



T.M.I.

Issue #26

October 1998

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

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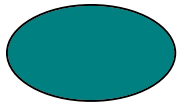
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SAN DIEGO HISTORY PROJECT

By Connie Saverino

TMI will be participating in the San Diego History Project, the first local publication to chronicle San Diego's past and present in the past 19 years. The book is entitled, Perfecting Paradise. In a section on community partnership, TMI will be spotlighted as a partner in increasing quality of life for San Diego citizens. We are excited about the publication which will be released in late 1998 or early 1999. We have worked with a writer, photographer and production staff to produce a polished two-page portfolio which we think will cover the agency's mission, vision and accomplishments as they focus on the needs of individuals with developmental disabilities. The beautiful hard cover "coffee table edition" will make a handsome gift. TMI hopes to acquire a number of copies to sell as a fundraiser. We are also looking forward to the book signing party where we will meet many of the other "partners in San Diego," Thanks to all who helped with pictures, editing, etc. Pictures which did not make it into the book will be highlighted in upcoming newsletters and on TMI's Web Page.

KUSI HIGHLIGHTS AGENCY'S PROGRAMS



TMI has been in the news recently. CES's Integrated Work program had the opportunity to be highlighted on KUSI's Morning News with Rod Luck. Rod and his news crew traveled out to Santee on June 30, 1998 to interview a few of the employees at Walmart. Rod did an excellent job promoting work services and encouraging employers to hire people with disabilities. Those interviewed on camera were Kelly D., Irma A. and Jason O. who are all employees of Santee Walmart. They did an outstanding job being interviewed considering some of us get "struck speechless" with a camera looming in front of us! Bonnie Barker-Stanley, CES Coordinator and Janice B., Job Coach, were also interviewed and were absolutely wonderful. Seeming impressed with the agency's philosophy and wanting more information about our programs, Rod agreed to do another highlight in the near future.

The message of TMI's outstanding programs being sent over the airwaves resulted in a mass calling of interested parties wanting more information. One of those calls came from a local news service in Carlsbad. Dave C. at KDCI contacted Marilyn W, a Coordinator of CES's Supported Employment Program, expressing an interest in doing a report on an individual working in the North County who was successful at their job. Marilyn had the perfect candidate in mind and on July 8, 1998 cameras were rolling and focused on Soudi L. as she went about her duties at the Target store in Encinitas. Marilyn was also interviewed and both did a great job relating TMI's Supported Employment program to the viewers.

Back on the home front, Rod Luck was getting ready to do the next spot. In August Rod and his crew were in Ocean Beach where he interviewed Robert F., a local resident who receives support from TMI's Supported Living Services. Robert was interviewed in his apartment along with his support person and neighbor Kim M. and the Director of Community Living Services Deborah

KUSI Highlights - Continued

Callahan. Robert gave a great interview and stressed how he wished anyone who is in a similar situation (as he once was) to seek out programs like TMI's supported living because they assist people in realizing their dreams!

TMI would like to express their gratitude to a few people. First, to Bonnie Barker-Stanley for "reaching for the stars" (so to speak) and contacting Rod Luck to bring his attention to the agency Way to network, Bonnie! We also want to thank Rod Luck, his crew and all involved with the KUSI Channel 9 News Team for their outstanding reporting. Rod's reporting of TMI's programs really helped to get the word out regarding agency's like TMI who offer life-changing programs for people with disabilities.

We can all look forward to 1999 when Rod and his crew hit the road again to highlight TMI's Family Support Services Program. Stay tuned!

The Year Ahead . . . Checking in with FSS

By Kim Trotter



As the fun-filled days leave us behind .you know, the days of basking in the sun until you are three shades darker, playing in the pool until your skin wrinkles, staying up late at night watching T.V. and eating junk food, sleeping in until someone notices you're missing, and enjoying the family barbecues, we realize summer has come to an end and the hustle and bustle of a new school year has begun. In houses all over the country we are rising before the crack of dawn, making sure everyone has eaten before getting off to catch the school bus, or a ride, or just getting out of the doors helping our kids with homework and tucking children in bed at a decent hour. Family Support would like to wish all our kids and hard working parents a successful, fun and rewarding school year.

Family Support is pleased to announce our new training schedule for the 1998-1999 year. This calendar is for prospective persons interested in being foster parents, as well as for the program's current certified parents who are required to maintain at least 12 training hours a year in order to be re-certified.

