

Board of Trustees

Chair
 The Honorable Willis Smith
 Lipscomb, Texas

Vice Chair
 Dr. Sam Reeves
 Amarillo, Texas

Secretary/Treasurer
 Janis Robinson
 Hereford, Texas

Patty Ladd
 Amarillo, Texas

Larry Adams
 Amarillo, Texas

Linda Brian
 Amarillo, Texas

Nanna Fisher
 Amarillo, Texas

Charles Gill
 Panhandle, Texas

Sharon Braddock
 Clarendon, Texas

Legal Counsel
 Don L. Patterson

Executive Director
 Bud Schertler

Serving the citizens of:

Armstrong, Carson,
 Collingsworth, Dallam,
 Deaf Smith, Donley, Gray,
 Hall, Hansford, Hartley,
 Hemphill, Hutchinson,
 Lipscomb, Moore,
 Ochiltree, Oldham, Potter,
 Randall, Roberts, Sherman,
 and Wheeler counties

The Annual Shining Star Christmas Project is Underway

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 the needs of clients 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 volunteer for this project contact Kara Porter at 806.381.7868



"Sock It" Jeans Week



The week of December 1st - December 5 will be "sock it" jeans week. Wear jeans all week long for the price of a package of NEW socks to benefit the clients of TPC.

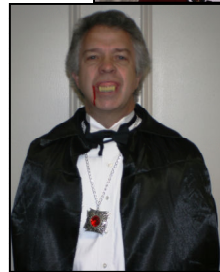
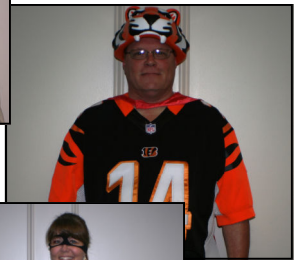
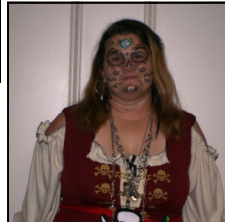
You pick the size and color and send them to Mary Salazar, Bldg 501 of the Wallace Campus. Thank you for participating!

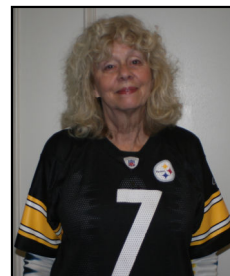
**In observance of Thanksgiving, TPC offices will be closed on
 Thursday, November 27th and
 Friday, November 28th.**



**Wishing everyone a happy
 Thanksgiving!**

Health Fair Costumes 2014





To Keep Your Brain Young: Get Enough Sleep

When your eyes finally close and you drift into sleep, your brain springs into action.

There's chemical house-keeping to be done, information to be processed files, or discarded, and diagnostics to be completed.

Specialized parts of the brain get busy when we sleep.

Scientists quoted in *Time* say sleep rejuvenates bones, skin, muscles -- and the brain itself.

Researchers at the University of Pennsylvania say there is evidence that chronic sleep deprivation ages brains. A sleep-

deprived 20-year-old has a brain that works like a much older person.



Nearly 40% of adults have nodded off unintentionally during the day in the past month. About 5% have done so while driving. - CDC

Getting seven to eight hours is basic for all of this to happen. Sleep can improve your concentration, sharpen planning and memory skills and maintain fat-burning systems that regulate your weight.

But sleep only works well if we get enough of it. According to the CDC, insufficient sleep is emerging as so potent a factor that's becoming a public health epidemic.

Are you getting enough sleep?

Kudos!

Kudos to **Jim Aveni, Clarendon Behavioral Health**, for going above and beyond in filling in on intakes when we were down by one intake diagnostician. For about a month, he was singlehandedly doing all behavioral health intakes for children and adults for the 19 regional counties, and now deserves applause and a break.

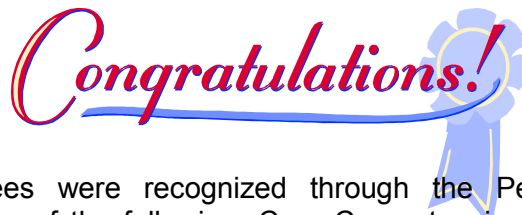
Chad Beavers, LPC
On behalf of the Behavioral Health Intake Department

Thank you, thank you, thank you Thank you, thank you, thank you

Cheese Please!

According to the Department of Agriculture, in 2011 Americans each ate 33 pounds of cheese as compared to only 8 pounds a year in the 1950's.





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:

Debra Cooksey, Dumas Behavioral Health
Lillian Wheeler, Adult Medication Clinic

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.

Answers to last months questions:

1) \$20 2) odorless, colorless 3) two-thirds 4) \$1,000

Welcome these New Employees...

