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

April 2009, Volume VI, Issue 4

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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

Walk Across Texas

Texas AgriLIFE EXTENSION, Texas A&M System

Walk Across Texas is an eight-week walking program for teams of eight people. Participants walk for eight weeks in teams of eight (members do not need to walk together but you can if you want to). One member needs to be the team captain. Members of a team combine their mileage each week. Teams compete to see which one reaches the opposite border first or walks the most miles during the eight weeks.

Please read the following information. If you have any questions or need more information, please contact:

Connie Longan 351-3387

1 The Kick-Off Activity is: May 1, 2009

2 The first day to start logging miles is: May 1, 2009

3 Form a team of eight people.

4 Have one person on the team be team captain.

5 Name your team.

6 Captains download an Individual Registration Form, Individual Mileage Log, and Wrap-Up Form for everyone on the team from http://walkacrosstexas.tamu.edu. Or request a packet from Connie Longan.

7 Everyone fills out the Individual Registration Form and gives it to the captain by April 20th, 2009.

8 Captains enter the team's Individual Registration Forms on http://walkacrosstexas.tamu.edu.

9 Captains complete the Team Registration Form. Download it and all other forms from http://walkacrosstexas.tamu.edu.

10 Captains fax or mail the Individual Registration Forms for their team to Connie Longan by April 22nd:

Fax: 351-3327

Address: Bldg. 501 Wallace Blvd.

11 Everyone keeps track of their daily mileage and/or pounds lost on the Individual Mileage Log and e-mails, calls, or faxes their total for the week on Monday to their team captain.

12 Captains enter team member totals on the http://walkacrosstexas.tamu.edu website by Tuesday of each week.

13 Everyone can check how their team is doing compared to other teams-see the website.

14 Walk Across Texas! ends on June 30, 2009.

15 Everyone completes the Wrap-Up form and gives it to the team captain.

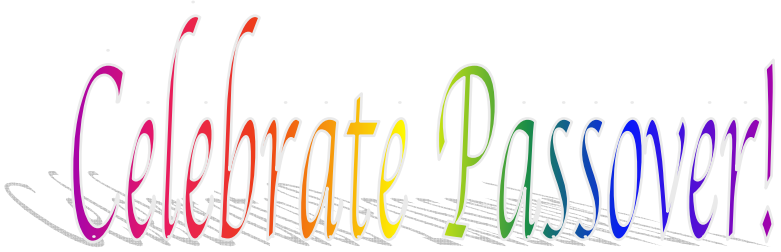
16 Captains enter Wrap-Up and final mileage and/or pounds lost information on the website.

17 Everyone who participates is invited to the Celebration Activity (date and location to be announced later).

We hope you will enjoy Walk Across Texas!

April brings the holiest of times for Christians and Jews

Two words describe what Christians and Jews celebrate in April. Each in their own time and their own way, they celebrate miracles. And they celebrate deliverance.



For Christians, it is the miracle of the resurrection of Jesus. Easter is the most joyful celebrated event of the Christian year.

For Jews, the miracles of the Passover and subsequent parting of the Red Sea make Passover the most important time of the religious year.

Jewish people celebrate Passover as a time of deliverance from slavery and oppression.

Christian people celebrate Easter as a time of deliverance as well, a time of rebirth and victory over death.

This Month's Winner Is...

Karan Shomaker, ECI, was chosen by random drawing for the month of April. Karan will receive a $25.00 gift card from Amarillo National Bank.

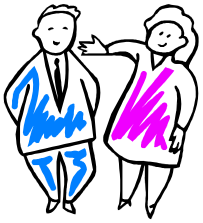
To claim your gift card, please contact Joyce Lopez at 806.351.3308.

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!

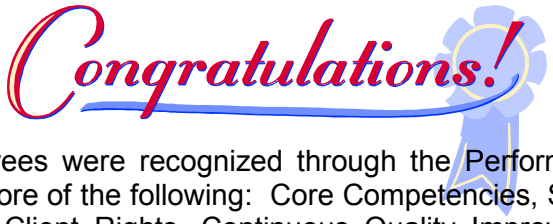
Welcome these New Employees…

Barbara Ary	Respite Pool
Stephanie Morrison	MR Service Coordination
Francheska Price	Clearwell Group Home
Jeromy Thornton	Specialized Services



From the Risk Management/Safety Committee:

All accidents are to be reported to responsible supervisory personnel as soon as possible and within 24 hours of occurrence.



