



Here's What's Happening...

TEXAS PANHANDLE MHMR

901 WALLACE BLVD. AMARILLO, TEXAS
www.tpmhmr.org

December 2010, Volume VII, Issue 11

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and Wheeler counties



RING IN THE NEW YEAR!

Bud Schertler, Executive Director

Center Name Change Effective January, 1 2011

Out with the old and in with the new! We are excited to announce that with the new year will come a new name. Beginning January 1, Texas Panhandle Mental Health Mental Retardation will become:



This change comes on the heels of recently passed legislation at the federal level. After many years of advocacy efforts and unanimous approval by Congress, President Obama signed Rosa's Law (S.2781) into effect on October 5, 2010. Inspired by Rosa Marcellino, a child with Down syndrome, and her family's refusal to accept the use of a stigmatizing label that did not reflect her value and accomplishments, Rosa's law directs the elimination of the term "mental retardation" and replaces it with the term "intellectual disabilities" in federal health, education and labor statutes.

Over the past several months the executive management team has put a great deal of thought and consideration in making a recommended name change to our board of trustees that would be respectful to those with intellectual disabilities, developmental delays, mental illness and/or substance disorders, inclusive of all of the different populations we serve, and in line with our vision of *Making Lives Better*. Though we know it will take some time to adjust, we are excited about this opportunity to demonstrate our ability to be progressive and to always place those we serve first.

You will receive more information on matters such as e-mail addresses, business cards, signage, etc. in the near future. Thank you all for the good work you do and Merry Christmas!



TPMHMR offices will be closed, Thursday & Friday,
 December 23rd & 24th as well as December 31st
 in honor of Christmas and New Years.
 Happy Holidays!



2011 HOLIDAY SCHEDULE



Monday, January 17 Martin Luther King Jr.
 Monday, May 30 Memorial Day
 Monday, July 4 Independence Day
 Monday, September 5..... Labor Day
 Thurs. & Fri., Nov. 24 & 25 Thanksgiving
 Fri. & Mon., Dec. 23 & 26 Christmas



"What is it? It's your first PIN number!"



"You weren't good this year, so instead of that video game system you wanted, you'll be getting an educational toy."

Texas' Budget Deficit and the 82nd Legislative Session

Sandy Skelton, Governmental Affairs & Special Projects

Texas is facing an \$18 – 25 billion shortfall in revenue to fund state government beginning September 1, 2011. Due primarily to the recession in the U.S. over the past 3 years, revenues are down in all 50 states and most are struggling with how to balance their respective budgets.

Texas currently has a budget of \$182.3 billion which funds all state government for a 2 year period (September 1, 2009 - August 31, 2011). Revenues to support such a large budget come from a variety of sources, primarily sales tax, fees, licenses, fines and federal funds from Washington D.C.

In addition to the recession, Texas is one of the fastest growing states with a population now exceeding 25 million. As Texas grows, so does the state budget. Additional funding is needed for public schools, community colleges and universities, health and human services, public safety, prisons and a variety of other government services.

Our elected state officials will begin the process of balancing revenues with expenses for the next budget cycle on Tuesday, January 11, 2011 when they convene in Austin for the 82nd Legislative Session. They will have 140 days to develop a 2 year balanced budget (beginning September 1, 2011) and conduct other state business followed by adjournment on May 30.

The legislature consists of two chambers, the Senate with 31 members and the House of Representatives with 150 members. Our elected Panhandle delegation is Senator Kel

Seliger (Amarillo), Senator Robert Duncan (Lubbock), Representative Warren Chisum (Pampa), Representative John Smithee (Amarillo), and Representative Walter "Four" Price (Amarillo). They will soon join their fellow senators and representative from across the state to determine how to fix such a monumental problem. Since they will be faced with more expenses than income, they will have no choice but to make significant cuts to state agency budgets [note: a tax increase to bring in more revenue is off the table].

Legislative leadership has already required state agencies to cut back on current spending by 7.5% and to submit budgets for the next two years reflecting an additional 10% decrease in expenses. These cuts total several billion dollars; however, it will likely not be enough to bring expenses in line with available revenues. Other creative methods to raise revenues will be debated during the legislative session but further cuts in spending could occur as well.

The good news is that our agency has weathered economic storms in the past and while we have had to make temporary adjustments after other legislative sessions, we continue to be a financially strong center.

As the legislative session progresses and additional information is available, we will keep you informed on a periodic basis. **However, should you have questions about what you hear in the media, please give me a call at 351- 3427.**



After all these years, Santa still reigns

Santa has been with us for hundreds of years, but has not one extra wrinkle on his face. He loves kids and loves his reindeer. He's industrious. He and his elves work tirelessly to fulfill children's Christmas wishes. Santa Claus symbolizes the holiday season like nothing else. The Christmas tree is a symbol of the season, but Santa Claus personifies the season in a way that trees cannot. His image is not related to any church or country, so he can cross cultural and religious lines. It places him in a unique position for the entire season rather than for Christmas alone. He's not just for kids. Adults enjoy his red-suited presence in stores, and his image on Christmas cards and in decorations. His is a sweet, loving image in a world where those qualities are sometimes hard to find. Santa symbolizes the spirit of good will and giving at holiday time. If history is a reliable predictor, Santa will be alive for centuries to come.



