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Serving the citizens of:

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

SUPPORTING THE TEAM

On May 20, 2014 the Amarillo Knights of Columbus, Council 1450 presented Kara Porter, TPC Recreational Program Specialist/Head Special Olympics Coach, with a check for \$1,000.00 for the trip to Arlington for our athletes to participate in the state Special Olympic Basketball tournament.

Additional donations of \$350.00 were also presented.

The Knights of Columbus have been instrumental in providing funding and volunteers for our Special Olympic program since 2011. Their involvement has been and continues to be greatly appreciated by this agency and the athletes on all of our Special Olympic teams.



Additionally, thank you to all TPC staff who participated in the "Jeans Week" as you raised \$1,540.00 for the team's trip! Our coaches and athletes left on May 21, 2014 and returned on May 25, 2014 with Gold Medals! Congratulations TPC Stars!!!





"Any man can be a Father but it takes someone special to be a dad." - Anne Geddes

Small boy's definition of Father's Day: *"It's just like Mother's Day only you don't spend so much."* - Unknown

"By the time a man realizes that maybe his father was right, he usually has a son who thinks he's wrong."
- Charles Wadsworth

"I cannot think of any need in childhood as strong as the need for a father's protection." - Sigmund Freud

The greatest gift I ever had came from God; I call him Dad! - Unknown

Carol Cobb, Financial Services, 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!

NAMI-Texas Panhandle's Walk for Mental Health 5K

The second annual Walk for Mental Health 5K will be held Saturday, October 11, 2014 at John Stiff Park. This is a major event to help raise mental health awareness in our community and to raise funds for the programs offered by NAMI-Texas Panhandle and Amarillo Area Mental Health Consumers/Agape Center. These programs, support group, classes and activities are offered at no charge to individuals living with mental illness and their family members in our area.

Committees are being formed at this time. If you are interested in volunteering, please contact Margie Waguespack, President, NAMI Texas Panhandle at: margiewaguespack1@gmail.com



Please join us in planning or participating in this important event!



COMPLIANCE CORNER

Welcome back to Compliance Corner. Each month we will address a question that was received internally for the purpose of education. (All personal identifying information was removed to protect the identity of the individuals).

Q: Is it a breach of HIPAA to ask an employee why they have been out for the last three days, and if they have been seen by a physician?

A: No. Generally, the Privacy Rule applies to disclosures made by your health care provider, not to the questions of your employer.

The Privacy Rule does not prevent your supervisor, human resources worker or others from asking you for a doctor's note or other information about your health if your employer needs the information to administer sick leave, worker's compensation, infection control monitoring or for health insurance purposes.

If your employer asks your health care provider directly for information about you, your health care provider can not disclose information without your authorization.

Covered health care providers must have your authorization to disclose this information to your employer, unless other laws require them to disclose it.

For further information, please contact Human Resources.



REGISTER YOUR TEAM TODAY!



Early Childhood Intervention Golf Tournament

"An investment in babies today for a better Texas tomorrow"

Palo Duro Creek Golf Course

Four Person Scramble

Sunday July 20, 2014

Entry Fee: \$360.00 Per Team

Tee Off 9:00am - Shotgun Start

Registration - 8:00am

2 Flights - 3 payouts per flight

Entry Deadline: Friday July 11, 2014



Includes: Hole Prizes, Goody Bags, T-Shirts, Breakfast, Lunch,
Silent Auction, Team Payouts (Pro Shop Gift Cards)

Team Registration

1. Name _____ Shirt Size _____
Phone # _____ Email Address _____

2. Name _____ Shirt Size _____
Phone # _____ Email Address _____

3. Name _____ Shirt Size _____
Phone # _____ Email Address _____

4. Name _____ Shirt Size _____
Phone # _____ Email Address _____

Questions: Call Kristina @ 806-674-1404 or kristinalea1984@yahoo.com

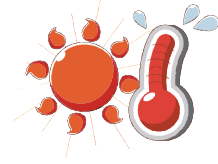
Send Registration to: 2505 S Lakeview Suite 302 Amarillo, TX 79109 or Fax: 806-359-0506

Make Checks payable to: ECI (checks or cash only)

OTIS Corner

(Opportunities To Improve Safety)

