

February 2011



www.tungland.com

SUPPORTING ALL PEOPLE TO BE PART OF THEIR COMMUNITY

The Tungland News



A Budget That's Fair to All Arizonans

People with disabilities, the elderly, preschoolers, infants, students, families struggling to make ends meet, providers of health and social services—these are Arizonans who are the most vulnerable of our citizens. They are not going to be helped by the budget proposed by our Governor and Legislators. In trying to solve the state's budget crisis our elected officials have ignored balanced and responsible solutions that could help resolve the crisis without hurting those already suffering. Read the 2011 legislative statement by The Protecting Arizona's Family Coalition (PAFCO) on Page 4 .

In this issue

In Memoriam: Tucson Jan. 8, 2011	2
Introducing Dr. Sally Davey	3
Tungland Scrapbook: Jodi & Alexy at The Fair	3
Healing Arizona's Ailing Economy	4
A Gift of Music for Joey	5
Scrapbook: Can We Cook!	6
Eat Better! Live Better!	7
Events & Humor	8

IN MEMORIAM



The administration, staff, and clients of The Tunland Corporation join in mourning the six Arizonans who were slain in Tucson on January 8, 2011.

We express our sadness to their families and loved ones while we offer our best wishes to Rep. Gabrielle Giffords and the other survivors of the attack.

We join with all our fellow Arizonans to renew our commitment to making a land where all people may live in peace and in freedom from fear.

DOROTHY MORRIS
THE HONORABLE JOHN ROLL
PHYLLIS SCHNECK
DORWIN STODDARD
CHRISTINA TAYLOR-GREEN
GABRIEL ZIMMERMAN

Introducing Dr. Sally Davey, Tungland's New Counselor

Hello everyone! My name is Dr. Sally Davey, known as "Dr. Sally," and I'm a "newbie on the block" who has joined Tungland as the clinician in the Counseling and Behavioral Health Services department. I am delighted to be a part of the Tungland Corporation family and feel welcome as part of this awesome organization. Working with our capable administration and with all the staff, my goal is to make sure that our Counseling Department grows as it serves more people who need individual or group therapy.

I come to you with a wide range of experiences, training, and expertise to serve individuals from a broad spectrum of diagnosis, problems, and concerns. I hold a Doctorate in Clinical Psychology that allows me to know and understand the need to assess and diagnose in order that the person may qualify for services and better understand the role of

thinking patterns, emotions, and behavior.

I firmly believe that each and every individual deserves dignity and respect. Each individual is unique and created to enjoy their unique specialness. I believe that every person has strengths and it is important to me that the person's strengths be increased so that he or she has a sense of purpose rather than perceived from their weakness.

I'll be writing to you in the future about topics such as depression, grief, sexual abuse and lots more. I'll offer trainings to staff on topics such as Borderline Personality Disorder, Bipolar Disorder, and other topics of interest. If my door is open you are welcome to drop by, chat, or ask for help on any clinical issue.

Please don't hesitate to call me with questions at 602-224-5052 X8070.

Tungland Scrapbook

Jodi and Alexy are big fans of the Arizona State Fair and try never to miss this annual event in Phoenix. They had lots of fun on their visit to the State Fair last October.



Healing Arizona's Ailing Economy: 2011 Legislative Policy Statement of the Protecting Arizona's Family Coalition (PAFCO) - Timothy Schmaltz, CEO & Coordinator

Arizona needs a healthy state budget that will allow the state's economy to grow and citizens to thrive. Faced with unprecedented challenges the past two Legislatures have betrayed and violated that fundamental premise of the healing arts and sciences. We call upon the 2011 Legislators and the Governor to *do no further harm!* The Protecting Arizona's Family Coalition remains united to *promote and protect health and human services funding* during this time of economic recession and severe revenue deficits. We stand together to oppose irresponsible tax cuts and further harmful budget cuts to critically needed health and human services.

No more cuts to schools and health and human services. Fully 75% of the past cuts have been in education, health, and human services. Hundreds of thousands of children, families, and vulnerable adults have already been severely impacted. *These cuts must stop.*

Preserve AHCCCS. AHCCCS represents almost one third of Arizona's health care economy. We believe it is inhumane to suggest 1.3 million people should go without health care. To even suggest that one third of this important economic sector could be destroyed is irresponsible.

