

TOWARD MAXIMUM INDEPENDENCE, INC.

Issue #13

September 1992

This newsletter is published quarterly for program participants, family, friends and colleagues of TMI, a non-profit organization

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A WORD FROM OUR EXECUTIVE DIRECTOR

As the panic over the budget crises fades to sheer dread, we are all getting back to our regular routines. There has been a lot said about the waste in interest to be paid on the lines of credit which have had to be tapped in recent weeks. The waste, however, goes much deeper than that. We have been driven off course by this deadlock - diverted from our primary responsibilities. There has been an incredible amount of time and energy spent in advocating for the almighty dollar, more than half of which will never reach the individuals we support. Again, politics prevailed rather than common sense and practical solutions. Fresh from our political disillusionment, we must get back to what is most important about our work - improving the quality of peoples' lives, ensuring necessary services and supports, connecting people to their neighborhoods and communities, and helping people to be informed, competent advocates for themselves.

This week we received notice that our rates of reimbursement in all DDS funded programs will be frozen for two years. The impact of this on services and supports at TMI is mere conjecture at this point. To people who rely on those services and supports, we can offer a simple promise: We will do all we humanly can to insure continuance and quality of supports.

Sometimes a crisis brings out the best in people. When we weren't sure how we would make payroll at the end of September without a state budget, an impressive number of TMI's staff promised to be there for people regardless of a paycheck. One staff member said, "People rely on us. We can't let them down." Too bad more elected officials don't operate under the same moral code!

TMI SALUTES BUSINESSES FOR THEIR SUPPORT

When people hear the name "Ben and Jerry's" the usual reaction is "great ice cream!" The Ben and Jerry's Corporation has become associated not only with ice cream, but also great dedication and support to environmental causes and community support. We can make the same claim in San Diego. Jerry Marszlek, manager of the "Ben and Jerry's Ice Cream Store" in Clairemont has generously donated ice cream without hesitation to TMI's Annual Consumer/Staff picnic for the past two years.

We want to thank Jerry for his support and also encourage other small businesses to support your community!

PROGRAM NEWS

Community Living Services

Since the last newsletter issue, CLS is excited to be part of the move of two more individuals who will begin receiving supported living services making a total of 23 people receiving this level of support. CLS is looking forward to participating in the CSLA (Community Supported Living Arrangement) federal grant project. This project will access federal dollars to provide supported living services to individuals. The commitment of CLS is to provide quality services to the people we support. This service is very much a "team effort" starting with the CSF's to the supervisors and coordinator to the director. CLS is determined to focus on team building of support staff. I would like to take this opportunity to acknowledge and extend my appreciation to the supervisors who work for CLS. Simone Ferber - San Diego/South Bay; Sue Arce-Hahn - Beach area; Kathryn Bilal - North County; and Dena Hernandez - East County. Appreciation is also extended to Phylinda Clark, Coordinator of CLS whose focus is on supported life but seems to assist all of us.

PROGRAM NEWS - CONTINUED

We currently have 45 people working in integrated work sites throughout the County. CES's Job Developer, Brent Ramsey, has been working diligently to secure job sites and his hard work is definitely paying off. Many thanks to Brent for his extra effort, and to all the CES staff for their hard work!

Family Support Services

This past three months has included several children becoming supported in new alternative families. The Medin Schaffner, Kathy Richards, Belinda Isaacs and Micky Cochran (plus Andrea and Shawney) have all welcomed ad family members. Congratulations and thanks to everyone involved!! We have had several birthdays recently. Bes have gone to Nathan, Malcolm, Michelle, Tarel, Rachel and our newest young man, Dante.

Summertime has seen many children receiving extra support through Community Inclusion Facilitators. These st members have gone with children to day camps, Boys and Girls clubs, to the beach, the zoo and all over the coun trying hard to help the kids develop friendships and greater independence. One young man, Miguel, has been mak own appointments and recently did an excellent job of running his own PSP meeting. Great work to Miguel and h facilitator Fernando.

Want to volunteer with kids? Give Family Support Services a call at 467-0600 (Exts. 306, 321, or 307) and we'll t you about how you can become involved. We particularly need people who know lots of typical kids to encourag friendships and activities. We also have children with special interests who might benefit from lessons such as art Nintendo and sports as well as academic tutoring.

IN THE SPOTLIGHT

INCLUSION: The television program highlighting the lives of people with disabilities.