The Amaryllis at the Polk Street Clinic was the first to bloom this year. This "blooming competition" has become an annual event to see which clinic's flower will bloom first.

Much appreciation goes to Ms. Porterfield for her thoughtful gift of the Amaryllis to the Amarillo Clinics.



This Month's Winner Is...

Virginia Chadick, MH Service Coordination, was chosen by random drawing for the month of December. Virginia 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!

Welcome these New Employees...

LaTonya Glover-Bennett
Pamela Jackson
Shannon Lowe
Billy Ramos
Toni Ruiz
Amber Sanders
Jana Suzanne Scott

Clearwell Group Home
ECI
Respite Pool
ASCI Amarillo
IDD Nursing
Carlton Group Home
Wayne Group Home



It is more important than appearances, giftedness or skill. It will make or break a company, a church, a home. We have a choice every day regarding the attitude we will embrace for that day.

~ Unknown



White Hat Award

The IDD Service Coordination Department would like to give this month's White Hat Award to **The Wellness Team**. The health fair that the team coordinated was fun, festive and most noticeable, it boosted morale. The costumes, food, socialization and creativity the fair encouraged, set the tone for the entire day in our department. Thank you for all your hard work and a job well done.



The Wellness Team members are:

Veronica Melesio Serrao, Chair; Jim Womack, Vice Chair; Linda Thomas, Secretary; Diana Johnson, Michael Ray, Anna Isom, Jim Conner, Kay Holland and Adel Harris

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

Holiday Cranberry Sparkler (non-alcoholic)

Celebrate the holidays with a cranberry sparkler

1.5 oz blackberry puree
2 oz white cranberry juice
2 to 3 oz sparkling water
Sprig of mint for garnish



Place blackberry puree and cranberry juice in champagne flute.
Add sparkling water to fill. Garnish with mint. Single Serving.

It's Beginning to Look a lot like Christmas...

The Volunteer Services Council and TPMHMR elves have been very busy gathering presents from area banks. Hundreds of gifts have been wrapped in holiday wrapping, sorted and organized in order to be delivered in time for Christmas.



FAQ's about Christmas...Answered!

(sort of!)

Q: If Santa doesn't have to age, then why has he become so old?

A: He only appears to be old. He's an undercover kid.



Q: How can a sleigh possibly fly through the air?

A: If you were being pulled by eight flying reindeer, wouldn't you fly too?

Q: Why is a Christmas tree that has been chopped down called a "live Christmas tree?"

A: It's dead but doesn't know it, and yet it's having the time of its life.

Q: How many angels can dance on the head of a pin?

A: Only four angels can dance there. Formerly there was no limit, but OSHA passed the Angel Safety Law, which requires that the pin must be inspected twice each year for structural defects.

Q: How could a star that is high in the sky lead the Wise Men to a tiny manger on the ground?

A: Wisely, toward the end of their journey they asked directions from someone on the road. Had they not been so wise, they might have missed the manger by several hundred miles. (The person on the road has never been identified).





Holiday Depression and Stress

Source: Mental Health America

The holiday season can be a time of full joy, cheer, parties and family gatherings. But for many people, it is a time of loneliness, reflection of past failures and anxiety about an uncertain future.

What Causes Holiday Blues?

Many factors can cause the “holiday blues”: stress, fatigue, unrealistic expectations, over-commercialization, financial constraints, and the inability to be with one’s family and friends. The demands of shopping, parties, family reunions and house guests also contribute to feelings of tension.

People may develop other stress responses such as headaches, excessive drinking, over-eating and difficulty sleeping.

Even more people experience post-holiday let down after January 1. This can result from disappointments during the preceding months compounded by the excess fatigue and stress.

Coping with Stress & Depression During the Holidays

- Keep expectations for the holidays manageable. Try to set realistic goals for yourself. Pace yourself. Organize your time. Make a list and prioritize the important activities.
- Be realistic about what you can and cannot do. Don’t put the entire focus on just one day. Remember that it’s a season of holiday sentiment, and activities can be spread out to lessen stress and increase enjoyment.
- Remember the holiday season does not banish reasons for feeling sad or lonely; there is room for these feelings to be pre-

sent, even if the person chooses not to express them.



- Leave “yesteryear” in the past and look toward the future. Life brings changes. Each season is different and can be enjoyed in its own way. Don’t set yourself up in comparing today with the “good ol’ days.”

- Do something for someone else. Try volunteering some of your time to help others.

- Enjoy activities that are free, such as taking a drive to look at the holiday decorations or going window shopping.
- Be aware that excessive drinking will only increase your feelings of depression.
- Try something new. Celebrate the holidays in a new way.
- Spend time with supportive and caring people. Reach out and make new friends, or contact someone you haven’t heard from in a while.
- Save time for yourself! Recharge your batteries! Let others share in the responsibility of planning activities.

