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Lipscomb, Moore,
Ochiltree, Oldham, Potter,
Randall, Roberts, Sherman,
and Wheeler counties

How the West was Run 5K / 1& Sum'thn Fun Walk

Bonnie Lasher, Community Relations

Amarillo National Bank sponsored the 2nd annual "How the West was Run 5K/1&Sum'thn fun walk" on May 21st, beginning and ending at the Wallace Campus. 100 runners and 25 walkers participated, and the weather was beautiful! Special thanks to United Supermarket for the refreshments, and for the wonderful volunteers that

came out early to set up, and made this event a success! Xcel energy also supplied volunteers. All monies earned will be used to benefit the clients in the Autism Program. Thanks to everyone that supported this event, it was a lot of fun!



Texas Panhandle Centers Special Olympic Stars Bring home the Gold

Texas Panhandle Centers Stars came home victorious from the Special Olympics Summer Games in Arlington, Texas! Not only did they win their division, they were also undefeated!

We could not be prouder! Thanks to everyone that paid to wear jeans to support the athletes, this was such an awesome opportunity for the team!



NANNA FISHER APPOINTED TO TEXAS PANHANDLE CENTERS BOARD OF TRUSTEES

Ms. Nanna Fisher has been appointed by the Randall County Commissioner's Court to the Texas Panhandle Centers Board of Trustees.

Ms. Fisher currently works for West Texas A&M University as a Licensed Professional Counselor. She has served as a volunteer counselor at the CareNet Crisis Center for the past four years and currently serves as WTAMU Staff Counsel.

Ms. Fisher is married and has two daughters. She enjoys spending time with her family and says that her favorite sounds are listening to her daughters laughing!

Current board membership includes: Judge Willis Smith (Lipscomb), Dr. Sam Reeves (Amarillo), Janis Robinson (Hereford), J.F. "Buck" Formby (Stinnett), Linda Brian (Amarillo), Larry Adams (Amarillo), Patty Hamm (Amarillo)



*In observance of Independence Day,
Texas Panhandle Centers will be closed,
Monday, July 4th.*

Independence Day is an important holiday as it carries a tradition that began with the signing of the Declaration of Independence in 1776. John Adams, one of the declaration signers and future president said:

"It will be celebrated by succeeding generations as the great anniversary festival. It ought to be solemnized with pomp and parade, with shows, games, sports, guns, shells, bonfires and illuminations from one end of this continent to the other, from this time forward evermore."

And so it is. May this year's celebrations keep the tradition alive, and in doing so, be ever mindful of the severe drought this area is facing and keep everyone's safety at the forefront of your festivities. Have a safe and happy 4th of July!



Employee Recognition

Judge Willis Smith, Chair, recognized Gaynelle Williams for fifteen (15) years of service with the Center at the May 26th Board of Trustees meeting.

Gaynelle works in the Mental Health Service Coordination Department. She was awarded a plaque, gift card and a day off. Congratulations!

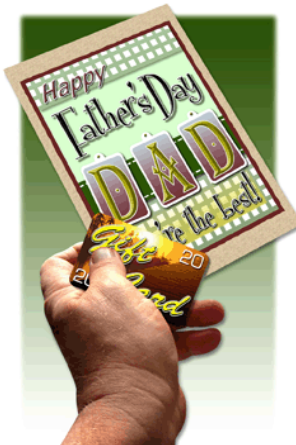


June 21st ~ 1st Day of Summer

Making Father's Day a Memorable Occasion

Dad's closet is overflowing with ties, he is ahead two wallets and has enough cologne to last him the rest of his life. So, what to do for Father's Day?

This day can be made memorable with a little creative thought. Ask yourself, what makes dad the happiest?



- Most men have a hobby or several. If he likes gardening, help him in the garden.
- Does he enjoy the finer things in life such as wine, chocolate or a favorite coffee?
- Gift baskets of his favorite things are always a good choice.

- Take him to his favorite restaurant and include a gift card for another visit.
- Be a helper for the day. Mow the lawn, wash his car or cook him a lavish meal.

Whatever the gift, it's the thought that really matters.

Happy Father's Day to all those deserving dads!

Avoiding Heat Exhaustion

From the Infection Control Committee

Source: Mayo Clinic



During the summers in the Texas Panhandle, the heat can become very dangerous. We wanted to give you a few warning signs and tips to keep you safe this summer.

As the temperatures climb this summer, remember to:

Wear loose fitting, lightweight, light-colored clothing. Excess, dark or tight clothing holds in heat and doesn't allow your body to cool properly because it inhibits sweat evaporation.

Avoid sunburn. If you're going to be outdoors, wear a lightweight, wide-brimmed hat or use an umbrella to protect yourself from the sun, and apply sunscreen to any exposed skin. Having a sunburn reduces your body's ability to rid itself of heat.

Seek a cooler place. Being in an air-conditioned building, even for just a few hours, is one of the best ways to prevent heat exhaustion. If your home doesn't have an air conditioner, consider spending time at a library or shopping mall. At least find a well-shaded spot. Fans alone aren't adequate to counter high heat and humidity.

