



**ELECTION
DAY IS TUESDAY
November 2,
2010!**

*Our community must vote in the
general election on November 2nd!*

Politicians listen to citizens who vote.

This is our chance to tell our next governor and the legislators that our community must have full funding for the services that help us achieve independence.

Election Day is Tuesday November 2, 2010.

Don't stay home that day. You're a citizen.

Let your voice be heard and your choice be counted!

Elect our governor, state officials, and members of the State Legislature who represent ALL of us!

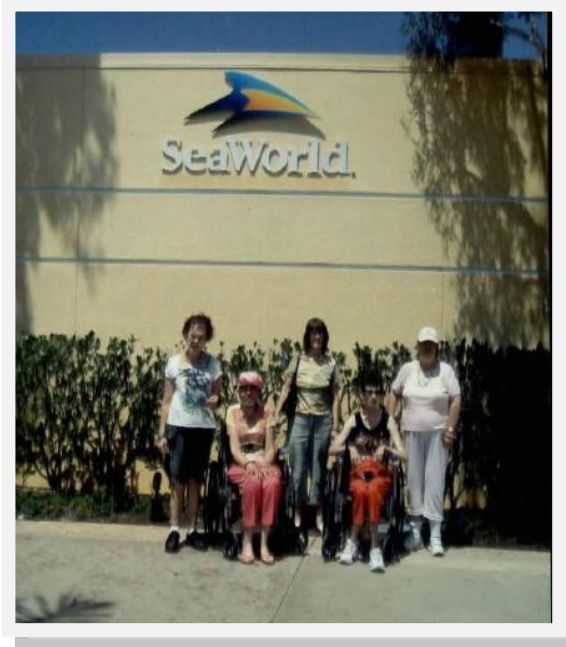
Election Day Information

- Polls will be open from 6 AM until 7 PM.
- Bring PHOTO ID with your current address.
- Call 602-506-1511 to locate your polling place.
- Need Help? Call 1-866-OUR-VOTE (1-866-687-8683)

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Alta Vista Ladies Visit San Diego

For Berene, Eileen, Holly, Shirley, and Sandra it was a time to escape the desert heat of Arizona for the balmy seaside breezes and sights of San Diego CA.

Accompanied by Alta Vista Manager Josephine Watkins and staff the five ladies enjoyed the shows at the world-famous Sea World, spent relaxing afternoons at the shore, enjoyed delicious food served at their hotel, and delighted in sight-seeing the attractions of one of Southern California's most beautiful cities on the Pacific. Here's a memory album for their scrapbooks.





Shirley



Sandy



Berene

Eileen

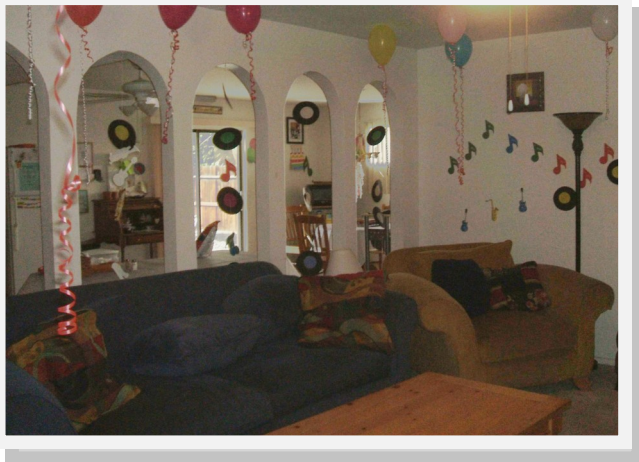


Holly





Erin's Birthday Bash at Shangri La
 Housemates Jamie and Kelsey, boyfriend Hank, and friends joined Erin on Sept. 11th at Shangri La Group Home to celebrate her birthday. The house was decorated in a cool 1950s theme that featured 45s on the walls. A few hearty partygoers marked the occasion with outdoor water balloons. Erin loved the gifts she got: lots of new clothes, a movie, and other presents. She is shown (left, below) opening gifts with Manager Nancy Britz, who organized and hosted the party. *Happy days, Erin!*



Election Year Profile: Rep. Kyrsten Sinema, Legislative District 15



One of the candidates for political office this year is well known to The Tunland Corporation as a staunch ally of our community during last year's budget battles: Kyrsten Sinema, assistant minority leader of the Arizona House of Representatives and a member of the House Appropriations Committee who fought against the budget cuts, was the featured speaker at all of our commu-

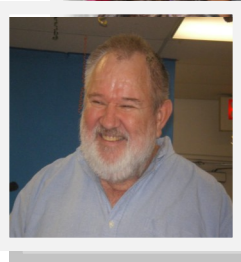
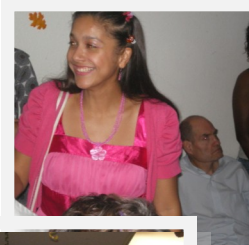
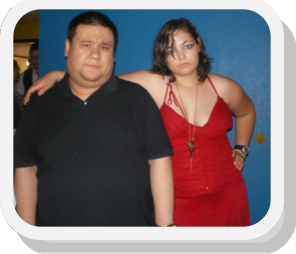
nity rallies in 2009 and 2010 protesting the cuts that affected thousands of Arizonans who depend on social and health services.

Representing the 15th Legislative District in Phoenix for three terms in the Arizona House, Representative Sinema is running for the Arizona Senate. In the debates on the 2010 and 2011 budgets Rep. Sinema was a leader of those legislators opposed to the cuts to the Department of Economic Security and the communities most affected. She is also well known as an advocate for civil rights and the plight of refugees.

