

# Here's What's Happening...

**TEXAS PANHANDLE CENTERS**  
901 WALLACE BLVD. AMARILLO, TEXAS  
\*\*\*.texaspanhandlecenters.org

April 2024 Volume XXI, Issue 4

## Board of Trustees

**Chair**  
The Honorable Willis Smith  
Higgins, Texas

**Vice Chair**  
Patty Ladd  
Amarillo, Texas

**Secretary/Treasurer**  
Janis Robinson  
Hereford, Texas

Larry Adams  
Amarillo, Texas

Linda Brian  
Amarillo, Texas

Amy Hord  
Canyon, Texas

Jerry Don Williams  
Amarillo, Texas

Sheriff J. Dale Butler  
Deaf Smith County

Sheriff Terry Bouchard  
Ochiltree County

**Legal Counsel**  
Amy Shelhamer

**Executive Director**  
Mellisa Talley

Serving the citizens of:

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

# SAVE *the Date!*

*You're  
Invited!*



## 4th Annual Mental Health Awareness Event

**May 10, 2024**

**11:30 a.m. - 2:00 p.m.**

*May is Mental Health Awareness Month*

### Live Music by Velvet Funk

**Food Trucks, Resource  
Booths, Networking, T-Shirt  
Sales, Giveaways and More!**



**New location!**

**6600 Killgore Drive, Amarillo, TX**



# Accounting & Payroll

David Back, Accountant IV

**T**exas Panhandle Centers provides a wide range of opportunities for more than 340 skilled and knowledgeable employees across the twenty-one counties of the Texas Panhandle. Each department does their part in “Making Lives Better” for those we serve and employ, and the Accounting Department is no exception to that rule. The Accounting department brings structure to the business processes by documenting, categorizing, and compiling financial information in such a way that the numbers begin to tell a clear, reliable, and accurate story of everything that goes on within the business.



As a nonprofit organization, TPC does not focus on making a profit. Instead, we focus on making sure our clients’ lives are better with every service that we provide. However, these services are not free. Through each service, there are a number of expenses that must be documented, checked, and categorized by the accounting team. These expenses include salaries, benefits, supplies, contractual agreements, and others. In the year 2023, payroll was the highest expense. With salaries, benefits, and taxes, this made up around 70 % of all expenses.



To fund these services, TPC relies mostly on state and federal governmental grant programs. The accounting team is heavily involved in these processes by providing budgets, justification for all funds and tracking the progression of each grant.

The accounting team is always working with leadership to verify that the Center is following not only the State and Federal law, but the rules of each grant and federal agency that provides TPC with the income needed to continue providing services.

“Making Lives Better” will always be the goal of TPC. Every piece is important in making sure that, as a Center, we make that happen. As the accounting team, it is our hope that as we bring relevant, accurate, and reliable information to each situation, we can increase the number of lives that are touched with the services offered here at TPC.



# Add Strength Training to Your Exercise Regimen

The majority of Americans don't do any kind of strength training exercises -- no lifting weights, resistance bands, or bodyweight exercises like squats and push-ups.

That's to their detriment, according to the U.S. Centers for Disease Control and Prevention (CDC), which recommends that most adults, including older adults or people with chronic conditions or disabilities, do muscle-strengthening activities at least twice each week in addition to 150 minutes of moderate aerobic activity.

## The benefits of strength:

- **Weight management.** Strength training preserves and builds lean muscle mass, which increases your metabolism and can help you manage or lose weight. Increased muscle mass is also associated with improved insulin sensitivity.
- **Bone health.** Resistance training and weight-bearing exercise supports healthy bone density and can reduce your risk of osteoporosis.
- **Better quality of life.** Muscle-strengthening activities make it easier to engage in every-

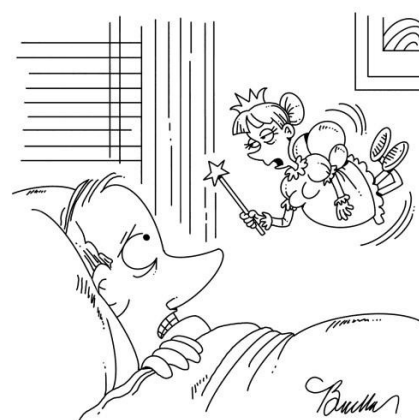


day activities like climbing stairs or lifting heavy objects, and can improve general physical function. Strength training can also help older adults avoid falls.

