



## Here's What's Happening...

**TEXAS PANHANDLE CENTERS**  
901 WALLACE BLVD. AMARILLO, TEXAS  
[www.texaspanhandlecenters.org](http://www.texaspanhandlecenters.org)

July 2016, Volume XIII, Issue 7

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### Serving the citizens of:

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

## FY 2017 EMPLOYEE HEALTH INSURANCE

Texas Panhandle Centers is pleased to announce the group health insurance plan for calendar year 2017 that was approved by the Board of Trustees on Thursday, July 14<sup>th</sup>.

Where many organizations are forecasting sizable increases to their healthcare insurance premiums, we will not see increases due to staff doing a great job in managing claims in 2016. Medical coverage rates will remain unchanged and dental coverage rates will increase slightly (due to increased coverage). New for 2017, staff will now have the option of purchasing a vision plan.

TPC's group health insurance plan is self-funded, in part by the employee premiums and in part by the contribution of the Agency; therefore, all claims that are made through Insurance Management Services (IMS),

our third-party administrator, are paid through our self-funding account. In general, if claims were higher in the previous year, we normally see higher rates for the following year and if claims were lower in the previous year, such as this year, we tend to see lower rates for the following year. Being that we are able to leave rates unchanged for 2017 is testament to staff managing their claims in an efficient manner.

Further information regarding rates and coverage will be provided during the July 22<sup>nd</sup> open enrollment group meetings, as well as July 25-29<sup>th</sup> individual consultations.

As always, if you have questions, please do not hesitate to contact Human Resources.

**AMERICAN FIDELITY**  
a different opinion



**IMS WELLNESS WORKS**  
TARGETED POPULATION MANAGEMENT



INSURANCE  
MANAGEMENT  
SERVICES



Mutual of Omaha



## Community Corner

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Both NAMI Texas Panhandle and Amarillo Area Mental Health Consumers/Agape Center have moved to a new location. On July 5th they relocated to 1401 S. Polk Street, which is located in the Polk Street United Methodist Church. All NAMI meetings and classes will be located in Room 105 on the 1st floor, and Agape will be located on the 4th floor.

Agape is in need of donated computers for their computer and job skills classes. For more information on Agape, please visit [www.aamhc.us](http://www.aamhc.us) or NAMI at [www.facebook.com/NamiTexasPanhandle](http://www.facebook.com/NamiTexasPanhandle)

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**Texas Panhandle Centers is a proud sponsor.**

**Family Support Services**

**ORIGINAL**

**HARLEY PARTY**

**16**

**Win a Fat Boy S or \$15,000 Cash!**

**Saturday, July 30**  
**5-9pm Downtown Amarillo**

**\$80 Ticket Admits 2 - Tickets at Tripp's, Hoffbrau, Ye Olde Pancake Station, or FSS, 10th & Taylor**

**\$1,000 Second Chance**

**Bands: Kilo Road, Mind Plays, Buster Bledsoe Band**

**Vendor Booths - Food & Beverages - VIP Bike Parking \$5**

**Call 342-2503 for sponsorships or vendor booths.**

**Harley Party Fun Run!\***

**\*Harley Party ticket required - \$20 per bike separate fee - ends at the Harley Party VIP Parking Lot with early admission!**

**Proceeds benefit FSS services including domestic violence and sexual assault intervention and prevention, counseling, veteran resources, and violence prevention education.**

**FSS**  
Family Support Services

**LIVE UNITED**  
United Way  
Community Partner



Reminder If you have not already taken your float day for this fiscal year, please do so before August 31st to avoid losing it. You are eligible for a float day if you have been employed full-time at TPC for one year. Contact the payroll department with any questions.

Desire Winslow, Quality Management, provided Ethics in Documentation Training for the behavioral health regional staff on Friday June 17th. They also heard reports about MCOT, Integrated Care, Unusual Incident Reporting and several other topics.



"He's no longer listed in serious condition."



"Since this is a paperless office and there are no envelopes, what, exactly, are we pushing?"





