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scomb, Moore,
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Randall, Roberts, Sherman,
and Wheeler counties

The Annual Shining Star Christmas Project is Underway

Once again, 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.

The purpose of this event is to ensure that TPC clients who are not expected to receive Christmas gifts will receive at least one gift this Christmas.

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, please contact Trisha Wilson at 351.3365.



"SOCK IT" JEANS WEEK



The week of December 10th -14th 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!



SUICIDE PREVENTION AND EDUCATION

Libby Moore, Behavioral Health Director

At the heart of our agency's vision "Making Lives Better" we strive "to respond to the behavioral and developmental health needs of individuals by creating an accessible system of care that supports individual choice and results in lives of dignity and independence". That is TPC's Mission.

Suicide prevention and education is a fundamental service TPC provides to support our Mission and Vision.

Texas Panhandle Centers has had formal and informal clinical practices in place that help people experiencing suicidal thoughts or intent since the agency was established in 1966. Suicide poses a serious health concern for people in Texas and our country. This means it affects our families and friends on a daily basis. Here are some sobering statistics from the Texas Panhandle Suicide Coalition Resource guide. Slightly more than six Texans die from suicide each day with more deaths overall by suicide than by homicide. Suicide cuts across all ages, all ethnicities and both genders. Although Anglo white males have had the highest suicide rates, in Texas we have seen an increase in deaths by suicide for young African Americans and an increase in deaths by suicide for middle aged women. TPC has a suicide prevention coordinator who is a member of the Texas Panhandle Suicide Prevention Coalition. They release the resource guide every year with local and national resources that can help people with questions or concerns about suicide. The guide also gives some warning signs and risk factors and how you can help someone. Their site is <https://www.mentalhealthfirstaid.org>

People with a behavioral health condition have a higher risk of dying by suicide than people in the general public. We know people with a substance use disorder or trauma are also at a higher risk of dying by suicide. These are people our agency treats in various locations through various programs. Every TPC employee has had some type of training to recognize the signs and symptoms of someone at risk of dying by suicide. Formal education is provided to our staff when they enter into the agency through an on line training called ASK. [texasui-](https://www.mentalhealthfirstaid.org)

[cideprevention.org/additional-resources/beta-testing-ask-certification-video-training](https://www.mentalhealthfirstaid.org/additional-resources/beta-testing-ask-certification-video-training) Anyone can take this. It identifies risk factors and how to start the conversation with someone you might be concerned about. It also gives resources for places to go for professional help.

ASIST is another training our staff who provide direct care go through. This class is designed to give a more in depth intervention training for people who would be considered a first responder. Many of our CIT officers and other community service providers from other agencies have participated in this training. TPC has trainers for this course who reach out to the community on a regular basis. This site can give more information about the program <https://www.livingworks.net/programs/asist>

Our trainers can also be contacted to find out when a class is being offered or when one can be developed. Email Rick Smithson at rick.smithson@txpan.org if you are interested in finding out about class offerings. TPC also conducts suicide risk screenings for everyone coming into services for the first time for behavioral health needs.

TPC uses an easy tool called the Columbia Suicide Severity Rating Scale. This scale makes sure the provider remembers to ask questions that will help identify risk factors. This tool also helps to establish a safety plan with the person in treatment. This plan can help a person when they feel like they are experiencing signs that they may need additional supports to help cope.

Mental Health First Aide is also provided for people in the general public and TPC staff. This course helps people learn more about mental health conditions in the adult and youth populations. It teaches communication skills that can be helpful in identifying the strengths and needs of a person and assist them in getting to services that best fit those needs. Suicide prevention is a component of that training. MHFA is offered to many special population groups so that the unique challenges in those groups can be discussed. www.mentalhealthfirstaid.org

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Our agency also participates in various community awareness campaigns to promote suicide education and prevention. Any chance we get to help someone reach out when they are in need we want to be there.

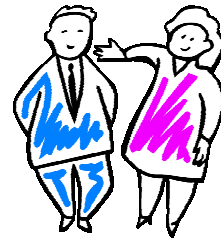
The more education we can provide the better for everyone in our communities. We know that suicide happens in all communities. Health care providers are not immune to this happening to them or those they love. We hope the more we talk, the more we support, the more we educate, the more people reach out to each other when they see someone in need, the better our chances are of reaching the goal of Zero suicides.

Here are some additional numbers for Help
National Suicide Prevention Lifeline – 1-800-273-8255
Text “TALK” to 741741 at the Crisis Text Line
Chat with someone at www.suicidepreventionlifeline.org

For Veterans call the Veterans Crisis line at 1-800-273-8255 and press 1 or text 838255

Welcome these New Employees...

