

November 2010

The Tungland News

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To the people we serve;
our families, friends,
and fellow-providers;
our dedicated staff;
We send our best wishes for a very
Happy Thanksgiving !

Suns Camp Draws TTC Basketball Enthusiasts

During summer Neil Walk, former Phoenix Suns player and Suns employee, hosts a Suns Camp for our Tungland day and employment program clients at the Suns practice gym at US Airways Stadium in Phoenix. The photos here and on Page 7 show everyone got a chance to hone their basketball skills.



More Suns Camp photos on Page 7



Author, lecturer, the first woman both deaf and blind in the US to graduate college with a bachelor's degree, a tireless social and political activist, Helen Adams Keller (1880 - 1968) was awarded one of the nation's highest civilian honors, the Presidential Medal of Freedom, by President Lyndon B. Johnson in 1964.

Born June 27, 1880 in Tuscumbia, Alabama, at 19 months Keller had what may have been either meningitis or scarlet fever, leaving her without sight or hearing. In those days visually- and hearing-impaired people had few opportunities for education, but thanks to a handful of dedicated and creative educators new teaching methods were developed which proved that deaf and blind people could learn if the teaching methods fit their unique needs.

Determined to provide an education for Helen, her parents began searching for a school for her at age six. Their efforts led them to the inventor Alexander Graham Bell, then working on communications for deaf children. Bell suggested that the Kellers consult the Perkins Institute for the Blind in Boston, Massachusetts. They did, and the Institute's director recruited 20-year-old Perkins graduate Anne Sullivan, also visually impaired, to be Helen's tutor. In March 1887 Sullivan arrived at Helen's Tuscum-

bia home to start working with Helen.

The story of Anne Sullivan's work with Helen has been dramatized in the play *The Miracle Worker* and in several theatrical and TV films. Sullivan's innovative methods used signs and finger spellings tapped on the student's hands while feeling the object. The breakthrough came one day when Helen suddenly understood the word 'water' as Anne pumped water on her hand while tapping the letters. Helen quickly learned to sign and speak aloud, learned how to read Braille, and went on to other schools where she learned to speak French and German as well as English. In 1904 Helen graduated with honors from Radcliffe College.

Sullivan and Keller remained close friends and companions until Sullivan's death in 1936. Polly Thompson, Helen's housekeeper, took over as her companion after Sullivan died. Helen Keller's other friends numbered such figures as writer Mark Twain, film actor/director Charlie Chaplin, and Alexander Graham Bell.

Throughout her life Keller was in demand as a lecturer and public speaker. Frequently championing radical causes she was fervently antiwar, pro-labor, and suffragist. She



wrote 12 books and many periodical articles on her philosophy.

In 1915 she founded Helen Keller International, an organization that combats the causes of blindness and malnutrition in Asia, Africa, and North America. Keller was also a major fundraiser for the American Foundation for the Blind, and campaigned to eliminate what she believed were environmental and industrial causes of blindness in children and young people.

Keller had several strokes in the 1960s which led her to restrict her activities. On June 1, 1968 Helen Keller died peacefully in her sleep at her home in Easton, Connecticut. She is buried in the Washington National Cathedral next to her friends Anne Sullivan and Polly Thompson.

Profiles in Disability History: Helen Keller



Brought to you by
Karen Smith,
Director Health &
Wellness

“Exercise is one of the best things you can do for overall health, and may help reduce your risk of cancer, too.”



Facts About Breast Cancer Prevention

From the National Cancer Institute (NCI)

Some risk factors for cancer cannot be avoided, but many can. For example, both inheriting certain genes and smoking are risk factors for some types of cancer, but only smoking can be avoided. However we should all do whatever we can to increase the protective factors that may lower cancer risk, such as:

- Changing lifestyle or eating habits to achieve or maintain a healthy weight. Researchers have found that obesity increases the risk of breast cancer in postmenopausal women who have not used hormone replacement therapy.
- Getting regular physical activity. Exercise is one of the best things you can do for overall health, and may help reduce your risk of cancer, too. Getting four or more hours per week may decrease hormone levels and help lower breast cancer risk.
- Avoiding cigarettes. Active and passive cigarette smoking has been proven to cause cancer. While quitting tobacco is difficult, it can be done. Help is available—talk to your doctor today!

“Do I still need my annual mammogram?”

In 2009 the United States Preventive Services Task Force (USPSTF) judged that, although women in their 40s and 50s benefit equally from routine screening mammography, women in their 40s experience greater harms from screening than women in their 50s. The harms assessed by the USPSTF were radiation exposure, false-positive and false-negative results, over-diagnosis, pain during procedures, and anxiety, distress, and other psychological responses. This has created a great deal of confusion regarding screening.

