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Randall, Roberts, Sherman,
and Wheeler counties

Mental Health Month: Pathways to Wellness

Source: Mental Health America and the Department of State Health Services

For more than 60 years, Mental Health America and affiliates across the country have led the observance of May as Mental Health Month by reaching millions of people through the media, local events and screenings. This year's theme is *Pathways to Wellness*.

Key Messages

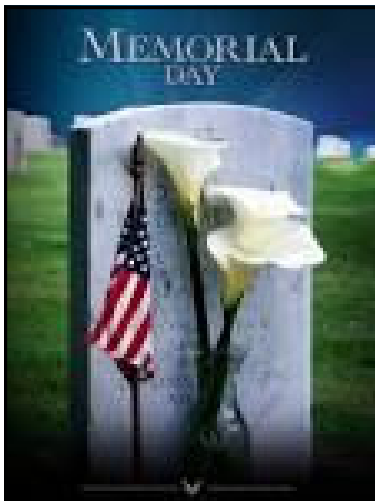
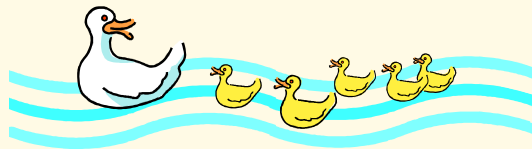
1. Wellness - it's essential to living a full and productive life. It's about keeping healthy as well as getting healthy.
2. Wellness involves a set of skills and strategies that prevent the onset or shorten the duration of illness and promote recovery and well-being. Wellness is more than just the absence of disease.
3. Wellness involves complete general, mental and social well-being. And mental health is an essential component of overall health and well-being. The fact is our overall well-being is tied to the balance that exists between our emotional, physical, spiritual and mental health.
4. Whatever our situation, we are all at risk of stress given the demands of daily life and the challenges it brings-at home, at work and in life. Steps that build and maintain well-being and help us all achieve wellness involve a balanced diet, regular exercise, enough sleep, a sense of self-worth, development of coping skills that promote resiliency, emotional awareness, and connections to family, friends and community.
5. These steps should be complemented by taking stock of one's well-being through regular mental health checkups and screenings. Just as we check our blood pressure and get cancer screenings, it's a good idea to take periodic readings of our emotional well-being.
6. Fully embracing the concept of wellness not only improves health in the mind, body and spirit, but also maximizes one's potential to lead a full and productive life. Using strategies that promote resiliency and strengthen mental health and prevent mental health and substance use conditions lead to improved general health and a healthier society: greater academic achievement by our children, a more productive economy, and families that stay together.





Duck Dynasty?

Not exactly - but this is an annual event at the Wallace Campus. Each year a mother duck makes her nest in the courtyard of the Administration Building. And each year, surrogate caretaker, Carol Cobb, Financial Services (and others) wait for her eggs to hatch and then carefully escort her and her ducklings safely to water.



Memorial Day

Memorial Day is a United States federal holiday which occurs every year on the final Monday of May. Memorial Day is a day of remembering the men and women who died while serving in the United States Armed Forces. Formerly known as Decoration Day, it originated after the American Civil War to commemorate the Union and Confederate soldiers who died in the Civil War. By the 20th century Memorial Day had been extended to honor all Americans who have died in all wars. It typically marks the start of the summer vacation season, while Labor Day marks its end.

Texas Panhandle Centers will be closed Monday, May 27 in recognition Memorial Day.

Parent Support Group - ***date change***

TPC Children's Services Parent Support Group

Meeting the 4th Tuesday in May - May 21, 2013

12:00 noon to 1:00 pm • 1500 S. Taylor, Amarillo, TX 79101

RSVP: 349.5684 (necessary to ensure food & handouts for all)

This week's topic: Discussion continues...

Janice James,
UCAPS, Specialist/Family Partner
TPC & STAR Services
806.349.5684

Anger Management: Ours & Theirs
Plus, Kids Summer Business



Bento!

What's a Bento? A Bento is a single portion meal common in Japanese cuisine, either restaurant take-out or packed at home. A traditional bento would hold rice, fish or meat and vegetables, usually in a small container with dividers. Traditional containers were hand-crafted lacquer boxes but now are likely to be divided reusable plastic containers. Contents of Bentos are often styled to look like plants, flowers or animated characters.



Healthful, fun and trash-free lunches are becoming a food fad in the U.S. as many moms get creative with their lunch packing! Kids are more likely to eat fun food and may even try a few new healthy snacks!

