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Serving the citizens of:

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

Texas Panhandle Centers

EMPLOYEE HEALTH FAIR



Dia de Los Muertos Themed Day of the Dead



To receive the most discounts on your insurance please complete labs and blood pressure checks at your designated stations. Remember nothing to eat or drink (besides H2O) for 8 hours prior to testing.

Costume
contest

Sugar
Skull
Contest

Game
Board

Labs
Weight
B.P.

WIN
PRIZES!!



Friday, November 2nd

7:30AM – 10:30AM

901 Wallace Blvd: Bldg 501



All Souls Day Celebration



Snacks will be provided!



SYSTEM OF CARE/HUMAN RESOURCES RECRUITER

Toby Wallace, Human Resources Director

System of Care/Human Resources Recruiter Steve Garcia was employed with Texas Panhandle Centers from July 2015 – May 2017 and recently returned to the Human Resources-Recruiter position in May 2018. His position has become an integral part of not only marketing the services TPC provides within the System of Care, but also marketing the Center as a whole when recruiting new employees.

During Steve's tenure in this position, he was appointed to be the liaison for the organization to do community outreach and has attended many events to distribute information and brochures, such as:

- Walks to benefit mental health organizations and Autism
- The Cactus Clinic event partnering with Dr. Diehlmann
- Back to School event at Hillside Family Health Clinic
- Resilience Documentary with CASA
- Northwest Texas Healthcare System- Hugh Pennal Lectureship
- Liaison to the Amarillo and Canyon United Way

Usually twice per year, once in the Fall and once in the Spring, Steve attends career

fairs throughout the Texas panhandle. Some of the more popular ones consist of:

- Workforce Solutions Amarillo, Borger, and Pampa Career Fairs
- West Texas A&M University
- Amarillo College
- Texas Tech University
- Eastern New Mexico University

Also at West Texas A&M University, Steve contributes to the Career Services Center in facilitating mock interviews for stu-

dents. These interviews prepare students for real-life interviews in that they gain experience and proper techniques used in interviews.

Finally, when applicants apply for employment with TPC, Steve is usually the first representative they speak to. He personally speaks to all new applicants and walks them through the application process and instructs them to contact him with any questions and that he will remain the primary point of contact throughout the application process. If an applicant is not selected for a given position, Steve again contacts the applicant in an effort to move the application to another open position, in which they may be qualified.



COMPLIANCE CORNER

Welcome back to Compliance Corner. Each month we will address a question that was received internally for the purpose of education. (All personal identifying information has been removed to protect the identity of the employee and client).

IF YOU SEE SOMETHING, SAY SOMETHING.....

Employees are the “eyes and ears” of the organization to detect any violation of our Compliance Program. You are required to immediately report anything that you encounter at TPC which you believe may be unethical, illegal, or fraudulent to:

Your supervisor or

Donald Newsome, Director, Quality Management & Compliance, (Privacy Officer)

Phone: (806) 351-3284

Email: Donald.newsome@txpan.org

Here is the compliance question of the month:

Question: I was told that I had to print my name under/beside my signature if my signature isn't legible? Is this correct?

Answer: All TPC staff, contractors and interns are required to attend Ethics in Documentation training on day one of New Employee Orientation (NEO). During the training, special emphasis is made on the importance that signatures on clinical documentation be legible. For signatures that are not generally legible, the staff, contractor, or intern should print their name legibly beside or below their signature.

If you have a question/scenario that you would like to be considered for inclusion in the newsletter, email the information to Compliance.Corner@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

Welcome these New Employees...

Laurie Benedetti	Accounts Payable
Christine Chisum	Children's BH
Kimberly Mastroberti	Alternate Living
Elizabeth Stilwell	IDD Service Coordination



Fall back Sunday November 4th



Catherine Liekhus, IDD Service Coordination, 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 Hat Award to the Wallace Campus Day Habilitation 504 staff, **Tonya McMasters and Angie Banda**. Tonya and Angie work in the gym of building 504. They ensure that the clients in their care are well taken care of and have a fun time while at day habilitation. They play games with their clients and take them on outings in the community, which everyone enjoys. Tonya and Angie have gone above and beyond their 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) September 2) Clean, Separate, Cook and Chill 3) Dental Care

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



1. Register for IMS Wellness Works before _____ to be entered in a drawing for a Visa gift card.
2. The total cholesterol score should be less than _____.
3. New Medicare cards will no longer contain _____ in order to protect your identity.

