



Directions Newsletter

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

Volume 11

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No. 3



MHMR BOARD OF TRUSTEES MEMBER, WARD R. BURKE was recently named East Texan of the Year at the Sixteenth Annual Membership Meeting of the Deep East Texas Council of Governments on May 23, 1985. Presenting the award is last year's recipient, G.G. Gipson (left) of Trinity.

Burke given East Texan award

Ward R. Burke, member of the MHMR Board of Trustees was recently named East Texan of the Year at the Sixteenth Annual Membership Meeting of the Deep East Texas Council of Governments on May 23, 1985.

The first recipient of the award, named "Deep East Texas Citizen of the Year," was Dr. Ralph W. Steen, President Emeritus of Stephen F. Austin State University, Nacogdoches, Texas. Since that time, the award has been named in his honor because through his dedicated work of developing Stephen F. Austin, he greatly contributed to the development of East Texas.

Each year since then, a person who has contributed significantly to the growth and prosperity of the Deep East Texas Region is presented this award.

The award was presented to Mr. Burke by 1983-84 recipient, G.G. Gipson of Trinity.

Mr. Burke currently represents Angelina County on the MHMR Board. He was originally appointed to the Board in February, 1974 and served as Chairman from 1974 to 1979. He is an attorney and serves as Executive Secretary and Trustee for the

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Computer Age Hits Local Units

Through the initiative of local MHR staff, some units have entered the "computer age." Staff members in Nacogdoches and Jasper Counties became enthusiastic about the prospect of having a computer in their own units and began working diligently through fund-raising and through careful budgeting to obtain computers to better perform their daily work activities.

JASPER MHR CENTER GETS COMPUTER

by Trudy Cellars

The Jasper MHR Center recently acquired a Macintosh Computer, paid for by the proceeds of the sale of Landon Bradshaw's book "These People Actually Lived in East Texas."

The Center also has the Apple Imagewriter (printer) and dual disk drive. The software includes: Macwrite for preparing documents; Macpaint for drawings, graphs, letterheads, etc.; Megafilr for preparing lists; File Management System for case management, CPC, mailing lists, etc.; and Megamerge for preparing form letters and merging, mailing lists to personalize letters.

Several more programs will be purchased at a later date. These include: Megaform for preparing forms, vouchers, invoices, etc. and Megadesk for keeping track of appointments, meetings, events. Megadesk includes desktop accessories such as a calculator and notepad, and spreadsheet for keeping accounts (OPC, yard work, repeat performance, greenhouse).

The Center has only begun to tap the potential of the new equipment. We are still reading the manuals and learning its capabilities. However, we are able to do quite a lot now without much training. Van Vowell, a local Jasper High School and Angelina College Extension Teacher gave a few hours of preliminary training.



NACOGDOCHES County Halfway House Caseworker, Kathleen Howard demonstrates the many capabilities of the recently purchased Apple IIe Computer.

The computer is currently being used to perform the following tasks:

- Handle mailing lists, i.e., Human Service Council Membership, billing for yard work done by the Sheltered Workshop.

- Make tickets for fund raisers. Macpaint is used in this procedure to incorporate pictures.

- Letters Documents, i.e., "Fill the Gaps," and "Consolidation of Services in a Local Setting" which was a presentation for the recent MHR Conference in Waco.

- Flow Charts Case Management Reports. CPC active caseload information which includes name of client, case number, status, service area, name of CPC, next staffing date, date new CSP due.

- One input of information can be sorted several ways to give CPC active caseload list, each CPC individual list of only their clients, names of clients due for staffing, and names of clients who need new CSP.

This information is updated monthly. A lot of time and energy is saved and the tracking system is more effective.

We anticipated that the use of the computer will expand tremendously in the near future in many different areas.



JASPER COUNTY MHR CENTER — Trudy Cellars, Secretary, performs many different tasks on the recently acquired Macintosh computer.

"TRY A BYTE...YOU'LL LIKE IT"

By Kathleen Howard
Nacogdoches County
Halfway House

In September, 1984 the Nacogdoches County Halfway House entered the computer age with the arrival of a new Apple IIe Computer and Printer.

During the early spring, halfway house staff began toying with thoughts of using microcomputers for recordkeeping and educational programming. The conversations were stimulating although, in reality, none of the staff had much experience with computers. The prospect of finding some way to simplify or speed up the never-ending stream of paperwork, though, was enticing to everyone.

