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Serving the citizens of:

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Randall, Roberts, Sherman,
and Wheeler counties

The Speech that Changed the World

This year, 2023, will mark the 60th anniversary of one of the most famous speeches in American history, and perhaps the history of the world.



Just 17 minutes long, Martin Luther King's "I Have a Dream" speech was a turning point in the civil rights movement. In it, King departed from his prepared text, possibly because gospel singer Mahalia Jackson urged him, "Tell them about the dream!"

Standing before the Lincoln Memorial on Aug. 28, 1963, King improvised the most iconic passage. His famous words:

"I say to you today, my friends, so even though we face the difficulties of today and tomorrow, I still have a dream. It is a dream deeply rooted in the American dream.

I have a dream that one day this nation will rise up and live out the true meaning of its creed: 'We hold these truths to be self-evident: that all men are created equal.'

I have a dream that my four little children will one day live in a nation where they will not be judged by the color of their skin but by the content of their character."

Watch the speech here: <https://www.youtube.com/watch?v=vP4iY1TtS3s>

**In observance of Martin Luther King, Jr. Day, TPC
Offices will be closed Monday, January 16th.**

DR. MARTIN LUTHER KING
MLK
JR.



Disaster Response Services

Stacy Sandorskey, Director of Children's/FAYS & Disaster Services

Every state is at risk for disasters. Disasters disrupt thousands of lives every year, leaving behind lasting effects on people and property. Disaster management plays an integral role in keeping communities safe.

Did you know that Texas Panhandle Centers has a Disaster Behavioral Health Response Team?

As per our contract with Health and Human Services (HHSC,) it states that in the event of a local, state, or federal emergency, including natural, man-made, criminal, terrorist, and/or bioterrorism events - TPC may be called upon to assist. Disaster Response Services provides assistance in the following areas: community evacuation, health, and medical assistance; assessment of health and medical needs; health surveillance; medical care personnel; health and medical equipment and supplies; patient evacuation; in-hospital care and hospital facility status; food, drug, and medical device safety; worker health and safety; mental health and substance treatment; public health information; vector control and veterinary services, and victim identification and mortuary services.

Some previous examples of how TPC has assisted in the past include: assisting in New York with 911 recovery efforts, wildfires, tornados, Katrina & Rita Hurricane Recovery efforts, IKE Hurricane Recovery efforts, City Preparedness for Bird Flu Virus, COVID Crisis Counseling Services, flash floods, and house fires.



The National Governor's Association designed a phase of a disaster model to help emergency managers prepare for and respond to a disaster, also known as the "life cycle" of emergency management. These four phases include:

- 1) mitigation** - pre-disaster related efforts to reduce any vulnerabilities
- 2) preparedness** - education, outreach, & training
- 3) response** - immediate response to stakeholders
- 4) recovery** - post disaster recovery plan.

Planning around a disaster management cycle can help lessen the impact of unexpected events, and strive to meet the goals related to a reduction in loss, providing needed assistance, and encouraging recovery.

Appointment to Planning & Network Advisory Committee

At the December 8, 2022 Board of Trustees meeting, the Personnel Committee made recommendation to appoint Judge John Board to the Planning & Network Advisory Committee.

Planning and Network Advisory Committee members review, contribute comment, and make recommendations on an internal/external network of providers. The Committee considers factors in accordance with Senate Bill 1182 and complies with the Performance Contracts of the Texas Health and Human Services Commission.

Judge John Board



Judge Board is retired but continues as visiting judge and presides over drug courts. He is a board member for the Texas Association of Specialty Courts and is the Board Chair for the Potter/Armstrong counties Public Defender and Managed Assigned Counsel Oversight Board.

He holds a Bachelor of Arts degree in Political Science and Juris Doctor from the University of Oklahoma. He practiced law in Amarillo from 1988-2000. He served as a District Judge in Potter and Randall counties from 2000-2020.

Judge Board currently resides on a ranch in Armstrong County. His term is for two years. Welcome Judge Board!

WHITE HAT AWARD

The IDD Service Coordination Department would like to present **Charlie Harris, Clerk, ASCI**, with this month's White Hat Award. Charlie does a great job at the front desk of 503. She is helpful and ready to assist anyone who needs help. She is happy to help and works to serve the individuals, families, visitors as well as those who work at 503. Thank you Charlie for all you do!



Cecilia Gallegos for IDD Service Coordination Department.

