

Today

Give Your Brain a Boost: Simple Changes for Improving Focus & Productivity

Join us for an insightful session on how food and movement choices can impact brain health and benefit conditions like Attention Deficit Hyperactivity Disorder (ADHD).



Our guest speaker, Dr. Veronica Riera-Gilley, is a Board-Certified Geriatric Pharmacist and Certified Functional Medicine Practitioner. She is passionate about helping individuals maximize their health with minimal medication.

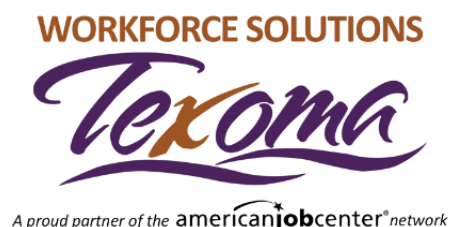
Register with the QR below.



My next webinar will be in partnership with
Prairie Fire Pharmacy & Dr. Veronica Riera-Gilley



January 14, 2025
10:00 AM CST



Workforce Solutions Texoma is an equal opportunity Employer/Program. Auxiliary aids and services are available upon request to individuals with disabilities. Individuals with speech and/or hearing impairments may call 711 for assistance. 100% Federally Funded.

Upcoming

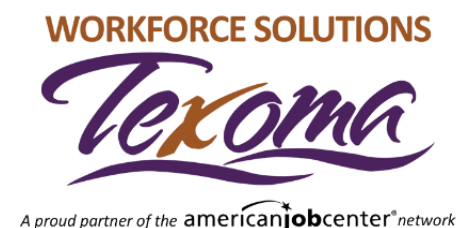
What is a Letter of Intent?

There are many decisions to be made as you prepare for the future of your special needs family member. No one else knows your child as well as you do. But what can you do to maintain your level of care after you're gone?

Register with the QR below.



My next webinar will be in partnership with
Consolidated Planning Group
January 21, 2025
12:00 Noon CST



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Upcoming

Educational Options After High School

Looking to find the right experience after high school for a teen that learns differently? If yes, then join the CPG team as they share ideas, options, and suggestions for your student in transition.

Register with the QR below.



My next webinar will be in partnership with
Consolidated Planning Group
February 18, 2025
12:00 Noon CST



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Webinars for Families

Workforce Solution Partner Webinars
are Recorded and Housed at:

Click the area above each
webinar for pdf and slide
deck resources.



VR Services Across the Lifespan

- Vocational Rehabilitation Services-is a partner within the Texas Workforce System that supports eligible adults and students with cognitive, medical, physical or visual conditions prepare for, find, retain or advance in employment
- Vocational Rehabilitation (VR) counselors work closely with job seekers to determine an employment goal, and then identify and arrange services that lead to employment.
- Vocational Rehabilitation (VR) services are available to eligible individuals across Texas and some VR staff are co-located within many Workforce Solutions Offices.

Workforce Solutions Texoma is an equal opportunity Employer/Program. Auxiliary aids and services are available upon request to individuals with disabilities. Individuals with speech and/or hearing impairments may call 711 for assistance. 100% Federally Funded.



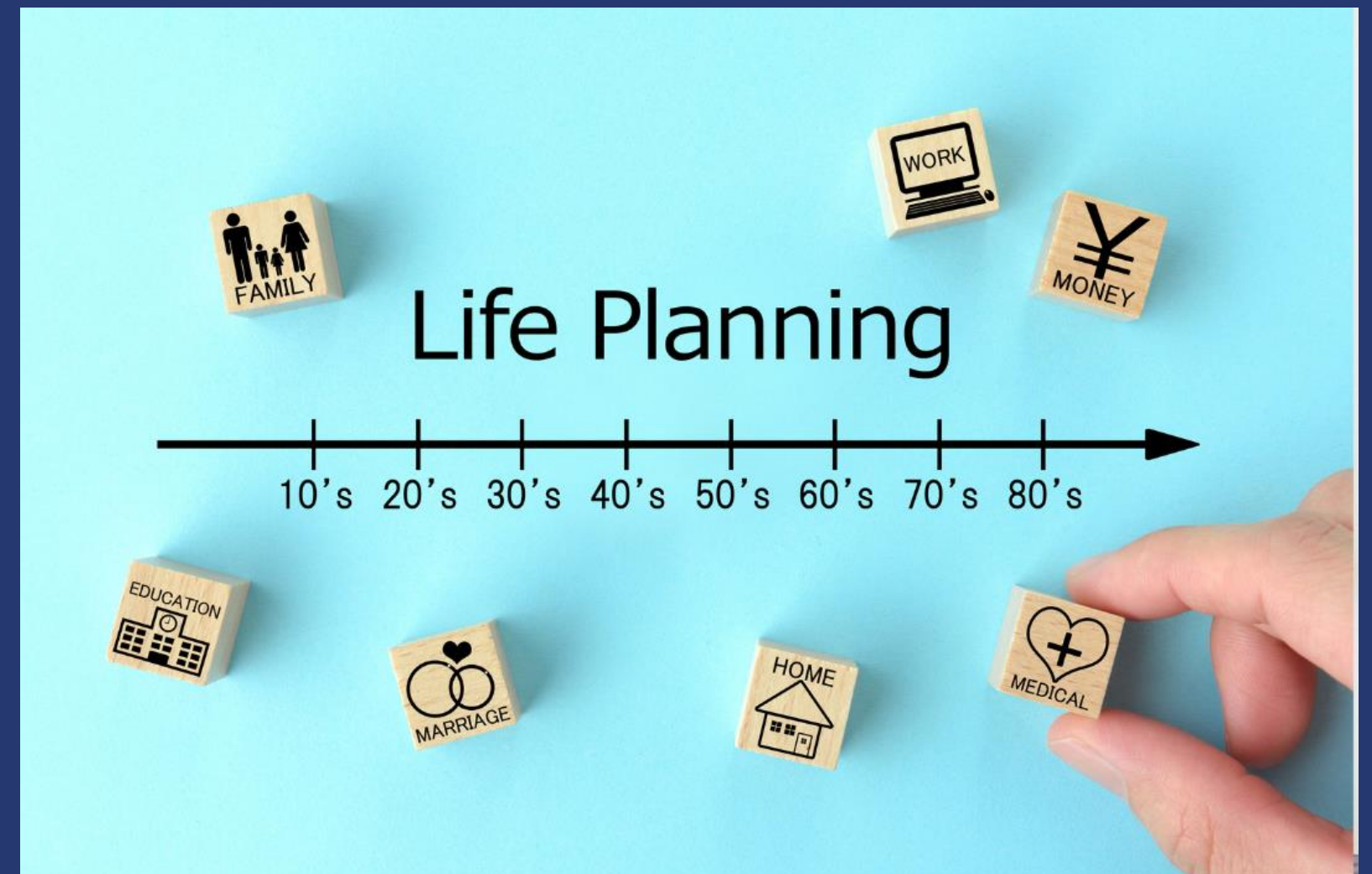
Example of Services

- Medical and Psychological Assessment
- Vocational Evaluation and Planning
- Career Counseling and Guidance
- Training and Education After High School
- Job-Site Assessment and Accommodations
- Job Placement
- Job Coaching
- On-the-Job Training
- Supported Employment
- Assistive Technology and Devices
- Time-limited Medical and/or Psychological Treatment
- Work readiness training

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What does your best life plan look like for your clients?



