



# Panhandle Community Services Employee Monthly e-News!



Welcome to the Left Hand, Right Hand Monthly e-News. This monthly newsletter will serve to keep Panhandle Community Service's employees up to date on all company issues, events, grant updates, policy changes, comings, and goings.



## Without you, we are Nothing. With you, we are Something. Together, we are Everything!



## All-Staff Day Thank You!



We would like to thank everyone for attending the Spring 2018 All-Staff meeting. We had a great turnout and look forward to implementing all your ideas and working together to make PCS the World's Best Community Action Agency!

We would like to give a special thank you to Sargent Jerome Godfrey from the Amarillo police department, Tad Dorrah with BKCW and Chris Thomason from Mutual of America for attending and providing everyone with new and valuable information.

Watch on Paycom.com for the October's All-Staff Day meeting Announcement!



Click the Pig to view All-Staff Day videos!



The Bright Ideas Committee's first 50/50 Raffle was a great success. We raised over \$400 for future Bright Idea events. Lori Covil from our Pampa Office was the big 50/50 winner and Mary Twitty received the most votes to "Kiss the Pig"!



★ Check Paycom.com and Facebook page for future Bright Idea events.



# Program News



## HUD is now HCVP!

HUD is now Housing Choice Voucher Program. PCS open the HCVP waiting list on April 16<sup>th</sup>. Mary Twitty, Family Services Director, orchestrated a drive-through HCVP application pickup event in the PCS parking lot. Over 400 applications were passed out the first day.

Mary Twitty reported that a number of changes have been made to the program to help our clients in obtaining and maintaining high quality housing.

In addition, Rebecca Timmons, Program Specialist, holds a HCVP briefing class every Thursday for clients that have been taken off the waiting list and issued a voucher. Rebecca educates the clients on the housing rules, online tools and other resources to help in maintaining their HCVP voucher.

PCS still has Housing Vouchers available in the rural counties of the Panhandle. HCVP (HUD) applications are available on our Facebook and at [www.pcsvcs.org](http://www.pcsvcs.org).

# Agency News



## May is Community Action Month!

National Community Action Month was created by the Community Action Partnership to reinforce Community Action Agencies' role helping low-income families achieve economic stability. Check the PCS Facebook page daily for Community Action posts.



1. Community Action is in it for the long haul! Since 1964, Community Action has advocated for those who don't have a voice. For more than 50 years, Community Action has provided much needed services and opportunities to millions of individuals and families with low incomes.
2. Community Action emerged from the heart of President Lyndon B. Johnson's 1964 proclamation of America's "War on Poverty" where battles must be won in the field, in every private home, in every public office, from the courthouse to the White House.
3. Community Action has put a human face on poverty for 52 years by advocating for limited-income citizens without a voice, so that they may enter the middle class and reach for the American dream, replacing their despair with opportunity.
4. Community Action builds and promotes economic stability as an essential aspect of enabling and enhancing stronger communities, which in turn promotes self-sufficiency, ensuring that all Americans are able to live in dignity.
5. Community Action has enhanced the lives of millions of people across America by providing essential, life-changing services and opportunities such as affordable housing, economic development, health care, energy assistance, natural disaster relief, and recovery.
6. Community Action will continue to implement innovative and cost-effective programs to improve the lives and living conditions of the impoverished continue to provide support and opportunities for all citizens in need of assistance; and continue to be a major voice of reason in establishing welfare system reforms.

Click to visit the Community Action Partnership Website 

Freshbenies is a health discount card that includes the ability to call a doctor 24/7 with Teladoc, the best telehealth company, and get a prescription, if needed.

<https://www.freshbenies.com/service/telehealth>



## Calendar of Events



Send Your Client Success Stories!  
Send your client success stories for our Facebook page!

### 2018 MAY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3 Directors Meeting	4 Payroll Ending	5
6	7	8	9	10 Directors Meeting	11	12
13 Happy Mother's Day	14	15	16	17 Executive Committee Meeting	18 Payroll Ending	19
20	21	22	23 Community Expo	24 Directors Meeting	25	26
27	28 Closed Memorial Day!	29	30	31 Directors Meeting		

### 2018 JUNE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Payroll Ending	2
3	4	5	6	7 Directors Meeting	8	9
10	11	12	13	14 Board Meeting	15 Payroll Ending	16
17 Happy Father's Day	18	19	20	21 Directors Meeting	22	23
24	25	26	27	28 Directors Meeting	29 Payroll Ending	30

### Ah-Choo! Welcome to Spring Allergy Season

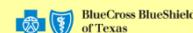
The sneezing, itchy, watery eyes, and other cold-like symptoms are known as hay fever. But spring allergies have nothing to do with hay or fever. Rather, they are caused by pollen and mold. Pollen comes from grass, trees, or ragweed. Mold grows outdoors in fields and on dead leaves.

#### What is an allergy?

Dr. Michael Foggs, an allergist and president of the ACAAI, says we all have an allergy protein in our bodies. And we all breathe in pollen and mold. Pollen and mold are forms of "allergens" which means they can cause an allergic reaction in those who are sensitive to those allergens--about 25 percent of people. An allergic response results when a protein in the blood called immunoglobulin E (IgE) releases a chemical called histamine. Histamine tightens small blood vessels of the nose, making fluids leak out into other tissues. This causes noses to run, eyes to water, and skin to itch and swell—the classic symptoms of spring allergies.



### Limit Your Exposure



Limiting exposure to the allergens also can help reduce symptoms. The ACAAI suggests these:

- Keep windows closed and use air conditioning at home and in the car when possible.
- Dry clothes, sheets, and towels in a dryer rather than hanging them outside, where they may collect pollen from the air.
- Limit time outdoors from 5-10 a.m. when the air is filled with pollen and mold.
- Wear a pollen mask when mowing the lawn, raking leaves, or gardening.



### 3 Steps to Surviving an Active Shooter



Any time a gunman bent on revenge opens fire, people panic... and panic gets people killed. Credible organizations such as the FBI and the Department of Homeland Security (DHS) recommend a three-step approach to navigating an active shooter situation.

**Option 1.** Run Running should be your first choice. Take note of the two nearest exits in any facility you enter, and make sure you have an escape route in mind. Leave your belongings behind, and take anyone who is willing to go with you. Don't let anyone's indecisiveness slow you down.

**Option 2.** Hide If running isn't an option; look for a safe hiding place. Your hiding place should protect you if shots are fired in your direction, and it should not trap you or restrict your movement. Lock the door or barricade the entry, silence your cell phone and turn off radios, televisions and other sources of noise.

**Option 3.** Fight As a last resort, fight the shooter, but only if your life is in imminent danger. Active shooter situations are no time for passive responses. If you choose to fight, commit to your actions. The DHS recommends you act aggressively by yelling, throwing items at the shooter and trying to incapacitate them.

Call 911 finally; call 911 as soon as it is safe. Again, stay calm and answer the operator's questions.

Texas Mutual encourages you to visit our Work Safe, Texas website for tips on protecting your business and your employees from violence.

Click to visit Texas Mutual website



### Paycom.com Update

You may have noticed that Paycom had a new look. All the same, features are still available, just with a new screen options.

Look here for important agency news!

Request Time Off!

Clock in!

Copies of your paystubs

www.paycom.com