POINTS TO PONDER

Emily Rubio, Interim Rights Protection Officer

As adults, we all have rights that we value and appreciate. Some of these rights consist of deciding what to eat, where to go, and when to go to bed. It is important to remember that the individuals we serve also have the same rights as we do. One of the basic rights individuals have is the right to privacy and to be treated with dignity and respect. So how do we treat someone with dignity and respect? We treat others and those we provide services to with compassion, being polite and validating each person's individuality. When speaking to our clients, we must be mindful of our tone, volume, and body language. Remember to speak to individuals in a calm, positive way. We should always use "person first language."

Person First Language respectfully puts the person before their diagnosis. Words do matter, and even though we all make mistakes, it is important that we speak to others with kind and respectful words. As we have started a new year, I hope we all resolve to "Making Lives Better" by being kinder and gentler to the people we serve and those with whom we interact on a daily basis.

I am also pleased to announce that our new Rights Protection Officer will start later this month. Look for next month's newsletter to hear more about our new RPO.

If you have any questions or concerns, call (806) 351-3400 or e-mail Emily Rubio, Assistant Director of Quality Management, at Emily.Rubio@txpan.org.



"Do you promise to love, honor and not share each other's personal data on social media?"



"A hand held device gives me the freedom to leave the cave more often."

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

New Year, New Finances

Were you better off last year than this year? If the answer is no, or you don't know, you've got some work to do.

A study by Princeton Research Associates shows that, for all income levels below \$100,000, people who have a written financial plan report twice as much savings and investments as people without a plan. Here's how to make yours:



1. Find where you are now:

- What is your net worth (what you own less how much you owe)?
- How much debt do you have? Take a brave look at debt and interest rates.
- What are your financial goals and how can you reach them?

2. Lower your interest rates.

- If your job is secure and you are in good health, it could be wise to take a home equity loan at a lower interest rate to pay off high-interest consumer credit accounts. Rates on equity loans, though rising, are still less than credit cards.

3. Blast your debt.

- Don't charge anything. If you can't pay all your unsecured debts in three to five years, talk to a credit counseling agency.

4. Check your progress.

- You will be encouraged to see your total debt reduced each month.

5. Track daily expenses.

- Monitor every penny you spend for 60 days. You are sure to find items you don't really want or need.

6. Plan for disaster.

- Check your home, auto and health insurance to be sure you have adequate coverage.
- Put money into an account for emergencies. Aim for three months of living expenses, but save what you can.

7. Avoid temptation.

- Stick to your plan, not your pal's vacation schedule.



COMPLIANCE CORNER

Welcome back to Compliance Corner. In Compliance Corner 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 individual).

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
- Donald Newsome, Director, Quality Management & Compliance, (Privacy Officer)
Phone: (806) 351-3284
Email: Donald.newsome@txpan.org



Documentation Reminders for Behavioral Health

Please make sure to complete your assessments within the required time frame. If they aren't completed within 180 days, this will be reflected on the compliance review. In addition, when you complete the Recovery Plan, make sure to get them to your data entry person either the same day or the following day. The Recovery Plan that corresponds to the assessment is required to be in Paper-vision at the time of the review. A passing score of at least 80% is not achievable without the Recovery Plan to review.

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.

