



Here's What's Happening...

TEXAS PANHANDLE CENTERS

901 WALLACE BLVD. AMARILLO, TEXAS

www.texaspanhandlecenters.org

January 2011, Volume VIII, Issue 1

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Serving the citizens of:

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Lipscomb, Moore,
Ochiltree, Oldham, Potter,
Randall, Roberts, Sherman,
and Wheeler counties

Happy New Year!

As we move into 2011, we take this opportunity to thank you for your good work in 2010. Though it was not an easy year for businesses in general, your contributions have been most appreciated during this time.

As we plan for 2011, we continue to value those that are most important to our future success. This next year will not be without its challenges; however, we look forward to this new year with optimism and predict a successful outcome for Texas Panhandle Centers.

New Employee Badges

The Human Resource Development Department will be printing new identification badges for all employees with the new Texas Panhandle Centers logo along with the Abuse & Neglect Information on the back.



Times scheduled for the updates are as follows:

- Tuesday, January 18: 9:30am -12:00 noon and 1:00pm - 4:30pm at the HRD Office - Wallace Campus (Bldg 501).
- Monday, January 31: 9:30am - 12:00 noon, HRD Office - Wallace Campus (Bldg 501).
- Friday, February 4: 9:00am - 12:00 noon, Small Conference Room, Taylor Street.

If you need to make other arrangements to have your ID badge made, please contact Carmen Nichols at 351.3244.

In honor of Martin Luther
King Jr. , Texas
Panhandle Centers will be
closed Monday, January 17th.



CENTER NAME CHANGE

Mellisa Talley, Information Services Director

As part of the agency name change, your email address will also change. Effective January 1, 2011, your new email address changed to **firstname.lastname@txpan.org**. For a transitional period, you will continue to receive email sent to the old address.

Please notify those contacts in your address book of your new email address that are outside of our agency. Also, the public website can now be found at **<http://texaspanhandlecenters.org>**

Please contact the help desk at 351.3201 if you have any questions.



QUARTERLY RETIREMENT MEETING NOTICE

Corby Hankins with ISC Group, our retirement plan administrator, will be here on Tuesday, February 8, 2011, for our quarterly retirement meeting.

If you are interested in contributing to your retirement account for the first time you will need to attend the meeting on the Wallace Campus in the HRD Training Room from 1:30 pm to 2:30 pm on February 8, 2011. This meeting is designed to meet the needs of new participants in a group setting. Corby will also be holding individual meetings to address specific questions of current participants on the Taylor Street Campus from 10:00 am to 12:00 noon in the Conference Room and from 2:30 pm to 4:00 pm on the Wallace Campus in the HRD Training Room. If you plan to attend an individual meeting, you will need to schedule a time. The individual meetings may be scheduled at 1/4 hour increments from 2:30 pm to 4:00 pm on Wallace and 10:00 am to Noon on Taylor Street.

Please contact Deborah Brown at 358-1681 for an individual appointment or you may also schedule via e-mail for your convenience. Remember you must have an appointment for an individual meeting time. No appointment is necessary for new participants attending the group meeting.

Community Relations...

Bonnie Lasher, Community Relations Director

The Shining Star Christmas Project was again a huge success this year. Area banks opened their doors and allowed ornaments listing client Christmas requests to be hung on their trees in hopes that someone would see the request, purchase it, and bring it back to the bank so the clients would have something on Christmas morning. Most gifts purchased also contained “extras” that the purchaser added on their own to help make a merrier Christmas. Not only did the requests get purchased for them, several bank employees and customers went “on-line” searching to find the gifts that were requested. Shoes were special ordered as well as original movies and other unique items. The **First Presbyterian Church** and the **Antique Car Club** brought a car load of new sweats, gloves, hats and other items for the clients to enjoy. Amarillo continues to be supportive of our clients, and Texas Panhandle Centers continues to be very grateful to the people of Amarillo and Canyon who join us in Making Lives Better. We wish to thank the following banks who participated this year with our project, and went out of their way to ensure that the project was a success:



Wells Fargo

3429 S. Bell
2000 S. Washington
4140 Coulter

Bank of America

1700 Coulter
3440 Bell St., Suite #328
3601 S. Washington
Polk Street Branch

Herring Bank

2201 Civic Circle

First Bank of the Southwest

5701 SW 34th
2401 S. Georgia
4241 W. 45th
5725 W. Amarillo Blvd.
7420 SW 45th

Happy State Bank

3423 Soncy
3131 Bell-Suite 202
5050 S. Western
701 S. Taylor
500 Tascosa Road
2531 Paramount Blvd
5100 S. Coulter
4302 W. 45th 79109

The Christmas dance held at the **Greenways Intermediate School** on December 10th, was well attended and an evening of fun. The **Easy Street Band** played both Christmas and dancing music, the **Alpha Beta Sorority** brought refreshments, and of course, Santa Claus made an appearance! All clients with Intellectual Disabilities received a personal invitation to the Christmas Dance. Special thanks go to the **Greenways Intermediate “CIA”**, for organizing and sponsoring the dance.



