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and Wheeler counties

No Purple Heart for the Invisible Wounds of Mental Illness

Source: Mental Health First Aid USA

Returning home from deployment in Afghanistan with the 82nd Airborne Division of the United States Army should have been an exciting new chapter in the life of Specialist Tousha Barnes.

"I presumed I'd find a job really quick and move forward with my life," says Barnes. "I was looking forward to moving back to my small town and resuming my role as a wife and, later, a mom."

Distress signals

One night, Barnes awoke to the sound of a tornado siren.

"I woke up immediately in the mindset of, 'Grab your gun and join your company,'" she recalls. "It was the same sound I would hear when we were under mortar fire.

Instead of a fresh start, Barnes struggled with unemployment as symptoms of depression, anxiety and post-traumatic stress disorder (PTSD) soon developed.

Not alone

Thousands of American veterans live with PTSD. Countless more struggle with anxiety or depression.

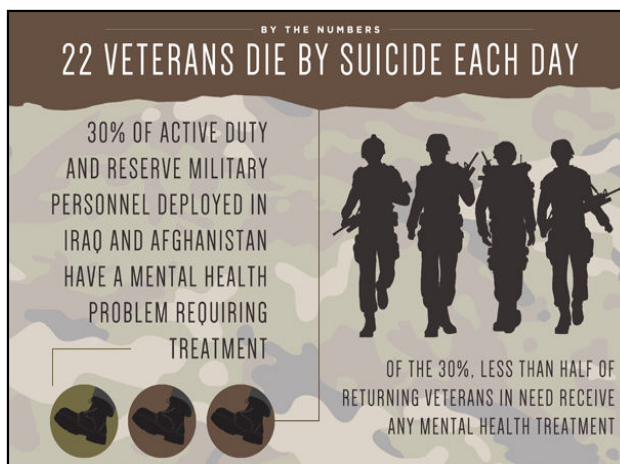
What made the difference for Tousha Barnes? After a close friend recognized the signs and in-

tervened, she eventually found effective treatment and peer support, which put her on the path to recovery.

The Veterans Administration estimates 22 veterans die by suicide every day. Roughly 30 percent of military personnel deployed in Iraq and Afghanistan have a mental health problem requiring treatment, yet less than 50 percent of them will receive the services they need.

Strength in seeking help

Military service fosters resilience in soldiers and their families, but that sense of resilience is often the very thing that stops members of the mili-



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tary community from seeking help.

"When soldiers come back to civilian life, we have to retrain our thinking," says Barnes.

"We have to learn that there is strength in reaching out for help with our mental health."

Peer support is especially valuable to service members, veterans and their families living with mental illness.

Just being able to talk to someone who understands can be crucial.

Offering service

"You can't ever be the person you once were

when you've seen war." says Barnes. Knowledge, coupled with support, drastically improves outcomes for the hundreds of thousands of men and women in uniform who return from war with emotional scars.



"You never know when you're going to come across a veteran or family member in need," says Barnes. "And you can't be afraid to reach out and offer help."

If you or someone you know is struggling and needs help please call 806.341.0581 during normal business hours. After hours please call 806.359.6699.

Welcome these New Employees...

Jennifer Chavez

Zeth Collom

Chess Grant

Samantha Hill

Aurelia Moore

Zaine Chowdhury

Emerald Green

Alice Gonzales

Jerrica Zwick

ASCI Pampa

ECI

Crisis Unit

Human Resources

IDD Service Coordination

1115 Waiver

Amherst

IDD Nursing

Respite Pool



In observance of Independence Day, TPC Offices
will be closed Friday, July 3rd (observed).

Wishing everyone a safe and happy 4th of July!

White Hat Award



The IDD Service Coordination Department would like to give this months White Hat Award to **Alicia Huckabay with IDD Intake**. Alicia has been very helpful when scheduling appointments, accommodating service coordinators and clients and going out of her way to make sure “things go as planned.” She recently assisted the supervisors with a complicated task and we appreciate her time and knowledge. Thank you Alicia!

Sharon Guinn for IDD Service Coordination

Answers to last months questions:

1) *Skin Cancer* 2) *August 9, 2015* 3) *Personnel Protective Equipment*



National Fireworks Safety Month Proceed with caution!

According to a new Consumer Product Safety Commission study, fireworks-related injuries and deaths are increasing annually. Mishandling and malfunction of devices accounted for most of the estimated 11,400 injuries and 8 deaths reported in 2013.

Sadly, almost 2,000 of them occur in children under age five, a higher per capita injury rate than any other age group. Adult consumers often think it's safe to hand them sparklers or bottle rockets; however, they accounted for more than 40 percent of all estimated injuries. Parental supervision is not enough. Children who are simply bystanders and not even handling the fireworks can become victims.

Sparklers burn at 1200 degrees or hotter and can melt metals.

