

# The Tunglan News

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*Supporting ALL people to be part of their community.*

June 2011

# Happy Summer!



## From the Director's Corner



"Everyone was playing a tambourine or a drum," said DTA musician Deborah "Tweety" Matthey. "Everyone had a huge smile on their face."

Deborah was talking about one recent Friday afternoon when those attending Nama Ste East treated everyone to a surprise when they spontaneously got into the music.

One participant broke into *Yellow Submarine* and was joined by several others who sang with him. Of course, there was also the inevitable Elvis impersonator in the crowd!

The Music Program is offered to those attending the day program centers at Nama Ste in Phoenix and Nama Ste East and West, in Mesa and Peoria respectively.

## Safety & Health

### What to do if you're stung by a scorpion



Arizona is home to several types of scorpion, some of which are highly venomous. Especially dangerous is the bark scorpion, which is found in Arizona, New Mexico, and part of California.

According to the Mayo Clinic **children who have been stung** may have intense pain, numbness, and tingling, muscle twitching or thrashing, unusual movements of head, neck, or eyes, drooling; sweating; excitability or

restlessness. With **adults**, the symptoms can be rapid breathing, high blood pressure, increased heart rate, muscular twitching, and weakness.

While the scorpions' sting is rarely fatal nowadays, the venom — remember that scorpion venom is a *poison* — is still very dangerous, so the key thing to remember is that if you, your child, or someone you are caring for is stung, **get prompt medical care. Call 9-1-1 immediately.**

# *Summer's Here! Protect Yourself and Others from Extreme Heat*



Anyone who's lived in Arizona knows that the desert summer is a time to take extra precautions for safety and health. In spite of 100-degree and higher temperatures there are simple preventative steps everyone can take to prevent heat-stroke and heat-related illness.

*Some populations are more at risk from the heat: the elderly, small children and infants, those taking antidepressants, people who are overweight, to name a few. That's why it's important to monitor people in your care or family members in the summer.*

The following guidelines can help, according to the Arizona Department of Health Services:

- ◆ *Stay indoors in air-conditioned areas as much as possible. If there's no AC available, avoid upper floors, or go to a public air-conditioned place, such as a library.*
- ◆ *Drink plenty of water, and drink it often to help your body keep cool. This is especially important for children who often don't realize*



*they're having symptoms of heat-related illness.*

- ◆ *If you must engage in outdoor activities limit them to the earliest morning hours — between 4:00 am and 7:00 am.*
- ◆ *Wear lightweight clothing. Light colors work best.*
- ◆ *Caffeine and alcohol worsen heat. Limit coffee and alcoholic beverages.*
- ◆ *Watch your eating. In severe heat it's often best to eat small lighter meals than large, heavy meals. Also, avoid foods high in salt and protein.*
- ◆ *Never leave children, infants, vulnerable adults, or pets in parked vehicles. Never!*

**The symptoms of heat stroke** are hot, reddish skin, dizziness and confusion, rapid weak pulse, and rapid shallow breathing. **Call 9-1-1 if you or anyone you are caring for shows these symptoms.** Watch for breathing problems. If someone refuses to drink water or is throwing up **DO NOT** give them food or anything to drink.

**For more information please call the Arizona Department of Health Services at 1-800-314-9243 or Bilingual Hotline at 602-364-4500.**

## 10 Tips for Caring for a Person with Mental Health Concerns

by Sally Davey, Psy.D. Clinician / Assistant Director,  
The Tunland Corporation



Here are ten ways to assist a person with mental health issues.

1. *Take care of yourself!* This is the first and most important tip that you can do in your role with the person. Take time out for yourself in whatever way most appeals to you: take a walk, visit friends, or enjoy coffee at your favorite coffee place. All are simple ways to take time out. Secondly, follow the age-old adage; get adequate sleep! Making sure you get adequate sleep is important, don't let it go out of the window in favor of watching TV!

2. *Don't go it alone!* That is the second most important tip. Trying to cope alone with mental health issues either that you or others have is not wise. Look for support groups, like -minded friends, neighbors, or local spiritual outlet as sources of comfort and support. Follow the advice of Dr. Sally and seek out counseling [see Tip 10].

3. *Always acknowledge the symptoms that are present.* It is helpful to the person to know that what they are feeling is not only acknowledged but also heard by others. This helps to decrease stress all round and serves to normalize what is going on.

4. *Allow the person to remain independent to whatever level of functionality possible.* Even if you understand the problem or issue, try not to "give advice" that can be perceived as controlling, demeaning or an issue of co-dependency.

5. *Treat the person as a person.* Too often we have a tendency to treat the person by the label of their diagnosis. Look behind the diagnosis to the person that you know and accept the person as they are in the "here and now" and not as they were, might have been, or

wish they could be. Acceptance of the person is very important to your health and that of the person with the symptoms of whatever ails the person.

6. *If the person can do something themselves, let them do it.* This creates an atmosphere of mutual respect, encourages self-esteem, and of course, independence.

7. *Help the person to explore their ways of thinking and doing things so that they can find the happiness they deserve.* Each individual has their own aspiration and goals; help the person to achieve their goals.

8. *Identify people and resources who/that can help the person meet their own needs.* Brainstorm ideas together and see what best fits the individual and not what best fits you! Again you will foster a better relationship.

9. *Learn what you can control and what you cannot, become aware of the difference, and then let go, or follow through.* When working with third parties, for example, learn how you can be the advocate and when you cannot. Learn how to be assertive but not aggressive in getting needs met. There is an important difference, believe me!