Vocational Rehabilitation Supports Students Goal:

Students –
establish plan to
obtain, maintain
or advance in
meaningful
employment.

School-
Partner to
establish IPE Plan
and goals that are
concrete,
measurable, and
portable.

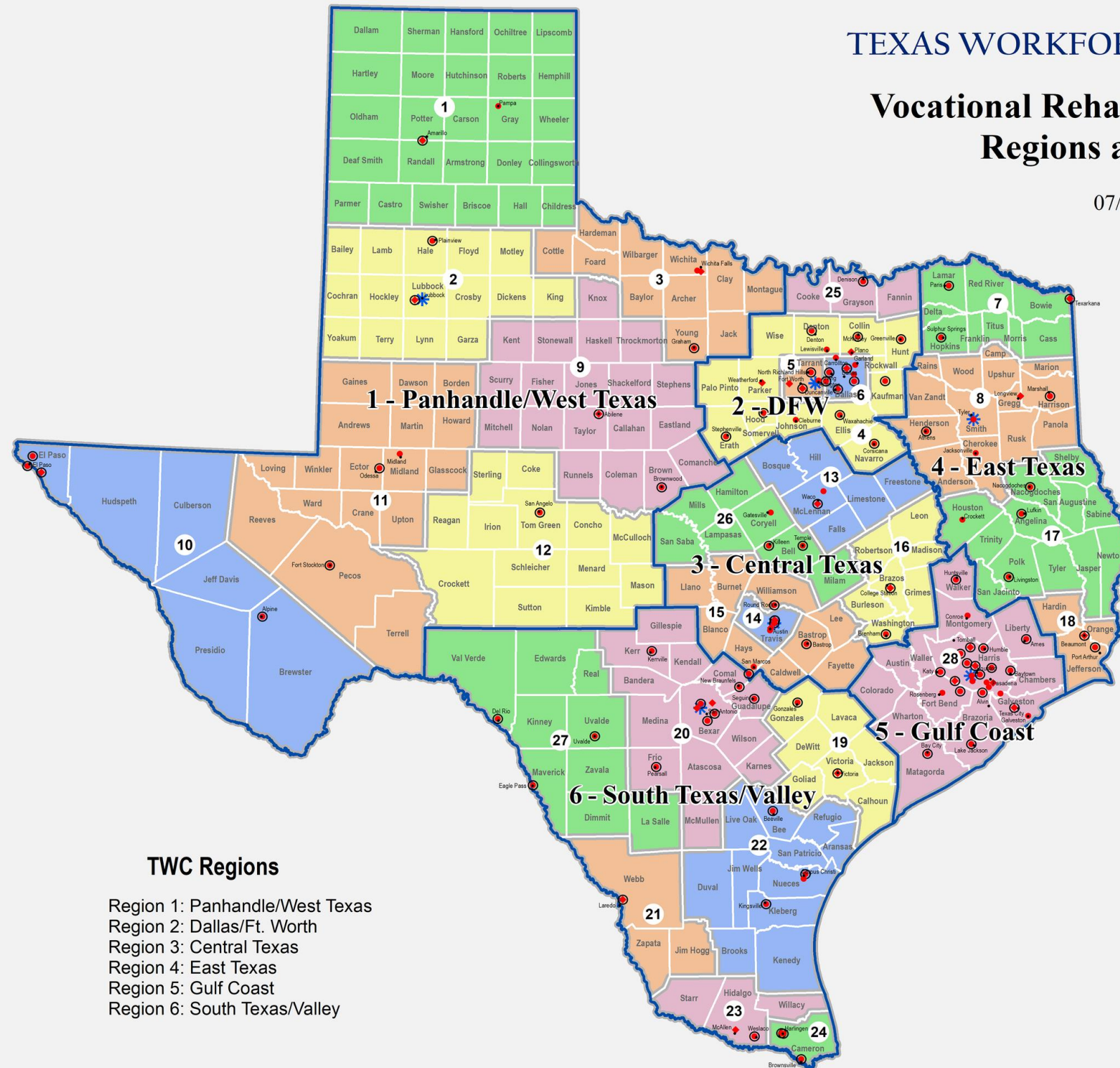
Families-
Continuous
partner to
coordinate
activities high
school to college.

VR & Workforce Offices

TEXAS WORKFORCE COMMISSION

Vocational Rehabilitation Division Regions and Offices

07/29/2021



TWC VR
Locator



Workforce
Solutions
Board
Websites



Vocational Rehabilitation

How do I contact VR?

- Contact local VR office (See previous slide.)
- Call the TWS-VRS statewide contact center at 512-936-6400
- Online self-referral “Start My VR” located: [Bit.ly/StartMyVR](https://bit.ly/StartMyVR)
- Find your local VR Office at:
<https://stats.twc.texas.gov/views/VRProviderLocator/ProviderbyZipCode?%3Aembed=y&%3AisGuestRedirectFromVizportal=y>
- Email us at: VR.office.locator@twc.texas.gov



Texoma Workforce Centers

Cooke, Fannin, & Grayson Counties

Employment
Specialist

Board Target
Occupations List

Childcare
Assistance

Career Planning & Job Services

Resume
Assistance

Accessible
Workstations
and Printers

Training
Scholarship
Assistance

General Services

- Job Leads & Career Resources
- Help with WorkInTexas.com
 - statewide database to look for a job
- Resume Assistance
- Interviewing Assistance
- Target Occupations List - jobs that are most in demand in each Workforce area.
- Job Fairs & Hiring Events
- Labor & Market Information
- Video Resources:
 - <https://www.workforcesolutionstexoma.com/video-resources-english>
 - <https://www.workforcesolutionstexoma.com/video-resources-spanish>
- Employer Assistance:
 - <https://www.workforcesolutionstexoma.com/employer-services>
 - Recruiting, screening, referring candidates
 - Interview and Meeting Space
 - Tax Credits and Incentives
 - Labor Market Information
 - Layoff and Layoff Aversion Services

Partner and Specialized Services

- Childcare Assistance
- Veteran's Services
- Job Search and Scholarship Assistance through WIOA-Workforce Innovation and Opportunity Act
- Vocational Rehabilitation (VR) Services provided by the Texas Workforce Commission
 - VR helps people prepare for, find or retain employment and youth to prepare for post-secondary and employment options.
 - VR also helps employers and businesses recruit, retain, and accommodate employees with disabilities.
 - Disability Video Resource Library
 - <https://www.workforcesolutionstexoma.com/disability-videos/>
- Adult Education and Literacy (AEL) Services provided by Grayson College
 - High School Equivalency Assistance / GED
 - Refresher (Reading, Writing, Language and Math)
 - ESL (English as a Second Language)
 - Citizenship
 - TSI Prep ([Texas Success Initiative Assessment](#))
 - ASVAB Prep ([Armed Services Aptitude Battery](#))

Target Occupation List

List that identifies
fast growing
occupations in
your area.

