

Melissa S. Eder

From: Craig B. Clifton
Sent: Tuesday, September 6, 2016 8:53 AM
To: DL-All AC Family
Subject: Flu Shots on Washington Street Campus

Good News!

Walgreen's will be on campus at Carter Fitness and Wellness Center on September 15th (tentative date) to administer Flu Shots. They need an estimate of how many employees will be participating. Our insurance covers this shot. If you think you want to come over and get a Flu Shot on this date, please respond to this email (no commitment required) before noon tomorrow. Thanks.

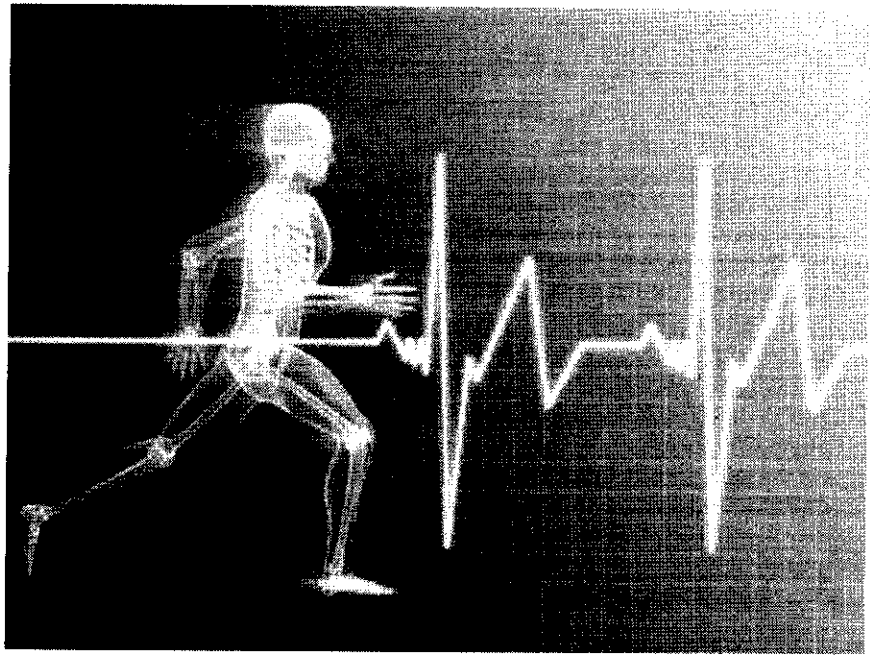
Also, do not forget. You can order Subway from their app before 10am each day and they will deliver it to Carter Fitness Center by noon. See the details below.

1. Download the Subway App to your phone or mobile device
2. Place your order and pay using the Subway App **NO LATER THAN 10AM** the morning you want your food:
 - Select the 1915 S. Washington Store Location
 - Type "Carter Fitness and Wellness Center" into the "Notes" section of the order
3. Pick your order up from the front desk at Carter Fitness and Wellness Center any time between 12noon and 1:30pm

Craig Clifton

**Sports and Exercise Sciences
Amarillo College
(806)371-5299
cbclifton@actx.edu**

"Live Fitness Well!!!"



Melissa S. Eder

From: Craig B. Clifton
Sent: Tuesday, September 13, 2016 12:21 PM
To: DL-All AC Family
Subject: Flu Shots at Carter Thursday- Details
Attachments: Walgreen Flu Shot Form.pdf

Walgreens WILL be at Carter Fitness & Wellness Center on **Thursday September 15, 12noon - 3pm.** Below are the instructions for getting your shot.

1. Reserve a time to get first priority. Call Carter Fitness & Wellness Center (anytime during regular hours) and sign up for a time between 12noon and 3pm (if no answer, call back within 5-10 min, front desk staff does walk throughs and are away from the phone at times). **Walk-ins are welcome**, but you may have to wait.
2. Print off and complete the form attached to this email. Insurance information is required on this form to receive a shot. Blank forms will be provided at CFC.
3. Come to Carter Fitness & Wellness Center promptly at your scheduled time (or just walk-in) to get your shot.

Reminder: Try the Subway App and have your food delivered to Carter (see previous email for instructions)...

