



Here's What's Happening...

TEXAS PANHANDLE CENTERS

901 WALLACE BLVD. AMARILLO, TEXAS

www.texaspanhandlecenters.org

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Take a Shot at Keeping Your New Year's Resolutions

Once again the new year and the inevitable resolutions are upon us. Lose weight. Exercise more. Be more responsive to the family.

Those are the typical goals that people make and break in January. Sometimes it seems that the only new years resolution that works is resolving not to make one.

Still, these are good commitments. If you want a better chance of making them stick, you might heed the advice of Roy F. Baumeister and John Tierny, authors of "Willpower: Rediscovering the Greatest Human Strength." First, remember that every exercise in mental self-control can take a physical toll.

Resisting temptation costs willpower and so does controlling strong emo-

tions or focusing on a mental task. So if you are tired, overworked and overwrought, you are in danger of breaking resolutions because you don't have any willpower left to keep them.

Luckily, willpower is also replenished by rest. So if you want better family relationships, come home early or give yourself time to rest after work. If you want to exercise more, make sure you aren't mentally exhausted before you get on the treadmill.

You can help yourself by doing certain things too. If you are on a diet, you can plan ahead as to what you will do when confronted with a difficult choice (I'll eat the grilled chicken but not the cake). You can promise yourself cake later (I'll have a piece, but not today).

2013

Have a 'lucky' Happy New Year!

Chinese New Year is on February 10. Jewish New Year is celebrated in September, and the Spiritual New Year celebrated by Native Americans occurs in late January or early February.

Whether your New Year's Day is January 1 or another date, it's a time of new beginnings, and some say, luck!

City of Amarillo launches “One Text or Call Could Wreck It All”

Source: www.amarillo.gov

The City of Amarillo has launched its “One Text or Call Could Wreck It All” campaign in response to the Commission’s adoption of an ordinance banning the use of handheld cell phones while driving within the city limits.

The ordinance was approved in September of 2012 but went into effect January 3, 2013. Police will begin issuing warnings with actual citations being written starting February 1, 2013.

Some frequently asked questions include:

Can I use my phone while driving if I have a hands-free device?

Yes, Drivers in Amarillo’s city limits may use:

- A speakerphone feature
- A voice activated feature or device
- A hands-free accessory device like a Bluetooth

A driver may press the button(s) necessary to use, activate or end these features or devices.

Can I use my GPS?

- The handheld cell phone ban does not apply to GPS unit that is separate from a cell phone.

Can I use my phone if I’m parked?

Yes, if your car is lawfully parked, you may use your handheld cell phone. This does not mean while stopped in traffic at a red light or stop sign.

Are there exceptions to the rule?

Of course! A driver may use a handheld cell phone while driving as follows:

- To call for fire, police or ambulance in case of a bona fide emergency. This means that there must be imminent danger to life or safety.
- To call a doctor, hospital or clinic.
- A government employee, first responder, or volunteer –but only while acting in official capacity with an immediate need to give or receive necessary official information.
- A HAM operator using his or her radio is exempted by federal law.

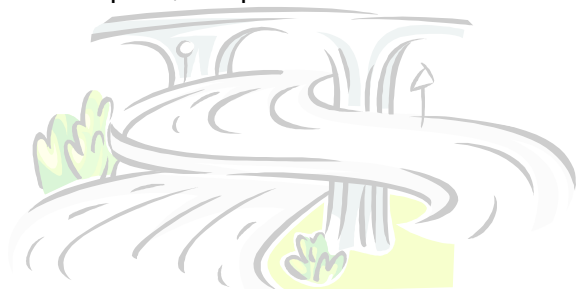
The best practice is to find a safe place to pull over to make or take a call or text or use a hands-free device.

If I’m issued a citation, will it appear on my insurance?

An offense is not considered a moving violation and may not be made a part of a person’s driving record or insurance record, unless otherwise required by law.

What is the fine for violating the ordinance?

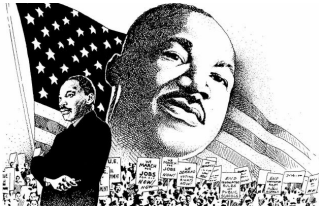
A fine up to \$200 plus court costs.



The 20th Amendment to the Constitution states, "The terms of the President and Vice President shall end at noon on the 20th day of January, and the terms of their successors shall then begin." The quadrennial event is a holiday in the District of Columbia.



Because January 20 falls on a Sunday in 2013, the public ceremony, address, parade and other festivities will take place on Monday.

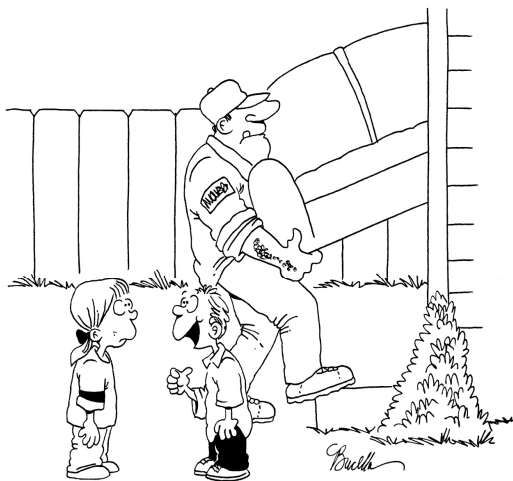


The 20th is also the federal holiday in observance of Martin Luther King, Jr.'s birthday in 2013. Because it is a Sunday, the observance will be held on January 21.

