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Randall, Roberts, Sherman,
and Wheeler counties

November is American Diabetes Month

We've all heard about diabetes mellitus (or simply diabetes), usually in reference to how the disease is becoming so prevalent. More than 25 million Americans have it, according to the American Diabetes Association.

But not many people know what it is and how they can avoid getting it.

The food we eat is digested into nutrients, which are then absorbed by the body. Protein turns into amino acids, fat into fatty acids, and starch (carbohydrates) into glucose.

Glucose is transported by the blood to the cells, where it's used for energy. But to enter the cells, insulin is needed. Without it, the level of glucose in the bloodstream gets too high. It can damage the blood vessels, cause kidney failure, impotence, blindness, and risks for amputation.

Type 2 diabetes occurs when the body still produces insulin, but the cells have become resistant to it. For a while, the body can compensate by producing more insulin, but the cells become even more resistant. When the body can no longer produce enough insulin, type 2 diabetes has occurred.

Who is at risk, what they can do.

The largest risk factor is being overweight. Others include age, a family history of the disease, high blood pressure, high cholesterol and lack of exercise.



Before developing type 2, people almost always have pre-diabetes, a condition marked by a blood glucose level that's too high. There are no symptoms, so those with pre-diabetes, often don't realize they have it. But their doctors will warn them, and they should listen.

Because it could take some time for pre-diabetes to turn into a full-blown case, there's an opportunity for prevention. Studies show that changes in diet, weight loss and exercise can prevent diabetes in up to 60 percent of cases.

Once diabetes is diagnosed, patients have it in their power to reduce the most serious side effects. By maintaining glycemic control, keeping blood pressure under control and improving their cholesterol, they can reduce the risk of complications such as heart disease, nerve problems, kidney and eye diseases by one-third to one-half.

Did You Know?

A "Did You Know" section will be featured regularly in an effort to inform and educate employees of policies, procedures or news of importance.



Did you know there are safety guidelines for the use of decorations, displays, celebrations and special events? Not only during the holidays but all year long please keep safety in mind.

All decorations and displays shall be fire retardant or low combustibility materials. No furnishings or decorations classified as highly flammable or highly combustible are to be used.

Natural Christmas trees and foliage not flame retardant treated, synthetic trees and foliage not flame retardant treated, ordinary crepe and tissue paper, and many plastic decorations are classified as highly flammable or highly combustible.

All electrical wiring and lighting devices or equipment shall be Underwriters Laboratories, Inc. (UL) listed or the equivalent for the intended use, and be approved by the Safety Director prior to installation.

For a complete list of guidelines, visit TPC's safety policy and procedures.



In observance of Thanksgiving,
TPC offices will be closed on
Thursday, November 28th and
Friday, November 29th.

Wishing everyone a happy
Thanksgiving!



Remember to complete
your health risk assessment
by December 13th in order
to get your insurance
discount!

More information on the
ADP Home Page.

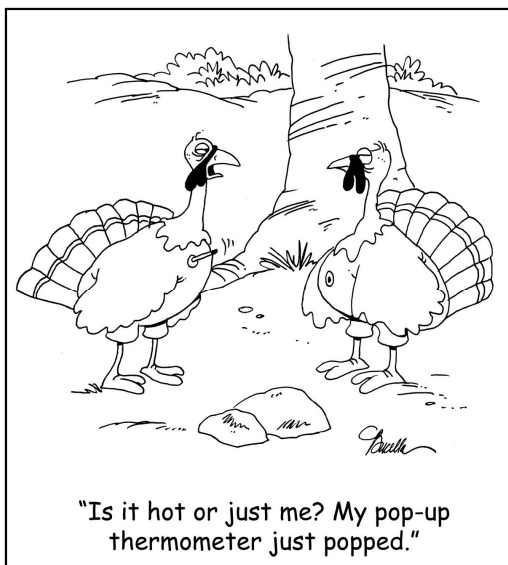
Log on to www.imstpa.com

Lillian Wheeler, Medication Clinic, 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!



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



1. Type 2 diabetes occurs when the body still produces in insulin but the _____ have become resistant to it.
2. The deadline to complete your Health Risk Assessment on the IMS Website is _____.
3. All decorations and displays at TPC should be _____ or low combustibility materials.

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.

Halloween at TPC



Costumes continued...





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:

Jessica Martinez-Garcia - MH Service Coordination Hereford
Erin Rasmussen - MH Service Coordination Children's

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 White Hat Award recipient is **Patricia Schumann, Specialized Services**. Thanks for showing the clients and the Service Coordinators your caring and kind heart. You do this in many small ways: by offering to call clients who are late to psychiatric appointments, by staying late when a client's driver is not on time to pick him or her up from the day program, and in so many more ways. We appreciate you.

An additional thank you goes out to **all the employees who are also Veterans**. We are grateful for what you do and what you have done.

Amy Bynum for IDD Service Coordination

Welcome these New Employees...

Carrie Brewer	IDD Service Coordination
Danielle Martinez	Utilization Management
Denise Roberts	Canode Group Home
Twanna McKee	IDD Service Coordination
Rheanita Nixon	MCOT Crisis Redesign
Ashley Spaid	IDD Service Coordination
Genoveva Vargas	Human Resources



Training and Team Building

On October 25, staff from TPC's Amarillo and Regional Behavioral Health Clinics came together to hear Dr. McNeil, Medical Director, speak about Transference and Counter Transference and the relationship between the provider and the client. Immediately following, the group participated in various team building activities. Facilitator, Tim Enevoldsen, LPC, presented tasks which called for staff participation and cooperation. Figuring out some of the tasks presented challenges for the group but overall were mastered successfully and quickly.

Some of the feedback included: (1) *'I learned a lot about myself.'* (2) *"It was interesting to see how people reacted to certain challenges."* (3) *"Quiet leaders really stepped up."* (4) *"It was fun, I hope we get to do things like that again."* (5) *"I don't like doing things like that."* (6) *"Without everyone's cooperation, it was difficult to get things done."*





HAPPY HOLIDAYS



It's that time of the year! The Board of Trustees and Executive Management Team of TPC are pleased to present employees with a holiday gift. Semi-boneless, spiral sliced hams will be delivered to the following locations on the following dates:

Polk/Taylor:	12/2/2013	3:30 p.m. - 4:15 p.m.
Wallace Blvd:	12/2/2013	4:00 p.m. - 4:30 p.m.
ASCI Amarillo:	12/3/2013	3:45 p.m. - 4:00 p.m.
Avondale:	12/3/2013	During regular mail delivery
Tyler Street:	12/3/2013	During regular mail delivery
Santa Fe Building:	12/3/2013	During regular mail delivery
ECI:		To be determined by Supervisor

All Regional Sites: Schedule through your respective supervisor
Group Home Staff: May pick up during the day at any of the above designated times or from the Purchasing Department starting December 3rd.



Please note: Each employee will be issued a card which is to be signed and presented at the time of pick up or delivery.



Shining Star Christmas Project

It's that time again! TPC's Volunteer Services Council will once again sponsor the Shining Star Christmas Project. Area banks are opening their doors and assisting Texas Panhandle Centers and the Volunteer Services Council in meeting clients needs this holiday season. The annual Shining Star Christmas Tree Project will begin this month when paper ornaments listing the needs of clients will be placed at participating area bank locations. An ornament tree will also be located in the lobby of TPC's Administration Building located at 901 Wallace Blvd. For more information or to help with this project contact Kara at 806.381.7868

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

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