



Here's What's Happening...

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

April 2012, Volume IX, Issue 4

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Serving the citizens of:

Armstrong, Carson,
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Deaf Smith, Donley, Gray,
Hall, Hansford, Hartley,
Hemphill, Hutchinson,
Lipscomb, Moore,
Ochiltree, Oldham, Potter,
Randall, Roberts, Sherman,
and Wheeler counties



Saturday, April 21, 2012

Drive -Thru
Texas Tech University Health Sciences Center
School of Pharmacy
1300 S. Coulter - Amarillo, TX
806.351.5626

-  Safe, free disposal of expired, left over or unneeded medications.
-  Help prevent poisonings, abuse, and misuse while protecting the environment.

IMPORTANT!

Please leave medications in their original containers.

No patient information is collected.
All identifying information is marked through prior to disposal.



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*April is Autism Awareness Month*  
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Did You Know?

A "Did You Know" section will be featured regularly in an effort to inform and educate employees of policies, procedures or news of importance.

Did you know that the HelpDesk is available to assist you with computer support?



The staff at the help desk will prioritize all requests and respond as quickly as possible.

All requests for computer support should be directed to the HelpDesk phone number at 351.3201.

It is important to leave the following information when you call:

Please leave your first and last name as well as a valid phone number where you can be reached. Too often, callers leave only a first name and no phone number.. This makes it difficult to respond.

Anytime that a request for assistance is determined to result from a lack of computer skills by the staff member, it may be necessary that Basic Skills Computer training be provided. It is important that supervisors assist new employees with first time log-ins and navigating for the first time.

The HelpDesk is a resource for technical assistance, hardware and software support—not instruction on how to operate a computer.

SPLASH Amarillo

Splash Amarillo opens Memorial Weekend (May 26) weather permitting (78-80 degrees)

Texas Panhandle Centers will offer discounted tickets for \$15.00 each (regularly \$22) throughout the summer.

Contact Carol Cobb in Financial Services:
806.351.3205



Paula "Susie" Brown, Specialized Services, answered last month's questions correctly and was randomly selected to win a \$25 gift card from Amarillo National Bank.

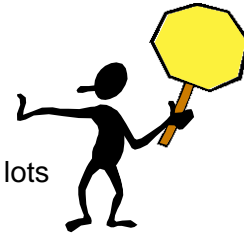


To claim your card, contact Joyce Lopez at 806.351.3308 or email: joyce.lopez@txpan.org.

Congratulations!

SLOW DOWN!

By: Jacqualine Briggs, HRD Coordinator



Several staff members have reported excessive speeding in the parking lots at the Wallace campus. I too have noticed the excessive speeding.

There have been reports of staff walking to their vehicle in the parking lot and almost getting hit. I was almost hit as I stepped off the curb into the crosswalk in front of 501.

This is a very busy campus...especially in the early mornings (arriving for work, dropping off clients) and mid afternoons (picking up clients).

Please keep the following safety precautions in mind:

As you are driving through the parking lot:

- ⇒ Watch for pedestrians...walking to and from the buildings, walking between parked vehicles, and just walking about campus in the parking lot.
- ⇒ Watch for vehicles leaving parking spaces
- ⇒ And **PLEASE** be aware of your **SPEED**

REMEMBER THE SPEED LIMIT ON CAMPUS IS 20 MPH

A colorful poster for a children's carnival. At the top, it says "Save The Date" in a decorative font. Below that is "3rd Annual Children's Carnival" and "Celebrating Children's Mental Health Awareness Day". The date and time are "May 11th, 2012" and "3:30pm-5:30pm". Activities listed include "Door Prizes", "Games", and "Refreshments". There are illustrations of a popcorn bucket, a game booth with prizes, and a sign that says "ADMIT ONE". At the bottom, it says "Celebrating the Children and Families We Serve" and includes safety instructions: "Children are not to be left unattended. Parent/guardian is requested to stay with child at all times." and "For TPC, STAR and also Safe Schools/Healthy Students participants only." It also lists sponsors: "Texas Panhandle CENTERS Behavioral & Developmental Health", "STAR", and "Safe Schools Healthy Students".

