



Mental Health
Mental Retardation

Making Lives Better

Here's What's Happening...

TEXAS PANHANDLE MHMR

901 WALLACE BLVD. AMARILLO, TEXAS

www.tpmhmr.org

October 2009, Volume VI, Issue 10

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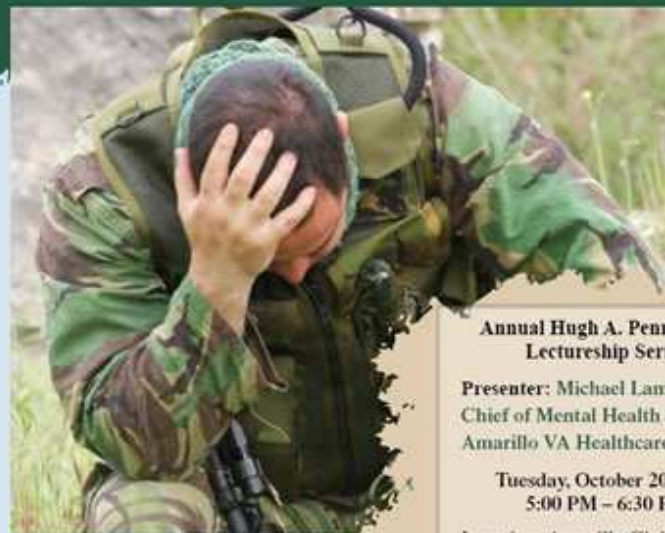
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Randall, Roberts, Sherman,
and Wheeler counties

"READJUSTMENT FOR RETURNING VETERANS"



Annual Hugh A. Pennal, MD
Lectureship Series

Presenter: Michael Lambert, MD
Chief of Mental Health Services
Amarillo VA Healthcare System

Tuesday, October 20, 2009
5:00 PM – 6:30 PM

Location: Amarillo Civic Center –
Grand Plaza

FREE Admission

For more information

806-351-4622

www.nwtexashealthcare.com

With the increasing numbers of military personnel suffering from traumatic brain injury and post-traumatic stress disorder, the need to provide diagnosis and treatment has increased greatly. Dr. Lambert will discuss current psychiatric approaches for helping veterans cope with mental impairment and readjust to their own homes and family environments.

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, LPCCs, 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 or Northwest Texas Healthcare System. The hospitals shall not be responsible for actions or treatments provided by physicians.

 **The Pavilion**
Northwest Texas Healthcare System

Texas Panhandle
MHMR
Mental Health
Mental Retardation


TEXAS TECH UNIVERSITY
HEALTH SCIENCES CENTER
School of Medicine
at Amarillo


Amarillo College

Culinary Bash

The Volunteer Services Council and Texas Panhandle MHMR would like to express their appreciation to the following cooking teams and restaurants:

- Budweiser Cooking Team
- Coors Cowboy Club
- The Country Barn
- La Fiesta Grande
- Macaroni Joes
- Nacho's
- OHMS
- Taco's Garcia
- Texas Roadhouse

Special thanks to: Alpha Beta Sorority, The Village Bakery, Home Plate Diner and Super Suppers for providing the scrumptious desserts!

The Culinary Bash Planning Committee:

- Judy Whiteley, Chair
- Kim Coe
- Lisa Schoenenberge
- Lea Ann Crosser
- Art Crosser
- Robin Garrison
- Jessie Gunn
- Susan Kitchens
- Mary Kay Kuhrts
- Bonnie Lasher
- Steve Lasher
- Tonya Tyler
- Keri Vigil
- Susi Wallace
- Miranda Watson
- Shane Watson

A Special "Thank You" to the staff and clients at Borger ASCI who painted the pots for the centerpieces and to all those who purchased tickets, raffles or supported the event.

We look forward to seeing everyone again at the 13th Annual Culinary Bash!

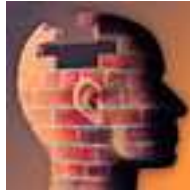


**The winner of the Never Cook Again Raffle was Kay Haraguchi.
Rosa Riggs, Accounting Department, was one of the consolation prize winners and won “queso for life” from Abuelo’s Mexican Restaurant.**

19 Million Americans Suffer from Clinical Depression

Source: Mental Health America

Mental Health America, describes clinical depression as “a whole body illness that affects your mood, thoughts, body and behavior.”



from the illness; clinical depression affects four out of ten American women compared to one in every ten American men during their lifetime. Untreated clinical depression can lead to suicide and often complicates other illnesses.

