



# CAREGIVER NEWS

Newsletter Published by Rosa's Chante Assisted Living

**December 2018**

[www.caregivernewstucson.com](http://www.caregivernewstucson.com)



## Welcome to The Holidays

Chestnuts are not roasting on an open fire here at Rosa's, but we sure do have a variety of trees and decorations. We have over 15 holiday trees throughout the house inside and out, and I have to tell you, our residents are very excited about the decorations. I am very grateful that we get help to put up the decorations for our wonderful home for the month of December. I want to invite you to make your holiday as festive as you can for those who you are caretaking.

Most people when they come to Rosa's leave with a smile on their face after visiting our home during Christmas and people cannot stop talking about the decorations.

Truth be told, decorations are good for our residents as well as our staff. In a world full of stress and anxiety, people like to associate with things that make them happy, and Christmas decorations are great because they create strong feelings of our childhood. I mean really, who doesn't love the warm glow coming from a lit Christmas tree? Our residents are thrilled and it is often talked about it.

Be sure to decorate this holiday season for those you are caring for. It helps reduce stress, anxiety and the holiday blues. I think most of us agree that our hearts warm up when we are surrounded by lights, glitter, music and trees and studies show us how much happier we become once we decorate our homes.

So happy holidays and I hope you enjoy the season with many colors, lights and music. We here at Rosa's Chante want to wish you all a very happy holiday and hope that you enjoy this most wonderful time of year.



*Anthony Diaz*

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*Free Training*

**December 12, 2018**  
**Noon – 1:00p.m.**



## Understanding Powers of Attorney

Do you know the differences between Power of Attorney and Healthcare Power of Attorney? Do you have a living will in place? During this training, important facts will be shared by an attorney who focuses on elder law.

**Presenter: Shanelle C. Schmitz,**  
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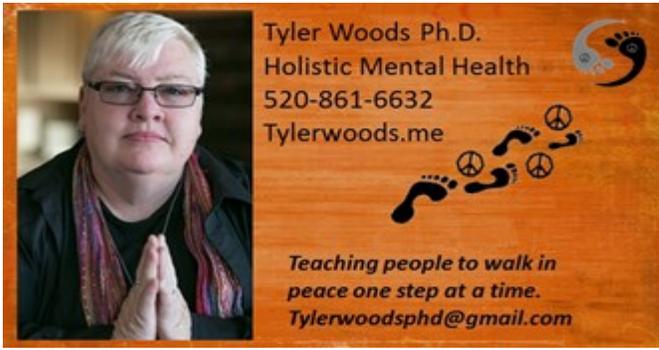
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## Here's to A Light-filled, Glittery, Colorful Holiday

Hi this is Tyler Woods. I like to write monthly about something that is helpful to people who are caretaking. This month however, I would like to write about something that helps me personally. That is walking into Rosa's Chante when they are getting their holiday decorations up. From the moment I come up the driveway, there is a sense of holiday cheer in the air. You walk in the front door and the first thing you see is a tree. It does not stop there. You turn around in the living room, and there are 4 more trees.



That is like 4 or 5 trees in the living room. I have not even walked into the kitchen yet where a handful more trees greet you by the dining table. I get a feeling of warmth and joy. It seems like all my stresses are left outside that door.

I have to thank Anthony Diaz for this remarkable feeling I get because he seems to be the master mind of creating all this magnificent eye candy for the holiday. These decorations lead me to the memory of my childhood where I was anxiously waiting for Santa to deliver my yearly goods. The excitement I felt as a child can be felt at this outstanding assisted living home. I was intrigued by the feelings I get when I walk into Rosa's Chante, so I hopped online and did some research and I found study after study that confirmed holiday decorations, lights, trees, smells, and music certainly can lift your mood and elevate your happiness. In fact, one study I read said that holiday decorations do put a smile on your face. I have to agree. I can walk into Anthony's assisted living home and my cheeks start to hurt with all the smiling I am doing.

Holiday decorations create a neurological shift that can produce happiness. It seems to take us out of our normal orientation, the normal day in, day out and signals our senses, and then our senses measure whether or not a sense is pleasing. How does this happen? Well it seems that lights, and tinsel and glittery things spike dopamine, the feel-good hormone, and the lights and colors, are almost like color therapy, which is thought to increase energy levels and boost happiness. I sometimes think maybe it's just the ambiance in general. I mean who can resist smiling at the sight of a Christmas tree? There's even a new scientific field, devoted to understanding how our designed environments affect behavior, called neuro-architecture.

