



Making Lives Better

Here's What's Happening...

TEXAS PANHANDLE MHMR

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

October 2010, Volume VII, Issue 9

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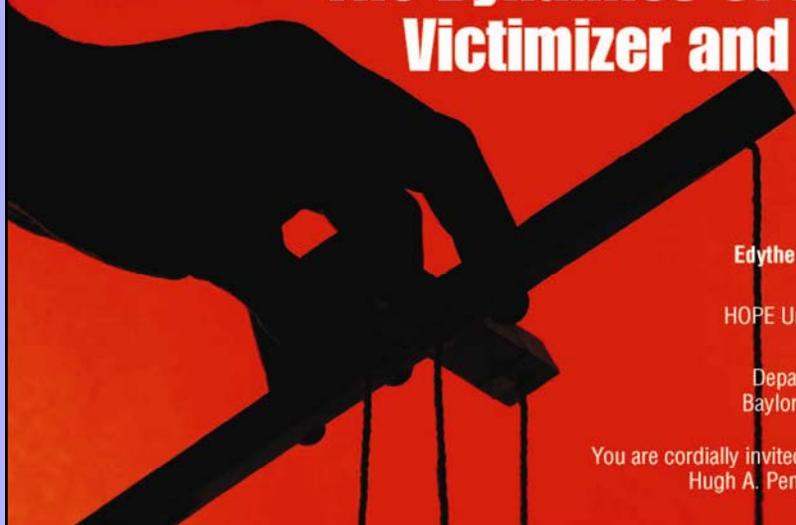
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Serving the citizens of:

Armstrong, Carson,
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and Wheeler counties

The Dynamics of Power: Victimizer and Victim



Presenter:

Edythe Pennal Harvey, MD

Medical Director,
HOPE Unit, Menninger Clinic

Assistant Professor,
Department of Psychiatry
Baylor College of Medicine

You are cordially invited to attend this FREE
Hugh A. Pennal, MD Lectureship

Tuesday, October 12, 2010

Time: 5:30 – 7:00 PM

Location:

Amarillo Civic Center – Grand Plaza

The roles of victim, victimizer and bystander are occupied by most people at different times. The conscious or unconscious use of power by an individual or group to influence others often results in victimization, with the victim feeling shame and humiliation. Dr. Harvey will discuss power dynamics within families and other situations that often result in mental illness, excess needs and pattern repetition.

RSVP and information: 806-351-4622



The Pavilion

Northwest Texas Healthcare System

www.nwtexashealthcare.com



Mental Health
Mental Retardation



TEXAS TECH UNIVERSITY
HEALTH SCIENCES CENTER
School of Medicine
at Amarillo

Faculty Disclosure: This training and its contents do not imply endorsement of any products. Presenter disclosure statements have been requested from the invited speaker and will be presented at the training.

Continuing education credit: Nursing contact hours: 1.5, Social workers, LPCs, LMFTs CEUs: 0.15

Amarillo College Center for Continuing Healthcare Education is an approved provider of continuing nursing education by the Texas Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

Physicians are independent practitioners who are not employees or agents of The Pavilion at Northwest Texas Healthcare System. The hospital shall not be responsible for actions or treatments provided by physicians.

102006

BEANS & CORNBREAD

benefit luncheon for the homeless



Country Music Artist & Guest Speaker

Jimmy Wayne

advocate for the homeless

Monday, November 1st • 11:30 a.m.-1:00 p.m.
Amarillo Civic Center - Heritage Room

Presented by the **Amarillo Coalition for the Homeless** and **Xcel Energy**

For tickets, information or reservations call 806.378.6276
\$15 in advance or \$20 at the door

HAPPY HALLOWEEN

TPMHMR's Health Fair: October 29, 2010

TPMHMR's Health Fair will be Friday, October 29th
7:30am-10:30am at 501 Wallace.

- ☆ Cholesterol screenings
- ☆ Flu shots
- ☆ Fun games
- ☆ Prizes
- ☆ Sam's Club enrollment
- ☆ Vision screenings as well as educational booths and activities
- ☆ Costume contest
- ☆ And lots more

***Remember to fast if you are having the cholesterol screening**



"Wait, someone just sent me a hex message."



