texas

Vice Chair
Dr. Sam Reeves
Amarillo, Texas

Secretary/Treasurer
Janis Robinson
Hereford, Texas

Patty Ladd
Amarillo, Texas

Larry Adams
Amarillo, Texas

Linda Brian
Amarillo, Texas

Amy Hord
Canyon, Texas

Charles Gill
Panhandle, Texas

Sharon Braddock
Clarendon, Texas

Legal Counsel
Don L. Patterson

Executive Director
Bud Schertler

Serving the citizens of:

Armstrong, Carson,
Collingsworth, Dallam,
Deaf Smith, Donley, Gray,
Hall, Hansford, Hartley,
Hemphill, Hutchinson,
Lipscomb, Moore,
Ochiltree, Oldham, Potter,
Randall, Roberts, Sherman,
and Wheeler counties

February is American Heart Month

Source: American Heart Association

What is American Heart Month?

American Heart Month, a federally designated event, is an ideal time to remind Americans to focus on their hearts and encourage them to get their families, friends and communities involved.



- The first American Heart Month, which took place in February 1964, was proclaimed by President Lyndon B. Johnson via Proclamation 3566 on December 30, 1963.
- While American Heart Month is a federally designated month in the United States, it's important to realize that cardiovascular disease knows no borders. **Cardiovascular disease, including heart disease and stroke, remains the leading global cause of death with more than 17.9 million deaths each year.**
- That number is expected to rise to more than 23.6 million by 2030. Chances are, we all know someone affected by heart disease and stroke, because about **2,300 Americans die of cardiovascular disease each day**, an average of 1 death every 38 seconds. But together we can change that!

The biggest part of living healthy comes down to simply making healthy choices. While you can't change things like age and family history, the good news is that even modest changes to your diet and lifestyle can improve your heart health and lower your risk by as much as 80 percent.

Why is physical activity so important for health and wellbeing?

- It's a natural mood lifter.
- It keeps you physically fit and able.
- It keeps the doctors away.

Being more active can help you:

- lower your blood pressure
- boost your levels of good cholesterol
- improve blood flow (circulation)
- keep your weight under control
- prevent bone loss that can lead to osteoporosis



Did you know?

The heart does more physical work than any other muscle in the body.

The average heart pumps 2,000 gallons of blood per day!

In a 70-year lifetime, an average human heart beats more than 2.5 billion times.

723 N. Taylor Street Programs

Submitted by: Libby Moore, Behavioral Health Director

TPC has several programs located at 723 North Taylor Street. These programs help a number of people with severe mental illness.

Over a year ago we moved from the Guyon Sanders, Tyler Street Resource Center to this location. The programs that moved to this location were the PATH (Projects for Assistance in Transition from Homelessness) and our regular Texas Resilience and Recovery services for people who have experienced homelessness and might be receiving housing services from our Shelter Plus Care program. We also added new programs to that site location. Our FEP (First Episode Program) and our ACT (Assertive Community Treatment Team) also moved there. Regence Health Care Clinic also moved from their Resource Center location to better serve people with a co morbid diagnosis. Our Regence partnership is part of our 1115 Waiver programs. Peer support is also provided from that location as well as Telehealth and Telemedicine services. Needless to say there is a lot going on every day of the week.

People served in our PATH program are typically people who find seeking traditional office-based services too difficult to access so they go without. The difficulty can be for multiple reasons. If the person is homeless, transportation might be an issue. It also might be intimidating to go into a public place seeking services if the person is not living in a traditional home environment.

Untreated mental illness along with homelessness holds a unique set of challenges that might not make treatment the primary need in the person's life. Having safe housing, food and clothing too often take a bulk of the day to secure. The PATH provider and other community partners that serve

people experiencing homelessness do a good deal of outreach. Their outreach efforts help get people to mental health services with as little barriers as possible.

PATH participants are seen by a physician through telemedicine on a weekly basis. The physician and the PATH provider work together as a team with the person in service to help transition into mainstream services and live in the community.

FEP is one of the newest TPC Behavioral Health programs. This is also a team approach to care for people first experiencing a mental health condition. These sets of people also have unique challenges associated with first being diagnosed with a mental health condition. The team works closely with the physician and nurse to educate people and families about the illness process and more importantly about recovery.

ACT is again a team approach to recovery services. ACT works as a team with the person in treatment to develop opportunities that best fit the person's life goals. Very little service is provided in an office setting. Services focus on psychosocial rehabilitation skills that promote a person's ability to live in the community without intervention from inpatient care or incarceration.

