



SUPPORTING ALL PEOPLE TO BE PART OF THEIR COMMUNITY



# Tungland News

September 2010

## Tucson Congresswoman Thanks Tungland for Hiring Refugees

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As a service provider The Tungland Corporation occasionally receives letters thanking us for the work we do with the people we serve, for helping someone achieve a special goal or to take that all-important step towards greater independence.

Recently, however, Tungland got another thank-you note, but this time it came from a member of the United States Congress.

Representative Gabrielle Giffords, who represents a district that includes Tucson in the House of Representatives, wrote to thank Tungland for promoting greater independence for another segment of our society—people who have come to the United State seeking opportunity and escape from strife and want.

“Your company’s decision to hire

members of the refugee community will have a ripple effect as these individuals earn money for further schooling and to support their families,” Representative Giffords wrote in her letter sent last June. “So many refugees come from backgrounds of severe deprivation and turmoil, and your company has offered them the opportunity to use their skills and become productive members of society.”

“To be self-sufficient is a universal aspiration for all people; by offering employment, your company has helped refugee families take their first steps toward independence.

“I commend you for making a difference in the lives of individuals who will enrich our broader community.”



**Election Day is Tuesday, Nov. 2, 2010**

**Have you registered to vote?**

**Did you request an Early Ballot?**

**No? Get registered & vote!**

**See Pages 3 & 4!**

**We're on the Web!**  
[www.tungland.com](http://www.tungland.com)

# How to avoid power struggles

In a power struggle, someone has to win and someone has to lose. When you respond to a person engaging in challenging behavior, your approach can either diffuse or escalate a situation. A power struggle can develop when you respond emotionally or have unrealistic expectations of a person or situation.

## AVOIDING POWER STRUGGLES

- Do not try to get or insist upon having the last word.
- Do not raise your voice to dominate the conversation. Yelling is an invitation for the person to do the same. A power struggle is less likely to escalate if it becomes a quiet conversation.
- Do not use sarcasm. This can be misunderstood and can sound more like an insult than a "joke." The misunderstanding can start or inflame a power struggle with a person.
- Do not make threats.
- Never take a person's behavior personally.

## WIN-WIN

A WIN-WIN solution is when each person comes away feeling as though they received what they expected. The way to achieve a "win-win" outcome is by being supportive and affirming as you positively challenge people rather than exercising power or authority over them.

Treat ALL people with dignity and respect.

Pick your battles wisely! Ask yourself if it really matters that the person is standing at the dinner table instead of sitting in a chair, or if he starts on the last part of a chore first. If it does not pose a health or safety risk and will not change the outcome, insistence on compliance is not necessary.

Offer choices: clothing, activities, food/snacks, television programs, movies, music, etc.

Follow a routine as consistently as possible. Give numerous warnings that transitions are coming up.

***" A WIN-WIN ... is when each person comes away feeling as though they received what they expected. The way to achieve a "win-win" outcome is by being supportive and affirming as you positively challenge people***

*Reprinted from the DES/DDD Safety Net, Summer 2010 issue*



***Don't sit home on  
November 2nd!  
Be a citizen!  
Get out & exercise  
your right to vote!***

**We must vote in the general election on November 2nd!**

Politicians listen to citizens who vote. It's that simple. Arizona's politicians need to know that our community isn't going to be silent while they cut more of our funding for the services we need to become and stay independent.

Voting is the number one way that citizens talk to their elected officials. Don't stay home on Election Day, Tuesday November 2, 2010. Make your choice count! Elect those who will be our governor and who will represent us in the State Legislature.

**Register to vote:** It's easy. You can register online through EZ Voter Registration at this address: [servicearizona.com/webapp/evoter](http://servicearizona.com/webapp/evoter).

Or you can fill out a paper registration form and mail it to your County Recorder.

Voter registration forms will be available in the Tunland office.

Ask Vince Kruse (Quality Management, Ext. 8087) if you need a form.



Election Day, Tuesday November 2, 2010

ARIZONA VOTER INFORMATION



**TO VOTE IN ARIZONA YOU MUST BE—**

A U.S. CITIZEN ♦ AN ARIZONA RESIDENT ♦ 18 YEARS OLD ON OR BEFORE ELECTION DAY ♦ NO FELONY CONVICTIONS. ♦ ABLE TO HANDLE YOUR OWN AFFAIRS.



