

The Wood Post

A Publication of The Wood Group

December 2008

MERRY CHRISTMAS

The Wood Post
2008

What's Happening by Jerry Parker, CEO

Special points of interest:

- Jerry Parker
- Mark Bruce
- David Kelley
- Mary Helen Farnam
- Lesa Reimers
- Mary Wood
- Stacy Otto

The Wood Group has expanded our services this year to include several new areas of Texas. We have opened New Programs in Stephenville,



Jerry Parker

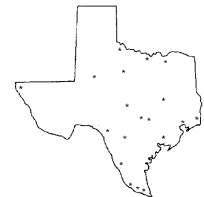
services to South Texas and El Paso. We expect 2009 will be an exciting and challenging year for The Wood Group. Our company wants to say thank you for all the hard work of our team and encourage you to keep up the good work.



Waco, Georgetown, San Antonio and Abilene. These new facilities have brought an influx of new employees to our team and with them have come new ideas and excitement. The Wood Group will continue to see growth in

2009 with the opening of our new Austin Crisis Respite Center in January. The new facility will eventually house 41 beds. We will also open a Regional office in Austin next year, which will provide support services to Central Texas. The San Antonio Regional office will provide support

Areas Served by The Wood Group



Inside this issue:

What's Happening	1
The Wooden Nickel	1
Mark's Minute	2
TWG Express	2
Rehab Updates	2
HR Updates	3
New Recipe	3
Wooden You like to Know??	4

Wooden Nickel by Jerry Parker, CEO

The Christmas season is upon us and I want to take this opportunity to wish my fellow workers and their families a Merry Christmas. The Wood Group enjoyed a very successful year in 2008. We have expanded into areas of Texas that are new to us which are always exciting. All of the growth would not have been possible without the dedicated hard work of the many people who are a part of the company. It is a privilege to be a part of such a fine group of people. Once again from my family to your family God bless you and have a great Holiday Season.



Jerry

Mark's Minute by Mark Bruce, Chief Financial Officer

The little unremembered acts of kindness and love are the best parts of a person's life.

William Wordsworth



Iwould like to wish all our employees and their families a Merry Christmas and to express my gratitude for all the hard work you do for our company. I also have a bit of advice for the holidays. If you're singing Christmas songs on your neighbor's lawn at night with your church group, it's called "caroling". But if you're doing it alone with no pants on, it's called "drunk and disorderly" and could ruin your entire evening! Have a great holiday season.

Mark



TWG Express by David Kelley, Chief Operations Officer

Well it is almost Christmas and I want to share some of my favorite Christmas jokes with you. These are great at family gatherings, Christmas Parties and if you are caught "Caroling" in your neighbors yard. Consider it the gift that keeps on giving.

What is special about the Christmas alphabet?

It has NO EL.

What happens if you eat the Christmas decorations?

You get tinsel-itus!

Why does Santa have 3 gardens?
He likes to ho-ho-ho.

How does Santa Claus take photos?
With his North Pole-roid.

What did Adam say on the day before Christmas?
It's Christmas, Eve.
What do you call a group of chess fanatics bragging about their games in a hotel lobby?

Chess nuts boasting in an open foyer!

What do you call a cat on the beach at Christmas?
Sandy Claus!

What do you call a reindeer wearing ear muffs?
Anything you want. He can't hear you!

Mum, Can I have a dog for Christmas?
No, you can have turkey like everyone else!
Merry Christmas Everyone!!
David

MH Rehabilitative Services Updates by Mary Helen Farnam



This past August I was privileged to present The Wood Group scholarship to the recipient, Susan Beattie, at this year's Bexar County Behavioral Health Family Support Conference. I first met Susan Beattie this year while working with the steering committee for the Bexar County Behavioral Health Family Support Conference. She has been very involved with this committee for the past eight years. As I got to know Susan, I realized that she is involved in many other projects. She is a true advocate and voice for mental health awareness. What is so impressive about her is that she does not allow her mental illness to control her life. Susan is the Co-Founder of African American Leadership Forum of San Antonio, Texas. She is the creator of Mental Illness Awareness Week Art Show and former member board member of NAMI San Antonio. She is currently on the board of the Urban Alliance and VSA Arts of Texas State Advisory Board. Susan won the Family and Consumer Star Award in 2004 and the Richard E. Hopkins Torch Award in 2007. Susan's life is a shining example that mental health recovery is possible.

As 2008 comes to a close, I would like to thank all of the Wood Group staff for their hard work this year. You provide such necessary services to our clients. Over the past year, I have traveled throughout Texas and met many of you at the mental health outpatient clinics and residential facilities. I was always impressed by your caring spirit and dedication to our clients. You are making a profound difference in people's lives. I wish you and your families all the best during this holiday season.