Of course, there's also the nostalgia factor. Bottom line is for a lot of us, Christmas is a magical time, and it's a time of innocence and a time of joy. Just as a side note, they say those who put up lots of decorations lead more fulfilled lives. Well if you walk into Rosa's you can only imagine how fulfilled life is there. On a final note, when I see all of the decorations, it reminds me of my father who passed on a few years ago. It creates a neurological pathway as a reminder of the people who are no longer here, which then produces that happy hormone in our heads that make us feel nostalgic and that creates an inner happiness.

I personally want to thank Anthony for all that he does around the holidays that creates a happiness not only for his residents, but to the people that visit the home and feel that Christmas spirit surround them and fill them with happiness. Happy holidays to all.



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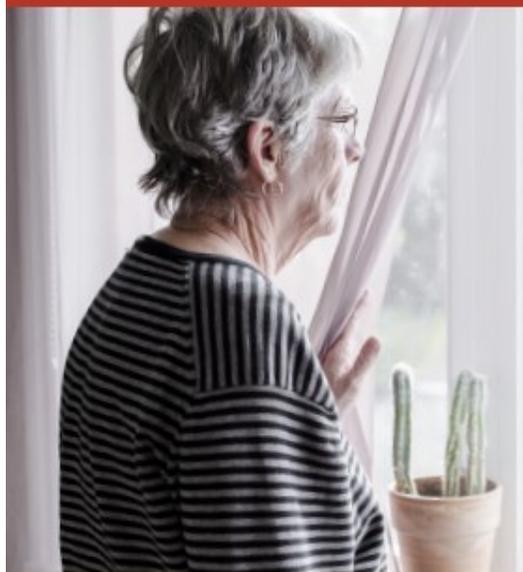
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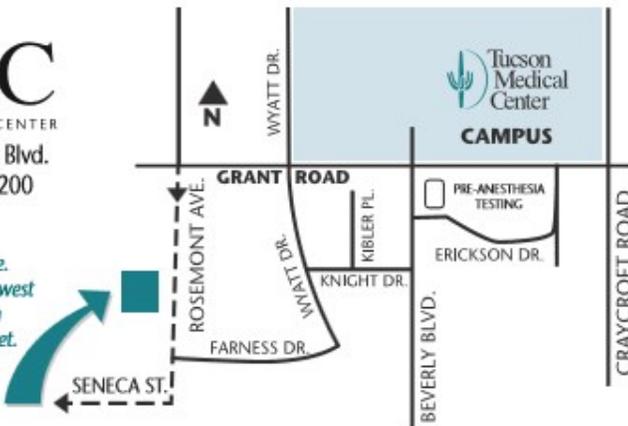
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# FLU FACTS!

## WHAT IS THE FLU?

Influenza, or the flu, is a contagious respiratory disease that can lead to serious illness. Each year, thousands of healthy adults and children need to visit a doctor or are hospitalized from flu complications. Flu is unpredictable and can be severe. The Centers for Disease Control and Prevention (CDC) recommends that everyone six months of age and older should get an annual flu vaccine. Being protected by a flu vaccine can reduce doctor's visits, hospitalizations, missed work and school, as well as helping to prevent the spread of flu. Vaccination helps protect women during and after pregnancy and can protect the baby for several months after birth.

## PERIOD OF CONTAGIOUSNESS:

You may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick. Although people with the flu are most contagious in the first 3-4 days after their illness begins, some otherwise healthy adults may be able to infect others beginning 1 day before symptoms develop and up to 5 to 7 days after becoming sick. Some people, especially young children and people with weakened immune systems, might be able to infect others with flu viruses for an even longer time.

## IF YOU ARE SICK, STAY HOME!

Anyone who is sick with the flu should stay home from work, school, and other public places except to seek medical care or for other necessities. Staying home and resting can help people with flu feel better and will lessen the chance of spreading flu to others.

## WHAT TO WATCH FOR:

Some people can become extremely ill with the flu and need emergency medical care. If you or a child in your household becomes sick and exhibits any of these warning signs, seek emergency medical care immediately.