We have developed a nine month calendar beginning September 1998 through June 1999. The calendar will be updated as trainings are added. Our desire is to assist parents who may have difficulty obtaining training hours by providing them with this calendar which lists trainings offered by TMI and other agencies on a variety of interesting topics. Unless otherwise noted, these trainings are free. Please call the TMI office and ask for reception to obtain your copy

Family Support Services held it's Annual Parent Appreciation Dinner on Friday, September 25 at the Harbor House in Seaport Village. We had a wonderful turn out and everyone had a lovely evening. We truly appreciate all our alternative parents for their hard work and dedication to the kids!



KEEP KIDS SAFE ON HALLOWEEN

Halloween is a scary night for parents and kids alike. While the kids may cringer at the scary spooks, you'll be cringing at the thought of speeding cars and kidnappers. If your kids are too old to have mom or dad tag along with them, make sure you review these safety rules before they head out the door.

- Review traffic safety; i.e., look both ways before crossing the street; walk - don't run; obey traffic signs; trick or treat down one side of the street at a time,
- Be cautious of strangers and never go inside anyone's house.
- Organize a group of children who agree to visit homes together. Choose an older child who will be responsible for keeping others in line.
- Prepare a tag that includes you child's name, address, and phone number. Attach it to the costume in case they get separated from the group.
- Put reflective tape on costumes so motorists can see the kids in the dark.
- Map out a reasonable route with your child beforehand.
- Tell kids to go only to houses that are well-lit both inside and outside.
- Make sure costumes are loose enough to allow garments underneath for warmth and freedom of movement.
- Consider face painting instead of a mask. Masks can often obstruct a child's vision.
- Tell kids to stay on sidewalks and driveways. No running through yards.
- Have at least one child in the group carry a flashlight.

Perseverance is a great element of success. If you only knock long enough and loud enough at the gate you are sure to wake somebody up.
- Henry Wadsworth Longfellow



THOUGHTFUL LIVING

By Simone Ferber

I'd like to open this article with a "thank you" to Georgia M., the one and only person to request a topic for an article in Thoughtful Living. Georgia requested information on how to amend her soil. So, Georgia, this one's for you!!

This article lends a hand both to the earth and to your living environment. Do you have hard soil where nothing will grow? Are you spending money on potting soil or special additives just so your flowers will grow? The following information will give you tips on how to bring beauty and diversity to your yard - whether your yard is measured in acres, feet or flower pots! I know you'll feel good about improving the environment and joining the conservation effort that does make a difference! Remember, a lot of enriched little yards can make-up a big backyard for Mother Earth!

I'm going to start with a brief list of essential needs important in creating the yard you've been talking (or dreaming) about, so let's get started. First, there are natural fertilizers; mulch, compost and worms. Second there is always weed control, native plants, garden terraces (to prevent erosion). Finally we need to attract wildlife. Now that we have our list, let's get down to business! It all starts with your dirt!

Most dirt in San Diego is hard, sandy, rocky and doesn't retain water. To create a healthy soil, you must first start with mulch. Mulching is done by placing 2-3 inch layers of any organic material around your plants. What is this awesome organic material you ask? Organic material is anything that was once living (organic, get it!) types of organic mulch include grass clippings, leaves (not eucalyptus as they are not plant friendly), wood chips, straw (not hay), rinsed seaweed, composted manure and much more. The smaller the pieces of mulch are when they are applied, the quicker they will "decompose" and add organic material to the soil which enriches the soil! You can mix your mulch directly into the soil (if you want to plant quickly) or you can simply put the mulch on top of the soil. By mulching you are feeding your soil. Well-fed, healthy soil has plenty of nutrients to make the plants and flowers smile! Also, there is less erosion and less back-breaking weeding to do. So, by mulching, you benefit your soil and yourself - is that great, or what?

Next on the list is compost. Once you've identified organic materials to use for mulch, stretch your imagination even further and think of even more organic material to use. A good place to start is looking at your household waste (i.e., banana peels, unwanted coffee grounds, ashes from your fire place, shredded paper (newspaper is OK too); anything that will decompose. Creating a compost pile is combining the natural organic materials with household wastes. This composting provides vital nutrients to help plants grow and look better. How do you make a compost pile? First, start with finding a small, out of the way place outside in the yard. Place and "pile" all those organic materials together. You also need to remember to water your pile as moisture is very important, and every so often turn, or mix, your pile to provide the compost with oxygen which speeds the process of, yes, decomposition!! Let's move on to cover some other options of "natural fertilization."