Save The Date

3rd Annual Children's Carnival

Celebrating Children's Mental Health Awareness Day

May 11th, 2012
3:30pm-5:30pm

◆ Door Prizes

◆ Games

◆ Refreshments

Celebrating the Children and Families We Serve

☀ Children are not to be left unattended.
Parent/guardian is requested to stay with child at all times.

☀ For TPC, STAR and also Safe Schools/Healthy Students participants only.

♥ Sponsored by:

Texas Panhandle CENTERS Behavioral & Developmental Health
Always Love Better

STAR

Safe Schools Healthy Students

National Volunteer Week: April 15–23



Generations of selfless individuals from all walks of life have served each other and our nation. Each person dedicated to making tomorrow better than today. They exemplify the quintessential American idea that we can change things, make things better, and solve problems when we work together.

Volunteers are the lifeblood of our schools, shelters, hospitals, hotlines, churches, community groups and of course Texas Panhandle Centers. Last year, over 63 million Americans gave of their services in a volunteer capacity across the globe.

From the coaches of the TPC Stars, to the Volunteer Services Council, to the Planning & Network Advisory Committee, to the Board of Trustees and all the other countless individuals committed to service and what we do at TPC — ***Thank you!***

Mother's Day...

...a time for warm thoughts and fond memories, for expressing the feelings and words that often go unspoken, for letting that special person in our life know that they are loved and appreciated – always

Mother's Day: May 13th



Social Worker of the Year

Congratulations to Dayna Schertler! She was awarded the Social Worker of the Year by the National Association of Social Workers (NASW) on Wednesday, March 21st at the Pavilion Auditorium.

Dayna is a Licensed Clinical Social Worker and Faculty Associate in the Department of Psychiatry. She provides clinical social work for the Department and lectures third year medical school students in counseling techniques as well as providing liaison duties for the TTUHSC's Department of OB/GYN. Dayna is one of the Texas Panhandle's most trained therapists in Cognitive Behavioral Therapy.



Congratulations Dayna on receiving this much deserved award!



White Hat Award

The IDD Service Coordination department would like to present this month's White Hat Award to **Gayla Christian, Provider Services**. Gayla, we appreciate the fact that you are a great communicator and explain dental care and in-home respite so well to our clients. You always make the effort to participate in team meetings and you're very kind towards our clients and their families. Thank you for making our jobs much easier and besides that, we love your candy!

Sharon Guinn for IDD Service Coordination

Welcome these New Employees...

Pamela Davis
Elizabeth Donald
Lauren Fincher
Ladaina Hyatt Mills
Kelly Smith
Jeffrey Price
Donna Marlette
Lametra Moore

Behavioral Health - Adult
Atkinsen Group Home
Behavioral Health - Adult
ASCI Pampa
ASCI Pampa
Atkinsen Group Home
Devon Group Home
Respite Pool



Do Your Emails Sound Negative?

When you speak to someone face-to-face, it's easy to determine whether your message is getting across and whether you need to say more or less on a subject.

When you speak to people on the telephone, you can judge how the communication is going by the tones and inflections in their voices.

You have none of these advantages in an email. Usually it's dashed off quickly, just giving the facts and opinions without much thought on how it will be received. It is a one sided communication and the person on the other end is just supposed to take it.

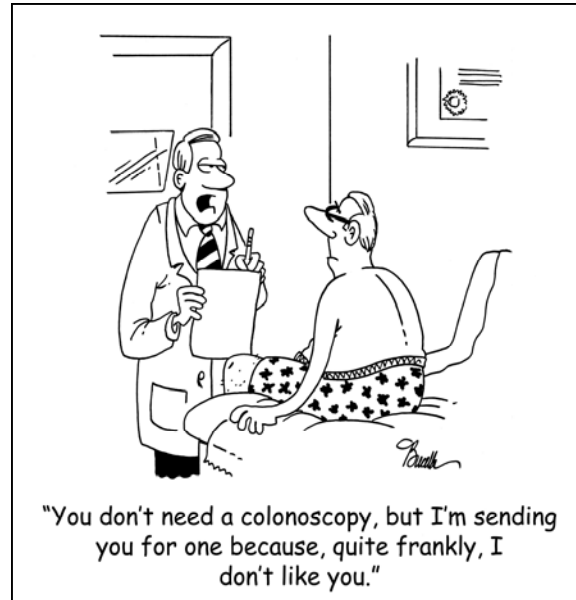
People often say they don't have time to really think about the tone of what they

write. Sometimes if the writer is trying to be enthusiastic, it could sound pushy.

