



# The Tunland News

**Supporting ALL people to be part of their community**

## ***Dental Care And Health Care Products Available To Qualified AHCCCS/Medicare Recipients Via US-Funded UnitedHealthcare Community Plan***



Many people enrolled in AHCCCS and Medicare Parts A and B have been unable to receive much-needed dental care and medical equipment, such as eyeglasses, hearing aids, walkers, blood pressure monitors, and blood-sugar test supplies. Thanks to a federal program however, there's good news: qualified persons who can't afford to pay for such care may enroll in **UnitedHealthcare Community Plan providing them with the services and products they need—at no cost.**

The Community Plan provides for a system of "benefit credits" that allows each enrollee up to \$1,500 in credits for dental services per year. Enrollees may receive \$150 in benefit credits for additional eye wear, \$1,500 for a hearing aid every 2 years, and up to \$400 a year for health products such as over-the-counter medications, blood pressure monitors, diabetic test equipment, and skin care products. No payments are required.



All that's needed to sign up for the UHC Community Plan is participation in APIPA/AHCCCS and Medicare Part A and Part B.

For information and help in signing up contact UHC Community Plan representatives Kathleen Gawne at 520-981-1283 or Jim Ford at 602-999-3605 (TTY 711). Kathleen and Jim can help those interested verify their APIPA and Medicare coverage and help set up and coordinate their medical services.

# Direct Support Professional of the Quarter July 2012

*Nominations are being received for Employee of the Quarter for the outstanding work of two of our Direct Support Professionals: one employee from Residential services and one employee from Adult and Children's Services/In-Home Support Services. Nominations are for the quarter April-June 2012. Nominations close July 10, 2012.*

*Any administrator may nominate a person for this recognition award. Nomination forms are available online on the Tungland drive. The folder is labeled "Employee of the Quarter."*

*Note: Provide details. Explain why you believe this person has earned the Employee of the Quarter award. Here are some examples to consider when writing your nomination:*

- ♦ *Great one-on-one work with a person the nominee serves. Because of this staff the person is doing better in some specific ways. Explain what ways.*
- ♦ *Helpful and cooperative. A team-oriented person who works well with co-workers. Explain what the staff does to promote and support teamwork.*
- ♦ *Daily work is so good that the setting has improved. Give examples.*
- ♦ *Contributes a special talent or ability. This staff is a great cook, teacher, arts & crafts person, listener, organizer, singer, musician, storyteller.*

*Submit your nominations to :*

**Heidi Trelease, Paul Long, or Laura Mastropietro.**

Nominations may be submitted in person to the above administrative staff at the Tungland office, or faxed to 602-606-8365, or emailed to [heidi@tungland.com](mailto:heidi@tungland.com).

## *If You've Got a Question, We'll Help You Find The Answer*

In an effort to help our staff boost their professional knowledge of the complex practices, regulations, and processes that are an integral part of serving people with disabilities, The Tunland Corporation staff now have a chance for an open-ended training covering knowledge of any professional topic they choose.

The Open Training sessions are held on Tuesday of each week from 10.00 am through 1.00 pm. Records Management Assistant Director Heidi Trelease together with Program Coordinators Theresa Borges and Laura Mastropietro will be on hand to share their expertise, advice, and guidance to answer any questions staff who drop in may want to ask. Times are flexible.

**The sessions are conducted on a 'drop-in' basis with no specific agenda so that participating staff are free to engage any topic they are interested in pursuing. No appointment is necessary. Simply come in with your questions.**



Staff are encouraged to drop by and ask about:

- *confidential file recordkeeping;*
- *medications and medication logs;*
- *specialized caregiving;*
- *using a computer;*
- *special needs;*
- *quality assurance checks;*
- *completing forms and checklists;*
- *writing behavior building plans;*
- *individualized service plans;*
- *outcomes and objectives;*
- *time management;*