### FOR CHILDREN:

- Fast breathing or trouble breathing
- Bluish skin color
- Not drinking enough fluids (for example, if you notice fewer wet diapers or fewer trips to urinate than normal)
- Not waking up or interacting normally
- Being so irritable they do not want to be held
- Fever with a rash

### FOR ADULTS:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting



## TIPS FOR STAYING HEALTHY:

- ✓ Get vaccinated every year.
- ✓ Know the signs and symptoms of the flu.
- ✓ Wash your hands properly and often.
- ✓ Keep your hands away from your eyes, nose, and mouth
- ✓ Try to avoid close contact with sick people.
- ✓ Eat a healthy diet, get plenty of rest, and exercise regularly.
- ✓ Clean and disinfect surfaces and objects that could be contaminated with germs



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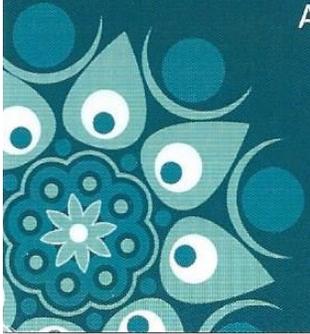
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## A Quick Guide To Hospice Care

It is a common belief in society that life goes full circle. You are born, live your life and then die, to put it quite morbidly, but in between you go full circle. Seniors often regress back to their childhood as they go further and further into old age because they may need the same amount of care in their final days as they did in their very first ones. As a result, the care you can give them, as caregivers and relatives, is no longer adequate. As they head into their final days, it may well be time to make a choice as to where they will spend them. A hospice is usually a popular option because of the level of specialist care they offer. This is your quick guide to hospices with a brief overview of the information that you may need to make up your mind.

A hospice is a specialist unit that is usually separated from a hospital. It has a much more friendly atmosphere, despite being a specialist care unit for those who are coming to their last days on this Earth. The staff are all highly trained, but are also employed for what they can bring to the hospice in terms of attitude and efficiency, The staff are a colourful combinations of nurses, doctors, counsellors, assistants and religious community leaders. In effect, they are there to provide for all of your needs in order to make sure that your relative is as comfortable as possible.

Regardless of whether you know how a hospice works or not, it is still an impossible decision to make when it comes to choosing. This is mainly because, despite caring for an elderly relative for a period of time, you still will not want to admit exactly what is going to happen, inevitably sooner rather than later. However, the set up of a hospice is designed to allay these fears and unwillingness to relinquish the controls to a certain extent. It is designed to fully support the family as well as the individual seniors who will go to stay there.

A fear that many carers and family members have is that their relative will be going into a hospice before he or she is ready to do so. However, if you are even considering it then it is most definitely the right time. After all, as the main caregiver, you will have witness the changes that have taken place within your relative over a period of time. It can be so heartbreaking to watch him or her turn into a completely different person as a result of old age and illness. By the time that they have reached the hospice stage, they are no longer the person that you once knew and loved, and the hospice can help you to let go and simply start to grieve.

Hospice care is unobtrusive and, to a certain extent, you could still continue to administer the care that you had been so used to. Staff are there to ensure that your elderly relative is as comfortable as possible, but are also there to help you and will completely understand your role up until that point. You just have to leave your elderly relative in the best hands possible. You did the best you could and there comes a time when you have to enjoy what little time you have left with the centre of your life up until that point.



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## 'TIS the Season

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I am delighted the political season is over. I am happy, not so much because of the outcome (as I write this, I don't even know the outcome yet), but because it means the end of the advertisements, phone calls, emails, and text messages soliciting donations. With elections over, we are officially at year's end. One of the things that happens at year's end is tax planning, and tax planning often includes thoughts about charitable giving.

Many charitable organizations obtain the bulk of their donations in December because the holiday season brings out the generosity in people and because many people are giving donations to receive a tax deduction. This not only benefits organizations but proves to be very beneficial for people who itemize their deductions instead of taking the standard deduction on their annual taxes.

This year may be different for charitable organizations due to the new Tax Cuts and Jobs Act. The Act nearly doubles the standard deduction thus making it a viable option for people who had previously itemized their deductions to decrease their tax bill. There is a genuine concern the increased standard deduction will end some donations because it may no longer become necessary to itemize deductions to reduce your tax bill.

Another change impacting charitable giving involves the Arizona tax credit. Tax credits are dollar-for-dollar reductions in tax liability while tax deductions reduce a person's taxable income. By donating to qualifying charities, you receive an actual credit up to a designated limit without having to itemize your deductions. In other words, for every dollar in credits that you take, your tax bill drops by a dollar. It is like being able to direct a portion of your state tax to a charity. Up until this year, you could utilize the Arizona tax credit AND also claim the donation as a federal deduction. Now you cannot.