There are programs that have been developed to serve as a "sentiment analysis" -kind of like a spell check for your emotions. *ToneCheck* is currently on the market that's still offered for free and Microsoft Outlook will soon have one out as well.

Ask yourself does the subject matter call for your opinion or just the facts. Offering an unsolicited opinion may come across as patronizing or condescending.

Slow down and take your time when writing emails. Be thoughtful in your choice of words before you hit the send button. Once its been sent, there's no taking it back.



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

Employee Recognition

At the March 29th Board of Trustees meeting, Judge Willis Smith, Board Chair, recognized Michael Ray, IDD Medical Records, for twenty (20) years of service with the agency. Michael was awarded a plaque, gift card and a day off.

Congratulations Michael.



National Nurses Week : May 6-12



National Nurses Week is one of the largest healthcare events recognizing the contributions and commitments nurses make and the significant work they perform.

Happy Nurses Week to all nurses and especially our TPC Nurses!

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

1. Who was named Social Worker of the Year?
2. Where will the next Medication Cleanout take place?
3. Be thoughtful in your choice of words before hitting the _____ button.



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. For those that do not have a computer, entries may be submitted via interoffice mail. The same requirements apply for hard copy submissions.

Thinking About Becoming an Ex (smoker)?

becomeanex.org

Most smokers will tell you they've always known WHY they should quit; what they've needed is a HOW to quit smoking — like the EX Plan. But if the grim facts help you stay committed to quitting smoking, here are some of the statistics.

ONE HALF of lifelong smokers will die of a tobacco-related disease.

Smoking cigarettes is so deadly that every 6.5 seconds, someone in the world dies from a tobacco-related illness. That's about 1,200 deaths per day and 450,000 a year in the U.S. alone — all from tobacco use.

Cigarette smoke contains 4,000 chemicals: hydrogen cyanide, formaldehyde, arsenic, ammonia and urea among them.

And if you're a pregnant smoker, many of these chemicals are making their way to your baby. You're not only harming yourself but your baby, too. Smoking while pregnant puts your baby at risk for premature delivery, low birth weight, childhood asthma and Sudden Infant Death Syndrome.

Chemotherapy and radiation therapy patients who keep smoking/using tobacco don't respond as well to treatment and may have worse side effects than those who stop their tobacco use. To get the most out of your treatment, stop using tobacco.

Cigarettes are also one of the top risk factors for developing complications after surgery. Smoking compromises wound healing, increases surgical site infections, makes anesthesia more dangerous and raises the risk of severe pulmonary complications. In fact, many surgeons insist patients stop smoking for at least two weeks before an operation.



One final note: The poisons taken into the smoker's body wreak havoc and cause illness in a number of ways. If you need a reminder of all the illnesses you risk giving yourself by smoking, take a look at the list below from the government's Centers for Disease Control.

- Lung Cancer
- Coronary Heart Disease
- Laryngeal Cancer
- Oral Cavity and Pharyngeal Cancers
- Acute Respiratory Illnesses
- Chronic Respiratory Diseases
- Emphysema
- Pancreatic Cancer
- Bladder and Kidney Cancers
- Stomach Cancer
- Colorectal Cancer
- Prostate Cancer
- Acute Leukemia
- Liver Cancer
- Cervical Cancer
- Esophageal Cancer
- Cerebrovascular Disease
- Abdominal Aortic Aneurysm
- Fertility Problems
- Pregnancy Problems
- Loss of Bone Mass and the Risk of Fractures
- Erectile Dysfunction
- Peptic Ulcer Disease

It's a long, bad list, isn't it? For more information on the consequences of smoking cigarettes, visit the Center for Disease Control's website.

Becomeanex.org is an excellent resource for those that want to quit but aren't sure where to start. Become An Ex is a FREE Program.