### Bits & Pieces

#### *A Great Step Forward at Stepping Forward:*

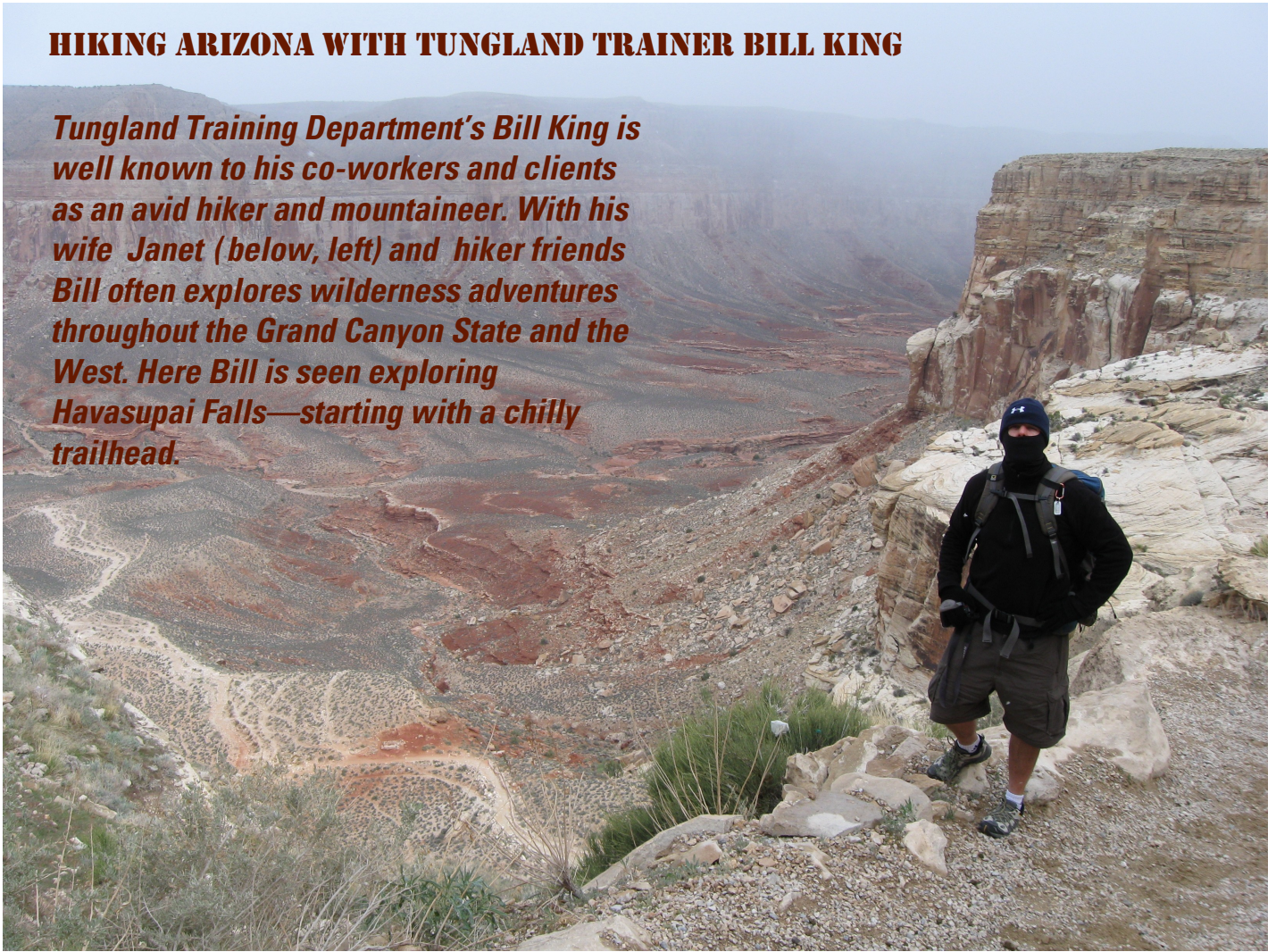
If you haven't dropped by *Stepping Forward Vocational* recently you're missing something great to see. *A 5-star makeover wowie!* The facility has never looked better—cheerful colors and appealing decorations that make the place warm and welcoming—plus a complete reorganization of the setting that makes it easier to navigate. Kudos to Assistant Director Johanna Eekhoff, Program Coordinator Simon Woo, & all their staff! (Tunland News would love some pictures for a spread in The Tunland News?!)

