



Supporting ALL People To Be A Part of Their Community

Open Your Door. Please.

We have a message for the leaders of our Arizona Legislature—the people we elect to be constitutionally responsible for enacting our state's budget.

Our message is very simple: We'd like you to open your doors to us. For a change.

It's bad enough that for the past three years our Legislature has cut vital services for our poorest children, our struggling schools, our people with disabilities, our people living with mental illness, our families struggling for a decent life, our older Arizonans, and our other vulnerable communities.

It's bad enough that our public schools are woefully underfunded and that our students' futures are jeopardized.

It's bad enough that the service provider network for citizens with disabilities—the same one set up by our elected officials years ago—has been inadequately funded because the Department of Economic Security has taken the biggest share of the budget cuts.

What we're asking is this—isn't it time you let us inside to dialogue with you about what's important, instead of having your appropriations committees write the budget behind closed doors?

Our communities need to be included in the process when the State budget is written. Leaders need to ask the people of Arizona—all the people, that is, not just those who agree with you—to tell you what we think. What we need. What we are struggling with, and what our hopes and dreams are.

It's about transparency. It's about a little open-ended democracy. We don't expect you to agree, but we do expect that you will listen to our ideas; that you will hold the door open, instead of shutting it in our faces.

A budget isn't just a stack of papers full of figures, nor is it a private document. It is a declaration of our common values. It is a process by which we tell ourselves what matters to all of the citizens and communities that comprise our society. It's also about our common future.

It starts by opening the doors, by inviting a dialogue with everyone affected by the budget.





Tungland Scrapbook

Alta Vista residents and staff celebrated a birthday party recently for their roommate Holly, who is shown at left admiring her birthday cake. Holly and her housemates Berene, Shirley, Eileen, and Sandy have become seasoned travelers in the last two years, visiting San Diego and Las Vegas with Manager Josephine Watkins and members of the staff.

Holly and her housemates are planning another exciting trip this year. We asked Holly where she and her friends were going, but all she would say is that we'd just have to wait, it's going to be a surprise.

Center In Cave Creek Offers Enrichment Classes, Creative Projects To Challenged Teens, Adults

Teens and young adults with intellectual and developmental disabilities can take advantage of a community-based enrichment program in Cave Creek.

The Scully Learning Center Foundation, a nonprofit organization founded by retired teacher Paula Scully, offers classes and learning activities to young adults with intellectual and developmental challenges.

Scully founded the Center to provide young adults graduating from special education in public schools with opportunities for continued growth.

The Scully Learning Center is designed

to provide clients with opportunities to develop their skills and talents in areas such as painting, drawing, photography, cooking, ceramics, music, gardening, and other activities. Scully's aim is to involve her clients in the process of choosing the kinds of activities the Center will offer that match the interests of the clients.

The Scully Learning Center is located on 37436 Rancho Manana Boulevard in Cave Creek. Clients must be 12 years of age and older and be developmentally or intellectually disabled.

For information call 480-772-0889.



Want to Be Involved in Your Community?

Learn New Skills? Be A Volunteer!

I've been wanting to do something helpful in my community, but I'm not sure how to do that. Can you give me any ideas?

Have you thought about becoming a volunteer in your community?

Volunteers are always needed to help organizations do their work. There are many different kinds of organizations in your community that depend upon help from volunteers. People like you.

But what do volunteers do?

Lots of things.

Like what?

Well, things like ... helping to raise money, answering or making phone calls, cooking, taking care of animals, crossing children at schools, doing computer work, helping older people with grocery shopping, working outdoors to keep the environment clean, working with advocacy groups to get laws passed that help others, helping people find work...

Hey, wait a minute! I don't have a lot of skills. Also, someday I want to get a job that pays money!

Helping others, and learning new skills. That's two great reasons to be a volunteer! Lots of people who have jobs learned valuable work skills because they did volunteer work before they got hired.

Sure, lots of organizations need highly trained people like computer technicians and accountants, but most of the time they need people like you and me to help do everyday tasks that you and I can do.

Work skills? Can you explain to me what kinds of work skills you mean?

Sure I can. Work skills such as ... being on time for

your job. Dressing appropriately. Working a job for the number of hours you are supposed to. Being polite and courteous to people you work with. Learning how to solve problems. Learning how to follow instructions. Learning to do a task you never did before—and finding out you can do it! Learning what to do if you need help getting a job done. Reporting to a supervisor or a team.

Question: I never thought of that. Okay, I'd like to volunteer. But how do I find out where to volunteer?

First, ask yourself what kinds of things you *really enjoy doing*. There's no point volunteering to do a job you find boring or uncomfortable with.