[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.

Painting Your Face: Special Effects Without Aftereffects

Submitted By: Desire' Winslow, Safety Director

The theme for this year's health fair is "Dia de los Muertos" or "Day of the Dead". Many of us will be wearing "sugar skull" make-up or some other form of face paint. Below are some safety tips on using face paint/make-up for the upcoming event. This article also applies to face paint for kiddos and Halloween.

- Follow all directions carefully.
- Don't decorate your face with things that aren't intended for your skin.
- If your face paint has a very bad smell, this could be a sign that it is contaminated. Throw it away and use another one.
- Like soap, some things are OK on your skin, but not in your eyes. Some face paint or other makeup may say on the label that it is not for use near the eyes. Believe this, even if the label has a picture of people wearing it near their eyes. Be careful to keep makeup from getting into your eyes.
- Even products intended for use near your eyes can sometimes irritate your skin if you use too much.
- If you're decorating your skin with something you've never used before, you might try a dab of it on your arm for a couple of days to check for an allergic reaction **BEFORE** you put it on your face. This is an especially smart thing to do if you tend to have allergies.



Color Additives: The "FDA OK" (A Little Detective Work Won't Hurt)

A big part of Halloween makeup is color. But this is your skin we're talking about. Think about what you're putting on it. You might not want to put the same coloring on your skin that a car

company uses in its paint. Luckily, you don't have to. The law says that color additives have to be approved by FDA for use in cosmetics, including color additives in face paints and other cosmetics that may be used around Halloween time. It also includes theatrical makeup. Plus, FDA has to decide how they may be used, based on safety information. A color that's OK on your tough fingernails or your hair may not be OK on your skin. Colors that are OK for most of your skin may not be OK near your eyes.



How do you know which ones are OK to use, and where? Do some detective work and check two places:

1. The list of ingredients on the label. Look for the names of the colors. THEN...
2. Check the [Summary of Color Additives](#) on FDA's Web site. There's a section especially on colors for cosmetics. If there's a color in your makeup that isn't on this list, the company that made it is not obeying the law. Don't use it. Even if it's on the list, check to see if it has FDA's OK for use near the eyes. If it doesn't, keep it away from your eyes.

When the Party's Over...

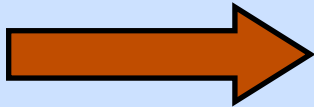
Don't go to bed with your makeup on. Wearing it too long might irritate your skin, and bits of makeup can flake off or smear and get into your eyes, not to mention mess up your pillow. How you take the stuff off is as important as how you put it on. Remove it the way the label says. If it says to remove it with cold cream, use cold cream. If it says to remove it with soap and water, use soap and water. If it says to remove it with eye makeup remover, use eye makeup remover. The same goes for removing glue, like the stuff that holds on fake beards.

*And remember, the skin around your eyes is delicate. Remove makeup gently.

Make plans to attend TPC's Annual Employee Health Fair on Friday November 2nd between 7:30am –10:30am. There will be flu shots, blood draws, games, snacks, prizes and much more. Wear a costume and get a jean pass. Be sure to sign in at the front and get your game card to be eligible for big prizes! This year's theme is Dia de Los Muertos or Day of the Dead.

Participate in the Wellness Works Program, reduce your health insurance deductible and learn ways to be healthy!

Get registered prior to the health fair



for the Wellness Works Program and you'll be entered in a drawing for a \$25 Visa gift card.

Remember to fast if getting blood drawn! Only water after midnight.



Preparing for the TPC Fall Health Fair

In preparation for the Texas Panhandle Health Fair, the following activities will assist you in successfully logging into IMS Wellness Works @ www.imstpa.com.