*Another Step Forward:* A 110-degree Sonoran Desert welcome to SFV's new Supervisor, John "Jay" Alexy, who joins our Tunland Corporation community. Welcome Jay, and don't forget your sunscreen and those water bottles!

*Stepping Up:* Congratulations to Sue Tucker on her promotion to Assistant Director. Sue has done a tremendous job working with clients & staff during her years at Tunland and we know she'll be a terrific Assistant Director.

## **HIKING ARIZONA WITH TUNGLAND TRAINER BILL KING**

*Tungland Training Department's Bill King is well known to his co-workers and clients as an avid hiker and mountaineer. With his wife Janet (below, left) and hiker friends Bill often explores wilderness adventures throughout the Grand Canyon State and the West. Here Bill is seen exploring Havasupai Falls—starting with a chilly trailhead.*



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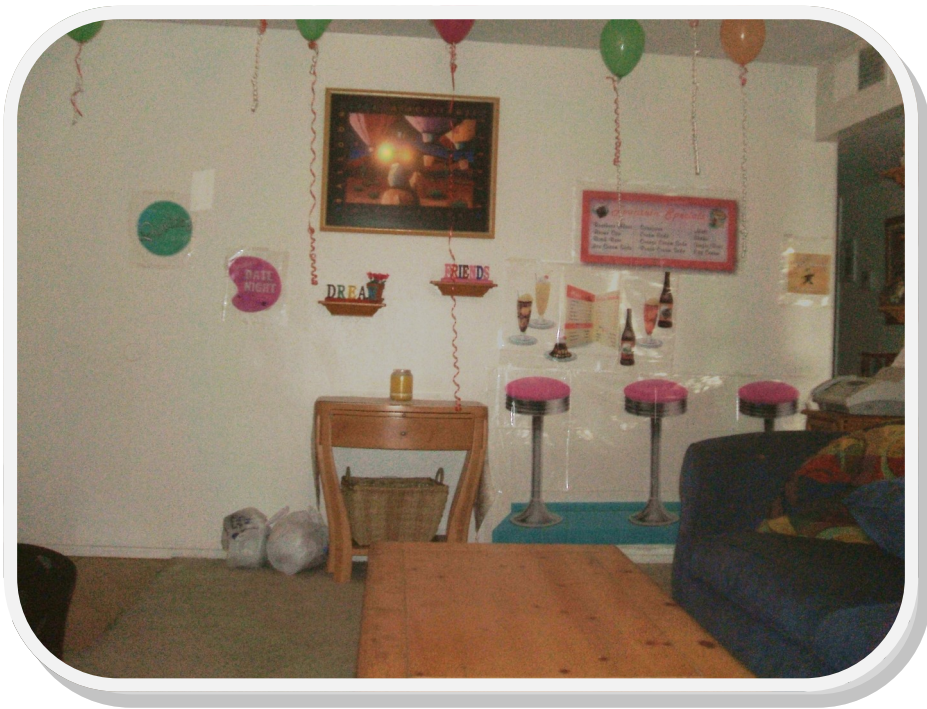
**Bill and Janet at Havasupai Falls.**



**Bill at Navajo Falls.**

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*Our thanks to Bill and Janet King for sharing these great photos with us.*



*Scenes from a group home—  
Shangri-La*

Visitors to our Shangri-La group home are usually impressed by the warmth and homey qualities of this lovely, well-kept setting. Of special note: birthdays never go without celebrations that include festive decorations made by residents and

staff at this active house. Erin, Jamie, and Kelsey love to have parties to mark their birthdays, and Manager Nancy Britz and her staff ensure that all three ladies enjoy their birthdays together with all the special holidays and occasions of each season of the year. These occasions along with numerous community outings have made the group home a real home that fosters creativity, friendship, growth, and welcome.



Home-made holiday and special-occasion decorations are a regular activity at Shangri-La, made by residents and their staff.

**Kelsey's First Job**

*Kelsey, a student at Shadow Mountain High School who lives at Shangri-La, was recently hired for her first temporary job.*

*After Kelsey interviewed for the position she followed up with the employer to let them know she was really interested. She was hired shortly thereafter.*

*She is enjoying her new job and reports that she is learning new work skills as she looks forward to graduation from high school. We wish you success, Kelsey!*

# DEHYDRATION

DEHYDRATION means the body does not have as much water and fluids as it should. Dehydration occurs when the amount of fluid leaving the body is greater than the amount going back into the body.

