

May 2012

## The Tungland News



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*Supporting ALL People To Be Part Of Their Community*

### **Another Good Reason To Vote in 2012:**

## **The Quality Education and Jobs Act**

A 2012 ballot measure sponsored by a broad coalition of Arizona education advocates and community organizations aims to extend the current voter-approved one-cent sales tax to fund Arizona's K-12 education, prepare Arizona students for the job market, create more Arizona jobs, and restore funding for vital healthcare and social services that benefit children, poor and low-income families, and vulnerable adults.

Known as the Quality Education and Jobs Act, the measure will ask Arizona voters to approve measures that will dedicate funding for K-12 schools, create a new Family Stability and Self-Sufficiency Fund to prevent homelessness, family violence, and hunger, and restore the popular KidsCare health program that provides medical care for children from poor and low-income families who have no health insurance.

If passed by the voters on November 6th, 2012 the measure will renew the one-cent sales tax to provide dedicated funding for vital services to Arizona's children, families, and vulnerable populations that the Legislature cannot legally cut. The measure is a response to almost four years of harmful budget cuts by the Arizona Legislature that are devastating to children and vulnerable populations such as people with intellectual and developmental disabilities who rely on funding for services.

The Quality Education and Jobs Act will strengthen Arizona's economy by equipping children to succeed in the classroom, ensuring an educated workforce and creating jobs. This act, which renews the one-cent sales tax, will provide dedicated funding linked to performance and accountability for students of all ages and prevent legislators from cutting K-12 funding.

Scholarships will ensure that universities and community colleges remain affordable. Investment in vocational education will allow students to graduate ready to work.

This act also ensures continued funding for Department of Public Safety officers and will create jobs by funding road, rail, transit and other transportation projects.

For details about the Quality Education and Jobs Act check [www.qualityeducationandjobs.com/](http://www.qualityeducationandjobs.com/)

## *Social Security Test Project Will Assay Whether Disability Beneficiaries Can Keep More SSDI Money While Working*

In The News



The U.S. Social Security Administration is testing to see whether the government can allow Social Security Disability Insurance (SSDI) beneficiaries returning to work to keep more of their benefits after they start earning an income.

Known as the Benefit Offset National Demonstration (BOND), the plan uses a “benefit offset” as a different method for treating how returning workers with disabilities can earn and keep more benefit money, according to the SSA.

The program is operating in only ten selected sites throughout the US. Arizona and Southern California are participating as a joint BOND site.

The program is open to randomly selected groups of SSDI beneficiaries in the ten sites. One group will be people eligible for both SSDI and Supplemental Security Income (SSI) beneficiaries.

**The test program restricts participants to those between the ages of 20 and 59 only,**

**with the limit set to those eligible beneficiaries who were born on or after May 2, 1952 and on or before May 1, 1992.**

Under current Social Security rules, a beneficiary whose earnings rise to more than \$1,010 per month in a 12-month period loses his or her SSDI benefits. Nicknamed the “cash cliff”, many Americans eligible for benefits fear returning to work because they don’t want to lose their benefits.

Under the BOND program a different test is used for earnings by which a beneficiary may work and earn more than \$12,120 in 2012 (or \$20,280 if blind) and benefit from having only \$1 of benefits withheld for every \$2 earned over this amount. Under current Social Security disability rules, the same individual working and earning more than \$12,120 (in 2012) generally has his or her benefits stopped. Call 602-772-3950 or toll-free 855-791-0089 or TTY 602-772-3989 for more information.

## **New U.S. Agency To Promote Community Living For Disabled, Older Americans**

The U.S. Department of Health and Human Services (HHS) has merged three of its agencies to create a new federal agency to promote community-based living for people with disabilities and older Americans.

The new agency, known as the Administration for Community Living (ACL), was announced by HHS Secretary Kathleen Sebelius on April 16, 2012. The ACL combines the Administration on Aging, the Office on Disability, and the Administration on Developmental Disabilities.

