



Here's What's Happening...

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

September 2011, Volume VIII, Issue 9

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



TPC ANNUAL EMPLOYEE HEALTH FAIR!

901 WALLACE BLVD - BLDG. 501

October 28th, 2011

7:30am to 10:30am

Celebrate Good Health!

**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!



Recent Policy & Procedure Changes

On September 1, 2011, the following changes were made to the Agency's Administrative Policy and Procedures. These changes, as well as all of the policies and procedures, may be referenced on the TPC intranet page under the "Policy" tab >> "Centerwide Policies and Procedures".

Policy 3.12 and Procedure 3.12.1 Employee Assistance Program were deleted as of 8/31/11. With the recent passage of the Mental Health Parity Act, TPC can no longer offer EAP in conjunction with our health insurance benefits package. The Act prohibits any differentiation in insurance benefits or service provision between mental and physical health issues. If needed, staff may access counseling services through our insurance program.

Policy 3.19.1 Leave of Absence with Pay. The Procedure was revised from Funeral Leave to Bereavement Leave and expanded the definition of "immediate family." *Employees may receive 1 day of leave with pay in the event of a death of an immediate family member. Immediate family member is defined as the employee's spouse; the employee's or spouse's parents/step-parents; the employee's grandparents/grandchildren, children/step-children and siblings/step-siblings. Employees shall submit a Leave Request form when requesting bereavement leave. Verification of the relationship may be requested. (e.g. obituary or other documentation).*



National Wellness Week: Living Wellness

As part of National Recovery Month, SAMHSA is launching the first National Wellness week from September 19-25, 2011. Recovery Month promotes the positive message that behavioral health is essential to overall health, that prevention works, treatment is effective and people can and do recover.

To view local and nationwide activities taking place to promote wellness, please visit:

<http://www.recoverymonth.gov/>

Fire Prevention Week: October 9-15, 2011

It's easy to think you know how to prevent fires. You've heard it all -- except for one thing. It might be the one thing that keeps your home from burning and saves your family from injury or worse. **Smoke Alarms: A sound you can live with!**

Check the smoke alarms to see what type of batteries they use. Buy new ones and install them. Don't wait until an alarm beeps to indicate a low battery. Install smoke alarms on every level of your home and outside sleeping areas. Do it now, not some other time.

Think ahead to prevent kitchen fires. Turn the stove off if you are interrupted while cooking. If you have to go to the door, talk on the phone, or solve a problem in another room, turn the stove off before you leave the kitchen. Keep flammables far away from the stove, including pot holders, insulated gloves, dish towels and newspapers.

Make a fire escape plan, then practice it. Make sure everyone knows how to dial 911 and say your address. Be sure windows used as secondary exits are easy to open.

Practice crawling in smoke and moving to your designated meeting area outside. Make all family members show how they will "Stop, Drop and Roll" if their clothing catches on fire.

Be cautious with fire extinguishers. Never attempt to put out a fire yourself unless you are trained to do so. Even then, the fire must be confined to a small area and not growing. Everyone should already be out of the building and the fire department should be on the way.

When using a fire extinguisher, remember the word PASS:

P is pull the pin. Hold the nozzle away from you.

A is for Aim. Aim low. Point the extinguisher at the base of the fire.

S is for squeeze. Squeeze the lever slowly and evenly.

S is for sweep. Sweep the nozzle from side to side.



Get out and stay out. Resolve to do it yourself. No going back to get something valuable even if that part of the house doesn't appear to be involved in the fire.

Storing propane cylinders. Never store an LP cylinder indoors. When storing outside, stand it upright in an area where the temperature will not reach 120 degrees Fahrenheit.

Always check for gas leaks when you disconnect and reconnect the regulator to the LP cylinder.

Carbon monoxide kills. Carbon monoxide detectors are good to have, but are not substitutes for smoke alarms.

If your CO detector sounds an alarm, open doors and windows immediately and move to fresh air.

Use generators and devices powered by propane, natural gas or charcoal outside. If you use them in an attached garage, even with the door open, carbon monoxide will seep into the house.

Make sure everyone in your home knows the difference between the sound of the CO detector and the smoke alarm.

Practice prevention and stay fire safe.

