

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

Sharon Braddock
Clarendon, 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

Merry Christmas

It's hard to believe another year is almost ended. The Board of Trustees and Executive Management wish to express their appreciation for your good work, dedication and accomplishments in 2013. We look forward to continued success in 2014.

*Merry Christmas
Happy Hanukkah*

*Happy Holidays
Happy New Year*

Best Wishes

Shining Star Christmas Project

It's beginning to look a lot like Christmas...



Staff and volunteers have been hard at work collecting gifts from area banks that the staff and community have purchased for the clients this holiday season. This week staff will begin delivering the gifts so they will arrive in time for Christmas.

Much appreciation goes out to the volunteers, staff and community for *Making Lives Better* this holiday season.



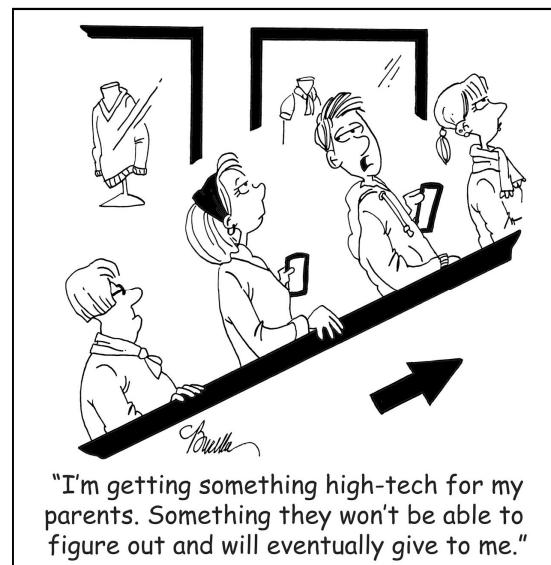
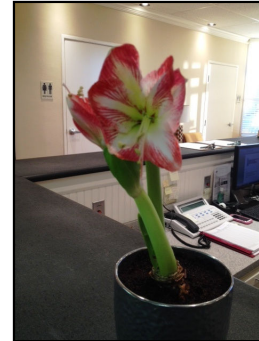
**In observance of Christmas
and the New Year, TPC
Offices will be closed,
December 24th, 25th and
January 1st.**

**Wishing you and yours a
safe and happy holiday!**



We Have a Bloom!

The first Amaryllis to bloom was at the Wallace Location. It bloomed over the weekend of December 14-15. And, Genoveva didn't think she had a green thumb!



Janice James, STAR Program. 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!



Coping With Grief During the Holidays

Plan ahead.
Surprises may evoke greater feelings.
Be prepared to be flexible.
You can't control everything.
Change can be good and difficult at the same time.
Be easy on yourself.
You can't please everyone.
Evaluate your ability to cope in various situations.
Give yourself what you need.
Ask for help.
Enjoy what you can, when you can.
Be gentle on others too.
Do something for others.
Don't deprive children of their holidays.
Include whatever spiritual activities are helpful for you.
Remember the value of memories, rituals and traditions.
Be prepared to begin some new traditions.
Realize that there are many holidays and anniversaries during the year.
Remember - whatever we do after the death is for the living.

By Danny Mize, Bereavement Coordinator - Hope and Healing - 806.371.8998

Helping a Grieving Friend During the Holidays

Source: Hospice Care of the Southwest
www.hospicesouthwest.com

The holidays, especially the first ones after a death, can be difficult for a person who is grieving. Friends and family members may be unsure how to act or what to say to support people who are mourning during this time of year. The holidays, especially the first ones after a death, can be difficult for a person who is bereaved and need to know that those who have died are remembered too. Friends and family members should not ignore the bereaved out of fear of saying or doing the wrong thing. Making an effort and showing concern is usually deeply appreciated.

