



T.M.I.

Issue #28

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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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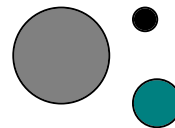
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Changing The System: TMI's Role - *By Carla Jacobs*

TMI has been participating in a very exciting project for the last 18 months. Point of Transition targets young adults in their final year of public school services. The goal of this project is to improve the current system of transition for students from school to adult services by forming a collaboration between all agencies involved. Toward Maximum Independence is collaborating with San Diego City Schools, San Diego Regional Center and the Departments of Rehabilitation and Habilitation. The service delivery model is being implemented in seven other regions of California. TMI and San Diego City Schools are working with half of all the students participating throughout the state. Our model is unique in that TMI has subcontracted all of the graduates from City Schools and does not require the original grant monies to operate. For all practical purposes, this describes an independent system change. With supports from San Diego Regional Center and the Departments of Rehabilitation and Habilitation, TMI and San Diego City Schools have proven that collaboration really works.

We are providing a service at one of the most critical points in a person's life. For students and their families this program virtually ensures that they will not be forgotten once school is finished. In California, schools must provide services for any person who qualifies for special education from age 3 to age 21. After 21, it is the job of the individual and their families to find appropriate employment or living options, with some guidance from transition teachers and regional center service coordinators. In the past, this process has left many students waiting at home or not placed with the services of their choice.

Last year was the first year that San Diego City Schools ever had graduates that continued at their same successful job placement after school ended. Eight of the eleven students who participated in the grant stayed with TMI last year and all but one (because of health concerns) continue in their jobs today.

This year we hope for the same success, if not better. So far, 8 of the 24 students currently in the grant have voiced their desire to continue with TMI after graduation. The remainder of the year will focus on the continuing effort to smooth out any transition obstacles that may arise.

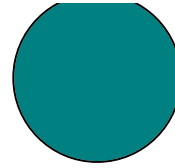
Boll Weevil Corporation Leader in Providing Real Opportunities

By Bonnie Barker-Stanley

Community Employment Services would like to highlight the Boll Weevil Restaurant Corporation for providing great employment opportunities in the program's Integrated Work Component. The company's District Manager of nineteen Boll Weevil restaurants has been instrumental in the hiring of 14 individuals at five restaurants around San Diego County with a sixth restaurant opening soon. The managers at each restaurant have been great to work with. We send a big "Thank You" to Greer in El Cajon, Michelle in Poway, Pam in Lakeside, Yolanda in La Mesa and Sara in La Jolla. TMI would like to thank the Boll Weevil Corporation for recognizing that people with disabilities make great employees.



PROGRAM UPDATES



Family Support Services

FSS would like to welcome Dr. Joseph Schmidt as our newest Behavior Consultant. Dr. Schmidt brings a wide variety of expertise to FSS and he joins our existing consultants, Dr. Paul Dores and Dr. Linda Collins. Further congratulations to Dr. Collins for acquiring her psychology license in the state of California!

FSS extends a big “thank you” to our Social Worker Interns from SDSU (Jennifer Powell and Sandra Tillman) for all of their hard work. We wish them lots of luck as they close out their first year of graduate school.

Our program has a growing need for qualified individuals who are willing to open their homes and families to children with special needs. Please contact Family Support Services at (619) 467-0600 for more information.

Community Living Services

Community Living Services is receiving more referrals than ever and the program is growing. In North County, primarily in the Escondido and Poway areas, we are currently serving 7 individuals in Supported Living. In addition, we have recently received several new referrals to ILS. In ILS we are currently providing support to 14 individuals living in the North County Coastal and Inland areas. Every month we receive 3-5 calls for more written information regarding our services or requesting a home visit to further discuss our programs.

In Supported Living we continue to support 31 people in San Diego. Some of our support staff have provided support to the same people for over ten years. We continue to receive referrals in this program and continue to provide earthquake Preparedness Inservice on March 16 which was well attended. Look for upcoming events!

Community Employment Services Employer

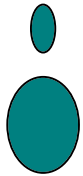
CES would like to thank the following employers for providing great jobs and opportunities to people we support.

All Shred, San Diego
Bennigans San Diego
Boll Weevil El Cajon, Lakeside, La Jolla, La Mesa, Poway
Burger King Kearny Mesa
Casey Office San Diego
Catamaran San Diego
Chili's Restaurant Escondido, Mission Valley
Chueys, San Diego
Coco's Restaurant, El Cajon
Hyatt Regency, San Diego
McDonalds, Mira Mesa
Motel 6, Chula Vista, El Cajon
Pacific Theatre San Diego
Pizza Hut Chula Vista, Linda Vista, North County, Tierrasanta
Rancho Bernardo Inn Ranch Bernardo
Ralphs San Diego
Ross Solano Beach
Round Table Pizza Poway, Rancho Bernardo

PROGRAM UPDATES - Continued

CES - Continued

San Diego Hospice, San Diego
Target, Balboa, La Mesa
T.J. Maxx, San Diego
TMI, San Diego
Unforgettables, Hillcrest
Valhalla High School .El Cajon
Vons .Bonita, Rancho Bernardo
Walmart, Santee
Weinerschnitzel, Chula Vista, Imperial Beach



PROFILE: Randy Iverson of Starving Artists *By Connie Saverino*

TMI and UCP are sponsoring an art studio to be held at UCP on Calle Fortunada every Thursday from 4:00-6:00 PM. Participation has been good and attendance is open to anyone interested in art. Randy Iverson of Starving Artists is the inspiration behind this studio concept. Starving Artists is an organization dedicated to promoting the creative spirit throughout the community~ He enjoys working with non-profits to discover fun and creative ways to raise money and help those who use the services of the agency to be more financially self-reliant.