The symptoms for clinical depression vary, but typical symptoms include a persistent sad, anxious or empty mood (one woman described her depression as an impending feeling of doom); sleeping too little, early morning awakening, or sleeping too much; reduced appetite and weight loss, or increased appetite and weight gain; loss of interest or pleasure in activities once enjoyed; restlessness and irritability; difficulty concentrating, remembering or making decisions; fatigue or loss of energy and thoughts of death or suicide.

Clinical depression can affect anyone, women are more likely than men to suffer

For some, it's a matter of simply not recognizing the symptoms as being as serious as they are. In some cultures, there is a persistent stigma attached to mental illness that forces people to suffer in silence.

We must realize that dealing with depression or any other mental illness is that mental illness is just that, an illness just as diabetes, high blood pressure or cancer are illnesses. Mental illness, like other illnesses requires medical intervention if it is to be cured or managed.

October is Mental Illness Awareness Month

The staff of TPMHMR extend their deepest condolences to the family and friends of employee Diana Dickerson, Adult MH Service Coordination, who passed away on Saturday, October 3.



Welcome these New Employees...

Jonathan Barnes
Theresa Brice
Jessica Gower
Phongphraphan Bounheng
Latosha Pryor-Doby

MH Service Coordination Adult
ECI
MH Service Coordination Adult
After School Program Amarillo
MR Service Coordination



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:

Danny Fuentes, Respite Pool
Lindsey Benavides, 50th Group Home
Jose Ventura, Amherst Group Home
Kristina Christian, HCS Case Management

This Month's Winner Is...

Nickie Daraphone, ECI, was chosen by random drawing for the month of October. Nickie 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!

Winterize Now for a Cozy December

Here's how to stay warm this winter and save on heating and repair costs.



Outside: Clean the gutters so ice dams don't form and cause damage.

Replace cracked caulk around the roof vents and around the chimney cap to keep critters and objects from dropping in. A cap will keep rainwater from dripping down into the fireplace.

Put door sweeps on those that don't connect with the threshold. Use caulk around windows and doors as needed or masonry sealer on brick.

Rake away debris and weeds from the foundation and seal any cracks. Install a plastic cover on the crawlspace access door and seal some of the vents.

In the garage: Clear enough space to put your car inside on very cold nights. Check your snow blower and generator to be sure they run. Find your snow shovel and have a bag of ice melt on hand.

In the crawl space: Wrap exposed pipes with pre-molded foam rubber sleeves or fiber-

glass insulation. If pipe freezing is a significant problem for your home, wrap the pipes with heating tape. Be sure it is activated in cold weather.

Check heat ducts for air leaks, whether they are in the crawl space, attic or basement, so all the heat goes through the vents. Fix any breaks or gaps with metal-backed tape.

In the attic: If you can see the ceiling joists, add insulation. Don't use paper-backed, which can cause moisture problems.

In the house: Get the furnace checked and the central air conditioning unit winterized at the same time .

Be sure the fireplace damper isn't open unless you make a fire. Wood stoves should have glass doors that are closed when the stove is not in use.



Install socket sealers over unused electrical outlets on outside walls, and reverse ceiling fans so they push warm air forward and force it to circulate.

2009 Heart Walk

Presented by Amarillo Cardiovascular Center



SAVE THE DATE

Saturday, October 17—Medi Park, Area #9
by the Discovery Center

1 or 3 mile course - No registration fee.

Walkers raising \$100.00 will receive a free Heart Walk t-shirt.

Register online at <http://heartwalk.kintera.org>

New for 2009 - 5k Competitive Race



Cardiovascular disease is America's #1 killer. Every 30 seconds, someone dies of a heart attack. Individuals gain 2 hours of life expectancy for every hour of regular exercise, including walking.

- American Heart Association

Hutchinson County United Way Luncheon

Jim Womack, Planning & Public Information Director

Hutchinson County United Way recently held their opening kick-off luncheon. The centerpiece of the Texas Panhandle MHMR table (shown in these pictures and created by Borger mental health clinic staff and clients) is an indication of the impact that Texas Panhandle MHMR, supported by Hutchinson County United Way funding, has on area residents.