Fall Brings an Onslaught of Allergies

Autumn is the favorite time of the year for many of us. Colorful foliage abounds. Humidity drops. We open our windows to let in the breeze and spend long hours outdoors hiking or raking up the falling leaves. Unfortunately, unseen allergens lurk in the crisp, dry air and in all those leaves.

Pollen allergies affect nearly 10 percent of our population, approximately 62 million people. They are the fifth ranking chronic disease and cost U.S. businesses and our health care system nearly \$8 billion annually.

There's no reason to dread the arrival of autumn, however, if we reduce exposure to pollens and molds, thus lessening our symptoms of sneezing, itchy and watery eyes, dry throat, congestion and runny noses, all of which can impair our ability to perform well at school or work.

Ragweed pollen is one of the most common reasons for fall allergies. But pollen from

other plants, trees, and grass can also trigger symptoms, as can mold.

Tips for managing fall allergies:

- Leave both house and car windows shut.
- Remove clothing worn outdoors after raking, hiking or mowing.
- Remove shoes at the door and go barefoot in house or wear slippers.
- Shower or rinse off exposed skin after being outdoors.
- Use a saline nasal wash to remove allergens.
- Use a dehumidifier to decrease indoor humidity.
- Clean visible mold in showers with a diluted bleach solution.
- Wear a face mask and goggles when doing yard work.
- Use an antihistamine to reduce or eliminate the effects of histamine.
- Drink plenty of water; re-hydration effectively eliminates toxins.



I would like to take the opportunity to thank everyone at TPC for their thoughtfulness, prayers and generosity.

Your help during this difficult time has helped in so many ways and my children and I appreciate you more than you could ever know. Thank you.

*Debra Cooksey
Dumas Behavioral Health*

AMARILLO ASSOCIATION OF ADDICTION PROFESSIONALS'

**1ST ANNUAL ADDICTIONS
RECOVERY
HEALTH FAIR
SEPTEMBER 24TH, 2011**

Hosted by



Free and open to the public
Saturday, Sept 24th 11am-2pm

"Find out resources to help with recovery."

- | | |
|----------------------------------|------------------------|
| ❖ Family Support | ❖ Entertainment |
| ❖ Treatment Providers | ❖ Food |
| ❖ Professionals Available | ❖ Kid's games |

The Pavilion Auditorium - 7201 Evans - Amarillo, TX
For Questions Please Call 806-354-1851

Free drawing for 2 Southwest Airlines tickets anywhere SW flies!

Making Lives Healthier

Visit Texas Panhandle Centers intranet site for the first issue of *Making Lives Healthier*, a quarterly e-bulletin with information for improving your health.

www.texaspanhandlecenters.org

EMPLOYEE RECOGNITION

Judge Willis Smith, Chair, recognized the following employees at the August 23rd Board of Trustees meeting for their years of service to the Center.

- 35 Year Award - Don Newsom, Financial Services
- 30 Year Award - Jim Aveni, MH Intake Adult - Clarendon
- 20 Year Award - Shirley Dunn, Alternate Living Administration
- 15 Year Award - Marlene Deanda, ASCI Dumas (not present)

The were awarded a plaque, gift card and a day off. Congratulations!



RESOLUTION OF APPRECIATION

The Board of Trustees approved a Resolution of Appreciation for Garry Snider, Human Resource Director. Garry retired after 34 years of service. A reception was held in his honor on Monday, August 29th.



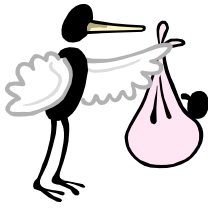
“Being challenged in life is inevitable, being defeated is optional.”

~ Roger Crawford, Motivational Speaker

Baby Talk...

Dina Martinez, Data Management, welcomed a new grandson into the world on August 18th at 9:46pm.

Jeremiah Abel Martinez weighed 6 lbs 12 oz. and was 21 inches long. Congratulations!



Richard Escobar, Purchasing & Materials Management, welcomed a new granddaughter into the world. Lexi Rihanna was born on September 6th at 12:32pm. She weighed 8lbs 2 oz. and was 19.5 inches long. Congratulations!

**The 14th Annual Culinary Bash was a huge success!
Pictures and details of the event will be forthcoming...**

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

1. Pollen allergies affect nearly what percent of the population in the U.S.?
2. When is the 1st Annual Addictions Recovery Health Fair?
3. What female was recognized at the August Board Meeting for 20 years of service?



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.

Welcome these New Employees...

