



We need your support!

Get your ballot!
Get to the polls!

**Vote YES
Prop 100**



It's Not Just About A Tax Increase

On Tuesday May 18, 2010, the people of Arizona will be asked to help reduce the budget deficit by amending the state Constitution to allow a *temporary* one-cent-on-the-dollar increase to the state sales tax. This small tax increase will have huge benefits because revenues from the sales tax increase will help pay for education, health and human services, and public safety.

Those hardest hit by the budget cuts—disabled citizens, students, the elderly, low-income children and families, abuse victims—are our most vulnerable citizens. They are the people who need protection, education, food, shelter, medical care and other vital services that fulfill their needs. The state agencies serving them—especially the Department of Economic Security—have taken the largest percentage of budget cuts. This is unfair, and frankly, it's cruel.

On May 18th we'll have the chance to say, 'ENOUGH!' to these cuts. We can stand together for an Arizona that's fair, just, and compassionate. We can vote YES on Prop 100 and tell the politicians that funds for caring for our most vulnerable people are neither wasteful nor unnecessary.

This isn't a vote about a sales tax increase. It's a vote about the kind of state we envision—a place where every human person is valued, a place where safety, health, learning, caring, and growth are the right of each and every one of us.

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Arts & Crafts Corner



That attractive centerpiece for the birthday party or special celebration you're planning doesn't have to cost a lot if you're willing to make it yourself. According to Nancy Britz, manager of Shangri La group home, all you need are some tin cans, paint, play sand, and tea candles. Nancy, her staff, and residents Jaime and Erin have created many beautiful candle centerpieces marking seasonal holidays and special occasions. Here's how:

Make an attractive candle centerpiece with tin cans, paint, tea lights, and play sand.

Take empty tin cans of various sizes and shapes, making sure the edges are smooth to avoid cuts, and soak in hot

water to remove the paper covers. When the cans are dry apply paint around the surface of the cans.

When the paint dries, glue decorations to the painted surface of the can. You may want to make these yourself—cut them from a magazine, for example—or use stick on decorations.

One of the staff glued artificial flowers to the outside surface.

Fill the can to about an inch blow the top with play sand, add a tea candle (or more for large cans) and then arrange your candle centerpiece.

You may want to surround the candles with a wreath of real or artificial flowers, leaves, or other items for different effects or different seasonal celebrations.



TTC Staff and Friends Commemorate Tyler O'Connor



Tyler O'Connor, a long-time member of the Tungland family, died at home late Sunday afternoon on April 25, 2010. Tyler joined Tungland in February 1996 at the age of thirteen and lived in the Abilene Group Home.

Tyler loved music and spent many happy hours playing his piano. Although Tyler was non-verbal, his smile spoke volumes, and he was truly the spark of his home.

Tyler attended the Freestone Marc Center Day Program. He enjoyed playing with brightly colored toys and interacting with

other clients and staff, especially Charmaine.

Tyler is survived by his Tungland "family" members: Manager Sheila, staff Mohamed, Brenda, Tamera, Pete, and Joline, and former staff Emily, Chantal, and Kyrene.

Please join us in remembering and honoring his life as a dear friend. We will be sharing stories and celebrating Tyler's life on Friday, May 7, 2010 from 4:00 pm to 6:00 pm.

All of Tyler's staff, former staff, and friends are welcome. For more information please contact Theresa Borges at 602-329-4840.

Behaviorism Basics by Mike Keegan

An ongoing series of articles about the use of behavioral interventions and professionalism in the practice of caregiving

One of the more typical developmental disabilities we deal with as caregivers is autism, which means that differences in a person's neurological system – the system that consists of the brain, spinal cord, and nerves – are extreme enough to result in behaviors that impair a person's ability to interact socially and to communicate with others. Behavior patterns, interests, and activities may be restricted, repetitive, and stereotyped.

Delays or abnormal function before age three may be in the way a child interacts socially, or how the child uses language to communicate, or with symbolic or imaginative play. Currently there is no way to diagnose autism using physiological testing. Instead it is diagnosed through observations of the impaired behavior and skills listed above that are summarized from the diagnostic manual used by professionals for diagnosing mental illness (DSM IV-R).

Anxiety is another key feature of autism that underlies many of the behaviors observed. The way each person functions is unique to the individual.

People with autism are not broken, they are different in how they experience and interact with the world. Our job as caregivers is not to "fix" the people we serve but to

help them learn how to get from the world what they need, improve their ability to have meaningful relationships, and achieve their own personal dreams. This can be a very challenging task since our primary teaching tools use social interaction and interpersonal communication, the primary areas affected by autism. Our challenge is to create "teachable moments" and use them to maximum benefit.

To create a teachable moment, we need to be able to get and keep the person's attention long enough to get our message through. The person needs to be emotionally ready to process what we have to teach. The best way to achieve this state will depend upon how autism impacts the person you are working with. The following suggestions have been helpful for many people.

Be calm. When human beings are anxious or excited their minds and bodies are out of balance. People with autism are more likely to be excited or anxious, so if you're trying to create a teachable moment you need to create a calm, easy-going environment to be effective. Keep your voice low. Approach each situation as if it is easy to manage. This is true at all times, but especially in a crisis.