Beginning her career as a social worker, Rep. Sinema is an adjunct professor at the Arizona State University School of Social Work and a practicing attorney. In 2009 she published her first book, "Unite and Conquer: How to Build Coalitions that Win and Last" and was appointed to the White House Conference on Health Care Reform by President Barack Obama.

Day Program's 1st Fall Semiformal at Nama Ste A Huge Success

Nama Ste Day Center was the place to be on Friday Sept. 23rd for the first Fall Luncheon and Dance. With live music by Deb "Tweety" Matthey and Dan Allmond many just couldn't keep their feet from dancing.



LOOKING FOR A THRILLER ON THE NIGHT BEFORE HALLOWEEN?
COME TO THE HALLOWEEN CARNIVAL AT NAMA STE OCT. 30TH!



INDOOR AND OUTDOOR FUN is in store for all Tunland group home and day program clients on Saturday October 30, 2010 when Adults and Children's Services presents **A HALLOWEEN CARNIVAL** at Nama Ste Center, 4816 North Eighth Place, Phoenix AZ 85015.

Starting at 6 PM the doors will **CREAK** open on an evening of music, food, games, and of course, **HALLOWEEN COSTUMES!** Want a real thrill? Dare to explore our famous **SPOOKY HOUSE!**

All those attending **MUST WEAR A MASK, A COSTUME** ... or something positively **GHOULISH!** Prizes will be given for best costumes.

The fun ends at 8 PM. Don't miss this evening of Halloween thrills! Contact **LINDA MADRID** for details at 602-224-5052 ext. 8136.

More Fall Dance Photos





**BROUGHT TO YOU BY
KAREN SMITH
DIRECTOR, HEALTH &
WELLNESS SERVICES**



Quick Entrees! Healthy Meals In a Hurry

- Make whole wheat English muffin pizzas using pizza sauce and reduced-fat mozzarella cheese. Top with your favorite vegetables such as mushrooms, chopped onion and green pepper, tomatoes, broccoli or artichoke hearts.
- Top mixed salad greens with chopped cooked chicken, sliced fresh strawberries, and slivered almonds; serve with Wish-Bone Salad Spritzers in Balsamic Breeze Vinaigrette.
- Make quick and easy chili with extra-lean ground beef or ground turkey, canned kidney beans, tomato sauce, chopped onion, canned chopped tomatoes, a chili seasoning packet, and canned corn.
- Healthy Quesadillas—mix one pouch “Hickory Smoked” StarKist Tuna Creations with 1/4 cup shredded cheese, 1/8 c. green onions sliced, 1 ounce 1/3 less fat Neufchatel cream cheese, and 1/8 cup diced roasted red peppers. Spread onto a whole wheat tortilla, top with another tortilla and cook in a large skillet sprayed with vegetable spray until golden brown on each side. Cut into wedges and enjoy!

Fast and Healthy Meal Ideas

Breakfast

- Instant oatmeal, fat free milk, fruit
- Double-fiber or whole wheat English muffin with pea-nut butter and All-Fruit spread.
- Low-fat cottage cheese, fruit, and a tablespoon of slivered almonds.
- Yogurt mixed with high-fiber cereal and berries.

Lunch

- Make a Turkey Cranberry Wrap: start with a 10-inch whole-wheat or spinach tortilla, 1 Tbsp light cream cheese, 1/4

cup shredded carrots, 2 oz. light lean turkey breast, spinach leaves, 2 Tbsp dried cranberries.

- Vegetarian chili or soup and a side salad.
- Stuff a pita with hummus, feta, tomatoes, cukes, lettuce, and shredded carrots.

Snacks

- Apple and low-fat string cheese.
- Sliced cucumber with two Light Laughing Cow cheeses.
- A handful each of raisins, high-fiber cereals, and almonds.

Supporting all people to be part of their community.

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It's Howdy Pardners! Time at Glendale's Wild Western Festival at Sahuaro Ranch Park

If you're ready for a rootin' tootin' good time round up your posse and git down to **Sahuaro Ranch Park** on Friday, Saturday, and Sunday October 15 -17 for the **2010 Wild Western Festival**.

Sahuaro Ranch Park is located on 59th Avenue and Mountain View Road in Glendale. The Wild Western Festival is the place where history meets Hollywood for the best Wild West Show in the West. There'll be **GUNFIGHTS ... STUNT SHOWS ... LIVE MUSIC ... LOTS O' COWBOY GRUB ... MOVIE STARS AND AUTOGRAPHS ... FREE PARKING ... AND MUCH MORE!**

Check your group home mailboxes for the flyer and contact **THERESA BORGES** at **602-606-8074** for more information and group discounts!

Arizona State Fair Set to Open on October 15, 2010

*Showcasing our state's products and talent, the Arizona State Fair opens on October 15, 2010 and runs through November 7, 2010 at the state fairgrounds at 1826 West McDowell Road, Phoenix AZ 85007. Admission for adults is \$10, \$5 for kids 5-13 and seniors 55 and older. Kids under 5 are free. Season passes for unlimited admission are also available and admission is free on Wednesdays from 12 noon to 6 PM with a charitable donation. Call 602-252-6771 for details and discount information. Due to road construction **there will be ramp closures on I-17** that will affect fairgoers. Call the **AZ 511 System** for updates on construction and road closures.*

Group Home Manager Bill King Reaches New Heights on Humphrey's Peak

Becker Group Home Manager Bill King is one man who won't say no to a challenge, especially when it comes to his passion for hiking. Earlier this year Bill and his wife Janet hiked the Grand Canyon. Recently Bill, Janet, and a few other intrepid friends climbed Humphrey's Peak, Arizona's highest point located in the Kachina Peaks Wilderness about 11 miles north of Flagstaff. Bill is shown here at the elevation of 11,400 feet. Humphrey's crest is at an altitude of 12,637 feet. Only 1,237 feet to go Bill!

Photo courtesy Janet King

