

TOWARD MAXIMUM INDEPENDENCE, INC.

Issue #12

June 1992

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

BOARD OF DIRECTORS

Delores Casey
Bob Morris, M.A.
Katie Bishop, Ph.D.
Ian Pumpian, Ph.D.
Aghdas Pereshki, M.A.
Janet Allen, J.D.
Theodore Pinnock, J.D.
Debbie Johnson
Tom Daniel

EDITORIAL COMMITTEE

C. Cosner, L. Davis, S. Ferber, D. Hernandez, S. Isley, B. Linden, R. Orstad,
B. Ramsey, C. Saverino, S. Wyspianski

In This Issue:

- ◆ ***A Word From The E.D.***
- ◆ ***TMI Program News***
- ◆ ***Legislative Updates***
- ◆ ***Employee Section***
- ◆ ***Community Happenings***
- ◆ ***Health Watch***
- ◆ ***Our Planet Earth***
- ◆ ***Word Search Puzzle***
- ◆ ***In The Spotlight***
- ◆ ***What's Cooking***

Story Writing: Making An Old Tradition New Again

By Connie Saverino

Some of us around here have been keeping journals or notes, or little thumbnail sketches for some time - nothing formal - just bits and pieces of stories. Some of these are stories about people to whom we provide support, others are about our own struggles. Sometimes we are the teacher; more often we are the student. Lately, we've been thinking about formalizing this writing, encouraging others in this work, sharing with each other, and compiling it all into a volume - one which will have historical, as well as emotional significance to many of us, and will give voice to the struggle of others. This energy has been in part spurred by a recent book compiled by Options in Community Living, Madison, WI, Remembering The Soul of Our Work. Though our two agencies are the same age (10+ years), we have always perceived Options to be older and somehow wiser. Options is not to be replicated, but as Steve Taylor says in the forward, "those who seek to would be "advised to emulate its spirit." Over the years we have borrowed ideas, formats and procedures from a variety of places; Options is just one of those. One thing is true - you cannot take the mission and values of another person or agency and call it yours. You must grow your own. You must be patient and eventually the roots will grow down and the plat will grow up. The stories of people who rely on us for support are uniquely their own and at the same time, the themes and the lessons ring resoundingly familiar. The lessons people at Options have learned about ordinary moments, everyday triumphs - about family or death or even about the struggles of story writing - these lessons and these reflections bring all of us who do this work together. Our stories help us to preserve the history we have with people and they help us to learn about each other and about ourselves. They are a fundamental tool for building community.

PROGRAM NEWS

What's new these days in TMI's programs? The following updates were submitted by each program's director and will bring you right up-to-date!

- **Community Living Services**

CLS has underwent many changes during the past year. Some of these changes have included an additional supervisor position and a coordinator - the latter of whose focus is to facilitate smooth transitions for individuals moving from facilities into their own homes. Community Living is currently serving 197 people - 20 of these individuals are receiving paid neighbor/ roommate supports. Community Living is committed to people we support in providing the best services.

The Community Living Advisory Committee (CLAC) is always looking for individuals who want input regarding support they receive from TMI. The committee meets every other first Tuesday at 10:00 am at the TMI office. If you are interested in participating on this committee, please contact Bonnie Barker-Stanley at 467-0600.

- **Community Employment Services**

TMI has secured 17 work sites located throughout San Diego County which provide paid employment to 30 individuals. Twelve additional people are receiving support and training in a variety of volunteer settings. Currently, we are looking at placing 1 or 2 individuals at 2 or more job sites within targeted geographic areas. This job development strategy offers flexibility of utilizing one CEF at several job sites and gives us the opportunity to develop more "individualized" job settings for supported employees while maintaining our 1:3 ratio.

We have received a number of referrals for students exiting the school system in June and several will transition to Integrated Work Services with jobs in place. Brent Ramsey and Karen Castellanos are currently negotiating job sites with the regional manager of the Chart House, In and Out Burger, Mail Boxes, Etc., and Domino's Pizza. Dairy Queen and Ross Clothing in Pt. Loma and National City have also expressed interest in hiring individuals for Integrated Work. We should be hearing from these employers sometime next month.

In Supported Employment, TMI has successfully placed 5 individuals in supported employment sites since November 1991. Four additional sites have been developed and are slated to begin by the end of May.