Texas Panhandle MHMR services provided in Hutchinson County are enhanced through the support of the Hutchinson County United Way. The TPMHMR Borger Mental Health Clinic will provide critically-needed services to over 400 children and adults in Hutchinson County this year. Services provided include assessment, service coordination, medication-related services, skills training, family training, cognitive behavioral therapy, and counseling.

Texas Panhandle MHMR is proud of its affiliation with Hutchinson County United Way and our other regional United Ways. Often thought of as just a fundraiser, United Way is



La Rhonda Bishop & Caitlyn Trickey, MH Borger Intake

much more than that. United Way partners with local agencies, including Texas Panhandle MHMR. United Way works with a wide range of people and organizations to identify and solve critical community issues.

The assistance of regional United Ways allows Texas Panhandle MHMR to provide more services to more area residents in more efficient ways. United Way's support in the Texas Panhandle regional mental health clinics and workshops has been vital in enabling Texas Panhandle MHMR to live up to its motto of *Making Lives Better*.

Health Fair: October 30, 2009

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

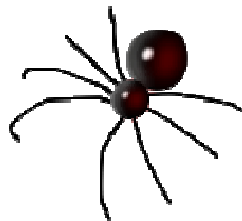
❖ Cholesterol screenings

❖ Flu shots

❖ Fun games

❖ Prizes

❖ Sam's Club enrollment



❖ Vision screenings as well as educational booths and activities

❖ Costume contest again this year!

❖ And lots more

Beans & Cornbread

Benefit Luncheon for the Homeless

Amarillo Coalition for the Homeless and Xcel Energy present the Beans & Cornbread Benefit Luncheon in support of the Interfaith Campaign for the Homeless



Monday, November 2, 2009

11:30am - 1:00pm

Amarillo Civic Center Heritage Room

Tickets \$15 advance or \$20 at the door

\$1 raffle tickets available for Two \$500 Gift Certificates from

Duncan & Boyd Jewelers

One \$500 Gift Certificate from Raffkind's Clothiers

If you cannot attend and would like to make a donation, please make donations to: Tyler Street Resource Center/Beans & Cornbread c/o Todd Steelman, P.O. Box 1971, Amarillo, TX 79105

**For tickets, reservations or more information, call
806.378.6276**

Back by popular demand

Liz Murray is returning to inspire us with more of her life story. Overcoming childhood challenges unimaginable to most, Liz will share what was once a bitter road, but now an empowering journey

PERSEVERANCE

Liz's parents were addicted to drugs. They contracted HIV and later died of AIDS. After the death of her mother at age 15, Liz became homeless and lived on the streets of New York. Liz surpassed these obstacles to graduate high school in only two years and received a full scholarship to attend Harvard University.

DETERMINATION

Liz Murray is an amazing young woman and a remarkable example of the importance in investing in a dream. Join us for moving stories that will motivate you to reach your potential.

ECI Float at the Tri State Fair Parade

Cynthia Bischof, Director, ECI

This was the fifth year for ECI to have a float entry at the Tri State Fair Parade. Typically, staff pull together to design the float and to follow the theme set by the Fair Committee. ECI-enrolled families usually assist with decorating and ride on the float.

ECI was able to get their name and purpose out in front of the community through the use of our banner and the information was also read by the Emcee for Channel 7 News. This is the first time ECI has placed in the Tri State Fair Parade. ECI is very excited to receive the recognition gained which illustrates our ongoing teamwork.

ECI received a trophy and a \$200 check which will be used to provide services and supports to ECI families.



You Know You're in Trouble When...

- Your accountant's letter of resignation is postmarked Zurich.
- You see the Captain running toward the railing wearing a life jacket.
- A black cat crosses your path and drops dead.
- Your secretary tells you the FBI is on line 1, the DA is on line 2 and CBS is on line 3.
- They pay your wages out of petty cash.
- The simple instructions enclosed aren't there.
- The pest control guy crawls under your house and never comes out.
- Your pacemaker only has a 30-day guarantee.

October is Breast Cancer Awareness Month



Articles, 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