Cognitive Behavioral Therapy for the treatment of Winter Depression

Dayna Schertler, LCSW
Texas Tech University Health Sciences Center

Article Featured in Panhandle Health Magazine

Fall is not only football season, it is the season we begin to hear many friends and co-workers complain of feeling tired, irritable, and “blue”. They grumble about changes in their appetites that are usually characterized by weight gain, as well as difficulty with motivation, both at home and at work. In addition, we encounter the start of the holiday season beginning with Thanksgiving and continuing through New Year's Day. This holiday stretch is a period when many experience additional demands on time, finances and, for many, unrealistic family expectations.

Stress, decreased daylight hours, and reduction in physical activity are all associated with mood swings and the onset or return of a major depressive episode. The “holiday blues” have even been inaccurately reported as a time when suicide rates increase, when in reality, according to the Centers for Disease Control, the lowest daily rates of suicide occur in the month of December and peak in the spring and summer.

The term depression for some is a frequently used word to describe even the most short-lived periods of gloom. In contrast, a person with a diagnosis of major depressive disorder experiences episodes where deep unhappiness, apathy, fatigue, on-going sleep and appetite problems and even thoughts about death for several weeks and months at a time are common.

The majority of those prone to Major Depression can experience these symptoms at any time during the year, however, for an estimated 10% - 20% of those with recurrent depression there is a very real relationship between their mood change and the calendar. Winter Depression, or more accurately, Sea-

sonal Affective Disorder (SAD) is a subtype of recurrent depression that is associated with wintertime impairment in emotional well-being, daily activities, social activity and physical health. Specific factors that appear to have an effect on seasonal mood problems include disruption of the body's circadian rhythm and changes in melatonin or serotonin levels that can be triggered by a decrease in the amount of sunlight common during winter months. A diagnosis of SAD is given with the onset of a predictable pattern of fall/winter depressive symptoms and is followed by a full remission of those symptoms with springtime. This pattern must be present for two years according to the Diagnostic and Statistical Manual for Mental Disorders.

Bright light therapy is the most established acute treatment for Seasonal Affective Disorder, but it does not provide adequate relief for 20% to 50% of patients. Some studies suggest that less than half of patients will continue regular use of light therapy. Nonetheless, light therapy is a good treatment option with few side effects, but must be repeated at each episode.

Antidepressant medications are an option as well. Overwhelmingly, these medications are shown to be effective. However, medication compliance is necessary for the remission of symptoms. Medication non-compliance is high in depressive disorders. Studies tell us that 28% of patients discontinue antidepressant treatment within the first month and 44% discontinuing within three months of initiating therapy.

A third recommended treatment option for SAD is cognitive behavioral therapy (CBT). CBT can be utilized adjunctive to light therapy

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Update Records in HR



The beginning of a new year is a good time to consider what changes may have occurred in your life since last New Year's Day.

- Have you had a change of address or telephone number?
- The addition or deletion of dependents from taxes and/or insurance coverage?
- The telephone number of the person to be called in case of an emergency?
- Change in beneficiary?

Contact the HR Department with questions or to update information.

HUTCHINSON COUNTY UNITED WAY, INC.

PO Box 1430, Borger Bank Building, Suite 319
Borger, Texas 79008
TELEPHONE (806) 274-5662
hcuw@sbcglobal.net

December 2010

Mr. Jim Womack
Texas Panhandle MHMR
P.O. Box 3250
Amarillo, TX 79116-3250

Dear Jim,

This year we will be rewarding our Partner Agencies with Bonus Dollars for your participation during our 2010/11 Campaign. This is one way for the Board of Directors to let you know that your time is valuable to us and your help is needed during campaign. This will be at the Board's discretion each year to give out this money. There were nine opportunities for you to help with campaign. They are as follows:

August Campaign Meeting
Raffle Tickets sold at Howdy Neighbor Day
Kick-off Luncheon Attendance
Newspaper Stories Submitted
Working at Golf Scramble
Business Blitz
Raffle Tickets sold at Lion's Club Garage Sale
Victory Luncheon Attendance
Agency Tours & Rally Speaking

We appreciate the Borger office participating in two of the events. Enclosed is a check for \$400. This money can be spent as needed. Please be sure that it is listed on your budget form when you apply for funding next year.

It was a great campaign and I appreciate your hard work!


Julie Winters
Executive Director

Enc: Check

This Month's Winner Is...