Nkundirwa Amon	Specialized Services
Ronda Carey	Community Living
Pamela Davis	SB 292
Tabitha Frazier	IDD Respite
Terry Burns	1115 Integrated Care
D'Ann Craddock	System of Care - Children's
Dina Morris	1115 Integrated Care
Erika Sena	Children's Pampa
Bettina Vaughan	Adult Behavioral Health
Rebekah Carpenter	Children's BH
Jessica Sanchez	STAR
Jerry "Ross" Womble	1115 Waiver
Brooklyn Arceneaux	Children's Services
Shauni Cook	Specialized Services
Eushney Lincoln	Autism Program



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

Many thanks to the following businesses and individuals that donated to this year's health fair. Their generosity helped make this year's health fair a huge success!



BUSINESS	ITEM(S) DONATED	QTY:
Red Lobster	\$50.00 Gift Card	1
LaBella Salon	gift bag	1
Amarillo National Bank	cash cards various	11
Home Depot	Ext. LED Wall lantern	1
Abuelos	Queso For Life!!	1
Jersey Mike's	Voucher for 4 meals	2
Hampton Inn	1 night hotel stay	1
Nick's Fight Club	one month membership	1
Dillards	Gift Basket	1
Happy State Bank & Trust Co.	Scratch Pads-\$25. Each	2
The Plaza Restaurant	Lunch Certificate	1
Kabuki Romanza Restaurant	Kabuki Bucks-\$5.Each	72
Water Still	44oz. Free Drink Cpns	25
Sonic	20 Each Drink/CHB Cpns	40
Walgreen's	Gift Cards - \$20. Each	5
World Market	Wine Basket	1
El Tejavan Restaurant	Gift Certificate	1
Fuddrucker's	Free Hamburger Coupons	10
Chick Fil A	Sandwich Cards	6
Torchys Tacos	\$5.00 gift card	3
Red Robin	\$25.00 gift card	1
Movie Tickets.com	\$25.00 gift card	1
United Supermarket	\$10.00 gift card	5
Pak a Sak	\$10.00 drink pack	5
Bed Bath & Beyond	\$20.00 gift card	1
Natural Grocers	\$25.00 gift card	1
Street Toyota/Volkswagen	\$125.00 gift bag	1
Starbucks	\$35.00 gift bag	1
Haverty's	\$80.00 vase	1
Supercuts	\$16.00 haircut	2
Pinky's	\$25.00 gift card	1
575 Pizzeria	\$25 Gift Card	1
Roasters	Coffee Passes	6
Sun Adventure Sports	\$25 Gift Cards	2
Color Box	Hair Cut	1
Color Box	Hair Cut	1
United	\$25 Gift Card	1
Party Stop	Bottle of Whiskey	2
Martin-Tipton Pharmacy	\$25.00 gift card	2
Aqua One (Tea Time & Urbana)	\$10.00 gift card	4
Carmen Nichols	Piñata	1
TPC QM	150.00 main prize	1
Pizza Hut	5 - \$10.00 gift cards	5
AC Dental Hygiene Program	toothbrushes/toothpastes	250
Eat-Rite	Bananas	2 lugs
McAlister's	Tea	20 gal
AT&T Mobility	Powerbeats headphones & Insulated Cup	1
TPC BH	Blood Pressure Monitor	1
Stacy Dennis	Wall Art	3

White Hat Award



The IDD Service Coordination department would like to give this month's White Award to **Cindy Pulse, Consumer Benefits Coordinator**, at the Wallace Campus. Cindy can always answer a Social Security Administration question for our clients as well as for those in our department. She also assists with Medicaid applications and renewals for every client. Cindy is always willing to drop whatever she is doing and go out of her way to help others. Cindy 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) October 31, 2018 2) 200 3) Social Security Number

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 deadline to complete the IMS Wellness Works Health Risk Assessment (HRA) is _____.
2. November is National _____ Awareness Month.
3. TPC's Health Fair photos are located on the _____ drive.

[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.

Tips for Winter Driving

Submitted By: Desire' Winslow, Safety Director

Parking: Keep wiper blades from freezing to the windshield by pulling them out when you park your car.

Before Driving: Make sure all windows, mirrors and lights (head and tail) are free from snow and ice before driving. Never use hot water to try to defrost a windshield, utilize ice scrapers and the vehicles defrost settings.

Slow Down: In normal conditions, you should maintain a following distance of three seconds between you and another car. On winter roads, increase that to a full 8 to 10 seconds. Yes, that may mean slow going, but a little patience will keep you a lot safer on the road.

