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## 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

# TPC'S CHILDREN'S BEHAVIORAL HEALTH CLINIC IS MOVING

*January 10, 2025*



scan for  
directions



## NEW LOCATION:

**6600 KILLGORE DRIVE, AMARILLO, TX**

- IN THE MEDICAL CENTER



TPC's Children's BH Clinic will be  
closed for moving this day.

*Making Lives Better*



# TIPS FOR YOUR 2024 TAXES

It's time to pay the tax man and there are some changes for tax year 2024.

## ➤ **Standard Deduction**

You will be able to deduct a little more with the standard deduction. The standard deduction increases to \$14,600 for single filers and married couples filing separately. For single heads of household, who are generally unmarried with one or more dependents it is \$21,900. For married couples filing jointly, the standard deduction rises to \$29,200.

Child care tax credit is \$2,000 per child age 17 or younger. The credit is also subject to a phaseout starting at \$400,000 for joint filers and \$200,000 for single files. For other qualified dependents, you can claim a \$500 credit.

## ➤ **Estate Tax Exemption**

Another increase due to inflation is the estate and gift tax exemption. The estate tax exemption is important for those with large estates. The gift and estate tax exemption allows people to transfer wealth to the next generation. The exemption for tax year 2024 is \$13.6 million, but that will decrease to over \$5 million if Congress doesn't extend the exemption. For those with large estates, consulting a financial advisor is essential this year.

## ➤ **IRA and 401(k) limits**

For 2024 limits have increased slightly. You can contribute up to \$7,000 to an IRA and those age 50 or older, can make an additional \$1,000 catch-up contribution. The contribution limits



for tax-deferred 401(k) and Roth 401(k) contributions have increased to \$23,000.

## ➤ **Required Minimum Distribution**

If you are age 73 or older, be sure you have taken the required minimum distribution (RMD) from your retirement accounts before the end of the year. If you do not, you will face a 25 percent penalty on undistributed funds. If it is your first RMD you can wait until April 2025.

## ➤ **Charitable Donations (and deductions)**

If you itemize deductions for tax year 2024, you can deduct qualified donations for charitable, religious, scientific, educational purposes or to prevent cruelty to animals or children.

The key is that these donations are deductible only if you itemize all your deductions on Schedule A of the form 1040.

Most taxpayers take the standard deduction which is generous. If you do itemize, charitable deductions are limited to up to 60 percent of the taxpayer's adjusted gross income.

The recipient of the donation must be a qualified organization that qualifies for tax-exempt status under federal tax law. Contributions are only considered if the donor receives nothing of value in return for the gift.

*Please consult your financial advisor as circumstances may be more specific to each individual.*

# PHISHING

Leo Elio, IT System Support Specialist

Phishing is a type of social engineering where someone pretending to be a trusted colleague, friend, or organization tries to trick a victim into sharing sensitive information or access to their network. These tricks can appear as emails, text messages, or even phone calls. If they succeed, this can give these cybercriminals a way into a network, putting the targeted organization and related groups at risk. The consequences might include a data breach, loss of data or services, identity theft, malware infections, or ransomware attacks.

As employees of Texas Panhandle Centers, it has always been our responsibility to ensure the privacy of all the people we serve in our communities. The process starts with IT but ends with each and every one of our employees.

The purpose of our periodic phishing campaigns is to inform all our employees of new and recurring threats, prepare us to identify those threats, and how to respond to them.

## Avoid Phishing Threats

- All employees should always be on guard, especially with emails, websites, etc. Question everything!
- If you have any doubts about anything



you've received, know that you can reach out to your IT team to verify its validity.

- Ensure that you are not accepting your Duo prompts or giving out your Duo text codes if you, yourself, did not request them.
- Never share passwords with anyone, whether it be someone over the phone or even a coworker.
- Never use your Texas Panhandle Centers account to sign up for any service that has not been preapproved.
- Do not click on any links until you know who it's from and that they meant to send it to you.
- Even if you've fallen for the threat, it's imperative that you reach out to your IT team so they can assess and respond to the situation.

Contact the Helpdesk at Ext 3250 if you have questions .



