



Here's What's Happening...

TEXAS PANHANDLE CENTERS

901 WALLACE BLVD. AMARILLO, TEXAS

www.texaspanhandlecenters.org

September 2017, Volume XIV, Issue 9

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and Wheeler counties

September is National Suicide Awareness Month

Out of the Darkness Texas Panhandle Walk

Walk Date: **10/14/2017**

Walk Location: **Medi Park - Amarillo, TX**

Check-in/Registration Time: **10/14/2017 at 9:00 am**

Walk Begins: **10:00 am** Walk Ends: **12:00 pm**

For more information, please contact:

Contact Name: **Amanda Long**

Contact Phone: **806-282-1465**

Contact Email: **afspamarillo@gmail.com**

Online registration closes at noon (local time) the Friday before the walk. However, anyone who would like to participate can register in person at the walk from the time check-in begins until the walk starts. Walk donations are accepted until December 31st.

Welcome to the Out of the Darkness Texas Panhandle Walk

When you walk in the Out of the Darkness Walks, you join the effort with hundreds of thousands of people to raise awareness and funds that allow the American Foundation for Suicide Prevention (AFSP) to invest in new research, create educational programs, advocate for public policy, and support survivors of suicide loss.

Texas Panhandle Centers is a sponsor of this event



INFORMATION TECHNOLOGY

Mellisa Talley, Information Services Director

Coming soon to TPC!

Have you ever logged into computer in the morning and thought, “Why are we still using Windows 7? Why are we still using Microsoft Office 2007?” Well you’re in luck!

For the 2018 fiscal year, the IT Department is going to be deploying Windows 10 to replace Windows 7 to all laptops and desktops. We are currently working on implementing the deployment process, but are going to try and make it as painless as possible for our end users (you guys and gals). Also rolling out with the new version of Windows 10 will be a newer version of Microsoft Office Suite including SharePoint. We know there will be some getting used to the new and improved look but, for the end user side, there will not be much change.

What is SharePoint?

Microsoft SharePoint is one of the top business collaboration resources available to date. Over time, SharePoint has gained significant recognition for its ability to build a strong collaborative system amongst its users. Not only does it simplify business processes, enhance productivity, and accelerate growth, but it also provides a secure internal information sharing platform that can be accessed from virtually any device.

Benefits of SharePoint:

Simplified user experience – SharePoint is a web-based tool that can be accessed from any browser and offers simple point and click as well as drag and drop functionality

Improved collaboration – Teams will be able to efficiently and effectively collaborate via SharePoint by being able to create “Team Sites” to share documentation/notes/calendars, monitor file/folder changes and additions, and utilize the built in Project Management features

Direct File Access – Since SharePoint is a Microsoft product, it easily integrates with other Office applications so that users will be able to check out, open, edit, and save files directly from any SharePoint site, in real-time

Data Security - SharePoint can house information that can be share with all users and, at the same time, offers security and authorization measures to ensure that only specified individuals are allowed access when needed

2017 Pennal Lecture

Understanding the Importance of Mental Health

Friday, October 6
11:30 am – 1 pm
Amarillo Civic Center- Grand Plaza Room
401 S. Buchanan Street

Special presentation by **Kevin Hines**



The Pavilion

Northwest Texas Healthcare System



The Pavilion

Northwest Texas Healthcare System

1501 S. Coulter | Amarillo, TX 79106



A personal story of mental illness and survival

Kevin Hines, mental health advocate, author, filmmaker and entrepreneur, will tell his very personal story of living with bipolar disorder and his attempted suicide. He is one of 34 individuals to survive a fall off the Golden Gate Bridge and he wants to share his story and spread a message of living mentally healthy.

- **FREE Event • Lunch will be served**
- **Continuing Education Available**

**Registration is required. Register today at
nwths.com/pennal or call 806-351-4622**



Client Rights

TPC welcomes Jana Campbell as the Rights Protection Officer. Jana is a Licensed Social Worker. She graduated with a Bachelor's Degree in social work in 2005 and a Master's Degree in 2014 from WTA&MU. After graduation in 2005, she worked for Texas Panhandle Centers as an IDD Service Coordinator. She joined the Texas Department of State Health Services in 2007 and was employed there for 10 years where she worked with children and young adults with disabilities.

Jana is a mother of four and a grandmother of two. Her hobbies include knitting and crocheting.

Please contact Jana for any questions or concerns regarding client rights. Her contact number is 806.351.3400. She offices at 901 Wallace Blvd.



