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MHMR Directions Newsletter

Volumne 13, No. 3
November 1986

GOVERNOR VISITS LUFKIN TO ANNOUNCE $300,000 GRANT FOR MHMR FACILITY

On Friday, Oct. 31, Gov. Mark White made an appearance in Lufkin to personally announce that Angelina County has been awarded a $300,000 grant.

The grant money will be used to build a new county treatment center for MHMR.

The Governor's announcement was made at the site of the new center which will be located next to the MHMR administrative office at 4101 South Medford on the loop.

Of a possible 1,200 points allotted jointly by both a regional and state review committee, the Angelina grant application scored 1,019, the third highest score in this region, said Angelina County Judge Dan Jones. Jones served as chairman of the state review committee.

The city of Garrison had the highest score with 1,045 points, followed by Diboll with 1,037, Jones said.

In all, seven different projects for this region were approved, totaling $1,777,400 in grant funds from the Texas Department of Community Affairs, he said.

Nell Newton, service director at the center, said, "The Angelina grant was supported by the Angelina County Association for Human Development Inc., a citizen support group of the Angelina MHMR Center.

"The building will actually cost about $600,000. The Association for Human Development has generously

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offered to provide matching funds for the grant.

"We couldn't have gotten the grant with out the support of the association, our county commissioners and Judge Dan Jones," Newton said.

Preliminary plans for the Angelina project call for the construction of a 10,000 square foot building to replace the Angelina County MHMR Center's present facility at 403 South Chestnut St. in Lufkin.

In addition to housing the center's current programs, the new building will be designed to provide classroom space, an expanded day-treatment program and an indoor sheltered workshop, Newton said.

MHMR CONSIDERING PLAN TO HIRE PERSON TO SEEK WORKSHOP CONTRACTS

A plan to hire an individual who would be responsible for procuring contracts for sheltered workshops throughout the Deep East Texas region is currently being considered by MHMR.

In November, preliminary findings on a plan to create such a position within the agency will be presented to the Administrative Staff Committee.

Members of MHMR's newly formed Procurement Committee, which is made up of service directors from MHMR workshops, have been doing background work on such a plan. The chairman of the committee will present their preliminary findings to the ASC.

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EMPLOYEES OF THIRD, FOURTH QUARTER NAMED AT OCTOBER STAFF DEVELOPMENT

Teressa Bailey, clinic nurse for the Jasper/Newton MHMR Center, and Elaine Hussey, service aide for the Sabine IIP, were honored as Employees of the Quarter at October's Staff Development meeting.

* * * * *

ELAINE HUSSEY

Hussey, a four-year employee of MHMR, received the award for the fourth quarter of fiscal year 1986.

Hussey is one of the original members of the MHMR Infant Intervention staff.

"The thing that strikes me as most unusual about Elaine is how she is willing to give her time to the clients," said Marilyn Hankla, MHMR children's programs service director. "She gives a lot more than the regular 8-to-5."

Hussey was involved in setting up the MHMR Advisory Council in Sabine County and is active on the local child welfare board.

TERESSA BAILEY

Bailey, a two-year employee with MHMR, received the award for the third quarter of fiscal year 1986.

Among other things, Bailey is credited with developing a training greenhouse, opening a client-run herb shop, supervising the MHMR clubhouse and implementing a Basic Skills Unit for severely retarded clients.

"Her attitude and approach make a great difference with the growth of clients," said Jasper/Newton Service Director John Wilson. "It has visible effects; you can see she cares."

NEW CRAFT SHOP WILL OPEN DOORS ON NOV. 17 AT ANGELINA CENTER

Angelina County's MHMR Center will hold the grand opening for its new client-run craft shop on Monday, Nov. 17.

The store will feature hand-made country gifts, such as grapevine wreaths, and hand-crafted seasonal gifts.

Merchandise will also include hand-thrown and painted pottery from Jefferson and pine furniture by Mike Galloway of Huntington.