Step 1

- If you have registered for a User ID and Password @ www.imstpa.com, log in between:
10/11/18 and 10/31/2018
- Verify and update your email address & telephone # in your Member Profile located under "Security".

Step 2

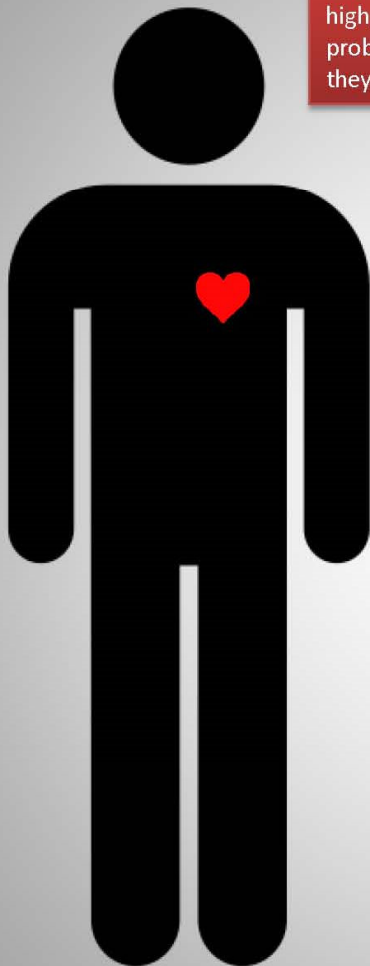
- If you have not participated in the TPC Wellness Program and have current MEDICAL health plan coverage, register as a New User on the login page @ www.imstpa.com
- To create a user ID & Password, see the Employee Registration video under the Online Help option from the Member tab.

Step 3

- By completing step 1 or 2 you will be entered in a drawing to win a **\$25 Wellness Works Visa gift card.** ☺ **6 chances available**

Know your NUMBERS

Want to know more about your health? Get to know your numbers for blood sugar, blood pressure, cholesterol and body weight. If these are too high, you are more likely to have heart disease and other health problems. Getting your numbers checked regularly and knowing what they mean is a great first step toward better health.



✓ **Blood Sugar less than 100**

What should my number be?

Before eating: less than 100

2 hours after eating: less than 140

What is it? The amount of sugar in your blood.

✓ **Blood Pressure less than 120/80**

What should my number be? Less than 120/80

What is it? The force of blood against the arteries when the heart beats (top number) and rests (bottom number).

✓ **Blood Cholesterol less than 200**

What should my number be?

Total Cholesterol score less than 200

What is it? A waxy substance produced by the liver. Too much can make it harder for blood to circulate.

✓ **Body Weight – BMI 18.6 – 24.9**

What should my number be?

A body mass index of 18.6 to 24.9

What is it? Your idea body weight depends on your gender, age, height and frame. BMI provides a good guideline.

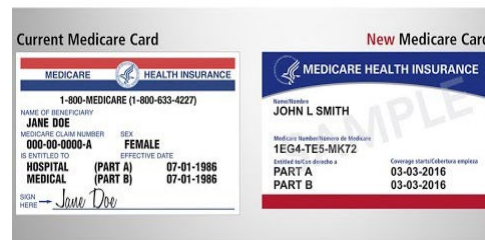
Learn more about your health risks by obtaining the labs and biometrics mentioned above. Then login to IMS Wellness Works @ www.imstpaonline.com. Complete your Health Risk Assessment online @ IMS Wellness Works, and contact the Wellness Works Care Manager today, to begin understanding & improving your numbers. 1-800-687-3020.

NEW MEDICARE CARDS

Facts you need to know!

