

# Toward Maximum Independence

A non-profit agency assisting people with disabilities  
to live, work and participate in their communities.

ISSUE NUMBER 18

JULY 1994 NEWSLETTER

## TMI Party Has Everyone Kickin' Up Their Heels

*By Darin Trammell*

On May 20, 1994 TMI hosted its first annual Spring Fiesta. The Spring Fiesta was held at the Recital Hall in San Diego's beautiful Balboa Park. The TMI Council was the driving force behind this festive party. A big thanks to the following council members who put forth the extra effort in planning this event. Mimi Lala, David Griffen and Deliah Marg. These folks took information to their various support group meetings, as well as relaying the groups' consensus back to the Council.

The Recital Hall took on an authentic Mexican essence with loyalist red, green and white streamers and tablecloths. The centerpieces for the tables were paper flowers in a vivid array of colors. The hall was also adorned with pinatas in playful figures and objects. Thanks to Debbie Johnson for selecting and purchasing the decorations. The evening's cuisine was true "comida de Mexico." Cheese enchiladas, rolled tacos, quesadillas, shredded beef with flour tortillas, Spanish rice, refried beans, tortilla chips, quacamole and salsa. The musical entertainment was provided by Carl Bickel's band, Summer Wave. The band gave an outstanding performance - as usual!

Even though we experienced a few hitches (like running out of punch and cups) overall the evening

## Legislative Update *By Connie Saverino*

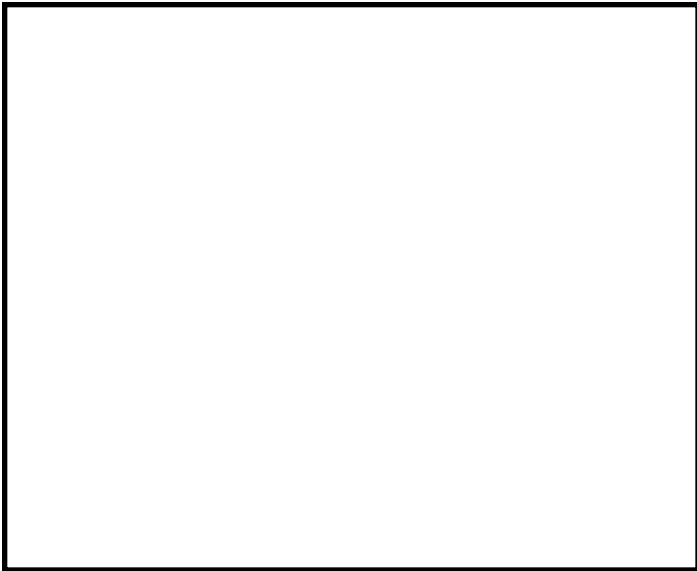
The 1994-95 State Budget (SB 2120) was signed by Governor Wilson on July 8, 1994. The budget calls for no new taxes, maintenance of current educational funding rates, an increase of 10% in student fees at both the University of California and California State schools, implementation of managed care programs for medical/dental services, redirection of \$200 million in (SB 910) targeted case management funds for support of medical services, a 2.3% reduction in AFDC grants, limitations on welfare and medical benefits for sponsored aliens, a 2.3% reduction in



was a success. The party savers of the evening were Rhonda Birich and Carolyn Crist who dashed out and purchased much needed supplies. Thanks to everyone who helped with set-up, serving, and clean-up, as well as all who attended the Spring Fiesta. Watch out for upcoming information regarding TMI's Back to the Bay BBQ in September.

Adios Amigos!!! - Senor Special Events

*Continued on page 2*



**Mickie Starlard**

## **Employee Interview**

*By Brent Ramsey*

If you're ever in the mood for a pizza that has been made with the finest ingredients and a delivery service that puts "the other guys" to shame, then stop by the Pizza Hut Delivery store located in Tierrasanta on the corner of Santo Road and Clairemont Mesa Blvd. The manager of this particular Pizza Hut is Mickie Starlard. Mickie currently hired three individuals from Community Employment Services's VR-WAP Expansion program and Supported Employment program. The individuals (Angela, George and

Dennis) are supported by Cindy Lancaster and Nelson Riley. TMI would like to thank Mickie for giving an opportunity to these individuals.

Mickie has been a part of Pizza Hut for about five years. She was born in Portsmouth, Virginia and has lived in San Diego for quite a few years now. She graduated from Castle Park High School in 1983 and attended City College for two years. Mickie's interest in managing began when she was a waitress at a Pizza Hut restaurant. Her manager at the time was Rick Ward. (Rick, by the way, is the manager of the South Bay delivery unit where he hired two individuals through TMI's CES program some time ago.)

Mickie is very pleased with the work that Angela, George and Dennis do. She also credits the employment facilitators for their hard work as well.

Once again, this is another success story where people TMI supports can do wonders if given the opportunity. TMI would like to thank Mickie for her generous contribution of pizza at the last general staff meeting!

Keep up the good work, Mickie and thanks!

