



The Tunkland News

DECEMBER 2010

IN THIS ISSUE—

HALLOWEEN BASH 2-3
WAS A REAL
SMASH!

ALTA VISTA . 4
IT MEANS PARTY,
PARTY, PARTY!

CARWASH CREW AT 5
LOCAL EVENT &
DEC. 18TH
HOLIDAY DANCE

FREE NUTRITION 6
CLASSES AIM TO
TEACH HEALTHIER
EATING

TIME TO 7
QUIT SMOKING!

HOLIDAY CONTEST 8
&
FREE & CHEAP
STUFF

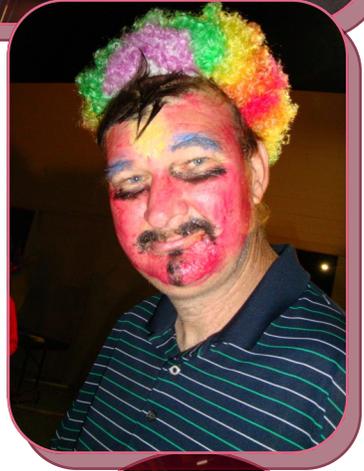


May the peace
and joy of this
season be yours
today and
throughout the
new year!

From The Tunkland Corporation

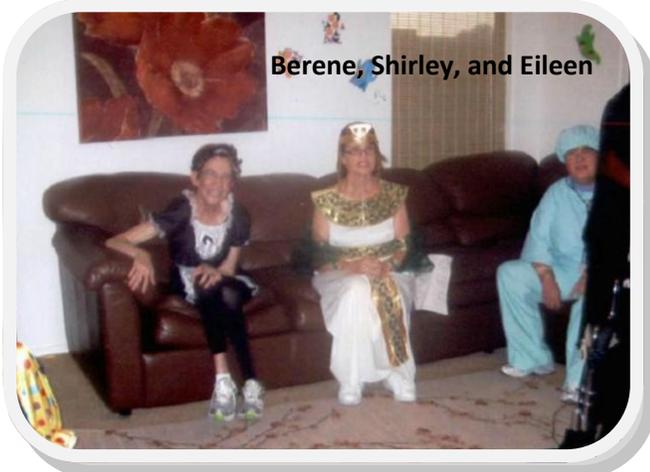
IT WAS A GHOULISH GREAT TIME AT OCTOBER 30TH HALLOWEEN FEST





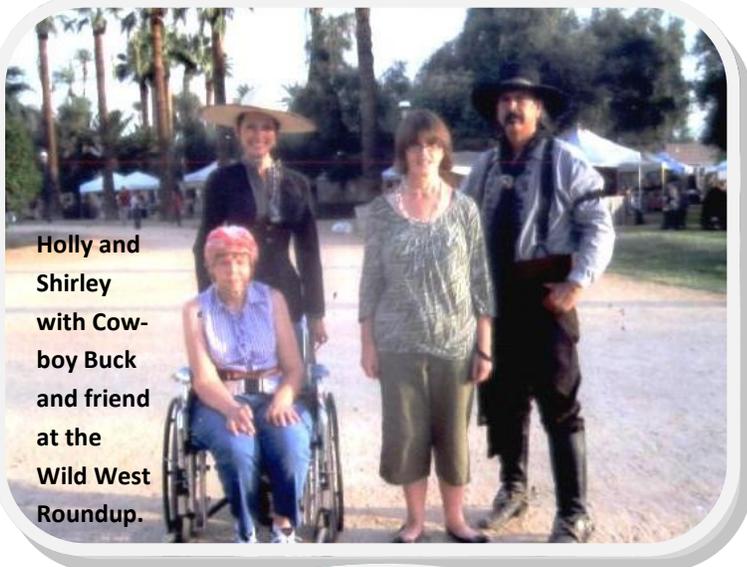
Alta Vista's Motto:

Let's Party!



Berene, Shirley, and Eileen

The ladies at Alta Vista group home take having a good time very seriously. Berene, Eileen, Holly, Sandy, and Shirley love a good party. On the last weekend in October they partied at home before going to the big Halloween party at Nama Ste, went to a birthday party, and then headed for the Wild West Roundup at Glendale's Saguaro Ranch Park. The ladies are currently working on their holiday party schedule.



