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 and Wheeler counties

**REMEMBER THE FALLEN**

Monday, May 28th will be a day of remembrance and the three-day break from work offers a time where families can gather to have a picnic or barbecue, spend time with friends and celebrate life before honoring the fallen.



The day is also known as Decoration Day because of the tradition of decorating the graves of service people, a custom that dates back to the time just after the Civil War. Those who gave their lives in Iraq and Afghanistan are fresh in our memories. Though they died far from home, their sacrifice was made to protect their homeland from foreign intruders.

Memorial Day honors all who gave their lives in past wars as well. Almost everyone has a family member who fell during the Civil War, World Wars I and II, Korea and in other foreign lands. On this day, we remember them, tell stories about them, pray for them and honor them.



**Texas Panhandle Centers will be  
 closed Monday, May 28th in  
 honor of Memorial Day.**

# 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 there are specific procedures to follow if you are involved in a vehicle accident while on TPC business? They are as follows:



1. Check the condition of all persons involved in the accident. Get help for the injured - call 911.
2. Immediately notify the police.
  - ◆ Amarillo Police Department: 378.3038
  - ◆ Canyon Police Department: 655.5005
  - ◆ You may give client names and addresses to the police, however, TPC staff should at no time identify the persons as a client of TPC or indicate in any way that he or she is receiving services.
3. If the vehicles can be driven, and moving them will not result in injury to other persons or further damage, move the vehicles from the roadway as soon as safely possible. It is the law. ***If the vehicle cannot be driven, please call or have the police officer call T Miller Wrecker at 376-5384 to tow the vehicle to Motor Pool at 901 Wallace. If further assistance is needed call Jeff Young at 683-1087.***
4. ***Report the accident immediately to Financial Services at 351-3205 or 351-3203. If an accident occurs after 5:00 p.m. on a week day or during the weekend, please leave a voice mail message on one of the above numbers. Failure to report the accident on time could result in points being assigned to the employee.***
5. Exchange the following information with the other drivers involved in the accident:

- ◆ name
  - ◆ address
  - ◆ telephone number (including area code)
  - ◆ driver's license number
  - ◆ insurance information (name of insurance company, policy number, and their phone number) Ask the other driver to present their proof of liability insurance. Proof of liability insurance for the agency vehicle is in the vehicle folder.
  - ◆ **Do not discuss fault**
  - ◆ **Do not accept liability**
  - ◆ **Do not sign a release**
6. Obtain names and phone numbers of any witnesses.
  7. Important facts to note regarding conditions at accident location:
    - ◆ number of lanes
    - ◆ weather conditions
    - ◆ traffic controls
    - ◆ skid marks (where on road and from which vehicle)
    - ◆ posted speed limit
  8. Fill out the accident report form and turn in to Carol Cobb in building 501 at the Wallace location the day of the accident. The form may be found in the vehicle folder. If there is not a form in the envelope, you may get one from Carol Cobb. Be sure to include the license plate number as well as the R.U. number.
  9. Bring the agency vehicle to the Motor Pool garage at the Wallace location for inspection of damage.

**Michelle Warnica, Medical Records**, 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!

## ONEOK Company gives to Children's Services

Jim Womack, Director, Planning & Public Information

The TPC Child and Adolescent Behavioral Health program was the recipient of a \$1000 grant from ONEOK. This grant money is to go toward hosting the 3<sup>rd</sup> Annual TPC Children's Services carnival.

For the past two years, Texas Panhandle Centers Behavioral and Developmental Health has held a Children's Service's Carnival in recognition of National Children's Mental Health Awareness Day. This carnival is attended by child and adolescent clients and their families, and provides a fun experience at the end of the school year for families who often times don't have any other social activities or resources available. As one child put it "This is the best thing we have done all year!"

Originally founded in 1906 as an intrastate

natural gas pipeline business in Oklahoma, today ONEOK is one of the nation's premier energy companies involved in the natural gas and natural gas liquids businesses.

Pictured are Erin Rasmussen, Team Leader Children's Services, and Stephen Studtmann, Director of Operations for ONEOK; A.K.A Erin's father.



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## HONOR FLIGHT

On May 9, Bob Yung (Financial Services Administration) accompanied his father, Ben F. Yung, on an Honor Flight to Washington, D.C. They visited the World War II Memorial as well as the Vietnam and Korean War Memorials and witnessed a changing of the guard at the Tomb of the Unknown at Arlington National Cemetery. Bob and his father were with a group of 25 other World War II veterans from all branches of the service.



Over 16.5 million men and women served during World War II. There are only about two million left today. Approximately 1,500 of these veterans die each day.

The Honor Flight program is a non-profit organization offering World War II veterans the opportunity to visit the World War II Memorial in Washington, D.C. The veteran's portion of the cost is provided by the organization.

