

# The Tungland News

[www.tungland.com](http://www.tungland.com)

## *TUNGLAND FLAGSTAFF'S ANNUAL PICNIC— FUN, FOOD, AND FRIENDSHIP!*



When the clients, staff, families, and friends of Tungland's Flagstaff area gathered recently at Ft. Tuthill County Park for their annual picnic there was lots of music, good food, volleyball, basketball, and smiling faces. Thanks go to Area Director Laurie Bosse and her terrific staff for the event and for sharing the photos on the following pages.



November 2012

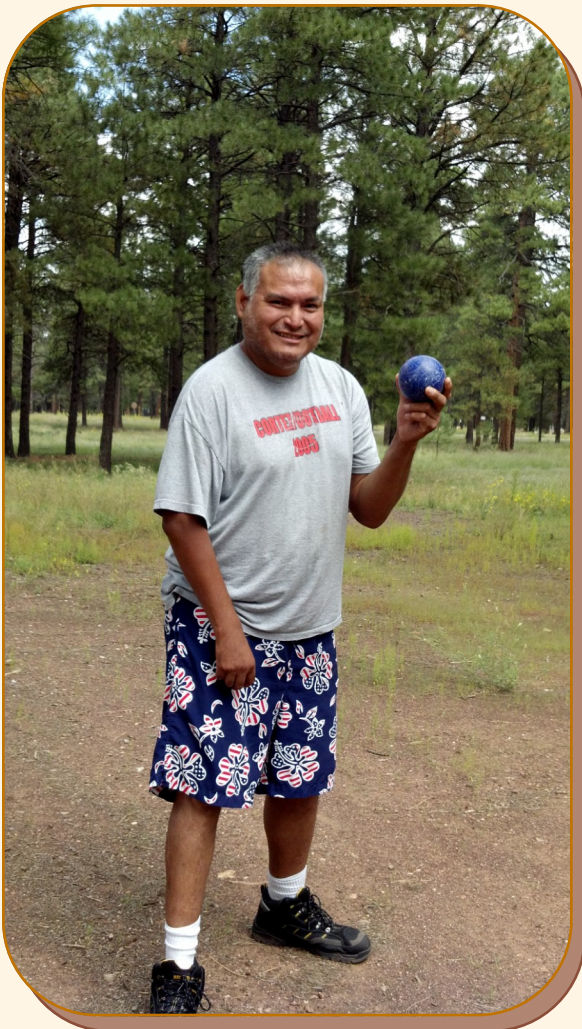




*Left: Brenda and her friend Anna let everyone know they were having fun at the picnic.*

*Below left: Kenny wanted to show his skill at softball.*

*Below right: Julie enjoys her day with friends.*



*Clockwise from right:*

*Kenny and his friend with  
PC Lynnae and Group  
Home Manager Amy.*

*Bobby and staff Kyle.*

*Staff Kyle, Lynnae, Greg,  
and Seth made sure that  
the barbecued goodies  
kept coming.*

*The food must have been  
good because Delphine  
wanted to know if there  
were seconds. And thirds.*





**Flagstaff Picnic:** *Top left: Chevel and Shaun enjoyed their time in the park. Top right: For Stu nothing is better than a hot dog with everything on it! Below: Jaden and his mom had a good time.*



# *Enjoy Your 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 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:

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

## ***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.**

*For more information about healthy swimming and recreational water illness prevention go to the Centers for Disease Control website at [www.cdc.gov/healthywater/swimming/rwi/](http://www.cdc.gov/healthywater/swimming/rwi/)*

# CONSTIPATION

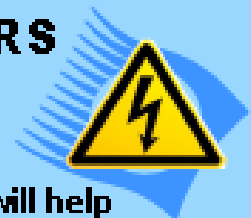
CONSTIPATION is difficulty having a bowel movement or “going to the bathroom”. Fecal material may be hard, dry, and pass in small round pieces. Normal consistency of fecal material should be soft and pass easily from the bowel.

## SOME FACTS about CONSTIPATION



- Frequency of bowel movements can vary from person to person.
- The average diet does not contain enough fiber or fluids, which aid in elimination of body waste.
- Medications may cause constipation difficulties when “going to the bathroom”.