The shop will be located at the Angelina MHMR center in Lufkin.

The shop is under the direction of Angelina County Service Director Nell Newton and Day Treatment/ Workshop Program Director Kim Davis.



WORKSHOP CLIENTS TO SING PRAISES AT THANKSGIVING CONCERT IN SILSBEE

A Thanksgiving Praise Concert featuring singing by various church groups and Hardin County Sheltered Workshop clients is set for Saturday Nov. 22.

Anna Franklin, Hardin County MHMR volunteer, is organizing the event which will run from 7 p.m. to 10 p.m. at the junior high school auditorium in Silsbee.

Tickets for the concert cost $2, and proceeds will benefit the Association for Retarded Citizens, a support group for the Hardin County workshop and halfway house.

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WELLNESS PROGRAM GETS APPROVAL FROM MHMR BOARD OF TRUSTEES

On Oct. 21 the MHMR Board of Trustees agreed to match employee payments on a "Wellness Program" that was discussed at October's Staff Development meeting.

The Wellness Program, conducted by Memorial Medical Center, will include health screening, evaluation and education.

The full cost of the program is $200, but participating employees will be required to pay only $100 as MHMR will pay the additional $100.

Wellness Director Grady Lowery of Memorial Medical Center noted that the same program is marketed to the general public for $350.

At the end of November, all full-time MHMR employees will receive a letter asking them to indicate if they intend to particpate in the program, said Larry Heaton, personnel director.

Each employee who participates in the program will be allowed to sign a payroll deduction form giving MHMR the authority to deduct the $100 from his paycheck over a three-month period.

The Wellness Program is tentatively scheduled to begin in January, Heaton said.

Spouses who are not MHMR employees can also participate in the program but must pay the full $200. A $25 discount is possible for the spouse if the couple shares the Wellness Program booklet supplied by Memorial Medical Center.

In a nutshell, the Wellness

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Program will provide each employee with a thorough analysis of his current health status. Tests will include an electrocardiogram stress test, a percent-body-fat analysis, complete blood tests and a computerized appraisal of the individual's lifestyle.

Testing and evaluation are followed by an 8 week program (1 and 1/2 hours per week) that includes instruction in various subjects including weight control, nutrition, exercise, smoking cessation and stress management.

Teachers from Memorial Medical Center will be sent out to areas where 10 or more individuals have agreed to participate in the program. Testing, however, must be conducted at the medical center in Lufkin.

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The Jasper MHMR staff is a few folks shy of the minimum 10 people necessary to have Wellness Program classes presented locally.

Tyler County employees (or other MHMR employees living in the area) who are interested in joining forces with Jasper should contact Jasper Service Director John Wilson, 384-3864.

DON'T FORGET

If you attended the Staff Development meeting Oct. 3, don't forget to include the Hazard Communication Act in your "Education & Staff Development Training Record."

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MAN ALIVE PRESENTATION OFFERS 4 STEPS TO A WINNING ATTITUDE

"Attitudes constitute the silent language of organizations. They are the most often used form of communication, but also the least understood."

Horton Shipley presented these ideas to MHMR employees when he spoke at October's staff development meeting.

Shipley went on to list four steps individuals can take to ensure winning attitudes.

1. Choose to be Positive. Only you (not your family, friends or co-workers) are responsible for shaping your attitudes. Your attitudes are a matter of choice. By changing your attitudes, you can change the circumstances of your life.

2. Set Positive Goals for Yourself. Studies have indicated that people with the lowest levels of stress are those who have a specific set of goals, Shipley said. "Stress comes when you feel you've lost control. Goals can give you that control back," he said.

3. Actively Search for Positives. "Life is a self-fulfilling prophecy," Shipley said. Those looking for negatives will find negatives. Those looking for positives will find positives. Look for the opportunities, not the problems, he explained.