## Chick-fil-A Sponsored Leadercast

The Chick-fil-A Leadercast was held May 4th at Happy State Bank. The simulcast featured the following lineup of presenters:

- ⇒ Andy Stanley - Best Selling Leadership Author and Communicator
- ⇒ Soledad O'Brien - CNN Anchor and Special Correspondent
- ⇒ Dr. Roland Fryer - Harvard Professor and CEO of the Education Innovation Laboratory
- ⇒ Marcus Buckingham - Strength Strategist Researcher & Best Selling Author
- ⇒ Angela Ahrendts - Chief Executive Officer for Burberry
- ⇒ John Maxwell - Leadership Expert & Best Selling Author
- ⇒ Urban Meyer - Head Football Coach for Ohio State University
- ⇒ Tim Tebow - NFL Quarterback, 2007 Heisman Winner & Best Selling Author
- ⇒ Dr. Sheena Iyengar - Author & World Renowned Expert on Choice
- ⇒ Patrick Lencioni - Best Selling Author & President of the Table Group



*Left to right (top row):* Toby Wallace, Bob Yung, Susan Kitchens, Kathy Lundegreen, Diane Donnell, Eloise Haynes

*(bottom row):* Lynda Cherryhomes, Linda Van Marter, Jim Conner, Rayna Voos, Jackie Briggs, Tonya Fenwick, Phyllis Clark, Jim Womack, Donald Newsome.

Also attended but not pictured: Cynthia Bischof, Tracy Dowd, Veronica Prosser, Lindsay Burkhalter, Allison Zander, Laura Hoppe, Genna Dunlap

	<p style="text-align: center;"><b>ATTENTION SUPERVISORS:</b></p> <p style="text-align: center;"><b>PLEASE REMEMBER TO COLLECT ANY JEAN MONEY THAT HAS NOT BEEN PAID.</b></p>
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"I'm taking away your cell phone for a few days. You were texting in your sleep last night."



"I think it's time to stop shopping when the computer asks you if you need another shopping cart."

## Armed Forces Day: May 19, 2012

Armed Forces Day is a day to pay tribute to men and women who serve the United States' Armed Forces.



### Caramel Apple Dip



This quick, easy (and portable) dip makes a great anytime snack.

#### Ingredients:

- 1 pkg. (8 oz.) Philadelphia Cream Cheese, softened
- 1/2 cup firmly packed brown sugar
- 1/2 tsp. vanilla

Directions: Beat cream cheese in small bowl with electric mixer on medium speed until creamy. Add brown sugar and vanilla; beat until well blended. Spoon into serving bowl. Serve with apple wedges.

## 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:

**Cindy Pulse - IDD Consumer Benefits**

## Splash Water Park



Opening Memorial Weekend!  
(weather permitting)

Get your tickets for \$15 (regular price \$22) from Carol in Financial Services 351.3205 or Bldg. 501.

# May is Mental Health Month

**Staying Well**—*Exercise brings better sleep, less daytime fatigue.*

A report in *Mental Health and Physical Activity*, shows that people who get 150 minutes a week of moderate exercise (or 75 minutes of vigorous exercise) feel less fatigue during the day and sleep better at night.

Researchers studied 3,081 men and women between the ages of 18 and 85 to



determine nighttime sleep patterns. Those who met these National Institute of Health exercise guidelines were less likely to report sleepiness during the day, less likely to experience leg cramps while sleeping, and less likely to have difficulty concentrating when tired.

The doctors also concluded that those who were more active during the day fell asleep faster at night.

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## White Hat Award



The IDD Service Coordination Department would like to present this month's White Hat Award to **Diane Donnell, RN, Utilization Management**. Diane breaks down the barriers when it comes to helping consumers access medications they cannot afford. She has a great deal of knowledge when dealing with pharmaceutical companies and simplifies the complex process for both the consumers and the Service Coordinators. Thank you for making a difference and being supportive of our department and the consumers we serve.

Sharon Guinn for IDD Service Coordination

## Welcome these New Employees...

Gregory "Clark" Boland  
Kiyra Greer  
Francheska Price  
Angela Walker  
Ingrid Briles  
Brett Cook  
Dianna Tidwell  
Katreana Volden

Respite Pool  
Respite Pool  
While-A-Way Group Home  
Browning Group Home  
IDD Service Coordination  
Programming Services  
Browning Group Home  
BH Med Clinic Children's



# Thinking About Becoming an Ex (smoker)?

becomeanex.org

*Nicotine withdrawal is the second in a series of articles featured to help those wanting to kick the habit.*

## Nicotine Withdrawal

Your brain is made up of billions of nerve cells that communicate with each other by releasing chemicals called neurotransmitters. These neurotransmitters act like little “keys” that attach to special “locks” called receptors located on the surface of nerve cells. When a neurotransmitter locks into a receptor, it activates the nerve cell. One particular neurotransmitter is called acetylcholine (uh-seet-l-koh-leen), and it’s responsible for things like muscle movement, breathing, heart rate, learning and memory. Pretty important stuff. When nicotine gets into the brain, it acts just like acetylcholine. This is why you may have noticed that when you smoke, your heart rate goes up, and you feel “perked up.”

