



Here's What's Happening...

TEXAS PANHANDLE CENTERS

901 WALLACE BLVD. AMARILLO, TEXAS

www.texaspanhandlecenters.org

July 2017, Volume XIV, Issue 7

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and Wheeler counties

JULY IS NATIONAL MINORITY MENTAL HEALTH AWARENESS MONTH

Mental health conditions do not discriminate based on race, color, gender or identity. Anyone can experience the challenges of mental illness regardless of their background. However, background and identity can make access to mental health treatment much more difficult.

National Minority Mental Health Awareness Month was established in 2008 by the U.S. House of Representatives to start changing this.

Each year millions of Americans face the reality of living with a mental health condition. Taking on the challenges of mental health conditions, health coverage and the stigma of mental illness requires all of us. In many communities, these problems are increased by less access to care, cultural stigma and lower quality care.

- National Alliance on Mental Illness

Texas Panhandle Centers offers Open Access to adults on Tuesday's and Thursday's from 9am - 2pm at 1501 S. Polk Street in Amarillo. Open Access for children is each Wednesday and Friday from 10am - 2pm. It is a first come first served bases. For questions or to schedule an appointment please call 806.337.1000.

FY 2018 EMPLOYEE HEALTH INSURANCE

Texas Panhandle Centers is pleased to announce that the group health insurance plan for calendar year 2018 was approved by the Board of Trustees on Thursday, July 13th.

Medical and dental coverage rates will remain unchanged with only a slight increase to the optional vision plan.

TPC's group health plan is self-funded, in part by employee premiums and in part by contributions by the Center;

therefore, all claims made through Insurance Management Services (IMS), the third party administrator are paid through our self funding account.

Open enrollment begins the week of July 17th through the 21st for staff in Amarillo and the 24th - 28th for regional staff as the plan becomes effective September 1, 2017. If you have not already scheduled an appointment, please contact Mary Salazar at 806.351.3401.



Veterans Programs at TPC

Libby Moore, Behavioral Health Director

The Military Veteran Peer Network Program at TPC works hand in hand with Family Support Services through the Veterans Resource Center located at 1001 South Polk Street in the FSS downtown location. This program serves Veterans and their families in the top 30 counties of the Panhandle. Tousha Barnes is the TPC Military Veteran Peer Coordinator that oversees the program. Her number is 806.341.0581. If you know a Veteran that could use some extra support please let them know about this program and give them Tousha's number. Participants in the program do not have to have VA benefits; they do not have to be enrolled in Mental Health services at TPC. This program helps Veterans and their families connect with other Veterans. There are a team of Peers at the Resource Center that can assist in identifying resources for people in need of any type of service or extra support. The people in the program are dedicated to Trust, Camaraderie and Hope.

Texas Veteran and Family Alliance (TV+FA). This grant takes the support to our area Veterans and their families' one step farther. Providers in our area are in need of education about providing therapies that have shown to be beneficial to people who have experienced military trauma. Again TPC, FSS and Central Plains Centers out of Plainview are working together to get these educational and supportive therapies out to our providers,

families and Veterans making our most rural areas the priority. This grant supports equine and canine therapies, individual and family counseling and transportation services to and from services. As with all of the services there is no cost to the person or provider. Some innovative projects that are supported by the grant are; purchasing a therapeutic chair in the veterans lounge at WTAMU, providing Cognitive Behavioral Therapy training specifically for insomnia which is a main concern for people experiencing trauma. There will be a free of charge training for any person in our area interested in learning more about how to work with people who have experienced trauma. This invitation will extend beyond therapists to include law enforcement and educators. Participants of the training will learn about how the brain responds to threat and how trauma affects this response. The audience will be taken through some basics about the brain, cover how the brain deals with threat, and then examine how trauma affects this process. Specifically, the training will discuss the brain's defense circuitry and how this circuitry is affected by trauma, including impact on both our responses to threat and our memories of traumatic events.

There are far more services and supports to our Veterans than can be included in this message so please reach out to Tousha and the Team at FSS to learn more about the opportunities these programs offer.



How Personality Affects Personal Finance

Personal finance can be a difficult topic to sort through because each is so unique and will approach every situation a bit differently. It should come as no surprise, however, that each unique personality can correlate well with their financial habits.

According to the Financial Times, in fact, bad financial habits can stem from status anxiety, lacking a sense of control, loneliness, or low self-esteem.

In their analysis, these habits usually present themselves as one of six major financial personalities.

