



Directions Newsletter

**Deep East Texas Regional Mental
Health Mental Retardation Services**

Volume 11

Fall Issue

No. 1



EXCEPTIONAL — Joyce Crowson of Tyler County was singled out for special recognition at the Volunteer Awards Banquet in Lufkin by Deep East Texas MHMR Services. Larry Heaton from the MHMR regional program support staff made the presentation of a resolution of appreciation from the MHMR Board of Trustees which cited Mrs. Crowson's exceptional dedication and service to the retarded and mentally impaired.

MHMR Honors Its Volunteers

Sixty-one were honored at the Eighth Annual MHMR Volunteer Recognition Banquet held recently at Lufkin's Rodeway Inn.

Singled out for special recognition was Joyce Crowson of Woodville, president and leader for many years of the Tyler County Physical and Mental Handicap Association.

The MHMR Board presented her a special resolution of appreciation at the banquet stating, in part, that Mrs. Crowson has shown "exceptional dedication as a member of the Association and as an MHMR volunteer, and has been instrumental in fund-raising for the recent remodeling of the sheltered workshop to become the new Tyler County MHMR Center which houses both mental health and mental retardation services for Tyler County."

In the resolution, the Board recognized that many MHMR services could not have been provided without Mrs. Crowson's help.

Nine from Angelina County were among those honored.

They were Lorie Addison, Helen Cochran, Evelyn Durham, Elizabeth Ferguson, and Milton Peacock.

Also, Wanda J. Smith, Twila Thomas, Mack Tobias, and Cenola Yarbrough.

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Staff Faces “No-Growth” Funding

by Jim McDermott, Ph.D.
Executive Director

The beginning of a new year always gives us reason to assess how far we've come and how far we must go to provide the scope and range of services in our region we need for the retarded and mentally impaired. I think we are going about the task in a very systematic way across the region so that we can eventually offer reasonably accessible basic, core services to all our communities. Doing this, I might add, in the face of no encouragement of additional funds from the Texas Department of Mental Health Mental Retardation. The prospect is still very bright and we all at Deep East Texas MHMR are still enthusiastic that with increased efficiency and the effective use of all the resources we will continue to produce one of the best regional service systems in the State.

Let me recap some of our accomplishments over the past year:

1. Constructed a new, 12-bed residential facility for the retarded in Hardin County.
2. Consolidated individual program units in Angelina, Jasper, and Tyler Counties into community MHMR centers where a continuum of services can be provided at one location with more effective use of staff and resources.
3. Received outstanding review audits from the Early Childhood Intervention Council of Texas, the Department of Health, and the Department of Human Resources.
4. Received a very favorable financial audit with no exceptions.
5. Entered into a pilot Day Activities Program with the Department of Human Resources at the Angelina County MHMR Center.
6. Received grant funding to begin a day treatment/socialization program at the Jasper-Newton MHMR Center.
7. Opened the new Angelina Substance Abuse Program in Lufkin. It is a regional, residential treatment facility for alcohol and drug abuse clients.
8. Expanded greatly work opportunities for clients through additional

contracts with the Texas Department of Highways and Public Transportation.

9. Through a cooperative effort of Jasper County, Jasper Independent School District, and the Texas Department of Community Affairs, completed a renovation of the old Jasper-Newton Sheltered Workshop to accommodate the consolidated Jasper-Newton MHMR Center.

Faced with the prospect of "no-growth" funding at the state and federal level for the next several years, we must look again at the resources we can count on to see if we are using them as effectively and efficiently as we should. Our administrative support staff will be challenged like never before in the history of our regional service system. This will mean change and a reallocation of resources in many cases, but I am confident we will meet this challenge and emerge as an outstanding contributor to the health and welfare of this region.

Wellness Wagon...

Common Sense Nutrition

by Sue Jasper, R.N.
Angelina County MHMR Center

(EDITOR'S NOTE: This is the first in a series of regular "wellness" columns by Sue Jasper reminding us to take a more holistic view to maintaining good mental and physical health.)

Wellness is an approach to living. It involves taking control of your life; being in charge of your body. To accomplish this, you become aware of nutrition, physical fitness, environmental factors, and mental health. A person living a wellness lifestyle rises far above the level of not being sick.

Choices are an important part of everyone's day. You decide what time to wake up and go to bed, what tasks to do, who to talk to, when and how to relax. These decisions may seem routine to you, but choices about simple personal habits may determine if you lead a long, exciting, energetic life or if you die prematurely. You actually have some power to choose health or to choose illness.

Most of us are concerned, curious and sometimes confused over reports associating nutrition with cancer. This relationship is a complex issue

and easy to misunderstand. What should you and your family eat? What foods should you avoid? The best recipe for health is a simple one: everything in moderation. If you eat a well-balanced diet, there is usually no need to use vitamin or mineral supplements.