4. Act in a Positive Manner. The general belief is that we act the way we feel, but this is not always true, Shipley said. "Sometimes we feel a certain way because we act a certain way. If you want to be happy, SMILE. Think, act and talk like a winner."

JASPER'S "IT" TO ARRIVE NOV. 14

It, whatever it is, should arrive at the Jasper MHMR center this month.

In September, Service Director John Wilson put a sign on his door which read: "It's Coming Friday, Nov. 14|"

Since that time, Wilson's door has become peppered with post-its posing questions about and seeking clues to "its" identity.

So far, Wilson has revealed that "it" is a non-living entity from Texas that is "lots of fun." Further clues have indicated that it "is a few days old to 40 years," comes in "all sizes and all colors," is round, square "and more," and will produce more work for some of the staff at Jasper.

It also "communicates some" but does not talk.

"Is it cool?" one query read?

"Yeah, man," was the written response.

WELCOME ABOARD

Welcome to all new MHMR staffers. The following people are new employees as of October:

Danna L. Kerbo is a member of the interdisciplinary team at the Family Services center in Lufkin.

New case managers are Kim Harvey,Tyler County; and Terry Wallace and Mary Beth Roberts, both in Hardin County.

Linda Barberis working as an LVN with the Shelby County MHMR, and new community service aides are Karen Hadley in Hardin County and Charles Ball in Nacogdoches and Shelby counties.

Marilyn Sechler is a teacher's aide with the Shelby County Development Center, and Thelma Boyett is a service assistant at the Kirbyville/Newton Sheltered Workshop.

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NEWSLETTER TO GET FACE LIFT; NEW NAME NEEDED BY DECEMBER

Beginning in December, the MHMR Directions Newsletter will have a new look.

The new format will allow the use of photographs and will permit more flexibility in layout, which means you should be seeing some interesting page design in the next year.

Please bear in mind that the new format will also have space limitations, which means all stories might not receive coverage.

We will continue to produce a newsletter in the current typewritten format for two months out of each quarter. This newsletter will be used principally for in-house distribution.

The new brochure-type newsletter will be published on the first month of each new quarter -- December, March, June and September. Its distribution will be more extensive.

The new newsletter will use the name "Directions," which means a new name for this style newsletter is needed before its next issue in January.

If you have any snappy suggestions, call Sheryl Taylor at central administration, 639-1141. The name must be selected by mid-December.

DID YOU KNOW....

Oct. 16 was National Boss' Day. How many folks let that one slip right by them? The clinic staff at Nacogdoches MHMR was on its toes, at least, and Service Director Paul Jackson was the recipient of a lovely plant.

Jackson said he denies all rumors that he was the one who put the word out regarding the celebration of National Boss' Day.

ICF-MR FACILITIES PRACTICE UP FOR NEW FIRE DRILL REGULATIONS

Over the past weeks, extra fire drills have been conducted at several MHMR group homes in order to assure that these facilities comply with recent changes in the Life Safety Code of the National Fire Protection Association.

While facilities have always been required to hold quarterly fire drills, changes in the code now call for varying "evacuation ratings" at MHMR's three ICF-MR facilities (Kirbyville Group Home, Nacogdoches Halfway House and the JoAnn Fries Home).

Evacuation ratings are dependent on the speed with which clients are able to vacate the facility, said Nancy Jones, service director at the Nacogdoches Group Home and temporary director at the Kirbyville Group Home.

Facility ratings on timed fire drills fall into one of three categories, Jones said: prompt, slow or impractical.

A poor ranking indicates that modifications must be made before certification or recertification will be granted by the Texas State Department of Health, she said.

Changes could entail such minor improvements as the installation of solid wood doors right up to improvements as major as intallation of a sprinkler system.

After the Nov. 1 deadline passes, all MHMR ICF/MR homes could be subject to a visit from the Department of Health's fire safety inspector.

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2 SFA STUDENTS LEND A HAND, EARN SCHOOL CREDITS TO BOOT

Two SFA students are working at the Nacogdoches County MHMR Center this semester to earn class credits.