The *American College of Obstetricians and Gynecologists* (ACOG) continues to recommend the following services:

- Screening mammography every 1-2 years for women ages 40-49;
- Screening mammography every year for women age 50 or older;
- Breast self exams have the potential to detect palpable breast cancer and are still recommended monthly.

The National Cancer Institute (NCI) states that the take-away message is that each woman needs to consider her individual benefits and risks and discuss them with her health care provider before making a decision on when to start screening mammography and how often to get it done.

For more information please visit www.nbcam.org.

Flu Season is Here: Vaccination Can Help!

Influenza (“flu”) is a contagious disease caused by the influenza virus, which can be spread by coughing, sneezing, or nasal secretions. Anyone can get influenza, but rates of infection are highest among children. For most people, symptoms only last a few days and include:

- Fever or feeling feverish/chills.
- Cough, often dry.
- Sore throat.
- Runny or stuffy nose.
- Muscle or body aches.
- Headache, fatigue.
- Some people may have vomiting and diarrhea, though this is more common in children than adults.

Infants, the elderly, pregnant women, and people with certain health conditions can get much sicker.

By getting vaccinated you can protect yourself from influenza and may also avoid spreading influenza to others. The 2010-2011 vaccine provides protection against H1N1 and two other influenza viruses. It will not prevent illness caused by other viruses.

About 2 weeks after vaccination occurs, antibodies that provide protection against influenza virus infection develop in the body, and protection lasts about a year.

Get all the facts at www.flu.gov.

Also ... don't forget to eat lots of fresh fruits & veggies!



“By getting vaccinated you can protect yourself from influenza and may also avoid spreading influenza to others.”

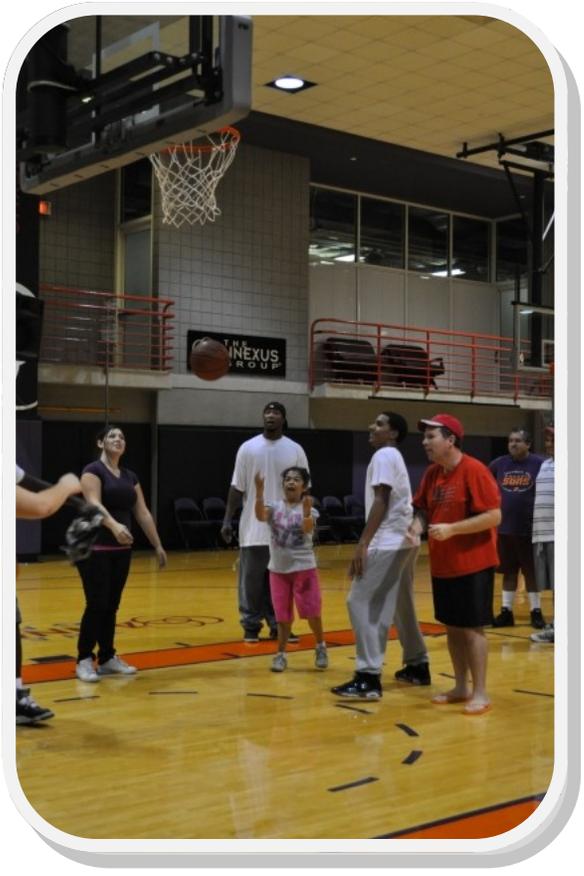
What's Cooking? Day Program Cooking Classes!



Tungland's Day Program offers a weekly cooking class to teach basic cooking skills, emphasizing how to prepare tasty dishes for each season and for some of life's other special occasions, reports Associate Director Alex Genereaux. Below, Gary makes caramel apple heads.



More Phoenix Suns Camp Photos from
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Free, Cheap, & Good Stuff To Do



Free. Glendale Glitters!

If you eat too much Thanksgiving dinner you can walk it off in Historic Downtown Glendale on Friday Nov. 26th when one of the Valley's most spectacular festivals kicks off. Glendale Glitters! features 1.5 million lights illuminating a total area

of sixteen blocks in the downtown district. You might want to take in the opening ceremony and stage show which starts at 5.30 pm on Friday Nov. 26th.

Glendale Glitters! will run every night from 5-10 pm through Jan. 8, 2011. Call 623-930-2299 for more information. Glendale Avenue & 58th Avenue.

Free Events at the Heard Museum

Located at 2301 North Central Avenue, Phoenix, the world-famous Heard Museum is devoted to the arts and cultures of America's native peoples.



Saturday November 6, 2010: A Gathering of Weavers: Navajo Weavers Market. More than 50 Navajo weavers demonstrate dyeing, carding, spinning, weaving. 10 am–5 pm

Sat-Sun November 13-14, 2010: Heard Museum Spanish Market. About 75 Hispanic artists from Arizona and New Mexico show and sell their work—pottery, jewelry, painting, silver, santos, furniture, embroidery. 10 am-5 pm.

(Please note: these events are free but there is a charge for admission to the Museum.)