Shortly thereafter, following a six-month period of careful budgeting, it became obvious that the Halfway House had underspent its budget in a number of categories. Suddenly the "computer" conversations began to take on intensity as it appeared it might be financially feasible to obtain a microcomputer for the facility.

An enthusiastic friend promised to donate a wordprocessing

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TEXAS COUNCIL — The Board of Trustees of Deep East Texas Regional MHMR Services, represented by Board Member, Ward R. Burke, right, presented a Resolution of Appreciation to Hank Hise, outgoing Executive Director of the Texas Council of Community MHMR Centers during a recent meeting of the MHMR Board of Lufkin. Mr. Burke, who is a member of the Texas Council Board of Directors, has long been associated with Mr. Hise in developing the Texas Council as a strong advocate for the involvement of local Boards of Trustees in Community Mental Health and Mental Retardation Services.



EMPLOYEE OF THE QUARTER — Jana Mooney, Secretary at Angelina County Substance Abuse Program, was named Employee of the Quarter for the 3rd Quarter, FY 1985. Presenting the certificate to Ms. Mooney is Jim McDermott, Ph.D., Executive Director.

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East Texan of the Year



VONZETTA SAMUEL, center, Infant Intervention Worker at the Newton/Jasper County Infant Intervention Program was named Employee of the Quarter for the 2nd Quarter, FY 1985. Ms. Samuel is the first employee to be named Employee of the Quarter on two separate occasions. Pictured from left to right are Jim McDermott, Ph.D. Executive Director, Vonzetta Samuel, and Sally Navarre, Unit Director of the Newton/Jasper Infant Intervention Program.

T.L.L. Temple Foundation. Known throughout the state as one of the founders of the community services to the mentally impaired, Mr. Burke is a former member of the Board and Board Chairman from 1963-1971 of the Texas Department of Mental Health and Mental Retardation. His extensive background includes being a member of the Board of Directors of the Texas Council of Community MHMR Centers, and former member of the Board of Directors of the Lufkin Workshop and Opportunity Center, Inc. He is a member and formerly a Director of the Texas Association for Retarded Children, Inc., and was co-founder and former President of the Lufkin Council for Retarded Children, Inc. He has recently been appointed state board member of the Texas Planning Council for Developmental Disabilities.

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Computers

program; the university technical assistance center was found to have an entire library of education software available. Several MHMR staff members haunted the computer store, becoming intrigued with McPaint, and Koala pads, joy sticks, the "mouse," and Applewriter.

A proposal was written and submitted to Central Administration requesting the addition of a computer system to the Halfway House office. Justification for such a move was based on two premises: it would be an excellent means of streamlining record-keeping, and it would provide an education tool for the clients which would be highly motivating. Through rose-colored glasses staff members envisioned the paperwork accomplished at the push of a button, and dreamed of having the only halfway house in the world with computer literate retarded adults.

Staff members worked their way through the Apple Tutorial Disk, learned to move cursors up and down and sideways, practiced adding and deleting words,

maneuvered a rabbit through a maze until he located a horde of carrots, and drew abstract patterns in fifteen brilliant colors. Nine months later staff members realized how much more there was still to learn.

The initial step was to learn how to use the wordprocessing program so that the amount of time required for writing monthly progress reports and staffing reports could be decreased. The staff became quickly enamored with the capability of moving paragraphs at will, or correcting errors on the screen, and of printing as many clean copies as needed — goodbye Korrec-type, goodbye Liquid Paper, goodbye carbon paper.

The first projects were to set up formats for doing educational progress notes on computer as well as monthly summaries and staffing reports. It was found that an immediate advantage of the computer was that these reports could be done a piece at a time.

The next major project was to set up a system for storing daily menus on computers. The reason for this move was simple: every month the houseparent in charge of menus would sit down and write out approximately thirty individual menus which were then

mailed to the nutritionist for correction and approval. Upon their return they were utilized for a month and then filed. The following month the houseparent repeated the same process. The theory was that if these same menus were done on computer and stored as individual files it would be simple to retrieve them for use at a later date. Also, when these menus were returned from the nutritionist with corrections or changes, these amendments were quickly changed on the computer.

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Wellness Wagon...

