



T.M.I.

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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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TMI HOLIDAY PARTY REVIEW

By Maureen Burris



Happy New Year to everyone! The TMI Council held their Annual Holiday Party on Saturday, December 19th at the Blessed Sacrament Church located in San Diego. Dinner was catered and served by “The BBQ Pit.” Everyone enjoyed the delicious BBQ ham, turkey and side dishes - the food was excellent! After dinner live tunes were provided by the “Silver Sounds” band who were so good that many times it was hard to find an empty space on the dance floor.

This year’s 50/50 raffle was won by Debby Christensen. Many people went home winners this year with over 30 door prizes and 20 center pieces given away throughout the evening.

Despite the stormy weather the party was a great success. The Council would like to thank the following people: Becky Hamilton, Monica Johnson, Joy Pruitt, Venus Brile, Bob Surret, Pam Tamkin, Janice Birmingham, Dennis Brewer, Colleen Thornton, Susie Thode, Kalin Myers, Darlene Jean & her children, BBQ Pit Restaurant, Blessed Sacrament Church, and the Silver Sounds Band.

TMI COUNCIL MEMBERS:

Maureen Burns
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EXERCISING IN COLD WEATHER

Exercising indoors is great, but nothing beats the exhilaration of working outdoors. Even if it's cold outside. The key is making sure your skin stays dry when you do exercise outside. That's because the air directly next to your skin dictates how you feel. So if the air layer is moist, it will cool your skin. Here are some tips on exercising outdoors in cold temperatures.



- Wear long underwear tops and bottoms made of synthetic fibers that will “wick” moisture away from skin.
- Dress for the cold, especially if it is 45 degrees Fahrenheit or lower.
- Wear an outer layer that will break the wind.
- Add a fluffy middle layer to trap heat in very cold weather. Try a fleece jacket or wool sweater.
- Wear a knit wool cap to prevent heat loss through the scalp.
- Wear mittens instead of gloves. Mittens allow warm air to circulate between your fingers.
- Warm up longer before you head outdoors. Be sure to also move more slowly and cautiously than usual once outside.
- Let someone know where you're going and how long you plan to be gone. Or, work out with a partner.

On the Information Superhighway: Buckle Up the Kids

According to a recent Ziff-Davis poll, more than 75 percent of online users wished that access to unacceptable sites could be restricted. Yet a large majority don't use filtering software. If you're concerned about where your kids go on the Internet, there is a wide variety of filtering software that can keep them safely away from sites you wouldn't want them to visit. Here are a few:

CYBER PATROL: The program lists a variety of topics, like violence, profanity, and sex, and lets parents choose which categories to allow or block. The downside is that it doesn't allow parents to pick and choose which sites within a certain category are OK.

NET NANNY: This program gives parents a little more room to modify which sites to block or allow. For example, parents can allow for sites that can often get blocked within categories, like breast cancer or AIDS awareness sites. Downside is that parents need to invest more time.

SURF MONKEY: This is a Web browser and online service geared for children 7 and older. It prevents kids from accessing inappropriate sites and profanity is automatically blocked. Parents can develop an approved list of people their kids can receive Email from and the program prevents the reading of stranger's Email until parents read them first.

ANNOUNCEMENTS

“People First Conference”

May 8& 9, 1999 - Mission Valley Marriott - Conference Theme: Hawaiian Luau

An “Earthquake Safety” Inservice is being held on March 16,1999 - 5:30 - 7:00 PM and is being sponsored by the TMI Council.

The Parents with Developmental Disabilities Committee is sponsoring a one-day workshop on “Strengthening Family Ties” on February 25, 1999 at the Mission Valley Marriott. The workshop is free and lunch and childcare are provided. Please RSVP to Gwen Harris at SDRC.

Root Beer Float Sale

The Council is having a Root Beer float sale at the July All Staff Meeting at TML. Floats will be \$1.00 and will help raise funds for upcoming events.

IN SYMPATHY

Ray Potter Irma Alvarado’s Fiancée and long-time friend of TML, passed away January 4,1999. He will be greatly missed.

CALENDAR EVENTS & HIGHLIGHTS

FEBRUARY



FEBRUARY 14-20: ENABLED ENTREPRENEURS WEEK

A week to recognize entrepreneurs with disabilities who have created their own businesses and provided jobs for people in the community.

FEBRUARY 16: CHINESE NEW YEAR

The Chinese New Year - the Year of the Hare - begins at sunset of the day of the second new moon, following the winter solstice.

FEBRUARY 14: VALENTINE’S DAY.

Show that special someone how much you love and care for them.

SHROVE TUESDAY & MARDI GRA (FAT TUESDAY)

The last day of feast before beginning the Christian tradition of Lent.

FEBRUARY 20: STUDENT VOLUNTEER DAY

Honor students who give of themselves and their time to improve the lives of others and their communities.

CALENDAR EVENTS & HIGHLIGHTS - Continued

HIGHLIGHTS FOR MONTH OF FEBRUARY

AMERICAN HEART MONTH

If you haven't started already, now is the time to eat right and exercise to build a healthy heart!

BLACK HISTORY MONTH

A month to recognize the achievements and contributions of African-Americans throughout the United States and the world.

WISE HEALTH CONSUMER MONTH

Reduce your healthcare costs by practicing preventive medicine and healthy living.

MARCH

March 1-7: SAVE YOUR VISION WEEK

Don't be short-sighted about the health of your eyes and acuity of your vision.

March 2: READ ACROSS AMERICA DAY

Held on Dr. Seuss's birthday, children are encouraged to read a book this evening.

March 8: INTERNATIONAL (WORKING) WOMEN'S DAY

Commemorates the 1857 march and demonstration by female textile and garment workers, and honors all working women.

MARCH 17: ST. PATRICK'S DAY

Popular celebration of Bishop Patrick, who brought Christianity to Ireland.

MARCH 20: SPRING

First day of spring in the Northern Hemisphere and runs until June 21.

MARCH 31: PASSOVER BEGINS AT SUNDOWN

The Jewish high holiday of Passover begins at sundown, celebrating the delivery of the Jewish people from slavery in Egypt.

HIGHLIGHTS FOR MONTH OF MARCH

AMERICAN RED CROSS MONTH

A month to support and recognize the work and aid provided by the American Red Cross.

NATIONAL WOMEN'S HISTORY MONTH

A time to celebrate and reexamine the contributions of women throughout history.

POISON PREVENTION MONTH

Protect your kids and yourself by learning how to prevent accidental poisoning