



Here's What's Happening...

TEXAS PANHANDLE CENTERS
901 WALLACE BLVD. AMARILLO, TEXAS
www.texaspanhandlecenters.org

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TPC'S EMPLOYEE HEALTH FAIR!

901 WALLACE BLVD- BUILDING 501

Friday, October 25th, 2013

7:30am to 10:30am

Health Screenings & Information, Prizes, and More!!!

(If you will be getting lab work done, remember to fast)

WEAR A COSTUME -
get a jean day pass!

AND REMEMBER- by participating in the *IMS Wellness Works* program, you can reduce your payroll health insurance deduction by **\$10** per month! If you are already a participant, *you must update your information at least yearly to remain a member!*

October is Mental Illness Awareness Month

October marks several national and international mental health awareness campaigns.

Mental illness has garnered a lot of attention in recent months, particularly as violent incidents like the recent Capitol Hill car chase and the shooting at Washington, DC's Navy Yard have drawn headlines.



"The Navy Shipyard tragedy shares common factors with others, such as Virginia Tech, Tucson, Aurora and Newtown," the National Alliance on Mental Illness (NAMI) said in a statement after the incident. "The common denominator is an individual struggling with mental illness with other people being aware of problems, but no meaningful action being taken in time to connect the person with effective services or support."

NAMI, a national nonprofit organization dedicated to raising awareness about mental illness, added that people in the United States undergoing a psychiatric crisis are often treated differently than those with other medical conditions. "People do not know where to turn for help," the organization said. "Treatment is unavailable or not provided until an emergency occurs."

To help educate the public and eliminate the stigma around mental illness, many organizations, including NAMI, are working to raise awareness of mental health information and resources this month, which marks National Depression Awareness Month, World Mental Health Day (October 10), National Depression Screening Day (October 10), and Mental Illness Awareness Week (October 6-12).

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 National Alliance for the Mentally Ill (NAMI) is a non profit organization dedicated to _____
2. Daylight Saving Time Ends November _____.
3. TPC employees are eligible for a _____ on AT&T qualified wireless services.



[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.](mailto:joyce.lopez@txpan.org)

Halloween Party Themes

Maybe you are not thrilled about your kids trick or treating at strangers' homes or maybe you just want to add to the festivity of this fun holiday. Whatever your reason, hosting a Halloween party for your children and their friends can be a memorable event.

Where to start? Choose a theme.

Pumpkin Carving Party:



Send pumpkin shaped invitations, round up some spooky adults to supervise, gather up some pumpkins and get started! Use battery-operated tea lights instead of candles for safety.

For children too young to carve, use markers to draw faces in the pumpkins instead.

Serve pumpkin bars and orange drink for snacks after the carving is done.

Ghostly Get-together:



Everyone comes dressed as a ghost to this party. Prizes are given to the most unique costumes.

Play ghost hunters: Cut out a dozen paper ghosts. Divide the children into two teams. Team 1 hides the paper ghosts and team 2 searches for them. Then switch. The team that finds the ghosts the fastest wins the game and gets a prize.

Serve frozen banana ghost pops:

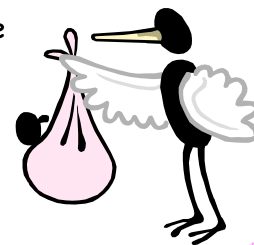
Remove peeling from banana, cut in half width-wise. Push a Popsicle stick into each and cover with plastic wrap. Freeze until firm.



Use raisins for eyes and mouth. Use chocolate for dipping.

Baby News!

Congratulations to Barbara Hill, Clarendon Behavioral Health, on the birth of a new great granddaughter! Paisley Rose Hook was born October 17th. She weighed 7lbs 2 oz and was 20 inches long. Mom and baby are doing great.



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

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Phone: (806) 351-3308 Fax: (806) 351-3345 Email: joyce.lopez@txpan.org

BOARD OF TRUSTEES SITE VISIT



Bud Schertler, Executive Director, describes the vision for the new construction.

On September 26th, the Board of Trustees were given a tour of the proposed construction site for the 24/7 Crisis Respite. The initiative is part of an 1115 Waiver Project. Construction at the Hardy location is scheduled to begin sometime around May 2014.