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:

La Shaunda Walker, 50th Group Home
Kristina Christian, HCS Case Management (2)
Amy Garcia, HCS Case Management (2)
Terri Andersen, HCS Case Management
Carla Dugger, HCS Case Management
Chris Bell, HCS Case Management
Nick Montoya, HCS Case Management
Cindy Pulse-Devers, MR Consumer Benefits
Tricia Wilson, HCS Case Management
Lydia Cruz, Westcliff Group Home

“3 Types of Diverse Communication”
For Supervisor(s)

Date: Thursday, April 23rd, 2009

Time: 1:30pm to 3:30pm

Location: Wallace Campus – HRD Training Room

CEU Credit(s): 2.0 CEUs’

Speaker: Jacqualine Briggs

Topics:

Effective Communication
Cultural Communication
Generation Communication

If you would like to attend please contact Carmen Nichols at 351-3244, or e-mail at carmen.nichols@tpmhmr.org

To the Roof of Africa – Climb Mt. Kilimanjaro

A picturesque journey of endurance and motivation to achieve success.

Presented by: Sandy Skelton,
Director of Special Projects

Friday, May 1, 2009
10:00am to 11:30am
Wallace Campus/HRD Training Room
1.5 CEU available

****Bonus****
Sandy will also be showing pictures of his expedition to Mt. Everest base camp.

Contact: Carmen Nichols HRD Secretary at 351-3244, or e-mail at carmen.nichols@tpmhmr.org

Hurry to register, as space is limited.

S.T.A.R. (Services-To-At-Risk Youth & Their Families)
brings you…

"Back in Control" Parenting Workshop

Saturday, April 18, 2009

Be There: 8:45 AM-4:00 PM

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

Must pre-register! Call 359-2005

Instructor:
Janice James, MA, UCAP Coordinator, QMHP

CEUs available for LPCs & MSWs; General CEUs available, also
(Must attend full class for certificate)

NO CHARGE

Seating is limited. ***No*** *Childcare is provided.*

STAR is a TDFPS funded program of TPMHMR

Earth Day: April 22nd
How To Reduce Your Carbon Footprint

Since its first celebration in 1970, Earth Day has become an international event. After 40 years the message is still clear: SAVE THE EARTH.

One of that directives primary tasks involves reduction of the greenhouse gases we produce by burning fossil fuels for electricity, heating, transportation and all other uses.

For individuals, the "carbon footprint" is mainly a calculation of how much power they use. They generally want to contribute less carbon to the atmosphere which would also save them some money. Here are some ways to do it.

- Don't waste power. When not in use, turn off the lights, television, phone charger, DVD player and anything else that runs on electricity.
- Set the timer on the central thermostat.
- Plant a tree. Trees remove carbon dioxide from the air and help to conserve energy used for heating and cooling.
- Wash more dishes or clothes for the same amount of electricity.
- Combine errands. Doing them all in one trip saves time and money.
- Buy energy-saving light bulbs.
- Replace your refrigerator and freezer if they are 15 years old or older. New units use less electricity.

All these carbon footprint reductions not only save the earth they also save money.

April 22nd: Earth Day & Administrative Professionals Day

White Hat Award

The MR Service Coordination Department would like to give this months White Hat Award to **Crystal Farmer with Community Living**. Crystal is a very hard worker and takes a lot of care with our clients. She is proactive when communicating with Service Coordinators and this is much appreciated. When Service Coordinators are visiting with consumers and their families, they pay her compliments for her dedication. Keep up the good work Crystal.