Yolanda King, Respite On-campus, was chosen by random drawing for the month of January. Yolanda will receive a \$25 gift card from Amarillo National Bank.

To claim your gift certificate, please contact Joyce Lopez at 806.351.3308.

Each month a random drawing will be held. All full and part-time employees (except executive management) are eligible to win. Winners are published each month in *Here's What's Happening*.

Watch for future drawings...you could be next!





Wellness Coordinator

Veronica Melesio-Serrao



Heart Health by the Numbers

Here are some recommended goals. *Get with your doctor to find the best goals for you. This particular information is from a diabetes magazine.*

HDL (good cholesterol)

Men: greater than 40 mg/dl

Women: greater than 50 ml/dl

LDL (bad cholesterol)

Men: less than 100 mg/dl

Women: less than 70 mg/dl

Triglycerides (blood fats)

Both: less than 150 mg/dl

Blood pressure

Both: less than 120/80 mmHg

Cheeseburger Soup

1c each of chopped onion, celery, and carrots
½ lb lean ground beef
1 Tbsp each of dried basil and parsley
4c unpeeled chopped potatoes
1c skim milk
3 cans chicken broth
¼ c flour
½ lb Lite Velveeta cheese, cubed
Salt and pepper to taste



Brown meat, add onion and celery. Drain the liquid. Add chicken broth, potatoes, carrots, and spices. Simmer until potatoes are cooked. Blend flour and milk together, add slowly to soup. Simmer until thick. Remove from heat and stir in cheese until melted.

Walk Across Texas



Walk Across Texas at Texas Panhandle Centers started on Monday, January 3rd. There are 10 teams participating. You can follow your favorite team's progress by visiting the Walk Across Texas website: <http://walkacrosstexas.tamu.edu>. Go to *tools*, *resources*, then *view progress*. Click *county and organization*, select *Randall County* and then *TPMHMR*.



Even if you are not participating, you can still support your favorite team and plan to join next time (spring/summer).

Welcome these New Employees...

Jena Anderson
Sharon Braddock
Cindy Heymer
Cherie Jordan

Jessica Martinez-Garcia
Konkeo "KK" Phommathep
Erika Roberts
Delores Ross
Geneva Tiller
Liberty Williams
Kristie Wineinger

Westcliff Group Home
Fir Group Home Pampa
Club Meadows Group Home
ACT
MH Service Coordination Hereford
Westcliff Group Home
MH Service Coordination
Lamount Group Home
ACT
ECI
Carlton Group Home



Congratulations!

The following employees were recognized through the Performance Enhancement Program for one or more of the following: Core Competencies, Safety, Critical Thinking, Communication, Client Rights, Continuous Quality Improvement, Professional Behavior, Customer Service:

Jordan Eaker, IDD Service Coordination ■ Teldra Betterson, Canode Group Home
Sheila Rios, Alternate Living ■ Margaret Watson, Canode Group Home

White Hat Award



The IDD Service Coordination Department would like to present this months White Hat Award to **Susan Kitchens, Client Rights Officer**. Susan has been instrumental with the HCS Case Management transition. Because of the transition, there were several newly hired service coordinators and during this process she was responsible to train each of them. She was very patient, informative and helpful. Susan continues to be available for training and to answer all of our questions concerning rights of consumers. While speaking with her, she is kind, informative and uses humor, which is much appreciated. Thank you Susan.

Sharon Guinn for IDD Service Coordination

Articles, or suggestions for this publication may be submitted by the 1st of each month to:

Joyce Lopez • 901 Wallace Blvd., • Amarillo, Texas 79106
Phone: (806) 351-3308 Fax: (806) 351-3345 Email: joyce.lopez@tpmhm.org

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and/or medication. This specialized therapy can be also effective as an independent alternative treatment. Like light therapy and medications, compliance is also an issue for this form of treatment. CBT is designed to produce long term changes in belief patterns and provide the patient with a skill set to help negotiate the problems associated with mood changes. Changing these patterns requires a commitment from the individual to attend sessions regularly for a period of weeks to a few months.

CBT has gained recognition in the last ten years primarily due to the research that shows its effectiveness when used in non-seasonal depression. Many studies show that by treating patients with CBT, the length of time between relapse episodes increase and the likelihood of an entirely new depressive episode presenting are greatly reduced. This form of psychological intervention for depression focuses on the role of negative and distorted cognitions, or beliefs, and physical inactivity that aid in perpetuating the disorder.

One preliminary study examined the cognitions of three groups: those diagnosed with SAD, patients diagnosed with non-seasonal depression and a control group of non-depressed subjects. The study found that there were no significant differences in beliefs between the SAD group and the depressed group. Both groups have frequent negative cognitions that make them vulnerable to relapse, indicating both groups would be ideal candidates for CBT.