Lesa's Lines by Lesa Reimers, Human Resource Director

What makes a good Administrator? The foundation of leadership is not competence or charisma, but character. Charismatic people are often assumed to be the best leaders, but it's a trait that can be used for good or evil. These six qualities aren't the only ones an administrator should possess, but it's hard to be a great leader without them; **Compassion**-great leaders care and love for the people and the work they do. **Contemplation**-true leaders don't just act, they think. **Cheerfulness**-great leaders inspire others. They maintain a pleasant attitude, even in the face of discouraging setbacks. **Concentration**-great leaders stay focused on their objectives. **Courage**- leaders are willing to pay the price. Attacking tough issues takes great courage because solutions aren't always popular. **Clear Conscience**- personal integrity is vital because leadership is always built on trust. The moment a leader loses that, he or she is no longer a leader, regardless of title or position. Have a Merry Christmas!!! Lesa



Merry
Christmas

The Best Attitude for your Heart

Kee an optimistic outlook, it's proven to prevent a host of health problems. According to a roundup by Harvard researchers, a perennially sunny disposition will help you to: **Lower your blood pressure**- Highly pessimistic adults are up to three times as likely to develop hypertension as happier ones and people with the most positive emotions have the lowest blood pressure. **Ward off heart disease**- Optimists have half the chance of developing cardiovascular disease compared with pessimists, according to one recent study. **Heal faster**- Stay upbeat after bypass surgery-you'll be 50% less likely to go back in the hospital. **Live longer**- It's not just your heart; multiple studies show that a cheerful outlook can ward off other health problems and add years to your life.



Merry Christmas and Happy New Year!

Mary Wood

Festive Corn Casserole by Stacy Otto, Director of Quality Management

I thought I would share a favorite recipe with you this holiday newsletter. I hope your family enjoys it as much as my family does.

Ingredients:

- 1/4 cup butter
- 1/4 cup flour
- 2 teaspoons salt
- 1 Tablespoon sugar
- 1 3/4 cups milk
- 3 cups fresh corn or 1 1/2 Pkg frozen corn
- 3 eggs, beaten until frothy
- 1/3 cup chopped green onions

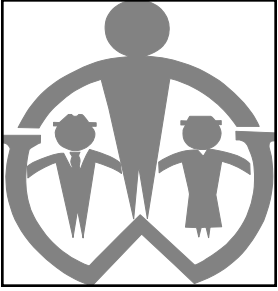


To Prepare:

Melt butter in saucepan, stir in flour, salt and sugar. Cook until bubbly, add milk and cook, stirring constantly until thick. Stir in corn. Remove from heat. With table knife, scrape cob to squeeze out any remaining juice and add to mixture. Stir in eggs and onions. Pour into well-buttered casserole and bake at 325 degrees about 45 minutes, or until slightly brown.

Happy Holidays!

Stacy



Wooden You Like to Know??? (Employee News)

A Publication of
The Wood Group

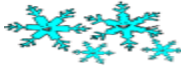
3610 Barnett Road
Wichita Falls, TX 76310

Phone: 940-767-0463

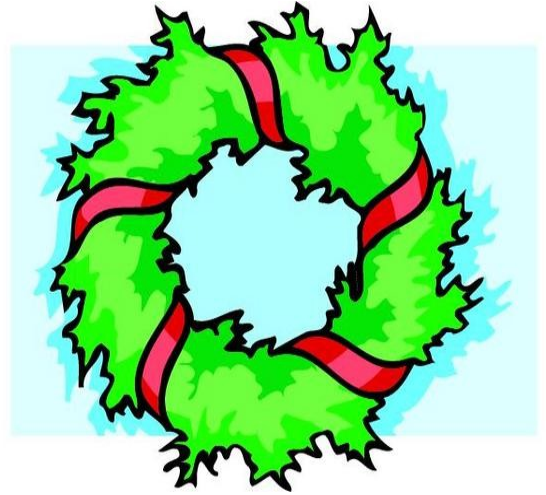
Fax: 940-767-0466

www.TheWoodGroup.us

Editor: Mary Wood,
Director of Marketing



We extend our sympathy to our administrator in Abilene, Brynn Rivera. Brynn's father passed away unexpectedly September 7. Then September 29th, Brynn gave birth to a healthy baby boy, Rhys Oscar Rivera, 9 lbs and 21 inches. Our thoughts and prayers are with Brynn in this bittersweet time.

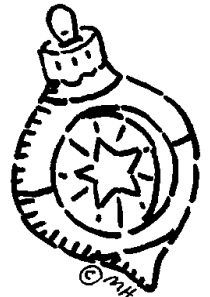


Brenda Hernandez, the Administrator in Texas City, would like to say thank you to all the staff for the great job they did during Hurricane Ike. I would also like to say how proud she is of her daughter, who is in the National Guard and she is going to school to be a fistic scientist.

Katie Marie Farnam, daughter of Mary Helen Farnam was married to Stephen Keating on Saturday, September 27, 2008 in Cancun, Mexico. Katie and Stephen will reside in Los Angeles, California.

We want to extend our condolences to Lucile Lindsey and Jenell Coats in Quanah in the loss on their loved ones. Jenell's husband passed away and Lucille's mother passed in the last couple of months.

We are all thankful Stacy Otto wasn't injured seriously in her recent car accident involving a deer. Unfortunately the deer wasn't as lucky.



Paula Perea, Administrator in Big Spring, is expecting a baby in December. She wants to say how much she appreciates her staff for all the support they have given her through his stressful time. Also, a Happy Birthday to Paula and to George Gutierrez.



If **your** news didn't make it in the newsletter, please ask you administrator to get all info to me earlier. I apologize if I didn't get it in this issue.



Remember, life is not measured by the number of breaths we take, but by the moments that take our breath away."

You can complain because roses have thorns. Or you can rejoice that thorns have roses. - Ziggy