Duane Austin
Debbie Hiatt-Rexroad
Deborah Martin
Jonathan Moreno
Ciara Paris
Esperanza "Hopie" Reyes
Anita Warren
Victoria Dailey
Sandra Saenz
Clarissa Zamora
Luz Bandera
Eboni Sanders
Jennifer Geiger
Linda Comer
Tyron Johnson
Brandi Lemke
Jenessa Stone
Jessica Thomas
Rene Havel
Drew McGee

Carlton Group Home
Community Living
Clarendon Behavioral Health
IDD Service Coordination
BH Adult Service Coordination
Hereford Behavioral Health
Lamont Group Home
Homeless Services
STAR Program
ACT Team
Behavioral Health Adult
Behavioral Health Adult
Behavioral Health Adult Med Unit
Early Childhood Intervention
Club Meadows Group Home
ASCI Pampa
Clearwell Group Home
ASCI Amarillo
TCOOMMI Program
Somerset Group Home Borger



**THE GREAT AMERICAN SMOKE OUT: QUIT
FOR AT LEAST A DAY ON NOVEMBER 20TH!**

Do you still smoke? It's time to quit. Your health depends on it. More than 440,000 people in the United States die each year from the effects of smoking or second hand smoke. Over eight million live with serious health-related illnesses caused by the habit.

On November 20th, smokers will take part in the American Cancer Society Great American Smokeout, an annual event since its 1970 inception.

Can you quit for just one day?



THE OFFICIAL SPONSOR OF BIRTHDAYS®

White Hat Award



Thank you **Glen Gilmore**
and **Jeff Young in Motor Pool**,
for making the lives of IDD Ser-
vice Coordinators easier. You are
always prompt and helpful when a
vehicle needs repair. Clearly, you under-
stand how important it is that we have every
available car returned as quickly as possi-
ble. Thanks for keeping them running.

Amy Bynum for IDD Service Coordination

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

1. Sleep can improve your _____.
2. The deadline for completing the IMS Wellness Works
HRA and all nurse consult(s) is _____.
3. "Sock It" jeans week 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 1st of each month to:

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



It's that time of 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:	12/1/2014	3:30 p.m. - 4:15 p.m.
Wallace Blvd:	12/1/2014	4:00 p.m. - 4:30 p.m.
ASCI Amarillo:	12/2/2014	3:45 p.m. - 4:00 p.m.
Avondale:	12/2/2014	During regular mail delivery
Tyler Street:	12/2/2014	During regular mail delivery
Santa Fe Building:	12/2/2014	During regular mail delivery

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



** Please present your drivers license when picking up this year's ham.*



November is National Diabetes Awareness Month. Here are a few recent statistics on diabetes according to the American Diabetes Association:

- Nearly 30 million children and adults in the United States have diabetes.
- Another 86 million Americans have pre-diabetes and are at risk for developing type 2 diabetes.
- The American Diabetes Association estimates that the total national cost of diagnosed diabetes in the United States is \$245 billion.

Visit www.diabetes.org and get tips on staying healthy throughout the holiday season and much more.

Teresa Mendoza, IDD 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 at 806.351.3308 or email: joyce.lopez@txpan.org.

Congratulations!

You attended the health fair on October 31st; you had your blood work, blood pressure and weight taken - now what? The next step in completing the requirements for the \$1000 deductible credit are:

- **Login to: www.imstpaonline.com** (new users will need to register)
- **Select Wellness Works under *Inquiry***
- **If you participated in the TPC Health Fair & obtained labs from BSA, your lab values have been imported into an "In Progress" Health Risk Assessment.**
- **Open (double click) the Adult Health Risk Assessment, complete the questionnaire and "Complete Now" for credit.**

Once completed, call: 806-373-6666 x 391 or 1-800-687-3020 to complete a nurse consult. If a member is unable to meet any standard, the following standard is required:

- 1.) One (1) completed Care Management Consultation (telephonic consult) for each unmet standard.
- 2.) **AND**, and updated HRA and one (1) follow-up Care Management Consultation.

All activities, consults and HRA's must be completed by January 15, 2015.



Employee Recognition

At the October 30th Board of Trustees meeting, Chairman, Judge Willis Smith, along with the rest of the Board, recognized the following employees for their years of service.

20 Years - Mark Ellyson, Purchasing - Administrative Support

20 Years - Rhonda Osmus, Specialized Services - Developmental Health

20 Years - Lisa Roberts - Continuity of Care-Developmental Health (not present)

Guest, Dr. Stacia Lusby, Psychiatrist, recognized Rhonda Osmus for the good work she does and how helpful she is to Dr. Lusby.

They were awarded a plaque, gift card and a day off.

Congratulations!



THANK YOU to all who participated in the two jeans weeks as well as the rallies in support of the United Way.

Supervisors: All jean money is due to Carol Cobb in Financial Services by Tuesday, November 25th.

All United Way pledge forms are due to Joyce Lopez, Bldg 501, by Tuesday, November 25th. Remember for a fair share pledge you will receive 12 jean passes to use throughout the year.

Thank you for your generous support of the United Way of Amarillo & Canyon.