After you decide what you'd like to do as a volunteer call your local city hall. They may have information on groups looking for volunteers. Or your city may need volunteers for special projects.

Who else?

Hospitals, healthcare organizations, advocacy groups, community clinics, churches, schools, community service agencies, environmental organizations, the Red Cross, political parties, community colleges—these are all sources for finding the right volunteer job for you.

What about the internet? I can use the internet.

Check out **VolunteerMatch**. This is a great website that helps people find opportunities in their community. You can search based on the city where you live, your zip code, or the kind of volunteer work you're looking for. It's at—
www.volunteermatch.org.

Good luck!

Things to think about

No one can make you feel inferior without your consent. *Eleanor Roosevelt*

Alone we can do so little. Together we can do so much. *Helen Keller*

People with disabilities have abilities too and that is what this course is all about - making sure those abilities blossom and shine so that all the dreams you have can come true. *Mary McAleese, former President of Ireland*

A life spent making mistakes is not only more honorable but more useful than a life spent doing nothing. -*George Bernard Shaw*

Excellence is not a singular act but a habit. You are what you repeatedly do. *Aristotle*

My religion is kindness. *The Dalai Lama*

Not everything that counts can be counted. Not everything that can be counted counts. *Albert Einstein*

We act as though comfort and luxury were the chief requirements of life, when all that we need to make us really happy is something to be enthusiastic about. -*Charles Kingsley*

Anyone who has never made a mistake has never tried anything new. *Albert Einstein*

A smooth sea never made a skillful mariner. *Unknown*

Nothing is ever achieved without enthusiasm. *Ralph Waldo Emerson*

Discovery consists of seeing what everybody has seen and thinking what nobody has thought. -*Albert Szent-Gyorgyi*

If we all did the things we are capable of doing, we would literally astound ourselves.
- *Thomas Edison*

AZ Bill Would Extend Right to Vote To Citizens In Limited Guardianship

A bill being considered in the Arizona Legislature would reform existing state law to allow people with disabilities who have a limited guardianship to vote, if they can prove to a judge that they have “sufficient understanding to exercise the right to vote.”

The measure, HB 2377, sponsored by Representative Edwin W. Farnsworth (R-District 22) would reform the current Arizona law controlling voting and guardianship, which currently does not permit a person who has been placed in guardianship to vote.

The bill was approved by the Judiciary Committee of the Arizona House of representatives and is awaiting further action.

According to the Arizona Center for Disability



Law (ACDL), which strongly supports the reform measure, the driving force for reforming the law has come from an Arizona self-advocacy activist, Clint Gode, and his father, a member of the ACDL board. Gode lives in Arizona and wants to vote but like many others is barred from the ballot box by current Arizona law.

Call your Arizona House representatives to let them know you support passage of HB 2377. If you don't know your representatives in the Arizona House call the Editor of The Tungland News at ext. 8091 for help.

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Remember there is an election this November. We need to elect representatives who understand the real needs and hopes of Arizona's most vulnerable citizens. That means we must ALL get out and vote. That means ALL of us who are qualified to vote must register to vote. Here's how to do it:

Registration Forms are usually available at your local public libraries, your local city clerk's office, your local post office, DMV, and even at some banks and supermarkets.

On the Internet you can register at www.servicearizona.com.

Remember that to register and vote in Arizona you must be have a valid ID card with your current address. A driver's license, non-operator's ID card, a tribal ID, a valid passport are examples of valid ID documents. For assistance call Mari-

Register to Vote in 2012!



copa County Elections at 602-506-3535.

Forms are also available to Tungland clients and staff at the TTC office. Call Vincent at ext. 8091.

When registering to vote be sure to answer all the questions on the form—and make sure your ID has your current address!

Enjoy That Swimming Pool, But Don't Let It Make You Sick!

Swimming pools provide lots of fun and great exercise. However, according to the US Centers for Disease Control (CDC) the common assumption that the chlorine in our pools kills every germ immediately on contact is no longer true.

Over the past two decades recreational water illness, or RWI, is becoming a bigger problem because water in pools can be contaminated with germs that are resistant to chlorine. RWI can include various infections that may become serious.

While chlorine kills germs, chlorine does not kill every germ in a swimming pool, hot tub, water play area, or other recreational water facility at the moment of contact. Once some chlorine-resistant germs get into a pool it can take anywhere from a few minutes to several days to kill the germs leaving swimmers vulnerable to contaminated water. Cryptosporidium (“Crypto”) is one of the leading germs that can cause such illness. Crypto can live for some time, even in pools that are regularly well maintained.

