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Serving the citizens of:

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 and Wheeler counties

The Power of Prevention

The function of protecting and developing health must rank even above that of restoring it when it is impaired. ~ Hippocrates

America is at a critical crossroads in the fight against chronic disease.

The Centers for Disease Control and Prevention (CDC) envisions a nation in which all people live healthy lives free from the devastation of chronic disease. The U.S. spends significantly more on health care than any other nation. Yet, the life expectancy in the U.S. is far below many other nations that spend less on health care annually. More than 75% of our health care spending is for those with chronic conditions, namely heart disease, stroke, cancer, diabetes, obesity and respiratory diseases.

The World Health Organization has estimated that if the major risk factors for chronic conditions were eliminated, at least 80% of all heart disease, stroke and type 2 diabetes would be prevented and more than 40% of cancer cases would be prevented.

So you may be asking yourself how can I reduce my chances of developing a chronic condition such as heart disease or cancer.

Let's begin by looking at the five modifiable risk behaviors, and the small changes that can have immediate impact.

Exercise: Get at least 150 minutes a week of physical activity.

Diet: Good nutrition can help lower risk of heart disease, stroke, obesity, diabetes and cancer.

Smoking: QUIT NOW - tobacco use is the



single most avoidable cause of disease, disability and death in the U.S.

Alcohol: Excessive alcohol consumption is the nation's 3rd leading lifestyle related cause of death. The current dietary guidelines recommend that people who choose to drink alcohol do so sensibly and in moderation. 1 drink per day for women and 2 drinks per day for men.

Schedule a yearly physical exam: Get to know your primary care provider (PCP) and get your preventative screenings scheduled. All adults should have a PCP visit at least once every 2 years.

Periodic screenings of adults for specific problems is important and recommended: Pap Smear; breast self-examinations, mammography, testicular self examinations; PSA test; cholesterol screening; colon cancer screening and blood pressure screening.

Preventive healthcare should be considered an investment. Take advantage of any preventive benefits that your health plan offers. The choice regarding your health is simple: Either invest a relatively small amount in order to stay in good health, or pay a substantial amount later to treat the disease that is bound to eventually occur.

For more information about the recommended schedule of periodic screenings go to the US Preventive Services Task force list at:

www.uspreventiveservices_taskforce.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:

Ruth Sullivan, STAR Program - Hereford
Vanessa Gonzales - Perryton Behavioral Health

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...

Royall Turner	Adult Behavioral Health
Reagan Demerson	Specialized Services
Lidia Dailey	Crisis Redesign
Maria Cabrera	Community Living
Yvonne Blanco-Spriggs	TCOMMI
Summer Daniels	Early Childhood Intervention
Katie Davis	While-A-Way Group Home
Steven Garcia	Human Resources
Jesse Miller	Pool
Cynthia Peters	IDD Psychology
Markeshia Polite	Canode Group Home
Randy Ray	Support Services/Motor Pool
Jesus Valiente	IDD Service Coordination
Alisha Walker	ASCI Amarillo



ECI Golf Tournament

Due to time constraints, the ECI Golf Tournament at Palo Duro Creek Golf Course scheduled for August 9th has been cancelled. We regret any inconvenience. You may contact Susan at 806.282.0535 with questions.



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 **Carol Bentley with IDD Intake**. Carol is always so helpful. She goes above and beyond when helping locate information on client records. She is also one of the first people our families and consumers meet and she is very pleasant and cheerful when welcoming them. Thank you, Carol.

Sharon Guinn for IDD Service Coordination

Answers to last months questions:

1) 40% 2) No symptoms 3) 72 hours 4) PTSD

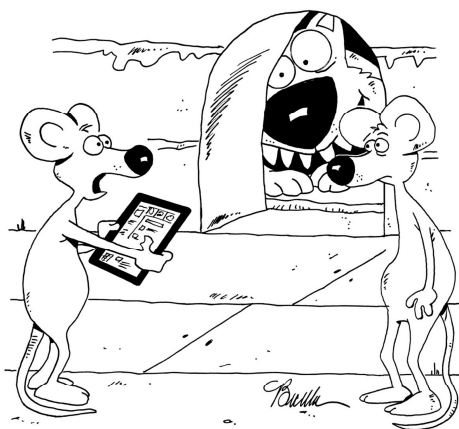
Baby News...