## SOME FACTS about DEHYDRATION



- Approximately 60% of total body weight is water based.
- By the time an individual is thirsty, the body has already started the process of dehydration.
- For individuals with developmental disabilities and older individuals, the need to drink fluids may go unrecognized.

## RISK FACTORS (Causes)



Recognition of the following conditions will help alert you to potential risks:

- needing assistance with drinking
- unable to get drinks without help
- unable to communicate thirst to someone
- refusing food and fluid
- individuals who may drool or have fluid falling from their mouth
- any loss of body fluid: vomit, sweat, diarrhea
- medications such as diuretics that cause loss of fluid
- medical conditions such as kidney disease, where fluid loss can possibly cause dehydration

## WHAT to WATCH FOR



- dry skin
- dry mouth
- extreme thirst
- weakness
- light headed
- decreased urine
- dark colored urine
- feeling tired or less alert
- increase in smell of urine due to concentration

**WHAT TO DO**

- **NOTIFY DOCTOR** to the possibility of dehydration
- **ASK HOW MUCH FLUID** the individual should have each day
- **FREQUENTLY OFFER FLUIDS** to individuals who have the ability to drink safely
- **IF REFUSING FLUIDS AND ABLE TO DRINK**, offer food items high in fluid content such as gelatin, watermelon, pudding, yogurt or ice cream
- **Certain individuals with heart or kidney disease** may need less fluid -- speak with their doctor for specific fluid intake requirements



**EMERGENCY**

**If the individual is unable to take fluids safely, has extreme thirst, confusion, little or no urine output; notify the doctor immediately!**



THE DEHYDRATION FACT SHEET #1 is in a series of HEALTH INFORMATION FACT SHEETS compiled by the DDD Quality Assurance Unit. Fact Sheets #1-4 are based on the "FATAL FOUR" as referred to by the Oregon Department of Health Services Developmental Disabilities Nursing Manual. Fact Sheets are available upon request and posted on the Division's Website: [https://www.ohds.gov/developmental\\_disabilities/](https://www.ohds.gov/developmental_disabilities/) (Click on "News & Events"). Issued 4, print 10/11.

**State of Oregon - Equal Opportunity Employer Program**

Under Title VII of the Civil Rights Act of 1964 and the Americans with Disabilities Act of 1991 (ADA), Section 504 of the Rehabilitation Act of 1973, and the Age Discrimination Act of 1975, the Department prohibits discrimination in contracts, programs, services, activities, or employment based on race, color, religion, sex, national origin, age, and disability.

The Department will make a reasonable accommodation to allow a person with a disability to take part in a program service or activity. For example, the means if necessary, the Department will provide sign language interpreted for people who are deaf, a wheelchair accessible location, or enlarged print materials. It also means that the Department will take any other reasonable action that allows you to take part in or supervise a program or activity, including making reasonable changes to an activity. If you believe that you will not be able to receive or take part in a program or activity because of your disability, please let us know of your disability needs as soon as it is possible.

To request the department's alternative format or for further information about this policy, contact the Director of Developmental Disabilities ADA Coordinator at (800) 543-4412 or (503) 325-2553 (Oregon Hearing Relay), 119 110 Services 2-11.

## A few reasons why you should vote on

### Primary Election Day Aug. 28th and Election Day November 6th.

Your kids. Your family. Your neighbors and their kids. Our teachers. Our schools. Your kids' future teachers. Your kids' future jobs. Your grandkids. Our friends and family members with disabilities. Our aging parents and grandparents. Working people. Unemployed people. People with no health care. The people who run community clinics for the people with no health care. The people who run the community service agencies who help people who have nowhere else to go. Your co-workers. The homeless guy you wished you could do something for. Your best friend raising her three kids as a single parent. Your sister and her husband working three jobs to make ends meet. Your aunt who lost her home. Your younger brother who's trying to make a life on his own. Your fire fighters, police and courts. Our health care insurance, unemployment insurance, Social Security disability and retirement benefits. The freedoms and the rights we take for granted.



**It does matter. Don't sit out this election. Vote.**



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