“For too long, too many Americans have faced the impossible choice between moving to an institution or living at home without the long-term services and supports they need” Sebelius said. “The goal of the new Administration for Community Living will

be to help people with disabilities and older Americans live productive, satisfying lives.”

Sebelius said the Obama administration wants to promote community living by helping people with disabilities and seniors have greater access to the supports they need to live in the community.

The ACL will work with the Centers for Medicare and Medicaid Services to improve home and community-based services, especially for those who are currently served by Medicaid.

The newly-organized ACL will be headed by HHS Assistant Secretary for Aging Kathy Greenlee as administrator. The ACL website is:

<http://www.hhs.gov/acl/index.html>



The ladies from Alta Vista group home told *The Tunland News* that they had a fabulous time at the annual Ostrich Festival in Chandler AZ last March 11th. They are kind enough to share with us via Manager Josephine Watkins this lovely group photo they had taken, after the group watched the famous ostrich races. (Note: they wouldn't tell us if they ate an ostrich burger!) From left: Eileen, Sandy, Shirley, Holly. and Berene.

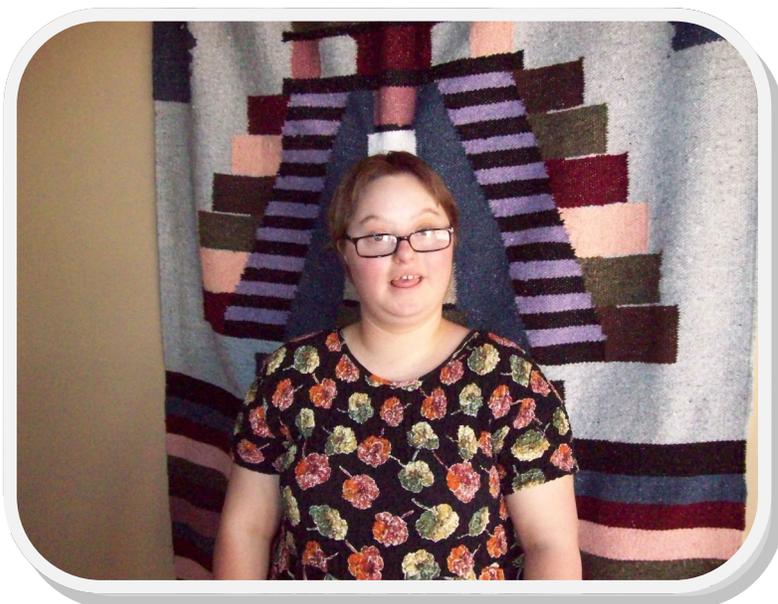


Located in Chandler AZ, the Ostrich Festival is one of the more famous annual events in the Valley of the Sun. This year's Festival was held March 9-11 and featured the famed ostrich races along with arts and crafts, multiple entertainment bands, specialty gift booths, food (including ostrich-burgers!), a petting zoo, pig races, magic and variety acts, and much more. The Ostrich Festival is held at Chandler's Tumbleweed Park. Ticket prices range from \$7 to \$10 and there is a fee for parking.

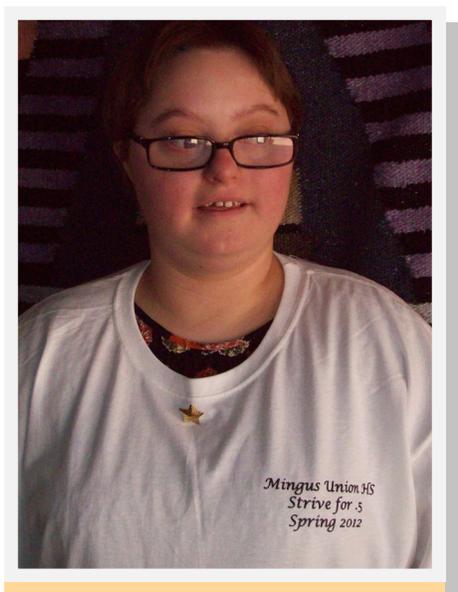
## ***Maddison: A 'Strive for .5' Student Honored for Good Grades***



The stories on pages 4 and 5 were written by Julie Svoboda, Northern AZ Region Program Coordinator. Maddy and Roseanne are her clients, both living in adult developmental homes where their providers encourage them to achieve their goals.