10. *The best tip of all! Seek a professional counselor/therapist either for yourself, the person involved or both.* At The Tunland Corporation we can provide this service at your convenience. We provide either private pay [cash, money order, or certified check] or if you have AHCCCS via one of the providers in the Valley, through a referral from your provider.

***If you would like to contact Dr. Sally please call her at 602-606-8070, or you may email her at [drsally@tunland.com](mailto:drsally@tunland.com).***

## How Often Should I Walk?

Walking is a super easy, affordable, and effective way to achieve and maintain a healthy weight. Aim for a minimum of 3 days a week and work your way up to 5-6 days a week.

To know if you're exercising in a good range, use the "talk test" to make sure it's not too easy, not too hard: if you can carry on a conversation while still feeling like you're exerting yourself, you're in a good calorie-burning range.

The recommended time for most people ranges from 20 minutes (for simple general health) to 60 minutes (for maximum calorie expenditure). The further you go over 20 minutes the more fat you're burning, so use that as your motivator!

You don't have to do all your minutes at once. You can do several 10-minute mini-workouts each day ... add them up!

If you can't reach your target

*Trying to maintain or lose weight? One of the best ways to do that is to walk it off! Here's some excellent advice to help keep trim by getting outdoors.*

heart rate with walking, try adding intensity by increasing speed, increasing incline, or adding light hand weights (3 pounds maximum).

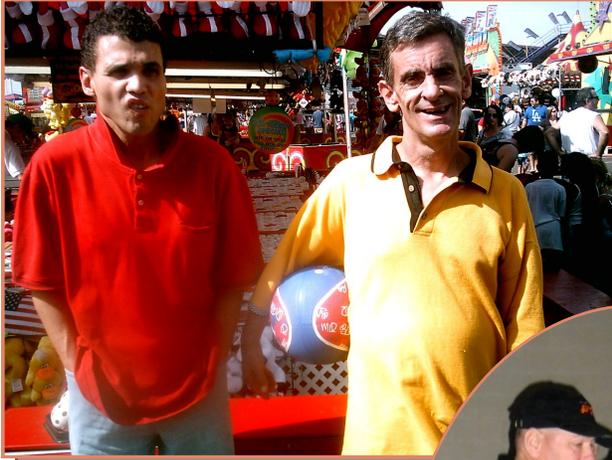
It's okay to take 1-2 days off from walking each week—rest and recovery are important with regular activity.

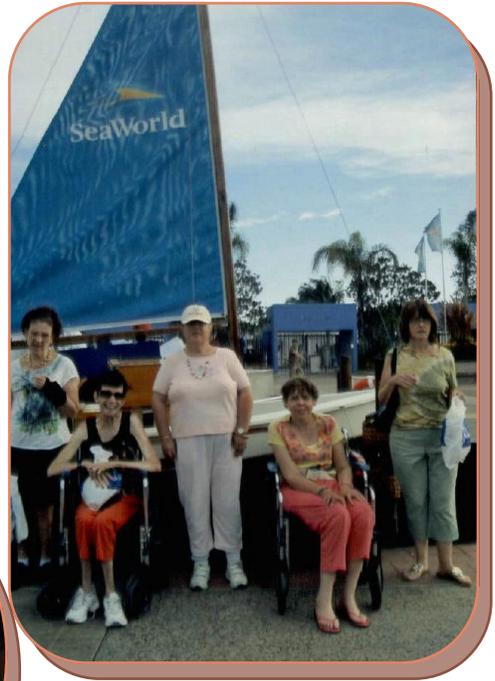


Brought to you by Karen  
Smith,  
Director Health & Wellness

# Tungland Scrapbook

*On these two pages are some photos taken during this year that we thought were so memorable we decided you might want to see them once more.*





Supporting ALL people to be part of their community

Visit our website at  
[www.tungland.com](http://www.tungland.com)!

## Yes, there ARE Free Museums in the Valley!

You might be amazed to learn that there are museums in the Valley that don't charge admission. Below is a partial list of museums that help us mind our budget while we learn more about art, history, culture, and people!

*These museums do NOT charge admission:*

*African American Multicultural Museum, Open Thursday to Saturday 1.00 PM to 5.00 PM. 617 N. Scottsdale Road, Scottsdale AZ 85257 Telephone to schedule groups: 480-314-4400*

*Arizona Capitol Museum, State Capitol 1700 W. Washington, Phoenix AZ 85007 Telephone 602-926-3620*

*Arizona Military Museum, 5636 E. McDowell Road, Phoenix AZ 85008 Telephone 602-267-2676*

*Arizona Railway Museum, Open from September to May only! 330 E. Ryan Road, Chandler AZ 85224 Telephone 480-821-1108*

*ASU Art Museum, 10th Street & Mill Avenue, Tempe AZ 85287 Telephone 480-965-2787*

*ASU Museum of Anthropology, Open Monday-Friday 11.00 AM to 3.00 PM. In summer by appointment call 480965-6224. In the School of Human Evolution & Social Change at corner Tyler & Cady malls on the Tempe ASU Campus,*

*Chandler Museum, Open Tuesday-Saturday 10.00 AM to 4.00 PM, Thursdays 10.00 AM to 7.00 PM. 178 E. Commonwealth Ave., Chandler AZ 85225 Telephone 480-782-2717.*



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