

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

November 2009, Volume VI, Issue 11

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Serving the citizens of:

Armstrong, Carson,
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 Hemphill, Hutchinson,
 Lipscomb, Moore,
 Ochiltree, Oldham, Potter,
 Randall, Roberts, Sherman,
 and Wheeler counties

The Holiday's Are Upon Us...

Once again area banks are opening their doors and assisting Texas Panhandle MHMR and The Volunteer Services Council in meeting the needs of clients this holiday season. The annual Shining Star Christmas Tree Project will begin on November 30th when paper ornaments listing the needs of clients will be placed at each bank location.

The needs listed on each ornament will be purchased, wrapped and returned to area banks to be picked up by the Volunteer Services "elves". The goal is that every client served by TPMHMR that may go without this Christmas will have a gift through the generosity of the community and the Volunteer Services Council.

Trees will be located in the lobby of TPMHMR's Administrative Building on Wallace Blvd., Bldg. 501.

Participating banks include:

Wells Fargo:

- ◆ 3429 S. Bell
- ◆ 2000 S. Washington
- ◆ 905 Fillmore, Suite 101
- ◆ 4140 Coulter
- ◆ 1838 S. Georgia

- ◆ Bank of America:
- ◆ Medical Center - 1700 Coulter
- ◆ Puckett Center - 3440 Bell, Suite #328
- ◆ Grand Center - 3509 1-40 East
- ◆ Washington & I-27 - 3601 S. Washington
- ◆ Downtown - 701 S. Taylor



First Bank of the Southwest:

- ◆ 34th & Bell - 5701 SW 34th
- ◆ 45th & Coulter - 7420 SW 45th
- ◆ Georgia Street Branch - 2401 S. Georgia

Herring Bank:

- ◆ 2201 Civic Circle

Happy State Bank:

- ◆ 3423 Soncy
- ◆ 3131 Bell, Suite 202
- ◆ 5050 S. Western
- ◆ 203 W. 8th, Suite 100
- ◆ 500 Tascosa Road
- ◆ 2531 Paramount Blvd.
- ◆ 5100 S. Coulter
- ◆ 4302 W 45th
- ◆ 5725 W. Amarillo Blvd.

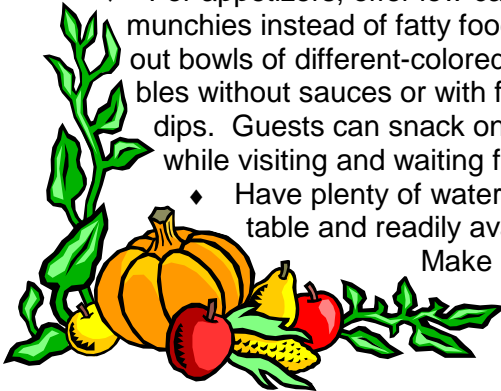
Please take the time to stop by any one of these locations and pick up an ornament. You will help to make someone's holiday a little brighter.



Be Thankful for Healthier Holiday Feasts

When people went “over the river and through the woods” to Grandmother’s house, they came home weighing a few pounds more, but your guests won’t have to. Try this for a healthier day:

- ◆ When cooking, avoid adding hidden calories to foods like lots of butter to mashed potatoes and extra oils to vegetables. Try a sweet potato recipe that doesn’t call for marshmallows.
- ◆ Use whole wheat bread or brown rice to make stuffing. Add nuts or seeds for crunch flavor.
 - ◆ For appetizers, offer low-calorie munchies instead of fatty foods. Put out bowls of different-colored vegetables without sauces or with fat-free dips. Guests can snack on them while visiting and waiting for dinner.
 - ◆ Have plenty of water on the table and readily available. Make non-caloric



beverages an option.

- ◆ Start dinner with a salad as the first course. Use a lot of greens and offer low-fat dressings.
- ◆ Have outstanding vegetable side dishes that have lots of flavor but not as many calories.
- ◆ Make gravy a choice instead of serving beef in gravy.
- ◆ If you are serving at a buffet, make portions fairly small. People can always come back for more.
- ◆ Take a break after dinner and before dessert. Get people up and moving. Some families take a traditional walk after dinner. It’s more fun than a nap.
- ◆ Offer fruit and custard or pudding along with pie for dessert.

The basic ingredients for Thanksgiving dinner are healthy. It’s what you do to them that makes the difference between healthy and not.

Congratulations to Bonnie Lasher, Community Relations Director. She was recently awarded the Cindy Cooper Volunteer of the Year Award for 2009. Great job Bonnie! Thanks for all you do.



At the most recent Texas Council Board of Trustees Quarterly meeting in Austin, TPMHMR was presented with a commendation by the Texas Department of Aging and Disability Services.

TPMHMR was recognized for FY08-09 Waiver Program Enrollment.



Many thanks go out to Vance Hall with Ambucs of Amarillo. Ambucs donated 40 thanksgiving turkeys to TPMHMR. Those turkeys benefited the clients and families of TPMHMR's ECI Program, Home & Community Based Services Program, Partial Hospitalization Program, and other clients and families.

Thank you Vance Hall and Ambucs of Amarillo!



In honor of Thanksgiving,
TPMHMR Offices will be closed
November 26 & 27th.

On Tuesday, November 17th, Bud Schertler, Executive Director, approved a 3% across-the-board increase (with a minimum \$50 increase per month) for all employees. The increase will be reflected in the December 11th pay stub (increase to be effective November 21st). Thank you for your hard work and dedication to those that we serve and Happy Holidays!

Thanks to everyone who participated in this year's Health Fair!