Craig Clifton

Carter Fitness & Wellness Center
Amarillo College
(806)371-5299
cbclifton@actx.edu

"Live Fitness Well!!!"

Melissa S. Eder

From: Janie Roach
Sent: Thursday, November 9, 2017 2:21 PM
To: Craig B. Clifton
Subject: walgreens
Attachments: Janie Roach.vcf

Hello,

I spoke to our insurance – yes they will pay for flu shots if Walgreens and comes to our campus and if they will process the claims. The employee will have to provide their prescription card at the time of service. The flu shot is covered at 100%.

Thank you,
Janie Roach

Janie Roach
Amarillo College
EOD Generalist
Human Resources SSC 263

(806) 371-5070
jroach@actuedu
2201 S Washington ST
Amarillo TX 79109

*Serving the AC family by providing staffing solutions and championing the culture of caring.
Caring through WOW, FUN, INNOVATION, FAMILY, and YES!*



Melissa S. Eder

From: Craig B. Clifton
Sent: Monday, November 13, 2017 4:22 PM
To: DL-All AC Family
Subject: Flu Shots on campus: Save the Date

FLU SHOTS on campus

Carter Fitness and Wellness Center

Tuesday November 28

10am - 1pm

Call to schedule a time. 345-5515

No out of pocket expense if you bring a copy of your insurance card front and back

\$28 without copy of insurance card(cash only please).

Should take approximately 10 minutes

Spouses/family members welcome

Craig Clifton

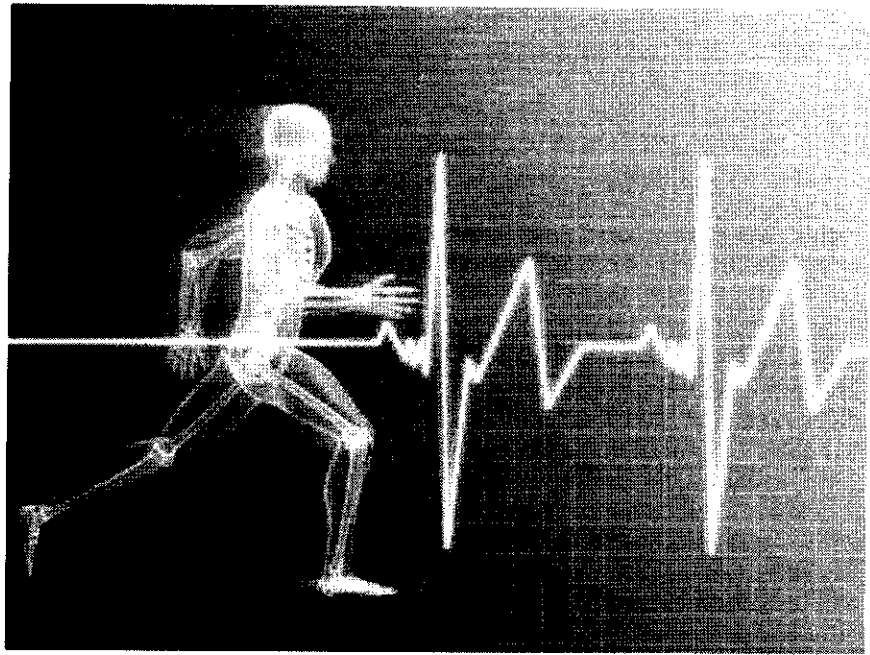
Carter Fitness and Wellness Center

Amarillo College

(806)345-5515

cbclifton@actx.edu

"Live Fitness Well!!!"



Melissa S. Eder

From: Craig B. Clifton
Sent: Wednesday, September 19, 2018 10:29 AM
To: DL-All AC Family
Subject: Get Your Flu Shot On Campus- Free, Sign up now

FLU SHOTS on campus

Two Locations

West Campus Jones Hall 3rd Floor NRC

Tuesday September 25

9am - 3pm

Carter Fitness and Wellness Center

Wednesday September 26

9am - 3pm

Call to schedule a time(both locations). 345-5515

No out of pocket expense if you bring a copy of your insurance card front and back

\$35 without copy of insurance card(cash only please).