**Breanna Miller, IDD Service Coordinator**, answered last month's questions correctly and was randomly selected to win a \$25 gift card.

To claim your card, contact Joyce Lopez-Enevoldsen at 806.351.3308 or email: [joyce.lopez@txpan.org](mailto:joyce.lopez@txpan.org).

## January is National Glaucoma Awareness Month

You may have heard glaucoma called “the sneak thief of sight.” That is because glaucoma has no symptoms until it has progressed beyond the point where it can be successfully treated. It is the second leading cause of preventable blindness in the world.



More than 4 million Americans have glaucoma and 120,000 are already blind because of it. Worldwide, nearly 80 million have the condition.

The best way to protect yourself is to have an eye examination. Today, most optometrists test for it. If they find any indication, you should see an ophthalmologist immediately. Treatment can be effective in the early stages.

Thought the most common forms affect middle-aged and older people; however, glaucoma can affect all age groups.

Insist that your children be tested when they are fitted for eyeglasses.

Those at higher risk include people over 60, people of African, Asian and Hispanic descent and those who have family members who have glaucoma. Also at higher risk are diabetics and people who are severely nearsighted.

In the most common form of glaucoma, vision loss begins with peripheral or side vision. Be on the lookout for that first noticeable symptom and get treatment immediately.



"How long have we been dating? Let's see, we met when our phones were 2G..."



"And you say you last saw him in the clothes dryer?"

## Welcome these New Employees...

Misty Brown

CCBHC IA Grant

Alexus Casias

Alternate Living Program

Marie Kunkel

IDD Service Coordination

Becky Seden

IDD Service Coordination

Bukuru Jean-Paul

Alternate Living Program



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

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

# COMPLIANCE CORNER

Welcome back to Compliance Corner. Each month we will address a question that was received internally for the purpose of education. (All personal identifying information has been removed to protect the identity of the employee and/or client).

## IF YOU SEE SOMETHING, SAY SOMETHING...

Employees are the “eyes and ears” of the organization to detect any violation of our Compliance Program. You are required to immediately report anything that you encounter at TPC that you believe may be unethical, illegal, or fraudulent to:

- Your supervisor or
- Brittany Cotgreave, Coordinator of Compliance and Planning  
Phone: 806.349.5647  
Email: [brittany.cotgreave@txpan.org](mailto:brittany.cotgreave@txpan.org)  
or
- Vania Beavers, Director of Quality Management, Compliance Privacy Officer  
Phone: 806.351.3400  
Email: [vania.beavers@txpan.org](mailto:vania.beavers@txpan.org)

### **Adult and Children’s Behavioral Health:**

#### **Sitting in with Prescriber:**

Per Medicaid requirements, we have recently changed our billing procedure for services provided while sitting in with clients during prescriber appointments. When sitting in with a prescriber and documenting your time, please make sure to mark the focus provider box as no. If you provide a service to the client outside of the prescriber’s appointment, you will need to document on a separate note.

If you any questions, please contact your supervisor. We will begin keeping track of these overlapping services weekly so corrections can be made as necessary to prevent any billing issues.

If you have a question/scenario that you would like to be considered for inclusion in the newsletter, email the information to [Compliance Corner@txpan.org](mailto:ComplianceCorner@txpan.org).

# Your Artificial Intelligence (AI) Cheat Sheet

Technology is evolving so quickly that if you don't remember the finer details of artificial intelligence, it's understandable. But like it or not, AI's role in our everyday lives is only going to grow, and a basic understanding will serve you well.



## What is AI?

Artificial intelligence, or AI, analyzes and interprets data in order to simulate human intelligence -- meaning the way we gather information and learn from experience, solve problems, make decisions, and adapt to changing circumstances. But unlike humans, traditional AI can't come up with new ideas on its own, and can only make suggestions based on its analysis of existing data.

## Is that the same as generative AI?

Not exactly. Generative AI is designed specifically to generate new content -- something that traditional AI isn't programmed to do. Though both systems analyze and interpret data, generative AI identifies patterns in large datasets and then creates new variations based on the information it gleans from the existing dataset. For example, generative AI might train on photos of pickup trucks, and then generate a recognizable image of a pickup truck that does not match any of the photos in the original dataset.

