



Here's What's Happening...

TEXAS PANHANDLE CENTERS

901 WALLACE BLVD. AMARILLO, TEXAS

www.texaspanhandlecenters.org

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Labor Day: It's all about You

In America, Labor Day is celebrated the first Monday of each September. Because it's the last major holiday before the onset of autumn, it's generally seen as the last chance to enjoy the summer season.

Whether or not you know it, what Labor Day mainly celebrates is *you, your work and your contributions to our nation*. Worldwide, it's the only holiday that does not celebrate a heroic leader or historic event.

The three-day weekend offers an opportunity to step away from your job. You can rest and re-charge doing things with your friends or family that will soon be impractical because of the changing season and busy schedules.

The original intent of Labor Day was to provide a holiday that would honor the social and economic achievements of American workers, and it still does that today. It was also intended to provide a day of rest between the Fourth of July and Thanksgiving.

Some historians say that In 1882, Matthew Maguire, a machinist, first proposed the holiday while serving as secretary of the Central Labor Union of New York. On September 5, some 10,000 workers in New York City participated in America's first Labor Day parade.



**In observance of Labor Day, Texas Panhandle
Centers will be closed on Monday, September 2nd.**

Have a safe holiday weekend.



Congratulations to Steve Parker (IT Department) and his wife Marissa on the birth of a baby girl. Penelope Karen Parker was born on August 24th at 5:30pm. She weighed 5 lbs 14 oz.



Congratulations to Kristen Nolte (Medical Records) and her husband Isaiah on the birth of a baby boy! Rixon Vonn Nolte was born August 21, 2013, at 5:10am. He weighed 9lb, 3oz.



OPEN ENROLLMENT

Representatives with American Fidelity were at TPC the week of August 12-16. Several staff commented on how helpful the representatives were in guiding them through the process.

"We really liked having the consultant from American Fidelity come and do the one on one with us all in the office today. He was very helpful and made everything easy to

understand. Everyone complimented having him here."

"It was easy. It was helpful having the representative available to walk us through the selections."

Other helpful changes are planned for next year's insurance enrollment.

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

- 1 The single best way to protect your Smartphone is to create a _____.
2. The new director of developmental health is _____.
3. One of the things parents can do to help children transition back to school is to be supportive and demonstrate _____.



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.

New Director of Developmental Health

The Executive Management Team is pleased to welcome its newest member. Elvire Sanders Blakemore was selected as the new Director of Developmental Health replacing Jim Conner who is retiring at the end of August. Elvire has been with the Center for over thirty three years and brings a great deal of knowledge and experience to the position.



SECURE YOUR SMARTPHONE

Lose your Smartphone and someone could have access to everything from your address to your financial data. Not a happy thought. You can protect your information.



1. Create a password. You will have to enter it each time before you use your phone. It might be inconvenient but it will have the added benefit of making pocket dialing impossible.
2. Set up tracking. Android users can use the free app Android Lost. iPhone comes with Find My iPhone which you must activate on the device through iCloud. Windows phone users can log into their Microsoft accounts to use the built-in Find My Phone feature.
3. Beware of unknown apps. Anyone can build an app for a phone. Just this week in the news, McAfee found a pair of malware programs that afflict users of Google's Android phones by replacing official bank apps with hacked replacements. Victims think they're logging in to their accounts legitimately, but the apps send information - including SMS codes - directly to the criminals.
4. Install updates as soon as you receive them.
5. For online activity, using your cellular data plan helps keep your information safe.
6. Be sure to log out of banking and other sensitive apps after you use them.

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

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Phone: (806) 351-3308 Fax: (806) 351-3345 Email: joyce.lopez@txpan.org

SCHOOL IS BACK IN SESSION

The transition from August to September can be difficult for both children and parents. Even those who are eager to return to class must adjust to greater levels of activity, structure, and, for some, pressures associated with school life.

