



DIRECT

Center for Independence, Inc.
1023 North Tyndall Ave..
Tucson, AZ 85719

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Center for Independence, Inc.
1023 North Tyndall Ave..
Tucson, AZ 85719

Celebrating 27 years of service to Tucson's disability community

Inside This Issue!

- I & R Services / Staff
- Emergency Preparedness
- Trainings & Support Groups



A United Way Member Agency



TGI FRIDAY SOCIAL SCHEDULE

October - December , 2009

**Please contact Mary to sign up before attending: 624-6452*



October 9th
Museum walk, 1pm - 4pm. Let's meet at the duck pond for a snack \$1.75 a game. Bring extra money for a drink and a snack.
Let's meet at DIRECT and walk over to the UofA museum. We can have lunch near by, then head over to the museum. The cost for the museum is \$5.00. Bring enough money to enjoy lunch and the museum. You will want to wear your tennis shoes as we will be walking all afternoon!

October 16th
Pizza & Blockbuster movie rental at DIRECT, 1023 N. Tyndall Ave., 12:30 - 4:30. Let's pool our money, order pizza and watch a movie together. If we each contribute between \$5.00 to \$7.00 each, there will be plenty of food for everyone. If you let me know ahead of time I can arrange to bring a salad to go with the pizza.

October 23rd

Reid Park. 110 S. Randolph Golden Pins, 1010 W. Miracle Mile, 1pm - 4pm. The cost is \$2.00 round trip, or meet us on the corner of University and 4th Ave. Plan to wear good walking shoes.

October 30th
Blockbuster Movies at DIRECT, 1023 N. Tyndall Ave., from 12:30 - 4:30pm. I will provide the movie rental and the popcorn. All you need to bring is yourself and something to drink It's Halloween tomorrow so the movies will be scary today!

November 6th
China A Super Buffet, 75 W. River Rd., #181 (Stone & River), 1pm - 4:30 pm. Lunch will cost \$9.50 for this all-you-can eat buffet. Remember to tip our waitperson!

November 13th

November 20th
Blockbuster Movie at DIRECT, 1023 N. Tyndall Ave., 1pm - 4:30. I will provide the movies and popcorn. All you need to bring is yourself and a drink.

November 27th
DIRECT is closed for the holiday.

December 4th
Park Place 20, 5870 E. Broadway, 12:30 -4pm. let's watch a movie! We will meet in the food court area for lunch. You will need to bring enough for lunch and the movie, \$12.00 to 15.00.

December 11th
Fourth Avenue Street Fair,

1023 N. Tyndall Ave., 12pm - 4:30pm. Let's meet early at DIRECT and walk to the campus to catch the trolley. We will leave DIRECT at 12pm, so don't be late! The trolley is \$2.00 round trip, or meet us on the corner of University and 4th Ave. Plan to wear good walking shoes.

December 18th
Holiday Blockbuster Movie rental, 1023 Tyndall Ave., 1pm-4:30. Let's get together, have lunch and watch a movie. If everyone brings their own sandwich, I will supply chips and sodas for the group, and as always, the popcorn. The movies of course will have a holiday them.

December 25th
DIRECT is closed for the holiday.

NO. 40

QUARTERLY NEWSLETTER

Fall 2009

DIRECT's Weekly Programs
Look inside for more details:

Social Groups:
Wednesdays:
2pm-4pm

Fridays:
1:30pm-4:30pm

Support Groups:
Brain Injury
Tuesdays: 3:30-5pm

Womens Empowerment:
Thursdays:
1pm-2:30pm

Transition Fair
See inside for more information

I&R Services

Save The Date

"Take Charge of your Health"

Healthy Living: Managing Ongoing Health Conditions

Learn to:

- * Manage pain & fatigue
- * Lessen depression & frustration
- * Start an exercise program & increase your energy level
- * Handle stress and relax
- * Eat well to live well
- * Solve problems
- * Meet personal goals



What you need to know:

A six-week program for 2 1/2 hrs. once a week.

Fee: \$6 per person; \$10 per couple.

Fee covers the book & classroom supplies.