## What are they good for?

Traditional AI excels at performing specific tasks with clear and consistent rules, like monitoring your credit card transactions to detect fraudulent activity or segregating spam emails from your regular inbox. It excels at automating unavoidable and time-consuming chores.

Generative AI outputs new material based on input or parameters from users -- for example, a user might request a haiku about a tree and receive a complete haiku based only on that suggestion. More specific instructions yield more defined outputs.

## Does generative AI really "create" new material?

That's a subject of fierce debate, but Uncle Sam doesn't seem to think so. AI-generated content, including text, images, or music, is not eligible for copyright protection. If you want something you can own and legally protect, you'll have to create it the old-fashioned way -- with your human brain.

*The bad news is time flies. The good news is that you are the pilot.*



*~ Michael Attshuler*

## EMPLOYEE ASSISTANCE PROGRAM



<https://minesandassociates.com>

### Office Hours

Monday – Friday: 6:30 am – 5:00 pm MT

**Need help now? Please call:  
(800) 873-7138**

Counseling, service intake, and crisis  
support are available 24/7

### Answer's to last months questions:

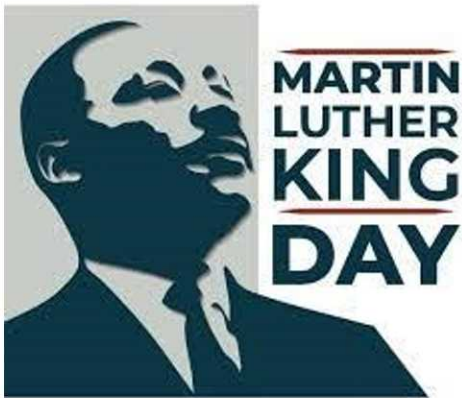
**1) Christmas and Hanukkah 2) Dignity and Respect 3) Full**

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



1. \_\_\_\_\_ are only considered if the donor receives nothing of value in return for the gift.
2. Children's BH is set to move \_\_\_\_\_.
- 3 These \_\_\_\_\_ can appear as emails, text messages or even phone calls.

*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 and remember to include your name.*



In observance of Martin Luther King Jr. Day, TPC Offices will be closed on Monday, January 20th.

## WHITE HAT AWARD

The IDD Service Coordination Department would like to present this month's recognition to **Janis Stoner, ASCI Amarillo**, as the "Super Trooper." We selected Janis for taking care of ASCI and the Shining Star Ornament Program in between all of her other duties. Thank you Janis for all you do!



Raul Aguilar on behalf of IDD Service Coordination Department

## Did You Know?



Did you know TPC employees have access to Mines and Associates free webinars on various wellbeing topics?

Recent topics include:

### Making a Plan and Sticking to It

<https://www.youtube.com/watch?v=sjhns7N8kNA>

### Healthful Decisions

<https://www.youtube.com/watch?v=NL7DUFhemk>

### Organizational Wellness

<https://www.youtube.com/watch?v=Cfq2xMzhrRo>

Visit [minesandassociates.com](https://minesandassociates.com) for more information.





## TPC's Shining Star Ornament Project 2024

Many thanks to all that contributed to the Shining Star Ornament Project this holiday by purchasing gifts for those we serve.



A special thank you to **Janice Stoner** and **Megan Rodriguez** for coordinating the event and to all those that assisted by organizing and delivering gifts. Thank you to Happy State Bank for hosting the trees. The holidays were made a lot brighter because of everyone's generosity for those we serve.

*Thank you to the following Happy State Bank locations !*

701 S Taylor St, Amarillo, TX 79101

3375 I-40, Amarillo, TX 79104

2614 S Georgia St, Amarillo, TX 79109

5050 S Western St, Amarillo, TX 79109

4302 SW 45th Ave, Amarillo, TX 79109

3401 Bell St, Amarillo, TX 79109

5100 S Coulter St Amarillo, TX 79119

3423 S Soncy Rd, Amarillo, TX 79119

1908 4th Ave., Canyon, TX 79015

*Happy New Year!*