Should take approximately 10 minutes

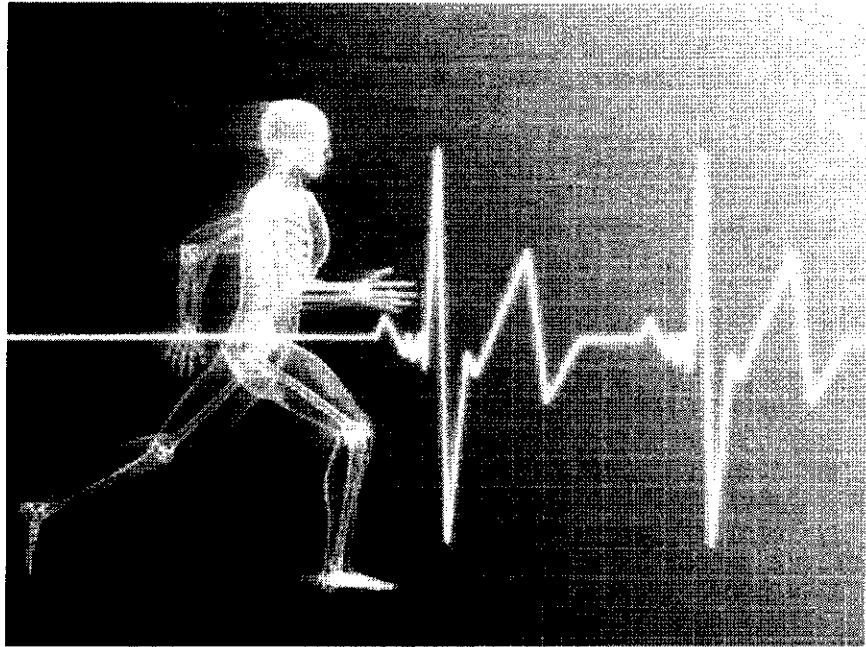
Spouses/family members welcome

(to set up flu shots at other campus' contact Craig Clifton- 25 minimum and a suitable room required)

Craig Clifton

Carter Fitness and Wellness Center
Amarillo College

"Live Fitness Well!!!"



Melissa S. Eder

From: Megan M. Brown
Sent: Friday, September 13, 2019 10:46 AM
To: Craig B. Clifton
Cc: Cheryl L. Jones
Subject: FW: BSA CareXpress Flu Clinic

Craig:
Passing along below offer from CareXpress that was sent to HR. You may already have a vendor/plan.....

From: George Webster <georgewebster@fmclp.com>
Sent: Wednesday, September 11, 2019 4:01 PM
To: Megan M. Brown <m0173025@actx.edu>
Subject: BSA CareXpress Flu Clinic

Megan,

I hope you are doing well. I was reaching out to see if Amarillo College would like to have us out for a flu clinic. We can come out on a day and time of your choosing and administer flu shots to Amarillo College employees. We can either run it through each employee's insurance or direct bill the college at \$26 a shot.

Let me know if you have any questions.

Best,

George Webster
Clinic Administrator
CareXpress Urgent Care with OccMed
Clinic: 806-350-5790
Direct Line: (806) 350-5797
Fax: (806) 350-5791
Email: georgewebster@fmclp.com

Disclaimer

The information contained in this communication from the sender is confidential. It is intended solely for use by the recipient and others authorized to receive it. If you are not the recipient, you are hereby notified that any disclosure, copying, distribution or taking action in relation of the contents of this information is strictly prohibited and may be unlawful.

This email has been scanned for viruses and malware, and may have been automatically archived by **Mimecast Ltd**, an innovator in Software as a Service (SaaS) for business. Providing a **safer** and **more useful** place for your human generated data. Specializing in; Security, archiving and compliance. To find out more [Click Here](#).

Melissa S. Eder

From: Debby Hall
Sent: Wednesday, September 18, 2019 12:54 PM
To: Craig B. Clifton
Subject: Re: Flu Shots- West Campus

Hi Craig

How are you doing? Ready for another go at our flu shot competition?

Thursday is not a good day for ADN students- they're in clinical on Thurs/Fri. Wednesday is best. Both our VN & ADN students are here on Wednesdays.

The room was JH308. You can reserve it through Outlook.