Amanda Earle	ASCI Perryton
Lisa Ricketson	MH Service Coordination
Estafania Suarez	IDD Service Coordination



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:

Bonnie Lasher, Community Relations
Amy Bynum, IDD Service Coordination
Gloria Bugg, MH Intake Borger
Lisa Garcia, MH Intake Hereford
Rachel Hill, MH Intake Pampa
Lupe Moreno, MH Intake Perryton
Barbara Hill, MH Intake, Clarendon



White Hat Award



The IDD Service Coordination Department would like to present this month's White Hat Award to **Susan McQuaig with IDD Nursing**. Susan is appreciated because she consistently shares information with the department and keeps us informed of our consumers nursing needs. She follows up with the service coordinators when needed. She is also very gracious when you ask her for help in fixing the printer! Thank you Susan, we appreciate you.

Sharon Guinn for IDD Service Coordination

Toiletries Needed

Submitted by: Lupe A. Schneider, Safe Schools Healthy Students Program

Amarillo ISD is partnering up with the Back Porch Restaurant in Amarillo to collect basic need items for the students of the Amarillo community.

Thousands of children in our area go without basic needs that we take for granted every day.

You can help by participating in the Basic Needs Drive by dropping items off at the Back porch located at 3440 Bell St. or you may contact Lupe Schneider at 806.349.5625 and she can make arrangements for the items to be picked up.

We will be collecting the following items:

NEW AND UNUSED



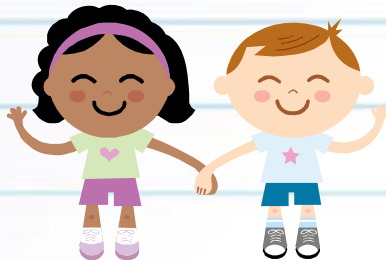
- **Toothbrushes/Toothpaste**
- **Hair Brushes and Combs**
- **Face and Body Lotion**
- **Shampoo/Conditioner**
- **Shaving Cream/Razors**
- **Soap and Body Wash**
- **Wash Cloths**
- **Feminine Hygiene Products**



If you have any questions about donations or how you can get involved in this initiative, please contact:

Kristen Clark at (806) 326-1358 or kristen.clark@amaisd.org

Thank you for your support in providing basic hygiene products to the children of the Amarillo community!



News from Human Resource Development

Upcoming Continuing Education Courses:

Ethics: "Working Through the Court Maze"
Friday, September 30, 2011
9:00 am to 12:00 noon
HRD Training Center, Wallace Campus
3.0 hours of Ethics will be provided
Speakers:

David Kemp, 1st Assistant Potter County Attorney will cover the court system, how subpoenas are issues, and court commitments

Gwen Murphy, LPC will discuss how to testify in court, how to dress, and what an "expert witness" is

Michelle Warnica, Director of Medical Records at TPC will explain the importance of medical records, why documentation is so important, and what can show up in court

"Diversity Training Day"
Friday, October 21, 2011
9:00 am to 12:00 pm
HRD Training Center, Wallace Campus
3.0 hours of continuing education will be provided

Speakers:
Jean Stunts, PhD
Associate Professor of History
West Texas A&M University
Will be discussing African American Culture
She has co authored a book about African American Culture in Amarillo

Belinda Gonzales-Taylor
President of Los Barrios will be here to talk about the Hispanic Culture

Shannon Jones, Case Manager, Texas Panhandle Center will be here to present information on the Native American Culture

"Taking Care of the Caregiver and Dealing with Grief during the Holidays"
Friday, November 18, 2011
9:00 am to 11:00 am
HRD Training Room, Wallace Campus

Danny Mize, MA, MRE
Bereavement Coordinator, Spiritual Care from Hospice Care of the Southwest will be here to talk about how staff can take care of themselves during a stressful time and how to help families get through the holidays while they are grieving. 2.0 hours of continuing education will be provided.

Please register early as seating is limited. Contact Jackie Briggs at [351-3282](tel:351-3282) or by email at Jackie.Briggs@txpan.org

If the class fills up, we will put you on a waiting list, many times people cancel as it gets close to the date of the program.

You will notice some changes when you attend class, we have a new CPR/First Aid/AED course and a new NTSI Defensive Driving Course. New information, new tests.

We will see you in class – Lea Ann, Jackie, and Carmen

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

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