*Continued from page 1*

SSI/SSP, continued suspension of renter's credit, and establishment of trigger legislation to develop mechanism to make adjustments to offset any unanticipated losses of cash in next two fiscal years. DDS had a deletion of \$950,000 augmentation intended to fund health benefits for janitorial staff at state developmental centers. The department's budget for Regional Center is at \$835,038 million. This reflects a \$20 million reduction from proposed budget. Budget language allows one-half of savings generated by regioanl centers operation under performance contracts to be carried over for one-time expenditures in 1994-95.

We continue to be concerned about Federal budget and \$5.6 million reduction which could effect 1) our Area Board and State Council and their start-up and support

of self-advocacy groups designed to empower the people we support, 2) continuation of Partners in Policy Making - a nation-wide training program for consumers and parents who want more say and control over decisions effecting the quality of their lives and services, and 3) the quality assurance and monitoring system which oversees California's CSLA project - Community Supported Living Arrangements. Other ramifications could result in reduced amounts for PDF grants and thus fewer new needed services and less assistance in accessing new services. We do want to thank Nancy Pelosi for advocacy regarding issues of concern to us.



**THE QUIETER YOU BECOME – THE MORE YOU CAN HEAR. (RAM DASS)**

# SUMMER TIME IS HERE!

By Simone Ferber & Cathy Cosner

It's time for summer sun, lots of healthy play, and a bright "green beam" on everyone's face! How about testing your "green I.Q.?" Is the green side of your brain ready? Let's go!

**Q:** Do you remember a short term, non-toxic flea repellent to keep a green smile on your furry companions at home?

**A:** Spray a mixture of Eucalyptus oil and water (10 drops to 1 quart) on to your pet. For kittens, wrap them in a towel soaked with the above mixture and watch the fleas fall like flies. Brush your pets daily, wash pets and bedding weekly and sprinkle diatomaceous earth onto carpet and under furniture

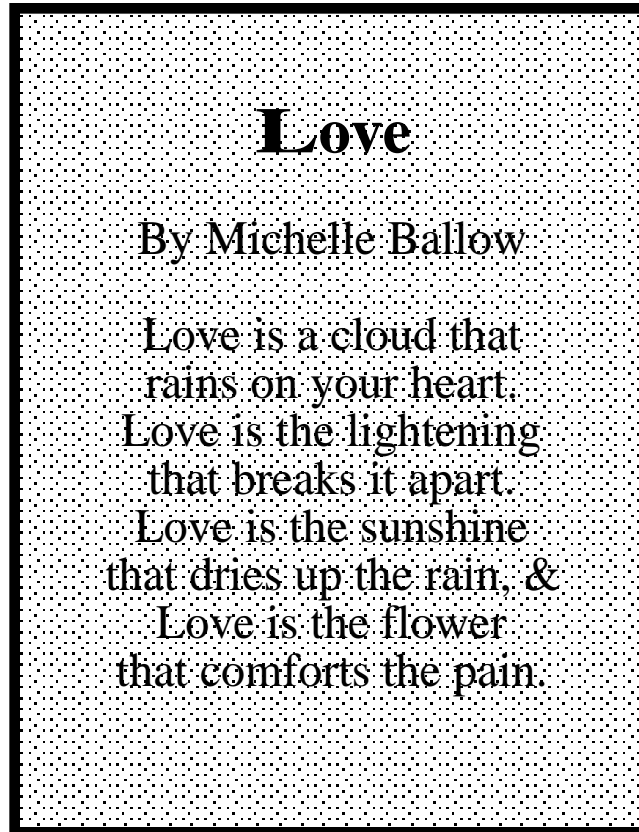
then vacuum up. Don't forget your pets will need more water during this hot season!

**Q:** With the summer sun at it's strongest, what health issues should you be thinking about?

**A:** Skin Cancer. It is at it's all time high, so please be safe - not sorry! It is almost always curable when detected early. Wear sunscreen containing Parcel

1789. There are even lotions with sunscreen already in them. Get your funky hats out for protection and make a health statement!

*For more information on skin cancer, write to: Skin Cancer Foundation  
Box 561 - Dept. SE  
New York, N.Y. 10156*



## PRACTICAL WELLNESS TIPS

Our readers said they wanted a few quick, practical and easy to remember wellness tips - well, we listened and here you go!

### *Cooking*

- ♥ Here's a low-fat, high-fiber substitute for cream sauce for pasta. Puree white beans or other type with some chicken stock and season with your favorite herbs.
- ♥ Substitute applesauce for vegetable oil when making cakes - it will cut out 70% of the calories. If you must use oil, use Canola oil - it is the lowest in saturated fat.
- ♥ Commercial rye and pumpernickle contain mostly white flour - look for whole grain varieties.

### ♥ *Parenting*

Your child's eyes need sunglasses too! Sun damage usually starts at a very young age. Make sure you and your child's sunglasses protect from both UVA and UVB rays. Labels are not regulated so there is no way to know what you are buying - see your local optometrist!