Osteoporosis

by Sue Jasper, R.N.
Pineywoods Regional
Treatment Center

If you thought osteoporosis was an "old woman's disease," think again. Experts agree that bone loss starts when we are in our 20's if we don't get enough calcium in our diet.

Osteoporosis is a condition in which bone mass decreases, causing bones to become weak, porous and more susceptible to fracture. It occurs when the rate of bone breakdown in the body is faster than the formation of new bone. In severe cases, as much as 25 percent of the skeletal mass and eight inches of height can be lost. And as the vertebrae in the back become increasingly weak, they can eventually collapse, putting pressure on the rib cage, internal glands and organs.

The good news is that we can prevent bones from becoming brittle and avoid bone loss in the future. The Rx: Eat a well-balanced, calcium-rich diet and exercise to build strong, healthy bones.

Banish the bone bandits that sabotage your body. Here are steps you can take to reduce the risk of developing osteoporosis.

SMOKING: Quit today! Cigarette smoking increases calcium excretion. And nicotine causes your blood vessels to constrict, which means there is less room for bone-building nutrients to squeeze through.

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PINEYWOODS REGIONAL TREATMENT CENTER staff members received training in first aid from Wayne Dupre, forest technician and representative of the American Red Cross. From left are Robby Patterson, supervising psychologist; Mr. Dupre; Ruby Ward, aid; Sue Jasper, Director of Nursing; and Ginger Lymbery, secretary at the Treatment Center.

Jasper/Newton County Open Clubhouse

The new Clubhouse at the Jasper County MHMR Center is now open daily for activities. Formal meetings are held on Monday, Wednesday and Friday afternoons. Wes Bell is Director of the Clubhouse.

The following program areas are covered every two weeks: recreation/free time; structured leisure time activities which include games, films, field trips, arts and crafts, outdoor activities, etc.; self-government which includes the election of officers and club business; current events; simulated living skills which include proper etiquette, meal planning, housekeeping, etc.; and physical fitness.

Some of the field trips taken by Clubhouse members were to Atkinson Candy Company, Lufkin; a Hydro-Electric Generating Plant, Sam Rayburn Dam; and a fish hatchery.

Current events include: spring dance, fall circus and a play — "The Odd Couple."

Future activities planned for the Clubhouse are: a tour of Ft. Polk Army Post, the Air Show at England Air Force Base in Alexandria, Louisiana, and a visit to a planetarium and a museum.

San Jacinto Hosts Bake Sale

The San Jacinto County Community Center and the San Jacinto County MHMR Advisory Council recently sponsored a bake sale on Saturday, April 27, 1985.

San Jacinto County Advisory Council members who participated in the bake sale were Barbara Steele, Katherine Crumley, Mae Meadors, Paul Williams, Eunice Morrison, Mrs. Steve Oldham, Dorothy Donahoe, Bessie Sanders, Minnie Thomas, Philip Wisiackas, M.D., Rhonda Meadors, and Mary Vickery.

Through efforts of the entire community, \$355.20 was raised.

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MENTAL HEALTH MENTAL RETARDATION SEMINAR — Visiting with Thomas G. Allen, Ph.D., Director of Clinical Services at University Park Hospital, Tyler, Texas are from left, Mona Logan, Nacogdoches County Advisory Council Member, Sandra Barnes, Nacogdoches County Advisory Council Chairperson, and Mary Bostwick, MHMR Staff Member.

Mental Health, Retardation Seminar

In observance of May MHMR Month, the Nacogdoches County Advisory Council and the Division of Continuing Education, Stephen F. Austin State University sponsored a Seminar entitled "Mental Health Mental Retardation: A Realistic Approach" on May 22, 1985 at La Hacienda Restaurant in Nacogdoches.

The Seminar Committee consisted of Sandra Barnes, advisory council chairperson, Mary Bostwick, MHMR staff member, and advisory council members, Mary Patterson and Mona Logan. All advisory council members contributed in many different ways to make the seminar a big success. MHMR staff members Nancy Jones, Lee Jones, and Debbie Warren were instrumental in preparing for the seminar. Mary Bostwick handled all scheduling of the activities during the seminar.

The purpose of the seminar was to recognize the observation of Mental Health/Mental Retardation Month by providing an education seminar to the professional and layworkers in all Human Service and Health Related Agencies in the Deep East Texas area.

