

Board of Trustees

Larry Adams, Chair
Amarillo, Texas

Patty Ladd, Vice Chair
Amarillo, Texas

Janis Robinson,
Secretary/Treasurer
Hereford, Texas

Jim Conner
Amarillo, Texas

Alyson Ries
Canyon, Texas

Jerry Don Williams
Amarillo, Texas

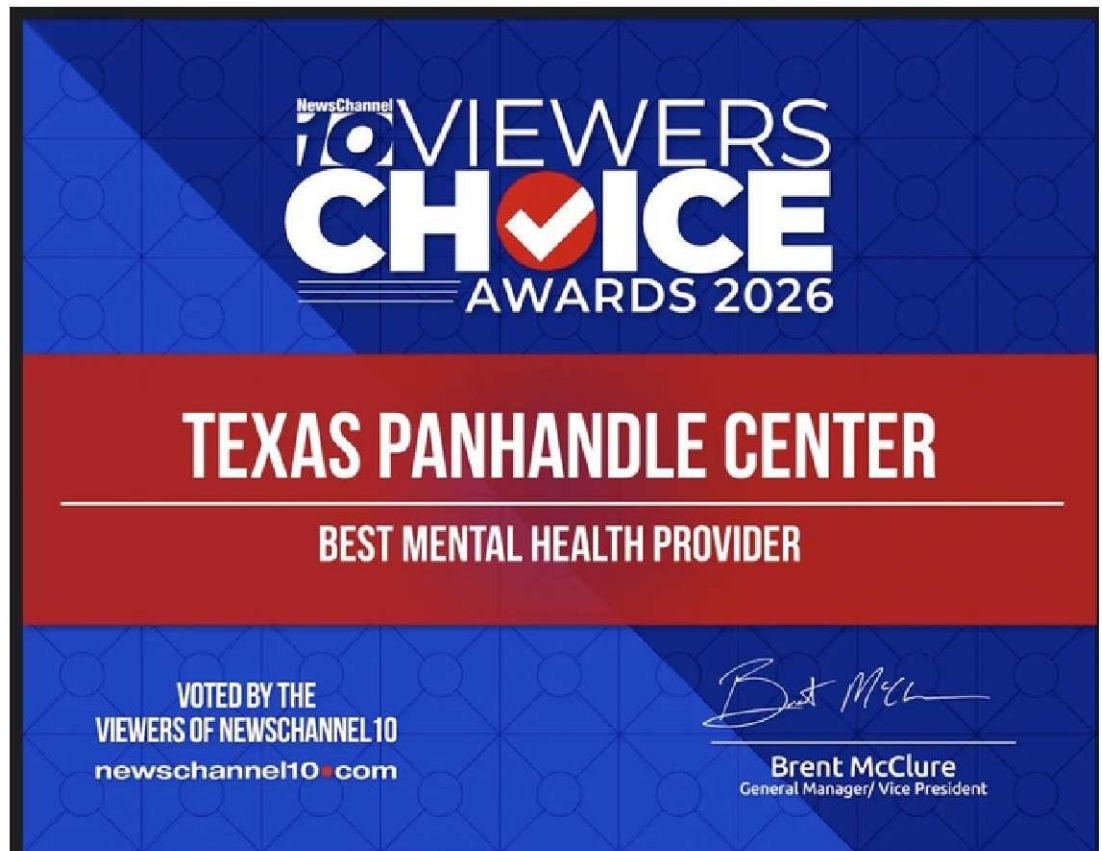
Sheriff J. Dale Butler
Deaf Smith County

Sheriff Terry
Bouchard
Ochiltree County

Legal Counsel
Amy Shelhamer

Executive Director
Libby Moore

TPC Voted Best Mental Health Provider 2026!



**Congratulations to TPC for once again
being nominated and voted as
News Channel 10's Viewer's Choice for best
mental health provider!**

TPC is honored to receive this recognition!

New Chair Appointed to the TPC Board

At the March 26th meeting, the Board of Trustees unanimously approved Mr. Larry Adams as the next Board Chair.

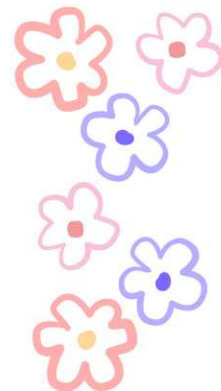
Mr. Adams was originally appointed to the Board of Trustees in April of 2005 by the Potter County Commission. Prior to that he served on TPC's Planning & Network Advisory Committee.

