



Mental Health
Mental Retardation

Making Lives Better

Here's What's Happening...

TEXAS PANHANDLE MHMR

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

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24 HOURS IN THE CANYON



On June 30-31, TPMHMR cyclists Bud Schertler, Connie Longan, Jim Womack, Toby Wallace, David Isom and Anna Isom joined approximately 530 other cyclists in Palo Duro Canyon to participate in "24 Hours in the Canyon". This event raises money for the Don and Sybil Harrington Cancer Center and the Lance Armstrong Foundation. Teams or individuals rode either mountain bikes and/or road bikes from noon on Saturday until noon on Sunday. The TPMHMR team



logged 430 miles during the 24 hours. Bobby and Trisha Wilson also participated in this event with Team Endorphin.

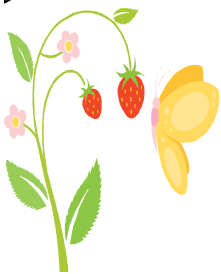


In observance of Independence Day, TPMHMR Offices will be closed on Friday, July 3rd.

Father's Day

June 21st

Happy Father's Day to all you great Dads!

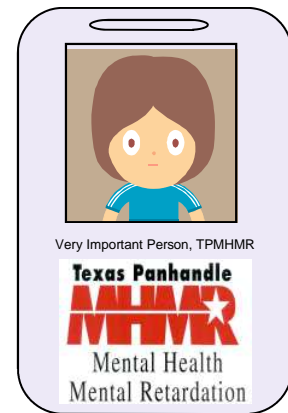


June 21st—First Day of Summer and the longest Day of the year.

Staff ID Badges

Please remember to wear your staff ID badge. Wearing your Badge is not only a requirement but it is very helpful to staff who may not know you to identify you as a co-worker.

You may want to remove your badge when working out in the community with a client so that the client's right to privacy is maintained.

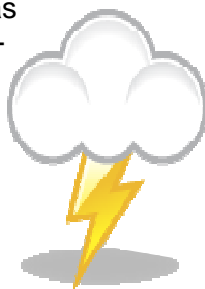


Congratulations to the TPMHMR **Stars** Gold medal winners! The **Stars** were undefeated in their division at the Special Olympic Summer games in Arlington!

Speaking of Safety...

Lightning can do shocking things...

Lightning can injure people even when they are not directly struck, such as when it strikes a tree and creates a sideflash injuring those who are standing nearby.



According to the National Weather Service, being struck directly or indirectly may cause injury to the nervous system and the brain.

Protect yourself by staying out of its path. Lightning can strike as far as 10 miles away from the area where it is raining.

When you hear thunder, you are within striking distance for lightning. Get to a sturdy building or enclosed car.

Stay off corded phones, computers and any equipment that puts you in direct contact with electricity.

Stay away from indoor and outdoor pools, tubs, showers and other plumbing that could conduct electricity.

The effect of conducted current from a lightning flash may range from tingling shock to a massive current diverted from a poorly grounded electric power pole through the wiring system.

When you are inside, wait thirty minutes after the last clap of thunder before going outdoors. This could seem like a long time, but lightning can strike even after the rain turns to a drizzle.

Home Safety for Singles...

About half of all American households consist of one person.

Living safely on your own is a key source of independence.

Basically, all the home safety advice given to couples and families applies to the homes of single people. But these cautions are even more important for one person households.

In addition to cooking safely, being sure the smoke alarm works, and having non-slip rugs and bath mats, here are some other things to consider.

- Create a detailed action plan in case of an emergency. Who will you call, a neighbor, 911, family or friend?
- Put the telephone in a convenient spot. If you use a cell phone, be conscious of where you leave it, so it can be found quickly.
- Be sure doors have deadbolt locks.
- When visitors knock, have them identify themselves. Use a door chain. Never open the door for an unidentified stranger.
- Have daily communications with family or friends. Remain socially engaged.
- Keep track of doctor's appointments and times to take any medications.
- Have adequate lighting at the front door or hallway and on steps. If you live in an apartment building, report any lights that are burned out.
- With internet dating, never give your full name, address or phone number at the first meeting. Meet in a public place.



Welcome these New Employees...

Heather Aragon	Summer Program - Amarillo
Jayne Hufstedler	Summer Program - Amarillo
Nicholas Johnson	Summer Program - Amarillo
Carling Laur	Summer Program - Amarillo
Sylvia Layne	ECI
Rachel Ledbetter	Summer Program - Amarillo
Sindy Martinez-Balcorta	Summer Program - Amarillo
Lilia Montoya	Summer Program - Amarillo
Bounheng Phongphraphan	Summer Program - Amarillo
Whitney Skidmore	Summer Program - Amarillo
Caitlyn Trickey	MH Intake - Borger
Donna Hodge	ECI
Kate Koetting	Summer Program - Amarillo
Danny Kowal	Community Living
Deborah Phillips	Summer Program - Amarillo
Gerry Smith	MR Service Coordination
Jake Splawn	Summer Program - Amarillo
Tiphonie Wallace	MR Service Coordination



This Month's Winner Is...

Carling Laur, Summer Program, was chosen by random drawing for the month of June. Carling 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!

Home and Office Computer Security

Submitted by Richard Edgar, Programming Services

How will you know if you are accessing an 'infected' website?

You will not know. Websites themselves are targets of malicious attacks. A single line of code added to a legitimate website is all that is required for your computer to become the target of an attack. This can be directly destructive to your computer by destroying data or more covert via the download of software to your computer that will gain control of your computer, steal passwords as you type or copy files from your computer.

