

TEXAS PANHANDLE MHMR

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 and Wheeler counties

Doctors Predict Tough Flu Season Ahead

Excerpt from Newsclips: Department of State Health Services

It's going to be a tough flu season this fall, according to the Texas Department of State Health Services (DSHS). The agency's doctors met on Monday with hundreds of emergency workers, public health workers, and educators at the 2009 Texas Pandemic Influenza Summit.

"We don't need to panic" said David Lakey, M.D., commissioner of Texas DSHS. "We need to be prudent. We need to take prudent steps to protect individuals."

Lakey says discussing recommendations to handle flu outbreaks is impor-

tant, especially since children will be returning to school in a few weeks.

Now, armed with more data about H1N1, Dr. Lakey says DSHS is making new recommendations those attending the summit can take back to their communities.

The state's hoping to have the H1N1 vaccine available by the end of October. People in high risk groups like children and adolescents, pregnant women, and adults older than 65, may need to have up to two shots of the H1N1 vaccine.

Walk Across Texas—AGAIN!

Walk Across Texas starts September 5th and runs through November 1st. You can stay on the same team or make a new one. Team Captains need to get registration forms completed, set up teams in the Walk Across Texas website and send Connie Longan the completed registrations by August 28th.

The event will kick off with a Walk Out on Work in the morning as well as in the afternoon. Get your walking shoes ready. More information will follow...



Back To School

Move over summer— a new school year is upon us. Letting go of those lazy days is harder for some than others. Making some adjustments ahead of time might ease the anxiety of heading back to the classroom.

- Prepare mentally. Resolve to make your back-to-school preparations now without waiting till the last minute.
- Get everyone and everything organized. Plan activities and programs early. Write them down in an organizer or calendar.
- Practice for the first day. The first day is no time for a major change in sleep schedules. Instead practice getting to bed earlier a couple of weeks before school starts. Don't neglect meals, especially breakfast.
- Plan before you shop. Have a list of items before you head to the store. This eliminates another trip back for items you may have forgotten. Assess your children's clothing needs. Clean out closets and drawers before you go shopping. Include your children in the discussion for clothing and school supply needs so you can budget appropriately.
- Be sure your paperwork is in order. Did you register early? Is your child's immunization record up to date? If you are uncertain about the requirements of a new school, call ahead of time to find out.
- Plan for tomorrow the night before. There is nothing more stressful than a chaotic morning. Plan for the next days clothing, breakfast menu, homework/paperwork, lunch money and related items to avoid those wild mornings.



TPMHR Offices will be closed on
Monday, September 7th in observance
of Labor Day.

Welcome these New Employees...

Tiffany Darnell Clearwell Group Home
Samantha Flores Canode Group Home
Kristen Ray Camp Lane Group Home



United Way Rallies

- **ECI: Wednesday, August 19 @ 1:30pm**
- **Wallace Blvd: Tuesday, August 25 @ 10:00am**
- **Polk & Taylor: Wednesday, August 26 @ 10:00am**

What's in store for us this year... attend the rallies and find out.!

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:

Mersonna Harper
Specialized Services

Marion Thompson
MH Consumer Benefits



Congratulations to the staff of MR Services for a successful HCS Audit as well as the most recent Quality Assurance Review. Great Job!

This Month's Winner Is...

Eboni Sanders, Community Living, was chosen by random drawing for the month of August. Eboni 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!

A Morning Meal Will Make You Stronger All Day

It's a fact: If you skip breakfast, you'll pay for it later. Here's why:



- Breakfast will help you avoid a mid morning brain-energy slump. Your brain needs glucose from good carbs in order to work well.
- Regularly skipping breakfast can lead to higher bad cholesterol levels.
- Eating breakfast gets your metabolism going. You'll eat less during the day and weigh less in the long run.
- Studies show that regular breakfast skippers were more resistant to insulin, which increases diabetes risk.

Emergency breakfasts...

- Grab a slice of whole wheat bread and some cheese when you leave home.
- Take a boiled egg and a piece of fruit to work.
- Take a meal replacement drink (like Slim-Fast). Drink with a straw.
- Mix up a bag of cold cereal, almonds and raisins and keep handy.
- Have some whole grain crackers and a piece of fruit.
- Mix up some low fat yogurt and granola.

Good habits are not always easy but will pay off with a healthier lifestyle.

Learn How To Be Lucky In Life

If it seems like other people get more lucky breaks than you do, it's time to figure out why. Some clues:



- They have that can-do attitude and feel they can grab onto an opportunity when it comes their way. They expect to be winners.
- Lucky people enjoy talking to people they don't already know. They smile and say "hello." Other people's stories can be enlightening and may result in friendship or beneficial contacts.
- Notice that they keep their options open instead of having a single-minded devotion to one goal.
- The lucky ones build strong relationships at work that help to bring them success. Their social network outside of work is a source of information and of support in difficult times.
- Getting more luck involves saying "yes"

when you'd rather say "no." Say yes to serving on committees, running for office or working for charities.

- Always do your best work even when you think the task is unimportant. You'll get the reputation as the go to person.
- Practice counter-factual thinking. The degree to which you think something is fortunate or not is the degree to which you will generate alternatives. The unlucky person is distraught over having a car accident, for example. The lucky person is thankful that he wasn't killed.
- Enjoy yourself and have a balanced life. Maintain good relationships, explore a satisfying hobby and make physical fitness a priority.

**S.T.A.R (Services To At-Risk Youth)
brings you...**

Back in Control Parenting Workshop



Saturday, August 29, 2009
8:45am—4:00pm
TPMHMR Children's Services Building
1500 S. Taylor Street
Amarillo, Texas 79101



*Instructors: Janice James, MA, QMHP, UCAP Coordinator
Barbara London, M.A., LPC*

**CEU credit available for LPC's and MSW's
General CEU credit also available**

(Must attend full class for certificate)

NO CHARGE

Call 359-2005 to register.

Limited seating available.

No Childcare

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Havana Nights III...
Saturday, August 29th
The Piehl Barn, Bushland, TX
Benefiting THE RAINBOW ROOM
for abused and neglected children
in the care of Child Protective Services
Come and enjoy Cuban cuisine, Casino tables,
Dancing and your favorite cigar!
RSVP by August 15th: 806.354.6292
Tickets \$35.00 each

White Hat Award

The MR Service Coordination Department would like to give the White Hat Award to Eboni Sanders with Community Living. Eboni manages the money for the consumers with trust funds. Some of the consumers have reported to us how caring she is. She goes the extra mile to ensure their needs are met, especially in crisis situations. She has an important role in our consumer's lives and has to ensure that their money is carefully managed. She will accommodate Service Coordinators by attending meetings, and giving crucial feedback. She is always very pleasant and has a cheerful smile. Thank you Eboni.

Sharon Guinn for MR Service Coordination



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

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