Mr. Adams served on TPC's Personnel Committee overseeing the preparation of and making recommendations to the full Board on all personnel, salary and fringe benefit packages.

He fills the unexpired term of The Honorable Willis Smith, who retired in January. The current Board membership includes: Larry Adams, Chair, Patty Ladd, Vice Chair, Janis Robinson, Secretary/Treasurer, Jim Conner, Jerry Don Williams, Alyson Ries, Sheriff Terry Bouchard, Sheriff J. Dale Butler.



*Choose the life that
feels calm inside.*



Retirement Recordkeeper Transition from OneAmerica to Empower

Toby Wallace, Human Resource Director

In early 2025, OneAmerica Financial, Texas Panhandle Centers' retirement recordkeeper since 2012, announced they were exiting the retirement services industry and that any organization who did not seek another provider would automatically be transferred to Voya Financial. As a result of this exit, TPC's retirement broker, ISC, distributed a Request for Proposals (RFP), in which Empower was eventually awarded the contract.

During the week of May 17th, 2026, this transfer will be completed with the following schedule in place:

- May 1, 2026, up until 3pm on that day-the deadline to request transactions, including withdrawals, future investment election changes, or to make a trade (relevant to both 457(b), 403(b) and 401(a) accounts).
- May 1, 2026, 3pm-the blackout period begins. During the blackout period, staff will not have access to their funds; however, the funds will remain invested and payroll deductions will continue as scheduled.
- Week of May 17th, 2026-blackout period ends and staff will have full access to their accounts online and over the phone, empowermyretirement.com and (800) 701-8255.

Once the transfer is complete, TPC expects staff to have an overall more robust experience in monitoring, moving the money around into different funding streams, and administration for retirement accounts.



Get Your Sticks on

Texas Panhandle Centers Blood Drive

Wednesday, April 15

Look for the bloodmobile

9:00 - 11:00



1:30 - 3:30



Donors Receive
Get Your Sticks
T-Shirt & one
ticket to Escape
Mini Golf



877-340-8777 • obi.org
Photo ID required. While supplies last.



Our
Blood
Institute

WHITE HAT AWARD



The IDD Service Coordination Department would like to present this month's White Hat Award to Brennan Worrell, Maintenance Technician. His nomination stated that Brennan is always willing to assist anyone who is in need. He does oil changes, gets the car tags, gets tires fixed and helps with landscaping and much more. He is always ready to assist where needed.

Thank you Brennan!

Raul Aguilar, for IDD Service Coordination

Welcome these New Employees

Nayeli Sanchez
Rylie Wilson
Victor Gutierrez
Adorah Guerra
Mary Naing

FAYS
MH Service Coordination - Adult
Maintenance
JBCR Program
Alternate Living



May 10th HAPPY Mother's DAY

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. TPC's new retirement plan is called _____.
2. TPC's Blood Drive on April 15th will be held at two locations.
Those locations are _____ and _____.
3. Our body's natural stress response is often called _____.

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) April 17th 2) 70 3) Objectives**

APRIL 15TH TAX DAY



"You need to itemize what you've pillaged."

Stress Awareness Month



Are your symptoms stress-related?

Stress isn't just about your emotions -- it affects your physical wellbeing, too, with physical symptoms and potential health consequences that can manifest before you're even ready to acknowledge how stressed-out you really are.

Our body's natural stress response -- the fight-or-flight instinct -- helps us manage stressful situations. But according to the Cleveland Clinic, our stress response can wreak havoc on our bodies if we're struggling with chronic long-term stress, such as high-pressure jobs, long-term illness or financial hardship. Some of the symptoms of chronic stress include:

- Body aches and pains
- Problems with sleep, such as extreme fatigue or insomnia
- Chest pain or a racing pulse
- Elevated blood pressure
- Headaches, dizziness, shaking
- More frequent illness from a weakened immune system
- Hives
- Psychological symptoms like anxiety, depression, or panic attacks
- Substance abuse
- Excessive gambling, shopping, or other compulsive behaviors

Chronic stress can also contribute to long-term problems with your immune, digestive, cardiovascular, and reproductive systems.

There are things you can do to manage stress and protect your health. Daily physical activity, positive thinking, and taking the time to set achievable goals can all help you manage day-to-day stress. Your doctor or a therapist can also evaluate your symptoms and determine whether medication or talk therapy might be appropriate for you.

Remember that stress happens in life. While you can't always control the sources of your stress, you can control how you respond to it.

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 Officer
Phone: (806)351-3400
Email: vania.garza@txpan.org

TIC TOC Trainings to count as QMHP Supervision

We have heard your thoughts and struggles with Recovery Planning and have hopefully come up with a helpful solution!

