

TEXAS PANHANDLE MHMR

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

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Serving the citizens of:

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 and Wheeler counties

Crosswalk Safety Tips

Whether you walk, bike or drive, take 5 seconds to follow crosswalk safety guidelines.

Pedestrians:

- Always cross at marked crosswalks. You forfeit your rights as a pedestrian if you cross elsewhere.
- Obey any pedestrian signals and look left-right-left to make sure the road is clear in both directions before crossing.
- If a vehicle approaches, make eye contact with the driver to be sure the driver sees you before you cross.
- Look before walking past stopped vehicles. Do not cross just because a driver waves you on. Be sure all lanes are clear first.
- Remember that bicyclists are not considered pedestrians unless they are walking their bikes; otherwise they are considered vehicles.



Bicyclists:

- Yield to pedestrians.
- Remember that bicyclists are not considered pedestrians unless they are walking their bikes. Otherwise, they are considered vehicles and forfeit their rights as pedestrians in the case of an accident or citation.
- Use marked bike paths or multi-use paths when available.

- Obey vehicular traffic signals and laws on the roadways.
- Use extra caution as you transition between bike paths, roads and sidewalks.
- Be aware that your actions are unpredictable to drivers and pedestrians.

Drivers:

- Yield to pedestrians in crosswalks and at intersections.
- Be prepared to stop at all marked crosswalks. Stay alert and reduce speed in areas with crosswalks.
- Be alert for bicyclists and skateboarders whose approaches to the crosswalk may be much swifter than those of pedestrians.
- Come to a complete stop if pedestrians are crossing or preparing to cross.
- Wait until pedestrians have crossed at least one lane past the lane you are in before resuming.
- Never pass another vehicle that has stopped or is slowing down at the crosswalk.

Be observant of the crosswalks or safety signs at your workplace and pay close attention to your speed.

Take 5 & save a life!

February is American Heart Month

Experts say real improvement in heart disease risk takes just three steps: **Eat right, be active, and don't smoke.**



Eat more fruits, vegetables, fish and nuts

Whether you're in the 20s, 40s or well beyond, it's never too late or too early to follow this advice. Cardiovascular disease is the nations top killer.

1. Eat right. Limit your intake of fats in order to keep your arteries clear. Know your LDL and HDL cholesterol number and how to keep them in the proper range.

Too much sugar in the diet can cause weight gain and extra work for the heart.

Too much salt can lead to high blood pressure, a big heart risk. Most sodium comes from processed foods.

2. Be active. Exercise regularly. Inactivity is on of the top risk factors for heart disease.

Exercise strengthens your heart, helps keep cholesterol under control and improves circulation and energy. Exercise improves muscle tone and strengthens bones as well as reduces stress, anxiety and depression.

3. Don't smoke. About 20% of heart disease deaths in the U.S. are directly related to cigarette smoking.

Heart attack risk increases with the number of cigarettes a person smokes. Pack a day smokers have twice the risk of heart attack than non-smokers have.



Daylight-saving time begins Sunday,
March 14, 2010

Set your clocks ahead one hour!
Spring Forward



If you are looking for a pet or have found one, remember to check TPMHMR's Intranet page under classifieds for pet postings.



Cold Enough?



A Professional Development Workshop for Child Care and School Personnel April 17, 2010



First Christian Church
3001 Wolflin, Amarillo, TX 79109

Presented by the

Prevent Child Abuse Texas

in cooperation with

TPMHMR STAR Services & First Christian Church

\$20 early \$25 on site. 512.250.8438 Ext. 18

Program Schedule included in March issue.



My Experience at TPMHMR

By: Mikel Vargas

My name is Mikel Vargas and I currently attend Tascosa High School part of the day and AACAL (Amarillo Area Center for Advanced Learning) on Monday's and Friday's.

Through the AACAL Internship Program, I am able to come to TPMHMR on Tuesday's, Wednesday's and Thursday's in place of my AACAL class time. I plan to use the great experience in computers here that I'm receiving from Keith Grimm, Richard Edgar and Tanya Cooney, to further my education in Computer Networking and IT. After high school graduation, I'm looking to go to Amarillo College to get my basics because they have a pretty good computer learning program there. Not to mention it is a lot cheaper. If I am still looking to further my education after that, I'm hoping to attend West Texas A&M University for my final two years. This will help me in the competitive job market we live in today, not to mention again the invaluable experience in the real job here.



for his business, Tommy Tint. I also love to swim in the summer and play football, rollerblade and even go kite jumping (not the super hardcore stuff though). When it's winter I can't do those things as often. I like to have friends over or do something with them at least on the weekends. Due to me being a Jehovah's Witness, I try to maintain a good personality and attitude. I also go out in the ministry regularly if I can.

