

TEXAS PANHANDLE MHMR

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

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 and Wheeler counties



Resolution: Resolve to Change Your Actions Not Who You Are

Its that time again to assess what you're not doing right and change it.

But how much can people really change? Psychologists have been studying this for decades.

Considering the economy, the environment and our health consciousness, we are reminded more than ever the consequences for not changing our behavior.

Often New Year's resolutions are met with cynicism because within weeks most are back to their old habits.

The trick is to change what you do not who you are. If you weren't excited about jogging before chances are you are not going to be very successful now. But you can still exercise; just do something you'll actually enjoy.

Approximately fifty percent of the

population have made resolutions this year. The key to success will depend on the motivation behind it and getting the support from family and friends. Here are a few tips for staying on track once you've committed to change:

- Take responsibility for the change so your motivation will be sustained.
- Track your progress.
- Reward your success.
- Slip ups happen. Don't let those set backs interrupt your momentum. Keep going.
- Be realistic. Habits and behaviors that are changed gradually have a greater chance of success.

No one will be perfect at making changes, but if you falter, learn from the mistake and move on. There will never be a perfect time to make changes, so do it now!



Time Management



Friday, February 6, 2009
10:00 a.m. to 12:00 p.m.
Wallace HRD Training Room

Presenter:
Lea Ann Crosser

2.0 CEU's



**Come learn how to manage your
time more effectively.
Make the time to attend this course.**

**To register contact HRD Secretary,
Carmen Nichols at 351.3244 or email her at
carmen.nichols@tpmhmr.org**

TPMHMR Offices will be closed on
Monday, January 19th in observance of
Martin Luther King Jr. holiday



White Hat Award

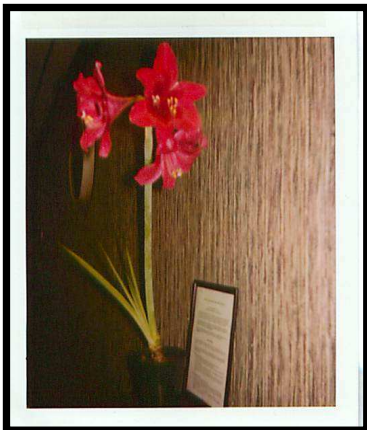


The MR Service Coordination Department would like to give this months White Hat Award to **Linda Thomas, Consumer Benefits**. Linda is so helpful in assisting new service coordinators with CARE access. She also is very helpful when we have questions related to CARE and need assistance. Thank you for all your help Linda. We appreciate you!

Sharon Guinn for MR Service Coordination

The Clarendon MH Clinic would also like to present a White Hat Award for this month to **Paulette Kidd, Clarendon MH Intake**. Paulette has gone above and beyond the call of duty for the clients in Clarendon. She recently helped three clients find housing. These three clients have experienced unusual circumstances in their family life and would have had no place to live if not for Paulette. After securing them a place to live, Paulette continues to see to them every day after hours. Paulette, you are very much appreciated!

Barbara Hill & Jim Aveni, Clarendon MH Services



The Early Childhood Intervention Program was the first to report that their Amaryllis had bloomed.

Many thanks go to Ms. Porterfield for her annual donation of these holiday bulbs and for adding to the holiday spirit at various TPMHMR locations.

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

Welcome these New Employees...

Kassie Conklin	Westcliff
Robin Hamner	Respite Pool
Marilyn James	50th Group Home
Bertin Kimfila	Carlton Group Home
Evan McCurley	Amherst
Dean Muskett	Respite Pool
Jessica Noggler	ECI
Lupe Schneider	Safe Schools/Healthy Students



Congratulations!

The following employee was 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:

Carla Dugger, HCS Case Management

Update Records in HR



The beginning of a new year is a good time to consider what changes may have occurred in your life since last New Year's Day.

- Have you had a change of address or telephone number?
- The addition or deletion of dependents from taxes and/or insurance coverage?
- The telephone number of the person to be called in case of an emergency?
- Change of beneficiaries that should be made on any life insurance?

Contact the HR Department with questions or to update information.

Staying Well

It's the cold and flu season. That can make you think twice about going places where you may come in contact with a lot of people as you would at the mall or in a crowded restaurant. Some of those people will be contagious.

In those circumstances, and at work, your best protection is hand washing. Anything you touch could carry the flu virus. Be sure to wash your hands thoroughly and often.



Three Skills That Will Take You Far In the New Year

When you hear the word “work” you might associate it with sitting at a computer or cutting grass. Yet, there are three aspects of work that few consider.

The power of listening

Listening well is a job that takes plenty of work. To do it right, you have to pay attention and make appropriate eye contact.

And you have to be thinking at the same time, not of something else but about what you are hearing. What’s more, even if you think you have something to add, you can’t interrupt. You have to wait your turn to comment or to ask a question.

The importance of admitting

Admitting that you don’t understand is basic to getting more information. It works in conversations, but admitting that you will need help with a job or project is even more important.

Some people won’t admit to making a mistake. They are afraid that it will hurt

their perfect image, bring more work or invite future blame. While pretending to be infallible, however, they may not learn or grow.

The virtue of thanking

Thanking someone for a favor or extra help shouldn’t be work; it should be an automatic response. The one who should be thanked will notice you if you don’t do it.

Stories abound about people finding money, returning a wallet, or saving someone’s life, and not a word of thanks was given.

