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and Wheeler counties

March is Developmental Disabilities Awareness Month

The month of March is designated Developmental Disability Awareness Month. It is time to highlight the importance of community, accessibility, and meaningful opportunities for individuals with developmental disabilities. While March brings special attention to this group, the need for inclusion, understanding and support should be recognized and practiced every day.

What are developmental disabilities?

According to the CDC, developmental disabilities are conditions that affect physical, learning, language, or behavior areas. They begin during childhood and usually last throughout a person's lifetime.

Examples include:

- ✓ Autism spectrum disorder
- ✓ ADHD
- ✓ Cerebral palsy
- ✓ Hearing loss
- ✓ Intellectual disabilities
- ✓ Learning disabilities
- ✓ Vision impairment



About 1 in 6 children in the U.S. have a developmental disability. People with developmental disabilities are working, going to school, volunteering, and contributing to their communities - just like all of us.

Each person with a developmental disability has unique strengths, challenges, and needs. At Texas Panhandle Centers we provide individualized supports that respect the whole person.

To learn more about developmental disabilities visit:
[<https://www.cdc.gov/child-development/about/developmental-disability-basics.html>]

Accounting & Payroll

Apolo Anguiano, CFO

Trust Funds

Did you know that Texas Panhandle Centers (TPC) manages a Pooled Trust program for its clients? A Pooled Trust program is a combined checking account managed by TPC that allows individuals with disabilities to protect their assets while remaining eligible for government benefits like Medicaid and Supplemental Security Income (SSI).



What is a Pooled Trust?

- Irrevocable supplemental needs trust
- Non-profit manages funds for trust beneficiary
- People with disabilities of any age, especially over age 65
- For a person's own funds or money that belongs to someone else
- Typically protects cash-based assets
- Funds pooled for investment and management purposes
- First party funds retained by non-profit at death
- Third party funds to designated beneficiaries as directed by Donor

The core benefit of this program is that assets from beneficiaries/clients are combined (pooled) to achieve lower administrative costs, yet each person has a dedicated individual sub-account in TPC's financial ledger. By law, these accounts must be managed by a nonprofit organization

TPC's Performance Contract with HHSC allows TPC to manage the personal funds of individuals served. TPC must follow Social Security Administration regulations when managing individual funds and evaluating any changes. TPC manages an individual's trust fund only when requested by the individual, their legally authorized representative (LAR), or the SSA—and only when TPC is the selected provider. Individuals may receive assistance or training in budgeting and money management upon request.

Oversight of this program include:

- TPC's employees/service coordinators are prohibited from handling trust fund money unless it is an emergency and they receive written authorization from the program manager or the executive manager in an emergency.
- Trust Fund Techs or authorized ASCI Directors must complete withdrawal requests according to accounting instructions.



- Checks are normally picked up on Tuesdays and Thursdays unless an emergency requires otherwise.
- Monthly room and board payments for certain residential services are requested by the Provider Service Billing Clerk.
- The accounts payable department audits this program every quarter by selecting items for completeness and Bank account for this program is reconciled every month.

This program benefits about 70 TPC clients-with 87% clients enrolled in IDD and 13% in Behavioral health. The accounting department has 1 employee dedicated to this program and she spends about 30% of her time making sure that clients' needs are met. During any regular month, she writes approximately 350 checks to vendors for client payments for rent, utilities, spending cash, etc. Checks for individuals/clients are capped at \$200 unless approved by the Director of IDD or BH.

This is a program that reminds us-in accounting- that we need to do our best everyday so TPC can continue:

WHITE HAT AWARD



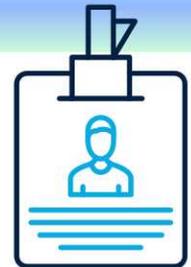
The IDD Service Coordination Department would like to present this month's White Hat Award to Chris Gonzales, Maintenance Department. His nomination stated that Chris comes in on Saturdays and cleans the floors including glue removal for IDD Services, moves furniture for staff when needed. He helps with lawn maintenance, snow removal and anything else that is needed. Thank you Chris for all you do.

Raul Aguilar, for IDD Service Coordination

Welcome these New Employees

Kiana Gomez
Imelda Saavedra
Terrell Smith
Monique Balderaz

PPI/PADRE
Alternate Living
CCBHC IA
Intake, Screening & Crisis



SAVE THE DATE!

6TH ANNUAL MENTAL HEALTH AWARENESS EVENT
MAY 8, 2026

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
joyce.lopez@txpan.org

Answer Correctly



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

1. Walk Across Texas starts _____.
2. Approximately _____ clients are enrolled in the trust fund program.
3. _____ should NOT be related to how often a client is showing up to appointments, or progress being measured by attendance.

Submit your answers to joyce.lopez@txpan.org. Deadline for responses is the 5th of the following month. You must include "Monthly Drawing" in the email subject line to be eligible. Hard copy submissions accepted. The same requirements apply. Please remember to include your name.

Answers to last months questions:

1) Mobile Crisis Outreach Team 2) Rights 3) 2/28/2026

Testimonial

I feel amazing. The treatment was different from what I expected; honestly, it was incredible. I trusted you to open up in groups and be honest, and it was reliving. On my final day there I had a one-on-one session with the therapist, and I opened up even more. I am proud of myself for doing this and thank you for being so patient to work with me so I can be comfortable to make my own choice. I really appreciate the hospital staff who helped me learn new coping skills, breathing exercises, and positive outlets to work through my emotions. Thanks to the hospital staff and thanks to TPC. I'd give it a 10/10 for my experience. – A

POINTS TO PONDER

Congratulations!

Congratulations to Vania Beavers (QM Director and Rights Protection Officer, and her husband on their new addition.

