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Randall, Roberts, Sherman,
and Wheeler counties



Here it is, 2018! As we begin the new year, let's resolve to put our best foot forward. Our colleagues, clients, families and our friends, they all deserve the best we have to give. Thank you for your commitment and good work this new year. We are excited to see what 2018 has to offer!

 **Happy New Year!** 

HUMAN RESOURCES

Submitted by: Toby Wallace, Human Resources Director

In response to a constricting unemployment rate and an increased demand for TPC representation at career fairs and the like, TPC created a Human Resources Specialist Recruiter position in June of 2015. In May, 2017, Sylvia Garza-Taft was hired into this position. Sylvia has many years of experience working at Texas Workforce Solutions, in which she assisted applicants in creating resumes and preparing the applicants for interviews. Additionally, she also conducted private hiring events for organizations, such as Bell Helicopter, Pantex, Baptist St. Anthony's Health System, and Northwest Texas Health System.



Although the Recruiter's position is multifaceted, there are two main focuses: representing Texas Panhandle Centers and the Systems of Care program at community events throughout the year and representing TPC at recruiting events to hire new employees. Some of the Systems of Care related events include:

- **Networking for Kids, September 21, 2017**
- **Amarillo Recovery from Alcohol and Drugs, October 7, 2017**
- **Family Support Services, "Don't Look, Don't Tell", October 24, 2017**

During these events, instead of recruiting new employees, Sylvia represents all of the programs and services that TPC provides to our clients. Not only is this a great way to make our presence known in the community, but it also intertwines TPC into a larger network of service providers in our community.

Going forward into 2018, we already have many employee recruitment events scheduled with more being added to the calendar on a daily basis. Some of the locations Sylvia will be attending include:

- University of New Mexico - February.08 2018
- The University of Oklahoma - February 15, 2018
- West Texas A&M University - February 22, 2018
- Texas Tech University - March 27, 2018
- Texas Women's University - April 10, 2018
- Amarillo Job Fair/Civic Center – April 10, 2018
- University of North Texas - April 12, 2018

With the Amarillo unemployment rate hovering around 2.4 percent (the lowest in the state), the state unemployment rate landing at 4 percent (the lowest rate in 4 decades), and the national unemployment rate at 4.1 percent (the lowest in nearly 17 years) there are very few people that are not employed. Essentially, this means that everyone who wants a job has one; however, this still leaves many applicants who have recently finished college in December who will be entering the market.

If any of the case managers within TPC are interested in accompanying Sylvia to one of the local events (West Texas A&M University or the Amarillo Job Fair) as a knowledge expert, please contact her at (806) 351-3233 or sylvia.garza-taft@txpan.org, as it would be beneficial to have a seasoned professional who can lend experience from the field.

January: The Frugal Month

The holidays are often filled with extra spending on things like travel, gifts, and food and many people end the year feeling weighed down in the financial department.

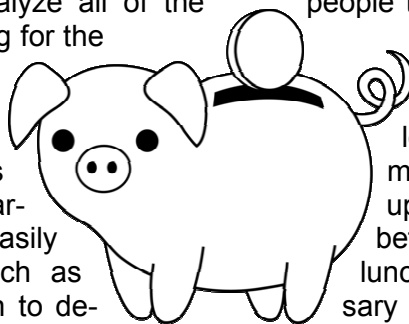
People tend to make January an 'uber frugal month' by spending as little money as possible. Although the challenge sounds rather simple, it will require a bit of preparation. Before starting, analyze all of the currently expected spending for the month. Then, divide those expenses into a discretionary list and a mandatory list. Rent, for instance, is non-negotiable, while a Starbucks latte can be easily skipped. Entire areas, such as entertainment, need a plan to decrease spending by substituting free or cheap options for the normal routines.

Plan to stay frugal for the whole month for maximum savings. In the end, with the frugality meter reset, it will be up to participants to decide which behaviors they want to keep using in the future to save money

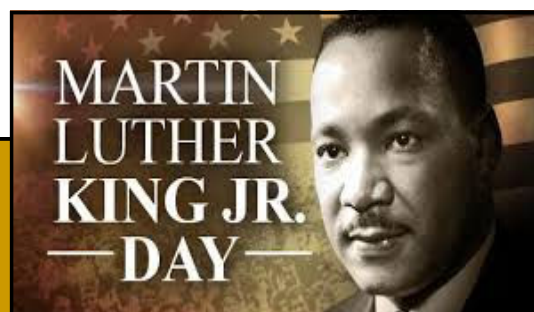
over the long run. Using these no-spend periods isn't just about saving money but also learning to control impulses.

Being able to separate actual needs from simple wants will go a long way toward creating sustainable spending habits as well as provide an excellent jumpstart to a more frugal lifestyle. For people that can't manage a full month, start with a week or even a day. A favorite, is the no spend work week which allows a person to focus in on miscellaneous expenses that pop up during this time such as the before work coffee, expensive lunch at a restaurant, and unnecessary trips to the grocery store after work.