At Mingus Union High School in Cottonwood, AZ, they have a program called *Project Strive for .5*. From the whole of the student body, academic improvement is recognized for those students who raised their term grade point average a half of a percent above the previous term. This is also a scaling program. In the program, .5 is the first phase, 1.0 is the second phase and the 3<sup>rd</sup> phase is 1.5.



Maddy wears her Strive for .5 Award tee. This is Maddy's second award.

Maddison has accomplished this achievement for the second time now. Several years ago she reached .5. This time around she is in the second phase of the program bringing her grade point average up 1.0 percent. She and her fellow winners were honored in a special school ceremony Wednesday, March 28, 2012. Maddison is one of eight students in her class who was able to successfully raise their grade point average. A total of 320 students in the entire student body of 1,200 were devoted and serious enough to sustain this effort.

We offer a big high-five to Maddy for her hard work in achieving her goal, and look forward to seeing where her future goals lead her.

## Roseanne's Story: A Goal-Setter Who Achieves And Rediscovered Herself

*Roseanne lives in Northern Arizona with providers Leona and Ron Bowman who have been encouraging Roseanne to work at her goals.*

Roseanne has achieved numerous goals over the past few years, and even more so recently.

On moving into her current adult developmental home Roseanne enrolled in a program called Taking Off Pounds Sensibly, or TOPS, meeting her first goal by losing 40 pounds.

She is now working on her second goal: looking and feeling great! When she first moved into her new home she had no alone time; now she has time alone at home and in the community. Roseanne is very proud of the accomplishment because she worked hard to achieve it.

In October 2011 she started working at a Chili's restaurant. Roseanne says she loves working with the public and has lots of fun at her job.

It shows. After just five months Roseanna made Employee of the Month.

Approximately ten years ago Roseanne lost contact with her family. In August 2011 through a mutual friend Roseanna found her brother on Facebook. This led to Roseanne being able to make contact with her mother. This has been a wonderful reunion, as now Roseanne talks to her mother all the time.

Roseanne's mother and stepfather, who live

Roseanne poses to show the results of her weight-loss program: she lost 40 pounds!



in another state, are currently making plans to travel to Arizona to visit Roseanne in the near future.

All of us join with Leona and Ron Bowman in congratulating Roseanne for all her hard work and dedication, and wish her many more years of inspiring others by her achievements.

# ASPIRATION

DIVISION OF DEVELOPMENTAL DISABILITIES  
Quality Assurance Unit • 602-771-8122

ASPIRATION is the breathing or sucking in of any foreign material into the throat or lungs through the mouth or nose. Some examples may be: food, fluid, saliva, medications, or any non-edible object.

## SOME FACTS about ASPIRATION

- Aspiration can be triggered by choking.
- It may happen silently or over time without an awareness it is taking place.
- Swallowing difficulties increase the risk of aspiration.



## RISK FACTORS (Causes)

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

- GERD (acid reflux)
- cerebral palsy
- seizures
- swallowing problems
- pica behaviors
- aging
- hiatal hernia (stomach problems)
- food stuffing/eating too fast
- history of choking or aspiration pneumonia
- side effect of medications
- inability to chew or swallow properly
- improper positioning for adequate swallowing
- being fed by someone else



## WHAT to WATCH FOR

There are many behaviors which can signal the potential for aspiration and include:

- eating slowly
- afraid of, or not wanting to eat
- gagging/coughing/choking -- during or after meals
- refusing food or fluids
- drooling
- food or fluid falling out of the individual's mouth
- eating in odd or unusual positions
- throwing head back when swallowing
- swallowing large amounts of food or quickly stuffing mouth with food
- refusing to eat unless assisted by favorite caregiver
- vomiting or odor of vomit after meals



