



The Tungland News

February 2012

Supporting ALL People to be a Part of Their Community



Arizona
Centennial Year

*100 Years of
Statehood*

February 14, 1912

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The Next 100 Years

We join our fellow-Arizonans this month to celebrate the one-hundredth anniversary of Arizona's statehood, proudly marking the achievements we have made in the past century. The celebration should reflect the wonderful diversity that characterizes our state. We are a very different society now than we were when the last-frontier-days Arizona became a state in 1912. We have grown, we have prospered, we have opened new doors to people from all over the world, we have taken our place in the 21st century world, with all its uncertainty, change, and promise.

It would be a shame to celebrate our statehood and achievements, however, if we ignore our future. Those who come after us in the next century have a real stake in the kind of place we decide Arizona will be in their lifetime. Our children and descendants have a right to inherit a better Arizona than we inherited.

What would be a better Arizona? For starters, an Arizona where all persons are valued and respected—where all people are supported to be part of their community. An Arizona where those who are the most vulnerable among us are able to take a seat at the table of plenty.

During the past few years the opposite has sadly been the rule in Arizona. Our present executive branch and Legislature have made those most vulnerable pay dearly for the state's economic troubles. We need to correct this inhumane and ruinous course in order that all Arizonans share in the state's future. We will prosper only if everyone has the opportunity to prosper.

Let's celebrate our 2012 Centennial by creating a more compassionate, wiser, generous, prosperous, and just Arizona. Our descendants who celebrate the 2112 Bicentennial will thank us.

“SpoFit”—A Fitness Center With a Difference: It’s Built for People With Disabilities

On Friday and Saturday, February 24th and 25th, 2012 a new fitness center in Phoenix will hold its grand opening. That may not seem like news unless you consider that this brand-new fitness center boasts that it is one of only two in the United States completely accessible for people with disabilities.

The Virginia G. Piper Sports and Fitness Center for Persons with Disabilities—known as “SpoFit”—features facilities that are accessible for people with all kinds of disabilities, easily able to accommodate a number of people using wheelchairs at the same time.

Grand opening ceremonies will encompass a variety of adaptive sports demonstrations, such as wheelchair tennis, wheelchair bas-

ketball, power soccer, fencing, rowing, yoga, quad rugby, and a scuba demonstration. NCAA wrestling champion Anthony Robles will be on hand to talk about his experiences as an athlete with a disability.



Located at 5025 East Washington, just west of 48th Street, SpoFit boasts three swimming pools, an indoor suspended jogging track, fitness center, and a climbing wall. The entire space was specifically designed for use by people who use wheelchairs—lockers, showers, exercise equipment, and spectator areas.

SpoFit offers people with disabilities a fee of only \$6 for daily use of the facilities and monthly



My Community Connection!

What connects you to your community? What things do you like to do best? Do you enjoy playing or watching sports? Getting more exercise to lose weight? Going to dances, museums, car shows, street fairs, concerts? Volunteering to help others? Day trips to interesting places?

Tell us about it! Let’s hear what things connect you to your community.

Getting Help for Depression

by Sally Davey, Psy.D., Clinician/Assistant Director, Professional Counseling Department

The first step in healing from depression is to acknowledge what you think and feel. You don't have to have all symptoms of depression, but the more you check, the more likely you are to have more than "feeling blue" signs. These symptoms can last about two weeks or longer. How you feel will depend on your situation or circumstance: grieving over the loss of a loved one, job, home, animal. Some people are able to navigate through their feelings but others might not. Just because someone cannot process their thoughts and feelings quickly does not mean that the person is "abnormal."

What kind of help can you get? Your primary care physician can provide anti-depressant medication. Talking is an excellent way to process your feelings. Talking with a professional is necessary if your depression has gone on for some time. Other resources such as the faith community are excellent alternatives, particularly if you are not able to pay through your health insurance or out-of-pocket.

IN THE PRESS



Recent articles in *ABC News* and the online disability community magazine *DisabilityScoop* have highlighted the difficulties many people with developmental disabilities face in getting dental care. Many people go without dental care because there is either no insurance coverage available or dentists are reluctant to care for developmentally disabled patients, who may require special procedures to help them cope with the dentist's office. Coupled with that are the low Medicaid reimbursement fees that deter dentists from providing care.

Dental colleges such as ASU School of Dentistry in Mesa, are often helpful to people with disabilities.

According to the articles some providers are joining forces to push the US government to address this

Overcoming depression takes action! Taking care of yourself is important not only for you but for your loved ones, friends, co-workers. Exercise, healthy food, as well as healthy thoughts are all components to coping and returning to a healthy way of being. One last tip: try to stay away from those who are not supportive of you because that is not going to help you move out of your situation.

Don't get discouraged if you can't do it all. It takes time and patience, so be kind to yourself as a part of your own journey!

Here are two self-help resources that can help deal with depression:

http://helpguide.org/mental/depression_tips.htm

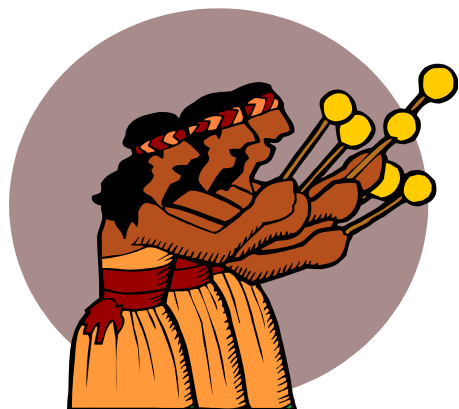
www.depressiontreatmenthelp.org

issue, which some say leaves most citizens with developmental disabilities as a medically underserved population in terms of dental care. The groups also want Congress to address the low Medicaid reimbursement fees. Some organizations such as Special Olympics AZ have arranged for free dental care clinics for their enrollees, but this will not help the entire population

Every person with a developmental disability should have proper dental care. Write to your representatives in Congress and tell them that people with developmental disabilities need quality dental care.

Free, Cheap, & Fun Stuff To Do

Native Trails: A Celebration of Native American Culture: Traditional entertainment from North America's indigenous cultures. Held on most Thursdays and Saturdays at the Scottsdale Civic Center Park from 12 noon to 1:30 pm. March 1, 22, 24, 29, and 31. April 5, 7, 12, and 14. Free.



Arizona Aloha Festival:

Celebrate the Pacific Island cultures of Hawaii and Polynesia through live music and entertainment, traditional arts and crafts, and sampling the native foods of the Pacific Islands. March 10th and 11th at Tempe Beach Park from 10:00 am to 5:00 pm. Free.

And don't forget...

Glendale Jazz & Blues Festival: A free event in downtown Glendale for jazz and blues lovers. Saturday April 14 from 12:00 pm to 10:00 pm and Sunday April 15 from 12:00 pm to 6:00 pm.

Art Walk, Downtown Chandler: Dozens of artisans set up on streets of Historic Downtown Chandler. Free on the third Friday of each month.

First Friday, Downtown Phoenix : Stroll in Downtown Phoenix to visit art galleries, studios, art spaces. Free on the first Friday of the month.

Friday Night Franks at Fort McDowell Adventures: Looking for a cheap evening out? \$2 wiener roast, \$1 soda pop, storytelling, wagon rides, music, horseshoes, fire pits. Fridays 5-10 pm from Labor Day through Memorial Day. 14803 N. Hiawatha Hood Road, Ft. McDowell AZ 85264. 480-816-6465. Reservations suggested for groups of 10 or more.



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