- **Chronic condition management.** People with chronic conditions like obesity, arthritis, depression or diabetes can all benefit from strength training.

## How to start strength training (with your doctor's approval)

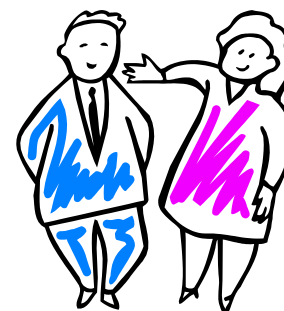
Strength training doesn't have to be complicated or require any equipment -- just comfortable clothing and enough space to move around is enough. Choose three to five basic exercises, such as squats, wall push-ups, glute bridges, and step-ups, and perform two to three sets of eight to 12 reps with about a minute of rest between each set.



"I'm the midlife fairy. I put the hair you lose from your head inside your nose and ears."

# Welcome these New Employees...

Suzanne Bowers	Ward Group Home
Lindsay Tomlinson	FAYS Program
Amber Walker	IDD PASRR
Vanessa Anguiano	Browning Group Home
Julie Janes	Browning Group Home
Raymond Lira	Maintenance



---

## WHITE HAT AWARD

The IDD Service Coordination Department would like to present **Jessica (Jesse) Neel, RN**, with this month's White Hat Award. Jessica always goes above and beyond for the individuals that she serves. She shows great patience and poise while performing nursing assessments on individuals. She communicates effectively with everyone that she serves. She is dedicated to her individuals and treats them with great respect. Jessica is always willing to answer questions and help when she is needed. She can light up the room with her smile. She provides high quality nursing service to our individuals. Thank you for all that you do!



Jenny Felton - IDD Service Coordination Department



**April is  
Autism  
Awareness  
Month**

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

## Welcome Partner First Responder of Distinction Award


Congratulations to Brianna "Bri" Albracht, Associate Licensed Professional Counselor with TPC and Officer Chase Cox, Amarillo Police Department, for the Welcome Partner First Responder of



Distinction Award! Both Chase and Bri have demonstrated exceptional dedication and innovation in their roles as first responders, contributing significantly to the mental health well-being of the Amarillo community.

Since 2017, Chase and Bri have played pivotal roles in the inception of the Intercept program—a collaborative initiative between the Amarillo Police Department and Texas Panhandle Centers. This groundbreaking program pairs mental health professionals with Crisis Intervention Team Police Officers to respond to crisis calls involving mental health challenges. In essence, the two professionals ride together in a patrol vehicle to provide expert understanding and assistance to help people get the mental health services they need. Chase and Bri were among the first pairs to join forces, driven by their shared passion for assisting individuals grappling with mental health issues.

Chase and Bri's commitment extends beyond their direct involvement in the Intercept program. They provide comprehensive training and guidance to fellow officers and mental health providers, empowering them to adopt similar approaches in their interactions with the community. Their tireless efforts and wholehearted dedication have fostered more positive and meaningful interactions between law enforcement and the mental health community.

Well deserved recognition! 

**Jennifer Campbell, Case Manager, FAYS 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](mailto:joyce.lopez@txpan.org).