The Anxious Investor: These people love risk and tend to trade stocks frequently because they believe they have the edge over others. Unfortunately, this type of investor tends to have an action bias and will often buy high and sell low without being consciously aware of it. Despite the overconfidence, these investors tend to underperform the market by several percentage points.

The Hoarder: On the opposite end of the spectrum, hoarders use money as a security blanket. They cannot handle risk, and they often keep cash even in times that investing or spending money would be the wiser choice. While there is nothing wrong with saving money for emergencies, hoarding cash is far from optimal.

The Social Value Spender: This personality-

type loves to purchase things for themselves or others to boost their self-esteem. The feeling of enjoyment that they get when making these purchases can help in the short-term, but it often ends in debt problems.



The Cash Splasher: Related to the social value spender, some people like to spend money in very visible ways to increase their perceived social standing. Purchasing a meal for a group, for instance, makes the occasion all about their generosity. Unfortunately, this behavior can lead to debt and depression.

The Fitbit Financier: Some people are obsessed with tracking their financial status. Frequently switching service providers and remortgaging are great examples of this personality type. In many cases, they are compensating for the lack of control in other areas of their lives and are seeking to control at least some aspect of it with exacting detail.

The Ostrich: For some, making no decision seems easier than making the wrong decision, but in most cases, this can lead to poor financial results in the long run. This person will allow that lack of knowledge to fester until problems arise.



“What you do speaks so loudly that I cannot hear what you say.”

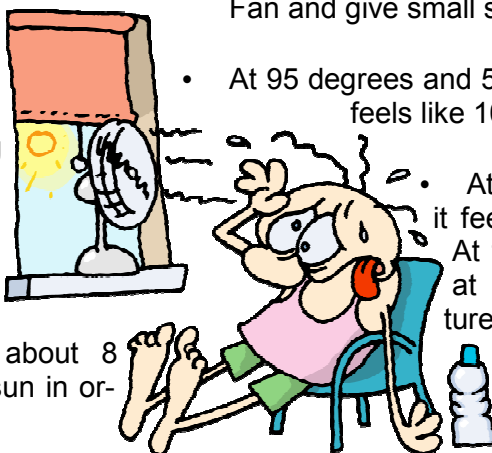
- Ralph Waldo Emerson

Heat and Humidity Can Add Up to Danger

Emergency rooms see an increase in cases of heat stroke and dehydration in July and August. The American College of Emergency Physicians gives this advice on how to stay safe in hot weather: *Check the heat index before going out to work, play or practice and plan accordingly.

degrees. Heat exhaustion is likely, so take it easy. Heat exhaustion can include cramps, heavy sweating, nausea, heart-rate changes and dizziness. Get the victim out of the sun, remove excess clothing and place cool towels on extremities. Fan and give small sips of water.

- Avoid direct sunlight in the middle of the day. Schedule activities for the early morning or early evening hours.
- Wear loose, light-colored clothes and hats. Dark colors absorb more heat. *Drink lots of water or sports drinks; about 8 ounces an hour when in the sun in order to avoid dehydration.
- Take frequent breaks in the shade or in air-conditioning to cool off. Calculate the "apparent temperature" before taking part in activities.
- According to the National Oceanic and Atmospheric Administration:
 - At 90 degrees and 50 percent humidity, it feels like 96.
 - At 70 percent humidity, it feels like 106
 - At 95 degrees and 50 percent humidity, it feels like 107 degrees.
 - At 70 percent humidity, it feels like 124 degrees. At that temperature and at any higher temperature or humidity, it is extremely dangerous to be outside and heatstroke could occur.
 - At 100 degrees, humidity ranging from 35 percent to 55 percent can cause heat exhaustion.
 - At 100 degrees, humidity of 60 percent or higher puts a person into heat stroke territory. Heatstroke is a medical emergency. Symptoms include confusion, an altered mental state, unconsciousness and hot, dry skin. Call 911. Do not give fluids, which can cause seizures

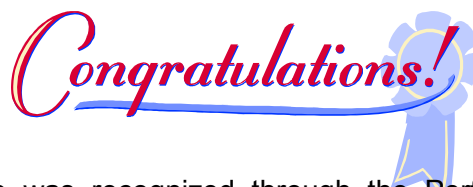


Reminder!

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.

Welcome these New Employees...

