

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

New Year, New Opportunities

January 2014 is not only the beginning of a new year, it is also the beginning of new opportunities at Texas Panhandle Centers. One of those opportunities is called Peer Support.

What is Peer Support?

- Peer support is for clients that could benefit from working closely with a Peer Supporter that is in recovery.
- Peer Support is an additional service made available to individuals as an option within their treatment team.
- Services are available to anyone in services through provider referral or self referral.
- Peer-to-peer services are offered one-on-one and in groups as well as NAMI and AGAPE service referrals.
- Peer Supporters and Peer Navigators will be trained in WHAM (Whole Health Action Management) to address not only behavioral health issues, but physical health concerns as well. Certification for peer supporters will be completed through VIA HOPE.
- An assessment will be completed to determine what supportive ser-



vices they could benefit from.

- The Peer Supporter may work with the Case Managers if/when needed in better supporting the client's recovery.
- The initial assessment will be given to the client again after a period of time (11

weeks) to see how much progress is being made.

Please note: Peer Support is a new program. There may be adjustments made as needed to better serve the clients and help them in their recovery.

For more information about Peer Support Services, please call or email:

Lisa Ricketson at
lisa.ricketson@txpan.org or
 806.290.1610

HAPPY NEW YEAR!

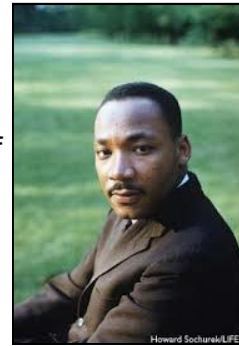
Dr. Martin Luther King Jr.'s Birthday is Observed on January 20

It's hard to believe but, were it not for the assassin's bullet, the iconic, legendary leader of the civil rights movement might still be alive today at age 85.

Martin Luther King, Jr., was born on January 15, 1929, in Atlanta, Georgia. He was murdered at the tragically young age of 39.

Here are some other facts about Dr. King:

- His father was born "Michael King", and Martin Luther King, Jr., was originally named "Michael King, Jr." The family traveled to Europe in 1934 and visited Germany. His father soon changed both of their names to Martin Luther in honor of the German Protestant leader Martin Luther.
- King sang with his church choir at the 1939 Atlanta premiere of the movie *Gone with the Wind*.
- Growing up in Atlanta, he attended Booker T. Washington High School. A precocious student, he skipped both the ninth and 12th grades and entered Morehouse College at age 15.
- He married Coretta Scott, on June 18, 1953, on the lawn of her parents' house in her hometown of Heiberger, Alabama. They had four children; Yolanda King, Martin Luther King III, Dexter Scott King, and Bernice King.
- King became pastor of the Dexter Avenue Baptist Church in Montgomery, Alabama, in 1954. He was 25.
- Inspired by Gandhi's success, King visited Gandhi's birthplace in India in 1959. The trip affected King in a profound way, deepening his understanding of non-violent resistance.
- King was influenced by Jesus, Abraham Lincoln, Benjamin Mays, Hosea Williams and Bayard Rustin.
- On December 1, 1955, Rosa Parks was arrested for refusing to give up her seat on a bus in Montgomery, Alabama. King helped organize The Montgomery Bus Boycott, lasting for 385 days. The situation became so tense that King's house was bombed and he was arrested at one point. Then, the United States District Court ruled to end racial segregation on Montgomery public buses.
- In 1957, King, Ralph Abernathy, and other civil rights activists founded the Southern Christian Leadership Conference (SCLC). King led the SCLC until his death.
- Given on August 28, 1963, his "I Have a Dream" speech is among the most acclaimed in U.S. history, and 2013 marked its 50th anniversary.



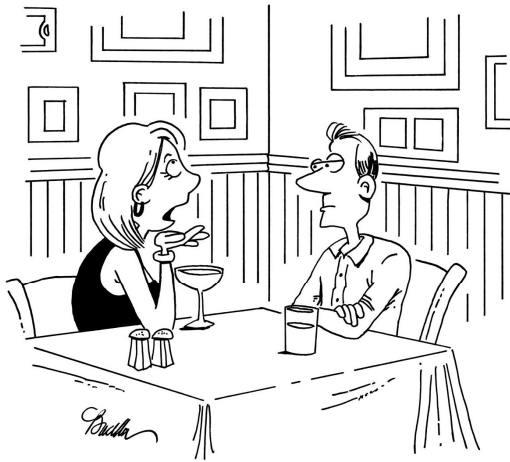
**In observance of Martin Luther King Jr. Day, TPC
Offices will be closed on Monday, January 20th.**



Shining Star Christmas Project

A big **THANK YOU** goes out to all the local banks that participated in the Volunteer Services Council Shining Star Christmas Project for TPC clients. It takes everyone's support to make it a success.

