



# Here's What's Happening...

**TEXAS PANHANDLE CENTERS**  
 901 WALLACE BLVD. AMARILLO, TEXAS  
[www.texaspanhandlecenters.org](http://www.texaspanhandlecenters.org)

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## Know the Risks of Heart Disease

The leading cause of death for both men and women in the United States is cardiovascular disease, which includes heart disease and stroke. They kill an estimated 630,000 Americans each year.

Heart disease can be prevented. American Heart Month is a good time to decide what you can do to achieve a heart-healthy life.

The most common type of heart problem is coronary artery disease (CAD), which can lead to a heart attack. You can reduce your risk through lifestyle changes and, in some cases, medication, such as a statin.

The American Heart Association's Go Red For Women campaign urges citizens to spread the message that heart disease is not only a man's problem. More women die of cardiovascular disease than from the next four causes of death combined, including all forms of cancer. Women once believed breast cancer was their greatest health risk; new data show that while one in 30 women die of breast cancer, one in three women die of heart disease.

Eighty percent of all cardiac events can be prevented if people made the right choices for their hearts. The advice for both men and women is the same:

- ♥ Watch your weight
- ♥ Quit smoking
- ♥ Control cholesterol
- ♥ Control blood pressure
- ♥ Drink alcohol in moderation
- ♥ Get active and eat healthy
- ♥ Manage stress

Stroke is the third leading cause of death and a major cause of long-term disability.

Stroke and TIA (transient ischemic attack) happen when a blood vessel feeding the brain gets clogged or bursts. The signs of a TIA are like a stroke, but usually last only a few minutes.



- ♥ Numbness of the face, arm or leg, especially on one side of your body.
- ♥ Confusion, or trouble speaking.
- ♥ Trouble seeing in one or both eyes.
- ♥ Trouble walking or loss of balance.
- ♥ Severe headache with no known cause.

Don't wait more than five minutes before calling 911 for help if you experience any of these signs.

This month, we can rededicate ourselves to reducing the burden of heart disease by taking steps to improve our own heart health and encouraging our families to do the same.



## How to Become a Better List Maker

The infamous to-do list can be one of your best time-management tools, or it can be a source of anxiety. It depends on how and where you make it.

Choosing the right medium is one factor. A notebook can do the job for a simple list, but for a more complicated list that includes various categories, some people use computer programs such as *LifeBalance* by *Llamagraphics*. Others like having their list handy on a tablet computer or smart phone.



An app called *Remember the Milk*, for the iPad, lets the user sort and prioritize tasks and set reminders of due dates, financial matters and home duties. It can call up all tasks involving a "bill" or a "call."

Having the list in front of you keeps you



moving forward to the next task, but remember to take breaks and note things you don't want to do, such as frequently checking email.



Assign a priority to each task and tackle them in the order of importance. Important tasks should be at the top of the to-do list.

Effective lists are limited to specific tasks that can be done fairly soon.

Each task should include a time allotment, such as one hour. There is no point in putting more tasks on the list than you can realistically do in one day. Put the rest on another day's list.

Group tasks by where they'll be done, such as office, home, or while running errands.

# Congratulations!

The following employee was 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:

**Sherri Perdue, IDD Nursing**

**Paul Jeffers, Community Living**, 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](mailto:joyce.lopez@txpan.org).

Congratulations!

# Put Your Finances On The Right Track

Reducing debt was the third most common New Year's resolution this year. Saving money was first and spending less was second, but reducing interest on credit cards would work on all of the top three. Here are some ways to do it.

Zero percent interest on balance transfers. Financial advisors say if you owe \$5,000 on a 15 percent APR card, you could save \$750 in interest during the next 12 months. To get the zero percent offer, your credit score will probably have to be 700 or higher.

Even if you opt for a 2.99 percent offer, you'll save money. Whatever amount you transfer, it should result in savings that are more than the 3 percent or 4 percent up-front fee you will pay.

## Cautions



Never sign up for a balance transfer offer unless you are sure you can make at least the minimum payment each month. Just one late payment will cause your interest rate to rise



by a huge amount.

If you don't pay the amount you borrowed by the end of the time it's offered, the rate will skyrocket on the balance owed, both on this credit card and others.

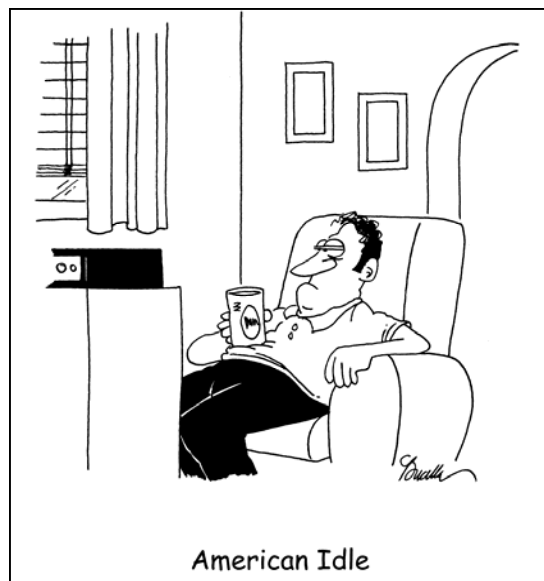
Never charge new purchases to a low-interest offer card even if new purchases are covered. It just makes the card more difficult to pay off.