In all of the Behavioral Health programs TPC offers the persons life goals are the focus to their overall health.

TPC and the community at large are fortunate to have these models of care available to people when they are in need. The dedication of the providers in these programs is remarkable and they have truly made Lives Better for generations of our citizens with Behavioral Health needs in the Panhandle of Texas.

Whole Wheat Pancakes with Strawberries

Source: American Heart Association

Ingredients:

Cooking spray
2/3 cup whole-wheat flour
1/4 cup oats
1 teaspoon baking powder
2/3 cup fat-free milk
1 large egg lightly beaten
2 teaspoons canola oil
3 hulled, sliced strawberries



In large bowl, combine, flower, oats, and baking powder; mix well. In a medium bowl, combine, egg and oil; blend well.

Add dry ingredients all at once; stir just until dry ingredients are moistened.

Coat skillet with spray and heat to medium high. For each pancake, spoon 1/4 cup of batter into skillet.

Flip when batter bubbles and edges begin to set. Remove from heat and top with the strawberries.

*120 calories per serving
0.5 g saturated fat per serving
91 grams sodium per serving*

For more heart health recipes, visit:
<https://recipes.heart.org>



"We're looking for someone who can hunt, gather and collate."



"I think you want Phillips. Two doors down on the left."

Hackers Can Take Control of Your Personal Computer's Webcam

In the 'always on' modern age, it should come as no surprise that your computer's webcam might be on too, only without your knowledge. According to Engadget, this issue is so widespread that even the former director of the FBI, James Comey, recommended that everyone cover their webcams with tape in order to prevent being spied upon unaware. It might be easy to dismiss the comment as paranoid, but other people such as high-profile Facebook founder Mark Zuckerberg has also been seen taping his laptop's camera and microphone.

There are many ways for a webcam's security to be compromised. One of the easiest is to use Remote Administration Tools (RATs) to take control of an entire system. These tools weren't created to cause mayhem, but rather to track stolen machines and perform technical support from a remote location. By installing these programs on unwitting users through email attachments, nefarious websites, and other methods, however, hackers can gain full access to an entire computer while leaving no trace.

To make matters worse, some hackers have discovered that they don't have to do much at all to gain access to various webcams that have faulty or buggy software.

In recent history, cameras used in home security and baby monitors have merely required a remote user to know the public IP address of the camera to gain control without even having to input a password. With this in mind, it is important to research any security cameras you're thinking of purchasing to look for any inherent flaws or weaknesses that could be exploited.



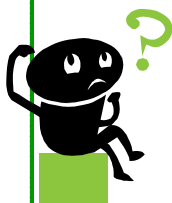
Fortunately, there are things a user can do to avoid being spied on through their devices. In addition to covering the camera, be sure to use a reliable antivirus scanner at all times and keep it up to date. Keeping operating systems, browsers, and other

general software up to date is also crucial so that hackers can't gain access through unpatched vulnerabilities. As always, avoid clicking any links that you aren't entirely sure are legitimate and be wary of any email attachments that you weren't expecting.



Shirley Graves, IDD PASRR, 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 **Janice Stoner, Director of ASCI-Amarillo**. Janice is very involved with all of the clients that attend ASCI-Amarillo and she is very good about communicating if there are any concerns. Janice works well with her staff and service coordinators to ensure that the clients are receiving the best services possible. She 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) 2.4% 2) Spending Habits 3) Saturday, January 13th from 3 pm - 6pm

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



1. _____ Americans die of cardiovascular disease each day.
2. Charging a mobile phone on the _____ can be extremely dangerous.
3. In addition to covering the camera be sure to use a reliable _____ scanner at all times and keep it up to date.

[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)

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

FIRE DANGER: CHARGING YOUR CELL PHONE IN BED

Submitted by: Desire Winslow, Safety Director

If you like to fall asleep scrolling through Facebook, you might want to find a new nighttime habit. Not only does using your phone get in the way of your sleep, but it could cause an even bigger safety risk.

Research has revealed that **53%** of children/teens charge their phone or tablet either on their bed or under their pillow. This can be extremely dangerous. The heat generated cannot dissipate and the charger will become hotter and hotter. The likely result is that the pillow/bed

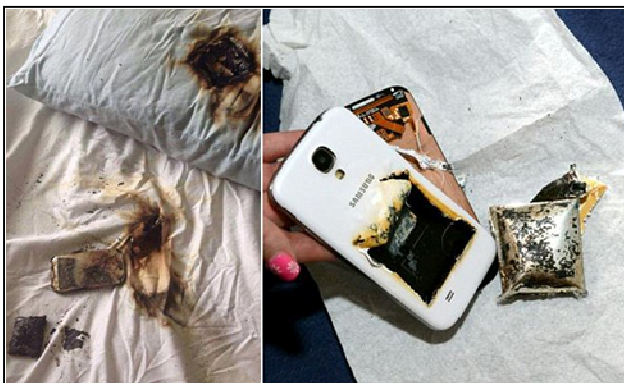
may catch fire. This places the child/teen as well as everyone else in the home in great danger. Please check where you & your family charge your mobile devices.