Connie Woods, a student in the social work department, and Lisa Sisson of the rehabilitation department, are working with chronic mentally ill clients at the center.

Each weekday morning, Woods and Sisson meet with their group and organize various social activities, said Paul Jackson, service director.

Examples of some activities organized by the students are outings to the zoo, playing dominoes and whipping up baked goods.

"They (the students) are doing a great job," Jackson said. "The clients baked a cake this week, and it tasted great."

Sisson and Woods work under the supervision of an MHMR staff member.

ANGELINA MHMR SUPPORT GROUP SELLING DECORATOR PLATES

The Angelina County Association for Human Development is selling decorater plates featuring Angelina, the Indian girl after whom Angelina County was named.

The plates, which sell for $15.77 each, are made of cream-colored porcelain trimmed with a gold band.

The association is a nonprofit corporation dedicated to the financial support and assistance of the Angelina MHMR Center. Profits from this fund-raising event will be used to directly benefit clients at the Angelina Center.

Plates can be purchased at the following Lufkin locations: the Angelina MHMR center at 403 South Chestnut St.; Kitchen Stuff, Etc.; Carousel Antiques & Gifts; the lobby of the First City National Bank of Lufkin.

JASPER CENTER EYES NEW CROP: PICK-YOUR-OWN BLUEBERRIES

Jasper MHMR may be in the blueberry business before long.

Tom Marsh, the center's horticulturist, recently attended a seminar workshop on growing and marketing blueberries.

"There's a lot of research and leg work still to be done," said Service Director John Wilson, "but we're anticipating turning a 3 and 1/2 acre field into a pick-your-own blueberry farm which would employ clients."



COME SPRING, SHELBY CENTER WILL FLAUNT COAT OF MANY COLORS

The Center Garden Club and Shelby County MHMR Auxiliary will be performing minor surgery on the flower beds at the Shelby County MHMR Center.

On Friday, Nov. 21, members of these two organizations will help halfway-house clients plant hyacinth and daffodil bulbs for a spring-time flower bed that will rival Solomon's coat in beauty.



DEFENSIVE DRIVING COURSE OFFERED TO SOME MHMR STAFFERS

Defensive driving courses will be offered to Deep East Texas MHMR staffers four times a year.

The course is offered specifically to those employees who transport clients in agency vehicles.

If you are interested in taking the course, contact Mae Spencer in the personnel office, Central Administration.

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SHELBY'S HALFWAY-HOUSE CLIENTS TO PREPARE HONOR LUNCHEON

Clients at the Shelby halfway house appreciate the support of the Shelby County MHMR Auxiliary and are going out of their way to prove it.

On Wednesday, Nov. 3, the clients will throwing a shindig at which they will honor members of the auxiliary.

Special invitations to the Appreciation Luncheon were made by the clients and distributed to members of the auxiliary.

At the luncheon, clients will help prepare the meal, provide musical entertainment and honor the volunteers with gifts of appreciation.

CENTER PLYWOOD COMPANY RECEIVES MHMR CERTIFICATE OF APPRECIATION

On Oct. 21, members of MHMR's Board of Trustees approved the presentation of a Certificate of Appreciation to Center Plywood Co. and its employees.

The certificate signifies MHMR's appreciation of a $6,800 donation the company made to the Shelby County MHMR Center.

The money, according to Shelby MHMR Service Director Benny Russell, was used to provide equipment for the center's day treatment program as well as furniture and bedroom equipment for its residential service program.

"We're pleased to show our appreciation of such generous people," Perry Sampson, Shelby County representative on the MHMR Board of Trustees, said.

"Supportive members of the community are the backbone of MHMR. And, while the money is important, it's the support and concern demonstrated by such donations that mean the most to us."

CLIENTS AT KIRBYVILLE GROUP HOME GETTING OUT AND ABOUT

An empty Coke can and $5 is all it will cost to attend the last day of the Beaumont County Fair, November 6. Clients at the Kirbyille Group Home plan to cash in on the bargain.