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

1. 24 Hours in the Canyon is scheduled for _____.
2. What is more sustainable? Willpower or motivation?
3. Fully embracing the concept of _____ not only improves health in the mind, body and spirit, but also maximizes one's potential to lead a full and productive life.



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.

Hugh Pennal Lectureship



Pictured: Bud Schertler and Janine Turner

The Hugh Pennal Lectureship was held on Tuesday, May 7th at the Amarillo Civic Center. The featured speaker was Janine Turner. "Living With Sobriety and Coping Skill's." She shared how she overcame the pressures of her career and learned to live beyond the rejection and depression.

Janine Turner is best known for her roles as Maggie O'Connell in the 1990 - 1995 television series Northern Exposure, and as Dr. Dana Stowe on the Lifetime original series Strong Medicine from 2000 - 2002 as well as many other roles. In 2008 she authored a book titled "*Holding Her Head High*." She currently has a radio talk show on AM Radio in Dallas TX.

The event was sponsored by The Pavilion at NWTHS, Texas Tech University Health Sciences Center and Texas Panhandle Centers Behavioral & Developmental Health.

May is Mental Health Month

Employee Recognition

At the April 25th Board of Trustees meeting, Judge Smith, Chair, recognized Gary Fox, MCOT (Mobile Crisis Outreach Team), for twenty-five (25) years of service. He was awarded a plaque, gift card and a day off.

Congratulations!



Baby News...



Congratulations to Cindy Castillo, ECI, on the birth of a baby boy. Baby Castillo was born at 5am on Wednesday, May 15 and weighed 7.5 lbs. and was 20.5 inches long. No name had been given at the time of publishing but both mom and baby are doing well.

Splash

AMARILLO WATERPARK
 1415 Sunrise Drive
 Amarillo, TX 79104
 806-376-4477
 www.splashamarillo.com

OPEN
 Saturday
 June 8, 2013

NEW PARTY ZONE PAVILLION

- With space for your own grill
- Call for pricing!

Hours
 12-7pm / Mon-Sat
 12-6pm / Sun
 Weather Permitting

Close Date
 Monday
 September 2, 2013

Get Your Discount Tickets

Ticket Price \$15

Good anytime the park is open (excluding special events)

Purchase from Carol Cobb

Financial Services

901 Wallace Blvd Building 501 351-3205

Sarah Hernandez, ECI, answered last month's questions correctly and was randomly selected to win a \$25 gift card from Amarillo National Bank.



To claim your card, contact Joyce Lopez at 806.351.3308 or email: joyce.lopez@txpan.org.

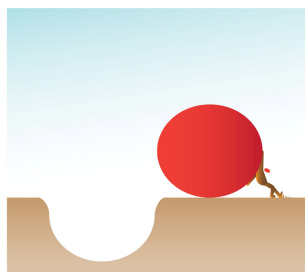
Congratulations!

When it comes to motivation vs. willpower, what works best?

It happens. You have a project or a report to compile, but you can't seem to get started.

Willpower doesn't seem to be working, but that's no surprise. Evidence suggests that willpower is a resource that can be depleted. The more you have used it, the less effective it will be.

It's motivation that you need! There are three elements associated with motivation: autonomy, mastery and purpose. That means you have the authority and time to do the project. You are experienced and well-informed about its aspects, and the purpose of this



project is important to you.

If you can see the positive impact of your work, you are likely to work harder and be more effective. The task will be more meaningful to you.

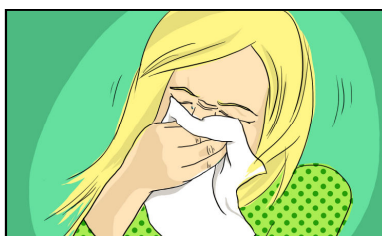
It doesn't hurt to remind yourself that you are the best person for the job. Money can be a motivator but not long term.

In order to achieve the goal, it's important that you know why it's so important to you and others to get the job done.



Taking care of your eyes: seasonal and year round

Doctors call it allergic conjunctivitis, an inflammation of the conjunctiva (the membrane covering the white part of the eye) due to allergy. It causes red, itchy, watery eyes.



medications don't work well enough for you, see your doctor for a prescription.

Dry eye syndrome

It can occur any time during the year when you don't produce enough tears to lubricate your eyes.

The rest of us call it spring hay fever or rose fever. It's caused by pollen released by the spring flowering of trees, grasses and plants. When the pollen comes in contact with an allergic person's eyes, it causes cells known as mast cells to release histamine, which causes swelling and wateriness, according to the American College of Allergy, Asthma and Immunology.