DIRECT Center for Independence
1023 N. Tyndall Ave

* October 14, 21, 28 * November 4, 18, 25
9:30am -12:00pm each day



Sign up for Healthy Living today: **Pre-registration is required.**
Call PCOA at 520.790.7262
Or register online at www.pcoa.org or email: help@pcoa.org

DIRECT Board of Directors

- Alfred Zulli, Jr.....*President*
- Vacant.....*Secretary*
- Vacant.....*Treasurer*
- Jade Stokes.....*Member*
- Ron Trozzi.....*Member*
- Gary Woods.....*Member*
- Ron Schramm.....*Member*
- Matt Hancock.....*Member*
- Don King.....*Member*
- Debbie Elvers.....*Member*

DIRECT Administrative Staff

- Wendy Dewey.....*Executive Director*
- Linda Hawkins.....*Administrative Assistant*
- Martha Schuetz.....*Secretary*
- Lupita Munoz.....*Receptionist*

DIRECT Program Staff

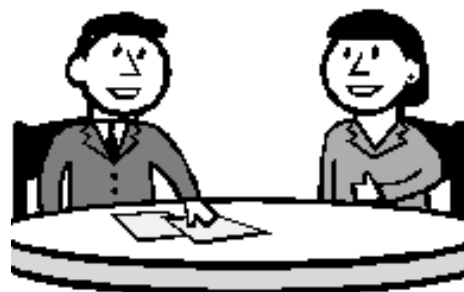
- Gail Bouchee.....*Home Access Program Coordinator*
- Jennifer Goeckel.....*Peer Counselor*
- Stephen Jeton.....*Work Incentives Coordinator*
- David Cardinali.....*Work Incentives Coordinator*
- Nadia Shivack.....*Information and Referral*
- Shannon Bergman.....*Self Determination Coach*
- Mary Tatom.....*Independent Living Skills Trainer*
- Sharon Hass.....*Housing Specialist*

CochiseAbility Office Staff, Sierra Vista

- Isabel Trujillo.....*Independent Living Skills Trainer*
- Georgia McLaughlin.....*Volunteer*
- Lily Prymus.....*Volunteer*
- Paula Vance.....*Information and Referral*

DIRECT Web Site: www.directilc.org
or contact us at (520) 624-6452

DIRECT Seeks Motivated
Board Members
with an interest &
investment in people
with disabilities.



Go to our Web Site for more
information on board
membership:
<http://www.directilc.org/BODpage.htm>

DIRECT CLASSES AND SUPPORT GROUPS

Brain Injury Support Group

Come join us Tuesdays
3:30-5:00pm at
DIRECT

For more information,
call Jenny Goeckel
(520) 624-6452



**Women's
Empowerment
Group**

Thursdays
1pm -2:30pm

Please
contact
Jenny Goeckel
624-6452



**Come Check out Wednesday
Social Group!**

You don't need to call first, just come:
We meet every Wednesday from
2pm-4pm at DIRECT....



The Group starts with a short discussion -
the topic is presented by group members.
Then we have breakout sessions for games
and simple craft projects.

Games: Various card & board games...

Crafts: Fuzzy posters, coloring, painting
you get to take them home!

**What do you want to do
with your life?**



If you are an adult with a develop-
mental disability who receives
services through the Division of
Developmental Disabilities (DDD), you can
learn how to reach your goals and tell people
about them!

Through the "This is My Life" program here at
DIRECT I have seen quite a few people make
changes in their lives:

- * One gentleman helped create his goals at his annual ISP meeting!
- * Another young woman learned how to talk to her parents about what she wants in a peaceful way!
- * And one man is starting his own self-advocacy group!

Contact
Shannon B. or Dave C.
Self-Determination Coach
624-6452

**COME AND VISIT OUR INFORMATION & REFERRAL
WELCOME CENTER!**

You can call or come in to speak to Nadia Shivack. She is more than happy to help you get connected to the right resources and send you in the right direction if you need help with any of the following or more!

- +Benefits
- +Employment
- +Housing
- +Food Banks & Shelters
- +Transportation
- +Medical Equipment
- +Utilities Assistance/T.E.P. Lifeline

**Call 624-6452 x110
Mon, Tues, Thurs, Fri. from 10a - 3pm**

Due to allergies and chemical sensitivities, please refrain from wearing scented products (perfume, aftershave, etc.) when visiting DIRECT.

WORK INCENTIVES PLANNING and ASSISTANCE TRAININGS

October- December "2009"

October - " Make Wise Connections:"

November

Wednesday, November 18 10:00am - 12:00pm: **SSI**

Thursday, November 19 10:00am - 12:00pm: **SSDI**

December

No sessions will be held!



Make Wise Connections

October 15, 2009 from 10:00 a.m. - 12:00 p.m.

Are you (or someone you know) receiving Social Security disability benefits and interested in exploring your work options?

Do you have questions about work like these.....

- * Can I work and still keep my Social Security benefits?
- * Can I work and keep my healthcare benefits?
- * Who can help me understand how working will affect my benefits?
- * Who can help me find a job?

If you or someone you know is on Social Security and wants to work but isn't sure how to get started, the WISE (Work Incentives Seminar Event) is the place to be!

Space is limited, so please call our toll free number or register online today!
1-877-743-8237(voice or TTY) www.socialsecurity.gov/work/wise.html

Please ask for a sign language interpreter or materials in alternate formats five days in advance, either by phone or at the online registration site.

