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Serving the citizens of:

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 Randall, Roberts, Sherman,
 and Wheeler counties

Thanksgiving: A Good Time to Thank Others

Thanksgiving is a perfect time to express gratitude for the many blessings in our lives, but it is also a perfect time to express to those who have contributed services on our behalf or given gifts of their time.

Be specific. Thank your barber or hairdresser, for dependable service and remembering your style. Thank a co-worker for helping you finish an important task to beat a deadline, and your mechanic, or housekeeper for a job well done.

Thank a grandparent for never forgetting your birthday; or babysitting for you.

Thank a parent for showing patience or unconditional love; for sacrificing personal needs to pay your college expenses, or for teaching you how to cook. Thank a sibling for being there for you when you needed them.

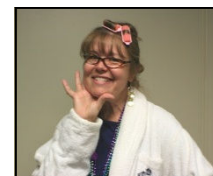
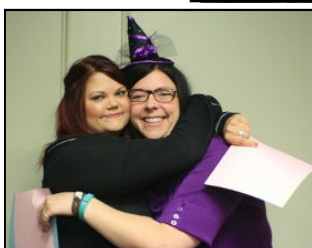
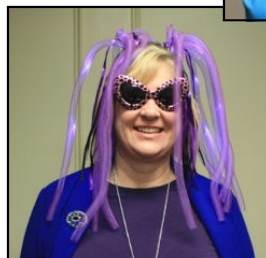
Recognition and appreciation conveys sincerity. And here's the good news: being grateful reduces emotional stress and increases happiness and satisfaction.

William Arthur Ward, one of America's most quoted authors, said, "Feeling gratitude and not expressing it is like wrapping a present and not giving it."

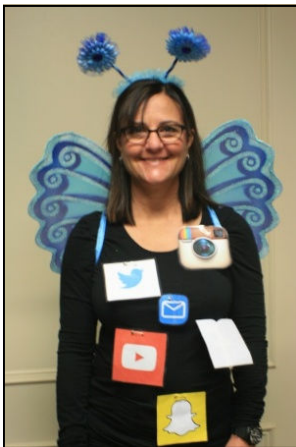


*In observance of Thanksgiving,
 TPC offices will be closed on
 Thursday, November 26th and
 Friday, November 27th.*





2015 HEALTH FAIR COSTUMES CONTINUED



THANK YOU FOR MAKING THIS YEAR'S HEALTH FAIR SUCH A SUCCESS !

Thanks to all the participants (BSA, IMS, business sponsors, staff, vendors and health fair committee members).

Don't forget to get your Wellness Works Health Risk Assessment completed before January 15, 2016.





White Hat Award

The IDD Service Coordination Department would like to give this month's White Hat Award to **Angie Holcomb, Autism Program**. Clients and families have complimented her work and have stated how helpful she has been. The clients she is serving are showing progress with their services. She is very helpful, goes the extra mile and is compassionate. Thank you, Angie!

Sharon Guinn for IDD Service Coordination

Welcome these New Employees...

Amy Briley	Alternate Living
Sean Felker	Behavioral Health Adult
Bobbie Nokes	BH Intake
Anthony Pierson	Homeless BH Program
Alexandra Perez	Children's BH
Aaron Kidd	ASCI Amarillo
Adrian Davis	IDD Service Coordination
Tillarie Sisneros	STAR
Christie Sapp	IDD Service Coordination
D'Ann Craddock	ECI
Carlos Arenivar	Support Services - Purchasing
Sammie Artho	Systems of Care
Elisha Eason	Alternate Living
Melina Wong-Galaz	ECI
Clarissa Anaya	ASCI - Pampa
Amy Lovett	Community Living



Texas Panhandle Centers Behavioral and Developmental Health

The Annual Shining Star Christmas Project is Underway

It's that time again! Texas Panhandle Centers will once again sponsor the Shining Star Christmas Project. Area banks are opening their doors and assisting Texas Panhandle Centers in meeting the needs of clients this holiday season. The annual Shining Star Christmas Tree Project will begin this month when paper ornaments listing the needs of clients will be placed at participating area bank locations.

An ornament tree will also be located in the lobby of TPC's Administration Building located at 901 Wallace Blvd. For more information or to volunteer for this project contact Kara Porter at 806.381.7868



"Sock It" Jeans Week



The week of November 30th - December 4th will be "sock it" jeans week. Wear jeans all week long for the price of a package of **NEW** socks to benefit the clients of TPC.

You pick the size and color and send them to Mary Salazar, Bldg. 501 of the Wallace Campus. Thank you for participating!



Great American Smokeout November 19th



Get ready to lose the habit, and become victorious over tobacco. The American Cancer Society Great American Smokeout event is your chance to triumph over addiction. Every November, we set aside the third Thursday to encourage smokers to go the distance, and to finally give up smoking.