It might feel a little strange bringing a bagged lunch to work, but it is also a great way to find more money for savings and investing in the things that are truly important.



In observance of Martin Luther King Jr. Day, Texas Panhandle Centers will be closed on Monday, January 15th.



Community Corner

PLEASE COME TO OUR OPEN HOUSE



ARAD
AMARILLO RECOVERY
FROM ALCOHOL & DRUGS

New Comprehensive Treatment
and Recovery Center

Saturday, January 13 - 3 to 6 p.m.
1001 Wallace Boulevard, Amarillo

Amarillo Recovery from Alcohol and Drugs (ARAD) is hosting an open house to celebrate its new Comprehensive Treatment and Recovery Center Saturday, Jan. 13 from 3 to 6 p.m. at 1001 Wallace Blvd. For more than two decades, Amarillo has not had a residential treatment center for alcohol and drugs. A groundswell of community support has made this comprehensive new program available to people in the Amarillo area and beyond.

Early last year, ARAD entered into a long-term lease with the Mary E. Bivins Foundation for the building which formerly housed the Bivins Memorial Nursing Home in the medical center. The gift of the Bivins Foundation lease, along with many significant donations from foundations and individuals, has made it possible for area residents to stay close to home for treatment. ARAD's treatment programs for adults affected by alcohol and other drug misuse are unique because they are personalized to the individual's needs and include a comprehensive range of services, such as

residential treatment and supportive residential care with variable lengths of stay, outpatient and intensive outpatient treatment, an aftercare program, alumni services and an education-only program. Overflow parking for open house visitors will be in the parking lot across Wallace Boulevard and street parking on Killgore Drive. The ARAD van will circulate and provide transportation to the center.

ARAD – Amarillo Recovery from Alcohol and Drugs is a locally governed nonprofit organization with a mission to lead the community in treatment, healing and education for adults affected by alcohol and other drug misuse. In addition to its new Comprehensive Treatment and Recovery Center located at 1001 Wallace Blvd. in Amarillo's Harrington Regional Medical Center, ARAD has operated a free 30-day drug and alcohol treatment program for the sheltered homeless population since 2013. ARAD's vision is to make recovery a reality. For more information, please go to www.ARADamarillo.com.

How Long Are You Contagious?

Source: WebMD

Doctors tell you to stay home when you have the flu so you don't get other people sick. But how long do you have to shut yourself away?

Here's how to know when you can be out and about again.

How long can I spread it?

According to WebMD, about a week. You're contagious from 1 day before you have any symptoms. You stay that way for 5 to 7 days after you start feeling sick. Kids may be able to spread the virus for even longer, until all of their symptoms fade.

How do I spread it?

Most of the time, it's through droplets in the air. Sick people sneeze or cough out beads of moisture that contain the flu virus. They can travel up to 6 feet. You're exposed to the flu virus when you breathe the droplets in, or if they land in your mouth, nose or eyes. You can also get it if you touch a place those droplets land—like a desk, counter or doorknob— and then touch your face. The virus can live on hard surfaces for up to 48 hours.

When am I most contagious?

Some experts believe you're most likely to

spread the virus from the first day of symptoms through the next 3 to 7 days. That's because the more you cough and sneeze, the more droplets you shoot into the air and onto objects around you.

Is there a way to tell if I'm still contagious?

Fever is a definite sign. You should stay home for at least 24 hours after your temperature goes back down on its own. That means without the help of medicines.



Do flu medicines help stop the spread?

No. You can still make other people sick even if you're taking antiviral medications that treat the flu. The CDC recommends three FDA approved drugs to treat the flu: oseltamivir

(Tamiflu), peramivir (Rapivab), and zanamivir (Relenza). These drugs could shorten the time that you're sick. And they might shorten the length of time that you can spread the flu.

The Bottom Line:

When it comes to the flu, an ounce of prevention really is worth a pound of cure. Listen to your doctor: Stay away from people when you're sick, even if you feel better. It's the only way **not** to spread the flu.

Carmen Nichols, Human Resource Development, 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 **Donna Luttrall, Day Habilitation staff in building 504 on the Wallace campus**. Donna works very hard to make sure the clients in her area are well taken care of and enjoy their time at Day Habilitation. She provides an all around fun environment while ensuring their needs are met. Donna 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) Medicaid Fraud
- 2) Co-morbid behavioral health and chronic health issues
- 3) Don't brake during a turn

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



1. The unemployment rate in Amarillo is currently at _____.
2. Being able to separate actual needs from simple wants will go a long way toward creating sustainable _____.
3. Amarillo Recovery from Alcohol & Drugs' (ARAD) Open House is scheduled for: _____.

