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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



EMPLOYEE HEALTH FAIR!

901 WALLACE BLVD- BUILDING 501

October 31st, 2014 🦇 7:30am to 10:30am

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

(If you will be getting lab work done, remember to fast)
****You may have black coffee or water**



WEAR A COSTUME

—get a jean day pass!

BY PARTICIPATING IN HEALTH SCREENINGS YOU CAN REDUCE YOUR INSURANCE DEDUCTIBLE BY UP TO \$1000!!!

** Every Employee will have the opportunity to reduce their deductible.

What can you expect?

- Flu Shots
- Blood Draws
- Offered this year is an expanded blood panel for a nominal fee of \$20.00 per panel (bring cash) This may include:
 - TSH Test (Thyroid-Stimulating Hormone – test evaluates Thyroid Function
 - PSA Test (Prostate-Specific Antigen) – test measures Antigen Levels in men's blood to identify potential risk of Prostate Cancer
 - A1C Test (Hemoglobin A1C) – test measures Blood Sugar Levels as an indication of potential risk of Diabetes
- Blood pressure, BMI, height and weight
- Care Today
- Insurance Management Services
- Massage Services
- Nutrition
- Home Care and Hospice
- Sleep Center
- Harrington Breast Center
- Share The Road
- Sam's Club
- Chiropractic
- And so much more...







To all (in building 501) for welcoming ECI with open arms! Special thanks to the following: Bud Schertler and the Board for giving us this wonderful opportunity to physically be integrated into TPC; Paul Sloan and his guys in maintenance for all their muscles, blood and sweat in making this happen; and last but not least Mellisa Talley, Brett Cook and all the staff in Programming Services for setting us up electronically. Without each and every one of you this smooth transition would have not been possible.

~ Cynthia Bischof, Director, ECI



"And remember to check with your accountant, as the gifts I've bestowed upon you may be subject to tax."



"I'm not saying I won't eat left-brained people's brains, but I prefer right."

Vicki Calvery, ECI, 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!

Community Corner



Family Support Services has converted a closed childcare center into the Veteran Resource Center (VRC), a drop-in facility that provides veterans, family members and surviving spouses with the opportunity to meet peers, apply for benefits, and receive mental health services and referrals to other resources.

FSS is partnering with and providing office space for local organizations that include Texas Workforce Solutions, West Texas Legal Aid, Texas Panhandle Centers and others who are invested in helping veterans. Besides peer services, the VRC will also provide individual, family and marital counseling through evidence-based therapy models such as Cognitive Processing Therapy, Trauma Focused Cognitive Behavior Therapy, and Equine Assisted Therapy that have been shown to be the most effective in dealing with the issues such as post-traumatic stress disorder, anxiety, depression, traumatic brain injury, sleep deprivation, sexual assault, and family violence.

The VRC is directed by a peer-support trained veteran who will refer veterans and their family members to appropriate resources. The VRC will also provide online community-based application assistance services for eligible individuals. If counseling is needed, Veterans and/or their family members can be referred to a counselor who can best assist them.

Services Available Include:

Identifying and addressing needs of Veterans and connecting with the resources they need

- Providing assistance to homeless Veterans and those at-risk
- Referrals to local Veteran-friendly agencies
- Individual, family and marriage counseling
- Peer support groups
- Family support groups
- Life skills training
- Equine therapy
- Networking with local, area and statewide services for claims, compensation and education

For more information, contact VRC Director, Verlene Dickson, U.S. Army-Retired, at 806.342.2509 or vsdickson@fss-ama.org

OTIS Corner (Opportunities To Improve Safety)

Submitted by: Jordan Planchon, Quality Management Coordinator

What is carbon monoxide?

Carbon monoxide, or CO, is an odorless, colorless gas that can cause sudden illness and death.

Where is CO found?

CO is found in combustion fumes, such as those produced by cars and trucks, small gasoline engines, stoves, lanterns, burning charcoal and wood, and gas ranges and heating systems. CO from these sources can build up in enclosed or semi-enclosed spaces. People and animals in these spaces can be poisoned by breathing it.

