



Here's What's Happening...

TEXAS PANHANDLE CENTERS
901 WALLACE BLVD. AMARILLO, TEXAS
www.texaspanhandlecenters.org

March 2013 , Volume X, Issue 3

Board of Trustees

Chair
The Honorable Willis Smith
Lipscomb, Texas

Vice Chair
Dr. Sam Reeves
Amarillo, Texas

Secretary/Treasurer
Janis Robinson
Hereford, Texas

Patty Ladd
Amarillo, Texas

Larry Adams
Amarillo, Texas

Linda Brian
Amarillo, Texas

Nanna Fisher
Amarillo, Texas

Charles Gill
Panhandle, Texas

Legal Counsel
Don L. Patterson

Executive Director
Bud Schertler

Serving the citizens of:

Armstrong, Carson,
Collingsworth, Dallam,
Deaf Smith, Donley, Gray,
Hall, Hansford, Hartley,
Hemphill, Hutchinson,
Lipscomb, Moore,
Ochiltree, Oldham, Potter,
Randall, Roberts, Sherman,
and Wheeler counties



13th Annual Child Abuse Prevention CONFERENCE

Amarillo, Texas

Presented in Recognition of Child Abuse Prevention Month (April)

Thursday
March 28, 2013

8:30 a.m. to 5:00 p.m.

Registration/Check-In begins at 7:45 a.m.

FEATURING

LaMarr Darnell Shields
**Youth in Crisis:
Planting Seeds of Resilience**

Dr. Regina Lewis
**Bridges Out of Poverty:
Strategies for Professionals
& Communities**



Amarillo College
Criminal Justice Programs

Cost: \$25.00 (Hamburger lunch included)
PRPC-sponsored for qualifying law enforcement officers.

Location: Amarillo Civic Center
Grand Plaza
401 S. Buchanan
Amarillo, Texas 79101

*Located in the southwest corner of the Civic Center at entrances 11/12;
driving directions and map available at civicamarillo.com*

Hotel Reservations: A block of rooms, with a special rate of \$77 single/double occupancy, has been reserved at the Holiday Inn West Amarillo Medical Center, 8231 W. Amarillo Blvd., Amarillo, Texas 79124, for the night of March 27, 2013. Call (806) 322-4777 for reservations and mention the "Amarillo College-CAP Conference" to receive this special rate. *Rooms are available on a first-come, first-served basis.*

Contact:
Amarillo College
Criminal Justice Programs
P. O. Box 447
Amarillo, TX 79178
Phone: (806) 354-6081
Fax: (806) 354-6074
actx.edu/cj/conferences
criminaljustice@actx.edu

Target Audience/CEUs: Law enforcement officers, probation and parole officers, caseworkers, CASA volunteers, counselors, nurses, teachers, school administrators, foster or adoptive parents, attorneys, and all other related professionals. **No children allowed.**

Credit hours will be submitted to TCLEOSE and TJJJD for approval. CEUs will be awarded for Social Workers and LPC/LMFTs. Amarillo College Center for Continuing Healthcare Education is an approved provider of continuing nursing education by the Texas Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Amarillo College is approved by the State Board of Educator Certification as a provider of Continuing Professional Education (CPE). Amarillo College is approved by the Texas Certification Board of Addiction Professionals Standards Committee, Provider Number 1743-06, to provide 6 hours general and CCJP credit. Expires 08/13. Complaints about provider or workshop content may be directed to the TCBAAP Standards Committee, 1005 Congress Avenue, Ste. 460, Austin, Texas 78701, Fax Number (512) 476-7297. General CEUs will be awarded to all other participants for individual submission to their respective licensing agencies. For successful completion, this program must be attended in its entirety.

Did You Know?

A "Did You Know" section will be featured regularly in an effort to inform and educate employees of policies, procedures or news of importance.