The degree of adjustment depends on the child, but parents can help their children (and the rest of the family) manage the increased pace of life by planning ahead, being realistic and maintaining a positive attitude. Here are some suggestions to help ease the transition and promote a successful school experience:

Good physical and mental health. Schedule doctor and dental checkups early. Remedy any problems as soon as they are recognized.

Review all of the information. Review school material as soon as they arrives. Fill out forms and respond to requests in a timely manner. Add any important dates to your calendar now.

Buy school supplies early. Older children can help with this. Use a checklist and save receipts in case changes are requested after school starts.

Re-establish bedtime and mealtime routines. Make changes at least one week before school starts. Talk to your child about the benefits of routines and not becoming over tired or overwhelmed by school work and ac-

tivities.

Turn off the TV. Encourage quiet time instead of watching television. This will help ease your child into the learning process and school routine.



Be supportive and demonstrate patience. Let your child know you care. If your child is anxious about school, reinforce their ability to cope. Children absorb their parent's anxiety, so model optimism and confidence for your child. Let them know it's natural to be a little nervous anytime they start something new.

Go for quality, not quantity. Select activities that your child will benefit most from and don't over commit. Multiple activities may be too much to manage, particularly if it interferes with their studies.

When problems arise. If your child demonstrates problems that seem extreme in nature or go for an extended period, contact the school and schedule an appointment with the teachers and school counselor. They may be able to offer support. They may also suggest other resources within the community to help address the situation.

Most children are resilient and with the proper support and encouragement, they will thrive throughout their school experience.

Sources: National Association of School Psychologists, Parent Information Center

Terry Zimmerman, Alternate Living, 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!

TPC SWAT Standings Week 4

UU2 - TPC Swat

Coach: Tameka Thompson 806-206-3719 (Cell) redbabytrack@yahoo.com

League Standings								
Team	GP	Win	Loss	Tie	PCT	HTH	HTHRDiff	RDiff
UU5 - Great Expectations	8	8	0	0	1.000			96
UU4 - Mitchener Transport	8	6	2	0	0.750			77
UU3 - Wolfpack	8	4	4	0	0.500	1		-40
UU2 - TPC Swat	8	4	4	0	0.500	2		-27
UU1 - Rebels	8	1	7	0	0.125	1	1	-47
UU6 - Sandlot	8	1	7	0	0.125	1	2	-59
PCT = Winning Percentage HTH = Head-To-Head HTHRDiff = Head-To-Head Run Differential RDiff = Total Run Differential								

Schedule & Results								
Week	Date	Time	Location	Home	Vistor			
Week 1	Sun 7-28-13	6:30 PM	MR 3	UU1 - Rebels	12	UU2 - TPC Swat	15	
		7:30 PM	MR 3	UU2 - TPC Swat	11	UU3 - Wolfpack	20	
Week 2	Sun 8-4-13	6:30 PM	MR 3	UU6 - Sandlot	8	UU2 - TPC Swat	10	
		7:30 PM	MR 3	UU2 - TPC Swat	7	UU5 - Great Expectations	20	
Week 3	Sun 8-11-13	6:30 PM	MR 4	UU2 - TPC Swat	8	UU1 - Rebels	5	
		8:30 PM	MR 3	UU4 - Mitchener Transport	14	UU2 - TPC Swat	2	
Week 4	Sun 8-18-13	7:30 PM	MR 4	UU2 - TPC Swat	10	UU6 - Sandlot	9	
		8:30 PM	MR 4	UU3 - Wolfpack	7	UU2 - TPC Swat	5	
Week 5	Sun 8-25-13	7:30 PM	MR 4	UU5 - Great Expectations		UU2 - TPC Swat		
		8:30 PM	MR 4	UU2 - TPC Swat		UU4 - Mitchener Transport		
Week 6	Sun 9-1-13	6:30 PM	MR 4	UU3 - Wolfpack		UU2 - TPC Swat		
		8:30 PM	MR 3	UU2 - TPC Swat		UU1 - Rebels		



"I think, 'Sometimes misses the litter box' is too much information."