While interning here I've learned many things, and not just computer skills either. Working with the endless amount of people that need technology, don't want it, or just don't know how to use it, my people communications have greatly improved—something that is needed in just about every career. I've also learned the value of teamwork in the workplace as well as having to keep up with my time planning things out so that I can be the most efficient in the end.

Overall my experience here has been great. Thank you Mellisa Talley and everyone for putting up with me and for reading my story.

In my free time, I'm tinting cars with my dad

- Mikel Vargas

White Hat Award

The MR Service Coordination Department would like to give this month's White Hat Award to **Angela Richardson, Supervisor, After School/Summer Program**. Angela takes the initiative to communicate with the service coordinators about what is going on with consumers, especially pointing out their achievements. She is actively involved with their programming and is often seen interacting with them. We appreciate you Angela!

Sharon Guinn for MR Service Coordination



Welcome these New Employees...

Christeen Duran
Jordan Eaker
Melinda Kile
Michael Taylor
Deanna Carillo
Tonya Hays
Karen Parker
Alicia Rodriguez
Anna Carnes
Andrea Elise
Carol Gowdy
Doris Hays
Ashley Henson
Candace Hughes
Stephanie Jesko
Kallie Wilson
Tambitha Ynojosa

Clearwell Group Home
MR Service Coordination
ASCI Perryton
Club Meadows
ECI
Medication Clinic Children's
Crisis Transitional
Camp Lane Group Home
Atkinsen Group Home
MH Service Coordination Children's
MR Consumer Benefits
PATH
MH Service Coordination Adult
Community Living GR
After School Hereford
ACT
Respite Pool



This Month's Winner Is...

Shelby Forsha, Hereford After School Program, was chosen by random drawing for the month of February. Shelby 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!

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

Community Corner

Janet Byars, Executive Director, Family Support Services

**GET
YOUR
TICKETS
TODAY!**



Mardi Gras Party

Benefiting Family Support Services

Saturday, February 27, 2010 7pm-Midnight

10th & Polk inside the historic "Barnel Building"

Tickets \$80 or 2 for \$80

include Cajun buffet, drink coupons, music, casino "play money"

Opportunity to Win Trip to New Orleans



For information or tickets, call Joette Campbell at 342.2503.
VIP Sponsorships and Tables Available.

Sponsors (as of 1-27-10) Tripp's Harley-Davidson, Amarillo National Bank,
Atmos Energy, Sam's Club, Amarillo Wealth Management, PIA
Insurance, Riney & Mayfield, Rusty Roush, CPA, Natalie Woods.

Program Provider



United Way
of Amarillo & Canyon

New Tax Tips for 2009 Federal Income Tax Returns

It's time to gather your receipts and income statements. Tax time is approaching, and you might as well get a handle now on how much work you'll have to do.

When you have made a list of your possible deductions, you can determine whether to use the Standard Deduction form or to itemize. Put the amount of Standard Deductions next to your list total to determine which is greater.

Don't forget to calculate above-the-line deductions. They are important because they decrease your Adjusted Gross Income before deductions. They are allowed even if you take the Standard Deduction.

Health Savings Accounts are one example. You can claim a deduction for money you paid into the HSA and money paid into it for you by someone other than your employer.

Another above-the-line deduction is a tax break that is part of the American Recovery and Reinvestment Act of 2009. The above-the-line deduction is the amount of state and local taxes paid on up to \$49,500 for the purchase of a new car, light truck, motor home or motor-cycle, if it was bought between February 16



and December 31, 2009.

The IRS offers these tax tips:

1. If you file electronically instead of using a paper tax form, you will receive your refund in as few as 10 days.
2. Check the identification and Social Security numbers for each person listed. Missing or incorrect numbers will delay your refund.
3. Double-check your figures if you are filing a paper return. Check to see that you used the right figure from the right tax table.
4. Sign the form. Both spouses and the tax preparer must sign it or it will be sent back for signatures.
5. When mailing a return, use the coded envelope included with your tax package or check the section called "where do you file?"
6. Electronic payment options are convenient and safe for paying taxes. Authorize an electronic funds withdrawal or use a credit or debit card.
7. An extension of time to file a return should be filed by the April due date. It is not an extension of time to pay. For more information visit: www.irs.gov

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:

Lynda Cherryhomes, MR Intake
Annette Bruner, MR Service Coordination
Janice Alexander, Lamount Group Home
Elva Smith, Devon Group Home
Anne Ransom, Devon Group Home
Anna Carnes, Atkinson Group Home
Brandie Parsley, Lamount Group Home (2)
Valorie Sanchez, Canode Group Home