



Here's What's Happening...

TEXAS PANHANDLE MHMR

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

May 2010, Volume VII, Issue 5

Board of Trustees

Chair
The Honorable Willis Smith
Lipscomb, Texas

Vice Chair
Dr. Sam Reeves
Amarillo, Texas

Secretary/Treasurer
Janis Robinson
Hereford, Texas

Sharon Braddock
Pampa, Texas

Patty Hamm
Amarillo, Texas

J.F. "Buck" Formby
Stinnett, Texas

Larry Adams
Amarillo, Texas

Darla Ingram
Amarillo, Texas

Legal Counsel
Don L. Patterson

Executive Director
Bud Schertler

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

May is National Mental Health Month

LIVE YOUR LIFE WELL

Mental Health America has launched the **Live Your Life WellSM** campaign, designed to help people better manage stress and major life challenges by taking actions to preserve and strengthen their mental health. The campaign features 10 specific tools — activities each of us can do to better handle challenges, protect our health, and increase our well-being.

The 10 Tools

These proven tools can help you feel stronger and more hopeful.

1. Connect with others
2. Stay positive
3. Get physically active
4. Help others
5. Get enough sleep
6. Create joy and satisfaction
7. Eat well
8. Take care of your spirit
9. Deal better with hard times
10. Get professional help if you need it

For more information on You Can Live Your Life Well
visit : www.mentalhealthamerica.net

Human Resource Development

Dealing with Difficult People

Friday, May 21, 2010 • 1:30pm - 4:30pm

HRD Training Room, 901 Wallace
Instructor: Jacqueline D. Briggs



This class will cover:

- The definition of difficult people
- 4 basic options for dealing with difficult people
- 3 basic steps to stay on track
- Successful formula for communication

Mind Games: Developing Memory Skills

By Lea Ann Crosser, CPT
Director, Human Resource Development



Come and discover how to capture, select and store information. Learn how the environment, emotions, and society effects memory. Learn ways to develop a brawny brain and regain an agile brain.

Friday, June 18, 2010 • 9:00am - 12:00 noon
901 Wallace Blvd. • 3.0 CEUs Provided

To register, contact Jackie Briggs at 351.3282 or email her at:
jackie.briggs@tpmhm.org

This Month's Winner Is...

Cathy Simpson, Club Meadows Group Home, was chosen by random drawing for the month of May. Cathy 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 Memorial Day, TPMHMR Offices will be closed Monday, May 31st.

HOW THE WEST WAS RUN 7K RUN & 2 MILE FUN WALK

Saturday, May 22nd 2010, 8:30 a.m. Start Time
901 Wallace Blvd (9th & Wallace)

Sponsored by: [Amarillo National Bank](#)

T-shirts For All Participants • Awards To Top Male & Female Runners

\$15 Early Registration
\$20 Day of Event Registration
Packet Pickup/Sign In 7:15-8:15 am

Please call Toby Wallace – 351-3250 or Bonnie Lasher – 351-3284 with questions.

What is Medicare?

Submitted by: Connie Longan, Director, Quality Management

Medicare is a health insurance program for:

- people age 65 or older,
- people under age 65 with certain disabilities, and
- people of all ages with End-Stage Renal Disease (permanent kidney failure requiring dialysis or a kidney transplant).

The A, B, Cs (and Ds) of Medicare.

There are different parts to Medicare. Part A, B, C and D.

Medicare Part A pays for in-patient hospitalization and inpatient skilled nursing facilities. No premium costs are added to Part A (A premium is the cost charged to the Medicare recipient for the benefit plan).

Medicare Part B pays for physician services, outpatient care, lab work and some preventive services. Cost of premium is determined by the recipient's income. The premium is withheld monthly from the recipient's social security check. Some physicians accept "assignment" which means they will bill only the amount Medicare pays. This practice is

getting more rare however because the rates are too low to actually cover the costs incurred by the physician.

For some services, Medicare B plans have a deductible and the recipient must pay all costs until they meet their yearly deductible before Part B will pay.

Medicare Part C is a health plan that is offered by private companies that have been approved by Medicare. (The population we work with usually does not have this benefit.

Medicare Part D pays for prescription drug plans. Premium costs are based on the recipient's income. Enrollment is limited to November through December unless the recipient qualifies for "extra help". Extra help is available to recipients that fall below the federal poverty level.

Medicare Advantage plans will pay all of the recipients Part A and Part B coverage and prescription coverage. However, there are other issues that make Medicare Advantage plans more difficult to manage and maintain than regular Medicare.

White Hat Award



The IDD Service Coordination Department would like to give this months White Hat Award to **Jeanette Contreras from the IDD Intake Department**. Jeanette is appreciated because of her helpfulness. She translates for the Service Coordinators and is gracious when doing so. She has also written letters to our consumers in Spanish and is a very talented lady. She communicates with our Spanish speaking consumers and has established relationships with them. She is always willing to pass on any messages to the Service Coordinators that are in Spanish and may need attention. We find this extremely helpful when doing our jobs. Thank you Jeanette. We appreciate you!

