

Tungland News

A Few Questions to Ask

Your Candidates This Year

With a statewide election coming in November it is a good idea to ask the candidates for governor and the Legislature questions. The people who are elected will shape our state's future and control our funds.

For two years our Legislature and Governor Brewer cut funding for social and health services for thousands of our state's most vulnerable citizens—cuts that were cruel and unnecessary. Serious recommendations by economists and community advocates on alternatives to the cuts were put forward. Also, some states avoided such drastic cuts to vital services.

Our politicians refused to listen.

Now we could face even more cuts. Cuts that could destroy our state's social safety net.

We can stop the cuts, protect our communities and the future of our state—at the ballot box.

Courtesy of our friends at Protect Arizona's Family Coalition (PAFCO), an alliance of organizations to protect our health and social services, here are a few questions we suggest that you ask every candidate for state office:

- *What should be the State's role in funding for health and human services for vulnerable and disabled children, families, and adults? If you vote on these issues what values will guide you?*
- *Do you favor restoring the funds that were cut for critical health and social services and for the developmentally disabled population? How would you restore these funds?*
- *Should the state increase its revenues? Should Arizona's tax structure be changed with regard to exemptions and corporate and personal income taxes? How would you do this?*
- *What should the state's role be in addressing poverty, hunger, homelessness, disabilities, health care, and family violence in Arizona? How would you approach these concerns if you are elected?*

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*Supporting
all people
to be part
of their
community*

Keith's and Nate's Adventure At Sea World!



Keith and Nate vacationed at San Diego's Sea World recently, where they got to see all kinds of fascinating and entertaining life from the world's oceans. The two men traveled with Becker Manager Bill King. All said they had a great time, as these pictures show.



Understanding Schizophrenia

by Mike Keegan

While a lot of people think schizophrenia is a behavior, the truth is that it's a physical illness that's found in the human brain. People suffering with schizophrenia will have different symptoms: hearing people talk to them who aren't there, believing that someone's trying to hurt them, or using words and sentences when speaking that aren't understandable. These symptoms often lead people to feel alone and defensive.

If you know or are working with someone with schizophrenia, try to make them feel safe with you. Let's face it, we all want to feel safe and those suffering with mental illness are no exception. If they tell you they're seeing or hearing something that's scaring them, let them know you believe that's what they're

seeing or hearing. Don't tell them you see it or hear it, simply reassure them that the hallucination can't hurt them and you're there to support them.

Also, everyone needs to have some fun, so engage them in recreational activities that are enjoyable and fun. This is a good way to reduce their stress and help them cope.

Most of all, be patient. Be a good listener. Give your person a chance to finish his or her thoughts even if they get off track. Gently guide him or her back to a thought the person believes is important if they get off topic.

Your calmness, openness, and patience will pay off when the person you're working with knows you're someone he or she can talk with and feel safe.

New Mexico TTC Off to a Great Start with New Clients



The Tungland Corporation New Mexico began supporting its first clients in June, reports NM Assistant Director Debbie Wegley. "We are now supporting one person who lives at home and two others in a residential setting." TTC formally started operations in New Mexico just two months ago.



*Happy Birthday
Twila!*

A year ago Twila moved into an adult developmental home with the Andrews family. Twila was one of a new group of people ready and willing to make the transition to an ADH setting. She recently celebrated her birthday with her new family and friends at Peter Piper Pizza. Twila is much loved



Famous People With Disabilities: Harriet Tubman

One of history's most fascinating and courageous African American women was Harriet Tubman. Born a slave in 1820 in Dorchester County, Maryland, Tubman escaped to freedom in Philadelphia in 1849 and almost immediately devoted herself to rescuing others from slavery. One of the leaders of the slave rescue operation called "the Underground Railroad" she never gave up on leading people from captivity to freedom.

Due to the beatings she suffered as a little girl she developed seizures and other symptoms that may have been a form of epilepsy. She also suffered from frequent headaches, sleeplessness, and dreams.