What are the symptoms of CO poisoning?

Headache
Dizziness
Weakness
Nausea
Vomiting
Chest Pain
Increased confusion

Who is at risk from CO poisoning?

Unborn babies

Infants

Individuals with chronic health conditions (CHF, COPD, and asthma)

CARBON MONOXIDE (CO) POISONING



Elderly

How can I prevent CO poisoning from my home appliances?

Have your heating system, water heater and any other gas, oil, or coal burning appliances serviced by a qualified technician every year.

Do not use portable flameless chemical heaters (catalytic) indoors. Although these heaters don't have a flame, they burn gas and can cause CO to build up inside your home, cabin, or camper.

If you smell an odor from your gas refrigerator's cooling unit have an expert service it. An odor from the cooling unit of your gas refrigerator can mean you have a defect in the cooling unit. It could also be giving off CO.

When purchasing gas equipment, buy only equipment carrying the seal of a national testing agency, such as the CSA Group.

Install a battery-operated or battery back-up CO detector in your home and

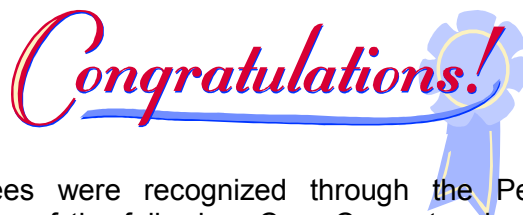
check or replace the battery when you change the time on your clocks each spring and fall.
How can I avoid CO poisoning from my vehicle?

Have a mechanic check the exhaust system of my car every year. A small leak in your car's exhaust system can lead to a build-up of CO inside the car.

Never run a car or truck in the garage with the garage door shut. CO can build up quickly while your car or truck is running in a closed garage. Never run your car or truck inside a garage that is attached to a house and always open the door to any garage to let in fresh air when running a car or truck inside the garage.

If you drive a vehicle with a tailgate, when you open the tailgate, you also need to open vents or windows to make sure air is moving through your car. If only the tailgate is open CO from the exhaust will be pulled into the car.





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:

Laura Phillips, STAR Program
Norma Sloan, STAR Program
Allison Embry, MH Service Coordination
Leticia Johnson, MH Service Coordination

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) Saturday, October 11, 2014 2) HIPAA 3) Replace 4) October, 31, 2014

Welcome these New Employees...

Linda Comer	ECI
Djoulie Dufrene	Canode Group Home
Pamala Smith	ASCI Amarillo
Alisha Walker	ASCI
Amanda Morgan	BH Adult Med Clinic



**Sunday, November 2nd:
Daylight Saving Time Ends**

**Turn your clocks back one
hour.**



White Hat Award

IDD Service Coordination would like to present the White Hat Award to **Julie Rose, Autism Program Director**, for her support and the great job she is doing in taking over the Autism Program. Julie quickly reaches out to new clients and shows concern for the welfare of each client she serves. She is thorough and efficient in her care. Thank you Julie for the wonderful job.

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. Expanded blood draws are offered at this year's health fair for a nominal fee of \$_____per panel. Regular blood draws are free of charge.
2. Carbon monoxide is a _____, _____ gas that can cause sudden illness and death.
3. A study showed that office workers who used hand sanitizer five times a day were _____ less likely to get sick than others.
4. By participating in health screenings, you can reduce your deductible by _____.



[Submit your answers to joyce.lopez@txpan.org](mailto: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

CONTROL THE SPREAD OF INFECTION:

Submitted by: Diane Donnell RN BSN, Director, Utilization Management

There are many ways people can spread infection: talking, coughing, sneezing, hugging, kissing, handling food, and using items other have touched are common ways microorganisms are transmitted. These bugs can persist for days or weeks on hard surfaces. You can infect yourself by touching your nose or mouth with contaminated hands.