## WHAT TO DO

- OBTAIN SWALLOW STUDY from a professional if symptoms occur or continue.
- FOLLOW THE DIET prescribed by doctor or dietician.
- ENSURE DIET GUIDELINES ARE SPECIFIC: food consistency, size of food pieces (such as 1/4"), and the texture of food.
- PROVIDE A SLOW, UNDISTRACTED PACE of eating.
- PROPER POSITIONING during and after meals.
- AVOID FOOD OR FLUID BEFORE BEDTIME.
- KEEP IN UPRIGHT POSITION for at least 45 minutes after meals.
- ENSURE ALL STAFF ARE TRAINED in assisting individuals with positioning, eating, and appropriate supervision..
- CPR & FIRST AID CERTIFICATION (which includes training in the Heimlich Maneuver).



## EMERGENCY

Call 9-1-1 IMMEDIATELY (and begin CPR if necessary) when you observe any of the following signs with the individual:

- TURNING BLUE
- HAVING DIFFICULTY BREATHING OR STOPS BREATHING
- FEELS VERY ILL
- BECOMES UNCONSCIOUS (does not respond)



Issued April 2012

THE ASPIRATION FACT SHEET is 10 in a series of HEALTH INFORMATION FACT SHEETS compiled by the DDD Quality Assurance Unit. Fact Sheets 11-14 are based on the "FATAL FOUR" as defined in by the Oregon Department of Health Services Developmental Disabilities Nursing Manual. Fact Sheets are available upon request and posted on the DDI Unit's Website: [http://www.oregon.gov/developmental\\_disabilities/](http://www.oregon.gov/developmental_disabilities/) (Click on "Forms & Brochures").

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

Under Title VII 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 harassment in its policies, programs, services, activities, or employment based on race, color, religion, sex, national origin, age, and disability.

The Department will make reasonable accommodations to allow a person with a disability to take part in a program service or activity. For example, the means if necessary, the Department will provide sign language interpreters to people who are deaf, a wheelchair accessible bus, or enlarged print materials. It also means that the Department will take any other reasonable action that allows you to take part in or maximize a program's activity, including making reasonable changes to an activity. If you believe that you will not be able to maximize or take part in a program of activity because of your disability, please let a member of your disability team or supervisor know as soon as possible.

To request the document in alternative format or to further information about this policy, contact the Director of Developmental Disabilities ADA Coordinator at (800) 549-1449 or 1-800-339-5668 (Outside Oregon: 503) 317-1110 Services, 24/7.



## Free, Cheap, & Fun Stuff To Do!

**It's that time of year again—stock up on your sunscreen, wear your favorites hats, and remember to take water with you when you go outdoors!**



*Beach Party in Mesa. Huh? That's right. The theme for the month of July at Mesa's famous Downtown Merchants 2nd Friday is "Beach Party". And you thought we were land-locked!*

*Every second Friday throughout the year Downtown Mesa becomes the place to be for shopping, entertainment, and eating. Shops and restaurants stay open late .. There are live bands ... art booths .... food booths ...*

## Not Registered to Vote? Moved This Year? No Problem! Exercise Your Rights in '12!

If you moved this year, or your voter registration lapsed, it's not hard to re-register. Just fill out a new voter registration form at your nearest COUNTY RECORDER'S OFFICE—to find the office nearest you call 602-506-1511.

We will have new VOTER REGISTRATION forms at the Quality Management office soon. Stop by and ask Vince in Quality Management.

### Now It's Easier Than Ever To Vote!

Arizona has a new voter registration form that makes voting easier than ever—and leaves a paper trail! It's called the PERMANENT EARLY VOTER LIST, or PEVL for short. You'll be mailed a ballot so you can vote in the privacy of your home and mail the ballot in—or drop it at any polling place on Election Day! Go to [www.azsos.gov](http://www.azsos.gov), or go to the County Recorder's Office nearest you and fill out an Early Ballot Request form. Here's the good stuff:

- ◆ You get your ballot before the election!
- ◆ You don't have to drive anywhere on Election Day!
- ◆ You can take some time before making your decision!



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