No more tax cuts. Years of tax cuts coupled with the severe recession resulted in the current structural revenue deficits. All options including closing tax exemption loopholes while expanding the sales tax base and improving the progressivity of the income tax must be considered. The measure of a humane society is how it treats its most vulnerable members particularly at their time of critical need.

Preserve the safety net for families. The need for health and human services now reaches into the middle class more than ever; these families are losing jobs, housing and suffering severe economic dislocation because of depth and breadth of the recession. Public safety is at risk.

Budget cuts hurt our economy. Reductions make economic downturns worse. More cuts will further lengthen the slow recovery.

Arizona's nonprofits and service providers help

Arizona's economy. They employ thousands of taxpaying citizens, spend into the economy and support thousands of local businesses. Our public/private safety net allows families to get back on their feet, *and* supports commerce. The safety net is stabilizing Arizona, preventing an economic free-fall and contributing to quality economic activity.

Education and health are linked. Educational achievement and poverty are inescapably linked. For education to succeed children and families need to have enough food to eat, a roof over their heads, be free from fear of harm, and be healthy. In order to flourish, education needs a quality family and community context.

Our citizens want good health and human services and good schools. Arizonans passed Prop 100 in May 2010 and rejected Props 301 and 302 in November 2010. Citizens have supported ballot propositions for education, dedicated revenues for health care coverage for the poor and increased health care funding. Arizona's citizens are willing to do what is right and necessary for their working families.

Make the budget process open and transparent. The public has a right to know how its tax dollars are being allocated, and a right to meaningful input in the budget process. The amount of the cuts should be clearly documented and independently evaluated. The Legislature must be accountable for its actions.

Tell your elected officials how these budget cuts to health, schools, and social services will affect you and ask them to make a budget that's fair to all Arizonans.

Write or call Governor Janice Brewer, Capitol Executive Tower 9th floor, 1700 W. Washington Street, Phoenix AZ 85007, call toll free 1-800-253-0883 or 602-542-4331. Call or write your State Senator and Representatives.

If you don't know who your State Senator and Representatives are go to Project VoteSmart at www.votesmart.org, click on Officials and enter your address and/or zip code.

A Gift of Music

When PC Lisa Allen went online to help Joey find a used guitar she never realized that the Valley's kids rock band V-Knights would come to Nama Ste Day Center to present Joey with a brand new guitar. On December 21, 2010 the V-Knights, the official band of the Phoenix Children's Hospital Rock Stars, came to Nama Ste Day Center to present Joey with his guitar.

Joey loves music and has long wanted to play guitar. When the V-Knights asked Joey if he wanted to play a song with them he started singing the lyrics to their song "One Day" by heart and joined in with the band.



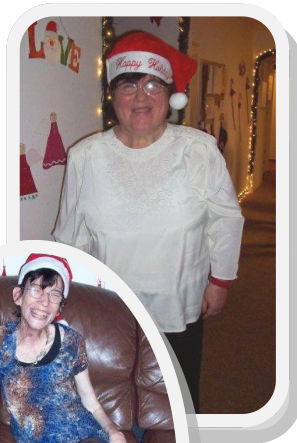
Photos courtesy V-Knights <http://gogabie.com/2010/12/gift-music/>



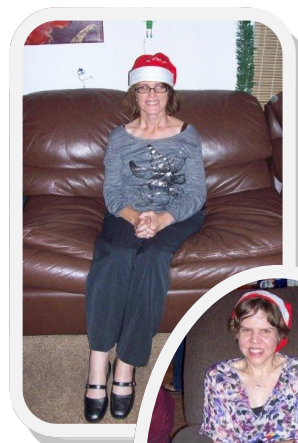
Tungland Scrapbook



Tungland's hardworking staff helped make the Christmas Dinner-Dance last Dec. 18th the huge success it was. Pictured here at left are staff Theresa Borges and Cymantha Makeley. Cymantha was instrumental in arranging for the beautiful facility at St. Paul's Lutheran Church in Phoenix. Theresa and hubby Tim (right) were the chefs du jour who whipped up a scrumptious holiday menu that delighted and energized the partygoers. Thank you Cymantha, Theresa, Tim and all our dedicated staff who pitch in to make these events a memorable time for the people we serve.



T'was the night near Christmas when all through Alta Vista the sounds of holiday joy were heard from Berene, Eileen, Holly, Shirley, and Sandra and their staff. In the run-up to the party the ladies and staff baked dozens of cookies. So, ladies, any cookies left? Hmm?