To control the spread of infection, practice sanitary habits such as covering your nose and mouth when you cough or sneeze, using a clean handkerchief or tissue, and disposing of these properly. If you are taking care of a contagious client consider using a face mask and/or gloves if you are handling the clients clothing or linens.

Wash your hands as often as necessary. Avoid sharing utensils, glasses, towels, or anything that may carry germs.

Take a rest and isolate yourself from others if you are sick and potentially infectious to give your body a chance to heal faster and to prevent others from catching your germs.

Hands On: 21 Minutes
Total: 1 hr., 28 min.

Nutritional Information

Amount per serving

Calories: 115
Calories from fat: 0.0%
Fat: 4g
Saturated fat: 2.3g
Monounsaturated fat: 1g
Polyunsaturated fat: 0.3g
Protein: 1.6g
Carbohydrate: 18.4g
Fiber: 1g
Cholesterol: 15mg
Iron: 0.4mg
Sodium: 61mg
Calcium: 22mg

Chewy Caramel Apple Cookies

Cooking Light Magazine

Ingredients

- 1/2 cup plus 2 tablespoons unsalted butter, softened
- 1 cup plus 2 tablespoons packed brown sugar
- 1 large egg
- 2 tablespoons milk
- 3/4 teaspoon vanilla extract
- 6.75 ounces gluten-free flour (about 1 1/2 cups)
- 3/4 teaspoon baking soda
- 1/4 teaspoon salt
- 1 1/2 cups gluten-free old-fashioned rolled oats
- 2 chopped peeled apples
- 20 caramel candies
- 2 tablespoons water

Preheat oven to 325°.

Beat butter and brown sugar with a mixer at medium speed until creamy. Add egg, milk, and vanilla; beat 2 minutes or until light and fluffy.

Weigh or lightly spoon flour into dry measuring cups; level with a knife. Combine flour, baking soda, and salt in a bowl, stirring with a whisk. Stir in oats. Add oat mixture to butter mixture, beating at low speed until blended. Stir in apples.

Drop dough by 1 1/2 tablespoonfuls 2 inches

apart onto baking sheets lined with parchment paper.

Bake at 325° for 14 minutes or until golden. Transfer cookies to wire racks; cool completely.

Place caramels and water in a small saucepan. Cook over low heat 7 minutes, stirring until smooth. Remove from heat. Drizzle warm glaze over cookies. Let stand 15 minutes or until caramel is completely set. Store in an airtight container for up to 5 days.



OCTOBER: TIME TO GET A FLU SHOT AND STOCK UP WITH HAND SANITIZER

The CDC does not recommend one flu vaccine over another. The important thing is to get a flu vaccine every year. Everyone who is at least 6 months of age should be immunized this season.

They include the following:

- People who are at high risk of serious complications if they get the flu.
- Those who have certain medical conditions including asthma, diabetes, and chronic lung disease.
- Pregnant women.
- People younger than 5 years old and people 65 years old and older.
- Individuals who live with or care for others who are at high risk of developing serious complications.
- Household contacts and caregivers of people with certain medical conditions including asthma, diabetes, and chronic

lung disease.

- Household contacts and caregivers of infants less than 6 months old.
- Health care personnel.



The Best Hand Sanitizers

The CDC says the best way to clean your hands is with soap and running water. Wash for 20 seconds if your hands are visibly dirty.

Without access to soap and water, an alcohol-based hand sanitizer is the best choice. It should have a minimum of 60 percent alcohol in order to kill most bacteria and viruses.



A study by BMC Infectious Diseases, reported by UC Berkeley, showed that office workers who used the sanitizer five times a day were about two-thirds less likely to get sick than others.



Mark Your Calendars!

The United Way Rallies are scheduled for Wednesday, November 12th at 9:00am in the Training Room of Bldg. 501 of the Wallace Campus as well as at 3:00pm in the Training Room of the Taylor Location. Pick which time and location works best for you and come and support the United Way of Amarillo & Canyon.