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 Randall, Roberts, Sherman,
 and Wheeler counties

February is Heart Awareness Month

It is Healthy Heart Month and time to do yourself and your family members a favor by minding your heart.

Every year scientists come up with new ways to predict whether your heart is in danger, but if people would focus a little on the subject, they could save themselves a lot of time and money.

Exercising is still a good way to protect your heart. Lifting weights and using a treadmill are good examples. But the benefit wears off if you don't keep up with it.

Smoking is bad for your heart and that includes pot. A study by Beth Israel Deaconess Medical Center in Boston shows that inhaling marijuana quintuples your risk of a heart attack. Staying fit can protect your heart. Obesity puts you at risk for heart disease.

Get a picture of your heart. You may

not know you have heart disease without it. An electronic-beam cat scan (EBCT) gives your doctor a 3-D image of your heart and blood vessels. It gives you the benefit of early detection,



Instead of just getting a cholesterol test, a C-reactive protein test will show whether you have inflamed heart arteries, the kind that rupture and cause heart failure and strokes.

If your cholesterol is high, ask about taking a statin for high cholesterol. It's a better choice than angioplasty, which can be dangerous. Taking a statin for high cholesterol, will do more than clear blood vessels, says Dr. James Froehlich at Beth Israel Deaconess Medical Center. They help the vessels become larger to accommodate greater blood flow.

Stay well! Do it for the people you love and those that love you.

Heart Attack Warning Signs

A heart attack occurs with the blood supply to the heart is blocked. Be aware of these signs:

- ♥ Chest pain or discomfort that lasts for more than a few minutes or that comes and goes.
- ♥ Pain in the neck, jaw, arms or upper back.
- ♥ Abdominal pain or feeling of heartburn
- ♥ Cold sweats or clammy skin
- ♥ Unusual tiredness or nausea
- ♥ Dizziness or lightheadedness
- ♥ Shortness of breath

Call 911 if chest discomfort occurs, if unsure have the victim checked out anyway.

Heart Health and Age

The heart's capabilities typically diminish with age. The nerves which regulate the heart rate are affected and the maximum heart rate slows. However, in people who exercise regularly less noticeable changes occur than in those who are sedentary. The heart's ability to relax and fill with blood may also decrease with age, especially in people who have high blood pressure (hypertension). Over time, the natural elasticity of major blood vessels decreases. These vessels become stiffer, causing the blood pressure to rise. The body's ability to take in and use oxygen also diminishes. However, all of these changes can, in part, be prevented with regular physical exercise.

Some Activity is better than none. If you've been inactive, gradually increase your activity level. As little as 10 minutes a day, 3 times a week of moderately intense physical activity will net some measurable health benefits. As a rule of thumb, when your activity is moderately intense, you're able to talk but not sing during the activity. **Moderate Intensity Physical Activities** may include: *Walking briskly (>3 mph), Bicycling (slower than 10 mph), or Water Aerobics.*

More benefits are associated with increased activity. So if significant benefits can be achieved in 150 minutes of moderately intense activities, cut that time in half if you want to opt for a **vigorous activity**. A vigorous activity wouldn't allow you to say more than a few words without pausing for a breath, such as: *Jogging or walking, Swimming laps, Aerobic dancing, or Bicycling (>10 mph).*



Include muscle-strengthening activities in the mix. Include activities that challenge your muscles, such as lifting weights, using resistance bands, doing yoga or even heavy gardening at least 2 or more days a week. The goal is to work all the major muscle groups in your legs, hips, back, chest, abdomen, shoulders and arms. If you have a Chronic Condition, please consult with your doctor about the best activities for your condition.

Avoid Inactivity. There are health benefits to be gained with any amount of physical activity. If you're inactive, start slowly and gradually increase your activity level.

Don't give up due to Chronic Conditions. If you can't meet the general guidelines for adults, be as active as your abilities allow and your physician suggests.