Congratulations to Michelle Warnica (Medical Records) on the birth of twin grandbabies!

Michelle's daughter Cayley and husband Justin Cates welcomed twins on May 29, 2015 at 8:26pm. Kinsley Dawn was 4lbs. 2oz. and brother Cooper Lee was 4lbs. 1oz. Proud "Lolly and PopPop" are Michelle and Jim Warnica.



"Mason, it appears that you're the only one in middle management who hasn't 'Liked' the 'Cute Puppy' video I posted on Facebook."



"The cat just sent me a Facebook friend request. Do you think it's some kind of trick?"

From Human Resources

It is that time of year again! Open Enrollment for health insurance and health-related benefits will occur July 15, 2015 – July 24, 2015. Please plan to attend one group meeting, as well as an individual consultation. Both the group meeting and individual consultation are **mandatory**. Schedule options are outlined below.

Representatives from American Fidelity will assist each individual in making their selections electronically in the ADP System. To schedule these required meetings (**one group and one individual**), please contact Mary Salazar at (806) 351-3401.

Each employee is **required** to make elections of coverage during the Open Enrollment period. **Many staff prefer not to carry medical coverage through TPC; however, you will still be required to decline this coverage during an individual consultation.**

Open Enrollment Group Meetings

Individual Consultation Meetings to Elect Coverages

Appointments are available every half hour during the times and locations shown below

Wednesday, July 15 th	Thursday, July 16 th	Friday, July 17 th
Taylor Street Training Room	Taylor Street Training Room	Wallace Blvd. Bldg 501 HRD Training Room
8:00am – 9:30am	8:00am – 9:30am	8:00am – 9:30am
10:00am – 11:30am	10:00am – 11:30am	10:00am – 11:30am
1:00pm – 2:30pm	1:00pm – 2:30pm	1:00pm – 2:30pm
3:00pm – 4:30pm	3:00pm – 4:30pm	3:00pm – 4:30pm

Taylor St. Training Room	Wallace Blvd, Bldg 501, HRD Training Room
Monday, July 20 through Thursday, July 23 rd	Monday, July 20 th
8:00am-11:30am and 1:00pm-4:30pm	8:00am-11:30am and 1:00-4:30pm
Friday, July 24 th , 8:00-11:30am	Wednesday, July 22 nd
	Friday, July 24 th
	8:00am-11:30am

Wallace Blvd. Bldg 503, Conference Room	ASCI Amarillo, Conference Room
Tuesday, July 21	Tuesday, July 21
8:00am-11:30am	1:00pm-4:30pm

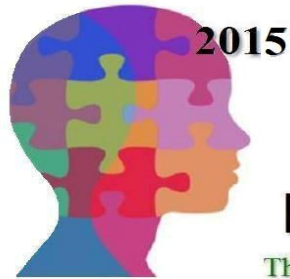
Pampa ASCI Day Hab	Borger ASCI Day Hab
Thursday, July 23 rd	Thursday, July 23 rd
8:00am-11:30am	1:00pm-4:30pm

Clarendon Behavioral Health	Hereford Behavioral Health
Thursday, July 23 rd	Thursday, July 23 rd
8:00am-11:30am	1:00pm-4:00pm

Dumas ASCI IDD Day Hab	Perryton ASCI IDD Day Hab
Friday, July 24 th	Friday, July 24 th
8:30am-11:30am	1:00pm-3:00pm

Stolen credit and debit card numbers: They're not too big a worry because you're not liable for fraudulent charges says the National Consumer Law Center. You have to report the theft of a debit card number within 60 days of getting a statement. Don't assume credit monitoring services will do it for you.

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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.



Reminder: If you have not already taken your float day for this fiscal year, please do so before August 31st to avoid losing it. You are eligible for a float day if you have been employed full-time at TPC for one year. Contact the payroll department with any questions.

Mary Salazar, Human Resources, 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!





**Walk[®]
Across
Texas!**

Spring 2015



Congratulations to participants of Walk Across Texas! Each member received a certificate for their participation. The following were recognized individually for:

- **Lisa Baumhardt, IDD Service Coordination**, was recognized for the Most Improved Walker over the 8 weeks.
- **Bud Schertler, Executive Director**, was recognized for accruing the most miles (1,313 miles).
- **Erica Marmolejo, Data Management**, was recognized for accruing the second most miles (1,138.33).
- **We're Kind of a Big Deal Team** was recognized as the winning team with 5968.53 miles!