Debby

"An adventure is only an inconvenience rightly considered."
G. K. Chesterton (1874 - 1936)

Debby Hall, PhD(c), MSN, RN, CMSRN
Associate Professor
Amarillo College, Associate Degree Nursing
PO Box 447, Amarillo, Texas 79178
806-356-3607; 806-674-3441
dahall@actx.edu

From: Craig B. Clifton
Sent: Wednesday, September 18, 2019 12:32:15 PM
To: Debby Hall
Subject: Flu Shots- West Campus

Hi Debbie,

I am scheduling flu shots again for AC. The tentative date for West Campus is October 3, 9am -3pm. Do you know if the room that we used last year is available again this year. It was a conference room. Not sure the floor and room number. Thanks.

Craig Clifton

Carter Fitness and Wellness Center Director
Amarillo College
cbclifton@actx.edu
(806)358-9578

Melissa S. Eder

From: Debby Hall
Sent: Thursday, September 19, 2019 7:58 AM
To: Craig B. Clifton
Subject: Re: Flu Shots- West Campus

I think the B Building is better - more student traffic, more places to sit, easier for students outside of nursing to locate. There may be a privacy screen in the nursing resource center we could borrow. Want me to if we can use B? I can check about availability on Monday.
Debby

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The only time I have seen privacy as an issue is if someone cannot roll their sleeve up, so they unbutton and pull down from the collar. I think that it is rare enough that it won't be a problem. I'm fine with either location. Which do you think would be better?

Craig

From: Debby Hall
Sent: Wednesday, September 18, 2019 1:46 PM
To: Craig B. Clifton <cbclifton@actx.edu>
Subject: Re: Flu Shots- West Campus

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From: Craig B. Clifton
Sent: Wednesday, September 18, 2019 12:57:43 PM
To: Debby Hall
Subject: RE: Flu Shots- West Campus

Yes, Im up for the challenge!! I can set it up for Wednesday Oct. 2. You will need all the help you can get. LOL. I don't know how to reserve the room in outlook.

Craig Clifton

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Craig Clifton

Carter Fitness and Wellness Center Director

Amarillo College
cbclifton@actx.edu
(806)358-9578

Melissa S. Eder

From: RXM 06501 <RXM.06501@store.walgreens.com>
Sent: Thursday, September 19, 2019 8:30 AM
To: Craig B. Clifton
Subject: Re: flu clinic dates

Okay thank you so much for your understanding, if you can sign the agreements and send them back. We will see you the 1st and 2nd!

On 2019-09-18 16:18, Craig B. Clifton wrote:

OK. I will ignore the dates on the contract and we will do the 1st and 2nd.

Craig Clifton

Carter Fitness and Wellness Center Director

Amarillo College

cbclifton@actx.edu

(806)358-9578

From: RXM 06501 <RXM.06501@store.walgreens.com>
Sent: Wednesday, September 18, 2019 1:39 PM
To: Craig B. Clifton <cbclifton@actx.edu>
Subject: flu clinic dates

Hey Mr. Clifton

Sylvia from Walgreens again, unfortunately the system will not let me change the dates because it has to be 2 weeks in advance for the contract and today being the 18th it will not let me do anything sooner then the 2nd for Washington campus flu clinic. Not to worry if you will just disregard the dates on the contract

we will still do them the 1st and 2nd the contract will just say the wrong date. Please let me know if you have any concerns or questions thank you so much for your business

Melissa S. Eder

From: Debby Hall
Sent: Monday, September 23, 2019 2:05 PM
To: Craig B. Clifton
Subject: RE: Flu Shots- West Campus

Sounds good-

So flu shots on West Campus – Oct 2 in D Building – tutoring center. What time will they start?

From: Craig B. Clifton
Sent: Monday, September 23, 2019 2:03 PM
To: Debby Hall <dahall@actx.edu>
Subject: RE: Flu Shots- West Campus

Yes. I have a copier I can bring. So, we will plan on that.

Craig

From: Debby Hall
Sent: Monday, September 23, 2019 1:53 PM
To: Craig B. Clifton <cbclifton@actx.edu>
Subject: RE: Flu Shots- West Campus

We can use the tutoring center – D building. But I was wrong, there's not a copy machine in the computing center. I hear the closest copy machine is in the business office. That's in the Lecture Hall. Is there a copy machine you could bring?