WORKFORCE SOLUTIONS TEXOMA
TARGET OCCUPATIONS LIST
Revised 05/17/2023



Workforce Center
Information & Locations:
<https://www.workforcesolutionstexoma.com>

#	O*NET/ SOC Code*	Occupational Title	Average Wages	Annual Demand	
				Texoma WDA	State of Texas
1	13-2011	Accountants and Auditors	\$38.46	53	14,156
2	49-3011	Aircraft Mechanics and Service Technicians {NEW Emerging Occupation Added 5.18.22}	\$33.89	2^	1,626
3	43-3031	Bookkeeping, Accounting, & Auditing Clerks	\$20.87	96	21,323
4	39-9011	Childcare Workers	\$11.15	72	14,598
5	31-9091	Dental Assisting/Assistants	\$18.61	54	5,665
6	17-3023	Electrical & Electronic Engineering Technologists & Technicians {NEW Emerging Occupation Added 5.17.23}	\$33.37	8^	1,186
7	47-2111	Electricians	\$25.19	49	8,839
8	25-2021	Elementary Teachers, Ex. Special Education	\$27.45	98	12,270
9	11-1021	General and Operations Managers	\$44.42	172	40,516
10	49-9021	Heating/Air Conditioning/Refrigeration Mechanics & Installers	\$23.41	29	4,250
11	53-3032	Heavy and Tractor-Trailer Truck Drivers	\$24.09	160	32,096
12	49-9041	Industrial Machinery Mechanics-including Programmable Logic Controller Technician	\$28.41	36	5,326
13	29-2061	Licensed Practical and Licensed Vocational Nurses (LPN / LVN)	\$24.62	46	6,387
14	51-4041	Machinists	\$23.61	35	3,148
15	31-9092	Medical Assistants	\$17.16	65	12,465
16	43-6013	Medical Secretaries	\$18.46	55	8,897
17	25-2022	Middle School Teachers, Ex. Special & Career/Technical Education	\$28.85	46	5,787
18	31-1131	Nursing Assistants-including Patient Care Technician & Certified Nursing Assistant (CNA)	\$14.57	124	13,443
19	29-2052	Pharmacy Technicians	\$18.41	23	3,895
20	47-2152	Plumbers, Pipefitters, and Steamfitters	\$24.38	41	5,712
21	29-1141	Registered Nurses (RN) {including LVN to RN Bridge & RN to BSN}	\$36.88	130	17,269
22	25-2031	Secondary School Teachers, Ex. Special & Career/Technical Education	\$29.42	68	8,793
23	51-9141	Semiconductor Processing Technicians {NEW Emerging Occupation Added 5.18.22}	\$17.21	16^	621
24	29-2055	Surgical Technologists	\$27.26	7	856
25	51-2092	Team Assemblers	\$17.88	83	9,825
26	51-4121	Welders, Cutters, Solderers, and Brazers	\$23.51	52	6,453
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What if I am not in Texoma?

Find your local Workforce Solutions Center by:

There are hundreds of Workforce Solutions Centers throughout Texas. You can locate your nearest office by entering your zip code in the locator on the Texas Workforce Commission's website – see below.

Home > Find Locations

Find Locations

We have hundreds of Workforce Solutions offices across Texas. Locate your nearest office by ZIP Code.

Enter ZIP Code

Workforce Solutions offices offer free one-on-one services to workers and employers such as:

- Job search resources.
- Career exploration, training and development resources.
- Resume and application preparation.
- Job posting and placement.
- Recruiting, retention and job training.
- Labor market information.
- Information on tax and hiring incentives.
- Assistance with locating child care providers.
- Child care support for parents who work, attend school or are in job training.
- Assistance to child care providers.



Follow Up Resources

VR for Students & Families
Vocational Rehabilitation Services Resources for students and their families.

Speakers

Vocational Rehabilitation Services Transition Students

Adult VR

Webinars & Resources

Endorsements

April Martin Student HireAbility Navigator Workforce Solutions Texoma (Grayson, Cooke, Fannin Counties)
Phone: [903.957.7408](tel:903.957.7408)
Web: workforcesolutionstexoma.com
Email: april.martin@wfstexoma.org

PDF transition-services-twc

PDF vocational-rehabilitation-services-twc

PDF SPECIAL NEEDS PLANNING STEPS TO TRANSITION SUCCESS
Key Steps to Tran. 9.4.24 CPG

PDF Science, Technology, Engineering & Math
STEM Endorsement

PDF WHAT COMES AFTER HIGH SCHOOL?
Are you a parent of a student with disabilities between 14 and 22 years of age? Do you and your young adult have a plan for what they'll do after high school?

PDF SERVICIOS DE REHABILITACIÓN - VOCACIONAL SOLUCIONES DE LA FUERZA LABORAL DE TEXAS
vocalational-rehabilitation-services-spanish-twc

PDF What happens when I'm gone?
We'll examine:
• Government Benefits
• Social Security
Join us as we partner with Cody Sutton, Special needs financial planner.
Learn about the basic financial steps and tools to the best possible future for your loved one with special needs. Careful planning for the needs of your loved one and

PDF 10 Basic Steps 9.19.24 (3)

PDF Public Service
Explore your future with THE FOUNDATION HIGH SCHOOL PROGRAM

PDF PubService Endorsement

PDF Creating opportunities for your abilities
Start My VR

PDF Partner Webinars Disability Video Resources
• Educational Options After High School
• Communication Skills
• Overview of Programs & Services for the Center on Disability at Texas A&M
• Government Benefits 101 for Special Needs
• Essential Financial Steps to Consider
• QIP Contents
• Hiring, Retaining, Supporting
• Should I open an ABLE Account?
• Why Do I Need a Special Needs Attorney and Special Needs Planner?
• Letter of Intent
• Accessing Supportive College
• Top 5 Legal Documents Needed for Special Needs

Padlet



<https://padlet.com/aprilmartin3/vr-for-students-families-jf21i7wdt4zvie9o>

Give your Brain a Boost:

Simple Changes for Improving Focus and Productivity

Veronica Riera-Gilley, PharmD, BCGP, CFMP



Veronica Riera-Gilley

- Doctor of Pharmacy
- Board Certified Geriatric Pharmacist
- Certified Functional Medicine Practitioner
- Certified Yoga Instructor, 200 hour
- Founder of Prairie Fire Pharmacy Consulting
- Faculty at Evidence in Motion
- Former Co-Host of SeniorRx Radio, Podcast of American Society of Consultant Pharmacists
- Internationally recognized presenter
- Based in Sherman, Texas

What we will learn today...