Extensive research is under way to evaluate and clarify the role diet plays in the development of cancer. So far no direct cause-effect relationship has been proved, though we do know that some things you eat may increase or decrease your risks for certain types of cancer. Based on evidence at hand, you might lessen your chances of getting cancer by following these simple guidelines.

1. Avoid obesity

Sensible eating habits and regular exercise will help you avoid excessive weight gain. Your physician can work with you to determine your best body weight since it depends on your medical condition and body build and an appropriate diet to maintain this weight. If you are 40 percent overweight, your risk increases for colon, breast and uterine cancers.

2. Cut down on total fat intake

A diet high in fat may be a factor in the development of certain cancers like breast, colon and prostate. If you avoid fatty foods, you will be able to control your body weight more easily.

3. Eat more high fiber foods

Regular consumption of cereals, fresh fruits and vegetables is recommended. Studies suggest that diets high in fiber may help to reduce the risk of colon cancer. And even if not, high fiber-containing foods are a wholesome substitute for foods high in fat.

4. Include foods rich in vitamins A and C in your daily diet

Choose dark green and deep yellow

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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.

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Volunteers

They volunteered more than 1,500 hours and were introduced at the banquet by Nell Newton, Director of the Angelina County MHMR Center in Lufkin.

Nine were honored from Hardin County.

They were Harrison L. Bomer, Lucy Burks, Edna Foster, Winnie Jones, and Sara Kruft.

Also, Yvonne Neyland, the Silsbee Lions Club, Elouise Smith, and Mrs. Lee H. Tillis.

Bomer, Jones, Neyland and Smith, each volunteered in excess of 500 hours and received an engraved bar to go with their 100-hour pin.

Together they volunteered almost 4,000 hours and were introduced at the banquet by Anna Walker, Director of Hardin County MR Services.

Seven were honored from Houston County.

They were Ruth Dabney, Bessie Faver, Erma Harvey, Gwendolyn Johnson, Lynette Jordan, Ester Lawson, and Edna Lillian.

Mrs. Jordan volunteered in excess of 500 hours (687) and received an engraved bar to go with her 100-hour pin.

Together they volunteered more than 1,700 hours.

Five were honored from the Jasper area: Wesley Bell, Dion Farringer, Paulette Lewis, Kathy Lockhart, and Marty Walker.

Mrs. Walker volunteered in excess of 500 hours (615) and received an

engraved bar to go with her 100-hour pin.

Together they volunteered more than 1,200 hours.

Sixteen from the Kirbyville area were honored.

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ANGELINA COUNTY delegation to the Volunteer Recognition Banquet for Deep East Texas MHMR included, from left, Cenola Yarbrough, Evelyn Durham, and Mack Tobias. With the volunteers is Nell Newton, Director of the Angelina County MHMR Center.



SABINE COUNTY volunteer Nancy Fuller was honored at the recent Volunteer Awards Banquet in Lufkin by Deep East Texas MHMR Services. Mrs. Fuller is also chairperson of the Sabine County Advisory Council for MHMR. With Mrs. Fuller is local staff director Benny Russell.



HARDIN COUNTY delegation to the MHMR Volunteer Recognition Banquet in Lufkin were, front row, from left, Harrison Bomer, Yvonne Neyland, Sara Kruft, Elouise Smith and Winnie Jones. Back row are three from the Silsbee Lion's Club, David Burger, Hal Tierney, and Lincoln Skillern. They received a special recognition certificate for renovation they have made to the sheltered workshop building in Silsbee.

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Sixty-one Volunteers Honored

They were Ila Atchison, L.O. Bean, Adela M. Crouch, the Kirbyville High School DECA Club, and Cassy Drake.

Also, Donna Fowler, Anna Hayles, Glenda Hogan, Mozelle Jones, and Christine Kees.

And also, Mandy Morgan, Sally Navarre, Jill Ozan, Opal Strawther, Ann Strawther, and Modestine Thomas.

Hayles, Navarre, and Ozan volunteered in excess of 500 hours and received an engraved bar to go with their 100-hour pin.

Together they volunteered more than 4,000 hours.

Eight from Nacogdoches County were honored: Kenny Bullard, Retena Godfrey, John Kern, Bill Harrison, Beverly Johnson, Merrin Johnson, Barbara Nagle, and Lee Weaver.

Together they volunteered more than 1,400 hours this past year.

John Barry from Newton County was among the sixty-one honored. Barry was a student volunteer at the Jasper County Outpatient Clinic,

donating 180 hours of service this past year.

Flossie Keels and Janice Robinson from Polk County together volunteered more than 1,100 hours with Mrs. Keels receiving her 1,000-hour gold bar to wear with her MHMR volunteer pin.