From: Craig B. Clifton
Sent: Monday, September 23, 2019 1:17 PM
To: Debby Hall <dahall@actx.edu>
Subject: RE: Flu Shots- West Campus

Ok. Thanks.

Craig

From: Debby Hall
Sent: Monday, September 23, 2019 1:15 PM
To: Craig B. Clifton <cbclifton@actx.edu>
Subject: RE: Flu Shots- West Campus

B does not have a copy machine. Maybe we should use the tutoring center instead. There's a copier in the computing center.

I'll check on that instead

From: Craig B. Clifton
Sent: Monday, September 23, 2019 1:12 PM
To: Debby Hall <dahall@actx.edu>
Subject: RE: Flu Shots- West Campus

Yes. We tell people to bring copies of their cards, but there are always some who do not.

Craig

From: Debby Hall
Sent: Monday, September 23, 2019 1:11 PM
To: Craig B. Clifton <cbclifton@actx.edu>
Subject: RE: Flu Shots- West Campus

Sorry – I've been doing exam reviews since I got here so I don't know about B yet. I did get us some privacy screens. Do you need a copy machine?

From: Craig B. Clifton
Sent: Monday, September 23, 2019 12:46 PM
To: Debby Hall <dahall@actx.edu>
Subject: RE: Flu Shots- West Campus

Any word on Building B? Also, do they have a copy machine there that we can use?

Craig Clifton

Carter Fitness and Wellness Center Director
Amarillo College
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(806)358-9578

From: Debby Hall
Sent: Thursday, September 19, 2019 1:39 PM
To: Craig B. Clifton <cbclifton@actx.edu>
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I'll check Monday and let you know asap.

Debby

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dahall@actx.edu

From: Craig B. Clifton
Sent: Thursday, September 19, 2019 11:59:27 AM
To: Debby Hall
Subject: RE: Flu Shots- West Campus

Oops. I did not read your email completely. You already answered my question about privacy. Yes. See if it is available. Thanks.

Craig

From: Debby Hall
Sent: Thursday, September 19, 2019 7:58 AM
To: Craig B. Clifton <cbclifton@actx.edu>
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Carter Fitness and Wellness Center Director

Amarillo College

cbclifton@actx.edu

(806)358-9578

Melissa S. Eder

From: Craig B. Clifton
Sent: Tuesday, September 24, 2019 10:04 AM
To: DL-All AC Family
Subject: Flu Shots On Campus



Amarillo College

Carter Fitness and Wellness

Flu Shots on Campus

It's That Time Again
FLU SHOTS
are in!

Two Locations (schedule a time. Details below)

Carter Fitness and Wellness Center

Tuesday October 1

9am - 3pm

West Campus Building D Tutoring Center

Wednesday October 2

9am - 3pm

Call to schedule a time(both locations). 345-5515

No out of pocket expense if you bring a copy of your insurance card front and back

\$41 without copy of insurance card(cash only please).

Carter Fitness Center Fall Hours

M – TH 6:00 am – 10:00 pm

Friday--6:00 am – 6:00 pm

Saturday – 8:00 am – 5:00 pm

Sunday -- 1:00 pm – 5:00 pm

Front Desk: (806) 345-5515

Craig Clifton

Carter Fitness and Wellness Center Director

Amarillo College

cbclifton@actx.edu

(806)358-9578

Melissa S. Eder

From: Karen S. Brogdon
Sent: Wednesday, September 2, 2020 2:28 PM
To: DL-All AC Family
Subject: Flu Shots On Campus



Carter Fitness and Wellness

Flu Shots on Campus

It's That Time Again
FLU SHOTS
are in!