- The definition of ADHD
- How to turn on the relaxation responses in our bodies
- How stress impacts the brain
- How to choose foods to support brain health
- How to use movement to support brain health
- Advantages and disadvantages of medications
- Genetic testing for medications

ADHD Defined

Attention Deficit Hyperactivity Disorder (ADHD) is a condition in which it is difficult for children or adults to focus, sit still, or control their actions.



People with ADHD tend to

Be fidgety

Have trouble
waiting their
turn

Lose things
frequently

Be messy

Have no sense
of time

Act without
thinking

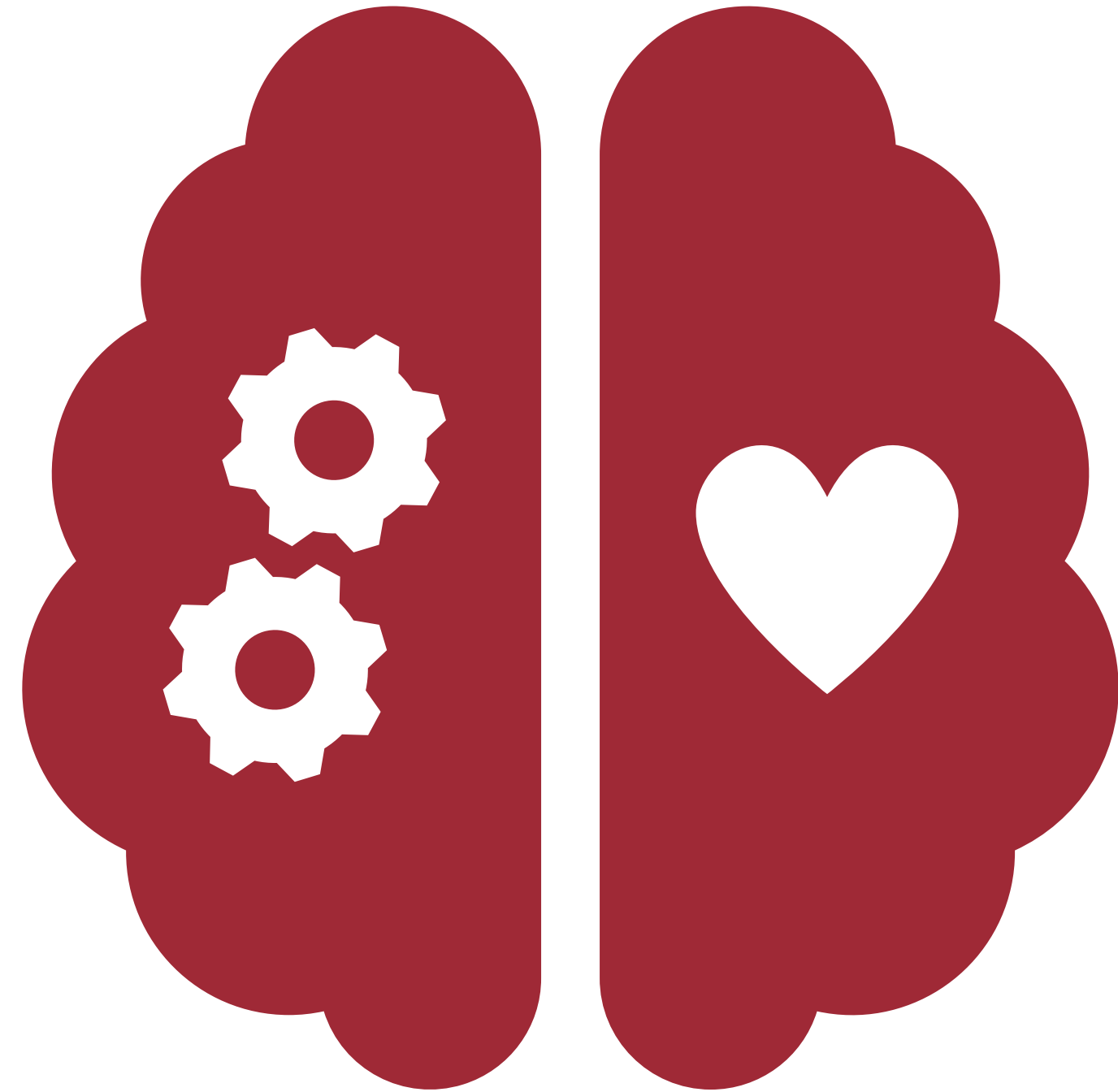
Be talkative



The Other Side of ADHD

- People with ADHD are also
 - Creative
 - Able to hyperfocus on things they enjoy
 - Able to notice details or connections that others miss

Opening Experiment



slido

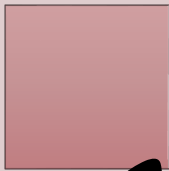
Please download and install the Slido app on all computers you use



How do you feel after that breathing exercise?

① Start presenting to display the poll results on this slide.