Generally, the best way to help those who are grieving during the holidays is to let them know you care. They need to be remembered. Here are some suggestions that grieving people have offered:

(Continued on page 4)

(Continued from page 3)

- Be supportive of the way your friend chooses to celebrate the holidays. Some may wish to follow traditions; others may choose to change some of their rituals or traditions - at least temporarily.
- Offer to help with tangible tasks such as baking, cleaning, or decorating. Seemingly simple tasks can be overwhelming while dealing with grief.
- Invite the person to attend a seasonal church service with you.
- If children or grandchildren are involved, offer to take them shopping or to an appropriate movie.
- Offer to help with holiday shopping or help provide some holiday food that can be kept frozen until it is needed.
- Invite your friends to your home for the holidays.
- Inquire if your friend is interested in volunteering with you during the holiday season. Doing something for others, such as helping with a community meal, often helps the mourner too.
- Make a donation in memory of one who died - as a reminder that the special person has not been forgotten.
- Avoid telling your friend that he or she should be "over it." Mourning is an individual journey and there is no right or wrong

way to grieve.

- If your friend wants to talk about the loved one or feelings associated with the loss, LISTEN. Don't worry about being conversational....just listen.
- Remind the person you are thinking of him or her and remembering the one who died. Cards, phone calls and visits are great ways to stay in touch.

Many people are not aware that their community hospice is a valuable resource that can help people who are struggling with grief and loss. Hospices provide bereavement support to the families they serve and also offer services to members of the community at large.

Hospice is a philosophy of care for patients with life-limiting illnesses. A team of professionals and some trained volunteers offer care and comfort to patients and their families when a cure is no longer possible. Covered by Medicare and most insurance companies, hospice services are available in a person's home or in a facility such as a nursing home. More information is available from **Hospice Care of the Southwest**.

For more information on grief or hospice care, contact 806.356.0026.

Books related to Grief and the Holidays

- A Decembered Grief: Living with Loss While Others Are Celebrating, By Harold Ivan Smith, Alan D Wolfelt
- How Will I Get Through the Holidays?: 12 Ideas for Those Whos Loved One has Died, By James E. Miller
- Holiday Hope: Remembering Loved Ones During Special Times of the Year, By The Editors of Fairview Press
- The Empty Chair: Handling Grief on Holidays and Special Occasions, By Susan J. Zonnebelt-Smeenge, Robert C. De Vries
- Remembering With Love: Messages of Hope for the First Year of Grieving and Beyond, By Elizabeth Levang, Sherokee Ilse
- Thoughts For the Holidays, By Doug Manning
- Healing Your Holiday Grief, By Alan Wolfelt



It's time again for cold and flu season!

Submitted by: Rodney Bailey, IDD Nursing Director

Here are some tips to help prevent you from getting sick. The single best way to prevent seasonal flu is to get a flu vaccination each year. But good health habits like covering your cough and washing your hands often can help stop the spread of germs and prevent respiratory illnesses like the flu. If you get the flu, there are medicines that your doctor can prescribe to decrease the duration you are sick but early diagnosis and treatment are a must! Here are some other helpful tips.



1. Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.
2. If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.
3. Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.
4. Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand rub.
5. Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.
6. Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food. Let's all stay healthy this cold and flu season!

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



- Offer to help with _____ such as baking, cleaning, or decorating. Seemingly simple tasks can be overwhelming while dealing with grief.
- The single best way to prevent seasonal flu is to get a _____ each year.
- HRD reorientation materials are can now be found on the _____.

[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.](mailto:joyce.lopez@txpan.org)

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:

Desire Winslow, MCOT
Gloria Bugg, Borger Behavioral Health
Jessica Martinez Garcia - BH Service Coordination - Children's
Susan Bowers - BH Service Coordination - Children's
Rick Smithson - Child Probation



White Hat Award

This month's White Hat Award is presented to **Cindy Pulse, IDD Consumer Benefits**. Thank you from the IDD Service Coordination Department for going out of your way to help clients resolve their Medicaid issues. Almost every Service Coordinator has had a client that was personally assisted by Cindy. She offers to take clients to the Medicaid office and often drop her other responsibilities to move things along more quickly. We wholeheartedly present this month's award to you.

Amy Bynum for IDD Service Coordination

Welcome these New Employees...