Save the Date!

TPC's Employee Health Fair is scheduled for Friday, October 27th. There will be blood draws, flu shots, games, snacks, prizes and more!



Wear a costume and get a jean pass. Watch for more information in the next few weeks.



Autumn Begins Friday, September 22nd

1ST ANNUAL



PANHANDLE
RECOVERY

Festival 2017

OCT. 7, 2017 | Noon to 10pm

Dance 7 - 10pm

WHERE:

ARAD

1001 Wallace Blvd, Amarillo

**Live Music/Dance, Games, Food, Fun
for the Whole Family!**

Brought to by the collaborative efforts of local 12 step and alternative recovery and support resources. All are welcome at this sober event.

This is a tobacco free event

Support the Recovery Festival and make a Tax-Free Donation on our Facebook page:
[@AmarilloRecoveryFromAlcoholandDrugs](#)

Texas Panhandle Centers is a sponsor of this event.

Mosquito Bite Prevention

Submitted by: Desire Winslow, Quality Management



Limit exposure to mosquitoes by:

- Avoiding outdoor activities when they're most active, dusk to dawn
- Repairing any tears in the screens on your windows, doors and camping gear
- Using mosquito netting over strollers and cribs or when sleeping outdoors

Use insect repellent

The most effective insect repellents in the United States include one of three active ingredients: Deet, Icaridin (also called picaridin) and Oil of lemon eucalyptus (a plant-based compound). These repellents temporarily repel mosquitoes and ticks. DEET may offer longer lasting protection.

If you're also using sunscreen, put it on first, about 20 minutes before applying the repellent. Avoid products that combine sunscreen and repellent, because you'll likely need to reapply sunscreen more often than repellent. And it's better to use only as much repellent as you need.

Used according to package directions, these products are generally safe for children and adults, with a few exceptions:

- Don't use DEET-containing products on infants younger than 2 months.
- Don't let young children get DEET or icaridin-containing products on their hands or faces.
- Don't use oil of lemon eucalyptus on children under age 3 years.
- Don't apply repellent under clothing.
- Don't apply repellent over sunburns, cuts, wounds or rashes.
- When you go indoors, wash with soap and water to remove any remaining repellent.

Treat clothing and outdoor gear

Permethrin is an insecticide and insect repellent used for additional protection. This product is applied to clothing and outdoor gear, not skin. Check the product label for specific application instructions. Some sporting goods stores sell clothing pre-treated with permethrin.

Use protective clothing and gear

Weather permitting, wear: long sleeves, socks/closed-toe shoes, long pants (possibly tucked into the tops of your socks), light colors and/or a hat that protects your ears and neck.

Reduce mosquitoes around your home

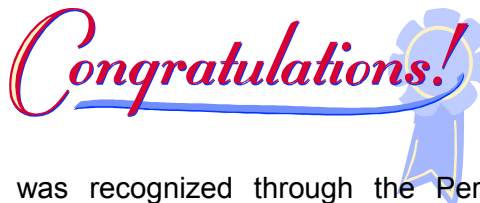
Eliminate standing water, which mosquitoes need to breed. To keep your house and yard free of mosquito pools:

- Unclog roof gutters.
- Empty children's wading pools at least once a week, and preferably more often.
- Change water in birdbaths at least weekly.
- Get rid of old tires in your yard.
- Empty outdoor flower pots regularly or store them upside down.
- Drain your fire pit if water collects there.



Welcome these New Employees...

Melissa Ditmore	Specialized Services
Tingting Li	Case Management Adult Behavioral Health
Jonathan McLoughlin	Case Management Children's Behavioral Health
Chris Rice	HCS Administration
Anthony Crane	Carlton Group Home
Cecilia Gallegos	IDD Service Coordination
Denise Hagan	Crisis Redesign
Shanna Herndon	ASCI Amarillo
John Phillips	Managed Services
Anna Taylor	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:

Tami Savage - HCS Administration
Alejandra Patino - Children's Service Coordination
Christine Edwards - Children's Service Coordination –Borger

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 Schumann, Purchasing & Materials Management, 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 **Julie Ray, IDD records**. Julie did a great job helping the IDD Department get our records straight and get things scanned into iServ for our audit. Julie 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 Department

Answer's to last months questions:

1) Home and Community Services (HCS) 2) Report 3) Back Pack

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

1. _____ is coming soon to TPC.
2. TPC's new Client Rights Officer is _____.
3. Don't use _____ on infants younger than 2 months.
4. Never carry your _____ with you. Your wallet or purse could be stolen.