Two Locations (schedule a time. Details below)

Carter Fitness and Wellness Center

Tuesday September 22

9am - 3pm

West Campus Building D Tutoring Center

Wednesday September 23

9am - 3pm

Call to schedule a time (both locations). 345-5515

No out of pocket expense if you **bring a copy** of your insurance card front and back

\$33.00 without copy of insurance card(cash only please) under age 65 and

\$59.00 over age 65

Carter Fitness Center Fall Hours

M – TH 6:00 am – 10:00 pm

Friday--6:00 am – 6:00 pm

Saturday – 8:00 am – 5:00 pm

Sunday – 1:00 pm – 5:00 pm

Front Desk: (806) 345-5515

Karen Brogdon

Amarillo College

Wellness and Enrichment Manager

WSC|CFC|119D

Ph 806-371-2929

Melissa S. Eder

From: Karen S. Brogdon
Sent: Monday, September 21, 2020 8:01 AM
To: DL-All AC Family
Subject: Flu Shots Tomorrow, Washington, Sign-Up

Reminder: Don't Forget to Sign up

Shots given at Washington Street tomorrow(Tuesday, September 22nd),

And at West Campus (Wednesday, September 23rd)

Free if you bring copies of your insurance card

See Details Below...



Carter Fitness and Wellness

Flu Shots on Campus

It's That Time Again
FLU SHOTS
are in!

Two Locations (schedule a time. Details below)

Carter Fitness and Wellness Center

Tuesday September 22

9am - 3pm

West Campus Building D Tutoring Center

Wednesday September 23

9am - 3pm

Call to schedule a time(both locations). 345-5515

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Front Desk: (806) 345-5515

Karen Brogdon

Amarillo College

Wellness and Enrichment Manager

WSC|CFC|119D

Ph 806-371-2929

Melissa S. Eder

From: Karen S. Brogdon
Sent: Tuesday, August 31, 2021 1:29 PM
To: DL-All AC Family
Cc: Craig B. Clifton; Karen S. Brogdon
Subject: Flu Shots - Sept 21st (Washington) and Sept 22nd (West)
Attachments: 3898_001.pdf

Don't Forget to Sign up for your Flu Shot
Please complete the attached form: Sections A-D
and **bring copies of your insurance card**
Shots given at Washington Street Tuesday, Sept 21st,
And at West Campus Wednesday, Sept 22nd

See Details Below...



Flu Shots on Campus

It's That Time Again **FLU SHOTS** **are in!**

Please click on the link below to sign up for a time.

<https://forms.gle/P9wdFdQuJCrCifoJ6>

Two Locations (schedule a time. Details below)

Ware Commons

Tuesday September 21

9am - 3pm

West Campus Building D Tutoring Center

Wednesday September 22

9am - 3pm

Call to schedule a time(both locations). 345-5515

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Karen Brogdon

Amarillo College

Wellness and Enrichment Manager

WSC|CFC|106B

Ph 806-371-2929

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See Details Below...



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It's That Time Again **FLU SHOTS** **are in!**

Two Locations (schedule a time. Details below)

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Melissa S. Eder

From: Karen S. Brogdon
Sent: Monday, September 13, 2021 11:30 AM
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Karen Brogdon

Amarillo College

Wellness and Enrichment Manager

Melissa S. Eder

From: Debby Hall
Sent: Sunday, August 19, 2018 3:29 PM
To: Craig B. Clifton
Cc: Jan D. Cannon
Subject: RE: Schedule Your Flu Shot

Hi Craig

I hope you're off to a good semester.

This is a friendly reminder about moving flu shots to earlier in October. It would be great if they were available before fall break.

Please let me know your thoughts.

Debby

"An adventure is only an inconvenience rightly considered."

G. K. Chesterton (1874 - 1936)

Debby Hall, MSN, RN, CMSRN
Amarillo College Interim ADN Program Director
PO Box 447, Amarillo, Texas 79178
806-356-3607; 806-674-3441
dahall@actx.edu

From: Craig B. Clifton
Sent: Monday, November 20, 2017 12:59
To: Debby Hall
Subject: RE: Schedule Your Flu Shot

Yes. I will schedule it earlier(in October) next time...

Craig

From: Debby Hall
Sent: Monday, November 20, 2017 12:58 PM
To: Craig B. Clifton
Subject: RE: Schedule Your Flu Shot

Hi Craig,

I had to get my flu shot in October (clinical requirement). Do you think there is any way to arrange flu shots on campus earlier for next year? That would be really helpful for all of us who take students to clinical.