Training will be held at:
DIRECT Center for Independence
1023 N. Tyndall
Tucson, Az 85719

Welcome our new Board members
to DIRECT!!!

Debie Elver is a Certified Public Accountant in public practice specializing in financial analysis and tax planning for small businesses and individuals. She has over 20 years experience working with small business owners and entrepreneurs on start-up, finance and accounting issues. Debbie also works with individuals on tax planning and analysis of financial decisions. Debbie holds a Masters Degree in business administration from Thunderbird-the Garvin School of Management and is a licensed CPA in Arizona. She owns and operates Clear View Business Solutions, LLC, a CPA firm, in Tucson, Az

Don King has many years of experience working with people with disabilities. He worked for DIRECT for 16 yrs. as a Social Service Coordinator and a counselor. Don served 9 years as a Habilitation Counselor for ATPT as well. Don has 6 years as a Certified Rehabilitation Counselor and Vocational Rehabilitation Counselor for the State of Arizona. Don earned his Masters Degree from the UofA for Vocational Rehabilitation in 1976 and his Bachelors Degree in Rehabilitation in 1971. Don has much care and support from his Service dog, Goldie of 6 years. Goldie is well known at DIRECT and everywhere else.



Once again the annual Transition Fair is here!

If you are a student with a disability, you have the opportunity to explore all the community resources out there.

There will be many booths with information about:

- * Education
- * Employment
- * Financial Assistance
- * Housing
- * Transportation
- * Recreation
- * Scholarships

For more information about dates, and times or location please
call **DIRECT** at: 520.624.6452

COMMUNITY EVENTS

Sonoran UCEDD Forum "People with Disabilities and their Families: How to Create the Life you Want to Live in Economically Difficult Times." A series of forums to share information and tools to help individuals and families build on their own strengths and connect to community resources. All forums are held on Tuesday evening from 5:30pm - 7:30pm at the University of Arizona Disability Resource Center, Room B116 October 13; October 27; November 3, 2009. For more information contact Sonoran UCEDD at 520.626.0442 or ucedd@email.arizona.edu.

HOPE FEST 2009 will take place at the Tucson Electric Park 2500 E. Ajo Way October 24, 2009. Free Dental Care, Medical Care, Groceries, Hair Cuts, Clothing, and lots more fun. GATES OPEN AT 9:00 AM. For more information call 520.751.4673 or go to www.azhopenet.org.

BUDDY WALK 2009 is scheduled for October 25, 2009. Join us at the Reid Park DeMeester Outdoor Performance Center for the 8th annual celebration presented by SANDS (Southern Az network for Down Syndrome), and Down Syndrom Society. Registration starts at 2pm. Live entertainment, great exhibits and resources, refreshments, and much more! For more information contact Jodi & James Bess, Tucson Buddy Walk Coordinators 520.867.6970 or buddywalktucson@gmail.com.

CODI CONFERENCE 2009 Tucson Commission on Disability Issues Presents "A Conference for People with Disabilities". Friday October 30, 2009 at 7:30am -2:00pm at the Holiday Inn 4550 S. Palo Verde Rd. For more information call 520.791.4213 or go to www.inclusivetucsonaz.org.



Emergency Preparedness Series

Be Prepared: Make A Plan

What will you do? Disasters are less scary and you are more likely to escape unharmed if you know what to do. Everyone can make a plan; it just takes a little thought. Even if you don't know all the answers, thinking about these things now will make you safer if something should happen.

Your plan should include:

- * An emergency contact list. Who will you call? Include at least one person who lives out of the area; sometimes long-distance calls go through in a disaster when local lines are jammed.
- * A reunion plan: If you live with friends and family, where will you meet? What if you can't return home? If you agree in advance and everyone knows where to go, you will be able to find each other.
- * Sources of information: how will you know whether it's safe to stay where you are? If you need to leave, how will you find out where to go? This will depend on your abilities and resources. Consider radios, Internet, people to call, alert systems, etc.
- * Evacuation plan: Can you get out of your home and/or office on your own? Where might you go and how will you get there?

Keep a written copy of this plan posted in a place where you can find it easily! Make sure your support network knows where to find it, too.

Web sites:

[AMERICAN RED CROSS \(Preparedness advice for people with special needs\)](http://www.prepare.org/disabilities/disabprepLARGE.htm)
www.prepare.org/disabilities/disabprepLARGE.htm

[ARIZONA'S UP-TO-DATE EMERGENCY INFORMATION](http://www.az211.gov)
www.az211.gov

[READY AMERICA'S INFORMATION FOR PEOPLE WITH SPECIAL NEEDS](http://www.ready.gov/america/getakit/disabled.html)
www.ready.gov/america/getakit/disabled.html

[READY AMERICA'S INFORMATION FOR EVERYONE](http://www.ready.gov/america)
www.ready.gov/america