Wellness Coordinator

Chocolate Muffins

Chocolate cake mix (2.5 g of fat or less)
1 c. water
1 15 oz. can of pumpkin or sweet potato puree

Mix all ingredients. Pour into muffin tin and bake for 18-20 minutes at 350 degrees. Delicious served warm with a dollop of fat free whipped cream but also good cold from the fridge. 1 muffin = 1 Weight Watchers point.



October is Mental Illness Awareness Month

This Month's Winner Is...

Margie Scroggins, Hereford Mental Health, was chosen by random drawing for the month of October. Margie 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!

Employee Recognition

At the August 26th Board of Trustees meeting, Dr. Sam Reeves, Vice Chair, recognized Jack Fleming, Administrative Support Services, for his 35 years of service with the Center. Jack was presented with a plaque, gift card and a day off.

Congratulations for 35 years!



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:

- Cindy Pulse - IDD Consumer Benefits**
- Teldra Betterson - Respite On Campus**
- Dana McClure - Atkinson Group Home**
- Sara Randolph - IDD Service Coordination**
- Grace Weber - Atkinson Group Home**
- Kristen Nolte - Medical Records**
- Myrna Royal - Medical Records**
- Jordan Eaker - IDD Service Coordination**

October 16 - National Boss Day



October is National Breast Cancer Awareness Month



October is National Fire Safety Month



Welcome these New Employees...

Virgil Claudrick	ASCI Amarillo
"Elsa" Aurora Garcia	ASCI Dumas
Jacklyn Jacops	MH Service Coordination
Aaron Kidd	ECI
Jessica Olson	Respite
Hannah McClendon	ECI
Johnny Scott	Club Meadows Group Home
Jacqueline Sherman	Community Living
Ashley Smart	IDD Service Coordination
Chelsea White	IDD Service Coordination
Carrie Brewer	After School
Kelsey Gardner	IDD Service Coordination
Destiny Garza	After School
Ashlyn Heras	Westcliff Group Home
Sarah Hernandez	ECI
Brytany Lemon	IDD Service Coordination
Desire' Mosteller	IDD Service Coordination
Ashley Penrod	IDD Nursing
Cindy Wilkinson	Lamount Group Home



White Hat Award



The IDD Service Coordination Department would like to give the White Hat Award to **Betty Gonzales in Alternate Living**. Betty lends a helping hand by translating for us. There are times when consumers and their families walk in to the building and we are in need of a translator. Betty is so gracious when asked to assist. Her willingness to help us is appreciated more than she knows. Thanks Betty!

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

SILVER

MAGAZINE
Seniors The New Generation



*Silver Magazine and the Potter County 4 - H
proudly announce their...*

1st Annual Can Food Drive to benefit the Inter Faith Hunger Project

Amarillo seniors are hungry... together we can change that.

October 9, 2010 10:00AM-2:00PM

Tri-State Fairgrounds

Currently, there are 3.4 million seniors age 65 and over that live in poverty and often go without food. Let's not let the seniors of Amarillo be included in this statistic. You can help with your donation of non-perishable items.

If you or someone you know is in need of assistance please visit one of our many vendors for information on what free services are available to help you.

Service Vendors

Petting Zoo

Pumpkin Carving



Family Activities

Garden Tours

Food Vendors



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present in cases of allergic conjunctivitis

Sometimes there are situations that can help your healthcare provider determine what is causing the conjunctivitis. For example, if a person with allergies develops conjunctivitis when the pollen count increases in the spring, this would be a sign that he or she might have allergic conjunctivitis. And if someone develops conjunctivitis during an outbreak of viral conjunctivitis, this would be a sign that he or she might have viral conjunctivitis.

Pink eye has many causes, but in most cases it results from infection with a virus or bacterium or from a reaction to an allergen. No matter the cause, conjunctivitis always involves inflammation (swelling) of the thin layer that lines the inside of the eyelid and covers the white part of the eye (the conjunctiva). But conjunctivitis also has other signs and symptoms, which may vary, depending on the cause. These signs and symptoms can be used to diagnose the type of conjunctivitis.

Preventing the Spread of Conjunctivitis or pink eye

Conjunctivitis caused by allergens is not contagious; however, viral and bacterial conjunctivitis can be easily spread from person to person and can cause epidemics. You can greatly reduce the risk of getting conjunctivitis or of passing it on to someone else by following some simple good hygiene steps.