Dema Hudson has become involved with producing a public access television program that profiles people with disabilities, as well as people and agencies who support them. Initial shows have included features on TMI's I Life, an interview with Dan Clark from the Regional Center and an ADA overview by Art Pinnock. Upcoming include information on working with children with behavioral challenges with Paul Dores, Ph.D.; an interview with Erickson, a young woman with a physical challenge who entered the Miss San Diego Beauty Pageant (for information on accessibility); Roger Orstad discussing Seminar By The Bay; and Deborah Conklin from R explaining complementary para-transit and a preview of IEP day. On September 20th, self-advocate Norma R will be at the INCLUSION studio to discuss the self-advocacy movement and Council People First. This program probably air in October.

INCLUSION is shown on Cox Channel 24 Sundays at 6:30. Each episode is broadcast three times, then another is shown three times, then back to a new **INCLUSION**. The program is also shown intermittently on Southwest Call Dema at 467-0600 for current show information and/or questions and topic suggestions. **INCLUSION** is supported by TMI, Interwork and Area Board XIII. Additional support is sought to improve overall quality. A goal program is to move to a regular cable network with more frequent new shows.

Employer Interview

By Brent Ramsey

Chief Auto Parts is located on Plaza Blvd in National City, and is managed by Armando Villasenor. I came in contact with Armando some time ago by a job lead given to me by Debbie Johnson (a TMI co-worker) who had her eye out for "help wanted" signs. My conversation with Armando was very exciting and positive. He agreed to an interview with one of our Supported Employment candidates, which turned out to be David Gottell. The rest is history. David has worked at Chief since its grand opening last June as a stocker and is doing very well. Armando is a very enthusiastic, up-beat individual. He loves our agency and is very proud of David. He states that "hopefully, other Chief Auto Parts will be involved with TMI's Community Employment component." Armando loves the fact that David can work on his own with little or no assistance at all.

I came away from my interview with Armando feeling that he really understands the philosophy of CES and highly supports it. He expressed continued success with our agency and looks forward to future contacts. If you are ever in the area, stop by and say "hello" to Armando and David. I'm sure they will help you find that auto part that your car desperately needs!

You Got To Fight For Your Rights

My name is Gayle Kamradt. I recently became a San Diego representative for People First. The San Diego group has 10 people, and my first meeting went really well. We talked about teaching the public about People First, the importance of voting and about our responsibility on the Board. Our group is also going to put out the State newsletter for People First. Being a representative for this group is very exciting for me!

People First is an international advocacy group and is sponsored by Area Board XIII. The group meets quarterly at the War Memorial Building in Balboa Park. For more information on People First, call Sara Couron at Area Board XIII.

SUPPORTED LIVING PROGRAM

TMI's Supported Living Program has quite a few success stories that we thought our readers' might enjoy, so we decided to feature these successes in our upcoming issues. We'll kick-off it off with our first stories by John and Kathy .

Hi... My name is John Nicosia. I have been living in El Cajon in my own apartment near my neighbor Kathy Sorenson for 2 years this September 1st. I like Kathy and her family being my neighbors. Kathy helps me pay m bills, cook, clean and lots of other stuff. Lisa Watson and Roxanne Sones also help me out on weeknights to grocery shop, do my laundry and cook my dinner. On weekends, I try to hang out with different people. One of my favorite people is Dennis Casey. We take the bus all over. I also get a lot of help from my mom who is always there when I need her. I just started a new job delivering papers in the area. Faith Andrews is my job coach and I like her. I am going to save my money so I can move back to Santee to be near my family.

I am Kathy Sorenson, John Nicosia's neighbor for the past 2 years. The past two years have gone by quickly. I am very pleased that John has been our neighbor for two years. There was concern in the beginning if John could make it on his own. Many people doubted a program which supported people to live in their own place with paid support. John has had several roommates, and we learned that John wanted to live by himself. I am his second

WHAT'S NEW

Baby News

Congratulations to the following Moms!

Renee Ault-Gontarz had a BabyBoy.

Lori Bellante had a Baby Girl.

Linda Means had a Baby Girl.

Miguel Plum and his wife are expecting a new baby!

Graduation News •

Congratulations to the following Graduates!

Julie Casey

Jennifer George

Brenda Thomas

Other News

In CES, Faith Andrews will receive \$50.00 for a job lead that landed Neighbors Publishing as a new job site!

Congratulations

Annette Augustine - Walmart

Kelly Nolan - Kmart/Ramona

Jackie Moffit - Arbys/Chula Vista

Rick Noriega is back at Mail Boxes Etc. after being off for the summer!

FALL CONFERENCE HIGHLIGHTS

- Seminar by the Bay - October 22, 23 - San Diego
- Supported Life Conference - October 1, 2 - Sacramento
- National TASH Conference - November 19-21 - San Francisco
- 3rd Annual Integration Institute - February 25, 26

OUR LIVING PLANET EARTH - By Simone Ferber

Our planet is the only one we have. Here are a few things you can do to save the Earth for yourself and your future!