Flipping the Switch on Stress



You can choose to change how you breathe

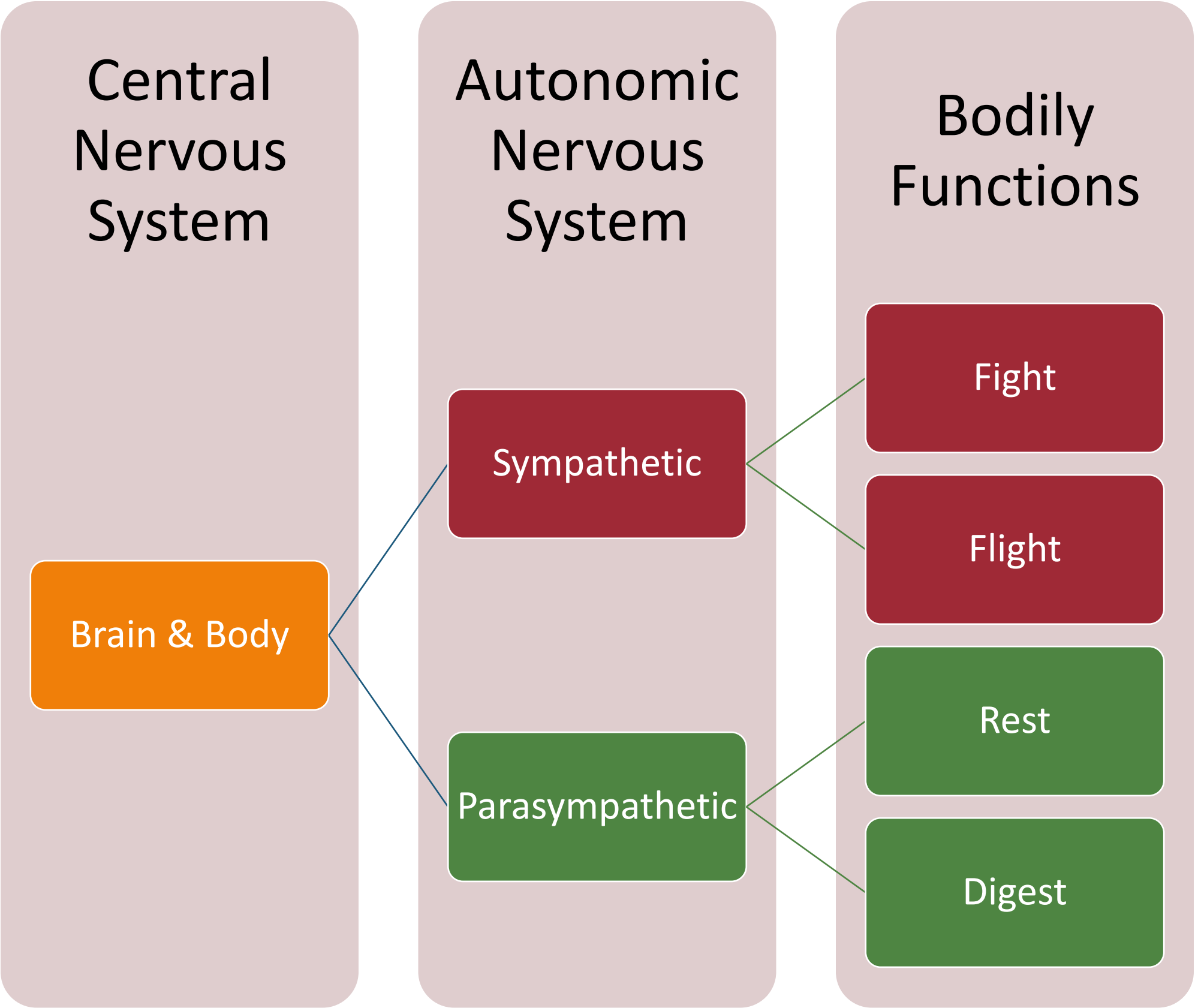


Your exhale is a powerful tool

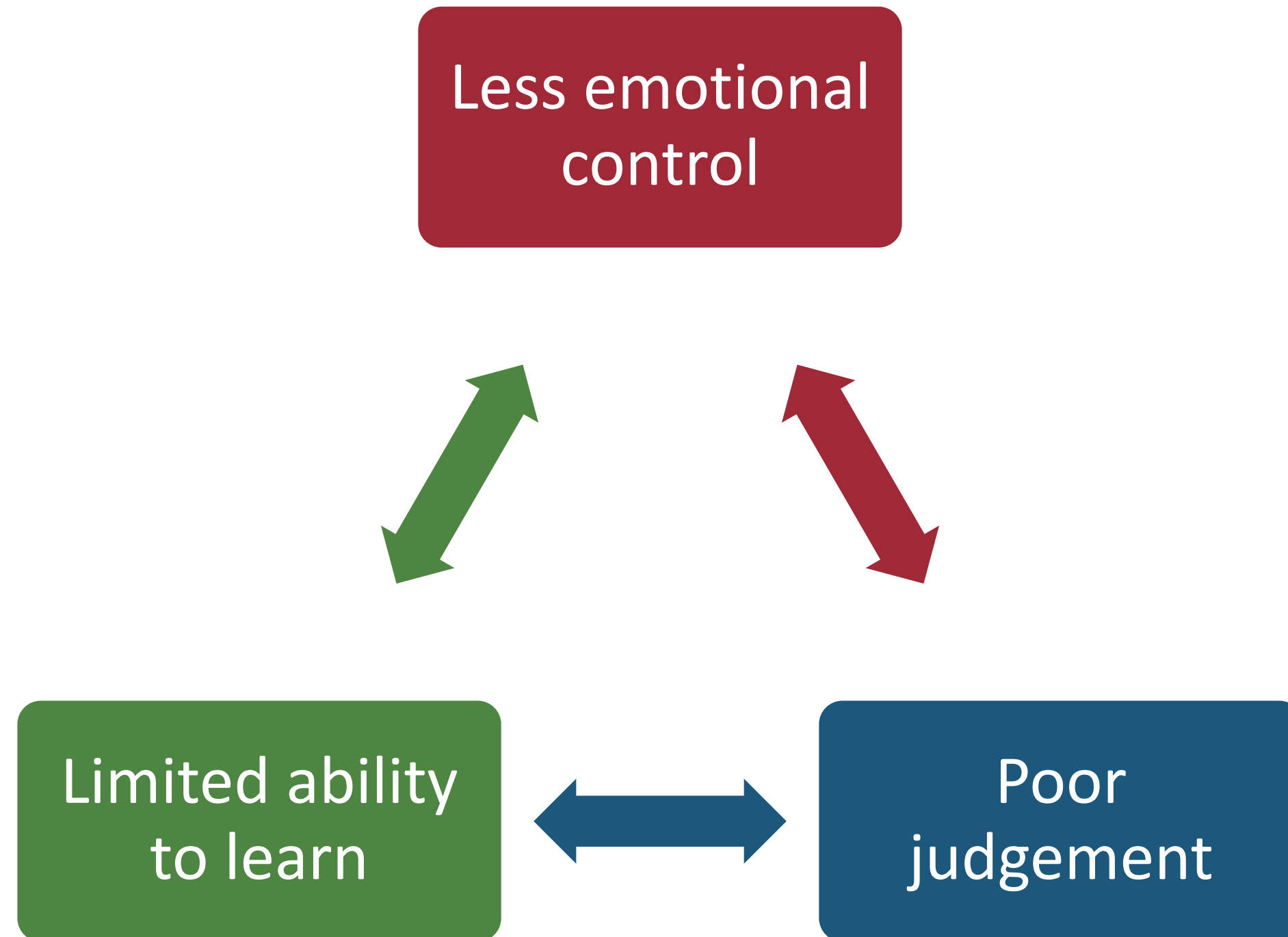
- Turn off stress responses
- Turn on relaxation responses