- Happy State Bank—2531 Paramount
- Happy State Bank---5050 S Western
- Happy State Bank---Downtown Express
- Happy State Bank---4302 W 45th
- Happy State Bank---3423 Soncy
- Happy State Bank---701 S Taylor
- Happy State Bank---5100 S Coulter
- Happy State Bank---500 Tascosa Rd
- Happy State Bank---1700 Coulter RD
- Herring Bank---2201 Civic Circle
- Bank of America---406 Polk St
- Bank of America---1700 Coulter RD
- Bank of America---3601 S Washington
- Bank of America---3440 Bell St #328
- Wells Fargo---3429 Bell St
- Wells Fargo---4140 Coulter
- Firstbank Southwest---2401 S Georgia
- Firstbank Southwest---5725 W Amarillo Blvd
- Firstbank Southwest---4241 W 45th
- Firstbank Southwest---5701 SW 34th
- Firstbank Southwest---7420 SW 45th



"How long have we been dating? Let's see, we met when our phones were 2G..."



"Sorry, but I've forgotten your name. Turn around and let me scan your UPC code."

Noemi Sardello, Perryton Behavioral Health, 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!

Living with Mental Illness?

Improve Your Odds for Recovery

By: Ken Duckworth, M.D. NAMI Medical Director Source: NAMI Advocate

The main difference between traditional medicine and mental health is prevention. For instance, most people are aware that exercise and eating right will best insure long-term well being. Mental health has no such blueprint. However, there are steps one can take to lower personal risk.

Learn your family history.

Both the physical and mental components of health history are important. Share this information with your children to inform their choices. My father had recurrent bouts of psychosis when he was manic in the course of his bipolar disorder. Alcoholism is also part of my genetic package. I shared this with my daughters as they faced the challenges of their teenage and young adult years. As they are confronted with choices that could affect their well-being, it is comforting to know that I have counseled them regarding their risks.

Reduce trauma exposure.

Trauma increases the risk of developing or worsening psychiatric illnesses, although some psychological trauma is unavoidable. I encourage people to evaluate their own areas of potential risk—for example, a fraternity's history of hazing or the stress level expected in a certain professional role.

Connections matter.

Much like trauma changes the human brain, so do loving and supportive relationships. Developing and maintaining these connections is an excellent way to increase one's odds of preserving mental health and are also essential to recovery. Such ties can also serve as anti-anxiety and anti-depressant agents.

Protect your brain from injury.

Head injuries add to risk. I strongly encourage people to wear a helmet when riding a bike, to use seat belts 100 percent of the time and to be careful in sports with high concussion rates. In many of the people I interview, psychiatric

problems appear to be caused by more than one stressor, and these types of injuries are a common, and often preventable, causes.

Avoid marijuana and alcohol.

Psychoactive substances increase the probability of developing mental illness and encourage adverse outcomes. Marijuana use heightens the likelihood of psychosis in at-risk individuals prior to the age of 25. Alcohol abuse also creates many risks, particularly for people with anxiety and mood disorders. While there are likely gene variations that explain an individual's risk level, we do not yet have the technology to use the results clinically. The best tool available is family history, which individuals should consider, along with their personal vulnerability, before making these choices.

Self-care and stress management.

Managing stress and having a structured schedule is important in preventing mental illness. There is a growing research interest in how to approach stress through meditation, exercise and resilience.

Exercise.

Exercise can make a difference when it comes to managing anxiety and depression, and it helps to fend off the weight gain that can occur from some psychiatric medicines. Research literature has proven that targeted efforts for bodily improvement can also help people improve their blood pressure, as well as other biological measures of physical health.

Nutrition.

Some health plans pay for a nutritional consult. This may be particularly helpful with the use of medications that cause increased appetite (and therefore weight gain and the risk of diabetes).

Nutrition and its effect on the brain is a growing area of interest in the medical field. For instance, there are hopes that fish oil may help

(Continued on page 5)

(Continued from page 4)

prevent psychosis, though additional research is needed to support this claim.

Brain stimulation

Until recently, the concept of the human brain is regenerative and plastic was inconceivable, even as we witnessed the effects. The science of brain plasticity has emerged in the years since I was in medical school and has profound relevance in mental health, schizophrenia and the prevention of dementia later in life. Cognitive Behavioral Therapy (CBT) is one creative avenue to help people with psychosis build their cognitive capacity.

Pay attention to your thinking patterns.

Many people subconsciously fall into negative thinking patterns which can drive anxiety and depression. In this way, "I failed at this" is easily skewed into "I am a failure." CBT is a type of therapy with success in reversing this mindset. I would recommend the book *Feeling Good* by David Burns to lend their perspective.

Giving back and altruism.

The act of giving is powerful and affirmative.