Employee Recognition

At the September 26, 2013 Board of Trustees meeting, Judge Willis Smith, Board Chair, recognized Susan Young, Alternate Living, for 20 years of service and Steve Parker, Information Technology (not present) for 15 years of service. They were awarded a plaque, gift card and day off.

Congratulations!



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 that TPC employees are eligible for a 15% discount on qualified AT&T wireless services.



count and other corporate benefits are provided solely because of the business agreement between AT&T and TPC.

- Service discounts are available only on the monthly service charge of qualified rate plans. Service dis-
- Mention you are a TPC employee next time you visit your AT&T Store.



Dina Martinez, Reimbursement, 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!

EMPLOYEE HEALTH FAIR...

In preparation for the TPC Health Fair and Wellness initiative, I have included the IMS Wellness Works website flyer for your review.

Our recent enhancements to the website may look unfamiliar to folks, and I thought this would be a good time to familiarize members with our new look.

Jim Ann Rasco, RN BSN CCM
Director of Utilization Management
IMS

Welcome to **IMS Wellness Works**, an interactive health and wellness web-based resource.

My Health History allows you to store current Biometric values, along with medications and Provider information.

The **Tools & Resources** tab features calculators and trackers to help track your activities and reach your health & wellness goals.

Assess My Health provides a comprehensive Health Risk Assessment tool along with other assessments to aid in identifying your health risk.

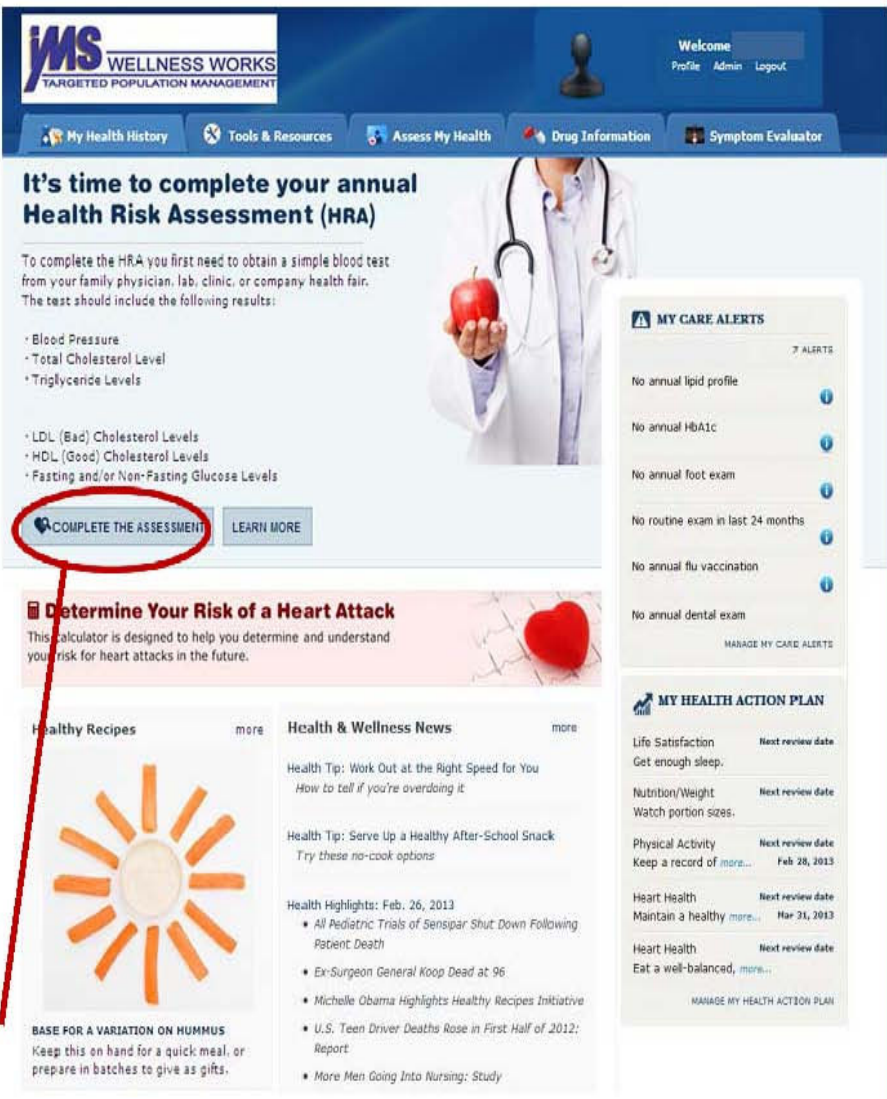
Research your medications in the **Drug Information** tab and manage a current list of your medications.