Sharon Guinn for IDD Service Coordination

Welcome these New Employees...

| | |
|--------------------|--------------------------|
| Irma Clark | IDD Service Coordination |
| Christina Davila | ASCI Pampa |
| Rasheryl Durham | ASCI Pampa |
| Amber Moulden | Utilization Management |
| Jaime Aguillon | Summer Program |
| Joshua Estrada | Data Management |
| Shelly Fleming | Wayne Group Home |
| Cecelia Harris | PHP/PRN |
| Treyce Hodges | Summer Program |
| Deborah Phillips | Summer Program |
| William Pumphrey | Carlton Group Home |
| Courtney Shillings | Summer Program |
| Ruby Soto-Ramon | Summer Program |
| Darlene Wilson | Canode Group Home |
| Lesleigh Zundt | Summer Program |



Observance of the following dates during the month of May.

Cinco de Mayo - May 5th.

Mother's Day- Sunday, May 9th.

Nurses Appreciation Day - Wednesday, May 12th.

Armed Forces Day - Saturday, May 15th.

Memorial Day- Monday, May 31st.



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



TPMHMR and AISD Safe Schools 1st Annual Children's Carnival



Over the past year the Children's Program has struggled with its own challenges but has grown as a result. The Children's team has focused their goals on finding creative ways for the children that are served to be excited about their treatment and for them to be successful in life.

The idea of the 1st Annual TPMHMR/AISD Carnival was created by one staff member, Tamara Stanton. Tamara worked for two years at TPMHMR's ECI program before moving to Children's Services. She has been able to provide insight into the ways that the ECI program welcomed families and how they planned activities that helped families get excited about their treatment.

When the subject of "National Mental Health Awareness Day," was mentioned, Tamara was quick to ask if Children's Services could host a carnival in honor of this day. Keeping in mind that many of the families at Children's Services, may not have the extra money for "family fun nights" and they may not always see the clinic as a place of "want to" but more as "have to." Tamara and the team wanted to change that perspective and were determined to change that mindset to a place of fun and success for the children and their families.

With that said, the 1st Annual TPMHMR/AISD Safe Schools Carnival was born. As a team, they developed fun games for the families such as: milk bottle toss, face painting, balloon animals, a duck pond, a bouncy house, a cookie walk and bowling. The team was expanded to include Amarillo Independent School District's Safe Schools Healthy Students Program Staff as well. They participated in and provided the following:

- A go-cart when worn with "drunk" goggles simulates how a person would feel if driving under the influence.
- An aging camera with computer technology

that demonstrated how a person might look at 70 years of age, how they might look as adults, how they might look if they don't eat their veggies or how they might look if they smoke. This demonstration showed how they might transform not only medically but physically as well.



- Also provided was a very popular button making machine so that families could create their own designs and get to wear them.
- Snow cones, popcorn and cotton candy were also provided.

The best part of the carnival was that it was free to all families who receive services through Children's Services.

Funding the carnival brought many challenges. So the group began by enlisting volunteers and sponsors from the community. In hindsight, any future carnivals may require more than one month to plan! The team created T-shirts for the staff so they could be easily identified.



With the help of Bonnie Lasher, Community Relations Director, Children's Services was afforded discounts and donations through various vendors and individuals including: Rabern Rentals; Happy State Bank, AISD/Safe Schools, Dr. Mendoza, Dr. Veeramachaneni, United Supermarket on Washington and members of the Children's Unit.

The team at Children's Services has grown over the past year and is working harder than ever to *Make Lives Better!*

Early Childhood Intervention (ECI) Program

Cynthia Bischof, Director, ECI

ECI is pleased to announce the accomplishments of two of our staff. They have been a valuable part of ECI for many years. While completing their job responsibilities as service coordinators on a full time basis, they have also been attending West Texas A & M to pursue a Masters degree in Communication Disorders.

Nickie Daraphone began with ECI as a service coordinator. She entered the Competency Demonstration System and was fully qualified as an Early Intervention Specialist on 10/14/05. She later expressed an interest in a vacant child find position and became 1 of 2 educational child find coordinators with these responsibilities added to her existing position. Nickie is also bilingual and is integral in providing services to our Laotian families.

Cindy Lazcano also began with ECI as a service coordinator. She entered the Competency Demonstration System and was fully qualified as an Early Intervention Specialist on 8/8/06. Cindy also obtained her Bachelors of Social Work license on 9/19/06. In addition to these accomplishments, she is also bilingual and is integral in providing services to our Spanish speaking families.