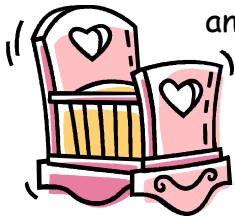
Effective March 1, 2013, Texas Panhandle Centers increased mileage rates from .445 cents per mile to .50 cents per mile.

Any travel dated after March 1st will see the change in their reimbursement.

Baby News...



Congratulations to **Glorietta Owen, IDD Service Coordination**, and her husband Larry, on the birth of a baby girl.



Mia Owen was born Thursday, March 7th. She weighed 8lbs 14oz and was 19 and a half inches long.

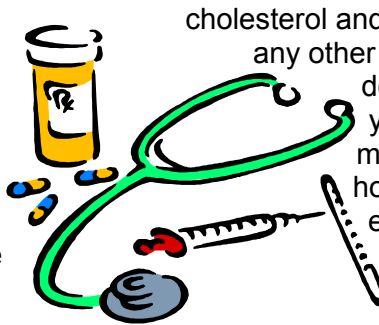
Congratulations to **Dina Martinez, Provider Billing**, on the birth of a grandchild.



Gabriella Renee Escobar was born February 24th. She weighed 5 lbs 11 oz and was 19 inches long.

Medical Tests and Your Health

Most people think that they're staying on top of their health by having an annual check up during which their blood pressure and cholesterol are measured. But if they're not following their doctors advice about regular health screenings, they could be putting their health in jeopardy.



cholesterol and fasting glucose as well as any other test recommended by your doctor. The test, based on your doctor's recommendation, may also include checks for hormone levels, liver enzymes, electrolytes and other indicators as suggested by your doctor.

Screening tests are meant for asymptomatic, healthy, older adults. The following is a list of important tests and health screenings:

Everyone—

Skin Cancer: You should do monthly checks of your skin for any change in the size, color, texture or shape of moles, freckles, spots or any new marks. You may want to start with a dermatologist visit and a whole-body check to make sure existing freckles and spots are ok and to identify anything that is suspicious and needs further evaluation.

Colonoscopy: It may not be anyone's favorite screening test, but a colonoscopy has been proven to be a test that can identify polyps early so they can be removed before they become life-threatening. It is recommended to have the first colonoscopy at age 50 and then every 10 years afterward. A personal family history can indicate the need for more frequent testing.

Blood work: At a minimum, you should have an annual check of your blood pressure,

Glaucoma: An annual eye exam that includes glaucoma screening. However, if you notice any problems such as impaired vision, you should seek immediate attention.

Women—

Cervical Cancer Screening: A cervical cancer test should begin after menopause and be followed by three PAP smears over a 10 year period.

TSH (Thyroid) Test: This test measures the amount of thyroid-stimulating hormone being produced by the body. The score is used to determine whether medication is needed. Women 60 and older should have a TSH test annually, while it is recommended that men start annual tests at age 70.

Mammogram: A screening mammogram is done when a patient is asymptomatic and shows no signs or symptoms of breast cancer. A diagnostic mammogram is called for when a lump in the breast or other indication of the disease has been found. A woman

(Continued on page 4)

Shauna Jefferson, Adult Probation & Parole, 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!

(Continued from page 3)

should start having mammograms in her 40s and continue every one or two years.

Bone Density Test: It's also called a densitometry or DXA scan, and is used to determine if you have osteoporosis or are at risk for osteoporosis. The scans should begin at age 60 for women who are at an increased risk for fractures and/or have a low body weight. Otherwise the tests should begin around age 65.

Men—

PSA Test: A prostate specific antigen (PSA) test is recommended around the age of 40 to establish a baseline. A high PSA score indicates a greater risk for prostate cancer. The frequency of the test thereafter should be discussed with

your doctor. A family history of prostate cancer could indicate the need for annual screenings. Catching prostate cancer early makes it treatable, and the number of prostate cancer deaths has declined since PSA testing has become available.