In spite of her hardships she passionately believed she was meant to help her people escape to freedom. Before the Civil War years Tubman made a total of thirteen rescue mis-



Harriett Tubman (1820-1913)

sions between Maryland and the North, always traveling in winter. During these missions Tubman rescued 70 people including her three brothers and their families. She chose to travel in winter because the winter nights were much longer and colder, so it was less likely

that patrols would be out searching for the escapees. By this strategy she ensured her band would not be seen and re-captured.

The rescues were dangerous. Tubman avoided notice by disguising herself as a working slave, carrying buckets or anything she could find.

During the Civil War she worked for the US Army in various jobs and even spied for the Union. In June 1863 Tubman became the first woman to lead an armed expedition, the Combahee River Raid, freeing over 700 people from slavery.

Settling in Auburn, NY she devoted herself to her family and in 1903 she founded a home for the aged. The original building is now the Harriet Tubman Museum in Auburn. A strong advocate of women's rights, she campaigned for women's suffrage with Susan B. Anthony and Emily Howland.

Harriet Tubman died of pneumonia on March 10, 1913 at the age of 93 after having become a resident of the nursing home she founded. *

"Tubman became the first woman to lead an armed expedition, known as the Combahee River Raid, that freed over 700 people from slavery."



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*Supporting all people to be part of
 their community.*

*The Tungland
 Corporation is
 on the Web!!*

*Check us out at
www.tungland.com*



Founded in 1983 by Robert W. Tungland II, The Tungland Corporation (TTC) grew from the belief that all people are capable of growth coupled with a vision that people with challenges can live in real homes in real neighborhoods, learn to interact with their communities, and fulfill their personal dreams. Innovative thinking by TTC has led to providing a wide range of services to Arizona's disability community: over 100 group homes in the Phoenix metro area, Tucson, and in Cottonwood and Flagstaff in Northern Arizona, day programs for both children and adults, vocational programs that teach job skills, in-home support services, residential elder care, counseling and consulting services, foster care, and programs that enhance community access. Fulfilling its commitment to provide the highest quality services to people wherever they live, TTC has expanded its service range, providing quality residential support services in our neighboring State of New Mexico.



Stuff to Do in Summer

DOWNTOWN GLENDALE 58TH & GLENDALE
 623-930-4500
 THURS EVE: SUMMER BAND CONCERTS 8 PM
 JULY 16 FRIDAY NITE LIGHTS 5-9 PM
 JULY 17 CHRISTMAS IN JULY 10 AM—4 PM

JOBING.COM ARENA 9400 W MARYLAND AVE
 623-772-3800 JULY 25 JUSTIN BIEBER 7 PM
 (NOT FREE! TICKETS START AT \$34.80.)

*DON'T FORGET YOUR PUBLIC LIBRARIES!
 COOL, INTERESTING, ENJOYABLE, & FREE!*

PHOENIX LIBRARY HOURS (ALL BRANCHES):
 MON 9A-5P, TUE, WED, THURS 11A-7P
 FRI & SAT 9A-5P, SUN 1-5P
 1221 N CENTRAL AVE, PHOENIX AZ 85004
PHOENIX LIBRARY INFO 602-262-4636

GLENDALE MAIN LIBRARY HOURS:
 MON 1-8P, TUE 10A-8P, WED 1-8P,
 THURS 10A-8P. CLOSED FRIDAYS.
 5959 W BROWN & 59TH AVE, GLENDALE AZ 85302
GLENDALE LIBRARY INFO 623-930-3530

MESA MAIN LIBRARY HOURS:
 MON—THURS 10A-7P, FRI & SAT 10A-5P.
 MAIN LIBRARY CLOSED SUNDAYS.
 64 E FIRST ST, MESA AZ 85201
MESA LIBRARY INFO 480-644-2207

TEMPE MAIN LIBRARY HOURS:
 MON-THURS 9A-9P, FRI & SAT 9A-5.30P, SUN
 NOON-5.30P
 3500 S RURAL ROAD, TEMPE AZ 85282
TEMPE LIBRARY INFO 480-350-5500