These changes may deter people from donating to organizations that have been counting on end of year charitable giving to keep their mission alive. While you may not receive a state AND a federal tax benefit, it is still worthwhile to be able to direct where your Arizona tax money goes. I still strongly suggest using your tax credits to help a nonprofit.

Hospice Education and Legal Partnership, Inc. (HELP), is a qualifying charitable organization worthy of your money. This 501(c)(3) organization provides pro bono legal assistance to anyone dealing with a terminal illness, or someone diagnosed HIV positive, who would not receive legal services due to lack of funds. Often the legal work

encompasses obtaining guardianships and conservatorships for incapacitated people, or guardianships for children of terminally ill parent(s). Due to the nature and needs of this group of clientele, the work is expedited to assure legal issues do not impact the care and health of the client. A team of attorneys and other legal professionals, as well as healthcare professionals, volunteer with HELP on a regular basis to undertake the work.

HELP attorneys have helped numerous people with Advance Directives and other types of estate planning. HELP also provides wills and advance directives workshops and is a community resource for anyone working with the terminally ill or HIV positive community. The organization has partner with various hospice groups, cancer centers and other organizations such as Tu Nidito.

Of course, the good work of an organization such as HELP requires money to offset expenses. Right now, HELP gets no government assistance or grant money. Funds come from individual donations. Many of those donations are made toward the end of the year. Many are made using the Arizona tax credit.

I encourage everybody to consider using the Arizona tax credit. Even though you may not be able to claim a federal deduction for the donation, you are definitely impacting where your Arizona tax money goes without costing you anything. As described by a spokesperson from the Arizona Department of Revenue, "At the state level, a taxpayer will still get the dollar-for-dollar credit for donations to qualified charitable organizations, qualified foster-care organizations, public schools and school tuition organizations." HELP is qualified for the credit (QCO code 20852) and people can painlessly give via the website, [hospicelegalline.com](http://hospicelegalline.com).

Also, please refer to HELP. Anyone who is receiving hospice care and meets income guidelines is eligible for services. Anyone, not on hospice, but with a terminal illness or HIV, is a candidate. There is a team of volunteer attorneys who help with advance directives, a will, a needed power of attorney or some other issue, such as real estate issues, employment issues, and probate related issues.

Please consider shifting some of your tax money to such a cause. I recommend you speak to your professional tax preparer to review your benefits of tax credits.

More information regarding HELP is found at [hospicelegalline.com](http://hospicelegalline.com). Emails can be sent to [hospicelegalline@gmail.com](mailto:hospicelegalline@gmail.com).

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## A GUIDE FOR ANXIOUS SENIORS

### HOW TO SELECT AN ASSISTED LIVING FACILITY

Making the move to assisted living is one of the most difficult decisions you'll ever have to make.

It's also the last decision you'll ever have to make. So consider your options carefully and choose your facility wisely.

#### Assessing Amenities

Don't be drawn in by fancy extras like craft rooms, massage pools, visitors parking or other amenities that are never likely to be used.

Focus on the basics and make sure they have the small creature comforts like heat, running water and around the clock electricity.

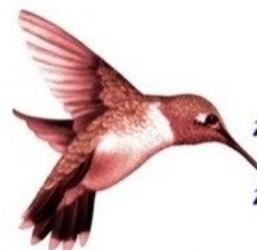
#### Sizing up Staff

Be sure to check the credentials of your new keepers. Just because they dress like nurses doesn't mean they've graduated high school or haven't been to prison.

Remember, if staff don't know the difference between anemia and an enema you'll be the one paying for it in the end.

#### FREQUENTLY ASKED QUESTIONS

- Q** How many staff should be on duty?  
**A** A good rule of thumb is that there should be enough to help you up - but not enough to pin you down.
- Q** Will I have to give up my independence?  
**A** Absolutely not. (You may, however, be required to relinquish your dignity, privacy and up to 40% of your self-respect.)
- Q** Is assisted living really affordable?  
**A** It's surprisingly affordable. Like box stores, homes keep costs down by warehousing huge amounts of "inventory" and paying staff a less than living wage.
- Q** Will I make new friends?  
**A** No, you'll make old friends.



