



Here's What's Happening...

TEXAS PANHANDLE CENTERS

901 WALLACE BLVD. AMARILLO, TEXAS

www.texaspanhandlecenters.org

September 2018, Volume XV, Issue 9

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Serving the citizens of:

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pscomb, Moore,
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and Wheeler counties

#BeThe1To Ask.

Don't be afraid to ask the tough question.

**When somebody you know is in emotional pain,
ask them directly:**

"Are you thinking about killing yourself?"

Find out why this can save a life at BeThe1To.com.
If you're struggling, call the Lifeline at

1-800-273-TALK (8255)



September is National Suicide Prevention Month

[#BeThe1To](https://www.bethe1to.com) is the National Suicide Prevention Lifeline's
message for National Suicide Prevention Month



IDD RESPITE

Elvire Sanders-Blakemore, Developmental Health Director

IDD Respite services provide relief to many of our caregivers with loved ones that are diagnosed with developmental disabilities. It could be a planned or emergency short-term relief service that is provided to client's unpaid caregiver when the caregiver is temporarily unavailable to provide supports. If someone does not have a caregiver, he or she is not eligible to use respite. There are two types of respite services. Out-of-

home respite is provided outside of the client's residence and in our respite facility. In-home respite is provided in the client's residence. The out of home respite is usually a contracted service and is set up specifically for families that do not live in the Amarillo or Canyon area and find it hard to travel to and from Amarillo to access in home respite services.

In order to be eligible for respite services, eligibility for IDD services has to be met through a diagnostic process. The respite home, which is a six-bed home, is located in Amarillo. This home is only used for respite services and its use is of a temporary nature. Respite services can be scheduled for several hours, days, or weeks, but cannot go beyond a thirty-day stay. It is not considered as a group home or a place where clients live.

Our busiest months take place during the summer months when children are out of school for the summer break. Respite services provide temporary assistance and support for individuals to perform personal care, health maintenance and independent living skills, participate in community activities, and develop, retain and improve community living skills.



(L to R): David Mporpwiki, Julie Crawford-Williamson, Yolanda King, Tonda Gowdy, Brittany Padgett, Geneva Adams Not pictured, Ray Stallings

Tanya Fenwick serves as the manager for IDD respite services. Other staff members include: Brittany Padgett, the supervisor, Yolanda King, who is responsible for scheduling services and ensuring all documenta-

tion is current prior to the scheduled respite stay; the LVNs, Geneva Adams, Julie Crawford-Williamson, Ray Stallings and Tonda Gowdy; and the direct care staff include David Mporpwiki and Kaci Galvez. Respite, like other TPC programs areas, are in need of additional qualified candidates.

Our goal is to provide a homelike environment so that the individuals we serve are comfortable and relaxed in their second home. Most of the individuals using respite seem to enjoy it as the purpose of it is for caregivers to have relief from providing care.

Board Appointment to Planning & Network Advisory Committee

At the August 30th Board of Trustees meeting, the Board unanimously approved the appointment of Michelle Baumgardner to the Planning & Network Advisory Committee. The purpose of the PNAC Committee is for members to contribute comments and make recommendations on an internal/external network of providers. The committee considers factors in accordance with Senate Bill 1182 and complies with the Performance Contracts.



Michelle is a Licensed Professional Counselor in private practice, a personal trainer (18 years) and group fitness instructor at Zach's Club, a certified nutrition specialist (14 years) a Talkspace provider (online counseling), as well as a Military Family Life Consultant approved provider. She is the treasurer of the Amarillo Area Association of Mental Health Professionals. She enjoys exercise, watching movies, and spending time with her grown children. She considers herself to be a strong advocate for those with disabilities.

September 22nd



First Day of Autumn

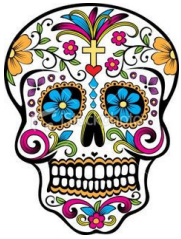


Articles or suggestions for this publication may be submitted by the 1st of each month to:

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...