The CDC recommends the following 6 steps for swimmers and parents of young children as a means to prevent the spread of recreational water illness.

For Swimmers:

- ◆ ***If you have diarrhea, stay out of the pool. Germs spread in the water can make others sick.***
- ◆ ***Don't swallow pool water or get pool water in your mouth.***
- ◆ ***Practice good hygiene: Shower with soap before swimming. Wash your hands after using the toilet or changing diapers.***

For Parents of young children

- ◆ ***When children are in the pool make sure they get frequent bathroom breaks. Don't wait for your child to tell you.***
- ◆ ***Change diapers in a bathroom or place away from a swimming pool.***
- ◆ ***Make sure that younger children are bathed thoroughly with soap and water before swimming in a pool.***



*Recreational water
Illness (RWI) has been
on the rise in the U.S.
for two decades, ac-
cording to the U.S.
Centers for Disease
Control. The chlorine
in your pool kills
germs—but not as fast
as you may think.*

To read more about healthy swimming and recreational water illness prevention go to the Centers for Disease Control website at www.cdc.gov/healthywater/swimming/rwi/

Special Olympics AZ Competitions and Events

Cheer your friends in your favorite sports as they compete in Special Olympics Arizona events! For general information on Special Olympics Arizona please call 602-230-1200 .

Event	Dates/Times	Location
2012 State Basketball and Cheerleading Competition – Mesa	March 23-24, 2012 8:00 am—5:00 pm	Mesa high schools. 602-757-1669 for information and locations.
Area Track and Field Competition – Coronado	March 31, 2012 Starts at 8:00 am	Sunnyside High School 1725 East Bilby Road Tucson AZ 85706 520-207-1382 for information
Area Super Special Olympics – Palo Verde	April 3, 2012	Trevor Brown High School 7402 West Catalina Drive Phoenix AZ 85033 602-230-1112 for information
Area Tennis Competition – Coronado	April 14, 2012 11:30 am—4:00 pm	Location to be decided. 520-207-1382 for information
2012 State Summer Games	April 26—28, 2012 3:00 pm	Mesa Community College 1833 West Southern Avenue Mesa AZ 85202 602-757-1669 for information

Special Olympics Arizona Offers Sports For Your Ability!

Special Olympics Arizona (SOAZ) offers Arizonans with disabilities an opportunity to take part in individual and team sports at each person's individual level. You don't need to have special "athletic ability." All you need is a desire to have fun, meet new friends, learn new skills, and pump up your self-esteem and confidence.

Special Olympics Arizona has athletic programs throughout Arizona. There are 15 different geographic areas where programs are available. Why not be a healthier, happier you? For information on how to become a Special Olympics athlete call 602-230-1200 or call Mick Clements, Project UNIFY Manager, at 602-230-0073.

Free, Cheap, & Fun Stuff To Do

2012 Arizona Dragon Boat Festival, Sat. Mar. 31 and Sun. Apr. 1. Come watch the rowing teams compete as a fleet of the famous Chinese dragon boats are launched at the Tempe Town Lake. A free event. Food, entertainment.



Pioneer Days, Kearny AZ Thu. Mar. 29 to Sat. Mar. 31 Free admission. Relive the Old West Arizona style! Parade, carnival, arts and crafts fair, roping, entertainment, food, street dancing, and more fun! Pioneer Park, Airport Road & Emery Drive, Kearny AZ 85237. Call 520-363-7607.

Cactus League Baseball Spring Training: Every spring 15 professional baseball teams come to the Valley for spring training, and so these teams got the nickname Cactus League. The Chicago White Sox, Los Angeles Dodgers, Milwaukee Brewers, San Diego Padres, Seattle Mariners, Arizona Diamondbacks, Colorado Rockies, Kansas City Royals, Texas Rangers, Cleveland Indians, Cincinnati Reds, Chicago Cubs, San Francisco Giants, and the Angels will be playing at various municipal locations around the Valley. For ticket information call Ticketmaster at 800-745-3000 or visit Fry's Marketplace.



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.

Second Friday, Downtown Mesa: Live bands, art booths, galleries, shops, food, and fun. Free on the second Friday of the month.



Friday Night Franks at Fort McDowell Adventures. Every Friday 5-10 pm Labor Day through Memorial Day. A great fun (and cheap) evening out! \$2 wiener roast, \$1 soda pop, storytelling, wagon rides, music, horseshoes, fire pits. 14803 N. Hiawatha Hood Road, Ft. McDowell AZ 85264. 480-816-6465. Reservations suggested for groups of 10 or more.



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