Submitted by: Natalie Henning, QM Coordinator, Safety Director



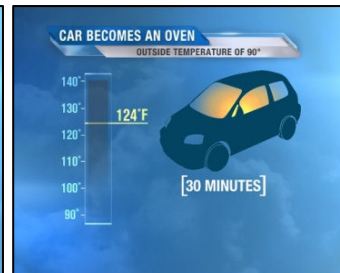
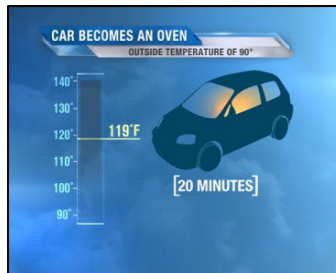
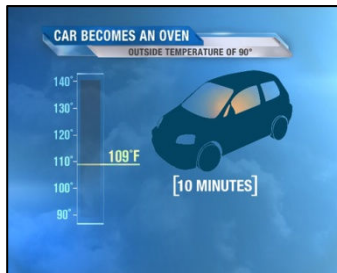
Both at home and at work...“Look Before you Lock”

The pictures below, taken from weather.com, illustrate how quickly a vehicle

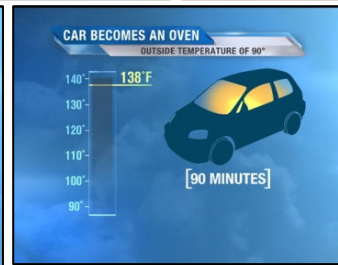
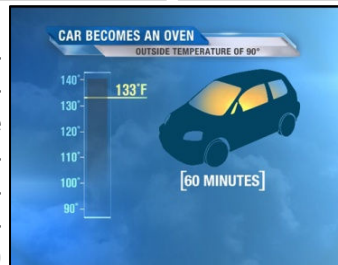
begin to set in within 10 minutes as the temperatures rise depending on

aware of and **practice at home and at work**. Many employees transport cli-

ents and,



heats up to dangerous temperatures. With the outside air temperature remaining at 90 degrees, within 90 minutes, the temperature goes up to 138 degrees in a closed vehicle.



regardless of the client's age, employees should practice “Look Before you Lock.” Also, remember to have an increased

If the vehicle is in direct sunlight, **it can take much less time to heat up to these dangerous temperatures.**

This time of year, it is important to be aware of the dangers of leaving an infant, child, disabled person, or older adult as well as a pet alone in a car during hot weather. Hyperthermia (dehydration, a dangerous rising of body temperature, heat exhaustion and heat stroke) **can**

the person, their size and age, and the medication they are taking.

Texas began using the “Look Before you Lock” campaign to raise awareness of **forgetting small children** in vehicles, but just last year in Arlington, a group home employee was arrested because of the death of a 29 year old disabled man who had been forgotten in a vehicle.

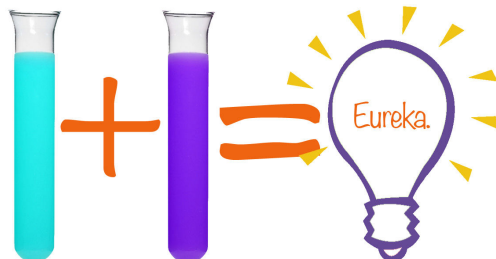
“Look Before you Lock” is a slogan we should all be

awareness of how some medications interfere with the body's temperature and how this can affect those that are being transported as well. By taking the precaution of looking before you lock and increasing your awareness of the temperature and possible medication issues, you can make sure those that are travelling with you **stay safe** from the heat in a vehicle.



Blame Brain Chemicals when you Feel Funny

Feeling funny? As in humorous? Are you busting all the jokes at lunch? If you're feeling funny today you can pat yourself on the head, not the back. Brain chemicals are making it all work. Researchers at Stanford School of Business have found that two brain chemicals spark creativity. Serotonin and dopamine can make you feel funny, clever or creative.



some things that sound like grandma's list for happiness: eat right, sleep right, exercise and avoid alcohol.

Walk: Exercise helps produce serotonin. In fact, they recommend a walk 10 to 15 minutes before a meeting. Computer pioneer, the late Steve Jobs, loved to walk while talking business.

