



Here's What's Happening...

TEXAS PANHANDLE CENTERS

901 WALLACE BLVD. AMARILLO, TEXAS

www.texaspanhandlecenters.org

March 2015 Volume XII, Issue 3

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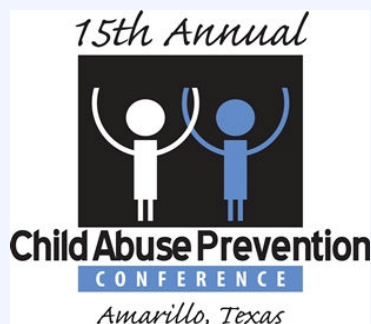
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Serving the citizens of:

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



15th Annual Child Abuse Prevention Conference

John Seita

In Whose Best Interest

Private Logic

The Private Logic of Connecting with Kids Who Outwit Adults

Bill Eddy

Understanding & Managing High Conflict Personality Disorders

Don't Alienate the Kids: Raising Resilient Children in a High Conflict World

Thursday

March 26, 2015

8:30 a.m. - 5:00 p.m.

Cost: \$25.00 (lunch included)

(PRPC Sponsored - No Charge for Qualifying Law Enforcement Officers)

Location:

**Amarillo Civic Center, Grand Plaza
Amarillo, Texas**

Contact:

Amarillo College Phone: (806) 354-6081

Criminal Justice Programs Fax: (806) 354-6074

P. O. Box 447 actx.edu/cj/conferences

Amarillo, TX 79178 criminaljustice@actx.edu

IMS

www.imstpa.com

WELLNESS WORKS

TARGETED POPULATION MANAGEMENT

Losing weight, unfortunately, isn't a one-size-fit-all proposition. What helps one person shed pounds may backfire on another. The only successful way to reach and maintain a healthy weight is to find out what works for you. There are probably a million ways to gain 10 pounds, but here are 10 ways to lose them – whether you are working on the first 10 pounds or the last.

Add – Don't subtract! Try adding foods to your diet instead of subtracting them. Add in healthy goodies you really love, like deep-red cherries, juicy grapes, or crunchy snow peas. Slip those favorite fruits into your lunch bag or breakfast cereal; add veggies into soups, stews and sauces.

Be creative in your work out. If the word "exercise" inspires you to creative avoidance, then avoid it. Maybe the trick to enjoying a workout is to never call it "working out". Burn calories and invigorate muscles by riding bikes, hiking, washing the car, playing Frisbee, or hike the mall. Make a list of the activities you enjoy and vary your routine to keep it interesting. Whatever activity you choose – make it VIGOROUS! It burns more calories.



Lighten the foods you already love. One of the ways to cut back without feeling denied is to switch to a lower calorie version of the foods you love. A pizza tastes just as good with reduced fat cheese. Use non-fat milk instead of whole milk on your favorite cereal. Select low fat or fat free versions of your favorite dressing on that great leafy green salad.

Because hydration helps – really! Down some water before a meal and you won't feel famished. For the compulsive snacker it's a great idea to keep no-calorie beverages (preferably WATER) at hand as a way to keep your mouth busy. Everyone should consume half your body weight in ounces of water daily.

6-8 glasses of water each day

Avoid alcohol Alcoholic beverages are some of the emptiest calories out there. Replace them with water and watch the weight come off.

Share & share alike With the massive meals served in American restaurants today, it's easy to share the dinner plate. Split the meal or take the other half home for later. When you are trying to eat better or get more exercise, you can be more successful if you do it with a partner or a group.

Tune in – Tone up During commercials pedal your stationary bike, walk the treadmill, or slip in a little strength training doing bicep curls with cans of your favorite fizzy beverage as weights. It doesn't matter exactly what you do, so long as you're up and active.

Portion control Eating less without feeling denied can challenge most of us. Fill up your plate with twice as many green (non-starchy) vegetables than meat (protein). Go for 3 ounces of lean meat (the size of a deck of cards).

Get involved When you eat at the table, with a place setting, you will be more aware of what you're eating. Get involved, and have a life outside of weight loss.