PROGRAM NEWS - CONTINUED

• Family Support Services

FSS is proud to announce that the Alternative Family project has been selected as the best program in the state of California developed under the PDF Cycle XIII grants. This award is given each year to a new program by the Area Boards and Protection and Advocacy. Originally, FSS was vendorized for 6 children, which was increased to 16 in October 1991. The current number of children in alternative families is 10, with 12 to be supported by June 1st. Many thanks to Coordinators Tracy Bingham and Darin Trammell for their efforts toward making this program successful!

One of the most exciting activities this spring was the First Annual Alternative Family picnic. Over 50 adults and children played together at DeAnza Cove in Mission Bay. You couldn't tell "our" kids from anyone else's as we swam, ate hotdogs and played catch. Certificates were presented to all families who have supported children in their homes this first year. Everyone agreed we should socialize together more often.

There have been many success stories this quarter. OB is now able to participate in toileting. BA is much happier these days. MM is making lots of new friends and can sign "eat". MM (the other one) is able to express his feelings more easily. TMI is soon moving into a new home. VN is our newest addition. RF is learning about personal space and how to make friends, plus she's in Girl Scouts. NB has had some great home visits. EB went to a picnic with his brother and sister. TW visited his grandmother and is on a ball team. Welcome to MF, RL and MF who will soon have new families!

Self Advocacy/Support Group Meetings

◆ San Diego

Contact Debbie Johnson
Meets every 2nd Tues. of
every month - 5-7 pm
at Mimi Lala's
275 Woodlawn #10
425-9505

◆ South Bay

Contact Debbie Johnson
Meets every 3rd Wed. of
every month - 5-7 pm
at the Engleman's
4105 54th Pl #203
582-5817

◆ Clairemont /La Jolla

Contact Becky Lindon
Meets every 2nd Tues.
of every month - 5 pm
at S. Clairemont Rec
3605 Clairemont Dr.

◆ East County

Contact Dena Hernandez
Meets every 3rd Tues. of
every month - 5:30 pm
Locations vary:
June: I. Alvarado/258-5899
July: D. Griffen/473-3526
Aug: Wells Park/El Cajon

◆ North County

1st & 3rd Wednesday: Contact Meg at 726-4577. 6:00 pm at ARC-Pre Apt in Vista
2nd Wednesday: Contact Georgia at 467-0600. 5:30 pm in Escondido - location TBA
1st Thursday: Contact Stacy at 729-3866. 6:00 pm in Rancho Bernardo - location TBA
2nd Thursday: Contact Kathy at 789-5548. 5:00 pm in Ramona - location TBA

IN THE SPOTLIGHT: PERSONAL INTERVIEW

By Brent Ramsey

Recently, I had the pleasure of meeting Toni Quinn. Toni is a part of TMI's Independent Living Program. Toni's Community Support Facilitator is Becky Lindon. Becky has played a major role in Toni's success in developing an apartment situation. According to Toni, "Becky teaches me a lot of good stuff, like problem-solving, budgeting, cooking, and especially shopping!" The two of them obviously frequent the malls which is pure joy to Toni.

When Toni started to pursue an apartment, the realization of how expensive studio apartments are was evident. After searching for just the right apartment, Toni established herself at the Glen Haven apartments in Mission Valley. She remembered how exciting it was to fill-out the application and discuss the responsibilities involved when living by yourself. Toni wanted to say how happy she is being a part of TMI. She enjoys Becky and the wonderful things they do together. Toni enjoys living independently and making her own decisions. A casual visit to the TMI office is a pleasure she looks forward to.

Toni's recreational activities and hobbies include swimming, going out to movies, visiting with Becky and especially shopping! Her favorite music station is Q106 and she enjoys buying cassette tapes at the local record store. Presently, Toni is employed at the Urban Skills Center Library. Self-advocacy meetings are a big part of Toni's life and she attends the meetings once a month. At the past meeting, they discussed the upcoming election and encouraged everyone to vote.

After meeting and interviewing Toni, I was completely enchanted with her personality and uniqueness. She is truly a delightful person and I really enjoyed talking with her. Now when she comes in to visit the TMI office, I'll be able to say "hi" to a friend and not a stranger.

EMPLOYEE NEWS

Kathy Sorenson

Kathy has been a TMI employee since February, 1988. For the past year and a half, she has provided services to an individual whom is also her neighbor. Aside from being a model employee, Kathy's daily life reflects TMI's value system. Kathy includes her neighbor with her family and friends. At the same time, she has also become involved with his family. Kathy is a team player and is always willing to share ideas and experiences with others. TMI appreciates Kathy's commitment and dedication to the agency and to the person she provides support.