Parts of Your Nervous System



The Effect of Stress on the Brain



Sources of Stress on the Body

Unbalanced
blood sugar

Infection

Illness

Financial
hardship

Conflict with
friends or
family

Lack of Sleep

The Effect of Stress on the Body



WEIGHT GAIN



HIGH BLOOD
SUGAR



HIGH BLOOD
PRESSURE

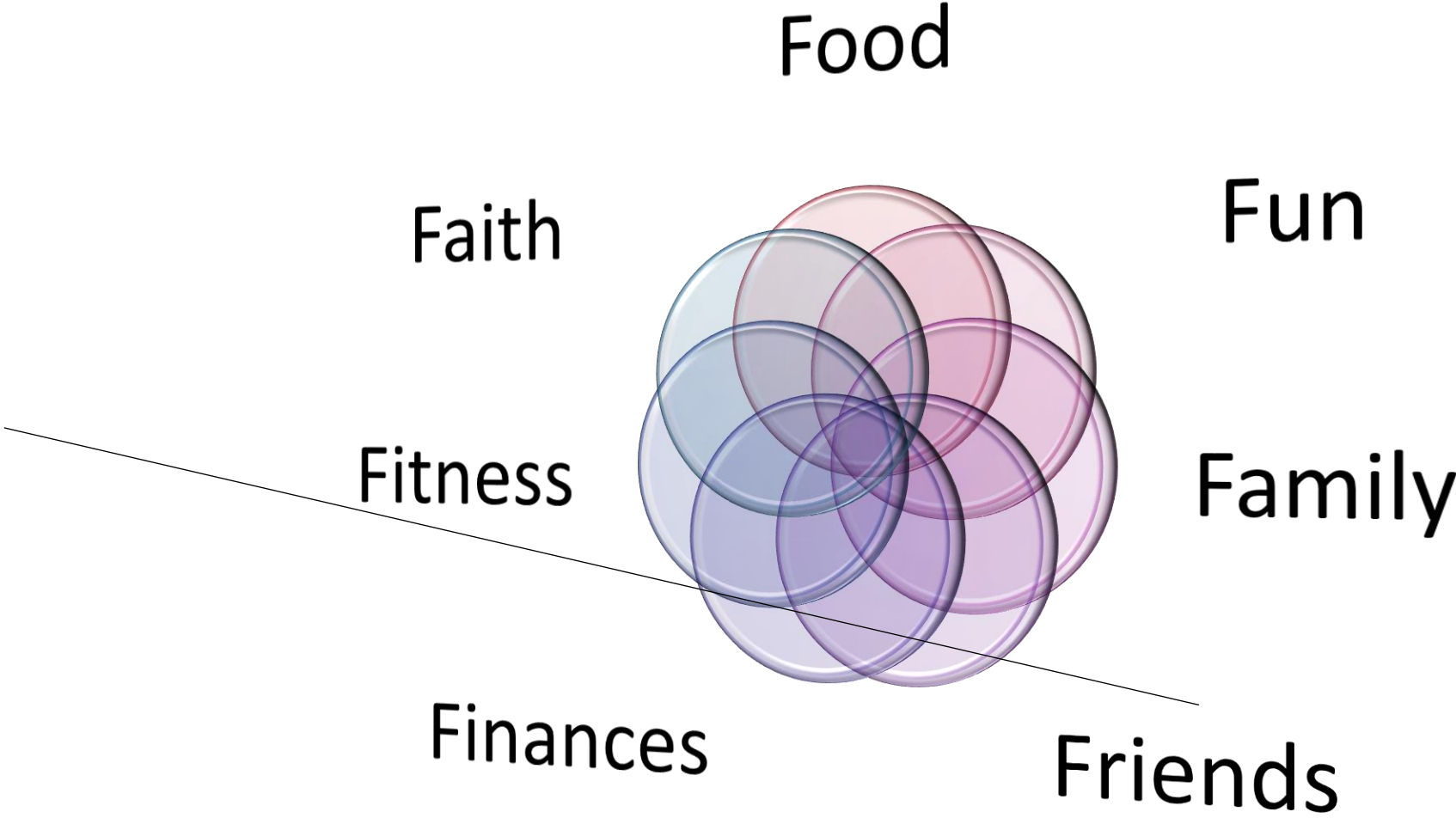


FREQUENT
ILLNESS



BRAIN FOG

**YOUR
HEALTH**



ADHD Treatments



Behavioral Strategies



Lifestyle Modifications



Medication

Behavioral & Lifestyle Strategies



TASK BUNDLING



BREAK TASKS INTO
SMALLER STEPS



CHECK LISTS



PLANNERS



TIMERS/ALARMS



ACTIVE SITTING
TOOLS

Lifestyle Modification



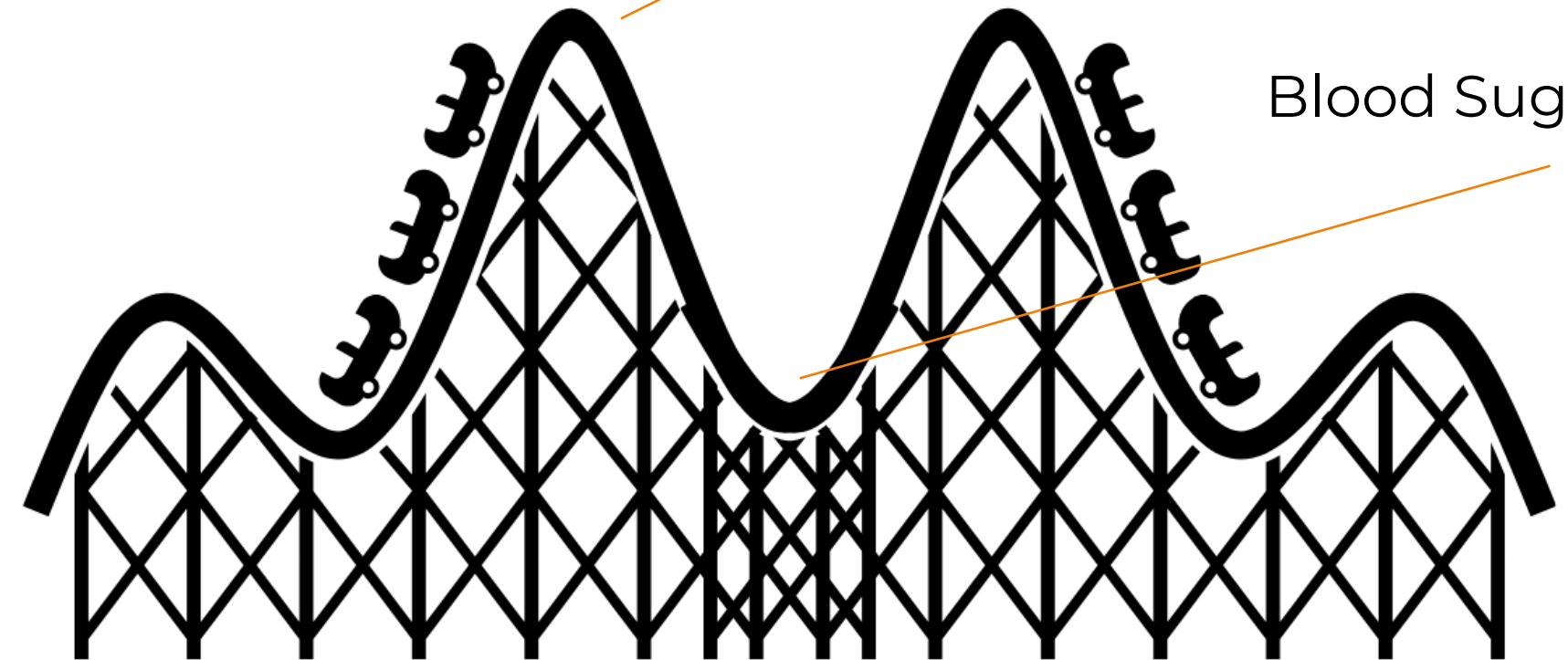
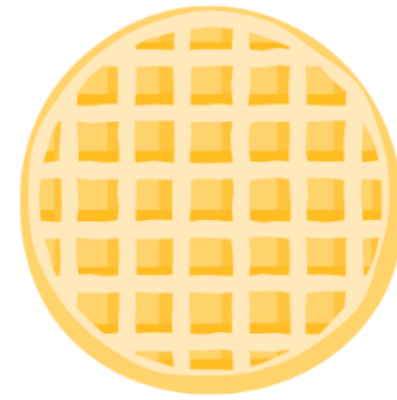
BLOOD SUGAR BALANCING
FOODS