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## Five Ways To Maintain Mental Health Whilst Caring For The Elderly

Caring for the elderly can make for a very rewarding job, whether it is paid employment in a nursing or retirement home or for an elderly relative who can no longer look after his or herself. However, it can also be a mentally challenging role that you find exhausting to the point of despair. It takes someone special with infinite patience and caring. This is negotiable if it is a family member.

If it is someone else's relative, then it is harder to develop those qualities than if it is your own flesh and blood. Regardless of who you are caring for though, it is absolutely necessary to do all you can to preserve your own mental health and that of your patient. There are ways and means of achieving this, and below are listed just five of the most popular ones for you to try:

1. Take regular breaks - Taking a break from the elderly person or people that you are caring for can give you chance to relax away from the stress that the job inevitably puts on you. This could be a five-minute break whilst you are working or a day off doing something that you love. Taking a breather will not only benefit you but also the person that you are caring for. It will allow you both to gather your thoughts without causing resentment on either side.

2. Take part in activities that you both enjoy - These are commonly referred to as bonding activities because they capitalize on the common interests you share and build a strong foundation for you to coexist on. If you are looking after a stranger then this is essential in getting to know them properly. If you are looking after a family member then you are likely to give him or her joy just by spending that relaxing time there.

3. Come to an arrangement that suits you both - It is unlikely that the elderly person you are caring for wants you in their home every hour of every day. Some will want you at their beck and call, but the majority like their own space and will only enjoy spending time with you up to a point. Independence is very important to the majority of elderly people, especially when they may feel that it is being taken away from them. Always respect their wishes by coming to some arrangement as to when you will drop by and what you will be doing together on a particular day. Of course, this doesn't apply to those caring for the elderly in retirement homes.

4. Establish a routine - Establishing a routine will help you both to understand exactly where you are with each other. Some elderly people like a routine because it helps them to anticipate your activities. Breaking from that routine may unsettle them and provoke negative feelings towards you and your role. Seniors also have a habit of loathing anything new and a routine is reassuring to them because it ensures that nothing new will be introduced without their consent.

5. Seek professional help - If you find that caring for the elderly is getting too much for you and you are becoming depressed as a result then speak to a professional counsellor who can help you to talk through your feelings. Unloading them will lift the weight off your shoulders once in a while and help to enable you to continue your role as a caregiver.

None of these tips are guaranteed to work for you because they all depend on individual circumstances. You have to find out what works for you.



\*\*\*\*\*

*The holiday season is supposed to be a time full of joy, parties and gatherings with friends and families. But the holidays can be a difficult time for many persons dealing with:*

- Personal grief
- Loneliness
- Illnesses of all kinds
- Economic concerns
- Separation from family members
- Relationship issues like separation or divorce



*While some people experience temporary periods of depression like the "holiday blues" or Seasonal Affective Disorder, many of us live with mental illness everyday.*

*Here are some tips to get through the holidays!*

\*\*\*\*\*

### Tips for Persons Living with Mental Illness

**Try as much as possible to maintain your routines** like sleeping, eating regular meals, exercising, taking medication, keeping appointments with mental health professionals and attending support groups.

**Prepare yourself by knowing who may be at the holiday gathering.** During this time we may find ourselves at extended family gatherings or at parties with people who do not understand our illness. Large groups can feel overwhelming at any time!

**It is alright to excuse yourself for some time away.** There may be times when you may want to excuse yourself and go to a quiet place.

**For some people its hard to feel down when you're helping someone else.** There are many opportunities to volunteer during the holiday season. The satisfaction of giving to others can help you put your own problems in perspective.

**Live in the now!** Try to let go of past regrets and experiences and find joy in the present moment. And remember, laughter is good medicine!

\*\*\*\*\*

### Tips for Family and Friends

**Include your loved one in holiday activities to the degree that he/she is able to participate.**

Setting specific times for family traditions gives the person something to look forward to.

**Prepare those persons who may not know the situation,** if there is to be a large gathering of family and friends. This is a wonderful opportunity to help erase the stigma and shame too often associated with mental illness.

**Set realistic goals and be flexible.** We would all do better to let go of the image of the "perfect" holiday and focus on accepting ourselves and our loved ones without judging, criticizing or advising.

### Tips for Communities of Faith

**Sharing familiar stories of faith, singing familiar hymns, and participating in religious rituals can bring comfort.** It can be time to reconnect with faith and spirituality.