NAMIWalks is a prime example of being part of something bigger than oneself, and the positive energy at our events is infectious. Countless people tell me how NAMI's support network and programs have helped them and how much they receive from giving to others.

Take the long view.

Above all, remember that long-term outcomes for people who live with mental illness are often favorable, even though they can appear grave in the short term. One study that is worth perusing is the Courtenay Harding Vermont Longitudinal Study. In this study, many people who had been long-term residents in state hospitals improved over years and decades and psychosocial supports helped to promote these outcomes.

For more ways to manage a healthy lifestyle, check out NAMI's Hearts & Minds web section, where you'll find food journals, videos for meditation and guided imagery, exercise logs and lots more.

www.nami.org/heartsandminds

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

1. Self care and stress management are important. Managing stress and having a structured _____ is important in preventing mental illness.
2. Fat-free foods often contain lots of added _____ and sugar.
3. Conversation is interactive, 50 percent talking and 50% listening. Of the two, _____ is more important.



[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:

- **Janice James, 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.



White Hat Award

The IDD Service Coordination Department would like to present this month's White Hat Award to **Kristie Wineinger, Community Living**.

Thank you, Kristie, for taking on appointments not on your schedule, for changing your plans to take clients to appointments with no notice, for tracking down clients who have moved, and for stepping in to help in any way you can. We appreciate your dedication to your job, this agency, and (most importantly) those you serve.

Amy Bynum for IDD Service Coordination

Welcome these New Employees...

Janet Arguello
Kelly Askins
Christian Crawford
Glenda Easter
Candice Elliott
David Fansler
Christine Hall
Tiffany Jones
Tonya McMasters
Laura Phillips
Jamie Roper
Steven Warren

Clearwell Group Home
Autism Spectrum Disorder Program
Specialized Services
Amherst Group Home
IDD Nursing
Programming Services
ASCI Borger
Respite Pool
Specialized Services
STAR Program
Amherst Group Home
PPI/PADRE Program



7 Ways to Snack Smarter

Have you upgraded your snacks in the interest of more healthful eating? Perhaps you've traded in your afternoon candy bar for an energy bar or have become a fan of baked potato chips or fat-free ice cream. Maybe you're willing to pay a little extra **when the label says "organic" or "natural."**

It's a great idea to choose snacks wisely. But many foods that seem to be a great nutrition value aren't. Bran muffins and cereal bars can be packed with unhealthy fats and added sugar. Fat-free foods often contain lots of added salt and sugar.



Go for the grain. Whole-grain snacks — such as whole-grain low-salt pretzels or tortilla chips and high-fiber, whole-grain cereals — can give you some energy with staying power.

Bring back breakfast. Many breakfast foods can be repurposed as a nutritious snack later in the day. How about a slice of whole-grain toast topped with low-sugar jam? Low-sugar granola also makes a quick snack.

Try a "hi-low" combination. Combine a small amount of something with healthy fat, like peanut butter, with a larger amount of something very light, like apple slices or celery sticks.

Go nuts. Unsalted nuts and seeds make great snacks. Almonds, walnuts, peanuts, roasted pumpkin seeds, cashews, hazelnuts, filberts, and other nuts and seeds contain many beneficial nutrients and are more likely to leave you feeling full (unlike chips or pretzels). Nuts have lots of calories, though, so keep portion sizes small.

The combo snack. Try to eat more than one macronutrient (protein, fat, carbohydrate) at each snacking session. For example, have a few nuts (protein and fat) and some grapes (carbohydrates). Try some whole-grain crackers (carbohydrates) with some low-fat cheese (protein and fat). These balanced snacks tend to keep you feeling satisfied.

Snack mindfully. Don't eat your snack while doing something else like surfing the Web, watching TV, or working at your desk. Instead, stop what you're doing for a few minutes and eat your snack like you would a small meal.

You can take it with you. Think ahead and carry a small bag of healthful snacks in your pocket or purse so you won't turn in desperation to the cookies at the coffee counter or the candy bars in the office vending machine.



It is not what you do for your children, but what you have taught them to do for themselves that will make them successful human beings.

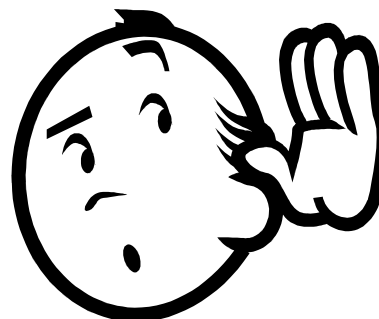
~Ann Landers

Are You a Good Listener?

Becoming a better listener reaps incalculable rewards

New Year's resolutions aside, January is a good time to assess the effectiveness of our personal, social and business relationships. We can usually maintain better ones with loved ones, friends, business associates, employees and clients, if we learn how to communicate better.