Two separate workshops were held simultaneously. Workshop I was on the "Theories of suicide and a multifaceted look at suicide from an individual perspective. Suicide as a chosen event for The Helpless and The Inverted Idealist." Thomas G. Allen, Ph.D., Director of Clinical Services at University Park Hospital, Tyler, Texas and Dawn Knowles, Executive Director, East Texas Crisis Center, Tyler, Texas conducted Workshop I.

Workshop II dealt with "Issues in Mental Retardation" and "Infant Intervention." Suzanne Stafford, M.S.W., Quality Assurance, Administrator, Beaumont State Center in Beaumont and Jeanette Knippel, M.Ed., Administrator of Education Programs, Beaumont State Center in Beaumont conducted this workshop.

Five hours CEU Credit was available for attending the workshops.

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

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Osteoporosis

RED MEAT: Eating red meat makes the body lose calcium in two ways, says Charles Nowacek, M.D., an orthopedic surgeon in private practice in Westchester, New York. First, it increases the amount of calcium excreted in the urine. Second, the high phosphorous content of meat interferes with calcium absorption.

COLA DRINKS: These, too, are high in phosphorous. So if you drink cola with your cheese sandwich, you'll get less calcium than you expected.

SALT: Sodium and calcium are excreted from the body together. The more salt you eat, the more calcium you excrete.

PROTEIN: Too much protein increases the rate at which the body loses calcium. Keep protein intake to about 40 grams a day.

OXALATES AND PHYLAQTES: These substances, found in such leafy green vegetables as asparagus, spinach, beet greens and Swiss chard, combine chemically with calcium and prevent the body from fully absorbing and utilizing the calcium the vegetables contain. They should not be your sole source of calcium.

CRASH DIETS: Most are unbalanced and don't provide adequate amounts of calcium. Avoid any diet that eliminates dairy products. It is better to eat low-fat, calcium-rich foods and to cut back on calories somewhere else.

INACTIVITY: Bones get weak when they are not used. Start exercising immediately.

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.

Directions Newsletter
Deep East Texas MHMR Services
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Lufkin, TX 75901

Attention: Joe McCulley, Editor
Diana Moore, Assistant Editor

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Bake Sale

The Senior Citizens in Shepherd and Coldspring, Women's League in Coldspring, Special Education Class in Coldspring, Director, Paul Williams were instrumental in making the bake sale a big success. The Aubrey Hill Insurance Agency, Wolf Creek Park, and Mrs. Eva Campbell allowed the bake sale to be located on their property.

The money raised will be applied towards funds for a matching grant to purchase a van, equipped for handicapped individuals. The primary purpose of the van will be to transport clients to the workshop in Livingston.

The bake sale was the first step in fund raising. The long range goal is to purchase land and build a workshop to San Jacinto County for the handicapped clients.

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Computers

Consequently files of menus began building up so that setting up the monthly menus would, in the future, only require that the houseparent sit at the computer, run through a catalog of menus, select the ones she wants, and have them printed in a very short time. The menus will meet the nutritionist's requirements because her changes will already have been incorporated.

As an offshoot of this project, another set of files was started. These include a list of recipes that

matched the dinner meals on the menus. Thus, when a daily menu calls for "meatloaf," the houseparent can go to the computer, call up the recipe for meatloaf, and quickly print a recipe that will serve the number of clients in the facility. This recipe is then used by the client in meal preparation.

The third project was to get weekly and monthly training schedules computerized so that the houseparent could quickly call up a format and enter client names where she wanted them, and print the schedule.

Fries House Makes Video

Barbara Johnson, Fries House consulting registered nurse, recently completed a 15-minute video presentation for a Lamar University communications class.

The video covered the purpose and programming of a halfway house, specifically the JoAnn Fries House. The title is "Halfway There."

The film shows the residents doing daily tasks and chores, playing outdoor games, and personal interviews with three clients. Also featured in the video are clients at the Hardin County Sheltered Workshop and Resale Shop. MHMR staff members interviewed were Donna Alexander, Unit Director, JoAnn Fries House; Anna Walker, Unit Director, Hardin County Sheltered Workshop; and Sandy Skelton, Director, Residential Services.

The purpose of the video is to inform the general public what a mental retardation halfway house is all about.