THOUGHTFUL LIVING - Continued

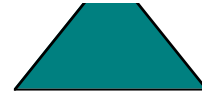
As you've learned, composting is a rich, natural way to feed your soil. Other natural fertilizers are composted manure, fish emulsion, blood, bone and kelp meal. Earth worms are also a great natural fertilizer for the soil because not only do they eat the organic materials in the soil which aides in the decomposition process, but by moving through the soil, they keep it aerated as well. If you find worms in your soil, you've already got good soil!

Next problem - weeds!! Does the word "recycling" come to mind? Not usually, but read on. Take newspaper and/or cardboard and lay **it** out over that weedy area, or the soon to be amended areas then lay your mulch down and - viola' - no more weeds. Guess what - that newspaper or cardboard will eventually decompose right in to the soil along with everything else adding even more enrichment! Just as you thought it can't get any better than this, we need to think a moment on making your yard a haven for wildlife - a place for all kinds of birds to come and contemplate the meaning of worms and bird baths! Butterflies, beneficial insects (i.e., pest control - now that's a whole separate article) and bats (they love mosquito's) all need a home too! You can have that by adding a variety of native plant species and others that flower and bear fruit at different times of the year. Shrubs that produce berries can provide food throughout the year. Check with your local nursery on what grows best in your area. Build or buy birdhouses for shelter, and a basin with water for birds or other wildlife looking for a drink. Choose a location not too busy with human action or the neighborhood cat coalition. The following are just a few resources for attracting wildlife:

Shrubs for Birds (are also drought tolerant) are Juniper, Pyracantha (berries), Vibumums. Flowers for birds are Coreopsis and Sunflower. Nectar plants for hummingbirds are Salvia, Verbena, Perennial Sages. Butterfly plants are Butterfly Bush and Weed, Salvia, Yarrow and Lavender.

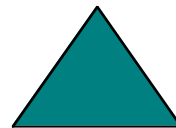
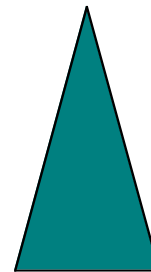
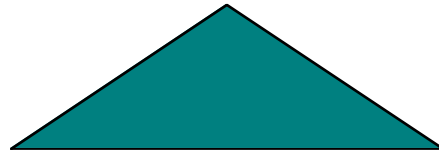
For more information you can write to: The National Wildlife Federation Backyard Wildlife Program at 8925 Leesburg Program, Vienna, VA 22184-0001; or call (703) 790-4434. The National Audubon Society Audubon Habitats at 555 Audubon P1., Sacramento, CA 95825. For Websites contact Simone at X313. I also have a lot more information, so if you're interested, just give me a call.

COMMUNITY EMPLOYMENT SERVICES EMPLOYER LISTING



CES would like to thank the following employers who are involved in the Integrated Work and Supported Employee programs.

- Bahia Hotel - West Mission Bay
- Baskin Robbins - Chula Vista
- Bennigans - Mission Valley
- Boll Weevil - Lakeside
- Burger King - Clairemont
- Casey Office - Old Town
- Catamaran Hotel - W. Mission Bay
- Chili's Restaurant - Escondido, Mission Valley, Camino del Rio N.
- Classic Reprographics - Downtown
- Coco's Restaurant - Fletcher Pkwy, Rancho Bernardo
- Danka - Kearny Mesa
- Family Maintenance - Poway
- Grossmont Trolley Theatre - La Mesa
- Hyatt Regency - Downtown
- Hyatt Islandia - Mission Bay
- McDonalds - Kearny Mesa
- Mossy Acura - National City
- Motel 6 - El Cajon
- Pacific Freight Lines - Lakeside
- Pizza Hut - Tierrasanta, Chula Vista, Imperial Beach, Poway, Linda Vista, La Mesa
- Red Lobster - Chula Vista, Sports Arena Ross Dress For Less - Solana Beach
- Round Table Pizza - Poway, Rancho Bernardo
- Rubios - San Diego
- San Vicente Inn & Golf Club Ramona
- TGIF Restaurant - La Jolla
- Tj. Max - Point Loma
- TMI - Kearny Mesa
- Taco Bell - Chula Vista, Poway
- Target - Clairemont, La Mesa, Point Loma, Encinitas
- Trader Joes - Pacific Beach
- Unforgettables - Hillcrest
- Valhalla High School - El Cajon
- Vons - Rancho Bemardo
- WalMart - El Cajon, Santee, South Bay
- Warner Bros. Studio - Horton Plaza
- Weinerschnitzel - South Bay
- Winchells Donuts - Clairemont





EMPLOYEE INTERVIEW

By M. Williams

The day was June 30, 1998 and it was Christina T.'s one year anniversary at Coco's Restaurant on Fletcher Parkway in El Cajon. Christina was presented with a One Year Pin, as well as a congratulatory letter from the President of Coco's.