About 42 million Americans still smoke cigarettes, and tobacco use remains the single largest preventable cause of disease and premature death in the United States. As of 2013, there were also 12.4 million cigar smokers in the US, and over 2.3 million who smoke tobacco in pipes — other dangerous and addictive forms of tobacco.

By quitting — even for one day — you will be taking an important step toward a healthier life — one that can lead to reducing your cancer risk. It's a race for your health, and it starts today. Today's the day that quitters win.

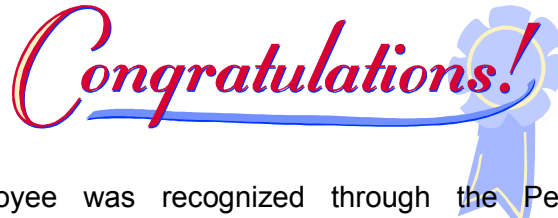
*For the hay and the corn and the wheat that is reaped,
For the labor well done, and
the barns that are heaped,
Thanksgiving! Thanksgiving!
For the trade and the skill and the wealth in our land,
For the cunning and strength of the workingman's hand,
For the good that our artists and
poet have taught,
For the friendship that hope and
affection have brought --
Thanksgiving! Thanksgiving!
For the homes that with purest
affection are blest,
For the season of plenty and
well-deserved rest,
For our country extending from
sea unto sea;
The land that is known as the
"Land of the Free" --
Thanksgiving! Thanksgiving!*

~ Author Unknown



Answers to last months questions:

1) Thinking, Feeling, Mood 2) Audit 3) Here the beep where you sleep



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:

Kymberli Burkett, ECI
Janie Cobb, Amherst Group Home
Anita Cofer, Canode Group Home
Rick Smithson, YES Waiver 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.

Pat Slaughter, 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

Congratulations!



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

Happy Holidays!

The Board of Trustees and Executive Management Team of TPC are pleased to present employees with a holiday gift. Semi-boneless, spiral sliced hams will be delivered to the following locations on the following dates:

Polk/Taylor:	12/3/2015	3:30 p.m. - 4:15 p.m.
Wallace Blvd:	12/3/2014	4:00 p.m. - 4:30 p.m.
Respite &		
ASCI Amarillo:	12/4/2015	3:45 p.m. - 4:00 p.m.
Avondale:	12/4/2015	During regular mail delivery
Tyler Street:	12/4/2015	During regular mail delivery
Santa Fe Building:	12/4/2015	During regular mail delivery

All Regional Sites: Schedule through your respective supervisor
Group Home Staff: May pick up during regular business hours at any of the above designated times or from the Purchasing Dept. starting December 3rd.



** Please note: Each employee will be issued a card which is to be signed and presented at the time of pick up or delivery.*

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 Great American Smokeout is scheduled for ____.
2. TPC's "Sock It" Jeans Week is scheduled for _____.
3. If you must lift a heavy item, let your _____ do the work.

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.

OTIS Corner

Submitted by: Desire Winslow, Quality Management, Safety Officer

Prevention of back injuries

You may be able to avoid back pain or prevent its recurrence by improving your physical condition and learning and practicing proper body mechanics.



To keep your back healthy and strong:

Exercise. Regular low-impact aerobic activities — those that don't strain or jolt your back — can increase strength and endurance in your back and allow your muscles to function better. Walking and swimming are good choices. Talk with your doctor about which activities are best for you.

Build muscle strength and flexibility. Abdominal and back muscle exercises (core-strengthening exercises) help condition these muscles so that they work together like a natural corset for your back. Flexibility in your hips and upper legs aligns your pelvic bones to improve how your back feels. Your doctor or physical therapist can tell which exercises are right for you.

Maintain a healthy weight. Being overweight strains back muscles. If you're overweight, trimming down can prevent back pain.

Use proper body mechanics:

Stand smart. Maintain a neutral pelvic position. If you must stand for long periods, place one foot on a low footstool to take some of the load off your lower back. Alternate feet. Good posture can reduce the stress on back muscles.

Sit smart. Choose a seat with good lower back support, armrests and a swivel base. Consider placing a pillow or rolled towel in the small of your back to maintain its normal curve. Keep your knees and hips level. Change your position frequently, at least every half-hour.

Lift smart. Avoid heavy lifting, if possible, but if you must lift something heavy, let your legs do the work. Keep your back straight — no twisting — and bend only at the knees. Hold the load close to your body. Find a lifting partner if the object is heavy or awkward. Remember to always use carts, dollies, cranes, hoists, lift tables, and other lift-assist devices whenever possible.