Get Unstuck the Right Way: Avoid the temptation to spin your wheels. You'll just dig yourself into a deeper hole. Instead, determine the path of least resistance between your car and solid ground. Then, clear the snow behind and in front of all four tires and liberally spread sand or kitty litter in front of and behind the drive wheels.

Keep in mind that the sharper your front wheels are turned, the more resistance to movement in either direction you create. Consequently, try to keep the front tires as straight as possible.

Tackle a Skid the Smart Way: If your car skids, keep a cool head, and follow these steps:

- o Don't panic.
- o Don't slam on the brakes.
- o Take your foot off the gas.
- o Steer your car in the direction you want to go.
- o Wait for the car to slow down so you can regain control.
- o You can prepare for a skid by practicing. Go to an open parking lot and practice braking on icy or snowy surfaces. (Yes, you are allowed to think this is fun.) More importantly, you'll better know how to handle yourself when you skid in traffic.

Slick management: rear-wheel skids

Rear-wheel-drive cars and pickup trucks are prone to rear-wheel skids because they have little weight over the rear wheels, but all cars can skid. Here is how to recover from a rear-wheel slide.

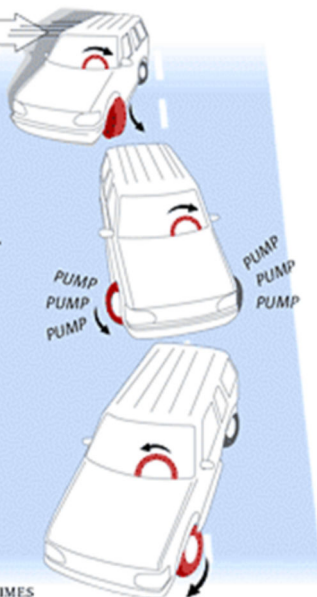
1. Ease foot off accelerator, and then gently steer car in the direction the back of the vehicle is sliding.

2. If your car has standard brakes, pump them gently. If your car has anti-lock brakes, apply steady pressure to brakes. You will feel the brakes pulse.

3. When the front wheels have regained grip, gently steer car in the desired direction.

Sources: state Department of Transportation; AAA

THE SEATTLE TIMES



SLIP AND SLIDE: TEST ROAD CONDITIONS FREQUENTLY

Periodically, check traction (available grip) when driving in challenging conditions. Road conditions can change drastically in a short period of time/distance in winter. Apply the brakes with moderate pressure to determine the available grip and modify your driving, if needed, to respond to ever-changing road conditions.



GRIP IT GOOD!

It's best to avoid braking or acceleration when negotiating a turn.

- 1 Brake before the turn
- 2 Negotiate the turn
- 3 Accelerate after the turn



YOU CRUISE, YOU LOSE

Avoid cruise control in wet, icy or snow conditions to maintain control of acceleration and deceleration at all times.



Inclement Weather

Please read the following TPC policy and procedure on inclement weather, in the case that it is necessary this coming year. Remember, it is your choice as to whether you want to brave the elements. Should you choose to stay home, you will need to use PTO.

Inclement Weather	Section No: 3.26
Date of Policy Revision: 1/29/15 Effective Policy Date: 10/28/93	Approved By: <u>Signature on file</u> Judge Willis V. Smith, Chair, Board of Trustees
POLICY: TPC shall not close or cease operations due to weather conditions. This policy and corresponding procedures are intended to provide a consistent approach to staffing and pay for TPC employees in the event of snow, ice, or other weather-related work interruptions in the operations of the TPC programs and activities. It is the responsibility of Program Managers to inform their respective Executive Manager of the status of their regional Center and/or program activity during severe weather conditions.	

PROCEDURE:

The health and safety of our clients, staff and volunteers is of the highest priority. To that end, in the event of inclement weather (or other emergency), TPC recommends and encourages all employees to utilize their best judgment in making decisions with regard to their own personal safety and individual circumstances. It is recommended employees heed official alerts and advisories issued by local, state and federal officials.

As a healthcare provider responsible for 24/7 programs as well as coordination and/or delivery of urgent and emergent care, TPC will not close or cease operations due to inclement weather. However, operations and/or capacity may be limited depending on conditions and factors determined at the time.

Employees are expected to make reasonable efforts to report to their respective worksite. Those employees not able to report to work must inform their immediate supervisor as soon as possible. All full-time employees (exempt and non-exempt) are required to use a full day of PTO when not reporting for work. PTO will also be used when a full-time employee (exempt and non-exempt) leaves work early due to weather conditions. When an employee

is absent from or leaves work early due to inclement weather, leave without pay shall be taken if PTO is not available. Part-time employees are only paid for time worked.