SAVE ENERGY AND MONEY!!

Turn off lights when leaving a room.

Decide what you want before opening the fridge. Keep cool air inside, don't let it escape.

Use the smallest possible appliance for any cooking.

Defrost foods in the refrigerator. It uses less energy than using a microwave, conventional oven or running hot water.

Keep curtains and windows closed during the hottest part of the day.

Turn fans off if you're out of the room for more than 5 minutes.

WATER ... IT COVERS 2/3 OF THE EARTH - AND ONLY 3% OF IT IS FRESH!

Flush your toilets less - not after each use.

Turn off water while brushing your teeth or shaving.

Keep a bottle of drinking water in the fridge, it keeps it cold, tastes better and saves running the tap.

After taking a bath, keep the water to fill up jugs to water indoor and outdoor plants.

If you boiled potatoes or vegetables for dinner, save the water for plants, as it contains lots of vitamins and

HEALTH WATCH - By Cathy Cosner

Healthy Healing Vegetables

Veggies aren't cure-alls, but they certainly can boost your health in a positive way!

Broccoli - High in Vitamin C, beta-carotene, potassium, fiber and calcium. Broccoli is thought to be an anti-cancer veggie and is low in calories.

Cabbage - Also thought to be a cancer-fighting veggie, it is high in Vitamin C and fiber. Very good mixed in with your salad.

Carrots - High in Vitamin A and beta-carotene. The U.S. Dept. of Agriculture claims, "2 carrots a day can reduce cholesterol by as much as 20%."

Potatoes - High in potassium, Vitamin C and B6 (the latter which fights fatigue and infection), This veggie is full of iron and magnesium with almost no fat. Watch what you put on them - that's where the fat comes from!

Squash - High in Vitamins A and C, fiber and potassium.

Onions - Like garlic, onions are a cholesterol fighter and seem to inhibit blood clots (which can trigger heart attacks).

NOTE: Try steaming vegetables or eating them raw. Avoid covering them in butter, margarine or salt. Try Mrs. Dash or a non-fat product instead.

Bon Appetit!

SELF-ADVOCACY/SUPPORT GROUP MEETINGS

San Diego

Every 3rd Wednesday of every month. 5-7 PM
Mike & Mel Engleman
4105 54th Place #203
582-5817

Clairemont/La Jolla

Every 2nd Tuesday of every month. 5:00 PM
S. Clairemont Rec. Center
3605 Clairemont Drive

South Bay

Every 2nd Tuesday of every month. 5-7 PM
Mimi Lala
275 Woodlawn #10
425-9505

East County

Every 3rd Tuesday of every month. 5:30 PM

Locations Vary:

Sept: Bill Chimits & Denny Brewer/460-6124

Oct: James Hutton/390-8000

Nov: Carolyn Wilson/463-8419

North County

Vista: Every 1st & 3rd Wed of every month. 6:00 PM
ARC Pre-Apartment. Contact Meg at 726-4577

Escondido: Every 2nd Thursday of every month. 5:30 PM

Rancho B: Every 1st Thursday of every month. 6:00 PM

Ramona: Every 2nd Thursday of every month. 5:00 PM

QUARTERLY CALENDAR

Your community has so much to offer. This Fall there are lots of exciting and fun events happening around town, as everyone gears-up for the Holidays!

September

Michelob Street Scene
Sept 11th & 12th
San Diego Gaslamp District
10 stages with more than 60
live bands from around the
globe: 557-8490

Adams Avenue Street Fair
Sept 19th
Adams Ave. in San Diego
Arts & Crafts, rides, music &
entertainment: 282-7329

Chula Vista Harbor Days
Sept 26th
Chula Vista Harbor
Parade of tall ships,
swap meet, live entertain-
ment: 691-1860

October

Cabrillo Festival
Oct 3rd & 4th
Cabrillo National Monument
in Point Loma
Entertainment, food & family
events: 557-5450

Harvest Festival
Oct 9th - 11th
San Diego Concourse
Crafts, entertaining & country
cooking: 236-6500

San Diego Gulls Hockey
Oct through April
San Diego Sports Arena
Come support our team
great sport: 225-PUCK

November

Mother Goose Parade
Nov 22nd
El Cajon
Famous parade, lots of
floats: 444-8712

Dixieland Jazz Festival
Nov 26th - 29th
Town & Country Hotel
Mission Valley - 28 jazz
bands: 287-JAZZ

Light Up The Night
Nov 27th
Horton Plaza, Downtown
Holiday candlelight
concert & visit from Santa
239-8180