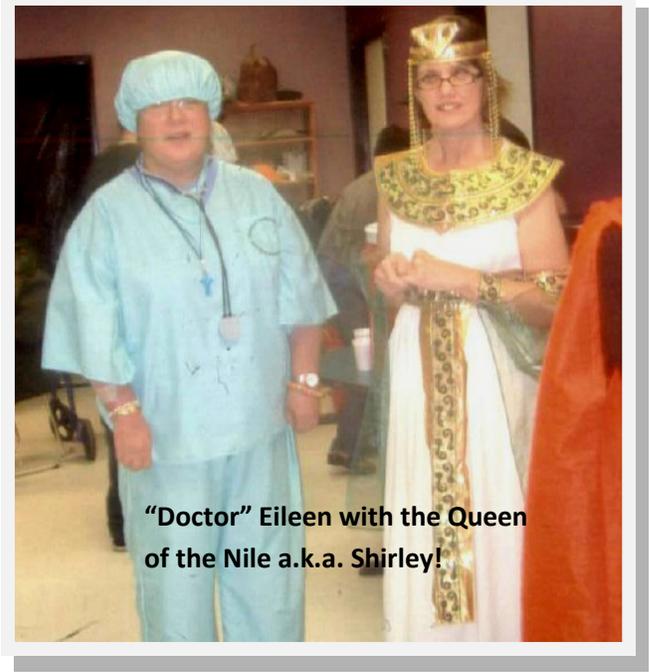
Holly and Shirley with Cowboy Buck and friend at the Wild West Roundup.



Holly and Shirley tour Wild West Roundup by train!



Sandy in her clown costume.



"Doctor" Eileen with the Queen of the Nile a.k.a. Shirley!

Special Touch Carwash Part of Coronado Neighborhood Promotion Event on Oct. 16



Tungland's Special Touch Carwash was one of 40 participating organizations taking part in the Phoenix Coronado Neighborhood's GAIN event on Saturday October 16, 2010. Standing for "Getting Arizona Involved in Neighborhoods," the event engaged neighborhood residents, businesses, and other groups to promote the Coronado neighborhood and make it a better place. Special Touch Carwash donated a free car wash for the drawing. The event was held at the Phoenix Children's Hospital.

Tungland Christmas Dinner-Dance set for December 18th



A fun-filled evening of dinner and dancing awaits those who come to the Tungland Corporation Christmas Dinner-Dance, set for Saturday, December 18, 2010 at St. Paul's Lutheran Church, 6301 W Indian School Road, Phoenix AZ.

Dining will be from 4:30 pm to 6:00 pm followed by dancing from 6:00 pm until 7:30 pm. What's a party without Santa Claus? He'll drop in to make sure everyone gets a gift! The event is formal.

Reservations are available for \$8.00 payable in advance. Contact Linda Madrid at 602-606-8136.



Free Nutrition Education Classes

Available from Civitan Foundation

Nutrition education classes that teach provider staff and the people they serve how to prepare and serve nutritionally balanced meals are available free of charge to participants through the Civitan Foundation in partnership with the Arizona Nutrition network.

Sara Jensen, program coordinator for Civitan's Food and Nutrition Program, says that classes can be arranged at day program facilities for those interested that include instruc-

tion, materials for the classes, and educational materials for continuing education.

"The lessons encourage program participants to be more physically active, increase their fruit and vegetable intake, and follow the My Pyramid guidelines," Sara says.

The nutrition education classes can be arranged by appointment for daytime participants. For information contact Sara Jensen at 602-501-7490 or by email at sjensen@civitan.org.

Maple Sweet Potatoes

Ingredients

2 large sweet potatoes
2 tablespoons nonfat yogurt
1 Tablespoon maple syrup
1 Tablespoon orange juice

Directions

1. Wash hands thoroughly with warm water and soap. Wash fresh vegetables before preparing.
2. Prick potato skins with a fork.
3. Microwave on HIGH for 3 to 4 minutes until soft and easily pierced with a knife.
4. Scoop out the potato pulp into a medium bowl. Mash the pulp and stir in the yogurt, maple syrup, and orange juice.
5. Transfer to a microwave safe serving bowl and microwave for 1 to 2 minutes to heat through.