Thanks and I hope you have a lovely Thanksgiving

Debby

"An adventure is only an inconvenience rightly considered."

G. K. Chesterton (1874 - 1936)

Debby Hall, MSN, RN, CMSRN

Amarillo College ADN Assistant Program Director
PO Box 447, Amarillo, Texas 79178
806-356-3607; 806-674-3441
dahall@actx.edu

From: Craig B. Clifton
Sent: Monday, November 20, 2017 12:52
To: DL-All AC Family
Subject: Schedule Your Flu Shot

FLU SHOTS

on campus

Call to schedule a time. 345-5515

Between the times 10am - 1pm

Carter Fitness and Wellness Center

Tuesday November 28

No out of pocket expense if you bring a copy of your insurance card front and back

\$28 without copy of insurance card(cash only please).

Should take approximately 10 minutes

Spouses/family members welcome

Craig Clifton

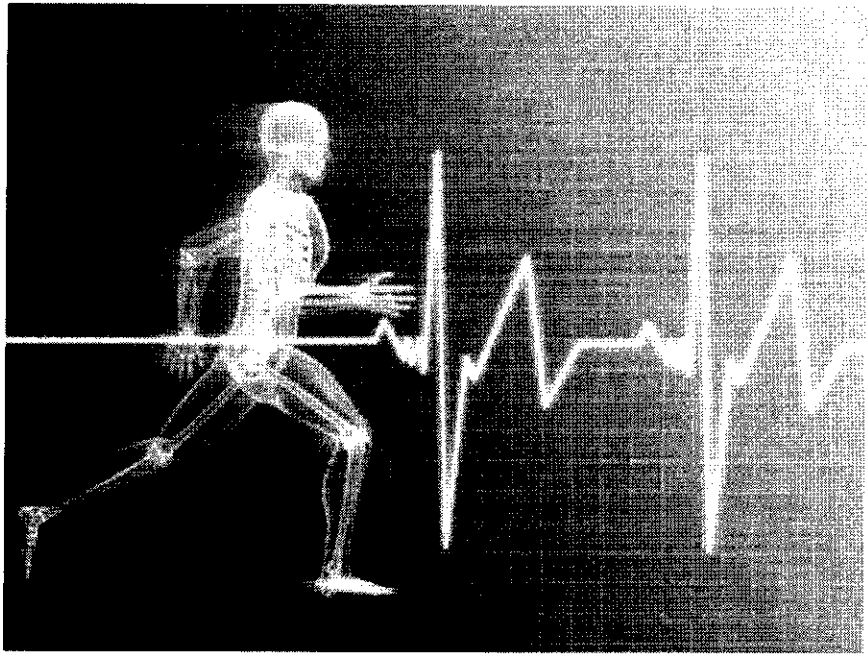
Carter Fitness and Wellness Center

Amarillo College

(806)345-5515

cbclifton@actx.edu

"Live Fitness Well!!!"



Melissa S. Eder

From: Karen S. Brogdon
Sent: Monday, August 29, 2022 11:47 AM
To: Karen S. Brogdon
Cc: Craig B. Clifton
Subject: FW: Flu Shots - Sept 21st (Washington) and Sept 22nd (West)

Don't Forget to Sign up for your Flu Shot
Please complete the attached form: Sections A-D
and **bring copies of your insurance card**
Shots given at Washington Street Tuesday, Sept 20th,
And at West Campus Wednesday, Sept 21st

See Details Below...



Amarillo College

Fitness and Wellness

Flu Shots on Campus

It's That Time Again
FLU SHOTS
are in!

Please click on the link for each location

Two Locations (schedule a time. Details below)

Washington St. Campus Ware Commons

Click Here to Register for Washington St. Campus

Tuesday September 20

9am - 3pm

West Campus Building D Tutoring Center

Click Here to Register for West Campus

Wednesday September 21

9am - 3pm

Call to schedule a time (both locations). 371-2929

No out of pocket expense if you bring a copy of your insurance card front and back

\$33.00 without copy of insurance card (cash only please) under age 65, and
\$59.00 over age 65

Karen Brogdon

Amarillo College

Manager Wellness and Enrichment

WSC|Durrett 105

Ph 806-371-2929