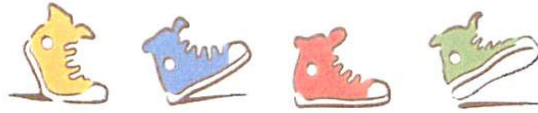


Submit your answers to joyce.lopez@txpan.org. Deadline for responses is the 5th of the following month. You must type "Monthly Drawing" in the email subject line to be eligible. For those that do not have a computer, entries may be submitted via interoffice mail. The same requirements apply for hard copy submissions.

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

STAMPING OUT



STIGMA

WALK for MENTAL HEALTH 2017

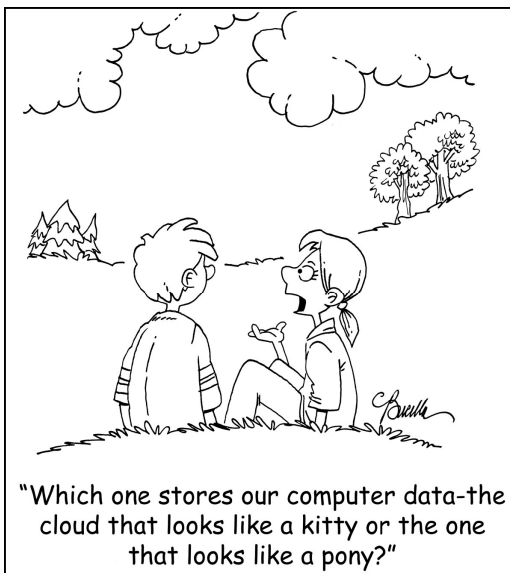
"There is no health without mental health."

October 7, 2017
3 pm - 5 pm
Memorial Park

Register, sponsor, and donate at:
www.walkformentalhealth.gdk.mx

This Walk is held to raise mental health awareness, reduce stigma, and to support the FREE support groups and classes held by NAMI Texas Panhandle (National Alliance on Mental Illness) and the Amarillo Area Mental Health Consumers / Agape Center.

Call 806-676-3540 for more information.



September is National Preparedness Month

No part of the country is immune to natural or man-made disasters as Texas and Florida recently experienced with Hurricane's Harvey and Irma. Not to mention the countless fires that continue to burn throughout the U.S.

During September, the Department of Homeland Security joins with national, state, and local agencies to encourage Americans to prepare their homes for disasters of all kinds.

According to the Federal Emergency Management Agency (FEMA), engaging citizens in disaster preparedness is a critical first step in effective response and recovery efforts.

In other words, if you know what to do when a disaster is predicted, what to do when it occurs, and what to do afterward, you will be in a better position to save yourself and your home before help arrives.

While there are obvious differences in prepar-

ing for a hurricane and preparing for a forest fire, there are similarities in preparedness for all types of disasters. You should know where you will go to escape, what your mode of transportation will be, and when you should leave. (It's never a good idea to let your car be almost out of gas.)

Assemble important documents to take with you including copies of insurance policies, identification, and bank account numbers. Use a waterproof container and include some cash.

It may not be necessary to leave your home. Do what you can in advance of a storm or earthquake to make it safer. Remember the basics of survival: water, food, clean air, and warmth.

Consider the amount of water and non-perishable food your family will need to stay in place without power for at least three or four days. Always have extra batteries for portable radios. Also have a backup battery for cell phones.

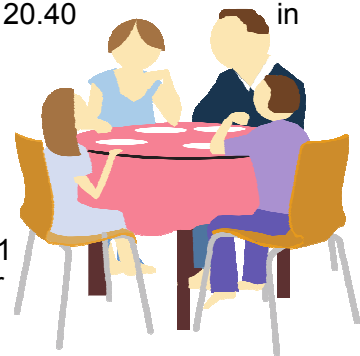


DINING OUT BY THE NUMBERS

Source: Acosta 2017 Survey

In a normal month during 2016, the average U.S. family spent: \$143.70 for food prepared outside the home, including takeout and delivery. That's up from \$120.40 in 2015. \$271.40 on groceries, not including dining out.

Millennial diners spent more: \$277.70. Baby Boomers spent less: \$247. App use increasingly influences dining decisions: 19 percent of the time, people used an online or mobile app to plan menus or order meals, up 5 percent since 2015. 13 percent of restaurant visits were influenced by a smartphone recommendation. 61 percent of diners followed a restaurant on Facebook for coupons or other offers.