**Incorporate mental illness in sermons, prayers, and liturgies** is one step in reminding them that they are not alone.

**Clergy can encourage their congregation to make an intentional outreach to persons outside the faith community.** Bringing small tokens from the faith community can help people feel they are not forgotten.



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Medical house calls also appeal to patients that are too sick to drive to the doctor's office; or patients who fear getting sick while sitting in a waiting room full of germs; or patients that don't want to face the traffic that ensues while driving to the doctor's office. Home visits allow for a more one-on-one relationship with your provider.

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A provider that understands all the obstacles of living in your own home after a serious illness or injury.

A provider who has a wonderful network of community agencies to assist with your care if needed.

## There Is Nothing Like Home



Home Medical Care L.L.C. is a house calls practice that is owned and operated by an adult geriatric nurse practitioner who has been treating patients in their homes for 25 years. Over the past 25 years, it became more and more obvious that patients should not have to neglect their medical needs just because they cannot get to their doctor's office.

Having a house calls provider allows patients more flexibility with their medical needs.

Patients no longer have to worry about transportation, or not feeling well enough to make an appointment, or having a love one to take off work to bring them to a doctor's office.



# YOU CAN MAKE A CHANGE FOR LIFE



U.S. Department of Health and Human Services  
Centers for Disease Control and Prevention



Have you ever been told by a health care professional that you:

- Are at risk for getting diabetes?
- Have prediabetes?
- Have borderline diabetes?
- Have high blood sugar or glucose?
- Had gestational diabetes?

You may be at high risk for type 2 diabetes, but there is something you can do about it.

The Centers for Disease Control and Prevention-led National Diabetes Prevention Program can help you make a change for life. This program helps you learn how to change your lifestyle to prevent type 2 diabetes. Groups meet for 16 weekly sessions and six monthly follow-up sessions with a trained Lifestyle Coach.

FIND OUT HOW:

Diabetes Prevention Program  
(520) 724-9538  
Diabetes@pima.gov



## INSIGHTS ON AGING

An Educational Discussion & Support Group For Seniors And Their Families

1<sup>st</sup> & 3<sup>rd</sup> Thursday of Every Month

at Civano Coffee House & Wine Bar, 3 – 4:00 p.m.



Facilitated By Anthony Diaz & Robin Coats

"We're volunteering our time to help educate the community on issues effecting seniors. This is your group and the information presented is based on your input."

SUGGESTED TOPICS For Discussion:

- What are the different types of POA's and do I need them all?
- What is Dementia and how is it different from Alzheimers?
- What is the difference between Independent and Assisted Living?
- What is Behavioral Healthcare?
- How do I know if my spouse needs Memory Care?
- How much can I expect to pay for Assisted Living and how much does it cost?
- What is ALTCS and how do I qualify?
- What is VA Aid and Attendance and how who is entitled to the benefit?

For More Information Contact:

Robin Coats, Owner Tucson Senior Placement 520.373.0349 TucsonSeniorPlacement.com  
Anthony Diaz, Owner Rosa's Chante Assisted Living and Publisher Caregiver News  
520.360.4450 RosasChanteAssistedLiving.com

Look for our monthly ad in "Caregiver News"

Welcome to your newsletter crew. Leslie Ford, Tyler Woods and Anthony Diaz. Why is it so important to talk to you all about the newsletter? Newsletters are a very powerful tool to help make connections, advertise, educate and simply get business done. Caregiver News is important because we are sharing information and insight on what it is like to be a caregiver, educational articles that can help you, a little bit of fun, and events that are happening to keep you in touch.

Caregiver News can strengthen the relationship between different agencies as well as create and build relationships within our community of caregivers. If you want to advertise or contribute anything, please feel free to contact us at: Anthony Diaz at diazanthonyV66@gmail.com or Leslie Ford at leslie2renew@gmail.com.

You, as our readers, contributors, and advertisers are what make this newsletter the success it has been. Thank you for your support and continued readership!