Rank	Team Name	Total Team Miles
1	WERE KIND OF A BIG DEAL (8 walkers)	5968.53
2	Like A Boss (8 walkers)	5457.63
3	Wonder Walkers (8 walkers)	2210.26
4	Heart Rate Raisers (8 walkers)	2197.34
5	Red Hot Chili Steppers (8 walkers)	2067.84
6	Lollygaggers (8 walkers)	1933.18
7	Honey Badgers (8 walkers)	1729.97
8	Texas Hot Trotters (8 walkers)	1405.77
9	Thing 2 (8 walkers)	1383.99
10	Thing 1 (8 walkers)	1248.56

Many thanks to Jordan Planchon, WAT Site Manager, as well as Lizabeth Gresham, with Texas A&M AgriLife Extension Service, for the smoothie demonstrations and her energy and enthusiasm.

Job Stress

Submitted by: Jordan Planchon, Quality Management

What Is Job Stress?

Job stress can be defined as the harmful physical and emotional responses that occur when the requirements of the job do not match the capabilities, resources, or needs of the worker. Job stress can lead to poor health and even injury. The concept of job stress is often confused with challenge, but these concepts are not the same. Challenge energizes us psychologically and physically, and it motivates us to learn new skills and master our jobs. The importance of challenge in our work lives is probably what people are referring to when they say "a little bit of stress is good for you."



cardiovascular disease.

- Musculoskeletal Disorders - On the basis of research by NIOSH and many other organizations, it is widely believed that job stress increases the risk for development of back and upper- extremity musculoskeletal disorders.
- Psychological Disorders - Several studies suggest that differences in rates of mental health problems (such as depression and burnout) for various occupations are due partly to differences in job stress levels. (Economic and lifestyle differences between occupations may also contribute to some of these problems.)
- Workplace Injury - Although more study is needed, there is a growing concern that stressful working conditions interfere with safe work practices and set the stage for injuries at work.
- Suicide, Cancer, Ulcers, and Impaired Immune Function - Some studies suggest a relationship between stressful working conditions and these health problems. However, more research is needed before firm conclusions can be drawn.

What are the Causes of Job Stress?

Nearly everyone agrees that job stress results from the interaction of the worker and the conditions of work. According to one school of thought, differences in individual characteristics such as personality and coping style are most important in predicting whether certain job conditions will result in stress-in other words, what is stressful for one person may not be a problem for someone else. Although the importance of individual differences cannot be ignored, scientific evidence suggests that certain working conditions are stressful to most people.

Early Warning Signs of Job Stress

- Headache
- Sleep-disturbances
- Difficulty in concentrating
- Short temper
- Upset stomach

Job Stress and Health: What the Research Tells Us

- Cardiovascular Disease - Many studies suggest that psychologically demanding jobs that allow employees little control over the work process increase the risk of

Coping with Stress: Workplace Tips

- Identify your stress triggers

To begin coping with stress at work, identify your stress triggers.

- Where were you?
- Who was involved?
- What was your reaction?
- How did you feel?
- Tackle your stress triggers

Once you've identified your stress triggers, consider each situation or event and look for ways to resolve it.

- Sharpen your time management skills

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- Set realistic goals.
- Make a priority list.
- Keep perspective

When your job is stressful, it can feel as if it's taking over your life. To maintain perspective:

- Get other points of view.
- Take a break. Make the most of workday breaks.
- Have an outlet. To prevent burnout, set aside time for activities you enjoy.
- Take care of yourself. Be vigilant about taking care of your health. Include physi-

cal activity in your daily routine, get plenty of sleep and eat a healthy diet.

Seek help

- If none of these steps relieves your feelings of job stress or burnout, consult a mental health provider — either on your own or through an employee assistance program offered by your employer. Through counseling, you can learn effective ways to handle job stress.



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 Mental Health 5K is scheduled for _____.
2. To be eligible for a float day you must have worked full time at TPC for _____.
3. According to the World Health Organization, it is recommended that individuals get _____ minutes of physical activity each week.



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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