Abdominal Aortic Aneurysm (AAA) Screening: It's recommended that men have at least a one-time test between the ages of 65-75, particularly if they smoked or have a first degree relative who required repair of an AAA. An AAA is a dilation or a ballooning out of a section of the aorta, the body's largest artery. A rupture of an AAA can be life threatening in a short amount of time, however, an AAA can be treated with a variety of procedures. AAA is most common among men age 65-75 and is even more common among men of that age who were smokers.



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

1. Walk Across Texas is an _____ week program.
2. March 28 is the 13th Annual _____ Conference .
3. Medication Cleanout is scheduled for _____.



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.



The TPC Wellness Team invites you to come and walk across Texas beginning March 18th!

Walk Across Texas is an eight week program to help people of all ages support one another to establish the habit of regular physical activity. Walk Across Texas is recognized as a Best Practice Physical Activity Program by the Texas Department of State Health Services.

For more information contact:
jim.womack@txpan.org.

The following make up TPC Walking Teams:

- ☒ The Walking Dead
- ☒ Kicking Asphalt
- ☒ More Cowbell
- ☒ Lollygaggers
- ☒ Dragon Bottoms
- ☒ Taylor Side Strutters
- ☒ Energizers
- ☒ Undefeetable



Health Hints - Pedometers

Texas A&M AgriLife Extension Service

Motivating Fitness

"Walking ranks among the most prevalent and beneficial forms of exercise." "Walking is a gentle, low-impact exercise that can ease you into a higher level of fitness and health. Walking is one of your body's most natural forms of exercise. It's safe, simple, doesn't require practice, and the health benefits are many.... Walking, like other exercise, can help you achieve a number of important health benefits. Walking can help you:

- lower low-density lipoprotein (LDL) cholesterol (the "bad" cholesterol),
- raise high-density lipoprotein (HDL) cholesterol (the "good" cholesterol),
- lower your blood pressure,
- reduce your risk of or manage type 2 diabetes,



- manage your weight,
- improve your mood, and
- stay strong and fit."

"Despite the documented health benefits of exercise, more than one half of U.S. adults do not meet the U.S. Department of Health and Human Services' recommendation of 30 minutes or more of exercise on most days of the week, and one fourth of adults do not exercise at all."

Research shows that the pedometer – a small and typically inexpensive device that counts steps – is an excellent motivational tool for walking, as well as other physical activities. Pedometers are easy to use and can be used by almost anyone – young or old, completely sedentary, or avid exerciser.

(Continued on page 6)

(Continued from page 5)

Pedometers “offer a practical means to promote walking by raising awareness and serving as an environmental prompt.” Because pedometers are small devices, they can be worn throughout the day without being obtrusive. In fact, considering all of the beepers and cell phones you see hanging from people’s waistbands, a pedometer might go completely unnoticed.

How Can a Pedometer Help?

A pedometer can be an excellent tool for motivation because you can wear it all day or just during a planned activity to see how many steps you are taking; then you can try to increase your number of steps, creating goals for the next day or week. “Many of us

are motivated to exercise if we have a target to work towards, so [pedometers] can be a useful aid.” Research results of a systematic review of 26 studies on pedometer use showed that people who wore a pedometer increased their physical activity by 26.9 percent over baseline. Those wearing pedometers took over 2,000 more steps (the equivalent of about 1 mile) per day than those who did not wear a pedometer. Use of a pedometer was positively associated with physical activity as well as significant decreases in Body Mass Index (a measure of body fat) and decreases in systolic blood pressure an average of 4mm/HG. This number is important because reducing systolic blood pressure by just 2mm/Hg has been shown to cut stroke mortality risk by 10 percent and risk of death by vascular causes by 7 percent.



Easter Around the World



Virtuous in Argentina - Easter is a big event in Argentina and various traditions are carried out to mark the occasion including consuming and sharing eggs as well as the special Easter cake.

Greek Mythology - Greece and Godliness go hand in hand. From Mythology to Christianity, Greek Orthodox Church follows the Byzantine calendar, so its Easter is celebrated on a different date, which is determined by the moon’s cycle.