The fee allows access to all exhibits and rides.

Two staff members and volunteer Ken Trylor will accompany the 9 clients on this excursion.

"We'll spend the whole day riding rides and pigging out," said Debra Looper, houseparent at the group home.

NON-DISCRIMINATION POLICY

Deep East Texas Regional MHMR Services does not discriminate on the basis of race, color, national origin, handicap or age in admission or access to treatment or employment in its programs and activities.

Sanford Skelton, rights protection officer, has been designated to coordinate efforts to comply with Section 504 of the Rehabilitation Act of 1973 and its implementing regulation which prohibits discrimination on the basis of handicap.

RETIRED SPECIAL ED INSTRUCTOR TEACHES CLIENTS IN POLK/SAN JACINTO

Marvin Thompson, a retired Special Education teacher, is working with the Polk/San Jacinto MHMR Center.

Thompson teaches client classes in reading, writing and money management two days a week at the center.

He has been hired though a cooperative effort with the Region 6 Adult Learning Center's Handicapped Adult Education program.

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FESTIVAL BOOTH BRINGS IN BUCKS, WILL FUND REOPENING OF RESALE SHOP

The Jasper MHMR food and plant booth at the county's Indian Summer Festival was a huge success.

Staff and clients manned the booth, and brought in $390 in one day.

Plans are to use the money in reopening the Jasper MHMR Resale Shop. The original shop was destroyed in an April 4 fire at the center.

John Wilson, service director at the center, said the building they will use for the new resale shop still requires some paint, plumbing work and other minor repairs.

SAFEWAY ORGANIZATION MAKES DONATION TO ANGELINA CENTER

The Safeway Community Outreach Efforts organization, SCORE, has made a $500 donation used to purchase a utility trailer for the Angelina MHMR workshop.

The trailer was desperately needed by clients at the workshop to allow them a means of transporting lawn equipment such as mowers and tools from one job to the next, Nell Newton, Angelina MHMR service director, said.

"We saw it as a real need," said Betty Lewing, president of SCORE's 1A district which encompasses 7 stores in Lufkin, Nacogdoches, Livingston, Center, Beaumont and Humble.

The District 1A SCORE program, which has been operative since January, has donated roughly $2,500 each month to a number of different causes.

Persons interested in seeking funds from SCORE can contact Lewing at the Safeway store on John Redditt Drive in Lufkin. The phone number is 634-7119.

MHMR VOLUNTEERS HONORED AT OCTOBER RECOGNITION BANQUET

Volunteers from the 13-county Deep East Texas MHMR region were honored at an Oct. 21 banquet at the Lufkin Civic Center.

More than 200 guests turned out for the two-hour ceremony in which tribute was paid to all MHMR volunteers.

In fiscal year 1986, 531 MHMR volunteers in the Deep East Texas region contributed a total of 19,615 hours of service, according to Gwen Cunningham, director of MHMR volunteer programs.

Guests at the banquet were addressed by MHMR Executive Director Jim McDermott and Tyler County Judge Allen Sturrock, chairman of the MHMR Board of Trustees.

Entertainment was provided by the A.C. Singers of Angelina College under the direction of Charles Stephens.

Sixty three special awards were presented to volunteers who had accumulated 100, 500, 1,000, 1,500 or 2,000 hours of volunteer work during the last fiscal year.

Banquet decorations were provided by Timberland Nursery and the Lufkin Wal-Mart store. David Lawson provided piano music.

UH-OH SPAGHETTI-O

Sally Navarre's got some heavy-duty cooking lined up for Nov. 15. She's volunteered to prepare a spaghetti dinner for all 22 clients at the Kirbyville/Newton Sheltered Workshop.

Clients have been learning to recognize and interpret various road signs (Stop, Yield, etc.), and the dinner was arranged as a reward for those who do their homework.