**OBSTACLES ARE WHAT YOU SEE WHEN  
YOU TAKE YOUR EYES OFF THE VISION**

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## **TMI's Programs & Services**

### ***Community Living Services:***

**Offering Independent Living and Supported Living. Support may range from only a few hours per month up to the assistance available through a full time, paid, live-in roommate who has access to back-up relief staff.**

### ***Community Employment Services***

**Comprised of three programs providing opportunities for persons with disabilities to achieve paid employment, as well as increased presence, participation, independence and self-reliance in their neighborhoods and communities.**

### ***Family Support Services***

**Based on a fundamental belief that "all children belong in families." Through a variety of support services, TMI is able to help families tackle difficult decisions, get the relief and support they need, assist with the development of effective disciplinary and positive parenting strategies, and to help families become better connected to their neighborhood communities and schools.**

## **Toward Maximum Independence, Inc.**

**It is the mission of TMI to support the value, right and responsibilities of all people with the support of their advocates to make informed choices regarding how they live, work and express their membership in community. We accomplish this by providing personalized supports to people in their homes, workplaces, schools, families and neighborhoods.**

## **Board of Directors**

**Lori Bellante**

**Katie Bishop, Ph.D.**

**Delores Casey**

**David Griffen**

**John Larsen**

**Bob Morris, M.A.**

**Aghdas Peseshki, M.A.**

**Theodore Pinnock, J.D.**

**Ian Pumpian, Ph.D.**

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

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***B. Ramsey, C. Saverino, D. Trammell***

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## ***NEWSLETTER COMMITTEE VOLUNTEERS WANTED***

***If you are interested in being a part of the TMI Newsletter Committee, give Sandra a call at 467-0600, Ext. 302. We are always looking for interesting stories, poetry, updates, etc!***

# RESOURCES

## Nature Lovers

Get out and visit all the fun and fantastic places right here in San Diego. Here are just a few of the wonderful sights all year round!

- \* La Jolla Scripps Aquarium - Daily from 9-5. Hands-on tidepools and exhibits. Call 534-3474 for more information.
- \* San Diego Humane Society - Open Daily. Farm yard fun! Lots of animals for a close-up view and hands-on fun. Call 299-7012 for information.
- \* Chula Vista Nature Center - Tues-Sun, 10-5. (Shuttles). Call 422-2481 for information.

## AGENCY NEWS

### Back To The Bay BBQ

Friday, Sept. 9th.  
Call Darin Trammell at 467-0600  
VMail #321

### New Employers

CES welcomes the following new employers:  
Burger King - Point Loma  
Carls Jr. - El Cajon  
Jack In The Box - Chula Vista  
Kragen Auto Parts - I.B.  
Pizza Hut - Tierrasanta, Linda Vista and Kearny Mesa  
Red Lobster - Chula Vista

### SELF ADVOCACY/SUPPORT GROUPS

- San Diego - Colinas Park (Orange Ave, 5300 Block)  
Contact Debbie Johnson at 467-0600
- Clairemont/La Jolla - 4425 Bannock Ave.  
Clairemont Recreation Center
- South Bay - 275 Woodlawn Ave. #10  
Contact Mimi Lala at 425-9505
- East County - 1153 E. Madison Ave, El Cajon
- North County:  
Vista. . . . . Contact Carl Bickle at 467-0600  
Escondido . . . . Contact Nancy Burcin at 467-0600  
Rancho B . . . . . Contact Linda Thompson at 743-1050  
Ramona . . . . . Contact Kathy Blanchard at 789-5548

## History Buffs!

San Diego is full of history. Here are just a few places to go and listings:

- \* Old Town Historical Park: 237-6770
- \* Gas Lamp Quarter: 233-5227
- \* Heritage Park: 694-3049

## Your Health

Yoga Class: Contact Cathy Cosner at 467-0600, Voice Mail #514 for more info.

HIV Health Services & Support: For alternative health services available at low cost and duration basis, contact H.A.R.P. (Holistic Aids Response Program) at 692-2077 for more information.

TMI - Kearny Mesa

### Many Thanks

To our new office aides, Chris, Nadia, Sandy and Stephanie - you are all invaluable and are doing a great job!

### Welcome Employees!

#### C.E.S.

Mabel Holman  
Theresa McCauley  
Vicki Posti  
Cathy Price  
Debbie Quince  
Angela Schirer  
Salli Wabsis  
Nathan Wood

#### C.E.S.

Rosalind Dorsey  
Norman Faleono  
Katherine Janssen  
Nance Kelling  
Nelson Riley  
Lorri Shannon

#### F.S.S.

Pam Buerger  
Carl Smith

#### Administrative

Sandy Holthaus,  
Stephanie Brieninger,  
Christine Hopper and  
Nadra Shannon

### PEOPLE FIRST

Next meeting is July 9th at the War Memorial Bldg.

### TMI COUNCIL

Next meeting is August 8, 1994 4:00 at TMI (Potluck).

### PARENTING CLASS

To be Announced.  
Contact Khanda Barch at 467-0600.

### TMI BOARD OF DIRECTORS

Next meeting is September 20, 1994.