Lydia Newman

Lydia works in Community Employment Services as a CEF and was named "Employee of the Quarter" first quarter 1992 at a recent TMI general staff meeting. Lydia has been an employee of TMI since August 19, 1991. She currently provides on-the-job support to Chris Hopper and Eric Singleton at a Chili's Restau-rant in San Diego. The managers at Chili's report that Lydia is a very hard-working, enthusiastic professional. Eric and Chris appreciate her eagerness to "help them learn their jobs" and like her friendly personality. Congratulations Lydia on a job well done!

New Employees

CES

Peter Sacarro - CEF
Lynn Martinez - CEF

CLS

Charlene Charley - CSF
Carolyn Crist - CSF

Supported Living

Roomates: Shannon Lauxman,
Carmen Smith, Kelly Trammell,
Doray Ly, Rhonda Birich, Jody Canfield
Neighbor: Jennifer Quinn

Administration

Shana Isley

OUR PLANET EARTH - By Simone Ferber

Nowadays, everyone needs to be environmentally aware! It doesn't have to be a burden - every little bit counts. Below are some tips that you can incorporate into your daily routine to help give our PLANET EARTH a future.

- Share a magazine or newsletter subscription with a friend - save money, save paper. It's a good way of connecting with your friends and staying informed!
- Only buy greeting cards that say "recycled paper" - that's a great way to keep the chain going! Not only should we recycle - we should ADVOCATE RECYCLING!
- Avoid excess packaging when buying products - check out how products are packaged. If you see excess, write a letter to that company with your suggestions! Every voice counts.
- Reuse paper - cut-up old forms, cards, etc. for note paper.
- Find creative ways of wrapping gifts. Instead of buying wrapping paper, use old calendar photos, comics, magazine pictures, etc., or send them in reusable bags. Either way, it's a fun and creative way to give a gift!
- Carpool as frequently as possible - twice a month is better than zero times a month!
- Buy products in bulk. They usually are cheaper and there is less waste in packaging. You can share with friends and family and save even more money!

WHAT'S HAPPENING!

Summertime has finally arrived and with the summer months comes all types of activities and events happening all over San Diego County. Although we've highlighted just a few events going on about town, you can check out your local Reader for a more in-depth look at what's happening in San Diego!

- | | | | |
|--|--|---|---|
| * June 13-14
Indian Fair/Balboa Park
Arts, Crafts & Food.
Admission charge.
10:00 am - 4:30 pm
Information: 239-2001 | * June 14
13th Annual San Marcos
Chili Cook-Off
Food & Games
Walnut Grove Park
Information: 744-1270 | * June 16-July 7
Del Mar Fair
Exhibits, Shows &
Concerts
9:00 am - 10:00 pm
Information: 755-1161 | * June 27-28
13th Annual O.B.
Street Fair
Sat: 10:00 am - 7:00 pm
Sun: 10:00 am - 5:00 pm
Information: 443-3412 |
| * July 5
Red, White & Blue Day
at Grape Park in
Escondido | | | |
| * August 2
Pit Barbeque at Barona
Indian Reservation
Food, Drinks, Games
& Music
10:00 am - 6:00 pm | | | |

Other Summer Happenings:

- ◆ Padres Home Schedule: June: 22 & 23; July: 2-5, 7 & 8, 9-12, 14; August: 3-5, 6-9, 22-23, 24-26, 28-9/3
- ◆ Harbor Tours for \$10.00 - Information: 234-8687
- ◆ Reggae on the Bay Harbor Cruise - Every Friday Night. Information: 234-4111
- ◆ Escondido: Street Fair/Farmers Market every Tuesday night on Grand Avenue
- ◆ Carlsbad: Friday night Jazz concerts! In June at Stage Coach Park. In July at Magee Park.

CONGRATULATIONS

• Baby News •

Baby announcements were made by the following expectant moms-to-be!

- Renee Ault-Gontarez
- Lori Bellante
- Linda Heflin
- Mary McDougal
- Linda Means
- Karen Schmalz-Castellanos

• Marriage Plans •

Marriage plans are in full swing for **Sue Arce**. Sue and her other half will be tying the knot this summer in Lake Tahoe on August 1st. We wish you both much happiness!

• Other Exciting News •

In Community Employment Services, we would like to congratulate **Phil Williams** for going full-time at Carrow's Restaraunt. Keep up the hard work! Also, congratulations to **Errol Simpson** for getting a raise on his first day of work - way to go, Errol!