Treatment with antihistamines is generally effective. Using over-the-counter medications, such as Claritin or Zyrtec, will usually clear up your symptoms. Antihistamines also are in nasal spray and eye drop form. If you have asthma, or if over-the-counter

produce enough tears to lubricate your eyes. Sometimes dry eye is caused by working long hours at a computer without blinking occasionally. If you do this type of work, purposely blink your eyes so they will remain lubricated.

You can also treat dry eyes with over-the-counter preservative-free artificial tear solutions. Some people find that taking an omega-3 fish oil capsule each day prevents dry eyes.

Some medications, like antidepressants, antihistamines and decongestants can also dry out your eyes.

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:

Sharon Guinn, IDD Service Coordination
Paul Jeffers, Community Living

Reminder to supervisors: If you would like employees recognized through PEP in the newsletter, submit the PEP (or a copy) to the respective executive manager for approval.

White Hat Award



The IDD Service Coordination Department would like to present this month's White Hat Award to **Tanya Fenwick, Gayla Christian and Laura Ratheal**. The effort they put into decorating the 503 conference room helped brighten Service Coordinators' work environment. The thought and the initiative that they put into it meant a great deal to those who utilize the room. It is warm and inviting. Thank you.

Sharon Guinn, for IDD Service Coordination

Welcome these New Employees...

Pamela Arganbright
Cherilyn Ausbie
Monica Charles
Angela Holcomb
JoAnn Moreno
Cynthia Pyle
Rosa Rivera
Tillarie Sisneros
Candace Humphrey
JoAnn Moreno

IDD Service Coordination
Amherst Group Home
ECI
Specialized Services
Westcliff Group Home
BH Children's Service Coordination
ASCI Pampa
BH Children's Intake Pampa/Perryton
IDD Respite
Westcliff Group Home



RETIREEES

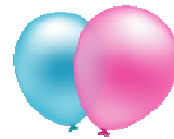


L to R: Jody Malone, Jack Fleming

After 21 years, Jody Malone, Maintenance Department, retired. Jody maintained the grounds at the Wallace location and made sure that the American Flag was raised each morning. When asked why he was retiring, Jody responded "because I'm tired."

A retirement reception was held on April 16.

Congratulations and best wishes!



In March Phyllis Clark completed 32 years of service with TPC. A retirement reception was held for Phyllis on Wednesday, April 3rd. There was an abundance of food, co-workers and friends to wish her well.

Congratulations and best wishes!



L to R: Jim Conner, Gayla Christian, Phyllis Clark, Tanya Fenwick, Eloise Haynes

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

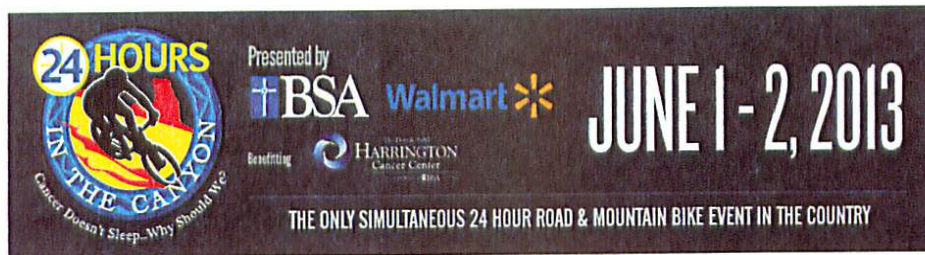
Joyce Lopez • 901 Wallace Blvd., • Amarillo, Texas 79106
Phone: (806) 351-3308 Fax: (806) 351-3345 Email: joyce.lopez@txpan.org

ARE YOU A VETERAN?

JOIN OUR TEAM:



AND RIDE WITH OTHER VETERANS & THEIR FAMILIES IN



F.A.Q.

Q: Do I really have to ride for 24 hours? A: As our team will not be registered as a competitive team, the short answer is NO. But you can go for it if you want. **It is really up to you!**

Q: Do I need to reserve a camping spot at Palo Duro Canyon? A: No. We take care of everything.

Q: What is provided for the weekend? A: as part of our Team, you will get:

- Entrance into Palo Duro Canyon
- Event t-shirt
- Goodie bag
- 2 Meals – Dinner on Friday and Saturday nights
- Stocked rest areas
- 24+ Hours of fun!
- And More!

FOR SPECIFIC DETAILS, CONTACT

TOUSHA BARNES 806-341-0581

REGISTRATION FEES PROVIDED BY:

