



# T.M.I.

**Issue #25**

**June 1998**

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

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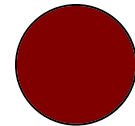
Sandra Wyspianski

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### **In This Issue:**

- North County Update
- Notable News
- Thoughtful Living
- Calendar Highlights
- Employee Interview
- Auction Fundraiser
- Herb Lovett
- FSS Update
- Good Parenting Skills

## **DISABILITY FACTS & FIGURES**



- Employer disability costs will exceed \$340 billion by the year 2000, or 4.6 percent of the Projected Gross National Product. (Wall Street Journal, October 1996)
- Two out of five workers age 45 will be disabled 90 days or longer before retirement. (Life & Health Advisor, April 1997)
- Approximately 8.4 out of every 100 full-time workers, or 6.8 million men and women, sustained a job-related injury or illness in the private sector in 1994.

- *Survey of Occupational Injuries and Illnesses, U.S. Bureau of Labor Statistics*

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## **TMI EXPANDS WITH THE OPENING OF IT'S NORTH COUNTY OFFICE**

The North County office has recently opened it's doors for business in Escondido. Simone Ferber has been promoted to Administrative Coordinator. A Coordinator will be manning the office 2-3 days per week. TMI's Coordinator for the Success Links grant, Andree C., will also be there. Both will be splitting their work week between the San Diego and North County offices. The new office is located at 1900 Sunset Street - #E, Escondido, CA 92025. The new phone number is (760) 839-5255; FAX (760) 839-5281. The original concept for the North County location was not only intended to expand our service area, but also to better access the area's regional centers, existing consumers and employees. The location will benefit staff needing forms, program packets, a meeting place, etc. This will assist in cutting mileage costs as staff will not need to drive to the San Diego office for all of their needs. Mandatory meetings, however, will continue to be held at the San Diego office, although some inservice trainings may eventually be held there.

Because the office is in it's "start-up" phase, we have developed a North County Office Wish List. If any of our readers would like to donate any of the following items we would be most appreciative. Please call Simone or Andree at either the N.C. or San Diego office.



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### ***FREEDOM***

*Freedom is never voluntarily given by the oppressor;  
it must be demanded by the oppressed.*

*- Martin Luther King Jr.*



# Employee Interview With Sandy Holthaus

By L. Newman

LN: Can you tell us a little about yourself?

SH: *Well I'm 35 years old and live in Ocean Beach with my roommate. I come from a large family - nine brothers and sisters! I work at TM! as an Office Aide. I like doing cross-word puzzles, dancing swimming and going to church for fun.*

LN: How long have you been working at TMI?

SH: *I started working at TM! in May 1994 so that makes it a little over 4 years.*

LN: What are some of your responsibilities at TMI?

SH: *I do copying and filing mostly, but I have lots of other duties like doing the daily mail, stamping and sorting, putting supplies away, cleaning, setting up for meetings and making coffee. I am also working on answering the phone.*

LN: What are your favorite things about your job?

SH: *Working with friendly people, getting a paycheck, having parties at work and keeping busy!*

LN: What are some things you don't like about your job?

SH: *I don't like it when we don't have enough work to keep busy and! don't like Mondays!*

LN: What are your future plans?

SH: *To keep working at TM! and live in Ocean Beach with my roommate!*



# J U N E C A L E N D A R

- JUNE 1 -7

International Volunteers Week.

To honor people who serve as volunteers, rendering service to communities in which they live, and to honor nonprofit organizations dedicated to making work a better place.

- JUNE 5

World Environment Day  
Anniversary of the United Nations  
Conference on the Human Environment  
held in Stockholm in 1972. Mark the  
day with activities reaffirming the  
preservation and enhancement  
of the environment

- JUNE 6

National Family Day  
A day to recognize the importance  
of family in raising happy, healthy kids.

- JUNE 7-13

National Ergonomics Week  
Commemorates awareness of the  
benefits of ergonomics, and encourages consumers to  
make choices based on function, comfort, convenience, health  
factors, and ease of use.

National Hug Holiday Week

Express appreciation for one another through a simple hug.

- JUNE 14

Flag Day  
A time to honor the symbol of America.

- JUNE 21

Father's Day  
Celebrate your father and his contributions to your life.

## VISUALIZE YOUR GOAL

So many stories of success involve people who kept immediately before them their dream. And it's often these goals that help us overcome the challenges. Romana Banuelos is an example. She was 20 years old, living in Mexico, when her husband deserted her and their two children. Poverty-stricken, but determined to improve their lives, she left Mexico and headed to Los Angeles. She was untrained and spoke no English. Her determination and willingness to work, however, landed her first a job as a dishwasher and then a taco maker on the midnight to 6 a.m. shift. She worked until she saved \$500 with which she bought a taco maker. She worked, always keeping in mind her goal for a better life, until she became the manager of the largest Mexican wholesale food business in the world. But she didn't stop there. She was eventually chosen to be the 37th U.S. Treasurer.

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## HERB LOVETT

*By Connie Saverino*



TMI has lost a tremendous friend and ally since our last newsletter was published. On March 21, Herb Lovett, Ph.D. died in an automobile accident. Some of us last saw him in December at the TASH conference in Boston where, at the Community Living Gathering, he told a moving story of his own reluctant induction into activism in South Boston.

For most staff though, it was late summer or early last fall that Herb made an appearance here among us when he arrived at an "All Staff" meeting to conduct an informal chat on how we might support people who challenged our creativity, commitment and patience. Herb was only 48 years old, "in dog years" as he would have added, but his influence and accomplishments were impressive. As a clinical psychologist, he fought hard against aversive behavioral practices such as those practiced by BRI. He authored two popular books and many articles related to his work.

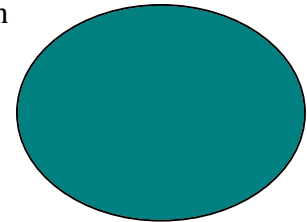
To Michael Dowling, his partner of 20 years, and to his family, as well as the extensive list of friends and colleagues he had amassed across the country, we offer our deepest condolences. Herb was an amazing blend of intellect, advocate and humorist. For satiric wit, he was unmatched!

We are grateful for having shared even a little time with Herb and we vow to keep his work alive in our advocacy for the people we support.

# CHECKING IN WITH FAMILY SUPPORT SERVICES

*By Kim Trotter*

The month of May is a wonderful month - spring flowers blooming and warm summer days on their way - a time to celebrate “Mom” on her special day. It is also the month for “Foster Parent Appreciation.” Family Support Services would like to salute all the Alternative parents for their commitment, patience, dedication, sacrifice and love shown to the children supported in this program. These foster parents are the heart and soul of the FSS program. They work tirelessly to ensure that the children are well taken care of, supported and will soon become productive members of society. Thank all of you for your hard work!



Family Support would also like to recognize all the children for their hard work in school this past year. With summer fast approaching, we would like to remind parents that there is still time to find fun and exciting activities to enjoy with the kids. It is not too late to check out the programs offered by the YMCA and the Boys and Girls Clubs. Day camps are also available and they provide supervision. See your Social Worker for assistance.

The program is currently in the process of developing a new training schedule for both prospective and current foster parents. Stay tuned for more information in the coming months. Family Support would like to congratulate Barbara A. for graduating from the FSS program. Barbara has been in the Fuentes’ home since 1992 and has made tremendous improvements and strides. Best wishes to Barbara in her future endeavors.

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## J U L Y      C A L E N D A R

### **Anti-Boredom Month**

Turn off the television and examine your daily routine. Evaluate whether you’re experiencing an extended period of boredom. Boredom is often considered a warning sign of problems, including depression and self-destructive behavior.

### **Cultivate Your Character Month**

Bring your true character to life. Character often determines whether we see opportunities for success, or blindly trip ourselves into failure. Choose the character you want to be. Tap into your talent and take charge of your life.

### **National Purposeful Parenting Month**

Parenting isn’t just reacting to your children. If you’re a parent, incorporate “purpose” into your parenting. Elevate your level of parental effectiveness by building awareness and taking on positive, conscientious parenting skills.



# THOUGHTFUL LIVING

By Simone Ferber

## Spring Ahead Into Action This Season!

I hate to bring it up but I am going to open this article with three magical words that everyone with a pet will be forced to think about over the next six months: Bite, Hop and Breed! Ouch! So why not get a “jump” on it now! Can you guess what one tough hombre I am talking about? Yep... the flea, Those squash-proof, hard to catch hombres who have been around for millions of years are just beginning their rein of terror this season! If you see just one flea...it’s a call to arms! “Why,” you ask, “it’s only one flea!” If a nuclear holocaust destroyed our world, fleas would most likely be among the survivors (along with the cockroaches, of course). Well, are you out of your chair yet and ready to flight? If not, here are some facts that may have you “hoppin” (excuse the pun) if the word, “flea” doesn’t by now!

**Flea Facts:** Fleas have been known to jump 8’ straight up and over 1’ horizontal. Now try and catch that! Fleas can outdo a rabbit’s reproductive cycle ten-fold! They may only live 90•days, but one male mates ten times per day and females lay up to 60 eggs per day That’s 10 females laying 540,000 eggs during her meager 90 day lifespan!

Wait... there’s more. Those females lay eggs on anyone or anything around. Did you know that from one lone flea, each egg layed, a larvae emerges? Those protected larvae can live up to two years on your carpet, TV set, answering machine, curtains and even your pet (that’s of course: if you didn’t bathe them). Should! go on? When larvae emerge they’re hungry and they seek out a host - your pet or maybe even you! It remains on that host until satiated and then hops to at other! Is that little little spot on your arm starting to itch? Ready to bring the big guns in yet? “Rover ... down girl! You know a simple battle growl won’t kill those fleas!” You ask - “what will?” First...the Best Defense Is A Good Offense!

The following are natural, non-toxic preventative measures you can take starting this week!

1. High quality diet for your pet. (My preference is Nutro-Max products.) Healthy and nutritious food builds up the immune system of your pet and can prevent flea diseases and lots of unnecessary itching.
2. Flea Repellents
  - a) Cedar Chip fill for your pet’s bedding
  - b) Bedding covers that are washable -washing at least 1 time per week in very hot water (min.140 degrees) and drying on the hottest cycle possible. Add essential oils, a natural repellant to the rinse cycle. Oils such as Eucalyptus, Cedar Annice or any citrus oil are oils that flea’s don’t like. These oils can be purchased at Jimbo’s, Henry’s, Greentree, Whole foods or any other health food, New Age-type stores. FYI - Eucalyptus is the cheapest...just 10 drops per gallon will do ya! Oh, and don’t forget to soak the dog collar too! Sometimes fleas find that to be a great life raft.
  - c) Penny Royal Oil is available in shampoos, powders or essential oil form. **WARNING: ESSENTIAL OIL FORM IS TOXIC TO KITTENS, CATS AND PUPPIES!**
  - d) Skin So Soft Lotion by Avon when diluted in water-15 oz per1 gal-can be used as a dip.
  - e) Brewers Yeast + Fatty Acids (fish oil) as a dietary supplement for your pet.
  - f) Diatameous Earth Both a preventative measure and a flea eradicator

## ***THOUGHTFUL LIVING - Continued***

Remember, even if you treat your pet, you will continue to be plagued with fleas -those baby fleas hiding in your home in your carpets, walls, floor cracks, crevices and upholstery.

More Tips to Help The Fight!

- a) Set traps in your home with pans of soapy water placed under lights (the last pool party they'll ever attend) **WARNING:**A significant number of floating fleas means more extreme battle measures are necessary!
- b) Flea combing- always the most safe and effective measure that one can take (use warm, soapy water).
- c) Vacuum vigilantly!! Add flea powder or diatomaceous earth to your vacuum bag or canister before they can escape and before trash day or they may decide it is a nice place to have babies and take up house-keeping!
- d) bathe your dog 1-2 times every 2 weeks with dog shampoo. Ask your vet about the best shampoo for your dog.

Finally, Remember your yard! If your dog goes out at all, you've got a problem. Those fleas love free rides in and out of the house!

- a) Just sprinkle some pyrethrum dust or diatomaceous earth on those trouble spots (particularly your dog's favorite spots to lay or roam) and reapply if it rains. Don't forget the dog house!
- b) Rake your yard frequently of organic debris. Fleas love moist, cool areas. Sunlight, warmth and dryness discourages flea growth.

OK Simone, you say, it's past prevention. The fleas are hoppin' and Rover is itchin!

Now what do I do ?“

- a) Tea Tree Oil- an anti fungal and antibacterial oil spot treats severely inflamed skin. It also aids sores in healing. You can use it as a shampoo, but rinse thoroughly and **DO NOT USE AS AN ALL OVER DIP.**
- b) Aveeno Anti-Itch Concentrated Lotion Diluted with water, just a tad then apply to red and itchy spots. (A personal favorite of mine!)

And Now For My Favorite Tips: The following are natural products that kill adult fleas:

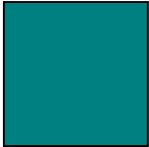
- a) Pyrethrin's- an insecticide from the chrysanthemum plant. Found in shampoos and rinses. **TOXIC IF INGESTED. CAT SENSITIVE.**
- b) Rotenone- an insecticide from the root of a plant. Found in shampoos and rinses. **HIGHLY TOXIC TO SMALL MAMMALS.**
- c) D-Limonene- from the oil of the colored part of the citrus fruit. Found in shampoos and rinses. Long lasting. **DO NOT USE ON CATS!**
- d) Diatomaceous Earth- fine powder consisting of very small organisms. It acts as a corrosive on fleas. Sprinkle and rub into carpets. **DO NOT PUT ON PETS!** Wear rubber gloves( dry your hands) and a bandanna over your nose and mouth. **TOXIC IF INHALED FREQUENTLY** It also doubles as a plant insecticide!
- e) Borates- (Borax) an alternative to Diatomaceous earth, can kill flea larvae for up to a year. Best to have professionally applied due to the need for very deep and thorough application. **TOXIC IF INGESTED.**

Well, that was quite a lot of information! It is being reported as a severe season for fleas and other insects and we can thank “El Nino” for that! Until next time, think good thoughts and live long and prosper!

# AUGUST CALENDAR

## AUGUST 3 • Sister's Day

A day to celebrate the spirit of sisterhood. Sisters show appreciation for their special sibling relationship.



## AUGUST 4-10 • National Smile Week

Share a smile and it will come back to you, bringing happiness to you and the giver.”

## AUGUST 15 • Woodstock Anniversary

The Woodstock Music & Art Fair opened this day in 1969. The 3-day concert featured 24 bands and drew a crowd of more than 400,000 people to Yasgur's farm in Bethal, N.Y.



## AUGUST 19 • National Aviation Day

Anniversary of Orville Wright's birthday in 1871.

## AUGUST 26 • Women's Equality Day

Celebrates the anniversary of the 19<sup>th</sup> amendment ratified in 1920 granting women the right to vote. Formerly known as Woman Suffrage Day

## AUGUST 27 • Lyndon B. Johnson's Birthday (1908)

Remembering the 36th president of the U.S., elected 11/22/63.

### MONTHLY HIGHLIGHTS:

#### KID'S VISION & LEARNING MONTH

A campaign encouraging parents to have their children's vision examined by an eye-care professional prior to the start of the new school year.

#### HOME BUSINESS MONTH

A month dedicated to helping people who are starting, or thinking about starting, their own business.

#### NATIONAL WATER QUALITY MONTH

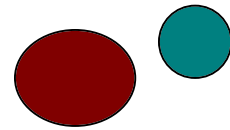
To increase awareness of water as a precious resource and recognize the importance of quality water in our every day lives.





# TMI'S 5<sup>TH</sup> ANNUAL FUNDRAISER GETS MIXED REVIEWS

*By Sandra Wyspianski*



TMI held its 5th Annual Fundraiser event on May 1st at the Bali Hai. The evening's theme was "Roaring 20's" with some of the guests sporting fabulous costumes. The evening offered a variety of entertainment with a silent auction, buffet dinner, live band and an assortment of gaming tables as we hosted our first "Casino Night." The auction committee decided to "mix things up" a bit from the usual festivities of previous years, and the changes received some mixed reviews that this writer felt compelled to share.

To begin with, the location of the fundraiser seemed to please everyone. The Bali Hai, located on Shelter Island, was wonderful. We couldn't have asked for better weather. There, on the edge of the water, it almost felt "balmy," as people strolled the grounds among lush vegetation with nestled seating here and there and torch lights glowing allowing privacy to those who sought it. Also located outside was the buffet, set-up under a tent where the restaurant served dinner which, from all reports, was wonderful. (The Bali Hai is, after all, known for their scrumptious food). A live band, FOF, played into the night as people enjoyed dinner and listened to the lively music at their leisure. I, however, did not have the pleasure of hearing the band as I was too busy inside gambling! Now, I will tell you straight up, I enjoyed the heck out of "Casino Night!" The dealers were funny, helpful and gracious to a fault. It seemed no one could lose. Unfortunately, it did not help the evening's fundraising efforts. Slips for 50 free chips were "floating" everywhere, thereby discouraging party-goers to "re-donate" for more chips. Also, the distribution of the evening's winning prizes was limited, as any gaming held within the city limits of San Diego is very strict. It seemed people did not like (or understand) that no matter how many "chips" you won, your chances of winning la prize in the raffle were the same as the next guys. Errors evident, the evening was still a blast and the gaming was enjoyed by many! The people from Casino Night were patient and did a great job!

The silent auction was also different this year. We had boards out where people could "call up" their bids to the auction helpers (giving it a kind of "live" feel). It was fun, different and most seemed pleased. It was also the biggest raising silent auction we've had - three cheers!! Alas, there was no live auction held at the evening's event. It seemed people missed it greatly - some even missed Mark doing his "Auctioneer gig!"

All in all, as evenings go, it turned out to be very enjoyable. They say, "change is good for the soul," but there are always those who resist it! It's this writer's opinion that next year we keep our new location (very cool), say "goodbye" to Casino Night and "welcome back" to the sorely-missed Live Auction! Can you make the gif, Mark?