Both of these ladies have accomplished the duties of their job in an exceptional manner while never losing sight of their goals to become Speech Pathologists. On May 8th, 2010 they walked across the stage to accept their diplomas.

Please join me in applauding the accomplishments of these individuals. We are so proud of you both! Well-done and congratulations!!

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:

Libby Moore, Director, Mental Health

Submitted by: David Isom, Safety Director

Office of Compliance Safety and Health **FAST FACTS**



Extension Cords & Power Strips

Improper use of easily overloaded, unapproved extension cords can present a serious fire safety hazard in the workplace. In fact, misuse of extension cords led to a significant fire in an Executive Branch office building in 1998.

According to the National Fire Protection Association, electrical distribution equipment, such as extension cords, was the second leading cause of fire deaths in the U.S. between 1994 and 1998. The most common cause of fires from extension cords is due to improper use and/or overloading, especially when cords have multiple outlets. Most extension cords are only rated for a maximum of ten amps or 1200 watts. Overloading can occur when multiple devices are plugged into one cord or when cords are “daisy chained” (plugging multiple extension cords together).

The use of unapproved extension cords is a violation of both OSHA and National Fire Protection Association codes. The OSHA Code of Federal Regulations (29CFR1910.303 (a)) states that conductors and equipment are acceptable for use only if they are approved by recognized laboratories (such as Underwriters Laboratory, Factory Mutual, etc.). Approved extension cords are only allowable in the workplace as temporary wiring, and for no more than 90 days.

Fast Facts About Extension Cords and Power Strips

Approximate Damage Caused by Extension Cords Between 1994 and 1998*

- 6900 fires
- 91 civilian deaths and 421 civilian injuries
- \$115.9 million in direct property damage per year between 1994 and 1998

*Source: National Fire Protection Association

Inappropriate Use of Extension Cords

- Using as permanent wiring
- Using unapproved extension cords
- Overloading power capabilities of the cord during temporary use
- Daisy chaining (plugging one extension cord into another and another, etc.)
- Using one surge protector/power strip to power another

Basic Guidelines for the Appropriate Use of Extension Cords

- Cords must be properly approved (by Underwriters Laboratory, etc.)
- Approved cords must be for temporary use only (no more than 90 days)
- Extension cords may be used for remodeling and maintenance or repair of structures or equipment
- It is permissible to use extension cords to light holiday decorations

www.compliance.gov

Continued on page 7

Office of Compliance Safety and Health **FAST FACTS**

Examples of Improper Extension Cords and Power Strips

To the right is a common example of improper extension cord usage. As seen in this photo from a Congressional facility, one extension cord is being used to power multiple devices. This cord is of the common household variety and not approved for this type of use.



To the left is a burned and melted outlet found in a Congressional facility by the Office of Compliance on a fire safety inspection. This outlet is the result of electrical current overloading and an obvious safety hazard.

Office of Compliance
LA 200, Adams Building
Washington, DC 20540
202-724-9250

www.compliance.gov

Office of Compliance, July 2004



May Birthdays



5/2 Deborah Bishop
Norma Willson
5/4 Kayla McKinney
5/5 Richard Escobar
5/7 Phyllis Clark
5/8 Elizabeth Carrasco
5/9 Valorie Sanchez
Cathy Simpson
5/10 Jack Fleming
5/11 Susan Young

5/13 Angela Franklin
Allison Zander
5/14 Shiela Rios
5/17 Melanie Anders
5/19 Karen Bolin
5/20 Clayton Trew
5/22 Tammy Escalante
5/24 Walter Kettler
Nanette Provence

5/25 Fernando Vigil
Tracy McDonald
5/27 Shirley Dunn
5/29 Brittany Padgett
5/29 Kimberly Hall
Nicole Branscum
5/31 Shannon Jones



May Anniversaries



33 Yrs. Eloise Haynes
28 Yrs. Cynthia Bischof
20 Yrs. David Isom
16 Yrs. Karon Moody
Terri Andersen
13 Yrs. Walter Kettler
11 Yrs. Grace Dennis
Taryn Smith
10 Yrs. Kelli Splawn
8 Yrs. Shonda Mason

7 Yrs. Becky Dyson
6 Yrs. Laura Hoppe
Chres Nickerson
5 Yrs. Jacqueline Simmons
4 Yrs. Mary Williams
Julie Gonzales
Marion Thompson
Tamron Johnson
3 Yrs. Kayla McKinney
Phinease Smith

2 Yrs. Kara Porter
Thomas Armstrong
Desire Winslow
1 Yr. Katherine Daniels
Paula Dewey
Linda Dudley
Caitlyn Trickey
Whitney Skidmore



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
6/11 Summer Harper
6/15 Lydia Cruz
6/17 LaRonda Bishop
Deborah Fort
Taliah Campbell
6/18 Barbara Wells
6/19 Tiphonie 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 Michael Jenkins