Excerpts from *The Health Letter* published by the Mayo Clinic

Time for a Change

Although aging is inevitable, how you age can be influenced by how you live. Choosing to live a mostly sedentary life carries big risks in terms of your heart and blood vessel health. But making lifestyle changes – such as maintaining a healthy weight, including physical activity in your daily routine, eating a healthy diet and avoiding tobacco – can go a long way toward slowing the effects of aging. **The American Heart Association identifies inactivity as one of the five leading risk factors for developing heart disease. So start today – Moving for Better Health!**

Learn more about your Heart Attack Risk by utilizing the Heart Attack Risk Calculator on the Tools & Resources tab at IMS Wellness Works today!

www.imstpa.com

Texas Panhandle Centers Opens Crisis Respite Facility

On February 10th, TPC opened the doors to the new crisis respite facility located at 2002 Hardy Street in Amarillo.

The crisis respite center is a voluntary 24-hour, 7 day a week facility that is available to individuals in the upper 21 counties of the Texas Panhandle that are experiencing a severe crisis, but are not at risk to harm self or others.

The primary objective of the crisis respite center is to stabilize and resolve a crisis situation before it escalates to the point of requiring an inpatient hospitalization or involvement with the criminal justice system.

The Wood Group has been selected to provide the services. They have been in business since 1983 and provide mental health programs to other community centers throughout the state.

Admission Considerations:

An Individual is:

- ◆ Oriented enough to comply with and understand the initial admission process.
- ◆ Agreeable to enter the program on a voluntary basis
- ◆ Able to self administer their own medication
- ◆ Participate in activities that would promote their ability to go back to their community living setting (apartment, home, shelter, etc.)

- ◆ 18 years or older
- ◆ Willing to adhere to house rules



Exclusion Criteria

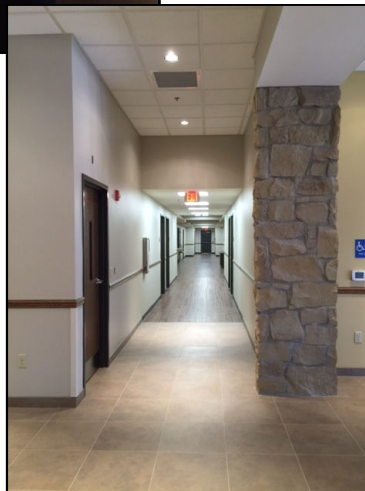
- ◆ Individuals who are actively under the influence of substances to the extent where judgment is grossly impaired and/or medical concerns are predominant
- ◆ Are in need of skilled nursing services
- ◆ Residents assessed as actively suicidal or at high risk of self-harm
- ◆ Residents with a recent history of violence, which includes physical and verbal violence that has needed intervention by legal or behavioral community providers
- ◆ Residents who have unmanaged physical health needs
- ◆ Residents with ongoing psychiatric inpatient care needs

All admission assessments will be done by Mobile Crisis Outreach Team (MCOT). Admissions will attempt to be done between the hours of 8 a.m. to 5 p.m. Monday through Friday.



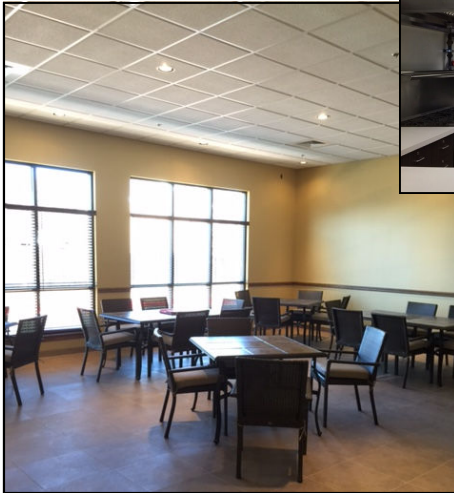
For admission requests, please call:

(806) 359-6699 or
1-800-692-4039,
AVAIL Solutions.



Photos continue on next page

Crisis Respite continued...



Welcome these New Employees...

Jennifer Garay
Seanterry Burks
Taryn Schenk
Angela Ellis
Steven Forrest
Edward Martinez

MCOT—Behavioral Health
Atkinson Group Home
Utilization Management
Peer Support
IDD Service Coordination
Community Living



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:

- **Sandra Saenz, STAR Program**
- **Laura Phillips, STAR Program**

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.



Texas Panhandle Centers Behavioral and Developmental Health

White Hat Award



Angela Holcomb, Autism Program, is recognized as an exceptional employee by IDD Service Coordination and is the recipient of this month's White Hat Award. Angela consistently shows kindness and respect to each client she encounters. She generously shows patience and understanding when clients need this and when Service Coordinators need it as well. Thank you Angela for your constant cheerful and pleasant demeanor.