Utilize the interactive **Symptom Evaluator** when researching your condition/symptoms.

Care Alerts & Health Action Plans enable the member to identify services and goals at a glance.

Complete your Health Risk Assessment from the home page with one-click ease at www.imstpa.com.

To enhance the user experience, web-browsers should be updated to Internet Explorer 8 or better, Firefox 10 or better, or Chrome 20 or better.



It's Apple Season



Fresh apples are abundant and inexpensive this time of year and are a nutrition star all year round! With over 2500 varieties grown in the US, it shouldn't be hard to find an apple you like.

A medium apple has around 80 calories, with no fat or sodium. To receive maximum nutritional value of an apple, you should eat the peel, which contains 8% of recommended Vitamin C, 5 grams of fiber (approximately 18% of recommended daily intake) and many scientists believe an apple a day decreases LDL (bad cholesterol) up to 40% over a 4 week time period. Apples to contain around 17 g of carbs (6% of daily recommended intake).

Apples are a versatile fruit, popular in desserts, salads and in apple butters and apple-sauce. Try a delicious apple recipes this fall!

Apple Cranberry Salad

Ingredients:

1/4 cup mayonnaise
1/4 cup sour cream
1 tbsp. sugar
3 apples (preferably 2 red and 1 green) chopped
1/2 cup chopped walnuts
1/4 cup dried cranberries
1 stalk celery, thinly sliced
6 leaf lettuce leaves



Directions:

Mix mayo, sour cream and sugar in medium bowl. Stir in all remaining ingredients except lettuce. Serve by placing lettuce leaf on serving plate and topping with fruit mixture.

Add grilled chicken for added protein.

Technology and You

Health advisors have studied the various ergonomic factors involved in working with a computer.

Footrest: If desk or chair adjustments don't allow for keeping feet flat on the floor, use a footrest. A stack of sturdy books can fill the need.

Monitor: Placed at arm's length and directly in front of you. If you wear bifocals put the top of the screen slightly below eye level.

Arm and wrist: When typing or using your mouse, keep your wrists straight and upper arms close to your body.

Desk: Should be high enough so knees and thighs have clearance

underneath the desk.

Mouse and keyboard: They should be within easy reach, side by side on the same desk surface. Use a standard size keyboard.

If you don't need the keyboard number pad, select a keyboard without it. The saved desk space allows closer placement of the mouse to the actual keyboard area.

When choosing a mouse, fit it into your hand. Roller ball models may be more comfortable and require only movement of the fingers. An optical mouse requires movement of the entire arm.



Happy Retirement!

A retirement reception was held for Jack Fleming, Director of Administrative Support Services, on Thursday, October 10. Many of his friends, family and co-workers were in attendance. Jack and his wife have retired to their lake-house in East Texas.



I wanted to thank each of you for your kind words and well wishes in my retirement cards. I also want to thank those that were able to attend and participate in my reception. The food was great and Margaret and I enjoyed the short time spent with each of you. It was a pleasure working with each of you over the last 38 years. I wish the agency and each of you well in the future. Retirement has been great and the gift card will be handy.



Thanks,
Jack



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**

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.

Welcome These New Employees

Simon Camarillo	IDD Service Coordination
Nuria Marquez	MH Children's Services
Owena Vasquez	Community Living
Skyler Mueller	1115 Waiver
Paul Sloan	Purchasing & Materials Management



White Hat Award



IDD Service Coordination Department presents **Rodney Bailey, Director of Nursing**, with the White Hat Award for his kind and prompt responses to the urgent needs of clients. Rodney answers questions and requests of Service Coordinators with patience and politeness.

Thank you, Rodney, for literally going the extra mile to find clients in the community and for ensuring that they receive their much needed medications.

Amy Bynum
Continuity of Services Coordinator