Being able to help clients meet their goals while integrating trauma-informed pieces is an integral part of how we can make a difference. However, we know that coming up with goals and objectives can be difficult for staff and clients as well.

Holly Fullmer with Texas Health and Human Services is going to provide some great training for us on Trauma-Informed Client Engagement. Attending one of these training sessions will also count for your required QMHP Supervision for the month.....what a deal! Please sign up to get registered and we would love to hear your feedback.



If you have a question/scenario that you would like to be considered for inclusion in the newsletter, email the information to ComplianceCorner@txpan.org.

ASCI World Meteorological Day Projects

Janice Stoner, Director, ASCI Amarillo



Each of our groups made a meteorology project for local Meteorologist in Amarillo in honor of World Meteorological Day on March 23rd. The staff took their groups to drop off their projects to news channels 4, 7 and 10. Everyone was so excited to get to meet the “real weathermen” and go to the news stations. There may even be a tour in the future and a weather balloon launch. Stay tuned! They also made thank you cards.



It's Walk Across Texas Time!

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

Kick-off will start at 10am on the 17th at both the Bivins Pointe and Wallace locations.



Did you received the invitation from your Team Captain?



 *You're Invited!*

Behavioral & Developmental Health

6TH ANNUAL COMMUNITY

MENTAL HEALTH

Awareness Event

May 8, 2026

11:30 a.m. - 2:00 p.m.

Live Music by Velvet Funk Band

FOOD TRUCKS, RESOURCE BOOTHS, T-SHIRT SALES, GIVEAWAYS, AND MORE!

6600 Killgore Drive
Amarillo, TX



Employee Vouchers

FOR FOOD TRUCKS!

Good Food

AND GIVEAWAYS!

Invite

YOUR FRIENDS!

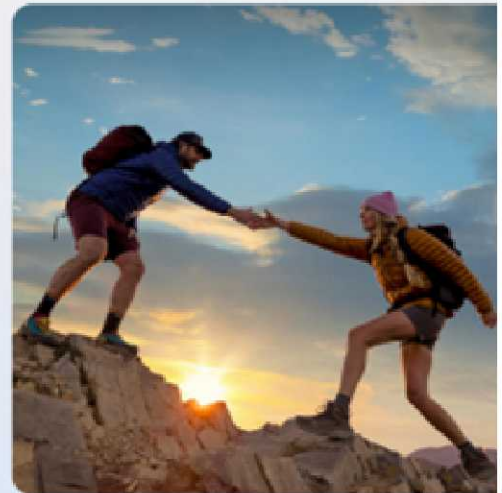
On January 1, 2026, TPC's Employment Assistance Program (EAP) changed from Magellan to ComPsych. ComPsych provides a robust list of benefits including: Counseling, Coaching, Work-life Service (legal and financial), Computerized Cognitive Behavioral Therapy (CBT). Please reach out to Human Resources with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



Confidential 24/7 support, when and where you need it.

Call 844.869.2365 to speak to a highly trained, caring professional.

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

Assistance is always confidential. View our privacy notice at guidanceresources.com/privacy

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Live Assistance

Call: 844.869.2365

App: GuidanceNow™

Online: guidanceresources.com

TRS: Dial 711

Web ID: PrincipalCore

Scan for more resources



Marissa Cooney, Office Manager, Hereford BH, 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.

Tackle Your Credit Card Debt



Credit card debt among Americans is higher than ever at \$1.3 trillion, which averages out to more than \$10,000 in high-interest debt for every single family in the country.

If you're staring at your own pile of credit card debt, try not to panic. It's time to make a plan, and act.

- If you're facing a financial emergency and can't make a minimum monthly payment, contact your credit card company immediately to explain the situation. Tell them what you can afford to pay and when can start making normal payments again. Keep a written copy of any agreement between you and your card issuer.
- Contact a credit counseling organization to help you with money management. They may recommend a debt management plan to consolidate all your payments at a lower interest rate.
- Avoid for-profit debt relief or debt settlement companies. These companies might make unrealistic promises about clearing your debt or advise you to stop paying your bills or communicating with your card issuer -- two very bad ideas.
- Consider a debt consolidation loan. These fixed-rate lump sum loans have repayment terms of up to seven years. You can apply for loans through your bank or credit union, or through an online lender that can give you a preview of your loan terms without affecting your credit score.
- If your credit card debt exceeds 40 percent of your income and cannot be paid off within five years, bankruptcy might be the best option. Contact a bankruptcy attorney to discuss your specific situation and the pros and cons.