High levels of serotonin make you feel calm (low levels can make you feel anxious). High levels of dopamine can make you feel excited and engaged (low levels can make you bored and apathetic). These chemicals combine to produce a mental state in which you are calm but energized.

Eat: You can eat protein and shun carbs in the morning. Protein appears to be instrumental in producing those needed creative chemicals.

Sleep: Get deep, restful sleep, unhindered by alcohol and caffeine.

The question is: How can you get those chemicals in the right mix just when you need them? Sadly you cannot swallow a creative pill, but researchers recommend

Don't worry so much: Seriously, stress reduces serotonin and makes you closed to new ideas.

When Thunder Roars, Go Indoors

Lightning strikes more frequently during the summer months, but it can strike any time of the year.

- ♦ If you are outdoors and see darkening skies or hear thunder, seek a sturdy, enclosed shelter immediately.
- ♦ Immediately get off elevated areas such as hills, mountain ridges or peaks. Never shelter under an isolated tree. Immediately get away from ponds, lakes and other bodies of water.
- ♦ Stay away from objects that conduct electricity, like anything with a metal handle or body, or wire fences.
- ♦ Lightning often occurs before the rain begins and soon after the rain ends. Wait 30 minutes after the last sound of thunder before returning outside.
- ♦ If you are indoors during a thunderstorm, try not to use corded appliances and electronics, such as computers and phones, as well as plumbing. Electrical wiring and pipes can provide a path for lightning to enter the house.



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:

Norma Sloan, STAR Program
Debra Cooksey, Dumas 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.



White Hat Award

This month's What Hat Award is presented to **Trisha Wilson, Director of Community Services**, for her impressive work over the TPC Day Programs. She takes initiative to know the programs and the consumers; following up on any concerns and listening to both consumers and service coordinators. We are excited to work with her and present the White Hat Award to her with enthusiasm.

Amy Bynum for IDD Service Coordination

Welcome these New Employees...

Gaylen Ballesteros
Vanessa Gonzales
Edward Martinez
Nohemi Rodriguez

Specialized Services
Perryton Behavioral Health
IDD Service Coordination
Camp Lane Group Home



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

Have a safe and happy 4th!



Walk Across Texas started on Sunday, May 18th. WAT Teams include:

- ◆ Happy Feet
- ◆ Energizers2
- ◆ Lollygaggers
- ◆ The Booty Shakers
- ◆ Walk Stars
- ◆ Resilience
- ◆ Breaking Bad...Habits
- ◆ Team Ethan



Check the Walk Across Texas website to see weekly results and cheer on your favorite team. Submit any team pictures to joyce.lopez@txpan.org for inclusion in the newsletter.

Common Sense Parenting



WHEN: TWO Saturdays, June 14 & June 28, 2014
8:45 AM to 4:00 PM

(Must attend both sessions to get certificate)



WHERE: TPC Children's Services Building
1500 S. Taylor Street
Amarillo, Texas 79101

INSTRUCTOR: Janice James, MA, QMHP

Get new ideas and skills, hone old ones, and gain confidence "to do what really matters; create bonds, enhance the relationships and teach the values of your family that will be handed down for generations to come."

-- The Authors of Common Sense Parenting

Must attend both sessions for certificate.

(CEUs offered for LPCs, MSWs, Childcare Workers and General)

NO CHARGE

Must pre-register at 359-2005.

Limited seating.

No Childcare-Parents Only

Sponsored by: S.T.A.R. (Services-To-At-Risk) Youth and their Families

Funded by TDFPS

A Grant Program of TPC



Don't forget TPC sells discounted tickets to Splash Water Park.

The tickets have changed this year. You have the choice from two tickets:

- ♦ Weekday (Monday-Thursday) **\$12** (compared to regular gate price of \$18)
- ♦ Weekend (Friday-Sunday) **\$15** (compared to regular gate price of \$21)

Contact Carol Cobb in Financial Services, Building 901 Wallace at 351.3205.

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 NAMI 5K Walk for Mental Health is scheduled for Saturday, _____.
2. Is it a breach of HIPAA for a supervisor to ask an employee why they've been out for the last three days? ____
3. Heat exhaustion and heat stroke can begin to set in within _____ minutes as the temperatures rise.

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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