Keeping up with the activities in CES is quite exciting! Did you know that TMI pays \$50.00 for every job lead that turns into a job site? Congratulations to **Dave Munos** for his lead on Chiquitas!

In TMI's Supported Living Program, **Rebecca Krone** has moved into her own apartment and receives support from Kelly Trammell, her TMI paid neighbor. We wish you much success!

LEGISLATIVE UPDATES

Based on the recommendations made in the SR 9 Report, "The Next Step: Empowering California's Developmental Disabilities Community" and the Lanterman 2000 Report, "New Directions for a New Decade," Senator Dan McCorquodale has introduced three senate bills; SB1043, SB1359 and SB1383. These bills deserve our attention, study and support. we must let our representatives in the state assembly and senate know of our position. For further information call the TMI office and ask for a legislative facts sheet. You may also call Senator McCorquodale's Senate Special Committee (916) 445-3104 for outlines on these bills.

VOLUNTEER WORK MAKES A DIFFERENCE

Dave Munos has been a Community Employment Facilitator at TMI for two years. Dave provides integrated work services to Mark Henderson and Brett Goldsmith. Brett and Mark are currently employed at Target on Sports Arena as Maintenance and Cart Attendants, Monday, Thursday and Friday from 8:30 a.m. to 2:30 p.m. and on Tuesday and Wednesday from 9:00 a.m. to 12:00 p.m. Mark, Brett and Dave volunteer their services to the San Diego Blood Bank. They assist the Community Relations Department with such tasks as affixing address labels on fliers. The Blood Bank is located on Fifth Avenue in Hillcrest.

HEALTH WATCH - By Cathy Cosner

You are what you eat, right? That's what we keep hearing. These days everyone is in to eating healthy, "lite" foods. Well, you still have to watch for the true meaning of "lite" - just read your labels. But as far as "healthy" eating habits go, we've learned that by fueling our bodies with nutritious foods leads to better health.

The following tips are meant to pave the way to a healthier you!

- Drink H₂O (water) - Drinking soda is not the same. Your body has to process all the chemicals and additives. Water helps to clean the toxins out of your body.
 - Eat Romaine, Green or Red leaf lettuce instead of Iceberg. Iceberg has almost no nutritional value.
 - Try eating a whole wheat or whole grain bread. It's high in nutritional value and in fiber. Just because a bread label says "wheat" bread doesn't mean it's "whole" wheat. White flour is from wheat also - it's just been robbed of most of it's health benefits!
 - Don't cook with salt - add it to the food after it has been cooked. Try a salt substitute like Mrs. Dash.
 - Go to your local Farmer's Market with a friend. It's an experience! Eat healthy and eat cheaper - fresh and raw foods are better for you.
 - Buy a few houseplants for inside your house. Houseplants actually reduce indoor toxins.
 - Next time you get the urge to bake your favorite cake, try substituting apple sauce for the oil - you use the same measurement and you'll reduce the calories by 70 percent!
-

WHAT'S COOKING

Triple Chocolate Chip Ice Cream Pie

Ingredients:

- 22" wide chocolate chip cookies (broken-up)
- 2 tablespoons of butter or margerine (melted)
- 1 quart of chocolate chip ice cream (slightly softened)
- Egg whites (from 3 large eggs)
- pinch of salt
- 1 jar (7 ounces) of marshmallow cream
- 1-1/2 cups + 2 tablespoons of semi-sweet mini chocolate chips

Directions:

Using on/off motion, process half the cookies at a time in a food processor or blender until you have fine crumbs (you should have about 2 cups worth). Mix crumbs and butter together. Place into a 9" pie plate and press firmly on bottom and sides (pressing with the bottom of an 8" pie plate helps). Chill until crust is firm. Pack ice cream into the crust. Freeze 1 hour or until hard.

Heat oven to 450°. Beat egg whites and salt in a large bowl with an electric mixer until soft peaks form when beaters are lifted. Add marshmallow cream; beat until peaks are stiff and shiny. Fold in 1/2 cup of chocolate chips. Spread quickly over hard ice cream, covering it completely and making sure the meringue (whipped whites and marshmallow cream) meets crust all around the edge.

Make swirls in the meringue with small spatula. Sprinkle with remaining 2 tablespoons chocolate chips. Bake 5 minutes or until meringue is barely colored. Serve immediately. Cut into wedges with knife dipped in cold water.