**IMPORTANT DATES**

- ♦ ELECTION DAY: NOVEMBER 2, 2010. POLLS WILL BE OPEN FROM 6:00 AM TO 7:00 PM.
- ♦ REGISTRATION CLOSES ON OCTOBER 4, 2010 AT MIDNIGHT.
- ♦ EARLY VOTING BEGINS ON OCTOBER 7, 2010. YOU CAN GET AN EARLY BALLOT AND MAIL IT IN BEFORE ELECTION DAY. CONTACT YOUR COUNTY RECORDER'S OFFICE, ELECTIONS DEPARTMENT, AT [WWW.AZSOS.GOV/ELECTION/COUNTY.HTM](http://WWW.AZSOS.GOV/ELECTION/COUNTY.HTM)
- ♦ TO GET AN EARLY BALLOT YOU MUST BE REGISTERED TO VOTE.
- ♦ TO HAVE AN EARLY BALLOT SENT TO YOU CALL THE MARICOPA COUNTY RECORDER'S OFFICE AT 602-506-1511.

**Polling Places:** *To find your polling place*

<https://voter.azsos.gov/VoterView/PollingPlaceSearch.do> – or call 602-506-1511.

When you go to the polling place you must bring PHOTO ID. Bring one of the following: a valid AZ driver license or AZ non-driver ID (preferred); tribal enrollment card or other tribal ID; federal, state, or local government ID; utility bill dated within 90 days; bank statement dated within 90 days; valid AZ vehicle registration; Indian census card; property tax statement; recorder's certificate; a voter registration card issued by the county recorder.

*Important! The address on your ID must match the address on your voter registration or you will not be able to vote. If you want to vote in person at a polling place you must make sure that your ID card is up-to-date and shows your current residential address.*

# To Your Good Health!

## **The Facts About Cholesterol**

Cholesterol is a soft, waxy substance found in the blood. It is comprised of two main elements: LDL or bad cholesterol (think “L is for lousy”) and HDL or good cholesterol (think “H is for healthy”). LDL is considered “bad” because it tends to stick to artery walls and turn into arterial plaque. HDL is “good” because it contains a chemical that helps prevent plaque buildup.

By plaque building up over time, blood pressure will start to rise as arteries decrease in diameter and become hardened. As space for blood flow decreases, especially in the smallest arteries in the brain and around the heart, the likelihood of blockage occurring increases dramatically. A blockage in these vital arteries is called a heart attack or stroke.

Talk to your doctor about any concerns you may have about your cholesterol. There are medications such as cholesterol-lowering statins that can be prescribed to help protect people who are at increased risk for heart disease.



## **Choose a harvest of colorful vegetables**

Eating foods such as vegetables that are low in calories per cup, instead of some other high calorie food, may be useful in helping to lower calorie intake. Eating a diet rich in fruits and vegetables as part of an overall healthy program may help protect against certain types of cancer, reduce risk for Type 2 Diabetes, and reduce the risk for stroke and other types of heart disease.

Eat **deep orange and dark green vegetables** that are in-season now for optimal health!

**Orange vegetables:** acorn squash, butternut squash, carrots, pumpkin, sweet potatoes.

**Dark green vegetables:** broccoli, col-lard greens, dark green leafy lettuces, romaine lettuce, spinach, turnip greens, and water-cress.



*Brought to you by Karen Smith  
Director, Health & Wellness Services*



*“The greater danger for most of us lies not in setting our aim too high and falling short, but in setting our aim too low and achieving our mark” - Michelangelo*

## Cholesterol: The Basics

We all know that butter, ice cream, and fatty meats raise cholesterol, so which foods make up a low-cholesterol diet?

Researchers have found that some foods such as **fatty fish, walnuts, oat-meal, and oat bran** can help control your cholesterol.

But managing high cholesterol isn't a simple do-it-yourself project. You need to work with your health care provider. And while changing your diet may help significantly, many people still need prescription medications to reduce their risk of heart disease.

And remember, a handful of walnuts or a bowl of oatmeal won't give you a free pass to eat all the high-fat foods you want. To benefit, you must try to be consistent in eating low fat foods, watching your weight, and getting more exercise.

“Eating a healthy diet is not just about eating a few special foods,” states the American Dietetic Association. “There's a bigger picture. You need to practice moderation, eat a variety of foods, and get enough physical activity.”

**Brought to you by Karen Smith**  
**Director, Health & Wellness Services**

## Factors that affect Cholesterol

**Diet.** Saturated fat and cholesterol in the food you eat increase cholesterol levels. Try to reduce the amount of saturated fat and cholesterol in your diet.