Jesse Greer	Data Management
Arica Hagos	Utilization Management
Shelley Kuntz	ASCI Pampa
Mariah Owensby	Community Living
Martin Borunda	Information Technology
Anna Carnes	Camp Lane Group Home
Carla Doan	Partnered Response Team
Lori Greene	ASCI Pampa
Athena Johnson	MCOT



SAVE THE DATE!



**TPC's Employee Health Fair is scheduled for
Friday, November 2nd!**

Additional information will be forthcoming!



Desire' Winslow, Quality Management, answered last month's questions correctly and was randomly selected to win a \$25 gift card from Am-
arillo 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 Award to **Julie Manning, IDD Records**. Julie worked very hard to ensure that the records were in good order so that the IDD department's audit went smoothly. Julie was very helpful to the service coordinators when they had questions about the records and was willing to work with the department to make sure everything was in the record that needed to be. Julie 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) Intercept 2) CPR 3) Bus

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 National Suicide Prevention Month.
2. The four easy lessons in food preparation include: _____
_____ to prevent harmful bacteria from making your family sick.
3. _____ is something that should be addressed at all times for a dog. Lack of attention can lead to weight loss and other health problems.

[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.

Congratulations!

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:

Maria Armijo, Children's Behavioral Health

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.



Caring For An Aging Dog



Just like humans, dogs require different kinds of care at each stage of life, and it is essential that pet owners be aware of the changes ahead so that they can plan for prevention, according to PetMD.



and pain that can lead to weight loss and other health problems due to lack of nutrition. On the other hand, dogs with

healthy mouths could still overeat, a common problem among older dogs, as they become less active and spend more time sleeping.

Unlike humans, there are many different breeds and sizes of dogs that can bring their unique challenges. In general, bigger dogs age faster so giants like Great Danes will be considered senior age at around 5-6 years old while a small dog like a Chihuahua might be closer to 10-11. The most common issues to watch out for are degenerative issues such as arthritis, dental disease, and obesity.

Dogs suffering from arthritis can't tell their owners that they are hurting but might provide clues if they seem to tire more easily, have trouble moving up and down stairs, or not be able to sleep comfortably. Dental care is something that should be addressed at all times for a dog, but a lack of attention can cause severe problems with lost teeth

With any dog, putting more effort into their health and wellbeing as they age will likely allow them to experience fewer issues and a better quality of life as they age. While most dogs should visit the veterinarian at least once per year, consider upping it to two visits and ask for a body condition check each time to check things like weight. They might also suggest changing the dog's food to one that has extra dietary support for seniors or to help treat specific conditions like heart or kidney disease. While they might not be as active as they once were, senior dogs benefit significantly from regular exercise and entertainment as long as they aren't pushed past their limits.



TIC TOC 2.0

The Core Implementation Team (CIT): Sammie Artho, Team Lead, Angela Ellis, Donald Newsome, Diana Van Scoy and Joyce Lopez-Enevoldsen attended the National Council for Behavioral Health's Trauma Informed Care Training in Austin, Texas.

The guiding **Principles of Trauma-Informed Care** are safety throughout the organization, for staff and the individuals they serve; to feel physically and psychologically safe, including a belief in resilience and in the ability of individuals, organizations, and communities to heal and promote recovery from trauma.



Being brave means to know something is scary, difficult, and dangerous, and doing it anyway, because the possibility of winning the fight is worth the chance of losing it.

~Emilie Autumn



"The way I figure it, we can reach our goal of 10,000 steps a day by moving the refrigerator to the far wall."



"While you were busy checking your fantasy scores, your fantasy dinner went cold."

Employee Recognition

At the August 30th Board of Trustees meeting the Board of Trustees recognized Chad Beavers, LPC, Hereford Behavioral Health, for fifteen years with the Center.

Judge Smith, Chair, presented Chad with a plaque, gift card and a day off.

Congratulations Chad!



Retirement

A retirement reception was held for Susan Kitchens on Wednesday, August 29th. Susan served as the Rights Protection Officer at TPC for many years and most recently a trainer for staff around client rights. Toby Wallace, HR Director, and Susan's supervisor, shared some parting words honoring her and her many years of service.