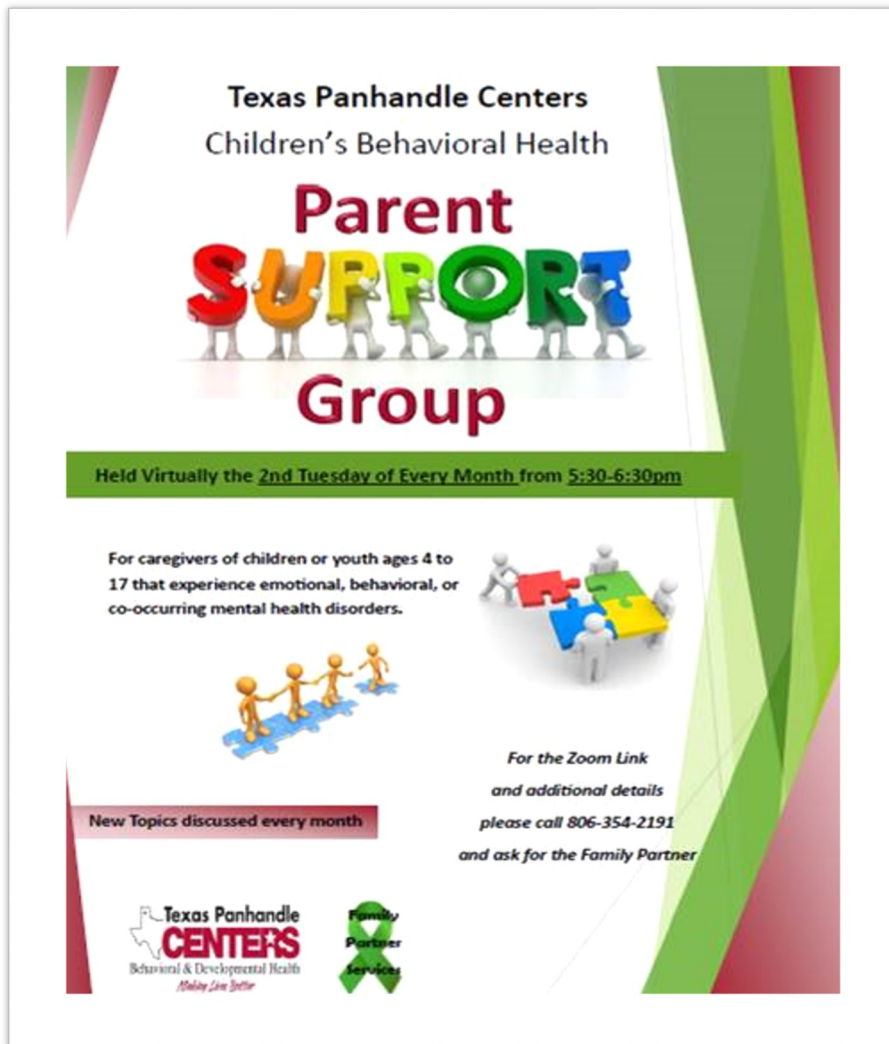
Welcome these New Employees...

Kim Bowen	IDD Nursing
Tyonda Bonner	IDD Service Coordination
Osman Naing	Wayne Group Home
Taniya Rascon	IDD Community Living
Sahra Sheikey	Amherst Group Home
Colin Stradley	IDD Service Coordination
Julie Vincent	ECI
Tara Williams	Children's - Borger
Lori Green	Pampa ASCI



Did You Know...

TPC's Children's Services offers virtual parent support groups the second Tuesday of the month? Each month a different topic will be discussed. Please reach out to Tiffany Hirani, Family Partner, if you need more information at 806.354.2191.



Texas Panhandle Centers
Children's Behavioral Health

Parent SUPPORT Group

Held Virtually the 2nd Tuesday of Every Month from 5:30-6:30pm

For caregivers of children or youth ages 4 to 17 that experience emotional, behavioral, or co-occurring mental health disorders.

For the Zoom Link and additional details please call 806-354-2191 and ask for the Family Partner

New Topics discussed every month

Texas Panhandle CENTERS
Behavioral & Developmental Health
Making Lives Better

Family Partner Services

LaVerna Bull, Financial Clerk, BH Crisis & Intake, 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.

How much **physical activity** do you need?

Here are the American Heart Association recommendations for adults.



Fit in 150+

Get at least 150 minutes per week of moderate-intensity aerobic activity or 75 minutes per week of vigorous aerobic activity (or a combination of both), preferably spread throughout the week.



Move More, Sit Less

Get up and move throughout the day. Any activity is better than none. Even light-intensity activity can offset the serious health risks of being sedentary.



Add Intensity

Moderate to vigorous aerobic exercise is best. Your heart will beat faster, and you'll breathe harder than normal. As you get used to being more active, increase your time and/or intensity to get more benefits.



Add Muscle

Include moderate- to high-intensity muscle-strengthening activity (like resistance or weight training) at least twice a week.