Use behaviors to your advantage. People with autism have a number of behaviors that enable them to calm themselves - flapping their hands, pacing, repeating phrases or questions, manipulating objects, and so forth. Learn to recognize these behaviors; don't interfere with them as long as they do not interfere with the teaching activity occurring at the time. Work around them, or make them part of the teaching activity.

Use physical activity. Exercise promotes nervous system balance and helps to calm people. Regularly including physical activities such as sports or physical tasks that the person enjoys doing can help the person feel calmer, safer, and enable them to attend to others around them.

The key to being effective as caring professionals is to recognize and respect each person's unique personality and individual differences.

Mike Keegan is a professional behaviorist and an Assistant Director who administers The Tungland Corporation's counseling and consulting program.



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9 Strategies for Coping with the Mental Health Problems of a Loved One

From the book A Balanced Life by Tom Smith, with the author's permission. Shared by Theresa Borges, a PC in Quality Management.

Help our loved one find and continue to take the medication needed for a balanced life.

Urge our loved one to maintain a supportive relationship with a therapist, counselor, or sponsor.

Learn as much as we can about the mental disorder of our loved one.

Assist our loved one in developing a healthy self esteem, since it is critical for a balanced emotional life.

Accept mental illness as a fact of life for our loved one, even

though this mental illness does not encompass all of life.

Take care of ourselves with proper exercise, sleep, diet, relationships, and by monitoring our feelings.

Become a supportive network of family and/or friends who know about the mental illness and who commit to acting in the best interest of our loved one as far as we are able.

Identify the early warning signs that precede a more difficult phase of the mental illness, and help our loved one when these signs emerge.

Acknowledge our dependence on a Higher Power and seek guidance from that Higher Power in whatever way that is comfortable to us.



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

Founded in 1983 by Robert W. Tunland II, The Tunland Corporation (TTC) grew from the belief that all people are capable of growth coupled with a vision that people with challenges can live in real homes in real neighborhoods, learn to interact with their communities, and fulfill their personal dreams. Innovative thinking by TTC has led to providing a wide range of services to Arizona's disability community—over 100 group homes in the Phoenix area, Tucson, and Northern Arizona, day programs for children and adults, vocational programs that teach job skills, in-home support services, elder care, counseling and consulting services, foster care, and community access. Fulfilling its commitment to provide the highest quality services to people wherever they live, TTC has expanded its service range, providing quality residential services in neighboring New Mexico.



Free Things To Do, Festivals, & Events in May

May is the time to celebrate Cinco de Mayo!

During the first week of May people throughout the Valley will celebrate Cinco de Mayo—the historic festival commemorating the Battle of Puebla on May 5, 1862 when a small Mexican force defeated overwhelming French forces bent on subjugating Mexico to French rule.

Here's a partial list of events:

Cinco de Mayo Phoenix Festival—**Jefferson St. between 1st and 5th Avenues.** The 17th annual edition of one of the largest Cinco de Mayo festivals in the Valley celebrates Hispanic heritage and culture with a variety of events, entertainment, and of course traditional food, music, and dancing. Saturday and Sunday May 1st and 2nd.

Cinco de Mayo Salsa Festival—**el Pedrigo, North Scottsdale.** Saturday May 12 noon to 3 pm. Admission free, but charge for food.

Chandler Cinco de Mayo Festival—an annual festival in historic Downtown Chandler that's a family event. At the downtown Library Plaza south of Chandler Blvd. Music, dancing, food, and vendors. Saturday May 1st.

African American Multicultural Museum—Free
617 N Scottsdale Road #A
Scottsdale, AZ 85257
Telephone 480-314-4400
Email: info@aammuseum.org

Admission is always free. Exhibits and programs featuring art, historical items, speakers, and artists. Exhibits change quarterly. Emphasizes the positive contributions of many races and cultures while incorporating the African American culture.

Downtown Chandler Art Walk—Free

Visit more than 70 artisans set up along the streets in front of the unique shops and cafes of Historic Downtown Chandler. . First Friday of the month in 2010.

First Friday Phoenix Art Walk—Free

Stroll in downtown Phoenix and visit over 100 art galleries, studios, and art spaces. Every first Friday.

Mother's Day Celebration in Historic Downtown Glendale—Saturday, May 8, 10 am to 4 pm

Celebrate moms with a day of meals, deals, and goodies in Historic Downtown Glendale. Start

at the Glendale Visitor Center, get a map, free flower, and goodie bag for the first 500 visitors. Many downtown shops and restaurants will be offering visitors discounts and giveaways. Enjoy a Mother's Day Tea and make-and-take crafts. Free flowers at some shops. For more information call 623-930-4500

Movies in the Park Free Family Movie Night—**Kiwanis Park, Tempe, Mill Avenue and All-American Way, Tempe every Friday night May 7th through May 21st.**

Bring a blanket and a picnic meal and enjoy free movies on the west side of Kiwanis Lake by the fire pit. Movie starts at dusk, about 7 pm.

Friday May 7—"G-Force" rated PG.

Friday May 14—"Where the Wild Things Are" rated PG.

Friday May 21—"A Bug's Life" rated G.