Submitted by: Marion Thompson

- New Medicare cards will have new numbers to protect your identity (it will no longer be a Social Security number)
- Mailing begins April 2018 continuing to April 2019 so your card may arrive at a different time than your spouse, friend or neighbor.
- Make sure your address is current with Social Security.
- The new card will not change any Medicare benefits.
- The new cards will not cost you anything.
- Starting January 2020 you can no longer use your old Medicare Card
- * You will only be notified by postal mail.
- * Keep an eye on your mail. The cards are being mailed to you.
- * To ensure your card is not stolen, review your Medicare Summary Notices for any fraud, errors, and abuse.
- * Watch out for calls offering you a new Medicare card in exchange for money.



New Medicare Card Means New SCAMS

- * Medicare and Social Security will not call, text or email to tell you they are issuing new cards, reprocessing cards, or assigning new numbers.
- * Never give your bank account information, Social Security and Medicare Number to anyone who contacts you.

Source: TexasSMP

Hispanic
Heritage Month
September 15-October 15



National Hispanic Heritage Month is meant to celebrate the customs, legacies and achievements of United States citizens with Hispanic roots.

- ◆ There are approximately 53 million individuals of Hispanic ancestry in the U.S. today.
- ◆ Hispanics are the largest ethnic or race minority in the U.S. making up approxi-

mately 17% of the population.

- ◆ It is estimated that by 2060, the Hispanic population in the U.S. will constitute approximately 31% of the population.
- ◆ There are approximately 1.1 million veterans of the U.S. Armed Forces who are Hispanic or Latino.
- ◆ Spanish is the second most spoken language in the U.S.
- ◆ Celebrations for NHHM include film screenings, concerts, festivals with food and crafts and other goods and museum exhibits.
- ◆ President Lyndon Johnson approved the first NHHM in 1968 and President Ronald Reagan expanded it to its present length in 1988.

America's Pumpkin Spice Obsession

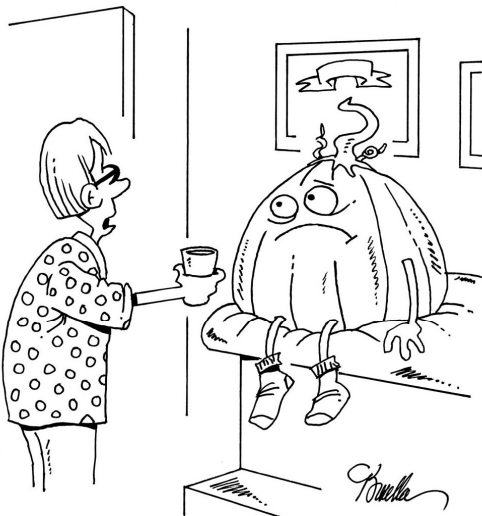
Pumpkin spice is a fixture of fall flavors in America, and the favorite blend has managed to invade nearly every aspect of food and beverage in recent years as it has become more and more trendy.

The pumpkin spice comes from a mixture of nutmeg, cinnamon, and cloves initially made for flavoring pumpkin pies, and the first official branding came from popular spice maker McCormick in the 1950's. During that time, the fall holiday baked good was one of the only places consumers were likely to find the blend.

Fast forward to the present and big retailers like Trader Joe's filled their shelves with over 70 pumpkin items as recently as the fall of 2016, according to The Washington Post. For those in the market, there are pumpkin spice-flavored vodkas, hummus, beer, bread, pasta, sushi, Cheerios, and the ever

-popular Pumpkin Spice Latte from Starbucks. The PSL, as it is known, is the coffee company's most popular seasonal beverage and estimates show that over 200 million have been sold since its introduction 15 years ago, bringing in over \$100 million in revenue during 2016 alone. The start of the holiday season and the nature of limited-time offers make the release of the PSL each year an incredibly exciting event on social media.

Despite the yearly craze, there are signs that the pumpkin spice trend has peaked and may even be in decline, according to Forbes. Based on menu penetration, pumpkin appeared in 7.4 percent of menus in 2005, 11.4 percent in 2010, but then only 8.8 percent in 2016. New fall roots such as yuca and turmeric are ripe for innovation as food and beverage producers search for the next significant trend.



"The doctor needs a spice sample."



"Peanuts, lactose and gluten are fine. I'm checking for garlic."