Lisa Baumhardt	IDD Service Coordination
Candy Graham	Specialized Services
Tyron Hashimoto	50th Group Home
Angela Longoria	Behavioral Health Adult
Jon Michaels	IDD Service Coordination
Tiffany Bray	Specialized Services
Anabel Gutierrez	Utilization Management
Melinda Harper	50th Group Home
Mary Vigil	Behavioral Health Adult - Borger
Alexis Wilburn	TCOOMMI
Angela Longoria	BH Adult
Jamee McCarty	ECI
Ian Neighly	BH Adult
Bradley Raburn	BH Children
Leslie Sheets	IDD Service Coordination
Amy Baldock	IDD Nursing



From Human Resource Development...

In an effort to make reorientation more accessible to staff, training materials are now kept on the network. There staff will have access to the blue sign sheet, the test as well as the reorientation packet.

For staff in Behavioral Health: the file folder is located on the **H drive**

For staff in IDD: the file folder is located on the **I drive**

For Administration the file folder is located on the **K drive**



Instructions for locating a drive are as follows: right click on the “start” icon at the bottom left corner of your screen. Click on “open windows explorer.” Locate the corresponding drive: H, I, or K. Scroll down to REO.

Print off the signature sheet and the test. **Please DO NOT PRINT the booklet as it is over 60 pages!** You can reference the booklet on the computer while using the print-outs to complete the required information. Re-orientation will be complete once you have signed the signature sheet and submit it along with the completed test to HRD.

Any questions regarding the reorientation process please contact HRD. If you are unable to locate your respective drive, please contact the help desk at 351.3201.

Ways to Serve Others During the Holidays

- Decorate a Christmas tree with a family in need and help put some things under the tree that you can afford.
- Take a parent or guardian and their children out shopping. Buy each of them a gift, whatever fits their needs and your means.
- If you aren't spending Christmas with your family, you could help serve at a free Christmas Day dinner hosted by a church or organization. You'll find that filling plates with holiday food can be a joyful experience for you as well as the recipients.
- Call the Salvation Army or other non-profit organization in your area. Many need extra help during Christmas and can gladly find something worthwhile for you to do.
- Volunteer at a hospital or senior center. Many individuals don't have a family and would love to have someone to talk to on Christmas. Visiting can brighten the lives of other and even start friendships.
- Find a food shelter and help distribute food or clean up after dinner is served. Shelters rely on volunteers and regular volunteers may not work during Christmas.



Board Recognition

At the November 21st meeting, Judge Willis Smith, Chair, recognized Tanya Fenwick, HCS Administration, for twenty (20) years of service with the Center. She was presented with an award, gift card and day off. Congratulations Tanya!



Patty Ladd, Trustee (*left*) was recognized for ten (10) years of service as a TPC Board Member.

Patty previously served on TPC'S Planning & Network Advisory Committee where she continues to serve as the Board Liaison. Thank you for your service!



Holiday Recipe

Looking for an alternative to turkey and ham for your holiday dinner? This beef tenderloin is a healthy, simple and tasty alternative.

Ingredients

- 2 tablespoons prepared horseradish
- 1 tablespoon extra-virgin olive oil
- 1 teaspoon Dijon mustard
- 2 pounds trimmed beef tenderloin, preferably center-cut (see Note)
- 1 teaspoon kosher salt
- 2 teaspoons freshly ground pepper
- Creamy Horseradish Sauce

Preparation

1. Preheat oven to 400°F.
2. Combine horseradish, oil and mustard in a small bowl. Rub tenderloin with salt



and pepper; coat with the horseradish mixture. Tie with kitchen string in 3 places. Transfer to a small roasting pan. Roast until a thermometer inserted into the thickest part of the tenderloin registers 140°F for medium-rare, 35 to 45 minutes.

Transfer to a cutting board; let rest for 5 minutes. Remove the string. Slice and serve with Creamy Horseradish Sauce.

Note: You'll need 2 pounds of trimmed tenderloin for this recipe. Ask your butcher to remove the extra fat.

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