Drink plenty of fluids. Staying hydrated will help your body sweat and maintain a normal body temperature. If your doctor has told you to limit fluids because of a health condition, be sure to check with him or her about how much extra you need to drink when the temperature rises.



Take extra precautions with certain medications. Ask your doctor or pharmacist whether the medications you take make you more susceptible to heat exhaustion and, if so, what you can do to keep your body from overheating.

Avoid hot spots. On a hot day, the temperature in your parked car can rise 20 F (about 11 C) in just 10 minutes. Let your car cool off before you drive it. Never leave children or anyone else in a parked car in hot weather for any period of time.



Let your body acclimate to the heat. If you travel to somewhere hot, or the temperature suddenly jumps in your area, it can take several weeks for your body to get used to the heat. You'll still need to take precautions, but working or exercising in heat should become more tolerable. If you are on vacation, you probably do not have several weeks to wait, but it's a good idea to wait at least a few days before attempting vigorous activity in the heat.

S.T.A.R. (Services to At-Risk Youth & Their Families)
Brings you...



“Back in Control”

Parenting Workshop

**Saturday, June 25, 2011
Be there: 8:45am - 4:00pm**



NEW LOCATION!

**South Branch YMCA
The ZONE Building
4101 Hillside Road • Amarillo, Texas 79110**

**Must pre-register! Call: 806.359.2005
Instructor: Janice James, MA, QMHP**

**CEU's available for LPC's & MSW's; General CEU's available
Must attend full class for certificate**

Seating is limited. **NO CHARGE** *No childcare provided.*

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:

Natalie Villalobos, MH Service Coordination ■ Jennifer Zarate, MH Service Coordination ■ Jessica Martinez-Garcia, MH Service Coordination ■ Caroline Frigo, MH Service Coordination ■ Tonya Hays, Medication Clinic ■ Caitlyn Trickey, MH Intake Borger ■ Norma Sloan, STAR Program ■ Chesa Morris, STAR Program ■ Ruth Sullivan, STAR Program ■ Barbara London, STAR Program ■ Erin Rassmussen, MH Service Coordination ■ Janice James, STAR Program



Wellness Coordinator

Veronica Melesio-Serrao

Chocolate Root Beer Floats

12 fluid oz Barq's Diet Root Beer or similar product
2 tbsp. chocolate syrup
1 cup fat-free vanilla frozen yogurt



Divide root beer between two (2) tall soda glasses. Add one tablespoon of chocolate syrup to each and stir.

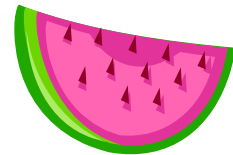
Add 1/2 cup scoop of frozen yogurt to each glass. Serve with straws and dessert spoons. Enjoy!



Start getting your teams ready!
Walk Across Texas begins
in July!



This Month's Winner Is...



Tambitha Ynojosa, Respite Services, was chosen by random drawing for the month of June.

Tambitha will receive a \$25 gift card from Amarillo National Bank.

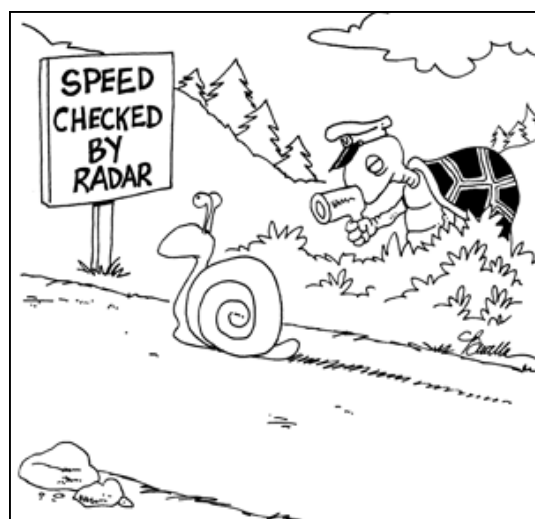
To claim your gift certificate, please contact Joyce Lopez at 806.351.3308.

Each month a random drawing will be held. All full and part-time employees (except executive management) are eligible to win. Winners are published each month in *Here's What's Happening*.

Watch for future drawings...you could be next!

Welcome these New Employees...

Tempestt Finch	Lamount Group Home
Caron Hites	Devon Group Home
Jared Jobert	Club Meadows Group Home
Schronda Taylor	Respite Pool
Kelsie Tucker	Club Meadows Group Home
Lana Walls	Respite
Christeen Duran	Clearwell Group Home
Paula Perea	Wayne Group Home
Antoinette Pirelli	IDD Service Coordination



White Hat Award

The IDD Service Coordination Department would like to present this month's White Hat Award to **Candace Hall, Respite Pool and Jennifer Long, Alternate Living**. One of our consumers had surgery and needed transportation assistance. With no other resources available, Jennifer and Candace stepped up to the occasion. What makes this unique is that this consumer lives in a rural area. Without hesitation, these ladies made it happen. Thank you. We appreciate you.

Sharon Guinn for IDD Service Coordination



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

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