BRAIN BALANCING
FOODS

The Blood Sugar Rollercoaster

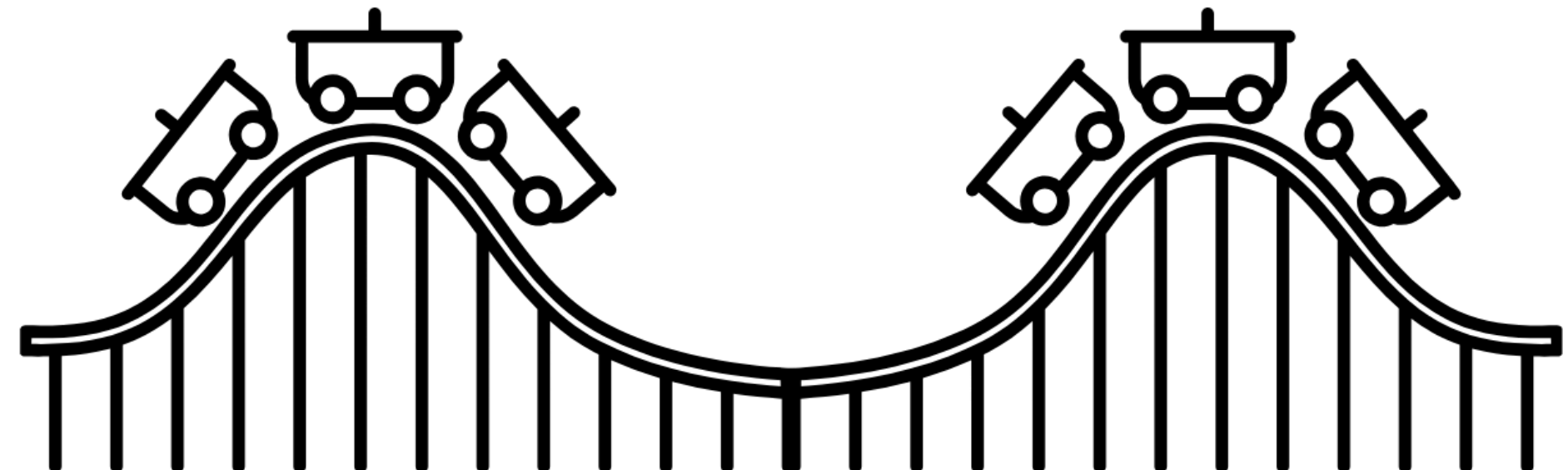
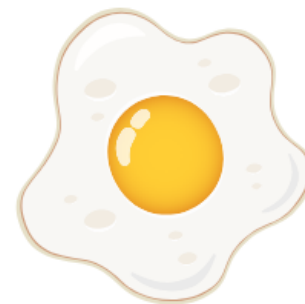
Processed Food Breakfast



Blood Sugar Spike

Blood Sugar Crash

Whole Food Breakfast



Foods that cause Blood Sugar Rollercoaster

- Highly processed foods & foods with added sugars
 - Cookies/cakes
 - Pastries/Donuts
 - Breakfast bars
 - Breakfast cereals
 - Pizza
 - Pasta
 - Bread
 - Fruit Juice
 - Sodas
 - Sports drinks
 - Some dairy products



slido

Please download and install the Slido app on all computers you use



How do you start your day?

① Start presenting to display the poll results on this slide.



Lifestyle Strategies: Blood Sugar Balance

- Blood sugar balancing foods
 - Fresh/Whole Foods
 - No added sugar or sweetener
 - Short Ingredient list
 - Recognizable Ingredient List

Blood Sugar Balancing Tips



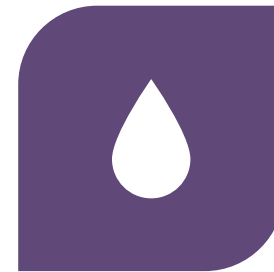
COLORFUL FRUITS AND
VEGGIES AT EVERY
MEAL



FIBER FIRST



PROTEIN AT EVERY
MEAL



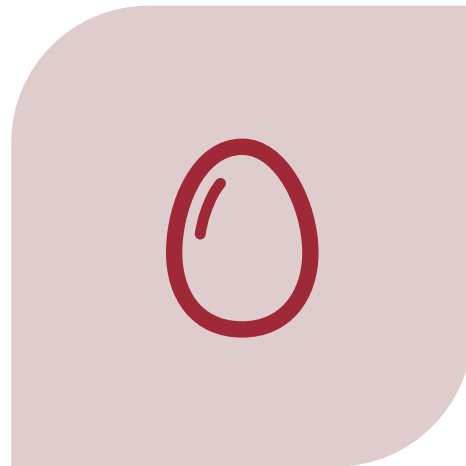
CHOOSE WATER FOR A
BEVERAGE

A bowl of food featuring salmon, avocado, seaweed, and radish over rice, set against a light blue background.