Lose it today, keep it off tomorrow Finally, be patient. While cultivating that virtue isn't exactly painless, it may help to know that keeping off weight generally gets easier over time. Researchers found that for people who had lost at least 30 pounds – and kept it off for at least 2 years – maintaining that weight loss required less effort as time went on.

Remember – the little things add up

- Add more fruits and veggies
- Drink more water –cold water increases metabolism
- Schedule exercise in your calendar 3-5 x/week
- Grab a friend or colleague and work out together
- Portion control
- Be patient

Track your

Weight, steps, exercise, fluid & food intake with
Wellness Works Trackers
under the **Tools & Resources** tab at
IMS Wellness Works
www.imstpa.com

Welcome these New Employees...

Laura Lynch	IDD Service Coordination
Angie Johnson	West Cliff Group Home
Rachael Ruiz	Community Living
Shirley Graves	IDD PASRR
Eddie Tijerina	Specialized Services
Oleta Acker	Psychology/Autism
Shirley Otto	Browning Group Home
Bailey Powell	Camp Lane Group Home
Robert Downing	Maintenance
Corey Brax	IDD Service Coordination



BIG NEWS!

Everything you always wanted to know about infection control is now available in the new infection control operations manual located on the TPC intranet under the documents tab. Answering those big questions like-



Who do I tell if I'm sick?

How long can I be off sick before I need a doctor's note or before I qualify for FMLA?

Are there any forms I need to fill out if I'm sick?

How do I protect myself from getting sick?

As always, if you need assistance, contact your company infection control designee.

Infection Control Designees:

For MH contact Diane Donnell RN

For IDD contact Rodney Bailey RN



Texas Panhandle Centers Behavioral and Developmental Health

Men and Women Continue to Value Amenities Differently

One long-time realtor says that in spite of a shift to younger prospects, her male buyers are still interested in garages, basements, attics, and crawlspaces. She said women are more interested in kitchens and the flow of the floor plan for entertaining.



And 19 percent of single men said a kitchen island was very important compared with 8 percent of women.

In an unexpected finding, 38 percent of single men said a walk-in closet was very important versus 29 percent of women.

The National Association of Realtors recently made an in-depth study of what single male and female buyers want; what married couples want; and what unmarried couples want. Some of their findings:

They asked single men and women what features were "very important," and 32 percent of men and 21 percent of women cited new kitchen appliances.

Granite countertops were must-haves for 24 percent of men and 11 percent of women.

Updated basements were rated as very important by 16 percent of men and 13 percent of women.

Among married couples, 42 percent wanted a walk-in closet in the master bedroom.

New kitchen appliances were thought to be very important by 21 percent of couples.

About 24 percent wanted a single level home, and 34 percent of couples wanted ceilings that were 9 feet high.

Moneywise

The world says 'Save!' but how much and how often?



Everyone has advice on how to plan your financial future. To make it all easier, financial advisors for *USA Today* recommend this road map for retirement.

In your 20s: Put small amounts into your IRA or a 401 (k) as you lay the ground work for your future. At this point, your mission is to get out of credit card and college debt.

In your 30s: Increase your savings, maybe to as much as 10 percent of your net income. Save for a down payment on a house, if you haven't already. Most people marry in their 30s and children might be on the way. Avoid debt.

In your 40s: These are the peak years for earning and saving. Coordinate your plans with your spouse and put salary increases and bonuses into your savings. Start calculating how much you will need for retirement. Invest in a Roth IRA so you'll have money you won't have to pay taxes on.

In your 50s: Try to save more than 20 percent of your income. Consider downsizing your home if it's too big. Decide when you want to start taking Social Security. Try living on a fixed income.

What then? If you've planned and saved well, you can retire in your 60s. If not, you can work a little longer.

Or you can retire anyway and find a part time job that you will enjoy. Many retirees work. They want the money but also enjoy the routine and social contacts.

White Hat Award

The IDD Service Coordination Department wishes to present the White Hat Award to **Alejandra ("Allie") Castro, Pampa ASCI Program**, because of her passion for TPC clients. Not only do Service Coordinators love Allie, but her clients and the Pampa day program board "rave" about her kind work. She makes sure client's needs are met when they are in her care. She is gentle and kind and greatly appreciated.