## Walk Across Texas Wrap-up

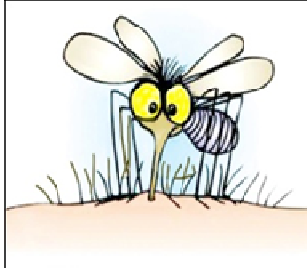


Walk Across Texas Team members gathered for an end of walk wrap-up. Lizabeth Greshem, Potter County Extension Services and WAT Representative, provided healthy fruit and yogurt as well as handed out certificates. IMS was present and provided goodies to everyone in attendance. Desire Winslow provided snacks as well as a jean pass for participating. We're Kind of a Big Deal took 1st place with 5088.36 miles. Congratulations to all that participated.

| Rank | Team Name                             | Total Team Miles |
|------|---------------------------------------|------------------|
| 1    | Were Kind Of A Big Deal (8 walkers)   | 5088.36          |
| 2    | Like A Boss (8 walkers)               | 4491.93          |
| 3    | Lollygaggers (8 walkers)              | 3215.18          |
| 4    | TX Two Steppers (8 walkers)           | 3127             |
| 5    | Mean Girls (8 walkers)                | 2910.63          |
| 6    | Blister Sisters (8 walkers)           | 2370.08          |
| 7    | Red Hot Chili Steppers (8 walkers)    | 1982.14          |
| 8    | Quads of Fury (8 walkers)             | 1804.93          |
| 9    | SWATT (8 walkers)                     | 1707.9           |
| 10   | Bomb Squad (8 walkers)                | 1648.98          |
| 11   | Noras Sole Sisters (8 walkers)        | 1630.68          |
| 12   | Walk it Talk it (8 walkers)           | 1565             |
| 13   | Super Heroes (7 walkers)              | 1560.01          |
| 14   | Wholly WalkAmole (8 walkers)          | 1404.94          |
| 15   | Pedestrian Punx (8 walkers)           | 1367.86          |
| 16   | Bye Felicia (8 walkers)               | 1192.86          |
| 17   | TPC HAPPY FEET (6 walkers)            | 1032             |
|      | <b>Texas Panhandle Centers Total:</b> | <b>38100.48</b>  |

# Zika Virus: What You Should Know

Submitted by: Rodney Bailey, Director of Nursing, IDD Services



Zika virus, first identified in Uganda in 1947, is transmitted by the same type of mosquito that carries dengue fever, yellow fever, and chikungunya virus. A mosquito bites an infected person and then passes those viruses to other people it bites. Zika may be spread through sexual contact or blood transfusions. The CDC has confirmed reports of Zika being spread through sex in some cases, meaning a person traveled to an area where Zika has broken out, got the virus, and gave the virus to a sexual partner who did not travel. Brazilian scientists have found the virus in the saliva and urine of infected people. The CDC also advises that men who have lived or traveled in areas with Zika infections and have a pregnant sex partner either use condoms or abstain from sex during the pregnancy.

## What are the symptoms?

The disease can cause fever, rash, joint pain, and redness in the whites of the eye. But most people won't know they have it. Only about 1 in 5 people with the virus will exhibit symptoms.

## How is it treated?

There's no treatment, but most people with symptoms do well with over-the-counter medications for aches and pains. The disease usually runs its course within a week or so.

## What is the connection between Zika, microcephaly, and pregnancy?

The CDC said Zika causes microcephaly in babies born to infected pregnant women. Microcephaly stunts a baby's head growth, causing devastating, sometimes-fatal brain damage, and it can result in miscarriage or stillbirth.

## The best treatment is prevention!

Try to avoid prime time for bites (early morning or late evening). Wear long sleeves and pants. Use approved mosquito repellent sprays when you are going to be outdoors. Always speak to your PCP if you have any concerns for your health.