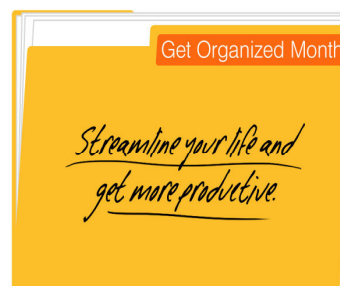
It has been long stated in self-awareness seminars that up to 90 percent of our communication is nonverbal. Shoulder shrugs, facial expressions and our body language often reveal more about us (or the other person) than spoken words.



When we're being verbal, however, it's important to remember that conversation is interactive, 50 percent talking and 50% listening. Of the two, listening is more important. Nobody likes a conversation hog. Hints for more successful and courteous listening:

- Make eye contact, but not for a long time, which can be aggravating.
- Lean forward, nod, or tilt your head, to indicate caring and focus.
- Use nonverbal reactions or short phrases (nod, smile, say "Mmm; Hmm; I see."
- Avoid interrupting.
- Keep to the subject; don't switch it to yourself.
- Avoid becoming argumentative; conversations aren't contests.
- Listen intently for meaning behind words and respond appropriately.
- Turn your cell phone to vibrate. The person you're with deserves the same consideration you'd want.

Do you have too much clutter in your life?
Do you have trouble finding things?
Whether it means cleaning off your desk or
cleaning out your closet, the new year is a great
time to get organized.



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



OTIS Corner

Submitted by: Natalie Henning, QM Coordinator, Safety Director

OTIS means "Opportunity To Improve Safety"

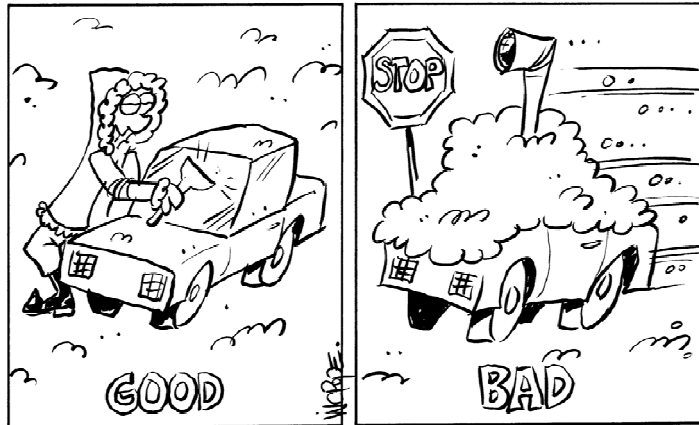
Every newsletter we will be looking at ways that you can improve your awareness and knowledge of safe practices.

This month's topic – Snow and Ice on your Vehicle

While there are no specific laws in Texas regarding the removal of snow and ice on your vehicle according to www.safetysmartcompliance.com, it is important to completely clear the ice and snow from your vehicle before driving it.

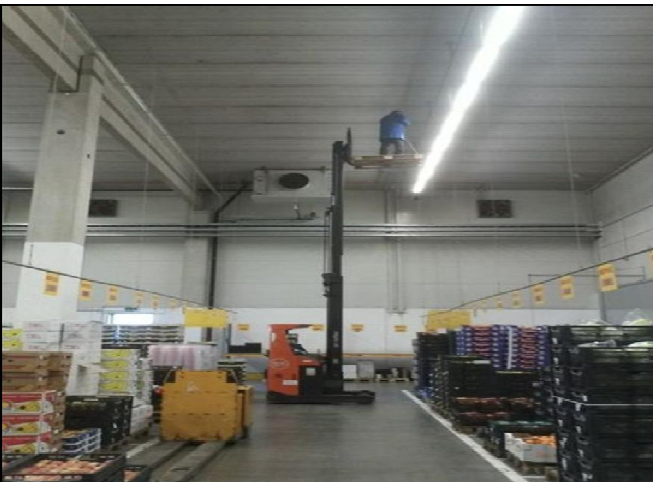
Often, people try to pass by with "peephole driving" – you know, we've all seen that car driving by with only a small hole in the ice to see through. Was that you driving by?

There is no doubt that it takes more time and energy to get your car completely cleared off, and aren't we thinking, "It's so windy, it will just blow off itself!"? However, you become a driving road hazard if you can only see out of a small section of your windshield and your car is blowing snow or ice all over the road and other motorists.



To combat this, take a drive down to the local store and find an ice scraper that has the ice scraper on one side and a big snow brush on the other – they are pretty cheap at about \$5-\$10 – and keep it in your vehicle instead of the trunk so it stays in sight and easy to access. Remember it will take less time to clear off your car than it will if something goes wrong because of reduced visibility. Please send any feedback or suggestions for future OTIS topics to:

Can you find what's wrong with this picture?



natalie.henning@txpan.org