## Debt consolidation loans

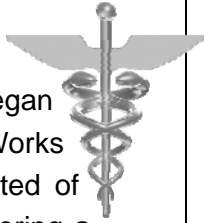
Some banks and credit unions offer unsecured consumer loans at 10 percent interest or less.

Debt consolidation only works if you can make loan payments without charging again on your credit cards.

It's important to create an emergency fund so you will not be forced to use credit cards for unexpected expenses, such as medical bills or auto repairs.



## Wellness Works Update



In October 2011, the Center began implementing the Wellness Works Program. The Program, consisted of completing a blood draw, answering a health risk assessment and finally talking through a consultation with IMS nurses. Employees were reimbursed \$10 per month if they completed the entire process on or before December 16, 2011. Of the eligible employees, 58% completed the entire process.

## Retiring after 19 Years...

**Richard Edgar, Programming Services**, is retiring in March. Richard has been with the Center since 1993. Please wish Richard well in his new endeavor.

Congratulations and Best Wishes!

## MARK YOUR CALENDARS!

### Fundamentals of Nutrition and Physical Activity

Presented by: Texas Municipal League (TML)

March 20th & 21st

**Darral Oliver with TML will be here to provide information on nutrition and physical activity.**



**Additional Information will be forthcoming, watch for it!**

## White Hat Award

The IDD Service Coordination Department would like to present the White Hat Award to **Yolanda King with Respite Services**. Thanks, Yolanda for the thing you do best which is responding quickly to the emergency needs of our clients. Your ability to make things happen and serve our clients when they need it most is an appreciated quality. You make our job easier and at the same time, you do it so cheerfully. We appreciate you.

Sharon Guinn for IDD Service Coordination



# VIOLENCE IN THE WORKPLACE

Todd Townsend, Master Peace Officer, and Darral Oliver, with the Texas Municipal League Intergovernmental Risk Pool Loss Prevention, presented Violence in the Workplace on January 24 & 25 at Texas Panhandle Centers.

The course goals were to increase awareness and knowledge of workplace violence.

Everyone is at risk of workplace violence. According to Mr. Townsend, it is important to recognize danger and learn to listen to your internal warning system. Trust your instincts.

According to TML, a crime is committed every 28 seconds in Texas

- One **Murder** every 6 hours and 42 minutes
- One **Rape** every 1 hour and 2 minutes
- One **Burglary** ever 2 minutes
- One **Theft** every 46 seconds
- On **Robbery** ever 14 minutes
- One **Aggravated Assault** every 7 minutes
- One **Motor Vehicle Theft** every 5 minutes
- One **Violet Crime** every 4 minutes
- One **Property Crime** every 31 seconds

Mr. Townsend highly recommended the book *Gift of Fear*. He stated this is a great resource particularly for those with children moving away from home or leaving for college.

For additional information various safety topics or to participate in scheduled webinars visit:

[tmlirp.webex.com](http://tmlirp.webex.com)



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## Welcome these New Employees...

Caitlin Claypool  
Fernando Vigil  
Laurie Kahlich  
Misty Thornton

Behavioral Health Screening Unit  
Carlton Group Home  
IDD Nursing  
Camp Lane Group Home



## Employee Recognition

At the January 26 Board of Trustees meeting, Judge Willis Smith, recognized the following employees for their years of tenure with the agency.

- ◆ 15 Years - Debbie Dunlap, Medication Clinic, Medical Services
- ◆ 20 Years - Jody Malone, Maintenance Services, Administrative Support Services
- ◆ 30 Years - Victoria Martinez, Early Childhood Intervention , IDD Services

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

Congratulations!



Debbie Dunlap - 15 Years



Jody Malone - 20 Years



Victoria Martinez - 30 Years

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

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Phone: (806) 351-3308 Fax: (806) 351-3345 Email: [joyce.lopez@txpan.org](mailto:joyce.lopez@txpan.org)

# IMPORTANT DATES

**PRESIDENTS DAY: FEBRUARY 20**

**BLACK HISTORY MONTH THEME 2012:  
HONORING BLACK WOMEN IN AMERICAN HISTORY**

**DAYLIGHT SAVING TIME BEGINS MARCH 11**  
REMEMBER TO TURN YOUR CLOCKS FORWARD ONE HOUR



**SAINT PATRICK'S DAY: MARCH 17**



**SPRING BEGINS: MARCH 20**



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

- I. According to TML, a crime is committed every \_\_\_\_\_ seconds in Texas.
- II. Debt consolidation only works if you can make loan payments without \_\_\_\_\_ again on your credit cards.
- III. What is the leading cause of death for men and women in the United States?



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.