Lifestyle Strategies: Brain Boosting Foods

- Fish
- Eggs
- Walnuts
- Avocado
- Leafy Greens
- Berries
- Green Tea

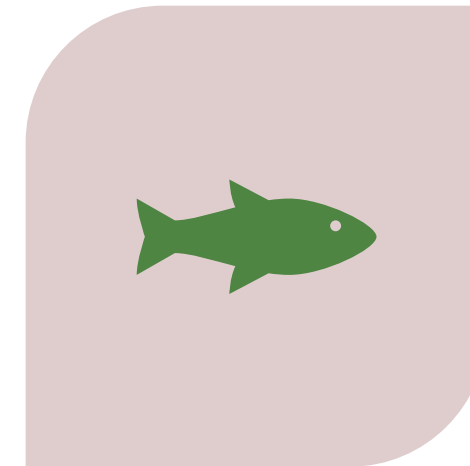
Brain Boosting Food Tips



START YOUR DAY WITH
PROTEIN



EAT COLORFUL FRUITS AND
VEGETABLES AT EVERY MEAL



EAT HEALTHY FATS

Medications

Stimulant

- Methylphenidate (Ritalin)
- Amphetamine Salts (Adderall)

Non-stimulant

- Atomoxetine (Strattera)

Stimulants

Advantages

- Work quickly
- Effective for many people (if the diagnosis is correct)

Disadvantages

- Controlled Drug Substance
- High potential for abuse or diversion
- New prescription each month
- Loss of appetite/slowed growth
- Sleep disruption
- Increase heart rate/blood pressure
- Does not teach behavioral strategies

Non-stimulants

Advantages

- Non-Controlled
- Refills can be written
- Less abuse potential

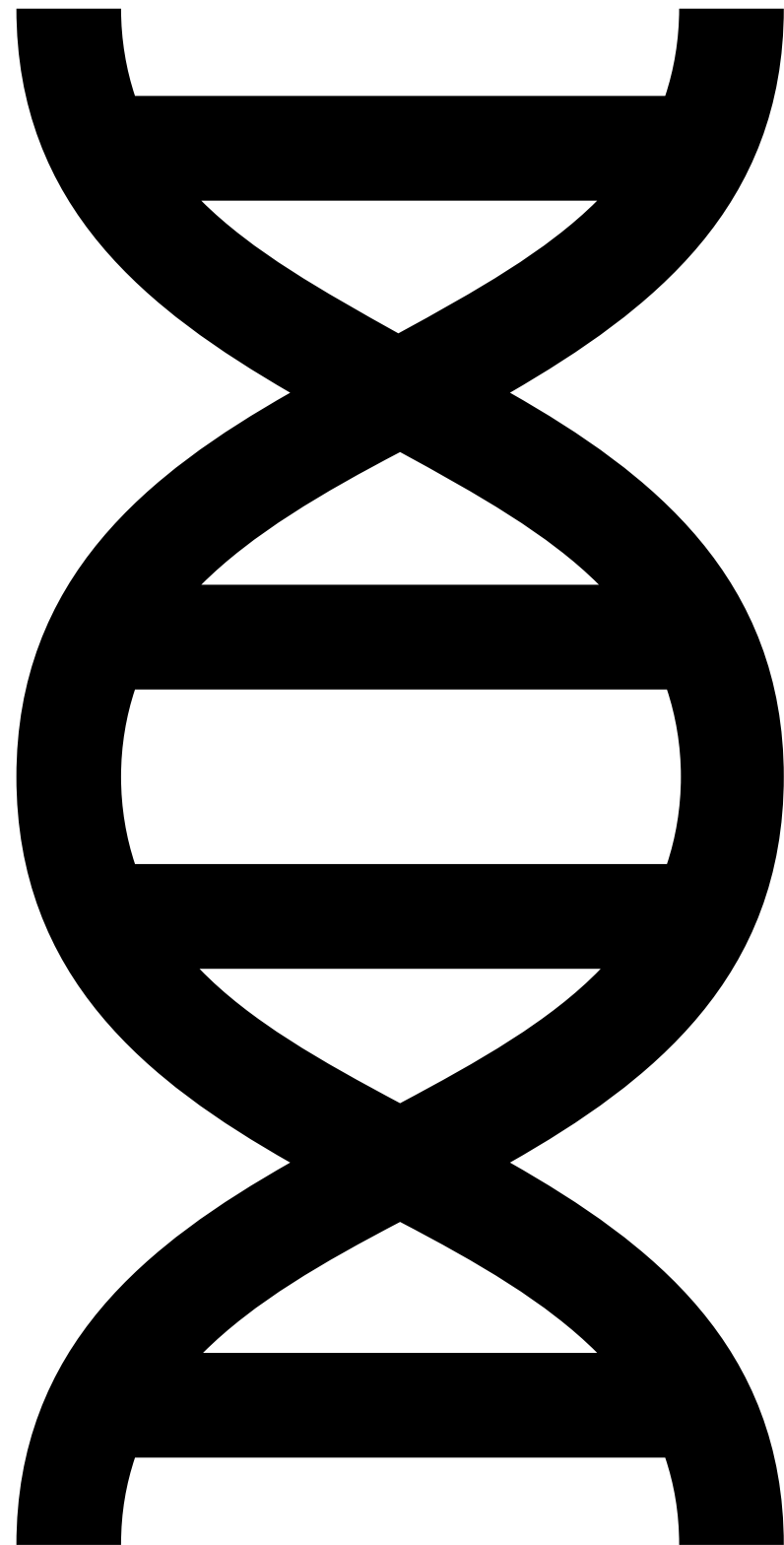
Disadvantages

- Takes longer to work
- Not as effective for some people
- Drowsiness
- Does not teach behavioral strategies

Choosing the right medication

- Try behavior and lifestyle modifications first
- Compare the advantages and disadvantages of medications
- Ask for a Pharmacogenomic (PGx) Test
- Choose a medication with the fewest side effects





Pharmacogenomic Test (PGx)

- Genetic test to see how your body will break down different drugs
- Can decrease medication side-effects
- Can decrease medication costs
- Reduces trial and error
- Cannot guarantee medication success

Where to get a PGx test



Ask your doctor



Ask your pharmacist



Get a direct-to-consumer test

Summary: ADHD and Stress

- Having ADHD presents challenges to staying organized and completing certain school or work tasks.
- People with ADHD may learn and process information differently.
- Stress can high-jack our brains and make focus, learning, and decision-making more difficult.
- Your breath is a simple and free tool to turn-off your stress responses for better brain health.



Summary: Food as Medicine for Brain Health

- Other sources of stress on the body include blood sugar-spikes and poor nutrition.
- Food choices have a big effect on blood sugar and brain health.
- Eating fewer processed and packaged foods AND eating more fruits and vegetables can help prevent the blood sugar spikes.
- Including more brain friendly foods like eggs, nuts, fish and berries in our food choice gives our brain healthy building blocks.



Summary: Medications

- ADHD medications have many side effects and should be used cautiously.
- Medications work better when used WITH behavior, lifestyle, and food changes.
- Before starting medication, ask for a pharmacogenomic test to help with medication selection that is personalized to your genetics.





Questions?



PRAIRIE FIRE



PHARMACY
CONSULTING

with DR. VERONICA RIERA-GILLEY



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