Ana Balderrama	Browning Group Home
Priscilla Cortez	Specialized Services
Sandra Molden	While A Way Group Home
Martina Vacio	Community Living
Tiffany Blount	ECI
Jordan Craig	ECI
Natalie Fannin	IDD Provider Services
Chapin Galena	Adult Behavioral Health
Bounheng Phongphraphan	Peer Support
Halzie Wingo	ECI



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:

Jessica Thomas, ASCI Amarillo

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.



Janice Stoner, ASCI, 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.

Walk Across Texas Wrap Up Event

Lizabeth Gresham, Potter County Extension Agent, presented a wrap up event for Walk Across Texas participants. She congratulated everyone for their participation and success for completing the 8 week walk. She provided information on how to continue a healthy lifestyle by making good meal choices and exercising. Healthy yogurt and fruit parfaits were provided along with certificates and jean passes to those who completed the walk.



Shake N Bake - 1st Place



In It to Win It - 2nd Place



Like A Boss - 3rd Place

Teams walked, ran, cycled, etc. a total of 37,480 miles in 8 weeks!

Team *Agony of Defeat* lost the most pounds with 36 pounds lost!

The second most pounds lost were by the *Road Runners* with 35 pounds lost and most of those were lost by one member, Chad Beavers with 20 pounds lost!

Congratulations!

White Hat Award



The IDD Service Coordination Department would like to give this month's White Award to **Soji Adedayo, Group Home Staff**. Soji is doing such a great job with the clients. He is always respectful to everyone he interacts with. Soji has a positive attitude and an awesome personality towards coworkers and clients alike. Soji goes above and beyond his 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 Department

Answer's to last months questions:

1) Training 2) Five 3) Sedentary Job

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

1. MVPN stands for _____.
2. According to Financial Times there are ____ financial personality types.
3. Symptoms of _____ include confusion, an altered mental state, unconsciousness and hot, dry skin.



[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

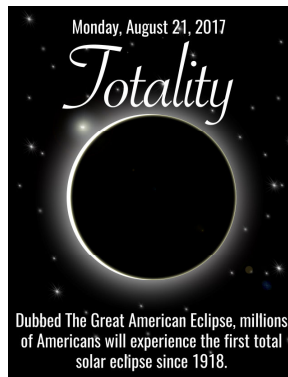
Baby News!

Congratulations to Josue Cantu, Information Technology, and wife Kirstie on the birth of a baby boy. Isaac Wayne Cantu was born on June 23rd at 12:45am. He weighed 7 lbs. 4 oz. and was 20 inches long.



The Great American Eclipse

Americans will see the sight that has left mankind trembling and astonished as long as humans have walked the earth. The Great American Total Eclipse will be one for the record books as totality junkies from across the globe hurry to the best viewing destinations. On August 21, 2017, for the first time in 99 years, the earth, moon, and stars will line up perfectly in a total eclipse that can be viewed in 14 states. Best viewing is predicted to be in Oregon where sunshine is predicted, especially near Madras. Local time will be 10:21 am PDT and totality will last for about 2 minutes and 7 to 8 seconds, depending on where the viewer stands. On the east coast, the eclipse will

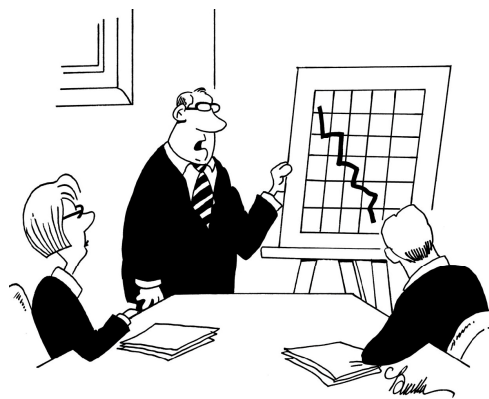


start a little after 1 p.m. and reach totality just before 3 p.m. Further inland, viewers in Illinois and Kentucky will experience 40 seconds more totality. "A solar eclipse can only take place at the phase of new moon, when the moon passes directly between the sun and Earth and its shadow falls upon Earth's surface," according to space.com. The eclipse will be actively pursued by a sub-culture of totality followers who travel to various parts of the world to experience the out-of-this world phenomena many times during the year. Scientists will also be watching the display and the shadow allows them to see solar flares.

I'D LOVE TO SEE
WHAT YOU LOOK LIKE.
CAN YOU SEND ME
A PIC?



SURE!
SENDING NOW.



"Well, if no one is willing to take responsibility for it, we'll blame it on climate change."