Public Law 98-144 designates the third Monday in January as an annual public holiday observing the birth of Martin Luther King, Jr. It was first observed in 1986.

Americans have two events to recognize on January 21.

In observance of Martin Luther King Jr. day, Texas Panhandle Centers will be closed on, Monday, January 21, 2013



"We're moving to a higher tax bracket!"

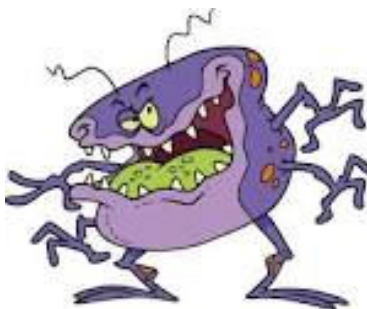


"I can't eat those. They go right to my hips."

The Flu

With the flu making its way around the country, what everyday steps can be taken to stop the spread of germs?

- Wash your hands often with soap and water or an alcohol-based hand rub.
- Avoid touching your eyes, nose, or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- Practice good health habits. Get plenty of sleep and exercise, manage your stress, drink plenty of fluids, and eat healthy food.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- If you're sick with flu-like illness, stay home for at least 24 hours after your fever is gone without the use of fever reducing medicine.



has a fever

- A cough and/or sore throat
- A runny or stuffy nose
- Headaches and/or body aches
- Chills
- Fatigue
- Nausea, vomiting, and/or diarrhea (most common in children)

Do I have the flu or a cold?

The flu and the common cold have similar symptoms. It can be difficult to tell the difference. Your health care provider can give you a test within the first few days to determine whether or not you have the flu.

When should I seek emergency medical attention?

Seek medical attention immediately if you experience any of the following:

- Difficulty breathing or shortness of breath
- Purple or blue discoloration of the lips
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Seizures
- Flu-like symptoms that improve but then return with fever and worse cough

Are the medications I can take to prevent the flu?

If you are healthy but exposed to a person with the flu, antiviral drugs can prevent you from getting sick. The sooner you are treated with an antiviral, the more likely it will prevent the flu. Antiviral drugs are 70% to 90% effective at preventing the flu. Talk to your health care provider if you think you need antiviral drugs.

Flu symptoms include:

- A 100 degrees or higher fever or feeling feverish (not everyone with the flu

Source: flu.gov

Success is getting what you want. Happiness is wanting what you get.

~Dale Carnegie, self-improvement writer

Checkups Recommended Even If You Feel Fine

Wellness screenings can not only give you peace of mind, they can find potential threats at an early stage when treatment is most successful.

- Eye Exams can spot degenerative conditions, and they can give you information about your overall health. The eyes are a window to your health and should be examined every year or two.
- A skin exam by a dermatologist will check any suspicious moles using a special microscope. According to the Skin Cancer Foundation, one in five Americans will develop skin cancer in their lifetime. Everyone from age 21 on should be tested.
- For heart disease, the National Cholesterol Education Program recommends that individuals age 20 or older have a fasting lipoprotein profile done every few years. And your blood pressure should be checked periodically from age 18 on. At-home screenings and free drug-store testing machines can help.
- Thyroid disease comes on gradually and can have a variety of sneaky symptoms including insomnia, fatigue, dry hair and memory problems. It can be detected with a simple TSH blood test. It's often found in mid-life women. It's not as common in men, but they should be tested.
- A diabetes blood test should be done on everyone age 45 and older. It should also be done on overweight people, even those younger than 45. If blood glucose is high, you could have pre-diabetes or type 2 diabetes. Both conditions are treatable.
- A bone density test at mid-life can assure you that you're not heading toward osteoporosis. If you are, you can take a medication for it.



29 Percent

A recent study indicated that people who exercised got 29% fewer colds than compared to those who didn't. It's one more reason to include a walk or a jog into your day whenever you can.



Carol Cobb, Financial Services, 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 at 806.351.3308 or email: joyce.lopez@txpan.org.

Congratulations!

Congratulations!

The following employees were 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:

Terri Jeffers, Human Resources
Caroline Titus, Human Resources
Stephanie Morrison, IDD Service Coordination

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.

White Hat Award



The IDD Service Coordination Department would like to present this month's White Hat Award to **Naish Hall with Community Living**. Naish has provided excellent services to our clients who need a little extra help. He is pleasant to work with and works closely with the Service Coordinators to ensure continuity of care. He goes the extra mile to ensure the clients' needs are met. Thank you Naish for all you do.

