



Here's What's Happening...

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

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Serving the citizens of:

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and Wheeler counties

Community First Choice (CFC)

Community First Choice (CFC) was implemented across the state of Texas on June 1, 2015. CFC originated with Senate Bill 7 of the 83rd Legislature which required the Health and Human Services Commission (HHSC) to implement a cost effective option for basic attendant and habilitation services for people with disabilities who are eligible for Medicaid including those in managed care.

CFC, a federal option, allows states to provide home and community-based attendant services and supports to individuals with disabilities who qualify for Medicaid. So far TPC has received the names of several individuals who have been identified as being eligible for this program.

Senate Bill 7 requires that managed care organizations that contract with HHSC for the provision of CFC attendant and habilitations services under

the STAR+PLUS and STAR Health Medicaid managed care program to include the Department of Aging and Disability Services (DADS), Intellectual and Developmental Disabilities (IDD) waiver providers in their provider networks for the provision of basic attendant and habilitation services.

Some of these services include:

- Personal assistance services and habilitation which includes:
 - ◇ (ADL) Activities of Daily Living
 - ◇ (IADL) Instrumental activities of Daily Living.
 - ◇ (ERS) Emergency Response Services
 - ◇ Support Management Services

For eligibility requirements or for further information about Community First Choice, please contact Toni Pirelli at 806.351.3414.

**In observance of Labor Day, Texas Panhandle Centers
will be closed on Monday, September 7th.**

Happy
Labor Day
Weekend



NAMI Family-to-Family Class

The next NAMI Family-to-Family Class will be held from September 14th to November 23rd, at 2015 at 1705 S. Avondale, Amarillo, TX.

Family-to-Family is a nationally recognized, evidenced-based program for family members and loved ones of those living with mental illness. It will be on Monday evenings from 6:00pm—8:30pm. This class is free and all materials are provided, but it is limited to the first 20 people. Register by contacting Margie Waguespack at 806.378.7385.

Learn more at:

<https://www.nami.org/Find-Support/NAMI-Programs/NAMI-Family-to-Family>

Welcome these New Employees...

Brittanie Belyeu
Ramona Park
Christy McCormick
Corina Nunez
Alexis Pena
Angela Richardson
Megan Rohrbach

Utilization Management
ASCI Borger
Canode Group Home
IDD Service Coordination
ASCI Pampa
Community Living
IDD Service Coordination



Congratulations to Elvire Sanders-Blakemore
and her staff for meeting 100% of the
outcomes for the HCS Programs for the
first, second and third quarters!



Texas Panhandle Centers Behavioral and Developmental Health

White Hat Award



The IDD Service Coordination Department would like to give this months White Hat award to **Donna Dare-Luttrell from Specialized Services**. She cares very much about our consumers and will do what it takes to make them comfortable while at their day program. She goes the extra mile to take care of a client who has a food allergy. She is dedicated to the clients and is very hard working and compassionate. Thank you Donna. We appreciate you!

Sharon Guinn for IDD Service Coordination

Answers to last months questions:

1) October 10, 2015 2) 1 year 3) 150 minutes per week



CONGRATULATIONS

Congratulations to **Desire Winslow, QM Department**. Desire was one of 12 graduate students across the state of Texas to be awarded the Ima Hogg Scholarship Award by the Hogg Foundation for Mental Health.

This scholarship supports graduate social work students in Texas. The scholarships are awarded to second year graduate students who demonstrate a strong commitment to providing mental health services after graduation in Texas.



What Happy People *Don't* Do

Ever wonder why certain people are happier than others? Here's what's been reported that happy people *don't* do.

1. They don't take things for granted.

They are aware to the goodness that is already present in their lives (and goodness is everywhere). They are thankful for what they already have.

2. Happy people don't hold onto resentments.

They forgive because they know holding onto anger leaves you at the mercy of powerful emotions. They choose emotional well-being even when things don't turn out the way they want.

3. They don't blame others for their problems.

Even if someone else is partially responsible for a problem, by solving it themselves they have the power to set things right.

4. They don't take things personally and know, "It's not all about you." Taking things personally is the voice of a shaky ego trying to protect itself.

5. Happy people don't live in the past.

If an old failure comes to mind, they remember how they rebounded and what they learned. They have truly mastered living in the moment.

6. Happy people don't seek validation from others.

They know depending on others' approval separates them from their authentic selves. They aren't influenced by what others think. They define them-

selves.

7. Happy people have multiple interests in friends, family, hobbies and organizations.

It reduces the risk that one great loss will cripple them.

8. They don't undermine others.

They never feel that another's success makes them less successful themselves. They help others achieve their goals instead of putting up roadblocks that slow everyone down.

9. Happy people don't give up.

They may have a few self-doubts, but they keep going and don't give up on their dreams.

They do give up their need to always be right, their limiting beliefs, and their resistance to change.

10. Happy people don't sweat the small stuff.

They have found ways to put things into perspective and think of problems as potential teachers. Problems can teach you patience, emotional intelligence and mind control.



Slow Down: Back to School Means Sharing the Road

Submitted by: Desire Winslow, Quality Management, Safety Director

OTIS Corner

Things get a little crazy on the roads during the school year: Buses are everywhere, kids on bikes are hurrying to get to school before the bell rings, and harried parents are trying to drop their kids off before work.