## RISK FACTORS (Causes)



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

- neuromuscular or degenerative disorders, spinal cord injuries, birth defects, or other disorders (such as cerebral palsy, Parkinson’s, stroke, diabetes, and scoliosis)
- history of constipation, bowel obstruction or impaction
- immobility, muscle weakness or poor body alignment making adequate bowel elimination difficult
- poor swallowing skills or aspiration risk; which make it difficult to eat or drink adequate amounts of fiber and fluid
- decreased privacy using bathroom, time to use bathroom, or access to bathroom

## WHAT to WATCH FOR



Various conditions which can signal the potential for constipation include:

- straining or grunting while attempting to have a bowel movement
- frequent trips to the toilet or spending a lot of time on the toilet
- complaints of bloating and stomach discomfort or pain
- passing fecal material that appears hard or in smaller pieces
- refusing to eat or drink

## WHAT TO DO



- **OBTAIN DIETITIAN CONSULT** for guidelines in correct amount of food and fluid requirements to aid in elimination of body waste.
- **FOLLOW DIET** prescribed by dietician or doctor.
- **MAKE SURE DIET GUIDELINES ARE SPECIFIC** (type of food, texture, how much fiber and how much fluid the person requires each day).
- **ASK DOCTOR FOR SPECIFIC GUIDELINES/RECOMMENDATIONS ON:**
  - ☑ A toileting schedule?
  - ☑ How frequently to expect bowel movements?
  - ☑ When to report absence of bowel movements?
  - ☑ When to report other constipation symptoms?
- **IF NO GUIDELINES PROVIDED, NOTIFY THE DOCTOR WHEN:**
  - ☑ There have been no bowl movements for three (3) days.
  - ☑ Complaints of stomach or abdominal pain/discomfort.
  - ☑ Abdomen looks bloated (larger than normal) or feels firm/hard when touched.

## EMERGENCY

Immediately call 9-1-1 when you observe or see any of the following signs:

- vomiting material that smells like fecal material
- vomiting digested food that smells like feces



THE CONSTIPATION FACT SHEET #44 is a series of HEALTH INFORMATION FACT SHEETS compiled by the DOD Quality Assurance Unit. Fact Sheets #44-44 are based on the "FATAL FOUR" as defined 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.org/developmental\\_disabilities/](https://www.ohds.org/developmental_disabilities/) (Click on "News & Events"). Issued April 2011.

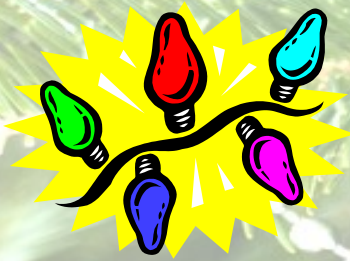
### State of Oregon, Equal Opportunity Employer/Program

Under Title VIII of the Civil Rights Act of 1964 and the Americans with Disabilities Act of 1990 (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 must 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 must provide language interpretation for people who are deaf, a wheelchair accessible location, or enlarge print materials. It also means that the Department will take any other reasonable action that allows you to take part in or participate a program or activity, including making reasonable changes to an activity. If you believe that you will not be able to participate or take part in a program or activity because of your disability, please let us know of your disability needs in advance if at all possible.

To request this document in alternate format or to further information about this policy, contact the Director of Developmental Disabilities ADA Coordinator at (800) 549-8448 or (503) 325-6660 (Deafline: Hearing County), 117110 Services, 41-1.

# Holiday Free, Cheap, & Good Stuff



## Glendale GLITTERS 1.5 MILLION LIGHTS !

ARE TURNED ON AS HISTORIC DOWNTOWN GLENDALE BUSTLES WITH MUSIC AND DANCE, HORSE AND CARRIAGE RIDES, KIDS RIDES, SANTA CLAUS, HOLIDAY FESTIVAL ARTS & CRAFTS BOOTHS AND LOTS OF GREAT FOOD!

Spectacular Weekend November 25th -26th from 5.00-10.00 pm

Countdown to Glendale Glitters Friday at 5.30 pm.

Glendale Glitters December Holiday Weekends Fridays and Saturdays from 6.00-10.00 pm.

## Celebration of Christmas December 7-17, 2012

A LIVE PERFORMANCE FEATURING DANCE, MUSIC, NATIVITY STORY WITH A 30-PIECE LIVE ORCHESTRA.

RESERVED TICKETS ARE \$15.00. GENERAL ADMISSION SEATING IS FREE ON FIRST-COME-FIRST-SERVE BASIS

PHOENIX FIRST ASSEMBLY OF GOD

13613 N CAVE CREEK ROAD, PHOENIX AZ 85022

CALL 1-800-431-9734 FOR SEATING FOR SPECIAL NEEDS AND PERSONS WITH DISABILITIES.



Valley Commerce Center  
4747 North 7th Street Suite 300  
Phoenix, AZ 85014-3653  
Telephone 602.224.5052 Fax  
602.224.9536

Editor: Vincent Kruse  
E-mail [vincek@tungland.com](mailto:vincek@tungland.com)