Minimum staffing needs shall be determined by the Executive Manager over their respective programs. These staffing needs will be based on existing conditions and factors at the time. Executive Managers will provide ongoing status updates to the Executive Director during the event.

As determined necessary, additional communication with staff may be provided through a number of avenues depending on the event itself. Communication methods may include face-to-face, telephone, work e-mail, agency website, etc.

Because of the size and scope of our center operations, agency-arranged transportation in inclement weather is difficult to provide. These requests will be considered on a case by case basis given specific program needs as well as conditions and factors determined at the time.

Except as determined by the Executive Director, this guideline shall apply to ALL employees.



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: 12/6/2018 3:30 p.m. - 4:15 p.m.
Wallace Blvd: 12/6/2018 4:00 p.m. - 4:30 p.m.

Respite &
ASCI Amarillo: 12/7/2018 3:45 p.m. - 4:00 p.m.

N. Taylor St. & 12/7/2018 During regular mail delivery
Santa Fe Bldg: 12/7/2018 During regular mail delivery

All Regional Sites: Schedule through your respective supervisor.

Group Home May pick up during regular business hours at any
Staff & Others: 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.

If you have learned how to disagree without being disagreeable, then you have discovered the secret of getting along - whether it be business, family relations, or life itself.

~ Bernard Meltzer



Janice Stoner, Director ASCI Amarillo, 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.

EMPLOYEE RECOGNITION

At the October and November Board of Trustees Meetings, Judge Willis Smith, Board Chair, recognized the following employees for their years of service with the Center.

- 25 Years - Tanya Fenwick, Program Administrator for Developmental Health
- 20 Years - Steve Parker, Network Specialist, Information Technology
- 15 Years - Kristen Nolte, Clerk V, Medical Records

They were awarded a plaque, gift card and a day off.



Tanya Fenwick - 25 Years



Steve Parker - 20 Years



Kristen Nolte - 15 Years

Reminder: Deadline for
Health Risk Assessment is 12/14/18

HEALTH FAIR PHOTOS

TPC's health fair photos are available for viewing on the Shared TPC (S:) drive in the folder named **'TPC 2018 Health Fair.'**

Anyone off the network will have to come into the office to see them. This folder will be in the S: drive only until Dec. 31.



November is National Diabetes Awareness Month

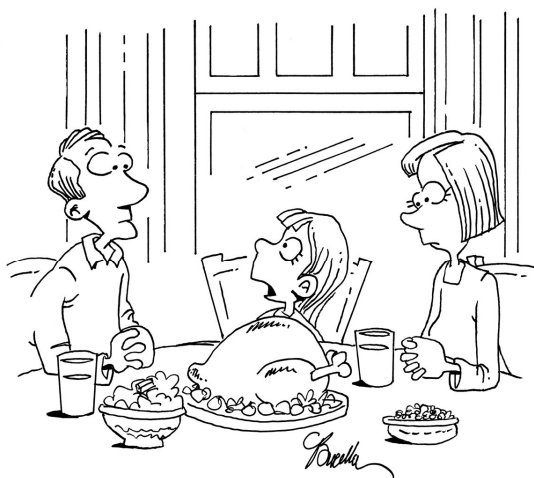
Three main types of diabetes affect 30 million people in the US, according to the Centers for Disease Control, and 1 in 4 don't know they have it.

Type 1: An auto-immune disease commonly, but not always, diagnosed in childhood. The body's own immune system destroys the pancreas. Type 1 diabetics must take insulin injections.

Type 2: More than 90 percent of people with diabetes have Type 2. Usually diagnosed in adults over age 40, about 80 percent of sufferers are overweight. In Type 2, the pancreas produces insulin but the body becomes increasingly resistant to it and,

eventually, production is decreased. Weight loss, exercise, diet and insulin pills can help people stay healthy.

Gestational diabetes: This occurs during pregnancy and often disappears after delivery, but there is an increased risk of developing diabetes later in life. Risk factors
Age: After age 45. **Weight:** Fat increases the body's resistance to insulin. **Diet:** Sugary food and drinks, white bread, and low fiber foods overload the body with sugar. **Smoking:** Smokers are 50 percent more likely to develop diabetes. **Ethnicity:** People of South Asian, African, and Caribbean descent are two to four times more likely to develop diabetes.



"Again? Weren't we thankful enough last year?"



"Nice try, but no, it's not like going to the Thanksgiving Parade."