**Weight.** In addition to being a risk factor for heart disease, being over-weight can also increase your cholesterol. Losing weight can help lower your LDL and total cholesterol levels, as well as increase HDL cholesterol.

**Exercise.** Regular exercise can lower LDL cholesterol and raise HDL cholesterol. You should try to be physically active for 30 minutes on most days.

**Age and Gender.** As we get older, cholesterol levels rise. Before menopause, women tend to have lower total cholesterol levels than men of the same age. After menopause, however, women's LDL levels tend to rise.

**Heredity.** Your genes partly determine how much cholesterol your body makes. High blood cholesterol can run in families.

**Other Causes.** Certain medications and medical conditions can cause high cholesterol.

### Healthy Choices When Eating Out

- ◆ Order foods that are steamed, broiled, grilled, stir-fried, or roasted.
- ◆ Order potatoes baked, boiled, or roasted instead of fried. Ask the server to leave off the butter and sour cream.
- ◆ For appetizers, order broth-based soups such as minestrone or gazpacho.
- ◆ Choose seafood, chicken, or lean meat rather than fatty meats; remove all visible fat from any meat.
- ◆ Ask the server to substitute low-fat foods for high-fat foods. For example, ask for steamed vegetables instead of fries.
- ◆ Ask the chef to remove the skin from poultry and to prepare your food without butter or cream sauces. Or ask for the sauce on the side so you can control how much you eat.
- ◆ When choosing from a salad bar, avoid items like grated cheese, prepared salads, cream dressings, chopped eggs, bacon bits and croutons.
- ◆ Use a squeeze of lemon instead of dressing on salads. Or try rice vinegar or balsamic vinegar.

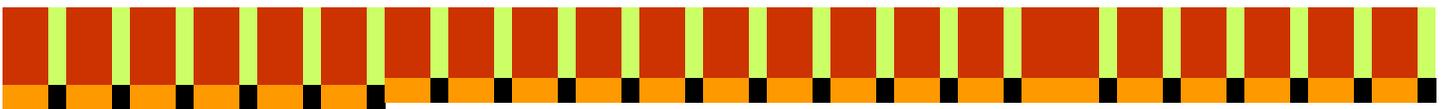
# Tungland ACS Summer Roundup

Adult and Children's Services had one of their best summers yet according to Associate Director Alex Genereaux. There were lots of traditional arts & crafts activities (right, below) to stir those creative juices. Others, however, chose a cooking class to show they could stir up some tasty dishes (below). When the circus



came to town in June nearly 50 people got to see the world-famous Barnum & Bailey Circus.

Lester (below, l.) practiced his trick pool shot while Shannon (below, r.) enjoyed her art.



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



## **Sept. 23rd Autumn Social at Nama Ste**

Adults and Children's Services will host an Autumn Social on Thursday, September 23, 2010 at Nama Ste Center, featuring live music for dancing, contests, games, and a luncheon. Invitations are going out now, but Tungland's clients are invited to attend whether they receive a formal invitation or not.

Music for dancing will be provided by Deb "Tweety" Mathey and Dan Allmond. The Social will be held from 11:00 AM until 1:00 PM. Pizza, salad, and beverages will be provided for clients attending. Desserts will be donated by some of the staff.

## **SFV Grand Re-opening at New Location Sep.15**

*Employee Related Services is proud to announce that Stepping Forward Vocational will celebrate it's re-opening at a new location on Wednesday, September 15, 2010 starting at the regular opening hour. The facility, which has provided Tungland clients with hands-on job training and new skills for many years, will move into new quarters located at 3511-3515 East Indian School Road. All are invited to drop by and see SFV's new setting.*

## **DDD Fashion Show slated for September 25th in Goodyear**

There's nothing especially newsy about a fashion show in Phoenix. That is, except when the Fashion Show is hosted by the Division of Developmental Disabilities on September 25, 2010 when our very own clients can strut down the runway in their latest fashions.

DDD invites clients to open their closets, pick out their most stylish apparel, and strut their stuff just like the professional models do from 3:00 pm until 6:00 pm at the Skyway Church, 14900 West Van Buren Street, Goodyear AZ.

In order to participate clients must be dressed for the occasion and be at the Church by 2:00 pm. Hair and makeup will be taken care of on arrival for those requesting it.

Anyone interested in being a fashion model du jour should contact Carolyn Robinson at 623-925-5274 and leave a message.

Refreshments will be served after the show.