Behaviorally we know that maintaining relationships and regular activity are also core to minimizing the effects of the biological corollary that is part of depression.

As mentioned above, relapse prevention is a significant advantage of CBT. For those who successfully participate in the recommended 5 to 20 sessions and subsequently employ the skills learned when mood problems present, these patients may only need two to

four booster sessions to maintain results. It is not out of the ordinary to not need booster sessions. Treatment is designed to help people stay better without the need for long term intervention.

In our area, there are only a few properly trained and/or certified providers of CBT. Most will have a mental health background such as psychology or clinical social work. Individuals with a license to practice mental health services independently will suffice as long as the professional has been well trained. Specialized post-graduate training is best to most effectively practice this form of intervention. Studies have supported this principle time and time again. The therapy is goal-oriented and the structure of the sessions can be very different from other forms of "talk therapy".

In summary, when looking at the treatment guidelines of seasonal affective disorder the most recent published information suggests treatment should follow strategies offered for major depressive disorder in general. In 2000, the American Psychiatric Association guidelines encourage light therapy as the first line treatment. The British Association for Psychopharmacology recommended in 2008 that antidepressant medications be used as first-line treatment. In Canada in 2009, the Canadian Network for Mood and Anxiety Treatments recommended antidepressants and CBT as the starting point of intervention.

The best source of information about treatment options can be discussed with your primary care physician, psychiatrist or mental health professional. If you are looking for a cognitive behavioral therapist, look for a provider who has training beyond graduate school and is knowledgeable in specific cognitive and behavioral techniques. Also, inquire about the number of sessions you can expect before a reduction in symptoms is seen. The majority of patients with a diagnosis of a depressive disorder can improve to their typical level of functioning with the appropriate treatment. ■

January Birthdays

1/3 Margie Scroggins
Jose Vazquez
Chres Nickerson
Clarresa Stamps
1/4 Kandrea Galla
Natalie Villalobos
1/5 Doris Hayes
Julie Manning
1/6 Brytany Lemon
1/7 Terri Mix
Norma Sloan

1/8 Alvaro Fuentes
1/9 Adel Harris
Tracy Trenfield
1/10 Eboni Sanders
Myrna Ruiz
1/12 Kimberly Price
1/13 Barbara London
1/16 Janie Cobb
1/17 Virginia Chadick
1/18 Kera London

1/22 Pearl Gibson
Milly Pearson
Rachel Hill
1/24 Libby Moore
1/26 Kay Annen
Kelli Splawn
Becky Dyson
1/27 Amy Key
1/31 Crystal Farmer

January Anniversaries

31 Yrs Lynda Cherryhomes
31 Yrs Yolanda King
29 Yrs Victoria Martinez
26 Yrs Kay Annen
22 Yrs Margie Scroggins
21 Yrs Linda Gaskill
20 Yrs Genna Dunlap
17 Yrs Pamela Smith
13 Yrs Dr. Michael Jenkins
12 Yrs Steve Saavadra
12 Yrs Lisa Insall
10 Yrs Jo Ann Watson
9 Yrs Donald Newsome
6 Yrs Keiko Shinzato

5 Yrs Bobby Wilson
Brittany Padgett
Pamela Light
4 Yrs Teresa Hareford
Rebecca Hill
4 Yrs Teresa Hareford
3 Yrs Veronica Melesio-
Serrao
Melanie Anders
Debra Cooksey
Pamela McAnally
2 Yrs Lupe Schneider
Pamela Garza
1 Yr Loretta Carter

Stephanie Aguillon
Julie Manning
Lupe Martinez
Heather Watson
Virginia Chadick
Doris Hayes
Anna Carnes
Carol Gowdy
Ashley Henson
Candace Hughes
Stephanie Jesko
Tambitha Ynojosa

February Birthdays

2/1 Pamela Garza
2/2 Nicklaus Montoya
Arlene Juarez
2/3 Linda Dunham
John McDuff
2/4 Jeromy Thornton
Carol Cobb
Kara Porter
2/5 Linda Van Marter
Keta Quianes

2/6 Esmeralda Garcia
2/7 Teldra Betterson
2/10 Bud Schertler
Heather Dalrymple
2/12 Kay Holland
Veronica Prosser
2/13 Steve Saavedra
2/15 Chad Beavers
Mary Lane
2/17 Nora Lujan

Leslie Sheets
2/18 Samara Shields
Kristin Ray
2/20 Erin Rasmussen
Jennifer Benson
2/22 Natasha Lafuente
2/25 Leslie Johns
2/26 Karen Whitmire
2/28 Linda Smith
Lindsay Burkhalter