Sharon Guinn, for IDD Service Coordination

Welcome these New Employees...

Michelle Aiken	Somerset Group Home Borger
Amber Brown	Browning Group Home Pampa
William Webb	BH Homeless Services
Ruby Ramon-Taylor	Intern





901 Wallace Campus-submitted by Jim Womack

Toiletries

When you travel do you use the toiletries provided by the hotel?

If not, Lillian Wheeler, in the Med Clinic at Polk Street, is collecting toiletries for those in need. Items such as shampoo, conditioner, deodorant, toothpaste, mouthwash, toothbrushes, etc.



Please contact Lillian at 349.5627 if you have any items to donate. Thank you!

Super Bowl XLV

Sunday, Jan. 20 - 3:00pm ET



SUNDAY, FEBRUARY 3, 2013
NEW ORLEANS, LOUISIANA

Sunday, Jan. 20 - 6:30pm ET



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

1. What is the fine for violating the City of Amarillo's cell phone ordinance?
2. Mental self control (willpower) can also take a _____ toll.
3. If you're healthy but exposed to someone with the flu, _____ can help prevent you from getting sick.



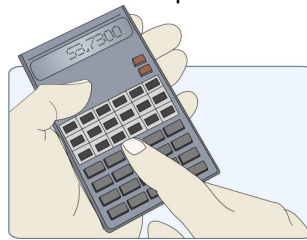
Submit your answers to joyce.lopez@txpan.org. Deadline for responses is the 5th of the following month. You must type "Monthly Drawing" in the email subject line to be eligible. For those that do not have a computer, entries may be submitted via interoffice mail. The same requirements apply for hard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

TAX TIME

It's said the only constant in life is change, and that's definitely the case with taxes. That was made very clear during the tax debates associated with the "fiscal cliff." But all the tax-rate-increase and spending-cut chaos that accompanied fiscal cliff discussions is just part of the picture.

Get ready to wait

Remember the delays in 2011 when some taxpayers had to wait until mid-February to file their returns because of the late passage of tax laws? Expect the same in 2013. Congress waited until Jan. 1 to pass new tax laws, and the Internal Revenue Service needs time to reprogram its computers to account for the changes. The filing of tax returns by as many as 69 million taxpayers could be delayed. Most of the inconvenienced taxpayers would be those affected by the alternative minimum tax.



The Payroll Tax Holiday is Dead

For 2010-2012, the Social Security tax withholding rate on your salary was temporarily reduced from 6.2% to 4.2%. If you're self-employed, the Social Security tax component of the self-employment tax was reduced from the normal 12.4% to 10.4%. Last year, this so-called payroll tax holiday could have saved one person up to \$2,202 or a working couple up to \$4,404. The new law does not extend the holiday through 2013.

Watch out for the 3.8 percent Medicare investment tax

Several new taxes created as part of the Patient Protection and Affordable Care Act, popularly known as Obamacare, take effect in 2013. The major new tax is a 3.8 percentage point surtax on investment income earned by wealthier taxpayers. Single taxpayers making at least \$200,000 and households making \$250,000 or more would see this tax added to their investment earnings. Unearned income that will be subject to the new tax includes interest, dividends, capital gains, annuities, royalties and rents. Distributions from individual retirement accounts are exempt from the surtax, but since they are taxable (at your ordinary income tax rate), the retirement account money could increase your adjusted gross income and possibly push you into the Medicare surtax area.

Take note of the 0.9 percent Medicare payroll tax increase

In addition to the Medicare surtax on investment income, individuals who make more than \$200,000 (\$250,000 for joint filers) in 2013 will see a new 0.9 percent Medicare payroll tax taken out of their paychecks on the amounts earned over their filing status thresholds. Self-employed workers will have to figure the added payroll tax on their earnings, too.

Monitor your medical expenses

A major shortcoming of the itemized medical expenses deduction is that you must rack up enough qualified costs to be able to claim the amount on Schedule A. In 2013, again as part of the health care law, you'll need even more. For the 2012 tax year, you can deduct only the amount of medical and dental expenses that exceed 7.5 percent of your adjusted gross income, or AGI. In 2013, you must have qualified medical ex-

penses that are more than 10 percent of your AGI. Taxpayers age 65 or older, however, can still use the 7.5 percent threshold through 2016.

Child Tax Credit Extended

The \$1,000 maximum credit for each eligible under age 17 child was extended through 2017.

Earned Income Tax Credit Extended

Legislation enacted in previous years increased the earned income credit for families with three or more qualifying children and allowed married joint-filing couples to earn more without having their credits reduced. These changes, which help lower-income families were extended through 2017.

\$500 Energy-Efficient Home Improvement Credit Extended

In past years, taxpayers could claim a tax credit of up to \$500 for certain energy saving improvements to a principal residence. This break expired at the end of 2011, but the new law retroactively restores it for 2012 and extends it through 2013.

Take your time

Here's one more adage to keep in mind as an important tip for taxpayers: Haste makes waste. That can be true and costly when it comes to taxes.

For more information visit www.irs.gov