



COMMUNITY PROVIDER OF ENRICHMENT SERVICES

CPES TUCSON NEWSLETTER

Volume 1, Issue 1

June 2009



Newsletter Naming Contest

We would like to welcome the readers to this, the inaugural CPES Tucson Newsletter. We hope that everyone will enjoy the articles and the information that we have with each edition

As of yet we do not have a name for our newsletter, so we would like to invite our readers to come up with a suitable name for us.

Please submit your recommendations via e-mail to advance@cpes by August 15, 2009.

The winning selection will win a prize to be announced later.

We look forward to all of your entries for our newsletter name contest and will talk to you all in our next issue.



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DTAs Honored for Service

On March 27th Renew, Advance and Ocotillo Blooms received an award for their volunteer services to the Adopt-A-Park program. The sites have been working to keep

McCormick Park clean.

The sites have been proud to work with the Adopt-A-Park program and plan to continue.

The sites met at the park for the presentation of a plaque and to share a picnic lunch and snacks. Those attending received T-shirts and lots of thanks and praise.



Dedication of CPES DTA Plaque at McCormick Park 4/27/09

This newsletter has been written and published with the assistance of staff and participants of Tucson Programs.
If you have questions or comments about this newsletter, please contact us at advance@cpes.com.
Date for article submissions is August 15, 2009

Virginia's Corner

By Virginia Perez and Ann Marie Johnson

At Renew, we go to different places in the community to volunteer. We volunteer at World Care, the Community Food Bank, the Deseret Industries thrift store, McCormick park through the Adopt a park program, and Ben's Bells project. Every month I will talk about a different place that we go to volunteer. This month I will talk about World Care.

The story of World Care began in 1993, when four healthcare workers from Washington D.C. traveled to Guatemala to visit the health facilities there. They found out that the greatest needs were food, shelter, and education. Lisa Hopper was one of the four workers. She returned to Guatemala and brought school supplies for the villagers. Later she visited children in other countries to give them school supplies. Lisa moved to Tucson in 1994 and her efforts led to the creation of World Care.

In 1996 World Care began its program Tools for Schools, a school supply drive. Over the years, Tools for Schools has helped children in other states and countries to get textbooks and school supplies. Since then, World Care has grown and other programs have begun, such as Tools for Earth, Tools for Emergency Relief, and Tools for Health.

World Care is located at what used to be an Elementary School. At World Care, donations are accepted and categorized, and volunteers go to help others in need. There is also a book and thrift store.

I like to go volunteer at World care. I like to work. Sometimes we clean books and put them in different boxes. Other times we dust the computers in the sale room. Sometimes we put packets of shampoo and conditioners in boxes for the needy. Other times we put pencils, rulers, and erasers in bags for school kids. At times we help by picking up garbage inside and outside of the building. I always have fun there. I like to help.

That is all for now. Next month I will talk about another place I like to go, the Ben's Bells Project.

Address for World Care: 3538 E. Ellington Pl. ,Tucson, Az.

Phone number: 514-1588

Website: www.worldcare.org



The story of World Care began in 1993, when four healthcare workers from Washington D.C. traveled to Guatemala to visit the health facilities there.

The CPES Community Center is Back!

The long awaited re-opening of the CPES Community Center took place in March with a St. Patrick's Dance and a Karaoke Night.

For those of you unfamiliar with the Community Center, here are some facts.

- ◆ The Community Center is located at 2900 E. Broadway, Suite 102, Tucson AZ
Phone: 520-320-7929

- ◆ The Center hosts 2 events a month that are designed to provide a chance for members of the community to have fun and form friendships.



- ◆ Admission to the Community Center is usually \$1.00 with refreshments and/or supplies for projects at additional charge (accompanying staff are admitted for free)
- ◆ For more information or event calendars check out www.CPES.com

In Step with Advance

Advance has been very active over the last few months. We have visited different locations around our community like: the Ostrich Farm, The Desert Museum, Old Tucson as well as various museums and recreational facilities. Advance has celebrated the diversity of various cultures by going to the library and on line to learn both the differences and similarities of cultures such as Native American, Hawaiian and Mexican just to name a few.