It's never more important for drivers to slow down and pay attention than when kids are present – especially before and after school.

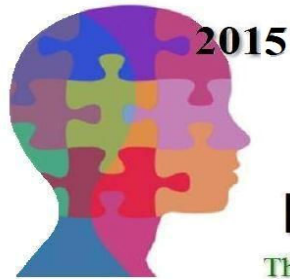
When at the school remember:

- Don't double park; it blocks visibility for other children and vehicles
- Don't load or unload children across the street from the school
- Carpool to reduce the number of vehicles at the school
- In a school zone when flashers are blinking, stop and yield to pedestrians crossing the crosswalk or intersection
- Always stop for a school patrol officer or crossing guard holding up a stop sign
- Take extra care to look out for children in school zones, near playgrounds and parks, and in all residential areas
- Don't honk or rev your engine to scare a pedestrian, even if you have the right of way
- Never pass a vehicle stopped for pedestrians
- Don't block the crosswalk when stopped at a red light or waiting to make a turn, forcing pedestrians to go around you; this could put them in the path of moving traffic
- Never pass a bus from behind – or from either direction if you're on an undivided road – if it is stopped to load or unload children (this is ILLEGAL in all 50 states)
- If the yellow or red lights are flashing and the stop arm is extended, traffic must stop
- The area 10 feet around a school bus is the most dangerous for children; stop far enough back to allow them space to safely enter and exit the bus
- Be alert; children often are unpredictable, and they tend to ignore hazards and take risks
- Bicyclists have the same rights and responsibilities as vehicles, keep in mind that children riding bikes create special problems for drivers because usually they are not able to properly determine traffic conditions
- When passing a bicyclist, proceed in the same direction slowly, and leave at least 3 feet between your car and the cyclist
- When turning left and a bicyclist is approaching in the opposite direction, wait for the rider to pass



National Safety Council Mission

The National Safety Council saves lives by preventing injuries and deaths at work, in homes and communities, and on the roads through leadership, research, education and advocacy.



2015

Walk For



Mental Health 5K

There Is No Health Without Mental Health!

The third annual **WALK FOR MENTAL HEALTH 5K** will be held on **October 10th** at John Stiff Park from 4pm-6pm. Proceeds from the Walk will support the free programs offered by NAMI Texas Panhandle and the Agape Center for people living with mental illness and their family members. Remember, "There is No Health without Mental Health!" Please visit the Walk website to register, donate, sponsor or request a booth.

www.walkformentalhealth.x10.mx/

Contact Margie Waguespack, President, NAMI Texas Panhandle for more information at 806.678.7385

Texas Panhandle Centers is a proud sponsor of the event.

Make Parenting a Pleasure

Parent Training

**For parents of children from
birth through age 6**



WHEN: On Thursday nights
beginning September 3, 2015
through November 12, 2015
from 6:00 PM to 8:00 PM

WHERE: Texas Panhandle Centers-
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

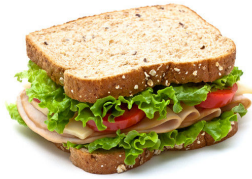
A Program of TPC

Sandwiches and Energy

Sandwiches do have sodium, but they also create energy.

A new USDA study shows that nearly half of Americans were found to eat a sandwich on any given day. Typically, a sandwich consumer averaged 600 milligrams more daily sodium than others and averaged 300 more calories daily.

At the same time, the Journal of the Academy of Nutrition and Dietetics concluded that many sandwiches, such as burgers, franks and common sandwich components such as yeast breads, cheese and cured meats, are among the top contributors to energy in the



diets of adult Americans.

Peanut butter sandwiches make a good choice. Peanut butter contains folate, vitamin E, magnesium and resveratrol, all nutrients associated with reduced risk of heart disease.

Magnesium is also associated with reduced risk of adult-onset diabetes.

Peanut butter offers a small amount of zinc, a mineral important for healing and for strengthening the immune system.

As an athlete, you would need all these nutrients to keep you off the bench and on the playing field.

Infrastructure Improvements

As part of ongoing planning and improvements to TPC facilities, the following projects are planned over the next several months:

- Pampa Behavioral Health Building - Roof replacement.
- Building 503 Wallace Campus - Roof replacement.
- Building 504 Wallace Campus - Roof replacement.
- Building 501 Wallace Campus - East Air Handler Repair
- Building 501 Wallace Campus - Roof Replacement



Staff and client care should not be impacted during construction.



Vicki Calvery, ECI, 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!

COMPLIANCE CORNER

Gaynelle Williams, Coordinator of Compliance & Planning



Question:

I reported an ethical concern to my supervisor and I don't think anything came of it. Am I going to get into trouble if it was unfounded?

Answer:

Per Section 8.1.5 of TPC's Policy and Procedure Manual, staff are encouraged to report their concerns if they believe that client care is at risk or the ethical and business standards defined in TPC's Code of Conduct have not been met. There will be no retaliation against staff who, in good faith, report suspected non-compliance or raise concerns about compliance issues. Concerns about possible retaliation should be reported to the Compliance Officer or Director of Human Resources.

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



1. CFC stands for _____ and was implemented on _____.
2. In a school zone, when flashers are blinking, _____ and yield to pedestrians crossing the crosswalk or intersection.
2. The next Parenting Class 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.

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

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