Egg Rolling in Scotland - Scots do the traditional things commonly associated with Easter like attending mass and having a big meal but they add a bit of fun, particularly for the kids. The eggs are taken to the park hills for rolling on Easter Sunday.

Celebration in Spain - Seville is the most famed Spanish region for Easter celebrations. Processions continue for almost 24 hours culminating in the jubilation of the res-

urrection which is observed by floats covered in flowers, dancing in the streets and traditional sweet cakes.

Fun in Sweden - Easter in Sweden is about fun, food and festivity. It is especially good for family breaks as many of the activities involve children.

Bells en France - In France, church bells ring everyday of the year except for the three days of Easter. Legend has it that the reason the bells stop ringing is because they’ve made a trip to Rome in order to be blessed.

Happy Easter



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:

Pamelia Light - ASCI Pampa
Norma Sloan - STAR
Maira Argomaniz - IDD Service Coordination
Tammy Ynojosa - Devon Group Home
Rachel Bynum - Devon Group Home
Jennifer Zarate - MH 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 **Jessica Ray, Day Habilitation Program Developer**. Jessica is quick to communicate her concerns about consumers to Service Coordination. She is always available to the department and to our consumers. She is a wealth of knowledge when we are in meetings and service planning. Thank you Jessica. We appreciate you.

Sharon Guinn, for IDD Service Coordination

Welcome these New Employees...

Peggy Blanscet
Anita Cofer
Lisa Stokes
Joey Cavender-Flangan
Sharon Farmer
Heather Lucero
Ellena Rivera
Tammi Rougeux

BH Service Coordination - Adult
Canode Group Home
IDD Service Coordination
ASCI Perryton
Community Living
Utilization Management
Community Living
ASCI Borger



**Give yourself a gift!
Attend...**

Make Parenting a Pleasure

Parent Training For parents of children from birth through age 6



WHEN: On Thursday nights
March 21, 2013
through May 23, 2013
from 6:00 PM to 8:00 PM

WHERE: TPC Children's Services Building
1500 S. Taylor Street
Amarillo, Texas 79101



Sponsored by **S.T.A.R.** (Services-To-At-Risk Youth & Their Families)

Instructor: Janice James, MA, QMHP, UCAP Coordinator

(Must attend full class for certificate)

NO CHARGE

Call 359-2005 to register.

Limited seating available.

No Childcare

Funded by TDFPS

A Grant Program of TPC

S.T.A.R. (Services-To-At-Risk Youth & Their Families)
brings you...

"Back in Control"

Parenting Workshop

Saturday, April 6, 2013

8:45 AM-4:00 PM

TEXAS PANHANDLE CENTERS

Children's Services Building

1500 S. Taylor Street

Amarillo, Texas 79101



Must pre-register! Call 359-2005

Instructor: Janice James, MA, QMHP

CEUs available for LPCs & MSWs; General CEUs available, also
(Must attend full class for certificate)

NO CHARGE

Seating is limited.

No Childcare is provided.

STAR is a TDFPS funded program of TPC

HAPPY ST. PATRICK'S DAY

St. Patrick's Day is celebrated on March 17, the saint's religious feast day and the anniversary of his death in the fifth century. The Irish have observed this day as a religious holiday for over a thousand years.

In the United States, many cities have a parade. The New York parade is the largest in the entire world. It's also the oldest in the U.S., an annual NYC event since the 1760s.





March 23, 2013
10:00 am—2:00pm
Drive-through at TTUHSC School
of Pharmacy, 1300 S. Coulter,
across from North West Texas
Hospital

March is National Social Worker's Month

The National Association of Social Workers (NASW) celebrates National Professional Social Work Month in March. NASW recognizes and honors social workers in communities everywhere for their dedication and passion in improving people's lives.

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

Joyce Lopez • 901 Wallace Blvd., • Amarillo, Texas 79106
Phone: (806) 351-3308 Fax: (806) 351-3345 Email: joyce.lopez@txpan.org