Nancy Fuller was honored from Sabine County. She is also chairperson of the Sabine County Citizens Advisory Council.

Tina Stanfield, Manager of the local Second Time Around Resale Shop in Center which supports local MHMR services, was honored from Shelby County.

Mrs. Crowson was joined by other supervolunteers Eileen Mason and Ginger White from Tyler County.

Deep East Texas MHMR is a community-based regional service delivery system for persons who are retarded or mentally impaired. MHMR operates in conjunction with state schools and state hospitals as part of a statewide system of care.



POLK COUNTY super volunteer Flossie Keels was one of sixty-one honored by Deep East Texas MHMR at the annual Volunteer Recognition Banquet in Lufkin. Mrs. Keels volunteered more than 1,000 hours this past year and received an engraved gold bar to wear with her volunteer pin. With Mrs. Keels is local staff director, Duane Alcorn, Ed.D.



NACOGDOCHES COUNTY volunteer John Kern was honored at the annual Volunteer Recognition Banquet put on by Deep East Texas MHMR Services at the Lufkin Rodeway Inn. With John is local staff director Pat Hoge.



TYLER COUNTY delegation to the MHMR Volunteer Recognition Banquet in Lufkin were, from left, Lois Yancy, Ginger White, Estell Howard, Eileen Mason, Patricia Crowson, Nelda Howard, Joyce Crowson, Billie Walker, David Hadnot, Hazel Jackson, and Tracy Mason. With Joyce Crowson is her grand-daughter, Katrina Crowson. Joyce was awarded a special resolution of appreciation from the MHMR Board of Trustees.

**In an emergency
call the MHMR
Crisis Line
1-800-392-8343**



JASPER COUNTY delegation to the Volunteer Recognition Banquet put on by Deep East Texas MHMR Services included, from left, Sally Navarre, Dion Farringer, Kathy Lockhart, Marty Walker, Paulette Lewis, and Clay Lewis.



AUSTIN RETREAT — A delegation from Angelina and Nacogdoches County MHMR Services went on a weekend retreat to Camp Leander this fall. The retreat included a chance to pet and care for the local farm animals which JoAnn Richardson obviously enjoyed.



SHELBY COUNTY delegation to the MHMR Volunteer Awards Banquet in Lufkin included, from left, Benny Russell, Jewel Sears, Brenda Applequist, Virgil Collum, Melba Crouch, Ernest Stanfield, Tina Stanfield, Essie Stanfield, Kathy Thomas, Pete Permenter, and Allyson Jamison.

Nutrition

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fresh vegetables and fruits as sources of vitamin A, such as carrots, spinach, yams, peaches, apricots; and oranges, grapefruit, strawberries, green and red peppers for vitamin C. These foods may help lower risk for cancers of the larynx, esophagus and the lung.

5. Include cruciferous vegetables in your diet

Certain vegetables in this family — cabbage, broccoli, Brussels sprouts, kohlrabi and cauliflower — may help prevent certain cancers from developing. Research is in progress to determine what is in these foods that may protect against cancer.

6. Eat moderately of salt-cured,



OUTDOORS — Visitors from Angelina and Nacogdoches County MHMR Services got a view of the beautiful Texas Hill Country recently on a weekend outing to Camp Leander near Austin. Frank H. Wells makes friends with one of the Camp's permanent residents.

smoked and nitrite-cure foods

In areas of the world where salt-cured and smoked foods are eaten frequently, there is more incidence of cancer of the esophagus and stomach. The American food industry is developing a new process to avoid possible cancer-causing by-products.



NOVEMBER ELECTIONS — Frances Davis at the newly reorganized Angelina County MHMR Center learns how to cast her ballot this fall by Angelina County Clerk Pauline Grisham. Mrs. Grisham was at the Center to teach clients what to expect at the polling place. Nell Newton is Center Director.

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Attention Joe McCulley, Editor

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GREETERS — Longstanding members of the Jasper County Citizens Advisory Council, Martha Jones and Bobbie Morgan, greet Mr. and Mrs. George E. Gee at the recent open house the Council hosted at the new Jasper-Newton MHMR Center. Mrs. Morgan is chairperson of the local Council.

Long-time Employees Recognized



9 TO 10 YEARS — Long-time employees of Deep East Texas MHMR with nine to ten years of service include, from left, Sally Navarre, Clem Lathan, and Larry Welker. Not pictured is Rita Kenebrew.



TEN YEARS — The loyalty and dedication of one of MHMR's most respected staff members, Marty Walker, was recognized recently with a resolution of appreciation from the MHMR Board of Trustees, represented here by Board Chairman, Judge Allen Sturrock. Ms. Walker was an original employee of Deep East Texas MHMR when the regional system was organized in 1974.