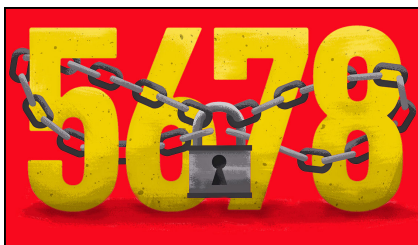
Be Smart About Sharing and Protect Your Privacy

by Sid Kirchheimer, AARP Bulletin, September 2017|

Submitted by: Marion Thompson, Benefits Specialist, TPC

The last four digits of your Social Security are especially important. Be sure to protect them well.

By obtaining your Social Security number, thieves have the easiest path to the greatest damage: stealing your money and government benefits. Getting medical care and other services in your name. Leaving a terrific tangle for the real you to clear up.



used and shared, the last four digits are in fact the most important to protect. These are truly

random and unique; the first five numbers represent when and where your Social Security card was issued. Scammers can get those numbers by knowing your birth date and hometown. So don't use the last four as a PIN. Don't share them in emails. Ask

companies to use an alternate identifier.

And what then? You can apply for a new "Social" but few do so successfully. In 2016, when 15 million people were victimized by identity theft about 400 new numbers were issued, says Social Security Administration spokeswoman Dorothy Clark. Getting a new number is a laborious and often futile process in which economic hardship must be proven. And getting a new Social creates more hassles as your original number continues to follow you through life. So, your best defense is to protect those nine digits. Here's how:

Leave it at home. Never carry your Social Security card. What if your wallet or purse is stolen? The same goes for your Medicare card (which includes your Social), unless you're seeing a health care provider for the first time. If you like the security of having an ID on you, carry a photocopy of your Medicare card with several digits blanked out.

When asked, don't tell. Only a few organizations have a legal right to your Social—your employer, banks and lenders, investment funds, the IRS and government-funded programs such as worker's compensation. When asked by others, just say no. The more your number is out there, the greater risk of identity theft.

Guard the final four. Although most widely

Freeze 'em out. If you place a security freeze on your file at the big three credit rating agencies, ID thieves who have your number can't get loans in your name because lenders can't do the required credit check. To place a freeze, you need to contact each of the three major credit bureaus: Equifax, 800.349.9960, Experian, 888.397.3742, and TransUnion 888.909.8872. Freezes can be "thawed" as needed, such as when you are switching insurance providers.

Report Quickly. If your number is used for identity theft, contact the Federal Trade Commission at 877.438.4338. or at identitytheft.gov. File a police report and notify credit-reporting bureaus and banks. Report Medicare fraud to 800.477.8477, and if you suspect crooks are going for your tax refund, call the IRS at 800.908.4490. For lost or stolen Social Security cards, call the agency at 800.772.1213. or go to socialsecurity.gov

For more information on protecting your identity, visit

<http://www.aarp.org/money/scams-fraud/info-2017>

There you will also find information on donating to charities and helpful consumer information.

LEARN HOW TO PROTECT FROM AN OVERDOSE



TEXAS OVERDOSE NALOXONE INITIATIVE

REGISTER TODAY!

DO YOU KNOW SOMEONE WHO IS AT RISK FOR A HEROIN/OPIOID OVERDOSE?

Join us for training and education on how to administer Naloxone to reverse a heroin/opioid overdose. Sponsored by Texas Panhandle Centers for Behavioral & Developmental Health, Young People in Recovery, and RecoveryATX.

TRAINING OBJECTIVES:

- ▶ Learn what opioids are
- ▶ Identify the risk factors for overdose
- ▶ Identify what an overdose looks like
- ▶ Learn how to respond to an opiate overdose

DID YOU KNOW...?

According to the American Society of Addiction Medicine (ASAM), in 2015, the opioid epidemic was responsible for 20,101 overdose deaths related to prescription pain relievers and 12,990 overdose deaths related to heroin.

TRAINING DATE

October 19th, 2017 - 12 pm to 3 pm.

LOCATION

6222 SW 9th Ave.
Amarillo, TX 79106

COST & RSVP

- ▶ Cost: Free
- ▶ CEUs available for Addiction Professionals
- ▶ RSVP: TONI@RecoveryATX.org
- ▶ Visit: <http://www.tinyurl.com/TTORtraining>

**This Recovery Oriented Community
Collaborative Education series is brought to
you by:**