BROUGHT TO YOU BY KAREN SMITH DIRECTOR, HEALTH & WELLNESS SERVICES ROSE & KIERNAN, INC.

Nutrition know-how will help you maintain, not gain

HOW TO DEAL WITH A SWEET TOOTH

Few of us can have a sweet drink or treat each time we see one and meet the goal of "moderation." Studies show that one way to reduce the tempting power of sweets is to limit variety. If ice cream or cookies are your weakness, stock only one type at a time. Identify the sweets you enjoy most and try to stick to only those, skipping sweets you eat simply because they're available.

Some people find that using sweets only for dessert, rather than snacks, makes it easier to limit them and decreases cravings.

One study found that after 2 weeks of eating chocolate twice a day (15-30 minutes after a meal) chocolate cravers reduced their desire for it. But both cravers and non-cravers who ate chocolate daily between meals ended up with increased desire for chocolate.

Protein should be a staple in your diet. Protein provides a powerhouse of energy for the body, building and repairing your muscles and bones while boosting your metabolism.

Fiber offers huge benefits to your health, from controlling your appetite and regulating your blood sugar to helping your digestion.

Good carbs such as **fruits, vegetables and whole grains** provide the body with valuable components such as fiber, vitamins, minerals, and antioxidants without leading to a spike in blood sugar and insulin levels. **Bad carbs** like **refined breads, cereals, and pastries** have had the beneficial fiber stripped away and raise blood sugar too high and too quickly, wreaking havoc on your health.

Good fats are essential for human health. They keep us full and satisfied, cushion and protect our organs, and serve as a boundless source of energy for the human body. Especially important good fats are the omega-3's and fats found in avocados, eggs, flaxseed, olives, coconut, and nuts. **Bad fats** or trans fats are often used in packaged food such as chips, pretzels, cookies, fast food, shortening, and some margarine brands. Because the body can't break them down, bad fats attach to the arteries and may result in plaque formation, which is linked to heart disease, diabetes, breast cancer, asthma, and a host of other illnesses.

Chai Tea Recharger

- 1 1/2 cups chilled, brewed chai tea
 - 1/2 cup unsweetened almond or skim milk
 - 1 scoop vanilla protein powder
 - 1 small banana
 - 1 tsp stevia
 - 1 tsp cinnamon
 - Ice cubes
- Mix in a blender until smooth.



This is a great after-exercise protein shake. The potassium in bananas helps replenish electrolytes, which helps prevent muscle cramps. Plus the carbs restore your muscles' glycogen stores to give you energy and enhance protein absorption.

Events & Doings

Valley Commerce Center
4747 North 7th Street,
Suite 300
Phoenix AZ 85014-3653

Telephone 602.224.5052
Fax 602.224.9536
Email vincek@tungland.com
Editor: Vincent Kruse
Visit our website at
www.tungland.com



Apache Junction: Arizona Renaissance Festival

Runs from February 12th through March 28, 2011.
Open every Saturday and Sunday from 10:00 am to
6:00 pm rain or shine, including Presidents' Day.

*At \$20 for adults and \$10 for kids 5-12 this isn't
cheap but it's definitely a lot of fun. (Not to mention
that there are lots of photo ops for your newsletter!)*

*Group discounts for the Festival are available. Tickets
must be ordered at least 2 days in advance and the
group must arrive together.*

*Call 520-463-2600 for information and tickets or go
to website at www.RenFestInfo.com. Regular tickets
may be purchased at Fry's Food Stores. Check your
local Fry's Food Store for ticket availability.*

The top 10 signs you work in a group home

10. You keep mileage records even when you're off duty and driving your own car.
9. You ask your Vet for "Behavior Modifying Meds" for your dog.
8. Your personal grocery list is divided into three categories: **groceries, hygiene, and household**.
7. You give your children "**Activity Money**" instead of an allowance.
6. You look for the **hand scanner** whenever you walk into anybody's home.
5. You write an **incident report** whenever your children fight with each other.
4. You use **proper error correction** even on your own personal notes and lists.
3. You make your spouse or partner fill out an **absentee/tardy report** form when late for dinner.
2. You ask your children if they've done their "**programs**".



"Mom wants to know if you did your program!"

The #1 sign you work in a TTC Group Home: You programmed the pager # on your speed dial!

by Theresa Borges, Quality Management