## Happy Holidays and Merry Christmas



from The Caregiver News Team

### MY CHRISTMAS WISH FOR YOU

by Cecilia Bailey

**My Christmas wish for you, my friend  
Is not a simple one  
For I wish you hope and joy and peace  
Days filled with warmth and sun.**

**I wish you love and friendship, too  
Throughout the coming year  
Lots of laughter and happiness  
To fill your world with cheer.**

**May you count your blessings, one by one  
And when totaled by the lot  
May you find all you've been given  
To be more than what you sought.**

**May your journeys be short, your burdens light  
May your spirit never grow old  
May all your clouds have silver linings  
And your rainbows pots of gold.**

**I wish this all and so much more  
May all your dreams come true  
May you have a Merry Christmas, friend  
And a Happy New Year, too.**

## Seeing stray cats? We can help!

Best Friends Animal Society's free\* Community Cats Project, a partnership with PetSmart Charities®, is the humane, effective way to reduce the number of cats living on our streets. Community cats are the un-owned outdoor or feral cats who live in our neighborhoods.

#### THE COMMUNITY CATS PROJECT PROVIDES:

- Humane trapping of community cats, followed by spaying or neutering, vaccination and the return of the cats to their communities. Over time, their numbers are reduced.
- Ear-tipping of spayed or neutered cats. A painless procedure, an ear-tip is the universal symbol of a spayed or neutered outdoor cat.

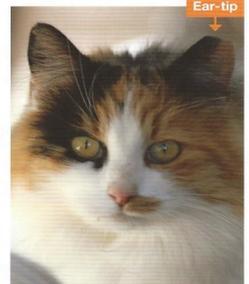
#### BENEFITS OF SPAY/NEUTER:

- Prevents unwanted litters
- Saves taxpayer dollars by keeping cats out of municipal shelters
- Decreases the number of cats being killed in shelters
- Helps improve the health of outdoor cats
- Reduces nuisance behaviors like spraying, fighting, howling and roaming

#### HOW YOU CAN HELP:

- Tell us about stray or feral cats with no ear-tip in your community who need spaying or neutering.
- Call us to volunteer or to learn how you can feed and care for outdoor cats.

Together, we can Save Them All®.



\*Some restrictions may apply.

Don't like cats in your yard?  
Call or email us for details on humane deterrents to keep them out.

Phone: 520-820-4492 • Email: [tucsoncats@bestfriends.org](mailto:tucsoncats@bestfriends.org)

[felines.bestfriends.org](http://felines.bestfriends.org)





**CIVANO COFFEE HOUSE AND WINE BAR**  
 Breakfast, Sunday Brunch, Ice Cream  
 Selection of Wines by the Glass...and more!  
 5278 S. Civano Blvd. 520.441.7400

Do you need help with Groceries?

Catalina Family Resource Center  
 is hosting a free grocery event  
 Thursday evenings  
 3:30 PM - 7:00 PM  
 Come by  
 3645 E. Pima Street

For more info call  
 232-8684

TUCSON UNIFIED SCHOOL DISTRICT  
 WWW.TUCSONCHURCH.ORG

Catalina Family Resource Center



*Gloria's Assisted Living LLC*  
 "My Residents are My Family"

Gloria Foley Owner and Caretaker  
 3340 S Watson Dr. Tucson AZ, 85730  
<http://gloriasassistedlivingtucson.com>

Mobile: 520-465-2869  
 Home: 520-298-1195  
 Fax: 520-298-2115




Tucson Parks and Recreation Department

**50+ SENIOR OLYMPIC FESTIVAL**

Jan. 7-Feb. 3  
 Opening Ceremonies  
 Friday, January 11th  
 Register online  
 by Jan. 4 at:  
[ezeereg.com](http://ezeereg.com)



This festival is a celebration of fitness to promote health and an active life-style among active adults ages 50 years or older. The festival features nearly 100 events and activities at 25 venues throughout the City of Tucson.

<ul style="list-style-type: none"> <li>Archery</li> <li>Badminton</li> <li>Basketball 3 on 3</li> <li>Basketball Shoot</li> <li>Billiards</li> <li>Bocce</li> <li>Adapted Bowling</li> <li>Bowling</li> <li>Darts</li> <li>Duplicate Bridge</li> <li>Bunco</li> </ul>	<ul style="list-style-type: none"> <li>Cribbage</li> <li>Etchcre</li> <li>Golf</li> <li>Horseshoes</li> <li>5/10k Leisure Walks</li> <li>Pickleball</li> <li>Powerlifting</li> <li>Racquetball</li> <li>5/10k Road Races</li> <li>Rifle Shooting</li> <li>Pistol Shooting</li> </ul>	<ul style="list-style-type: none"> <li>Air Pistol/Air Rifle Shooting</li> <li>Trap &amp; Skeet</li> <li>Shuffleboard</li> <li>Slowpitch Softball</li> <li>Swimming</li> <li>Table Tennis</li> <li>Tennis</li> <li>Texas Hold 'em</li> <li>Track &amp; Field</li> <li>Volleyball</li> </ul> <p><small>Events are subject to change.</small></p>
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[www.tucsonaz.gov/parks/senior-olympic-festival](http://www.tucsonaz.gov/parks/senior-olympic-festival)