Recently, scientists have discovered that nicotine also acts like another neurotransmitter in the brain called dopamine. Dopamine works on receptors in the part of the brain that cause feelings of pleasure. When you smoke, it feels good, right? That’s dopamine at work triggered by nicotine. Interestingly enough, drugs like heroin and cocaine also trigger dopamine.

So...what happens when you quit smoking? Think of brain receptors as little critters that can get very irritable if they do not get their way. They like nicotine and have become accustomed to getting it.

So when the nicotine isn’t delivered, the little crit-

ters get upset, which produces withdrawal symptoms and cravings. So when you stop smoking, to keep you comfortable while the critters settle down, we suggest using nicotine replacement medications or other medications to help. They keep the receptors happy — or at least a little less “mad” — while you learn to live your life without cigarettes.



The good news is that withdrawal symptoms don’t last forever, and there are some really effective medications to help soften the blow. They help reduce the withdrawal symptoms and cravings caused by those receptors in your brain.

As you prepare for this quit attempt, remember three things.

1. The withdrawal symptoms don’t last forever. While some of us at EX<sup>®</sup> were preparing to quit, we feared we’d spend the rest of our lives grouchy and nervous. But most withdrawal symptoms begin to peak within the first week after quitting and are much less within two to four weeks.
2. Withdrawal symptoms may not be as bad as you remember from the last time you tried to quit. The important thing is to learn from your past experience and come up with a plan to cope with withdrawal symptoms and manage your high-risk situations that trigger cravings to smoke.
3. Withdrawal symptoms are like bullies. And bullies can be bullied back. Withdrawal symptoms can be reduced with medication. Once you quit, your brain will likely be throwing a small tantrum because it isn’t getting its nicotine. What medications do is help reduce withdrawal symptoms and cravings during the short term while you get ready to deal

*(Continued on page 8)*

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

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with the behavior changes you're going to have to make to stay off cigarettes.

You may feel some or all of these symptoms:

- Depression
- Insomnia
- Irritability, frustration or anger
- Anxiety
- Difficulty concentrating
- Restlessness
- Decreased heart rate
- Increased appetite or weight gain
- Trouble sleeping
- Fatigue

And of course, a craving for cigarettes.

In addition to these, there are other symptoms many smokers report after quitting: everything from dry mouth to constipation. Since nicotine affects virtually every part of the body, it's not surprising that quitting smoking can affect people in lots of different ways. The jury's still out about whether the following effects are truly caused by nicotine withdrawal, but you may also experience:

- Dry mouth
- Headaches
- Racing heart
- Skin rash
- Sweating and tremors
- Constipation
- Cough
- Dizziness
- Mouth ulcers

It's not the same for everyone. Some people may get an increase in anxiety and depression, while others report an increase in positive mood. Some people feel fatigue and others feel more energetic. It all depends on your particular brain chemistry. The key is to pay attention to what you're feeling and come up with a plan to cope with your symptoms.

Also, remember that quitting smoking is a big life change, and some of the feelings you may experience could be from the stress of a major life event. That's why it's important to learn new ways to deal with stress. This will help you as you quit smoking and with life in general. Visit our Staying an EX section for new ways to deal with stress and other tips.

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

1. When is the next Back In Control Parenting Class?
2. Scientists have discovered that nicotine also acts like another neurotransmitter in the brain called \_\_\_\_\_.
3. Doctors also concluded that those who were more active during the day fell asleep \_\_\_\_\_ at night



[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.](mailto:joyce.lopez@txpan.org)



S.T.A.R (Services To At-Risk Youth & Their Families) brings you...

## **“Back in Control”** Parenting Workshop

**Saturday, June 2, 2012 • 8:45am - 4:00pm**



TEXAS PANHANDLE CENTERS  
Children’s Services Building  
1500 S. Taylor Street • Amarillo, Texas 79101

**Pre-registration required! 359.2005**  
Instructor: Janice James, MA, QMHP

CEU’s available for LPCs & MSWs; General CEUs also available  
Must attend entire class for certificate

**NO CHARGE**

Seating is limited.

STAR is a TDFPS funded program of TPC

**No childcare provided.**

## **What is a parapsydokian?**

It's a figure of speech in which the latter part of a sentence or phrase is surprising or unexpected in a way that causes the reader or listener to reframe or reinterpret the first part. Examples include:



Wisdom is not putting it in a fruit salad.

- ◆ Do not argue with an idiot. He will drag you down to his level and beat you with experience.
- ◆ The last thing I want to do is hurt you. But it's still on my list.
- ◆ Light travels faster than sound. This is why some people appear bright until you hear them speak.
- ◆ Knowledge is knowing a tomato is a fruit.
- ◆ I didn't say it was your fault, I said I was blaming you.
- ◆ I used to be indecisive. Now I'm not so sure.
- ◆ Change is inevitable, except from a vending machine.
- ◆ Going to church doesn't make you a Christian any more than standing in a garage makes you a car.