Amy Bynum for IDD Service Coordination

First Day of Spring: March 20th



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 safest place during a tornado is an underground shelter, _____, or a safe room.
2. Try _____ foods to your diet instead of subtracting them. Add healthy goodies you really love.
3. The 15th Annual Child Abuse Prevention Conference is scheduled for _____.



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 5th of each month to:

Joyce Lopez-Enevoldsen • 901 Wallace Blvd., • Amarillo, Texas 79106
Phone: (806) 351-3308 Fax: (806) 351-3345 Email: joyce.lopez@txpan.org



Answers to last months questions:
1) Obesity, Exercising 2) 16.6 million 3) March 14, 2015

March is National Social Worker's Month

The National Association of Social Workers (NASW) celebrates National Professional Social Work Month in March. NASW recognizes and honors social workers in communities everywhere for their dedication and passion in improving people's lives.



Leticia Johnson, MH Children's Service Coordination, 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-Enevoldsen at 806.351.3308 or email: joyce.lopez@txpan.org.

Congratulations!

Tornado Safety

Submitted by: Jordan Planchon, Quality Management Coordinator

As we enter into Tornado Season in the Texas Panhandle, please be aware of the weather conditions to ensure your safety. Tornado season for the Panhandle runs from March through June. Texas Panhandle Centers facilities will be conducting Tornado Drills during this time.



Know the Difference

Tornado Watch - Tornadoes are possible in and near the watch area. Review and discuss your emergency plans, and check supplies and your safe room. Be ready to act quickly if a warning is issued or you suspect a tornado is approaching. Acting early helps to save lives!

Tornado Warning - A tornado has been sighted or indicated by weather radar. Tornado warnings indicate imminent danger to life and property. Go immediately under ground to a basement, storm cellar or an interior room (closet, hallway or bathroom).

How to prepare for a Tornado

- ◆ During any storm, listen to local news or a NOAA Weather Radio to stay informed about tornado watches and warnings.
- ◆ Know your community's warning system. Communities have different ways of warning residents about tornados, with many having sirens intended for outdoor warning purposes.
- ◆ Pick a safe room in your home where household members and pets may gather during a tornado. This should be a basement, storm cellar or an interior room on the lowest floor with no windows.
- ◆ Practice periodic tornado drills so that everyone knows what to do if a tornado is approaching.
- ◆ Consider having your safe room reinforced. Plans for reinforcing an interior room to provide better protection can be found on the FEMA web site.
- ◆ Prepare for high winds by removing diseased and damaged limbs from trees.
- ◆ Move or secure lawn furniture, trash cans, hanging plants or anything else that can be picked up by the wind and become a projectile.
- ◆ Watch for tornado danger signs:
 - ◇ Dark, often greenish clouds—a phenomenon caused by hail
 - ◇ Wall cloud - an isolated lowering of the base of a thunderstorm

- ◇ Cloud of debris
- ◇ Large hail
- ◇ Funnel cloud—a visible rotating extension of the cloud base
- ◇ Roaring noise

What to Do During a Tornado

- ◆ The safest place to be is in an underground shelter, basement or safe room.
- ◆ If no underground shelter or safe room is available, a small windowless interior room or hallway on the lowest level of a sturdy building is the safest alternative.
 - ◇ Mobile homes are not safe during tornadoes or other severe winds.
 - ◇ Do not seek shelter in a hallway or bathroom of a mobile home.
- ◆ If you have access to a sturdy shelter abandon your mobile home immediately.
- ◆ Do not wait until you see a tornado.
- ◆ If you are caught outdoors, seek shelter in a sturdy building.
- ◆ If flying debris occurs while you are driving, pull over and park. Now you have the following options as a last resort:
 - ◇ Stay in your car with your seat belt on. Put your head down below the windows, covering with you hands and a blanket if possible.
 - ◇ Your choice should be driven by your specific circumstances.

<http://www.redcross.org/prepare/disaster/tornado>