After learning and talking about each culture, Advance would then have some samples of each one's food for the group to enjoy, including a Hawaiian luau. This has been a very successful and enjoyable experience for everyone.

Advance has gone through some changes in these tough economic times, but have come through the challenges with a positive outlook for the future as our consumers continue to grow and learn.



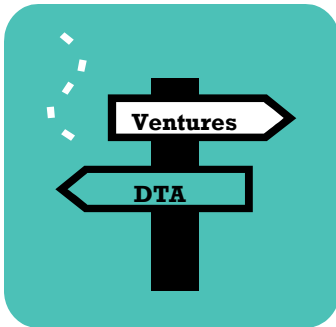
Next Step Helping Children

On March 13, 2009, CPES/ Next Step hosted a Rally at Reid Park in hopes of saving Early Intervention Services. Among those who spoke at the Rally were, Deya Nevarez, Administrative Assistant from Congressman Raul Grijalva's Office, Representative Steve Farley, J.J. Rico from Arizona Disability Law and several parents. KOLD 13 newscaster, Jim Becker, covered the story which made the top news story at noon.

Deya Nevarez stated on behalf of Congressman Grijalva that, "an economic recession does not give permission to put the burden on the backs of our children and the services they so deserve". Parents that spoke all had different stories to tell, but the major point they all made was that, "without early intervention kids with special needs can grow up to be a burden on society the rest of their lives".

The Rally helped instill the understanding that Early Intervention is an investment in 'the building blocks of Arizona's future!

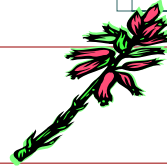
Venturing Out with Ventures



Ventures provides instruction in cooking, sewing, and other daily life skills. These are taught with a focus self improvement and independence. Ventures often cooks and sells lunches at the CPES main offices.

The folks at Ventures are an active group and always "venturing" out in the community for various activities and outings.

Growing with Ocotillo Blooms



In June of 2004 CPES day sites, "Desert Falls" and "Silver Springs" merged to become "Ocotillo Blooms." On June 30th, 2009 we will celebrate our five year anniversary!

Over the past year we have had lots of new and interesting projects start to bloom.

In October we hosted a Haunted Grave Yard and

collected almost 200 pounds of food for the Food Bank.

In January we opened a computer lab and started classes in pottery, wood-working and sewing.

These classes are open to our participants as well as the participants at the other CPES DTA's. In future we look to offering these classes

to others maybe through the Community Center.

Our participants enjoy a wide range of activities and community based outings, and are involved in planning the monthly schedule which is based on themes. In recent months themes have revolved around recycling, gardening, health and

nutrition, safety, the history of chocolate, reptiles, rodeo and Tucson history,

Future topics may include transportation, communication and space. We are also looking into volunteering options, especially ones that involve work with animals. Ocotillo Blooms is certainly growing, and going strong.

A Day with RENEW



Hello we are Renew DTA! Our providers all work hard to create an active, energetic, and constructive program for the consumers we support.

We are a busy bunch, so we start each day with morning group. As our coworkers arrive each morning we encourage everyone to join the group. We generally read books, play group games, have time for discussions and sharing, and sign up for the day's outings. It is a time to transition, and plan for and focus on the day.

We offer activities on site and in the community. In our morning group everyone is offered an opportunity to sign up for an outing. We usually have two outings to choose from each day, and a wide variety to choose from throughout the week.

Our providers work to find unique chances to learn in and about our community. We visit various museums, galleries, and interesting stores. We have set up neat tours of places like television stations, fire stations, and grocery stores. We also offer opportunities during the month to volunteer our time and efforts at places like World Care, the Community Food Bank, the Ben's Bells Project, and McCormick Park (our Adopt-A- Park that many of the DTA's at C.P.E.S. work together to help keep clean.) Many of Renew's participants have set personal goals to volunteer each month.

It's not all work though. Consumers and providers have a blast going out together to fun places like the movies, Golf-n-Stuff, bowling, pet stores, Clicks Billiards, and our most popular of all... the lunch outing every other Friday.

We also have a variety of choices for those who choose to stay at the site. We have a very creative group of staff and consumers who continually come up with and plan cool arts and crafts and games each day. We offer ongoing projects like our small garden, woodworking classes, and taking pride in working on and selling creative and wonderful crafts in the semi-annual craft sales.