The big risk is exposed wires says Brad Nichols, technician with technology repair service company Staymobile. "Any time you're working with damaged electronics or exposed wiring, there's always a fire risk," he says. "If you have a frayed cable or anything else like that, it's better to replace it than to try to mend or repair it, especially with how cheap they are." Just don't damage your phone with an off-brand charger.

Most phones without defects probably won't overheat and cause a fire, but it's not impossible, says Nichols. Plugging your phone in and putting it down on your bed probably won't do any damage. But the risk goes up if it's working overtime and slips under your pillow.

When you drain or charge your battery, your phone lets off heat—and when you drain your battery by using it while it's trying to

charge, it gets even hotter, Nichols says. "The problem is when it's covered with cloth and doesn't allow the heat to escape," he says. So a pillow or blanket smothering your already-overheating phone could be an accident waiting to happen.



Just sleeping with your phone probably isn't a fire hazard, though. After all, it's not getting any less breathing room under your covers than it would in your pocket, says Nichols. "But if you have a combination of worst-case sce-

narios—a manufacturer defect, charging phone, playing music or watching videos—and you fall asleep, you could definitely generate enough heat to cause a problem," he says. "But I haven't heard of any cases of fire where there was not a manufacturer defect."

To be safe, you could stick with manufacturers' guidelines: Charge on a flat surface with no flammable materials around, and don't use it when it's plugged in. But Nichols says just keeping an eye on your phone is a good bet.

If your phone does start to overheat, whether from the sun or charging, turn it off to help it cool down. "If it's so hot you can't touch it, there's most likely something wrong with it," Nichols says. Take it to your phone's carrier or a repair service to make sure it's not a safety risk.

Reader's
digest

Precautions for Spreading Colds or Flu

Take these basic steps to stop the spread of a cold or the flu in the household:

- Isolate toothbrushes from others. Replace the toothbrush when the person is well.
- Thoroughly clean humidifiers. You don't want them throwing around viruses.
- Sleep separately and launder bedding frequently. Even if it is just the pillow cases; hot water washing prevents the spread of germs.
- Clean television remotes. While the sick person binges on television all day for a few days, they are also leaving germs on the remotes.
- Empty trash cans. A lot of sniffing and nose blowing goes on with flu and colds. Make sure tissues have their own trash can and ensure the cans are emptied often.



Welcome these New Employees...

Leslie "Leanne" Dunn

Melissa Ginter

Bradley Torch

Kiersan Black

Jennifer Castillo

Pamela Hayes

Valeria Hood

Merci Ruremesha

BH Homeless

ASCI Perryton

Crisis Redesign - MCOT

MH Docket

Community Living

Community Living

IDD Service Coordination

HCS Wayne Group Home



Happy Valentine's Day!

Getting Rid of the Penny?

Eliminating the penny from circulation would save everyone time and money, according to the Brookings Institute. As recently as the 1940s a penny had the purchasing power of about 66 cents of today's money and allowed stores to price a lot of cheap goods at that denomination. Fast forward to the year 2018 and almost nothing can be bought for a penny. They take up space in registers and pockets and create unnecessary wastes of time in the checkout line. More egregious is that pennies currently cost about two cents to make at today's costs, so the government and taxpayers are effectively losing money with every minted coin. What do you think? Should the penny be a thing of the past?



Go Paperless

We can all save paper, time and money by declining paper copies of our pay stubs. Here are some frequently asked questions regarding the paperless pay stub process:

Q: How can I change to a paperless pay stub?

A: The link is at the bottom of the Home Page in ADP. Click on the blue "Pay Statements" option, then choose "Go Paperless" (just below your photo).

Q: Can I later choose to receive paper copies instead?

A: Just return to the same location and choose "Restart Paper". You will receive a paper copy of your next pay stub.

Q: If I choose not to receive a paper copy of my pay stub, can I still get one later?

A: Yes. Just go to the same page. Choose the check you would like to print. The printer icon is in the top right corner of the page.

If you have additional questions, contact Amy Bynum at 351-3309

March 11, 2018
March 11, 2018

