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The Tungland News

Supporting ALL People
To Be Part of
Their Community

"Twenty years from now you will be more disappointed by the things you didn't do than by the ones you did. So throw off the bowlines, sail away from the safe harbor, catch the trade winds in your sails. Explore. Dream. Discover."

~ Mark Twain



March 2013

*Employee of the Quarter
Northern Nevada
Julie Thomas*



Julie Thomas (right) provides caring support to the people served by Tungland Northern Nevada. She is seen here with Adona, at left.

Julie began working for Tungland in the summer of 2011 when The Tungland Corporation first came to Northern Nevada.

Julie works in the Intensive Supported Living Services settings in the Burntwood home and is often called upon to take on extra duties, and work split shifts, which she does without hesitation. As her house manager Pat Dalton states "Julie is my right hand. I can count on her to run the house when I am not there. She has superior attendance record, never missing or calling in late a day."

Julie provides superior services to Tungland individuals and has received several compliments from the community on her work and interaction with the individuals she supports. For Julie's outstanding work with the people she serves we honor her as our Employee of the Quarter for Northern Nevada.

*Employee of the Quarter
Northern Arizona
Renato Gabuya*

When Tunland supervisory staff in Northern Arizona say reliable, flexible, punctual and dutiful they are usually talking about Renato Gabuyo, whom we honor as a Direct Support Staff Employee of the Quarter for his exemplary work. Renato has earned the admiration and respect of his fellow-employees and supervisors for his diligence and hard work.

An example of professionalism, service to Tunland clients after living in the United States for a short time showed persistence in the application process. Renato worked hard to command of English



termination and Renato began his land's residential in the United time. Renato in pursuing his application and produced all the required papers. Renato has improved his communication and learned his new

professional duties. Says Kyle Somerville, "Renato has been the ideal overnight staff for us," adding that Renato's diligence makes all his fellow-staff's job easier.

We join in congratulating Renato for his achievement and hope that he will be an example to others who dedicate themselves to serving people with disabilities.

Jaime and Kelsey Celebrate Their Birthdays at Shangri La



Courtney (left) birthday gal Kelsey (center) and Layla (right).

It was time for Jaime and Kelsey to party—and the Shangri La housemates had lots of friends on hand to help the two ladies and their staff have a great time. Manager Nancy Britz and Staff ensured that everyone that the party was a lot of fun, and a time they'll remember.

Kelsey is looking forward to graduating from Shadow Mountain High School in May, having successfully worked at her first summer job last year as a temporary office assistant.

Jaime, who works at Stepping Forward Vocational Center in Phoenix, had welcoming smiles for her mom Evelyn and for several other friends from work, Tunland residential settings, and the Tunland office to the birthday celebration.



Jaime celebrates with her mom Evelyn.



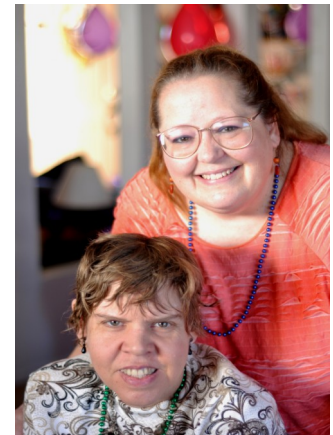
Elegance with icing!



Shangri-La's Erin (right) with friend Mary.



Staff Abby's magnificent cooking was a big hit with all the Shangri La partygoers.



Sandy with hostess, Manager Nancy Britz.



Michael discovers that Silly String is—well, um, really silly as Chris looks on.



Eileen and Holly wished the ladies a happy birthday.



Jaime and her friend Shirley.

Employee of the Quarter Tucson Region, Arizona Lance Jackson

Lance has been working at the Rosewood group home for five years and has become an exceptional employee. His attendance is excellent as is his work ethic. Lance is always willing to go above and beyond when it comes to the care of the residents or ensuring that there is adequate coverage by working alternate

hours, unsupervision manager. responsible the medication orders at wood. He to alert the of any with medication issues with residents or the hold; he is able with ing possible to his man-



Rosewood Manager Juan Moreno (left) and Program Coordinator Jay Schurman (right) congratulate Lance on his outstanding performance.

der the of his Lance is for all cation Rose - is quick manager problems cations, the cli- house - comfort - suggest - solutions a g e r .

Lance always maintains a positive, cheerful attitude and gets along well with co-workers, supervisors, and residents. Working the overnight shift, Lance is not always on everyone's radar, yet he is a hard and dependable worker, and an important member of the Rosewood and Tunland team.

Congratulations Lance, and may you continue to serve your clients and inspire your colleagues with your deep devotion.



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Myths vs. Realities of Healthy Eating

MYTH: *You should never eat fast food*

REALITY: Healthier options are available at most fast food restaurants—look for grilled or roasted items, fruit and vegetable side orders, and of course, choose water instead of soda!

FACT: Most fast food restaurants have at least one healthy side dish and beverage option for a kids' meal, but the healthy options are rarely offered as the default.

MYTH: *Starches are fattening*

REALITY: Complex carbohydrates are very healthy foods that are loaded with fiber, vitamins, and minerals, and starches provide your body with energy. They are only troublesome when eaten in large amounts and when prepared with high-fat ingredients.

FACT: Best bet carbohydrates are your non-starchy vegetables, low sugar fruits, and legumes.

MYTH: *Skipping meals makes you lose weight fast*

REALITY: While you might lower the number of calories you eat in a day, your body works less efficiently without food. Your energy gets zapped, your metabolism slows to a crawl, and you miss important nutrients that your body needs to fight disease and stay well.

FACT: Eating late isn't a problem if you eat something light. People who skip dinner often end up eating high-calorie snacks and junk food later in the night or overeating in the morning.

Why You're So Tired

Getting sufficient shut-eye but still dragging?

"One in five women has low iron levels, and the most common symptom is unexplained fatigue." says Paul Vaucher, whose new study in the *Canadian Medical Association Journal* found that women taking an 80-milligram daily iron supplement cut their exhaustion in half.

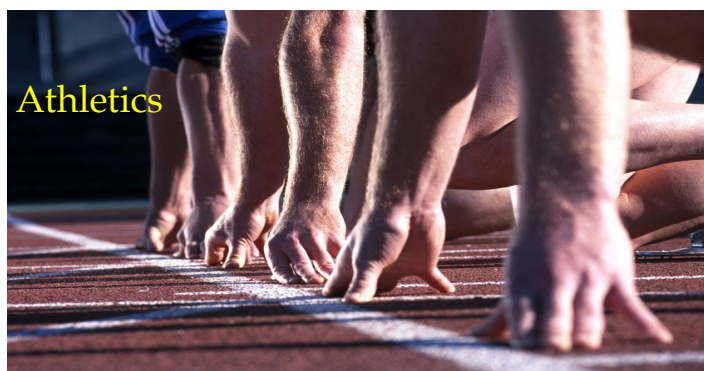
Be sure to have your doctor do a blood test to check your levels and tell you if you need a supplement. Foods like lentils and lean ground beef are good iron sources, too.

Source: Prevention

Special Olympics Arizona MMXIII Summer Games

April 25-27, 2013

Mesa Community College
1833 West Southern Avenue
Mesa AZ 85202



Competition Information 602.230.9135
Volunteer Information 602.476.0836
Special Olympics Arizona 602.230.1200



*Let me win,
but if I cannot win
let me be brave in
the attempt.*



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