Amy Bynum for IDD Service Coordination



Get your Irish on!



St. Patrick's Day, March 17

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

1. February is Heart Awareness Month. _____ puts you at risk for heart disease. _____ is still a good way to protect your heart. Lifting weights and using a treadmill are good examples.
2. In one year _____ million adults were victimized by ID theft.
3. Medication Cleanout in Amarillo 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 5th of each month to:

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

Employee Recognition

At the January 29th Board of Trustees meeting, Judge Willis Smith, Chair, recognized the following employees for their years of service with the Center.

25 Years - Linda Gaskill, Purchasing Department

30 Years - Kay Annen, Maintenance Department

35 Years - Yolanda King, Respite Services

They were awarded a plaque, gift card and a day off.



Kay Annen - 30 Years



Linda Gaskill—25 Years



Yolanda King - 35 Years

Congratulations!

Cindy Pulse, IDD Consumer Benefits, 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-Enevoldsen at 806.351.3308 or email: joyce.lopez@txpan.org.

Congratulations!

10 Ways to Protect Your Identity

The U.S. Department of Justice reports that 16.6 million adults were victimized by ID theft in one year and because not all incidents are reported that number is much higher.



You can keep your accounts safer with these tips:

1. Have a locking mailbox or use a post office box.
2. Never carry your Social Security card. Keep it in a safe place at home. Protect the card and card numbers because they are keys to your banking and credit information.
3. Set up a passcode on your smart phone.
4. Limit personal information that comes by mail.
5. Never leave information in your car. According to an AARP survey, 19% of Americans admitted to leaving a wallet or purse in their locked car during the past week.
6. Shred documents that contain personal information; bank and credit card statements, tax forms and medical bills.
7. Keep your computer passwords in a safe place, not in your Internet browser. When throwing away an old computer, remove and destroy the hard drive.
8. Establish online accounts with the three credit reporting agencies, Equifax, Experian, and Trans Union. Most Americans don't have online access to their accounts with these credit bureaus.
9. Keep only necessary credit, debit and identification cards in your purse or wallet. Store photocopies of your wallet contents in a safe place.
10. Never give credit card or Social Security numbers over the phone unless you initiated the call. Ask phone solicitors to send information by mail if you are interested in their products.



Answers to last months questions:

- 1) Sunlight 2) No 3) Military Service, Railroad Employment or Pensions

National averages tell how people divvy up their paychecks

You could use these national averages as a guide to your after-tax spending, based on 100 percent of take-home pay:

- ◆ 35 %: Housing, including rent utilities and insurance
- ◆ 15%: Food, at home and eating out
- ◆ 12%: Transportation, car loan and expenses, insurance and mass transit
- ◆ 8%: Debt, including student loans and credit cards
- ◆ 5%: Cell phone and Internet
- ◆ 3%: Clothing
- ◆ 5% Health care, including health insurance and co-pays
- ◆ 7%: Retirement savings, including employer matches
- ◆ 5%: Other savings
- ◆ 5%: Entertainment, including the cable bill.



The very first Medication Cleanout event occurred in Amarillo on September 12, 2009. Since then, there have been 35 events in other cities with over 20,000 pounds of unwanted medication safely disposed.

The next scheduled event is Saturday, March 14th from 10am—2pm. Drive through at TTUSCH School of Pharmacy 1300 S. Coulter, across from Northwest Texas Hospital.

What to bring:

- ◆ Prescription medications (including samples)
- ◆ Non-prescription medications (including vitamins)
- ◆ Medications for pets
- ◆ Nebulizer solutions

Please leave medications in their original containers. For more information visit:

<http://www.medicationcleanout.com>



Carry Hand Sanitizer Wipes

Submitted by: Diane Donnell, Utilization Management Director

Frequently touched surfaces such as shopping cart handles, inside car door handles or any touch key pads are teeming with germs. Bring your own wipes along for germy surfaces. Use them to wipe shopping cart handles or other surfaces before you touch them. Please use hand sanitizers between clients that you see in the office and or community for your safety and theirs. Please do not let hand sanitizers take the place of old fashion hand washing when available!!

Source: Centers for Disease Control

