



Here's What's Happening...

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

August 2023 Volume XX, Issue 8

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Serving the citizens of:

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Ochiltree, Oldham, Potter,
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and Wheeler counties

Life is Better with blood donors



Texas Panhandle Centers Blood Drive

Wednesday, August 23

8:30am - 11:00am(901 Wallace Blvd)

2:00pm - 4:30pm(1501 S. Polk St)

All donors will get "Life is Better" shirt,
a Cinergy movie pass and a small
popcorn.

Wallace Blvd

Polk St



Scan QR code to make
your appointment



Coffee
Memorial
Blood Center

877-340-8777 • obi.org

While supplies last. Photo ID required.



Work and Well-being Initiative

TPC had a successful year with the Work and Well-being initiative through the University of Colorado. Work & Well-being webinars were offered to staff bi-monthly and were well attended by staff. Goals were established and implemented to improve well-being at work based on the pre-survey that staff completed last June.

Goal #1: Support and promote emotional wellbeing of staff:

- The addition of the Memory Garden (a place to remember staff who have passed)
- *A Day to Remember* floating holiday (8 hours of PTO added to staff benefits)
- Random Acts of Kindness Day (cups of candy with words of encouragement for each employee)
- TPC baseball night at Hodgetown for staff and their families
- Humdinger Cookout for all staff
- The implementation of trauma informed language center wide
- Designed t-shirts and mugs that supported various behavioral and developmental health initiatives

Goal #2: Facilitate the whole health of staff members:

- Walk Across Texas (Over 115 participated in the 8 week wellness initiative)
- AgriLife Extension Cooking Expo – Healthy cooking tips for staff
- Third Annual Community Mental Health Awareness Event (Live music, vendors, food trucks, etc.)
- Eight dimensions of health articles featured monthly in newsletter
- Annual Health Fair to promote health, education and fun (Halloween costumes worn by staff)

Goal #3: Financial wellness:

- Healthy financial habits training webinar for staff
- Financial wellness article in the staff newsletter



A post Work and Well-being survey will be emailed to staff on August 21, 2023 with a deadline of completion by September 1, 2023. The survey may be completed on a smart phone or desktop. It is important to note that the survey is confidential, and no one at TPC will see any identifiable data to any individual person.

We encourage your participation in this important survey. If you have any questions, please feel free to contact **Steve Garcia** at **806-351-3233** or email at steven.garcia@txpan.org

Back to School

Back to school means it's time for homework. How do you know if you're giving your child help that is needed, or if you are creating an anxious, dependent child by helping too much?

Former teacher Nancy Haug, M.S., says you're involved too much if you hover over your child during the homework session, continually provide answers, or think in terms of "my homework" instead of theirs.

All of this gives your child the idea that you don't have confidence in their ability to do the work required, and that's not good.

In her book *Erasing the Guilt: Play an Active Role in Your Child's Education - No Matter How Busy You Are* (Career Press), Haug says the goal of homework is to help children develop skills. Here's how to do it without becoming too involved.

⇒ Establish a place for homework. It should be away from TV and generally quiet.

⇒ Set a time when you will be available to answer questions, a time when you are not rushed.

⇒ Let the child do it, especially one who feels dependent or indifferent. Start the session and say you'll be back soon to check on progress.

⇒ Have the child learn how to search for answers.

⇒ Review the assignment after it is finished. Your caring adds significance to the work.

For a writing assignment, spend a moment or two with the child to develop ideas for the project.

For a math assignment, monitor the first one or two problems to be sure the right process is used. Set a time, says Haug, and say you hope that number 12 is finished when you get back.



Healthy Vision Critical to Children's Skills



80% of learning occurs through our eyes. Healthy vision is critical to classroom and homework success. Poor vision can lead to poor reading skills, lower grades, difficulty interpreting music notes, reduced self-esteem and negative behavior issues.

August is Children's Eye Health and Safety Month and this is a great time to schedule a comprehensive eye exam with an optometrist for your child.

Indicators of potential vision problems may include :

- Wandering eyes
- Frequent eye rubbing
- Head tilting to look at objects
- Squinting or excessive blinking
- Red, crusty or swollen eyes
- Pulling objects closer; avoiding close work
- Headaches, nausea

The eyes of maturing children change frequently. Be sure to address any issues early to help your child be successful in and out of the classroom.



In observance of the Labor Day Holiday, TPC Offices will be closed on Monday, September 4th.

Wishing everyone a relaxing three day weekend!

Summertime



POINTS TO PONDER - PREVENTING BURNOUT

Vania Beavers, Rights Protection Officer



Many of us have heard the word “burnout.” At the end of an exhausting week, or even at the end of an exhausting day, it is common to consider yourself burned out. What many people do not realize is that burnout is actually a condition that can affect a person mentally, and not just short term. Beyond lack of energy or exhaustion, other signs of burnout include apathy, irritability, and even physical signs of feeling sick.