Walk Across Texas began on April 12th with a “walk out on work.” The following teams are participating:

Chaos Coordinators 2.0  
Holy Walkamolies  
Moves Like Joggers  
New Kids on the Walk  
OMW to the Taco Truck  
Run, I thought you said Rum  
Texas Turtles  
The A-walkalypse  
Walking Chaos  
Win or Walk Home  
Legs of Steel



## B Keeper Recognition



Congratulations to Alexis Hernandez, Case Manager, IDD Service Coordination, for completing the most “B” contacts for the month of March. Not only did she meet the benchmark, but she went over.

Thank you for your hard work and going above and beyond!

***Congratulations!***

## Social Work Field Fair at WTAMU

Tiffany, an intern at TPC, displayed the Agency's Board telling about TPC at WTAMU's Social Work Field Fair.

What a great opportunity to share all about TPC services. Thanks Tiffany, Mandy, Luz and Jacqueline!



Happy Mother's Day!  
May 12th





Congratulations on your retirement Cindy! Cindy Smith is a registered nurse in the behavioral health outpatient clinic at TPC. Cindy has provided excellent care to countless individuals over the past 21 years. She is loved by many and will be greatly missed. Enjoy your retirement Cindy!

## Be Well Texas—UT Health San Antonio



Many thanks to [Be Well Texas](#) - UT Health San Antonio, for the generous donation of supplies to those impacted by the recent Texas Panhandle Wildfires. TPC will work with United Way organizations in those communities for distribution. Thank you again for Making Lives Better for those in the Texas Panhandle!





## PARTICIPANT CORNER

ISC

For more information, visit <http://iscgroup.com> or call (800) 888-3520.

### 7 Tips to Prepare You for Retirement

A secure and happy retirement requires careful planning and is a well-constructed process. Starting now will give you plenty of time to make the strategic changes and improvements that will bring your retirement goals closer to reality. Here are **7 tips** you should know to strengthen your retirement strategy.

1. **What will you do?** Establish definite objectives and plan for a retirement that will last for at least 20 years. Satisfied retirees generally set goals for themselves that include both monetary stability and personal fulfillment. Ensure your aspirations align with a financial strategy that supports these goals.
2. **Will you work?** The current trend of working beyond retirement requires a realistic evaluation of the opportunities that are accessible. Determine whether doing the kind of work that best suits your interests and abilities will make it easier for you to transition into your post-career goals.
3. **Where will you live?** Choosing where to live will also be a factor that affects your decisions. If being near family is a priority, then proximity will be a crucial element in where you decide to settle down. A good location is also crucial for anyone thinking about working after retirement to reach possible career goals.
4. **How much will you get from Social Security?** Get a personalized estimate at [www.ssa.gov/myaccount](http://www.ssa.gov/myaccount) to maximize the power of knowledge about your Social Security (SS) benefits. To optimize these benefits, be aware that SS payments vary depending on your enrollment age and discuss coordination techniques with your spouse (if applicable).
5. **How much additional money will you need?** Once you know what you can expect from SS, you need to determine if that and your other assets are enough to pay your monthly bills.
6. **Do you have health insurance?** As you approach the age of 65, eligibility for Medicare grows nearer. However, securing supplemental insurance remains essential. Those retiring before this age must explore alternative coverage options through private insurance or state health insurance exchanges.
7. **Have you stress-tested your finances?** Stress-test your financial situation to be ready for life's unexpected obstacles. Have an emergency fund on hand to handle unforeseen costs, such as house repairs, car replacements, or unanticipated health problems, to ensure your financial stability in times of difficulty.

## 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.

[\\*\\*\\*\\*\\*.minesandassociates.com/Documents/MINES\\_Digital\\_Intake\\_Overview.pdf](https://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) April 12, 2024 2) Investigator 3) May 10, 2024**

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

1. People with \_\_\_\_\_ like obesity, arthritis, depression or diabetes can all benefit from strength training.
2. Establish definite objectives and plan for a retirement that will last for at least \_\_\_\_\_.
3. The \_\_\_\_\_ department brings structure to all business processes by documenting, categorizing and compiling financial information.



[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)