



Mental Health
Mental Retardation

Making Lives Better

Here's What's Happening...

TEXAS PANHANDLE MHMR

901 WALLACE BLVD. AMARILLO, TEXAS

www.tpmhmr.org

September 2009, Volume VI, Issue 9

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Serving the citizens of:

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and Wheeler counties

THE CULINARY BASH IS A FUNDRAISER TO MEET THE NEEDS OF CHILDREN,
ADULTS AND FAMILIES RECEIVING SERVICES FROM TEXAS PANHANDLE MHMR.

*We wanted you to have the
first chance to get a ticket!*

12th Annual
**Culinary
Bash**

at the
Tascosa Country Club
October 3rd, 2009
6:30 p.m.

*Tables are available for you and your friends.
For Reservations, call 351-3288.*

12th Annual Culinary Bash



The 12th annual Culinary Bash is just around the corner. The Culinary Bash will be held at the beautiful Tascosa Country Club on Oct. 3rd at 6:30pm. There will be restaurants and cooking teams preparing meals, a silent auction, and a “Never Cook Again” raffle. Tickets are \$35.00 each, and whole tables of 8 can be reserved. Tables are already being reserved. Sponsorships are also available.



Never Cook Again Raffle tickets are on sale! For \$5.00 you can have a chance to win a basket of gift certificates and food coupons worth over \$100.00 from area restaurants. For more information on Culinary Bash tickets or raffle tickets contact Bonnie Lasher at 351-3284.



The United Way campaign has officially started. All gifts have to be renewed each year, and do not start until January 1, 2010. All “Fair Share” givers will receive 10 jean passes that they can use after January 1, 2010.

For a pledge form contact Michelle Warnica at 349.5617 or Bonnie Lasher at 351.3284.



United Way jean weeks will be the weeks of Sept. 14th and Sept 21st, for only \$2.00 a day you can wear jeans to work and show your support for your community through the United Way.



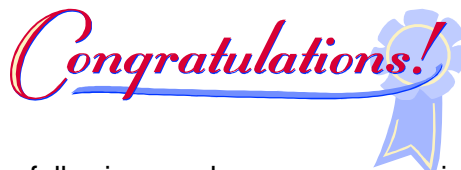
First Day of Autumn September 22nd



Welcome these New Employees...

Deborah Fort
Ginger "Charlene" Hudson
Kayla Kidd
Hillary Tidd
Natalie Villalobos
Kimberly Jackson
Franchesca Morris
Brandie Parsley
Jennifer Savely
Karen Smith

ECI
ASCI Hereford
Westcliff
Canode Group Home
Children's Services
Canode Group Home
STAR Program
Lamount Group Home
Westcliff Group Home
Medical Records



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:

Bonnie Lasher
Community Relations

White Hat Award

The MR Service Coordination Department would like to give this month's White Hat Award to **Tanya Cooney with Data Management**. The department recognizes her for her cheerfulness and her ability to help you resolve technical issues in a simple way. She is prompt, available, and eager to help. Thank you Tanya and we appreciate all of your kindness.

Sharon Guinn for MR Service
Coordination



This Month's Winner Is...

Jacqueline Briggs, Human Resource Development, was chosen by random drawing for the month of September. Jackie 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!

STATE OF TEXAS OFFICE OF THE GOVERNOR

Through the wide array of community-based services, local community mental health and mental retardation (MHMR) centers help Texans lead productive lives. Invaluable to many Texans and their families, these centers continue to serve with distinction.

These MHMR centers provide critical support to persons with mental illness and those with intellectual and developmental disabilities. These centers have also helped thousands of Texans in their struggle to overcome alcohol and drug abuse.

Since 1991, the month of September has been the time of "Destination Dignity," an initiative promoting awareness of the services available through community MHMR centers and celebrating the accomplishments of their clients.

In recognition of this important effort, I urge all Texans to recognize and appreciate the valuable role of Texas families, consumers, state facilities, private providers and community MHMR centers in forming the partnerships that allow Texans with serious mental illness or with developmental disabilities to reach their full potential as valued members of their communities.

Therefore, I, Rick Perry, Governor of Texas, do hereby proclaim September 2009,

Destination Dignity Month

In Texas, and urge the appropriate
Recognition whereof.

In official recognition whereof,
I hereby affix my signature this the
22nd day of July, 2009.



Rick Perry

Governor of Texas

Gardening at TPMHMR

Submitted by: Kandrea Galla

ASCI of Amarillo had the opportunity to experience gardening over the summer months this year.

Consumers and staff planted tomatoes, cucumbers, green beans, peppers, watermelon, and pumpkins. Everyone, consumers included, realized they had a green thumb when planting produce. Once the items were fully grown, the consumers and staff were able to take the produce home and enjoy their hard work.



Thank you Barbara Wells and Brandum Bierson for assisting the consumers with this relaxing past time of gardening; this is one memory they will all cherish and remember!

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.

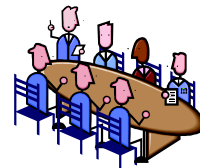
Register online at <http://heartwalk.kintera.org>
New for 2009 - 5k Competitive Race



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.

TPMHMR Committees

TPMHMR committee appointments have been made for FY 2010. To see a complete list of these appointments please go to TPMHMR's intranet page under "Documents."



Walk Across Texas

The fall kick off of Walk Across Texas was on Friday, September 4th. The actual walk started Sunday, September 6 with the wrap up scheduled for November.



Wellness Luncheon



A Brown Bag Wellness Luncheon! Bring your own lunch and listen to a presentation by Leesa Brown Calvi with AgriLIFE Extension. Leesa is a nutritionist and will be presenting on portion control. She is very knowledgeable and entertaining as well. This presentation will be September 25th at 11:45 a.m. at Taylor Street in the large conference room. Please RSVP to Connie Longan at 351-3387 or email her at conne.longan@tpmhmr.org.

iPhone App Can Help the Autistic

It happens that an autistic child or adult can be intelligent but be unable to speak or communicate. The same is true of children and adults with Down syndrome, cerebral palsy, or Lou Gehrig's Disease, and even stroke patients who have lost the ability to speak.



business has been extremely brisk.

The mother of one seven-year-old autistic child, who never spoke, knows the "2Go" program has changed the family's life. She says that with the touch screen strapped to his arm, her son can touch icons that voice basic comments, commands and questions.

Now there's help from an unexpected source. Researchers have developed the Proloquo2Go app for the Apple iPhone and Apple iPod Touch.

He uses the "talker" to communicate with everyone including his service dog, who responds to voice commands from the unit. The app is easy to customize so it can reflect the individual's situation and interests.

The software can be used in place of devices that cost \$8,000 to \$10,000. At \$149.00 each at stores like Best Buy,

Texas Laws Effective September 1st

- Drivers younger than 18 can no longer use a cell phone while driving.
 - No one of any age can use a cell phone in a school zone, unless it's to make an emergency call.
 - Seatbelts: All vehicle occupants must be strapped in.
 - Any child under 8 years old must be in a safety seat (unless they are taller than 4'9").
 - Proper method for folding the state flag becomes law.
 - Taxes increase for users of smokeless tobacco.
- See State of Texas website for more new laws.

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