*Participants at an Art Studio gathering
having fun doing their thing!*

THOUGHTFUL LIVING - *By Simone Ferber*

Greetings to all the Thoughtful Living devotees and all new readers. Prepare yourself for all kinds of real and practical ideas that will create safety and make a difference in your life and the lives of your fellow earthlings (including this beautiful ball of blue and green we live on and call HOME!) These ideas will hopefully make you go “hum - why didn’t I think of that?” Let’s start off with a few reminders.

They’re Here! Get a jump on the flea season and begin the battle NOW!

April Is Disaster Preparedness Month

Are you and your “pack” ready if a major quake occurred? Take a quick “quiz~~ with the following questions to see if you are!

1. Does your family have an evacuation plan and an emergency contact person who lives out of state
2. Do you know where the nearest evacuation center is located?
3. Do you have a plan for your animal companions? Do they have a collar and ID tag if they become missing.
4. If you are away from home when a disaster occurs, do you have any neighbors to make sure your pets are OK or have a place to go?
5. Is your car prepared with water, flashlight and a useful radio.

Well, if you didn’t do very well on the quiz, all these questions can be answered and more information obtained by attending my inservice, or requesting more info from me at X313. Following are some additional tips to keep you and your loved ones safe:

Know where both your electrical circuit box and your gas meter are located and how to shut them off. Shut off your gas meter only if you smell gas. NEVER TURN YOUR GAS BACK ON WITHOUT HELP FROM SDGE.

Don’t Panic, Just Be Smart!

Africanized bees have found their way to San Diego. We knew they were on their way, so here is a little info to keep you and your pack safe. First, it is important to know that their primary goal is not to attack you but to protect their nest. They don’t go searching for victims but will attack if you or your pet come too close to their nest. The difference between our docile European bees and these Africanized bees is their ferocious response to a threat. They attack in swarms and can stay offensive for days if disturbed. They can sense vibrations 55 yards away and their stingers are barbed, so I want to alert you to a few safety precautions you can follow to take the “sting” out of this information!

- Be aware of your environment at all times -think ahead and be prepared.
- Don’t leave your pets tied up in your yard unattended - be sure they have ~n escape route to a safe place.
- If you fear a hive close by, go inside (with your pets of course) and call the police or your local pest control facility. They are well aware of our new arrivals and are keeping close tabs on the progress of these bees.

THOUGHTFUL LIVING - Continued

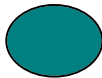
There are tremendous new informational programs about these bees. Most local television stations have already run safety adds and will have more information on how to "bee" smart (hee-hee). Just give them a call. You can also call San Diego County's Public Health Dept. for even more information.

I couldn't end this article with such a blatant reference to that crazy "bee-rated" flick, "The Bees" so on to some more great earth-friendly, healthy and just plain fun information.

- Wonder what happens to the plastic containers that I know you recycle each week? Five plastic bottles will yield enough synthetic fiber to make a 1 sq. foot piece of carpet. Like camping? Recycle 35 plastic bottles to make fiberfill for a sleeping bag. Five 2 liter soda bottles will also provide enough plastic to insulate a ski jacket. Recycle 25 bottles and you'll have enough synthetic fiber to make a sweater!
- The Earth friendly RRR's of a clean house. Baking Soda is our friend!: Burned Pots? Bring 2" water to a boil, add 1/2 cup baking soda, simmer for a few minutes and let sit overnight.' Got coffee/tea stains? Sprinkle onto damp sponge and go over area. Need to clean your coffee maker? Brew a pot of water with 1/4-1/2 cup of our friend!
- Finally, remember Random Acts of Kindness - a simple thank you can make a person's day. Being polite isn't old fashioned - it fosters respect and caring in all relationships. Stay in the moment and BREATHE.... Thanks for tuning in and I'll see you next issue!

CELEBRATING STAFF

By Connie Saverino



Recently at one of our agency "love fests" a.k.a. "All Staff Meetings" we inducted three new members to the TMI Hall of Fame. 1998 Recognition went to:

Ana Fuentes, Person of the Year in Family Support Services - Ana and her husband Manuel have been alternative parents since the project began in 1990. In that time, two young people have moved from their home to adult services. Ana was also elected to the TMI Board of Directors in the past year. Additionally, she and her family graciously hosted Rod Luck and his film crew for a 6:00 a.m. KUSI broadcast from their living room!