Hard working and task-focused, Christina can be found at her work station mixing country potatoes, cracking several dozen eggs, weighing and haggging turkey and coating and weighing zucchini - very accurately, I might add. When asked about Coco's, Christina replies enthusiastically, "I like my job and the people I work with!"

Carol R., Christina's Job Coach, has been exemplary in assisting Christina toward more expeditious ways of performing her job tasks, as well as assisting her to be more independent. As a result, when Christina does need assistance, she calls upon her supervisor and natural support person, Rosa. Rosa states, "she has seen tremendous strides in Christina's growth and development within the last year, both socially and in work performance." Rosa further adds, "when Christina started, she was withdrawn and shy; now she is more relaxed and confident." Christina would like to give credit to her old Job Coach, Collette P., "I really liked her too!"

Steve C., Coco's Manager, is a delightful and forward-thinking individual. He expressed nothing but praise for Christina, as well as for TMI's Supported Employment program. "To see Christina gain greater independence and come out of her shell is a joy - she now jokes with her co-workers." Steve further adds, "she has assumed more responsibilities and is always punctual. She never calls in sick and interacts well with other employees - she has really bonded with Rosa!"

AS SIMPLE AS TURING ON THE T.V.

Did you know you can watch medical news reports at the click of your television dial? All you need to do is turn on your set to KFMB-TV (Channel 8) on Tuesdays and Thursdays between 6:30 and 7:00 a.m. The Morning Health Report, co-sponsored by Pacific Care/Secure Horizons, features local physicians addressing a variety of health topics - check out the following list:

To receive a transcript of a health report, call Member Services AFTER the air date.

<i>Autism</i>	<i>October 13</i>
<i>A Good Night's Sleep</i>	<i>October 15</i>
<i>Acne</i>	<i>October 20</i>
<i>Premature Babies</i>	<i>October 22</i>
<i>Breastfeeding</i>	<i>October 27</i>
<i>Acupuncture</i>	<i>October 29</i>
<i>Drug Abuse Education</i>	<i>November 3</i>
<i>Testicular Cancer</i>	<i>November 5</i>
<i>Better Breakfasts</i>	<i>November 10</i>
<i>Pet and Animal Therapy</i>	<i>November 12</i>
<i>Thyroid Problems</i>	<i>November 17</i>
<i>Too Big, Too Young</i>	<i>November 19</i>
<i>Tinnitus</i>	<i>November 24</i>
<i>Women and Heart Disease</i>	<i>November 26</i>

NOTEABLE NEWS



CONGRATULATIONS CORNER

To Larry and Sara H. who celebrated their anniversary on July 25! To Bobbi C. who graduated from Grossmont Adult School and received her high school diploma! To Dennis B. for celebrating his 50th Birthday. To TMI's Supported Employment Program for receiving it's second three-year CARF accreditation.

WELCOME NEW EMPLOYEES

New to Community Living

Supported Living: William A, Dan M, Jason O, Victoria B

Independent Living: Tracy V, Sarah T, Yvette G, Rosemarie R, Ken H

New to Community Employment

Integrated Work: Gregory C, Catherine M, Lorri S, Sally C, Julie G, Abebe Y, Pamela N

Supported Employment: Janet T, Ana L, Jose S

Public Schools: Parvin P, Martha C, Heather B, Beth B

Noteable News - Continued

THANKS

To all who attended and helped out at TMI's North County Open House on September 9. The office is now up and running and we've already used our meeting area. The address is 1900 Sunset St., Ste. E, Escondido, CA 92025; PH-(760) 839-5255 and FAX (760) 839-5281.