We work in a high stress, high burnout field. It is important that everyone take the time for self-care to avoid burnout. This will also help to prevent abuse, neglect, and exploitation. Here are some tips from the National Institute of Health (NIH) on self-care:

- Exercise regularly
- Keep a regular sleep schedule
- Eat a healthy diet and stay hydrated
- Set goals and priorities
- Do things that you enjoy during your time off
- Practice gratitude and positivity

It can also be helpful to “remember your why.” Why are you in this field? Every position at TPC somehow takes care of the individuals in our services. Remembering why you chose this career can be a good motivation during the stressful moments.

TPC cares about their employees and has trainings available to help with stressful situations. Human Resource Development has classes available for anger management, stress management, and time management. Please reach out to your supervisor if you are interested in these additional trainings.



Welcome these New Employees...

David Back	Accounting/Payroll
Tuyizere Beatrice	Camp Lane Group Home
Alyssa Close	Autism Program
Ali Omar	Wayne Group Home
Delphine Tuyishime	ASCI Amarillo
Mohamed Yusef	Club Meadows Group Home
Melanie DeForest	Medication Clinic Adult
Harley Hollaway	ASCI Amarillo
Haroon Issack	Carlton Group Home
Aaliyah Johnson	IDD Service Coordination
Abdullahi Mohamed	Club Meadows Group Home



WHITE HAT AWARD



The IDD Service Coordination Department would like to present **Jesse Miller, Group Home Supervisor**, with this month's White Hat Award. Jesse works tirelessly in the group homes and with our individuals. He demonstrates great care and compassion to those we serve. Jesse is always willing to help individuals, families, and service coordinators with anything they may need. He is a great advocate and strives to make everyone's lives better!! Thank you Jesse for all that you do!

Cecilia Gallegos for IDD Service Coordination Department.

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

Employee Recognition

At the July 13th Board of Trustees meeting, Judge Willis Smith, Chair, recognized **Jeff Young, Motor Vehicle Technician**, for 20 years of service with the Center. Jeff was awarded a plaque, gift card and a day off.

Congratulations Jeff!



"You shouldn't be in your room because of your illness...you should be in your room because you have your gown on backwards."



"Have you tried the Ignorance? I've heard it's bliss."

Norma Sloan, Family & Youth Success Program, 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.



Online & Digital Tools



Access Details:

Your Employee Assistance Program services are free, confidential, and always available 24/7/365.

*To access services call MINES or visit our website (contact details below) to complete a digital intake for EAP service.**

Our patient navigators are available to answer any questions you may have and help you access any of the EAP services available to you and your household members.

** Your company code is used to register for online profiles as well as complete online intake requests. If you do not know your company code, please call MINES for assistance.*

**Free & Confidential support!
Call or log on today to get started at:**

**1-800-873-7138 or visit
minesandassociates.com**

Your Digital & Online Resources

Life can get busy and you don't have time to wait around. MINES knows this. That's why as part of the EAP you and your household members have access to robust online tools and resources to help you live life at your own pace.

With MINES' EAP, you and your household members have access to two primary online resources. The first is a digital intake available on our website to help you access your EAP services anytime, anywhere. The second is an online resource library called PersonalAdvantage, full of articles, assessments, trainings, and other tools including free access to the eM Life Mindfulness mobile app. See below for details.

- **Digital Intake:** You and your household members can access all of your EAP services 24/7 with a click of a mouse. Log on to the MINES website (www.minesandassociates.com) and use your company code to set up an online profile. From there complete a fast and easy intake to get access to counseling, legal/financial services, work/life referrals, wellness coaching, or anything else!
- **PersonalAdvantage:** An online resource library designed to help you and your household members manage stress, build resiliency, and develop your interpersonal skills. Full of assessments, courses, calculators, forms, quizzes, and articles, PersonalAdvantage can help with a wide range of topics including emotional wellbeing, Physical and mental health, legal and financial issues, personal growth, relationships, and more!
- **eM Life Mindfulness App:** eM Life is a purpose-driven mindfulness solution that can be applied to everyday life and chronic conditions to promote health, happiness, and performance. eM Life provides a virtual mindfulness solution to help you create connections with yourself and others while building skills to manage stress and anxiety, improve focus, and enhance your overall well-being.

If you need help accessing your online resources or completing an online digital intake, our team is standing by to help! Call or log on to access your online digital resources today!

This guide is for informational purposes only. Call MINES for complete details.



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) Stacy Sandorskey 2) Nursing Facility 3) Medical Record

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 Blood Drive is set for _____.
2. _____ is actually a condition that can affect a person mentally, and not just short term.
- 3 A _____ Work and Well-being survey will be emailed to staff on August 21st with a completion deadline of September 1st.



[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.