D.J. Jensen, Employee of the Year in Community Employment Services - One of the first job coaches hired back in 1989 when CBS began, DJ has cultivated strong working relationships with employers, persons served and their family members. He has served as a mentor; tutoring new staff while continuing to perform his own job with diligence. DJ also teaches CPR and First Aid and has served as a staff representative to the Board of Directors.

Monica Johnson, Employee of the Year in Community Living Services - Monica has been with TMI for over nine years. Her dedication has crossed program areas and has included both children and adults. In Community Living she has proven herself as a resource developer and community connector. She has always put 100% into every situation and over the years has faced some very significant challenges. People she supports know her to be someone they can count on when the "going gets rough." Congratulations to Ana, DJ and Monica on a great year.



New Hires in Administration
Brent Ramsey, CES Coordinator
Nicholas Pelosi, PT CES Coordinator

New Hires in CLS

Supported Living

Kalin Meyers, Jason O'Neal

Independent Living

Tara Bodge, Jennifer Fadden

Melonie Meloney, Mandy Presley

Inez Williams

New Hires in CES

Beth Bickerstaff, Laurel Brown

Baruch Erdstein, Heather Hensley, Raychelle Kelly,

Anna Larson, Julie Soukup, Sonia Wagoner, Ruby Warden,

Abebe Yosef

Congratulations!

To all the employees recognized in February and March for years of service as TMI switches it's yearly Employee Recognition Celebration to a monthly event. Each month we will celebrate the importance of staff and recognize years of service. Employees will receive a certificate and a token of the agency's appreciation.

CIRCLE OF LIFE

Our condolences to FSS Social Worker, Kim Trotter and her family on the loss of her father, and to SL Facilitator, Luis Velasquez on the loss of his mother.

Congratulations to Leticia Cedillo and family on the birth of a baby girl, "Paola."

ANNOUNCEMENTS / EVENTS

TMI's 6th Annual Dinner and Auction

Is scheduled for Friday, May 14 at the Bali Hai. Join us for a fun evening of dining by the bay, live entertainment, silent and live auctions. All proceeds benefit TMI and the Julie Casey Scholarship Fund. Tickets are on sale now. For more information, call TMI at (619) 467-0600.

"People First Conference"

Scheduled for May 8 & 9, 1999 at the Mission Valley Marriott. This year's conference theme is "Hawaiian Luau." Make sure to send scholarship requests and registration to Area Board XIII.

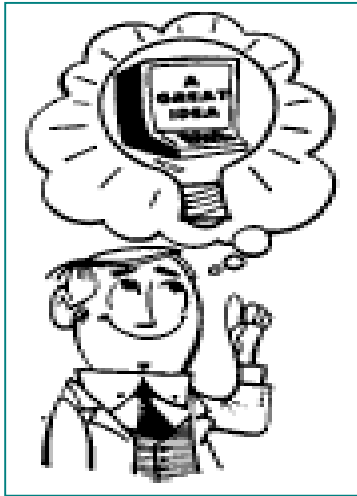
People First STAR Magazine

People First of California, a non-profit organization formed by people with developmental disabilities, has developed a new publication, "STAR," written by and for persons with developmental disabilities and mailed directly to their homes. Parents and professionals read the STAR to gain a better understanding of self advocacy issues. This magazine is designed to empower individuals to acquire self advocacy skills by providing information on legislative proposals and laws, information services supporting Community Living, current information on self advocacy support events and local resources; self help information like speaking up for our rights, and opportunities for local and statewide networking. For more information or to subscribe write to:

People First of California 1225 8th St. #590 Sacramento, CA. 95814 PH/FAX 916-562-6625.

CES Welcomes Back An "Old" Friend

Brent Ramsey, who deserted us for 2-1/2 years, returns as the new Coordinator for Supported Employment. It's great to have you back, Brent!



E-MAIL TIME SAVERS

Technology is supposed to give us more time to do more important things. But when it comes to E-Mail, many of us spend more time than needed responding to electronic messages. Here are a few tips for working more efficiently with E-Mail:

1. Check your mail only twice a day. There's no reason to check your mail several times a day. Set a time in the morning and in the late afternoon.
 2. Separate your personal and business mail accounts. Keep your personal mail out of work and keep work mail out of your home. You can use a service like iVillage's free EMail or Hotmail to maintain a separate personal account. Avoid the temptation of checking that personal account during the day. Save it for the end of the work day.
 3. Filter the Spam. Spam is unsolicited E-Mail advertising. Instead of simply deleting the message, there is often an option to request a stop on the E-Mail. Follow that option once to save yourself from constantly filtering Spam from your mailbox.
 4. Organize your addresses and messages. Don't waste time retyping E-Mail addresses every time you send something. Keep a running address book for all of your E-Mail addresses. Also, file messages into appropriate folders as soon as you read your mail.
 5. Keep messages simple. There's no need to write long missives to answer a simple question or quick memo. If a reply is needed, a simple yes or no will do in most cases.
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