Firework use on private property accounted for 68.1 percent of reported injury cases. Some states are banning this practice, especially in cities where errant flight paths can set fires on neighboring house roofs. In 2013, fireworks sparked 16 fires in Ohio.

The size of the fireworks product is no indication of the amount of explosive material inside.

Prevent Blindness America warns there is no safe way for nonprofessionals to use fireworks.

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.** **The deadline to schedule your meetings is 12:00 noon on Friday, July 10th.**

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 1:00-4:30pm
8:00am-11:30am and 1:00pm-4:30pm	Wednesday, July 22 nd 8:00am-11:30am and 1:00-4:30pm
Friday, July 24 th , 8:00-11:30am	Friday, July 24 th 8:00am-11:30am

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

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

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

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

5 Myths of Having High Blood Pressure

Myth No. 1:

It's No Big Deal. The problem with high blood pressure initially is there are no symptoms. You don't feel bad, so how could anything be wrong?

The truth is, when your blood flow begins to push too hard against your blood vessels, it leads to damage of your heart, kidneys, and other organs in your body. High blood pressure is a very big deal indeed.

Myth No. 2:

There Is No Good Treatment. Many people feel there's nothing they can do about their high blood pressure.

The truth is if you follow a sensible plan, you can manage your high blood pressure.

Myth No. 3:

A "Little" High Blood Pressure Is Okay. When you take your blood pressure readings, you probably notice they vary somewhat. You probably also notice there are two numbers, one on top and one on bottom.

Normal readings are: 119 or below for the top number, and 79 or below for the bottom number. Some people believe that as long as one of these numbers is normal, you're okay.



The truth is if either of your blood pressure numbers is above normal, you need to do something right away.

Myth No. 4:

High Blood Pressure Cannot Be Prevented.

This idea is dead wrong. Even if everyone in your family has higher blood pressure, this doesn't mean there is nothing you can do.

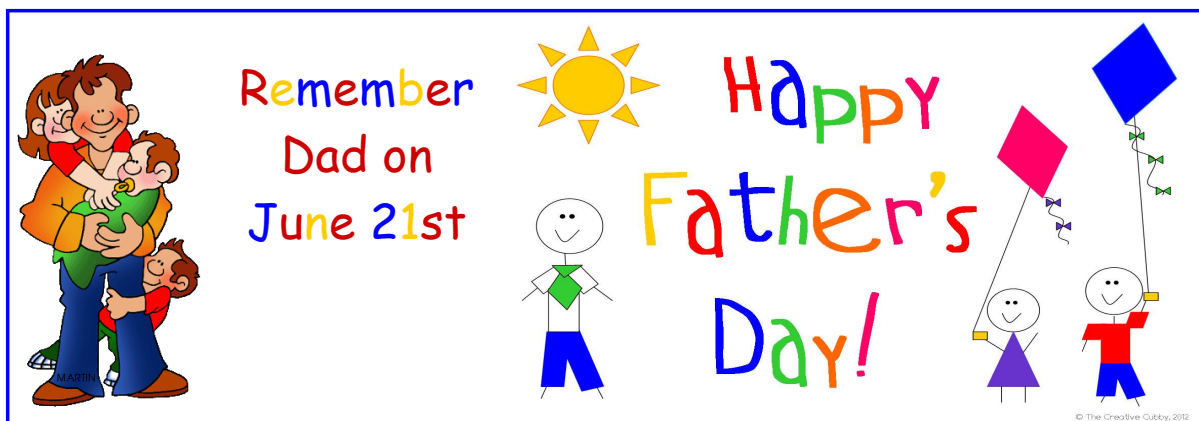
Simple changes such as eating a healthy diet, limiting salt intake, and keeping your weight under control, can help you prevent high blood pressure.

Myth No. 5:

Treatment Is Difficult. Most people think that treating high blood pressure requires giving up all your favorite foods, engaging in some crazy exercise plan, or taking dangerous and expensive drugs.

While you do need to make changes to get your blood pressure under control, those changes do not have to be difficult or unpleasant.

If you have high blood pressure be sure to visit with your doctor for treatment options.





Annual TB testing

Rodney Bailey, RN, Director, IDD Nursing

TB testing is done with all new employees during orientation and current employees at the time of reorientation annually.

TB testing needs to be performed on a Monday, Tuesday, or Wednesday and read on Wednesday, Thursday, or Friday (72 hours after testing). TB tests are done in building 503 at the Wallace Campus. Nursing staff are available weekdays except during the lunch hour between 12 noon and 1 PM.

For those employees in the regional areas, you may choose to have them done at your local physician's office, clinic or health department. There will be a small fee that the employee will be responsible for if you choose this option. If you have access to a

healthcare professional in the region on the weekends, you may get your TB test in Amarillo on Friday and have it read on Sunday at your location and return the sheet to me.