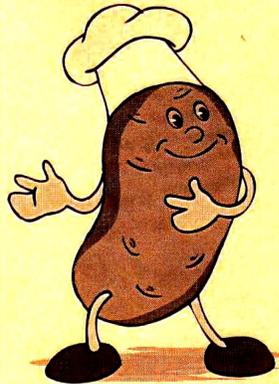
Servings

Makes 2 servings

Nutrition Information Per Serving

calories, 149; carbohydrates, 34 g; protein, 3 g; fat, 0 g; saturated fat, 0 g; trans fat, 0 g; cholesterol, 0 mg; fiber, 4 g; total sugars, 14 g; sodium, 91 mg; calcium, 67 mg; folate, 16 mcg; iron, 1 mg; percent calories from fat, 0%.

This material was federally funded by USDA's Supplemental Nutrition Assistance Program through the Arizona Nutrition Network. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer.



*A sample
recipe from the
Civitan
nutrition
education
class.*

Exercising more? Terrific!

Eating right? Great!

Now it's time to quit smoking!



You're starting to eat right, you're exercising regularly and taking really good care of yourself and you've noticed the benefits.

But you're still smoking cigarettes?

According to the US Centers for Disease Control approximately 46 million Americans aged 18 and older smoke cigarettes. That's about 20.6 % of our whole population.

The plain fact is that whatever else you're doing for a healthier you smoking cigarettes is bad for you. Period. The nicotine contained in the cigarettes is just as addictive as heroin, cocaine, or alcohol. Cigarette smoking can cause major health problems such as lung cancer and respiratory diseases, diseases that are often leading causes of death.

Smoking is a major health problem for women. The CDC states, "*Cigarette smoking kills an estimated 178,000 women in the United States annually. The three leading smoking-related causes of death in women are lung cancer (45,000), heart disease (40,000), and chronic lung disease (42,000). ... Cigarette smoking increases the risk*

for infertility, preterm delivery, stillbirth, low birth weight, and sudden infant death syndrome (SIDS)."

Quitting smoking reduces

- ◆ the risk for lung cancer and other cancers.
- ◆ the risk for coronary heart disease, stroke, and peripheral vascular disease. Coronary heart disease risk is reduced within 1 to 2 years of cessation.
- ◆ respiratory symptoms, such as coughing, wheezing, and shortness of breath. The rate of decline in lung function is slower among persons who quit smoking.
- ◆ the risk of developing chronic obstructive pulmonary disease (COPD), one of the leading causes of death in the United States.

If you're taking better care of yourself why not take *complete* care of yourself? You'll be healthier, and the people in your life who care about you will be happier.



Want to quit smoking? Sure it's hard.

But there's help available, and it's free!

Quitting smoking isn't easy. Often it takes several tries. You need support as well as determination. Here's some places to get help.

1-800-QUIT-NOW [1-800-784-8669] TTY 1-800-332-8615 has free quit coaching, planning, and educational stuff. Check out the website www.smokefree.gov for lots of helpful ideas.

Source: Centers for Disease Control and Prevention

www.cdc.gov/tobacco/index.htm



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Supporting ALL people to be part of their community



The Tunland Corporation Holiday Decorating Contest 2010

All Tunland group homes and day program buildings are encouraged to enter the 2010 edition of the Tunland Corporation Holiday Decorating Contest. Judging will take place from December 20 to December 23.

Contest rules are:

- Decorating expenses must stay within the setting's budget.
- At least one-half of all decorations are made by the residents or consumers.
- All prize money will be spent on setting activities or activity supplies for the setting.

To participate contact Leticia Martinez at 602-606-8083.

Free, Cheap, & Good Stuff To Do

*If you missed **Glendale Glitters** last month you have until Saturday January 8th to see over one million lights brighten the sky over downtown Glendale. Glendale & 58th Avenues. Call 623-930-2299 for information.*

*Attention bargain hunters! The residents and staff of Shangri La Group Home will be having a **garage sale** on Saturday, December 4, 2010. Erin, Jamie, and Kelsey decided this is a great way to get rid of stuff they don't want, earn a little extra cash, and meet the neighbors. The three ladies plan to donate unsold items to Goodwill. For details call Nancy at 602-996-6187.*