[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

The New Year and the New You - Safe Exercise

Submitted by: Desire Winslow, Safety Director



When people begin a new exercise program, they often push their bodies too far and put themselves at risk for injury. The common notion that exercise must be really hard or painful

to be beneficial is simply wrong. Moderation is the key to safe exercise. Safe exercise programs start slowly and gradually build up in intensity, frequency, and duration. In addition, if you have an existing health problem, such as high blood pressure, diabetes, a history of heart disease, or are a smoker, you should contact your doctor before beginning any vigorous physical activity.

Safe Exercise Guidelines

- **Use Proper Equipment.** Replace your athletic shoes as they wear out. Wear comfortable, loose-fitting clothes that let you move freely and are light enough to release body heat. When exercising in cold weather, dress in removable layers.
- **Balanced fitness.** Develop a balanced fitness program that incorporates cardiovascular exercise, strength training, and flexibility. In addition to providing a total body workout, a balanced program will keep you from getting bored and lessen your chances of injury.
- **Warm Up.** Warm up to prepare to exercise, even before stretching. Run in place for

a few minutes, breathe slowly and deeply, or gently rehearse the motions of the exercise to follow. Warming up increases your heart and blood flow rates and loosens up other muscles, tendons, ligaments, and joints.

- **Stretch.** Begin stretches slowly and carefully until reaching a point of muscle tension. Hold each stretch for 10 to 20 seconds, then slowly and carefully release it. Inhale before each stretch and exhale as you release. Do each stretch only once. Never stretch to the point of pain, always maintain control, and never bounce on a muscle that is fully stretched.
- **Take Your Time.** During strength training, move through the full range of motion with each repetition. Breathe regularly to help lower your blood pressure and increase blood supply to the brain.
- **Drink Water.** Drink enough water to prevent dehydration, heat exhaustion, and heat stroke. Drink 1 pint of water 15 minutes before you start exercising and another pint after you cool down. Have a drink of water every 20 minutes or so while you exercise.
- **Cool Down.** Make cooling down the final phase of your exercise routine. It should take twice as long as your warm up. Slow your motions and lessen the intensity of your movements for at least 10 minutes before you stop completely. This phase of a safe exercise program should conclude when your skin is dry and you have cooled down.
- **Rest.** Schedule regular days off from exercise and rest when tired. Fatigue and pain are good reasons to not exercise.
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February 2, 2018

For hundreds of years, on February 2nd, people have wondered if the ground hog would awake to see his shadow.

On February 2nd, exactly 40 days after Christmas, people hoped for the end of the dark days of winter. The saying was, "If Candlemas be fair and clear, there will be two winters in the year."

So, curiously that saying morphed into a ground hog or badger or some other creature who, when awakened on February 2nd, sees his shadow, and thus predict six more weeks of winter. Or doesn't see it. Thus we start spring.

The date of February 2nd is also thought to correspond to hibernation patterns. German farmers thought that if a badger emerged from his burrow and saw his shadow there would be six more weeks of winter. By 1841, German farmers in Pennsylvania were again marking the day, this time with a groundhog's shadow. As it turns out, both the groundhog and the badger have not been very good weather predictors. According to the National Climatic Data Center, groundhog predictions have been correct 39 percent of the time since 1887.



Welcome these New Employees...

Cinthia Cordova

ASCI Pampa

Taylor Powell

ECI

Ginger Williams

IDD Service Coordination



Snow Global Warming



"I'm trying to figure out online shopping. I've found some pants I like, but can't find a fitting room."

SUICIDE: TEXAS 2017 FACTS & FIGURES

Suicide Death Rates

	Number of Deaths by Suicide	Rate per 100,000 Population	State Rank
Texas	3,403	12.44	41
Nationally	44,193	13.26	



On average, one person dies by suicide **every three hours** in the state.

Based on most recent 2015 data from CDC. Learn more at afsp.org/statistics.



Suicide cost Texas a total of **\$3,516,245,000** of combined lifetime medical and work loss cost in 2010, or an average of **\$1,216,273** per suicide death.

IN TEXAS, SUICIDE IS THE...

2nd leading cause of death for ages 15-34

3rd leading cause of death for ages 10-14

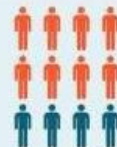
4th leading cause of death for ages 35-44

5th leading cause of death for ages 45-54

10th leading cause of death for ages 55-64

16th leading cause of death for ages 65 & older

More than twice as many people die by suicide in Texas annually than by homicide; the total deaths to suicide reflect a total of **72,622** years of potential life lost (YPLL) before age 65.



30 YEARS STRONG



AMERICAN FOUNDATION FOR
Suicide Prevention

afsp.org



The first Amaryllis to bloom was in the ECI Program. Sarah Hernandez provided the "green thumb" and submitted this photo. Each year in December, Amaryllis bulbs are given to the behavioral health clinics in memory of Ms. Paula Porterfield. Ms. Porterfield started the tradition many years ago and it continues today.

