Texas Panhandle MHMR
Mental Health Mental Retardation
Making Lives Better

Here's What's Happening...

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

June 2010, Volume VII, Issue 6

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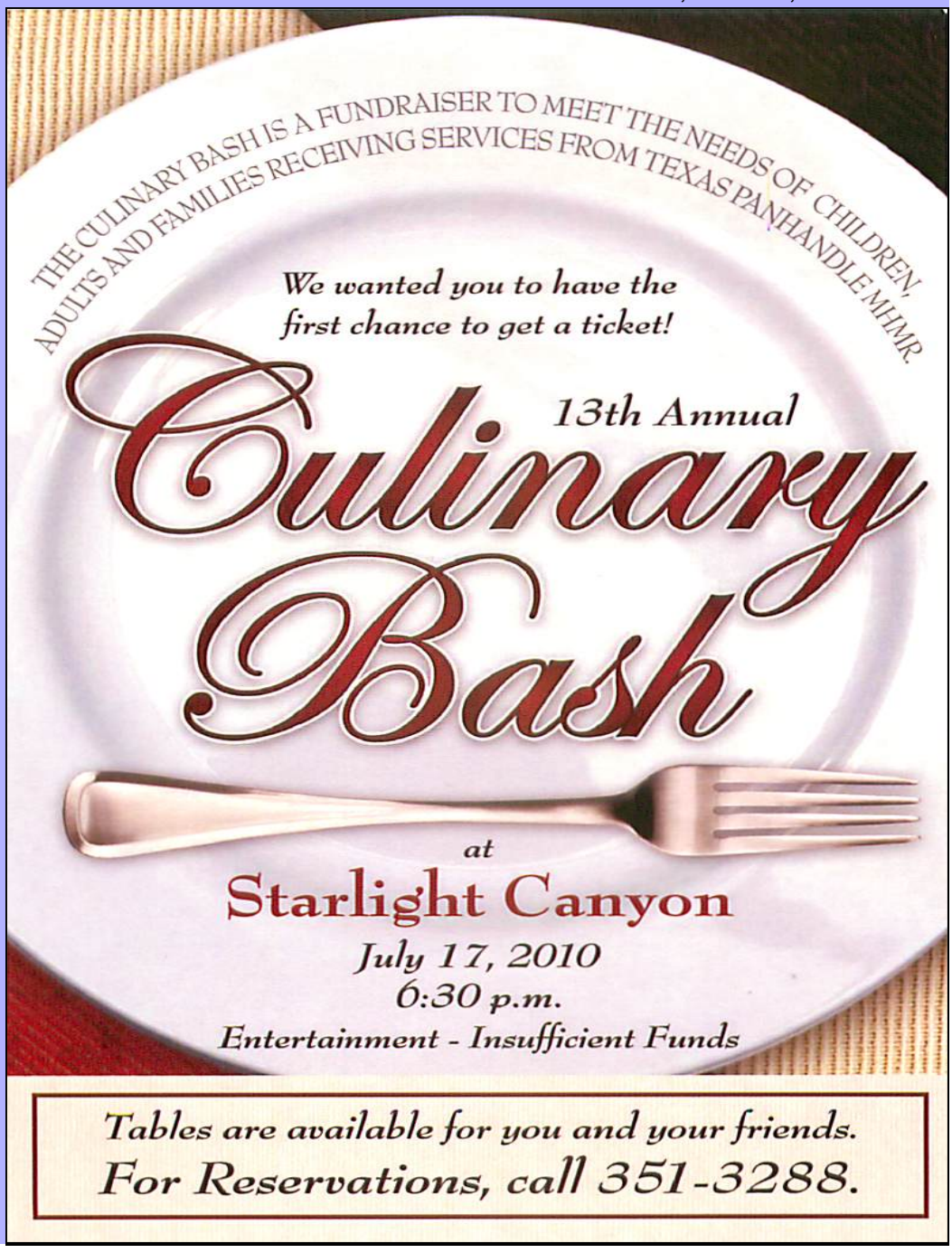
Serving the citizens of:

Armstrong, Carson, Collingsworth, Dallam, Deaf Smith, Donley, Gray, Hall, Hansford, Hartley, Hemphill, Hutchinson, Lipscomb, Moore, Ochiltree, Oldham, Potter, Randall, Roberts, Sherman, and Wheeler counties



Never Cook Again Raffle…

A gift basket filled with gift certificates, gift cards and coupons. The basket is currently worth over $350 and growing every day!! (last year's basket ended up worth over $800!)

Tickets are $5 each or 5 for $20

Drawing July 17, 2010 @ the Bash

Contact Bonnie Lasher for tickets
351.3284

Father's Day
June 20th
Happy Father's Day!

June 21st—First Day of Summer and the longest Day of the year.