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

# Sun Safety Tips

Submitted by: Desire Winslow, Safety Director



Protection from ultraviolet (UV) radiation is important all year round, not just during the summer or at the beach. UV rays from the sun can reach you on cloudy and hazy days, as well as bright and sunny days. UV rays also reflect off of surfaces like water, cement, sand, and snow. *Indoor tanning* (using a tanning bed, booth, or sunlamp to get tan) exposes users to UV radiation. The hours between 10 a.m. and 4 p.m. Daylight Saving Time (9 a.m. to 3 p.m. standard time) are the most hazardous for UV exposure outdoors in the continental United States. UV rays from sunlight are the greatest during the late spring and early summer in North America. **Follow these quick tips to avoid harmful rays:**

- Seek shade, especially during midday hours.
- Cover up with clothing to protect exposed skin.
- Wear a hat with a wide brim to shade the face, head, ears, and neck.
- Wear sunglasses that wrap around and block as close to 100% of both UVA and UVB rays as possible.
- Use sunscreen with broad spectrum (UVA and UVB) protection and sun protective factor (SPF) 15 or higher.
- Remember to reapply sunscreen at least every 2 hours and after swimming, sweating, or toweling off.
- Some drugs (antibiotics, anti-inflammatory drugs, blood pressure meds) in combination with sun exposure can result in a nasty rash.

## Fast Facts About Skin Cancer

Skin cancer is the most common cancer in the United States. Most cases of melanoma, the deadliest kind of skin cancer, are caused by exposure to ultraviolet (UV) light. **To lower your skin cancer risk, protect your skin from the sun and avoid indoor tanning.**

- When you're having fun outdoors, it's easy to forget how important it is to protect yourself from the sun. Unprotected skin can be damaged by the sun's UV rays in as little as 15 minutes. Yet it can take as long as 12 hours for skin to show the full effect of sun exposure.
- Even if it's cool and cloudy, you still need protection. UV rays, not the temperature, do the damage.
- Tanned skin is damaged skin. Any change

in the color of your skin after time outside—whether sunburn or suntan—indicates damage from UV rays.

- Indoor tanning exposes users to both UVA and UVB rays, which damage the skin and can lead to cancer.
- A change in your skin is the most common symptom of skin cancer. This could be a new growth, a sore that doesn't heal, or a change in a mole.
- Irregular moles that look funny or get bigger and become more speckled and spotted are warnings signs of melanoma

Skin self-exams: experts recommend the "ABCD" rule for moles.

**A** is for asymmetry. In suspicious moles, one half of the mole may not match the other half.

**B** is for border. Suspicious moles may have an irregular border.

**C** is for color. Suspicious moles may have more than one color, such as black, tan, or brown and sometimes red, white, or blue.

**D** is for diameter. A mole should be no larger than six millimeters, which is roughly the size of a pencil eraser.

*If any moles demonstrate "ABCD," you should see your doctor immediately.*



Centers for Disease Control and Prevention  
CDC 24/7: Saving Lives. Protecting People.™

# 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:

**Jennifer McKay - IDD Service Coordination**  
**Norma Sloan - STAR Program**

*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.*

## Welcome these New Employees...

Christopher Gonzales  
Kendra Johnson  
Desire Milligan  
Christina White  
Jessica Schuman  
Bernice Martinez  
Amy Griffin  
Tamikka Williams

Alternate Living  
Alternate Living  
1115 Waiver - Peer Support  
ACT Team  
IDD Service Coordination  
IDD Service Coordination  
Adult Behavioral Health  
Amarillo Behavioral Health



## Is it hot or what?



"Temperatures will be near record and even breaking records today." It seems like we've been hearing those words for too many days in a row. It's important to take precautions when temperatures get this high. Avoid being outdoors when possible during the hottest part of the day; stay hydrated and wear breathable clothing. Also, remember to keep your pets safe by providing shade if they're outside and plenty of fresh water.



## White Hat Award



The IDD Service Coordination department would like to give this month's White Hat Award to **Rhonda Pierson, IDD Nurse**. Rhonda gives her all for our clients and is always helping out in specialized services. Rhonda is patient with the staff when it comes to giving TB shots and arranging a time to do it. She is cheerful and never makes you feel like you are bothering her. She is very approachable and just a good person to be around. Rhonda goes 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) 50% 2) Bread, Popcorn or Whole Oat 3) Mental Health First Aid Act

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 best treatment for the Zika Virus is \_\_\_\_\_!
2. Unprotected skin can be damaged by the sun's UV rays in as little as \_\_\_\_\_.
3. Use your float day before \_\_\_\_\_ to avoid losing it.

[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:

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