If you have infectious (viral or bacterial) conjunctivitis, you can help limit its spread to other people by following these steps:

- Wash your hands often with soap and warm water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching or rubbing your eyes.
- Wash any discharge from around the eyes several times a day. Hands should be washed first and then a clean washcloth or fresh cotton ball or tissue can be used to cleanse the eye area. Throw away cotton balls or tissues after use; if a washcloth is used, it should be washed with



hot water and detergent.

- Wash your hands with soap and warm water when done.
- Wash hands after applying eye drops or ointment.
 - Do not use the same eye drop dispenser/bottle for infected and non-infected eyes—even for the same person.
- Wash pillowcases, sheets, washcloths, and towels in hot water and detergent; hands should be washed after handling such items.
- Avoid sharing articles like towels, blankets, and pillowcases.
- Clean eyeglasses, being careful not to contaminate items (like towels) that might be shared by other people.
- Do not share eye makeup, face make-up, make-up brushes, contact lenses and containers, or eyeglasses.
- Do not use swimming pools.

If you are around someone with infectious (viral or bacterial) conjunctivitis, you can reduce your risk of infection by following these steps:

- Wash your hands often with soap and warm water. If soap and warm water are not available, use an alcohol-based hand rub.
- Wash your hands after contact with an infected person or items he or she uses; for example, wash your hands after applying eye drops or ointment to an infected person's eye(s) or after putting their bed linens in the washing machine.
- Avoid touching or rubbing your eyes.
- Do not share items used by an infected person; for example, do not share pillows, washcloths, towels, eye drops, eye or face makeup, and eyeglasses.
- Clean and handle your contact lenses as instructed by your eye doctor.

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In addition, if you have infectious conjunctivitis, there are steps you can take to avoid re-infection once the infection goes away:

- Throw away and replace any eye or face makeup you used while infected.
- Replace contact lens solutions that you used while your eyes were infected.
- Throw away disposable contact lenses and cases that were used while your eyes were infected.
- Clean extended wear lenses as directed.
- Clean eyeglasses and cases that were used while infected.



There is no vaccine that prevents all types of conjunctivitis. However, there are vaccines to protect against a few viral and bacterial diseases: rubella, measles, chickenpox, shingles, pneumococcal and Haemophilus influenzae type b (Hib) disease that are associated with conjunctivitis.

When to Seek Medical Care - A healthcare provider should be seen if..

- Conjunctivitis is accompanied by moderate to

severe pain in the eye(s).

- Conjunctivitis is accompanied by vision problems, such as sensitivity to light or blurred vision, that does not improve when any discharge that is present is wiped from the eye(s).
- Conjunctivitis is accompanied by intense redness in the eye(s).
- Conjunctivitis symptoms become worse or persist when a patient is suspected of having a severe form of viral conjunctivitis—for example, a type caused by herpes simplex virus or varicella-zoster virus (the cause of chickenpox and shingles).
- Conjunctivitis occurs in a patient who is immunocompromised (has a weakened immune system) from HIV infection, cancer treatment, or other medical conditions or treatments.

Bacterial conjunctivitis is being treated with antibiotics and does not begin to improve after 24 hours of treatment.

TPMHMR's policy from the Infection Control Manual states that with bacterial and viral conjunctivitis or pink eye staff, consumers, etc are excluded from school, work, groups, and outings until released from Physician and 24 hours after treatment has begun.

Outdoor Tasks for Fall

- Clean flower beds: Rake up dead foliage and leaves. Divide and transplant overgrown plants. Add a layer of mulch so they will remain dormant.
- Plant for spring. Consider bulbs for tulips, crocus, daffodils and hyacinths. They will give your yard color in spring.
- Close the garden. Pull up vegetable plants and clean out weeds. Add a layer of mulch to keep soil from drying.
- Clean, oil and store your tools. Empty the sprayers you use for weeds and insects, disconnect and drain hoses.
- When leaves finish falling, clean the gutters. Leaves can clog them so they can't drain. Later, water could freeze and back up under roof singles.
- Caulk. Seal cracks around windows and doors to keep winter winds out.