Sharon Guinn for MR Service Coordination

Ideas or suggestions for this publication may be submitted by the 1st of each month to:

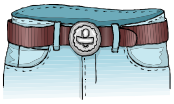
Joyce Lopez • 901 Wallace Blvd., • Amarillo, Texas 79106
Phone: (806) 351-3308 Fax: (806) 351-3345 Email: joyce.lopez@tpmhmr.org

National Nurses Week
May 6—12, 2009

National Nurses Week began in 1974, following a proclamation from President Nixon, as a time to celebrate, recognize and reward America's nurses and nurse's aides. In 1982, May 6 was designated as National Recognition Day for Nurses. Today, hospitals, clinics, medical offices and other organizations honor these selfless caregivers.

Happy Nurses Week!

Did you know? You can wear jeans on your birthday.

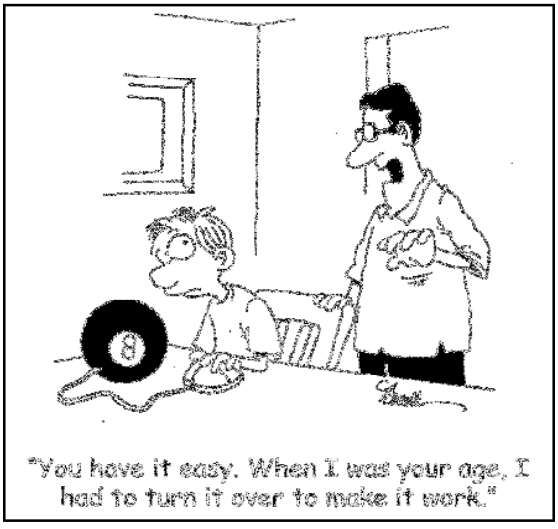


Birthday jean day may not be substituted or made up on another day (if your birthday occurs on a weekend or a holiday). Professional discretion is to be considered if there are external meetings and/or presentations that may require professional attire. Any exceptions to the above dress guidelines, based on working conditions, must be approved by the Executive Manager.

April is Volunteer Appreciation Month

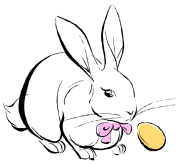
TPMHMR honors all of its highly valued and appreciated volunteers. Thank you for donating your personal time and skills for the betterment of Texas Panhandle MHMR. Your numerous efforts have made a positive difference in the lives and of the staff and the clients we serve. Thank you!

Medicaid Administrative Claiming (MAC) starts May 1st.



April Birthdays

4/1 Judy Williams
Lori Gwyn
4/2 Ramona Mathieson
4/4 Sharon Williams
4/5 Phinease Smith
4/6 Gary Fox
Raynath Stallings
4/8 Brittany Morelos
Tammie Kinikin
Katrina Short
4/10 Aaron Plumley
4/11 Terri Jeffers
Jesse Pool
Janie Diaz
4/13 Janice Alexander
4/15 Edith DiTommaso
4/16 Stacy Sandorskey
Terri Anderson
Penny Land
4/18 Mark Ellyson
Anastasia Johnson
4/19 Glenn Fleming
4/25 Pam Harris
Elva Smith
Bobby Medford
4/26 Cindy Lazcano
4/27 Richard Edgar



April Anniversaries

26 Years Susan Kitchens
25 Years Carol Cobb
22 Years Phyllis Rockhold
21 Years Fernando Vigil
Gary Fox
16 Years Diane Parish
13 Years Gaynelle Williams
9 Years Rita Mehta
7 Years Dana Taylor
6 Years Graciela Chavez
Billie Jean Jones
5 Years Catherin Jones
4 Years Sharon Guinn
2 Years Tammy Escalente
Years Elva Devers
Christine Beavers
1 Year Kathryne McLeod
Katherine Thomas
Trisha Morrah
Rhonda McGuire
Anastasia Johnson
Paul Brown
Lupe Moreno
Annie Thomas

May Birthdays

5/1 Vickie Jo Bailey
5/2 Deborah Bishop
Norma Kay Wilson
5/4 Kayla McKinney
5/5 Richard Escobar
5/7 Phyllis Clark
5/8 George Vigil
5/9 Valorie Sanchez
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
James Taylor
5/24 Walter Kettler
Nanette Provence
Fernando Vigil
5/25 Tracy McDonald
5/27 Shirley Dunn
5/28 Christina Chapman
5/29 Brittany Padgett
5/31 Shannon Jones
Aaron Autry