Skylee Canzadia Garza
Born February 25th, 2026
6lbs 14 oz, 18 inches long



Hutchinson County United Way Luncheon

Brittany Cotgreave, Coordinator of Compliance and Planning for TPC, participated in the annual Hutchinson County United Way Celebration Luncheon to kick-off the 2026 campaign.

Kelln Maslik is the United Way Liaison.



COMPLIANCE CORNER

Welcome back to the 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
or
- Vania Garza, Director of Quality Management, Compliance & Privacy
OfficerPhone: (806)351-3400
Email: vania.beavers@txpan.org

Attendance Based Objectives in Recovery/Care Plans

Before our transition to SmartCare, we want to reiterate the importance of creating person centered objectives in Recovery Plans. We are still seeing primarily attendance based objectives. The provider service strategies listed on the recovery plan as skills/case management/counseling/ and pharmacological management already have the attendance details in them. Make sure to ask questions about how they will see/measure improvement in their own life. How will they use skills, medications, counseling tools or peer support outside of the clinic to make a difference in their day to day. How can you integrate their strengths and current resources to aid in their treatment.

Objectives have to be SMART: Specific , Measurable, Achievable (doable for the person), Relevant (supports their goal), and Time-Bound. Each of these elements has to be present in each objective. Objectives should NOT be related to how often a client is showing up to appointments, or progress being measured by attendance.

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.

Slow Down

The Things You Can See Only When You Slow Down: How to Be Calm and Mindful in a Fast-Paced World

1. Focus on the here and now rather than dwelling on the past or worrying about the future. Being present helps you fully experience and appreciate life.
2. Incorporate mindfulness into your daily routine. Mindfulness practices, such as meditation and deep breathing, help reduce stress and increase awareness.
3. Treat yourself with kindness and understanding. Self-compassion helps you manage challenges and setbacks with greater ease and resilience.
4. Allocate time for introspection and reflection. Regularly stepping back to evaluate your thoughts and feelings provides clarity and helps you realign with your values.
5. Set realistic expectations for yourself and others. Adjusting your expectations helps prevent disappointment and promotes a more balanced perspective on life.
6. Foster meaningful connections and relationships. Genuine interactions with others provide emotional support and enrich your life.
7. Make self-care a priority. Engage in activities that nurture your well-being, such as exercise, relaxation, and hobbies that bring you joy.
8. Release the need for perfection and embrace imperfections. Accepting yourself and others as they are reduces stress and fosters a more authentic and fulfilling life.
9. Reduce clutter and simplify your surroundings. A simpler environment helps create a sense of calm and allows you to focus on what truly matters.
10. Appreciate and find joy in the simple, everyday moments. Recognizing the beauty in ordinary experiences enhances your overall sense of happiness and contentment.

- Haemin Sunim, Author



"He said it's rich in fiber, vitamins and antioxidants.
How can it be bad?"



It's Walk Across Texas Time!

Walk Across Texas at TPC will start on Friday, April 17th.

Begin forming teams now!



What is Walk Across Texas?



Walk Across Texas is a voluntary program to help employees start moving more and establish physical activity as a lifetime habit. Participating in Walk Across Texas with other employees is a great way to help stay motivated. It is not only walking but doing any physical activity of your choice (gardening, cycling, aerobics, dancing, golfing, etc.).

Walk Across Texas is an employee team event. If you wish to participate, please get with your co-workers, and discuss who will be on teams. Each team will need to designate a team captain and each team should have 8 people.

Some things to consider as a team captain for Walk Across Texas...

- Can I commit to 8 weeks?
- As team captain, you agree to be the team coordinator.
- Act as a motivator for your team.
- Keep team updated on any upcoming dates.

Watch for an email in the coming weeks that will include registration information and additional instructions. In the meantime, form your teams, pick a team name, designate a captain, and order team shirts (optional).



On January 1, 2026, TPC's Employment Assistance Program (EAP) changed from Magellan to ComPsych. ComPsych provides a robust list of benefits including: Counseling, Coaching, Work-life Service (legal and financial), Computerized Cognitive Behavioral Therapy (CBT). Please reach out to Human Resources with any questions.



Life is challenging. We can help.

We're your GuidanceResources® program.

Talk to us for the tools you need to handle any of life's challenges, big or small.



Our Services:



Confidential Counseling

- Anxiety, depression, stress
- Grief, loss, life adjustments
- Relationship/marital conflicts



Work and Lifestyle Support

- Child, elder, and pet care
- Moving and relocation
- Shelters, government assistance



Legal Guidance

- Divorce, adoption, family law
- Wills, trusts, estate planning
- Free consultation and discounted local representation



Financial Resources

- Financial planning, retirement, taxes
- Relocation, mortgages, insurance
- Budgeting, debt, bankruptcy



Digital Tools and Support

- Immediate connection to counseling, work-life support, and more
- Personalized guided behavioral health and well-being programs
- Interactive articles, videos, on-demand trainings, digital self-care tools
- Accessible resources for anxiety, stress, mindfulness, sleep, and more



Well-Being Support

- One-on-one Well-Being Coaching for positive lifestyle changes
- Improve mindfulness, nutrition, sleep, exercise habits
- Support for smoking cessation, weight management, and more

Explore your program:
Scan for video tour!



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Go to guidanceresources.com and enter your company ID: PrincipalCore

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App: GuidanceNow™

Online: guidanceresources.com

TRS: Dial 711

Web ID: PrincipalCore

Scan for more resources



We tend to forget that baby steps still move us forward.



David Bustos, MCOT Program Administrator, 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.

Fun Fact

Today, manmade (mitigation) wetlands cost from \$10,000 to \$100,000 per acre to build, while each beaver family creates and maintains several acres of wetlands - for free.

Happy International Beaver Day - April 17th



Who else is struggling with the recent time change?