This Month's Winner Is...

Kathleen Askew, Summer Program, was chosen by random drawing for the month of June. Kathleen 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!

In observance of Independence Day, TPMHMR Offices will be closed on Monday, July 5th.

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:

Jennifer Taylor, MH Intake Pampa

Music in the Gardens

presented by:

Hastings

@

HARRINGTON REGIONAL MEDICAL CENTER

Amarillo Opera — Music worth seeing

Engler Foundation

TEXAS TECH UNIVERSITY HEALTH SCIENCES CENTER School of Medicine

AMARILLO BOTANICAL GARDENS

1400 Streit Drive Amarillo, Texas 79106 tel. 806.352.6513

Thursday's in June, July & August

kick off the summer with

A different entertainer each Thursday, and as facility members of HRMCA, you are invited to attend at no cost. Present your I.D. Badge as a TPMHMR employee.

Gates open @ 6:30pm – Performance @ 7:30pm

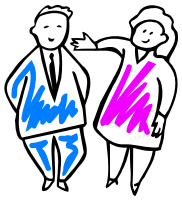
$ 5.00 per person, children 12 & under free

member's with membership card are free

bring your own blanket, beverage & food

Welcome these New Employees…

Kara Acker	Summer Program
Kathleen Askew	Summer Program
Jamie Burrows	Summer Program
Jane Carter	IDD Service Coordination
Marissa Chaidez	Summer Program
Cindy Dockery	IDD Service Coordination
Marcus Escobar	Summer Program
Esmeralda Garcia	After School Program
Brandi Montgomery	Summer Program
Natasha Morrison	Summer Program
Clarissa Rashada	Summer Program
Amber White	ECI Program
Loren Hipskind	MH Service Coordination
Suzanne Huguley	Summer Program
Jeremy Lavake	Summer Program
Jennifer Martinez	Community Living
John McCleskey	General Maintenance
Erin Mercer	ECI
Matthew Shields	General Maintenance



White Hat Award

The IDD Service Coordination Department would like to give this months White Hat Award to **Braden Phillips, After School/Summer Program.** Braden exhibits positive energy when dealing with our consumers. He is patient, kind and gentle. Our consumers enjoy being around him because of his demeanor. His paperwork is thorough and timely. Braden is respectful towards all of the Service Coordinators and is willing to help the department whenever he can. Thank you Braden, we appreciate you.

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@tpmhmr.org

The Salvation Army Offers Cooling Center

DOING THE MOST GOOD

SUMMER HEAT COULD HIT ALL TIME HIGHS

Amarillo, TX: The Salvation Army Amarillo-High Plains will begin to offer a cooling station as a relief effort for the anticipated high heat of summer as soon as the end of this week in the Texas Panhandle. When the temperature reaches 100 degrees or more, the doors to the Men's, Women's and Family Shelters and Social Services lobby at The Harrington Hope Center facility on South Harrison between 4th and 5th Streets will be open to those who seek shade and hydration. On weekends, the three shelters will continue to be open to receive guests who want to come in out of the blazing heat.

Major Tim Grider, Commanding Officer of The Salvation Army Harrington Hope Center, will oversee the effort. "We are expecting an unusually warm summer season and as soon as the thermometer hits the century mark, we will open our doors to provide comfort and relief from the extreme conditions. The primary concern of The Salvation Army is the health and safety of our local citizens. We will continually assess our weather on a daily basis.

For more information contact Kathy Dodson, Community Relations and Resource Development Director, Cell: 806.679.7018 Office: 806.373.6631 *Kathy_Dodson@uss.salvationarmy.org*

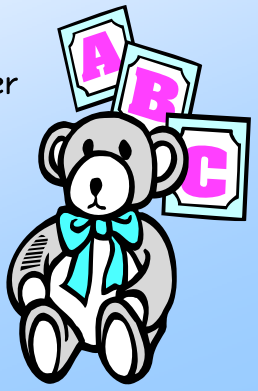
About The Salvation Army:

Serving the Amarillo and the High Plains since 1904, The Salvation Army, an evangelical part of the universal Christian church established in 1865, has been supporting those in need in His name without discrimination for 130 years in the United States. Nearly 30 million Americans receive assistance from The Salvation Army each year through the broadest array of social services that range from providing food for the hungry, relief for disaster victims, assistance for the disabled, outreach to the elderly and ill, clothing and shelter to the homeless and opportunities for underprivileged children. 82 cents of every dollar spent is used to carry out those services in 5,000 communities nationwide.

Baby News...

Congratulations to Rita Mehta, Utilization Management, and her husband on the birth of a baby boy, Shreyan Mehta was born May 21st at 5:23pm and weighed 7lbs 12oz.

All are doing great!