Since many suggestions related to security involve passwords, consider a few simple rules when selecting a password:

- No pet, children names, words that could be found in a dictionary, birth dates or home addresses.
- A combination of alphabetic characters and numeric characters is best.
- Use upper and lower case letters if the password is case sensitive.
- Length should be a least 6 characters.
- Do not record passwords on paper unless you have a safe storage area such as a safe deposit box.

Using encrypted disk space, as described below, you could keep passwords in a file within this space (still must remember the password to get into the encrypted disk space).

Are you protected if your computer is invaded by malicious software that can steal your personal information or gain control of your computer? Would you know?

As we have seen here at the agency, you can access a perfectly legal website (as noted above) and have some very malicious software downloaded to your computer without you knowing other than a possible decrease in processing speed. You must have good antivirus and antispyware protection. We have not tested every product that exists, but from experience, it can be stated that Kaspersky and Spysweeper with Antivirus are two products worth considering. Kaspersky tends to be a little more techni-

cal. As part of this protection, it is also important that you download and install updates that are provided by Microsoft for the Windows operating system if you have a PC. These updates correct vulnerabilities that have been identified which permit unauthorized access to your computer.

If someone enters your home and steals your computer, does this person have your personal data?



Requiring a password at boot-up is good, but what if your hard drive is removed and read by another computer? Your data is exposed if it isn't encrypted with a password. I use a program called Cryptainer with 448 bit encryption. Until the program is executed and a password phrase that can be up to 100 characters is entered, the

data drive isn't visible. Other programs are available; my Acer laptop came with such a program that performs the same operation, but with 128 bit encryption. Cryptainer LE that will encrypt 25 megabytes can be downloaded free.

If your hard drive 'crashes', do you have a backup?

The best strategy is to create an image of your hard drive. An image copies the operating system as well as your data and can be restored to a new drive if you existing drive fails. Two image creating programs are Acronis True Image 2009 and Symantec's Ghost. Use a password when creating the image and store the drive containing the image off-site if possible. The reasoning is that in the event of fire or other catastrophe, you don't want your computer and your backup both destroyed. Note: When using a data encryption program such as Cryptainer, I open the drive prior to performing a backup.

If you maintain critical data on your PC here at the Center, contact the HelpDesk for assistance in backing up your data if it is not currently being backed up. Data saved in iServ and Incode is placed on their servers, not your computer.

More information can be found on TPMHMR's intranet page under Community Mail/Computer Tip.

Walk Across Texas

Are you on a Walk Across Texas Team? Submit your team photos to joyce.lopez@tpmhm.org for inclusion in the newsletter.



THE TROD SQUAD: Garry Snider, Carmen Nichols, Rayna Voos, Lea Ann Crosser, Debra Brown, Jacqualine Briggs, Diane Parish and Kay Holland



TEAM BUD LITE: Jim Womack, Sandy Skelton, Joyce Lopez, Dayna Schertler, Connie Longan, Anna Isom, David Isom, Kay Annen (not pictured)



Employee Recognition



Terri Andersen, HCS Case Management, and Karon Moody, Alternate Living, were recognized at the May 28 Board of Trustees meeting for fifteen (15) years of service with the Center.

Chairman, Judge Willis Smith, presented them with a plaque, gift card and a day off. Congratulations!

Baby News...



Congratulations to Gloria Bugg, MH Intake - Borger, on the birth of a new grandbaby. Addison Elise Lucero was born May 23rd at 11:45pm. Baby Lucero weighed 6lbs. 15oz. and was 19 inches long. Grandma Gloria reports the new baby is "beautiful and perfect."



I would like to offer my sincere and heartfelt thanks to all of you who have supported my husband and me during the illness and loss of our son, Russ. Words can't express what your thoughts, prayers and kindness have meant us. The flowers that the center sent were so beautiful and thoughtful. Thank you to all of you who sent cards and to those who attended the service...it meant so much to us. Working with such wonderful people is truly a blessing.

Mick and Kay Annen



Data Management Training Software

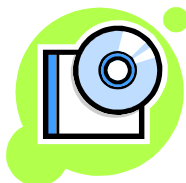
Submitted by: Tanya Cooney

The Data Management Department has training software available.

Each training DVD will come with a training manual for you to keep.

Training material available is:

- Microsoft Word: Level 1-5
- Microsoft Excel: Level 1-5
- Power Point: Level 1- 4
- Microsoft Access: Level 1-3
- Microsoft Outlooks: Level 1-3



To schedule a date and a time contact Tanya Cooney at: 806.351.3201 or by email: tanya.cooney@tpmhm.org.

Please only schedule one DVD per day in order to absorb all the material.

The DVD software can be scheduled for viewing in the Computer Training Room only (Bldg 501, 901 Wallace). Each DVD is about two - three hours long.

NOTE: Available on the Intranet Page: **Basic Computer Skills Training (for your viewing when your time permits).**

Home page/software training/computer training

Save the Date: August 29, 2009
Havana Nights III...The Piehl Barn, Bushland, TX
Benefiting THE RAINBOW ROOM
(an emergency resource room) for abused and neglected children in the care of
Child Protective Services. More information to follow...

White Hat Award

The MR Service Coordination Department would like to give this months White Hat Award to **Cindy Pulse-Devers with MR Consumer Benefits**. Cindy is such a hard worker and will assist any way she can. She cares very much about the clients and it shows in her interaction with them. She is also very helpful when assisting the service coordinators with filling out necessary paperwork when applying for benefits for the consumers. Thank you Cindy for all you do.



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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