Sometimes people are embarrassed or self-conscious of the fact that they needed help, lost something or needed to be rescued. That shouldn’t keep them from showing appreciation.

Simple courtesy requires a thanks for little things. A note, email, or gift is better for a big thing like saving your life, literally or not.

To those who use rental cars when traveling on agency business:

Please be aware that effective immediately TPMHMR no longer uses Advantage Rent-A-Car. Advantage no longer has locations in Texas. Therefore, we will be using Avis for our rental car needs. Carol Cobb will still make these reservations when you mark your request that a rental car is needed. The charge for the car will be direct billed to the agency.



How Did You Pay: Debit or Credit?

Since 2006, consumers have used credit and debit cards more often than checks to pay for their purchases. The cards are more convenient for the consumer and for retailers.



ways. Banks offer overdraft protection but charge hefty fees for the privilege.

Whether or not you are using a debit card, overdraft protection is important. The fee

is less than a returned check charge and avoids related problems.

Debit Cards

Their use is growing fast. Debit cards have surpassed credit cards as a preferred method of payment. If you use one, authorities say your rights are more liberal if you sign for the purchase than if you use a PIN number.

- Check to see what your bank offers for purchase protection and fraud protection. Most banks offer more protection than required by law, according to the Consumer Federation of America. Usually, users will have no liability for fraud if they have signed a transaction, but PIN rules vary.
- If your card and your PIN are stolen, the thief can visit ATM's and empty your bank account.
- You are less likely to fall into debt if you buy with a debit card, but not al-

Credit Cards

- Both banks and credit card companies offer rewards to encourage the use of their cards, but credit cards are more rewarding. With debit cards, signing for the purchase creates a better reward than using a PIN.
- Credit cards have the benefit of letting you pay in coming months instead of right now, but balances and interest charges can build up.
- Credit cards also allow you to dispute charges if something you purchase is defective. Debit cards do too, but the benefit varies with the issuer and may only apply to signature purchases.

So before you make your next purchase consider, will it be debit or credit?

Wal-Mart, Bank of America and Exxon: Most Generous Corporations

According to Forbes, Wal-Mart gave away \$301 million in cash gifts during 2007 to causes such as the Children's Miracle Network, Feeding America, The Salvation Army, The American Red Cross, United Way, and the National Fish and Wildlife Foundation.

Its Operation Main Street initiative rolled back prices to save shoppers a total of \$400 million during the Christmas season.

In second place was Bank of America with \$211 million.

In third place was Exxon Mobile, with \$173 million in cash donations.

Citigroup was fourth with \$146 million.



2009

HOLIDAY and PAY SCHEDULE

January						
S	M	T	W	T	F	S
				①	2	3
4	5	6	7	8	⑨	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

January

- 1 Holiday: New Year's Day!
- 9 Payday: 12/20/08 - 1/2/09
- 19 Holiday: Martin Luther King Jr. Day!
- 23 Payday: 1/3/09 - 1/16/09

February						
S	M	T	W	T	F	S
1	2	3	4	5	⑥	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

February

- 6 Payday: 1/17/09 - 1/30/09
- 20 Payday: 1/31/09 - 2/13/09

March						
S	M	T	W	T	F	S
1	2	3	4	5	⑥	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

March

- 6 Payday: 2/14/09 - 2/27/09
- 20 Payday: 2/28/09 - 3/13/09

April						
S	M	T	W	T	F	S
				1	2	③
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

April

- 3 Payday: 3/14/09 - 3/27/09
- 17 Payday: 3/28/09 - 4/10/09

May						
S	M	T	W	T	F	S
					①	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

May

- 1 Payday: 4/11/09 - 4/24/09
- 15 Payday: 4/25/09 - 5/8/09
- 25 Holiday: Memorial Day!
- 29 Payday: 5/9/09 - 5/22/09

June						
S	M	T	W	T	F	S
1	2	3	4	5	6	
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

June

- 3 Holiday: Independence Day!
- 10 Payday: 6/20/09 - 7/3/09

July

- 24 Payday: 7/4/09 - 7/17/09

August

- 7 Payday: 7/18/09 - 7/31/09
- 21 Payday: 8/1/09 - 8/14/09

September

- 4 Payday: 8/15/09 - 8/28/09
- 7 Holiday: Labor Day!
- 18 Payday: 8/29/09 - 9/11/09

October

- 2 Payday: 9/12/09 - 9/25/09
- 16 Payday: 9/26/09 - 10/9/09
- 30 Payday: 10/10/09 - 10/23/09

November

- 13 Payday: 10/24/09 - 11/6/09
- 26 Holiday: Thanksgiving Day!
- 27 Holiday: Friday After!
- Payday: 11/7/09 - 11/20/09

December

- 11 Payday: 11/21/09 - 12/4/09
- 24 Holiday: Christmas Eve!
- 25 Holiday: Christmas Day!
- Payday: 12/5/09 - 12/18/09

July						
S	M	T	W	T	F	S
				1	2	③
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

August						
S	M	T	W	T	F	S
						1
2	3	4	5	6	⑦	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

September						
S	M	T	W	T	F	S
						1
2	3	4	5	6	⑦	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

October						
S	M	T	W	T	F	S
						1
				2	③	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

November						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

December						
S	M	T	W	T	F	S
1	2	3	4	5		
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

This Month's Winner Is...

Rita Mehta, Utilization Management, was chosen by random drawing for the month of January. Rita 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!