Door prize winners were:

Jack Mowery
Joyce Shull
Diane Donnell
Christine Beavers
Kim Hall
Annet Waxler
Linda Van Marten

Sara Rudolph
Anna Isom
Jack Mowery
Virginia Rogers
Rayna Voos
Bonnie Lasher
Caroline Frigo
Desire Winslow
Karen Bolin

Costume Contest Honorable Mention went to:

Edith Ditommaso

Costume Contest Winners (tie):

Jim Womack
Danny Kowal

Health Fair: October 30, 2009



Here's What's Happening

Welcome these New Employees...

Clifton Madron
Donna Marlett
Kara Martinez
Lasha Sanders
Keith Cavett
Jacqueline Hawbaker
Amber Price
Samara Shields
Amber Evans
Sindy Balcorta-Martinez

Club Meadows Group Home
Camp Lane Group Home
Fir Pampa Group Home
After School - Borger
MR Service Coordination
ASCI Amarillo
After School - Borger
MH Intake Borger
Amherst Group Home
Amherst Group Home



Common Sense Parenting

When: Two Saturdays,
December 12 & 19, 2009
8:45 AM to 4:00 PM

Where: TPMHMR Children's Services Building
1500 S. Taylor Street
Amarillo, Texas 79101

Instructor: Janice James, MA, QMHP

Get new ideas and skills, hone old ones, and gain confidence "to do what really matters; create bonds, enhance the relationships and teach the values of your family that will be handed down for generations to come."

-- The Authors of Common Sense Parenting

Must attend both sessions for certificate.

(CEUs offered for LPCs, MSWs, Childcare Workers and General)

NO CHARGE

Must pre-register.
Limited seating.

Call 359-2005
No Childcare-Parents Only

Sponsored by: **S.T.A.R.** (Services-To-At-Risk) Youth and their Families
A Grant Program of TPMHMR

Funded by TDFPS

Happy Holidays!

The Board of Trustees and Executive Management Team of TPMHMR are pleased to present employees with a holiday gift. Semi-boneless, spiral sliced hams will be delivered to the following locations on the following dates:

Polk/Taylor:	12/7/2009	3:30 p.m. - 4:15 p.m.
Wallace Blvd:	12/7/2009	4:00 p.m. - 4:30 p.m.
ASCI Amarillo:	12/8/2009	3:45 p.m. - 4:00 p.m.
PHP:	12/9/2009	During regular mail deliveries
Tyler Street:	12/9/2009	During regular mail deliveries
ECI:	12/16/2009	11:45 a.m. - 12:00 noon
All Regional Sites:	Schedule through your respective supervisor	
Group Home Staff:	May pick up hams during the day at any of the above designated times or from the Purchasing Department starting on December 9.	

Please note: Each employee will be issued a card which is to be signed and presented at the time the ham is delivered or picked up.



Karon Moody, Lamount Group Home, asks for prayers for her daughter-in-law, Felicia Moody, who lives in North Dakota who has been in a coma on a ventilator since October 25th. Please keep her in your thoughts for a full recovery.



White Hat Award

The MR Service Coordination Department would like to give the October White Hat Award to **Jessica Ray, Program Developer**. Jessica makes every effort to be at the team meetings, even when with short notice. She is creative and this is evidenced by the information she shares during the team meetings. She goes the extra mile by communicating the clients needs with the Service Coordinator. The Service Coordination Department appreciates how cooperative and accommodating she is when it comes to meeting the needs of our consumers. Thank you Jessica.



The MR Service Coordination Department would like to give the November White Hat Award to **Keith Grimm, Information Technology**. Keith is very prompt in responding to a service request. He is very knowledgeable about computers and gives the Service Coordinators pointers regarding trouble shooting. Some of the Service Coordinators stated that he will follow-up with them by calling back and checking on them. He is very friendly and we appreciate him. Thanks Keith.

Sharon Guinn for MR Service Coordination

Employee Recognition

At the October 29th Board of Trustees meeting, the following employees were recognized for fifteen (15) years of service with the Center. They were awarded a plaque, gift card and day off.

Mark Ellyson, Purchasing & Materials Management
Debbie Nelson, ASCI - Dumas MR Services (not present)
Rhonda Osmus, Specialized Services, MR Services (not present)
Lisa Roberts, Continuity of Care, MR Services



Lisa Roberts - 15 years



Mark Ellyson - 15 years

At the November 19th Board of Trustees meeting, the following employees were recognized for their years of service with the Center.

Glenn Fleming, Maintenance, was recognized for thirty (30) years, and Ray Stallings, Respite Services, was recognized for fifteen (15) years of service. They were awarded with a plaque, gift card and a day off. Congratulations!



Ray Stallings - 15 years



Glenn Fleming - 30 years

Make a gift of your life. Lift all mankind by being considerate, forgiving and compassionate at all times, in all places, and under all conditions, with everyone as well as yourself. This is the greatest gift anyone can give.

~ David Hawkins

Pampa MR Services

Pictured from left to right:

Vickie Bailey (Lollipop Guild), Jessica Watson (Cowardly Lion), Pam McAnally (Scarecrow), Pam Light (Tin Man), Kadi Thomas (Dorothy), Mara Alva (The Bad Witch)



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:

David Pool, ECI
Elvire Sanders Blakemore, MR Service Coordination
Sherri Perdue, MR Nursing
Rhonda Osmus, Specialized Services
Laura Ratheal, HCS Administration
Trisha Wilson, HCS Case Management
Jim Womack, Planning & Public Information

This Month's Winner Is...

...Tammie Kinikin, MR Service Coordination, was chosen by random drawing for the month of November. Tammie 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 are eligible to win. Winners are published each month in *Here's What's Happening*.

Watch for future drawings...you could be next!

Articles, ideas or suggestions for this publication may be submitted by the 1st of each month to:
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Phone: (806) 351-3308 Fax: (806) 351-3345 Email: joyce.lopez@tpmhm.org