"Did you just text me to tell me we don't talk anymore?"

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:

Chris Wall - 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.

Welcome These New Employees

Madison Bull	Alternate Living - Respite Pool
Paula Hall	Club Meadows Group Home
Reca Land	Adult Behavioral Health
Sophia Leven	Canode Group Home
Christy McCormick	Carlton Group Home
Laura Parnell	Alternate Living - Respite
Kaci Renteria	IDD Service Coordination
Chenoa Burleson	Behavioral Health Adult
Prudencia Che	IDD Service Coordination



White Hat Award



The IDD Service Coordination Department would like to present this month's White Hat Award to **Bobby Wilson and Tom Anderson** from the Maintenance Department. They did a great job in the latest remodel in building 503. It looks great and we appreciate the effort that they put into making our workplace more attractive. Thank you.

Sharon Guinn, for IDD Service Coordination



August Birthdays

8/1	Heather Holmes		Charlene Mansel		8/23	Tracie Kirk
	Sara Northrup	8/12	Laura Phillips		8/24	Helen Braxton
8/2	Deborah Born	8/14	Pamela Davis			Michael Ray
	Angelica Carmona-Perez		Natalie Henning			Jim Womack
8/3	Gracie Chavez	8/16	Deborah Hawkins-Alcaraz		8/25	Jennifer Long
	Heather Howeth	8/17	Kristen Nolte			Sylvia Martinez
8/4	Angela Holcomb	8/19	Joyce Shull		8/28	Sara Wall
8/6	Trish Bailey		Lashaunda Walker		8/29	Tracy Dowd
	Sindy Martinez-Balcorta	8/20	Geneva Tiller			David Kee
8/7	Pamelia Light	8/21	Monica Charles		8/31	Gloria Bugg
8/9	Erika Roberts	8/22	Elva Devers			Lauren Fincher
8/10	Caitlin Claypool		Candace Humphrey			JT Jolley
	Glen Gilmore		Janice Stoner			



August Anniversaries

32 Yrs	Jim Aveni	10 Yrs	Tammy Dixon			Aaron Kidd
21 Yrs	Bob Yung	9 Yrs	Cindy Castillo	1 Yr		Terry Ewing
	Vicki Campbell	8 Yrs	Jennifer Valingo			Ashley Lucero
20 Yrs	Tracy Dowd	4 Yrs	Ginger Hudson			Ami Staniswalis
17 Yrs	Marlene Deanda	3 Yrs	Kristina Christian			Rachel Tyler
15 Yrs	Chad Beavers		Grace Weber			Nancy McCabe
14 Yrs	Jim Womack		Lillian Wheeler			Kathryn Anderson
11 Yrs	Terri Mix		Franchesca Morris			Jabbie Mohammed
	Billy Ruiz		Virgil Claudrick			Erica Bandera

September



9/1	Marlene Deanda	9/13	Vicki Calvery	9/24	Anna Carnes
	Dana Taylor		Delores Miles		Teresa Mendoza
9/3	Gary Jones		Maira Argomaniz		Michelle Warnica
9/5	Susan McQuaig		Franchesca Morris	9/26	Kathryn Anderson
9/7	Karen Hashimoto	9/16	Nancy Clemons		Renay Asberry
9/8	Susan Ross	9/17	Janice James		Barbara Hill
	Mary Vigil		Dr. Sommerfeldt		Rhonda Osmus
9/10	Krystal Vantilburg	9/20	Marion Thompson	9/27	Amy Bynum
9/11	Latonya Glover - Bennett	9/22	Linda Gaskill	9/28	Joanea Horn
			Steve Parker	9/29	Sinci Rios
9/12	Grace Dennis		Tousha Barnes		
	Toby Wallace	9/23	James Hughes		