That's an incentive that should bring results.

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SHELBY AUXILIARY SPONSORS
ART LESSONS FOR MHMR CLIENT

The Shelby County MHMR Auxiliary has been busy as usual.

They are currently sponsoring art lessons for a client at the center's halfway house.

The client, whose talent was brought to light when he won the auxiliary's monthly art contest, is taking lessons from nationally known artist Woodrow Foster of Shelby County.

The lessons are given once a week.

WHERE DO GOBLINS AND GHOSTS
GO AFTER HALLOWEEN IS OVER?

They have a home waiting for them at the Shelby Child Development Center.

Don't forget, the Shelby Center can put those old Halloween costumes to good use.

Any costumes that could be used in year-round dramatic play, such as pirates, witches, ballerinas, etc., would be appreciated.

If you have items to donate, contact Gail Patterson, service director, at 598-8277.

GROVETON GROUP HOME TAKES PART
IN HIGH SCHOOL HOMECOMING PARADE

The Groveton Group Home did it up right for the Groveton High School's October Homecoming.

MHMR clients whipped up a "Fall Float" which they entered in the Homecoming Parade.

The MHMR van and trailer housed the float which featured costumed clients, pumpkins and two hand-made scarecrows.

The clients, who were attired in various costumes including, ghosts, a farmer and "The Unknown Comic", threw candy to the children who came out to view the parade.



HAPPY BIRTHDAY TO YA'LL

Who's celebrating November birthdays?

Doris Davis, Kimberly Davis, Jane Decelle, Vicky Fuller, Shelia Harris, Willie Kenebrew and Marlene Lacy.

Also, Billie Lamb, Debra Looper, Harold McDonald, Michael Ramsey, Mary Beth Roberts, Hazel Shaikh, Debbie Sissom, Debbie Warren and Louis Williams.

CLIENT RIGHTS

Any client, relative of a client or representative of a client who has a complaint, comment or suggestion regarding the health, safety, welfare or legal and human rights of a patient or client of this center is invited and urged to submit them in writing to:

Chairperson
Public Responsibility Committee
P.O. Box 935
Lufkin, Texas 75901

The Public Responsibility Committee is an independent, impartial body. None of its members are employees of this center.

X X X X X X X X X X X X X X X X X X
X In an emergency, call the X
X MHMR Crisis Line: X
X 1-800-392-8343 X
X X X X X X X X X X X X X X X X X X

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MOVIN' ON

Goodbye and good luck to Sherry Hawthorne who left employment with MHMR in October.

Hawthorne, a social worker with the Nacogdoches Center, has been an MHMR employee for more than five years.

She has accepted a position as director of social services at Memorial Hospital.

"She has been a valuable employee of the center," said Nacogdoches Service Director Paul Jackson. "We wish her the best."

THERE MAY BE A WAY TO BEAT THOSE WINTER BLUES...

If you or someone you know is plauged by depression during the winter months, a phenomenon known as Seasonal Affective Disorder, Service Director John Wilson would like to hear from you.

"Anybody interested in trying a new technique to address this problem should give me a call," Wilson said.

He can be reached at the Jasper MHMR Center, 384-6864.

FOR YOUR INFORMATION

Several workshops on "The Effective Management of Problem Patients" will be held at various locations across the state in the next two months.

The one-day workshop costs $65 for the first person and $50 for each additional facility employee.

The locations and dates are as follows:

Beaumont Medical Surgical Hospital .....Nov. 5
Abilene's Hendrick Medical Center .....Nov. 11
Lubbock's Methodist Hospital .....Nov. 12
Fort Worth's John Peters Smith Hospital .....Nov. 18
Wichita Falls General Hospital .....Dec. 3

The workshops are sponsored by the Texas Hospital Association in cooperation with the Texas Commission on Alcoholism and Drug Abuse.

For more information, contact Nancy Ebert, THA educational services director, at P.O. Box 15587, Austin, TX, 78761-5587.