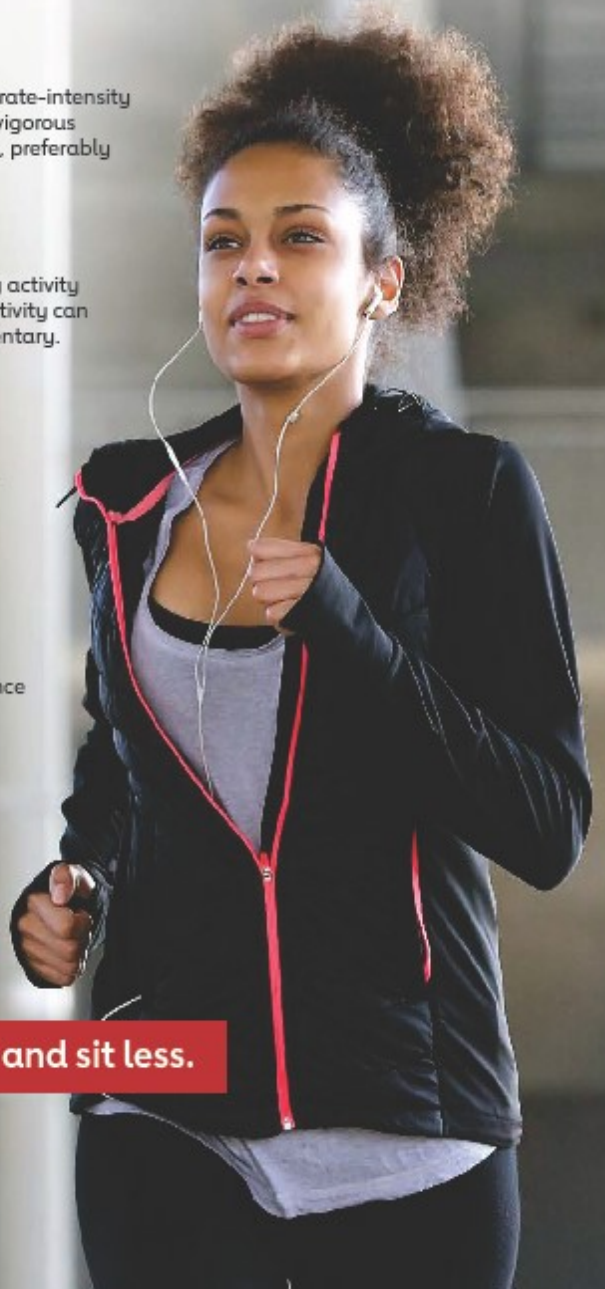
Feel Better

Physical activity is one of the best ways to keep your body and brain healthy. It relieves stress, improves mood, gives you energy, helps with sleep and can lower your risk of chronic disease, including dementia and depression.

Move more, with more intensity, and sit less.

Find out how at heart.org/movemore.

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Quality Management would like to recognize those case managers/service coordinators who score 95 or higher on the bi-monthly compliance reviews. All staff who score 95 or higher will have their name put in a drawing. After the two monthly reviews are completed a name will be drawn and the winner will receive a \$25 gift card. A special thank you to the **TICTOC Committee** who made it possible for us to offer this recognition.

The winner for last month is **Luis “Daniel” Marin, Case Manager, Adult Probation.**
Congratulations, Daniel!

Thank you for your hard work! Please reach out to Gaynelle Williams in QM for your gift card.



Time Management

“The key is in not spending time, but investing it.” – Stephen R. Covey



Welcome to the **January 2023 edition of TotalWellbeing**, your guide to the **8 dimensions of wellbeing**. This month we are looking to start the year off right with a skill that we could all make use of, better time management.

Time management is not about how much (or little) time you have, it’s all about how you use the time you do have. Using your time well can be tricky as we all have a tendency to inadvertently waste time doing things like procrastinating, worrying about how little time we have to do something, overthinking things, and other bad time habits. Some time wasters are even out of our control. Unexpected phone calls, a flat tire, or an urgent family need are all examples of times when our time may be out of our hands. How do you overcome these things?

If you or a household member needs additional information or assistance around time management, stress reduction, or anything else, please call MINES and Associates at 1-800-873-7138 or visit www.minesandassociates.com today. You have access to work/life concierge services, life coaching, and stress management tools. Also, **PersonalAdvantage** has a ton of great resources and **FREE webinars** on a variety of topics including time management and work/life balance.

To your total wellbeing,

The MINES Team

Employee Assistance Program

★ Now Access Your EAP Services Online! ★

MINES and Associates are excited to announce MINES is now offering a new digital intake for EAP services!

This will help make accessing your EAP benefits easier than ever before. [Please click here](#) or use the link below for instructions on how to use the digital intake. Members may still access us via telephone as well.

https://www.minesandassociates.com/Documents/MINES_Digital_Intake_Overview.pdf

Please call us at 800-873-7138 M-F 8:30am to 5:00pm MST if you have any questions about the digital intake, would like assistance completing your intake, or if we can assist with anything else.

Answer's to last months questions:

1) 11,252 2) White Out 3) Habits

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

1. One of the basic rights individuals have is the right to _____.
2. Behavioral health assessments are due every _____ days.
3. _____ is not about how much or how little time you have, it's all about how you use the time you do have.



[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.