If nursing is available at your location, you may get the test done at the Wallace street campus and have nursing on your campus read the test.

Please send the completed TB form by office mail to Rodney Bailey RN, Director of Nursing, in building 503 on Wallace Campus (P.O. Box 3250 Amarillo 79116 attn: Rodney Bailey).

For any additional questions please don't hesitate to call me at 351-3364.

June 21st-first day of summer and
longest day of the year

Rhonda Pierson, IDD Nursing, 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!



Mark your calendars!



Early Childhood Intervention

And

Palo Duro Creek Golf Course



Second Annual Golf Tournament

August 9, 2015

Shotgun Start 9:00 am

Teams of 4

\$360.00 per team

Includes Breakfast, Lunch, Hole

Prizes, Silent Auction,

Team Payouts

Call Susan Stokes 282-0535

susan.stokes@txpan.org



10 Tips for Exercising Safely

Submitted by: Jordan Planchon, QM Coordinator, Safety Director

As we wrap Walk Across Texas and continue on with striving for healthy lifestyles, please keep in mind that the most important factor when exercising and getting healthy, is your safety.

Almost anybody can safely take up walking, and light to moderate exercise is usually fine for healthy adults with no troublesome symptoms. But do you need to talk to your doctor before taking on a more strenuous regimen? It's wise to talk to a doctor if you have any questions about your health or plan to start more vigorous workouts, especially if you haven't been active recently.

Definitely talk to a doctor if you have any injuries or a chronic or unstable health condition, such as heart disease or several risk factors for heart disease, a respiratory ailment like asthma, high blood pressure, joint or bone disease (including osteoporosis), a neurological illness, or diabetes. Also consult your doctor if you suspect you may have an illness that would interfere with an exercise program or if you have been experiencing any troublesome symptoms, such as chest pain, shortness of breath, or dizziness.

Once your doctor gives you the go-ahead to exercise, the tips below can help you avoid injuries:

- Take five to 10 minutes to warm up and cool down properly.
- Plan to start slowly and boost your activity level gradually unless you are already exercising frequently and vigorously.
- Be aware that training too hard or too often can cause overuse injuries like stress fractures, stiff or sore joints and muscles, and inflamed tendons and ligaments. Sports prompting repetitive wear and tear on certain parts of your body — such as swimming (shoulders), jogging (knees, ankles, and feet), tennis (elbows) — are often overuse culprits, too. A mix of different kinds of activities and sufficient rest is safer.
- Listen to your body. Hold off on exercise when you're sick or feeling very fatigued. Cut back if

you cannot finish an exercise session, feel faint after exercise or fatigued during the day, or suffer persistent aches and pains in joints after exercising.

- If you stop exercising for a while, drop back to a lower level of exercise initially. If you're doing strength training, for example, lift lighter weights or do fewer reps or sets.
- For most people, simply drinking plenty of water is sufficient. But if you're working out especially hard or doing a marathon or triathlon, choose drinks that replace fluids plus essential electrolytes.
- Choose clothes and shoes designed for your type of exercise. Replace shoes every six months as cushioning wears out.
- For strength training, good form is essential. Initially use no weight, or very light weights, when learning the exercises. Never sacrifice good form by hurrying to finish reps or sets, or struggling to lift heavier weights.
- Exercising vigorously in hot, humid conditions can lead to serious overheating and dehydration. Slow your pace when the temperature rises above 70°F. On days when the thermometer is expected to reach 80°F, exercise during cooler morning or evening hours or at an air-conditioned gym. Watch for signs of overheating, such as headache, dizziness, nausea, faintness, cramps, or palpitations.
- Dress properly for cold-weather workouts to avoid hypothermia. Depending on the temperature, wear layers you can peel off as you warm up. Don't forget gloves.

Delayed muscle soreness that starts 12 to 24 hours after a workout and gradually abates is a normal response to taxing your muscles. By contrast, persistent or intense muscle pain that starts during a workout or right afterward, or muscle soreness that persists more than one to two weeks, merits a call to your doctor for advice.



Harvard Health Publications
HARVARD MEDICAL SCHOOL

Trusted advice for a healthier life

COMPLIANCE CORNER

Gaynelle Williams, Coordinator of Compliance & Planning



Question:

I work in a group home and I heard another staff member yell at a client and threaten not to feed him his snack. Should I report this to someone?

Answer:

Yes. Class III abuse is any act or use of verbal or other communication to threaten a person served with physical or EMOTIONAL harm. Call the toll-free hotline at **1-800-647-7418** and report it immediately.

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



1. Sparklers and bottle rockets account for more than _____ of all estimated injuries.
2. With high blood pressure, there are usually _____ so you don't feel bad.
3. TB tests must be read _____ hours after testing.
4. Thousands of American Veterans live with _____.

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:

Joyce Lopez-Enevoldsen • 901 Wallace Blvd., • Amarillo, Texas 79106
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