Majken Hatley, Renew

Branching out with the CREW

Contemporary Concepts is a vocational site where the individuals have very interesting jobs. Concepts focus is to provide employment opportunities to the folks that we support. We teach them the skills and traits that they will need to gain competitive employment. Once the team has addressed someone ready for competitive employment, they begin working with a job coach and start the process for gaining a job in the community.



The "Crew" has contracts to provide recycling and landscaping services to local businesses.

You might find the Crew anywhere in or around town helping to make Tucson a "greener, "and more beautiful place. The landscape crew works at various CPES residential sites, the Sabino Canyon office, TRF residential sites, St. Pius Church, and for private customers. The landscape crew is looking to expand their clientele and has put a plan in place to help with this. The crew takes pride in their work and does an exceptional job. This is evident by the quality of their work and all the positive feedback that we have received!

One place you will certainly find them is at Raytheon where they handle all of the recycling tasks. There are three crews that work at the Airport Sites, Raywest, and Rita Road Locations. They are responsible for the recycling of cans and bottles, paper, cardboard, ink cartridges, batteries, and shipping peanuts. Raytheon has recently been recognized by Channel 4 news as one of the local companies that is placing a large emphasis on going green and because of our partnership with Raytheon, Channel 4's news crew was out at Raytheon to capture one of our crews hard at work. The story will air on July 1st.



Hats off to the Crew for their hard work!



Contemporary Concepts

Landscape Services

- *Landscape Maintenance
- *Tree and Bush Trimming
- *Basic Planting
- *Laying or Removing Rock/Gravel
- *Bulk Pick-Up
- *Dump Runs



Call Today for your free estimate!

Dexter Hall,
Crew Leader
325-8410

Landscape Pricing:

\$75/1st hour, \$55/each additional hour

Dump Haul Only:

\$50

Increasing Safety Awareness

By the Crew

To many of us, safety is a concern not only to the individuals we support but also to our selves and co-workers. By increasing our safety awareness, it will decrease the risk for injuries, time away from work, and work man's compensation claims.

Be aware of your environment. Pay attention to where you are walking. Step down from curbs carefully. Look for uneven spots or holes on grassy areas and walk around them. Avoid wet areas, as this can lead to slips or falls.

Clean up any spills immediately and put up a wet area sign to warn others that the area is wet.

Use caution when entering and exiting a vehicle. Before closing the door after the last person has entered or exited ensure that everyone is clear to ensure that no one gets slammed in the door. Use a code word that everyone knows if needed, as simple as "all clear" as a warning that you are closing the door.

Wear proper attire. Wear closed toed shoes. If you are working with equipment or machinery where clothing can get sucked into avoid baggy clothes or make sure they are tucked in. If you will be working with machinery that can kick up rocks or debris wear long pants. Wear safety equipment such as goggles, ear plugs, hard hats, orange vest, and gloves when needed.



By following these basic safety tips, it can help to protect everyone involved.



Fashion by Rebekah M. Ray

Different people have different styles, it just depends on how you view another person's style. Women and girls have a different style and judgment about fashion than men and boys do. But not everyone has the best fashion sense ever. Some people don't even know about fashion. Some people know a lot about fashion and don't even realize it. Nobody's perfect with fashion or anything. But it can depend on your age and your gender starting with little girl styles or little boy styles—teen girl styles or teen boy styles—adult styles—senior citizen styles. We all have different style and taste in fashion. We can't all have the same style or same ideas or else we'd all look the same. That would be boring and weird. **IT'S BETTER TO BE DIFFERENT!**

Submitted by Dreamcatcher

Report on TRAKS, a Local Ranch

By Megan



When I am at Traks I pick up after the animals, comb the miniature horses, and feed the animals. There are geese, ducks, rabbits, pork belly pigs, sheep, lambs, goats, chickens and roosters.

Also while I am there I play with and feed the bunnies and rabbits by hand right after I finish my work.

Traks is a big ranch with a whole lot of animals. My favorite animals are the pot belly pigs. They are plump, black and have curly tails. They have a snout for a nose and big pointed ears. That is what I do at Traks every week.

Submitted by Sapphire