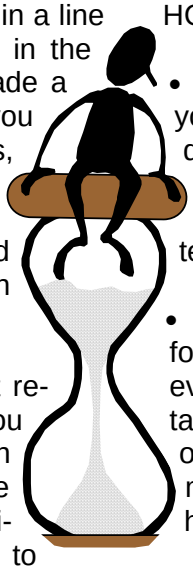


The great danger for most of us is not setting our aim too high and falling short, but in setting our aim too low and achieving our mark.

~ Michelangelo, Italian artist

WAYS TO BE MORE PATIENT

It's not unusual to be stuck in traffic, in a line at the checkout counter, or waiting in the doctor's office. Unless you have made a point of learning to be patient, you could become stressed, anxious, frustrated or angry. But your frenzy is useless. No one is born patient. It's a quality that has to be developed because there is a lot of waiting in our lives.



Its benefits are many. Being patient reduces stress levels and can make you a healthier person, and one who can deal with difficult situations with ease and poise. You will be better at decision-making. Patience allows you to assess situations, see the big picture and weigh the pros and cons. It makes you more understanding of the obstacles you have to overcome and more understanding of others. It's the basis for better relationships with spouses, pals and bosses.

HOW TO DEVELOP PATIENCE

- Make an effort for one day to take your time and think about everything you do. At the end of the day, think about how you made smarter decisions, got along better with others and got a better picture of what was going on.

- Slow down when the situation calls for it. If you tend to be in a rush and want everything done immediately, stop, and take a few deep breaths before you act or make a move. Getting impatient won't make things move any faster and could have the opposite effect.

- Practice thinking before you speak. Pause and go over what you need to say. Try to avoid hurting or offending others.

June Birthdays

6/1 Tamron Johnson
Paula Dewey
6/4 Clarissa McClendon
6/6 Loretta Carter
Pamela McAnally
6/7 Mellisa Talley
6/8 Lupe Schneider
Jennifer Valingo
Phillip Vasquez
6/9 Jennifer Zarate
Christopher Wall
6/10 Jennifer Taylor
6/15 Lydia Cruz
6/17 LaRonda Bishop
Deborah Fort
Taliah Campbell
6/18 Barbara Wells
6/19 Tiphanie Wallace
6/20 Taryn Smith
Pamela Arganbright
6/21 Shrina Cunningham
6/23 Vicki Campbell
6/24 Laura Ratheal
6/25 David Isom
Luci Hayes
Christine Beavers
6/27 Joyce Lopez
Jessica Ray
6/30 Dr. Michael Jenkins

June Anniversaries

33 Yrs. Garry Snider
32 Yrs. Rosa Riggs
28 Yrs. Joel Gallegos
19 Yrs. Milly Pearson
18 Yrs. Nanette Provence
17 Yrs. Richard Edgar
14 Yrs. Helen Braxton
12 Yrs. Brent Rhea
Holly Thomas
7 Yrs. Jessica Ray
Jeff Young
6 Yrs. Kera London
David Key
5 Yrs. Pam Harris
Aaron Plumley
Krystal Vantilburg
Shrina Cunningham
4 Yrs. Mary Gambrell
Lindsay Burkhalter
Jennifer Taylor
Reba Hutzelman
3 Yrs. Paula Bostick
Barbara Wells
Shannon Jones
2 Yrs. Jose Ventura
Sherri Perdue
Billye Malone
1 Yr. Donna Hodge
Tiphanie Wallace

July Birthdays

7/1 Gaynelle Williams
Jacqueline Hawbaker
7/4 Rebecca Hill
Donna Hodge
7/5 Caroline Frigo
7/6 Kathryne McLeod
7/7 Jody Crabtree
Jacqueline Simmons
7/8 Nickie Daraphone
Lisa Stuart
7/9 Eloise Haynes
7/10 Rita Mehta
Elizabeth Clay
7/11 Phyllis Rockhold
Julie Taylor
Xochitl Valenzuela
7/12 Pamela Smith
Karon Moody
Julie Gonzales
7/13 Tonda Gowdy
Jack Mowery
7/14 Trisha Wilson
7/15 Yolanda King
7/18 Jonathon Barnes
7/19 Jamie Leib
7/20 Donald Newsome
June Goding
7/21 Tamara Stanton
Lanitra Barringer
7/22 Tammy Dixon
7/23 Douglas Abbey
7/24 Colleen Feese
Candice Hall
Tambitha Ynojosa
7/25 Jody Malone
Theresa Brice
7/27 Desire Winslow
McKenzie Buys
Donald Lamar
7/28 Cynthia Robison
Brandie Parsley
Christeen Duran
7/29 Victoria Martinez
Debra Cooksey
Veronica Melesio-Serrao
7/30 Billy Ruiz
Justin Humphries