MOVERS & SHAKERS

TMI is pleased to pass on the word from the People First of California, Inc. They have introduced the "People First Star" magazine. This magazine includes articles on changes to the Lanterman Act, updates from all 13 People First Chapters, and learning how to "speak up" about issues that are important to you. Those are just a few of the articles in the magazine that you can look forward to. If you are interested in subscribing to this magazine, please write to: The People First STAR, Sacramento, CA.

COMING EVENTS

TMI's Consumer Holiday Party has been scheduled for Saturday, December 19th and is being held at Blessed Sacrament Church on El Cajon Blvd. in San Diego. Look for flyers and information coming out soon!

TIPS

Remember to "fall behind" and set your clocks back 1 hour on October 25th. It's also a great time to change all the batteries in your smoke alarms and to rotate all your disaster preparation supplies - you know them all, don't you!

Use Blue Ink on Checks. Heard the latest check scam? Dipping your check into acetone will make any black writing disappear! Also, avoid putting outgoing checks in your home mailbox. San Diego makes up for 80% of the nation's mail fraud -WOW!

Halloween Safety Tips for Pets: During the "spookiest" time of the year, you can save your pet from the frightening experience of ghosts and goblins running around. During parties and festivities, many pets can become confused and terrified. Keep all cats (especially black cats) indoors! Many of these cats become the target of abuse on Halloween with all those old tales of bad luck. Also, keep treats which are toxic to pets away in a safe place. Keep protective dogs away from the door and trick or treater's. Make sure you have a collar and ID. tag on your pet in case he or she manages to slip out.

A Thoughtful Living Christmas: Reduce, Reuse, Recycle when wrapping those gifts! Use canvas bags and your imagination. To give with a conscience, donate to a charitable organization or plant a tree in someone's name. You can buy products from stores or catalogs that are nonprofit, or who donate a percentage of their profits to good causes. Think "Earth Friendly" and give a plant, bird feeder or a coupon for service or time spent together. Remember to think with your heart!

IN SYMPATHY

People who knew and loved Tom L. were saddened to learn that he passed away on September 8, 1998. Tom is best remembered for his great sense of humor and for the kindness he showed everyone. We will miss him.

QUARTERLY CALENDAR

OCTOBER

October 12 • Columbus Day

In 1492, Christopher Columbus landed on the Americas.

October 16 • National Boss Day

Give one day to appreciate and honor your boss.

October 19-23 • National Business Women's Week

A week to recognize the role of the working women in American society, the economy, and the family.

HIGHLIGHTS:

- Adopt-a-Shelter-Animal Month

Enrich your life and that of an animal by adopting one of thousands of abandoned animals.

- Diversity Awareness Month

Understand and celebrate the diversity of our society.

- National Breast Cancer Awareness Month

Increase awareness, detection, and treatment of breast cancer.

- National Disability Employment Awareness Month

A time to promote employment of people with disabilities and to recognize their contributions to the workplace.

NOVEMBER

November 1-7 • Drug Free Babies Week

Raise public awareness about the dangers of maternal drinking or drug use to fetal development.

November 11 • Veterans Day

Also known as Armistice Day, this day celebrates signed between the Allied and Central Powers in World War I

November 17 • Word Peace Day

Show your desire for peace around the world drive with your headlights on all day, wear a white ribbon, or pray for peace.

November 19 • Great American Smoke Out

If you smoke, give yourself a real breather today

QUARTERLY CALENDAR - CONTINUED

November 22-28 • National Adoption Week
Celebrate the success of adoption.

November 26 • Thanksgiving Day
A day of public thanksgiving and prayer for the blessings in our lives.

HIGHLIGHTS

National Alzheimer's Disease Month
*Advance research and increase support for Alzheimer patients,
their families, and their caregivers.*

DECEMBER

December 1 • World AIDS Day
Strengthen and expand national capacities to respond to the AIDS epidemic.

December 3 • International Day of Disabled Persons
Promote the continuing integration of people with disabilities into general society

December 14-21 • Chanukah
*The Feast of Lights is an eight-day celebration commemorating the victory of the Maccabees
over the Syrians in 165 B.C. and the rededication of the Temple of Jerusalem.*

December 20-January 17 • Ramadan
This high Muslim holiday marks the month offering and the revelation of the Koran.

December 24 & 25 • Christmas Eve and Christmas
Christian families begin the celebration of the holy day marking the birth of Jesus of Nazareth.

HIGHLIGHTS:

Universal Human Rights Month
Take time to remember those worldwide who suffer human rights abuses