Carondelet Health Network and the Downtown Tucson Partnership are proud to welcome the community to celebrate the holiday season with the 24th Annual Parade of Lights & Festival! The Parade of Lights & Festival is Downtown Tucson's premier holiday event that brings together the entirety of the local community from all walks of life to celebrate not just the spirit of the Winter season, but also the unique culture of the Tucson community. In a grand scale procession throughout an illuminated and decorated downtown, attendees can expect to see a cavalcade of colorful floats, Baile Folkloriko dancers adorned with brilliant lights, marching mariachis, and even parading pups! The parade is also adjacent to a fantastic smorgasbord of foods from local vendors, and SNOW! Be sure not to miss what has become a long-standing Tucson holiday tradition. The parade this year is set on Saturday, December 15th, 2018 and will proceed starting from the intersection of Church Avenue and Alameda Street throughout the core of downtown, weaving through the illuminated trees and buildings.

**Veterans Crisis Line**



1-800-273-8255  
**PRESS 1**

# Humor Corner



## jingle bells

dash-ing through the ward  
no help on the way  
in sterile fields we go  
chart-ing all the day

pat-ients call bells ring  
make we want to cry  
what fun it is to bring  
meds to them to-night

jin-gle bells, patient smells  
admits on the way  
oh what fun it is to work  
every holiday



If you would like to advertise with Caregiver News our rates are:  
\$30.00 business card      \$125.00 1/4 page  
\$250.00 1/2 page      \$350.00 whole page,  
For special rates please contact:  
Leslie Ford at [leslie2renew@gmail.com](mailto:leslie2renew@gmail.com)  
520-237-4055

# Recipe Corner

## 3-Ingredient Turtle Pretzels

### INGREDIENTS

- 1 (10-ounce) bag mini pretzels
- 1 (8-ounce) package unwrapped Rolos
- 1 small package pecan halves

### DIRECTIONS

Preheat the oven to 350 degrees Fahrenheit. Put parchment paper on a baking sheet. Lay pretzels down on the parchment paper. Place a Rolo on each pretzel. Bake for 3 to 5 minutes watching for them to soften but not melt. Take out of the oven and add 1 pecan half per pretzel. Let cool completely.

Source: <https://www.cheatsheet.com/life/3-ingredient-sweets-7-recipes-that-will-make-holiday-baking-a-breeze.html/>



## Ask Anthony

Dear Anthony,  
Q. My mother is unresponsive due to advanced Dementia and I struggle to communicate with her because I don't know what to say anymore. It's keeping me away from visiting. what can I do?

A. The sound of a voice is truly comforting to people even if you don't think they can hear you. Continue with your conversations, let them know what is happening in your life and around them as well. Keep it upbeat and cheerful. Always carry a book and just read to them, nothing can replace that human contact we have for each other. Its okay to just sit and caress your mom's hand. Stay strong and best wishes to you both.

# Out and About



with Anthony Diaz and Rosa's Chante





## The Differences In Elder Care Services

Time marches on and so do we. Before we know it, we are older and so are our parents or loved ones. Caring for them and being sure their needs are met become a prime concern especially when they begin to not be able to care for themselves as they used to. This dilemma touches most every family. The thing to avoid is to remain under a veil of ignorance by not understanding your options and waiting until the last minute to make an abrupt and often uninformed decision. Care for the elderly is of utmost importance. This will be addressed in a comparison between adult day care, assisted living, and nursing home care.

Adult day care has the shortest care periods which usually means about 8 hours a day and 5 days a week. People with memory disorders, physically handicapped, infected with HIV/AIDS, people that are hearing and visually impaired are included in this type of care. It serves as respite for busy caregivers and offers social and recreational activities, meals, therapy, health and social services. Usually there is an assessment made of the needs of each person before they enter the program. It is also important to find out how physically able they are because adult day care often can provide rehabilitative services and personal care. One of its greatest advantages is that it helps people remain independent and be able to live with loved ones as long as they can plus it gives caregivers the break they often need.

Funding can come through Medicaid if the person qualifies, need-based scholarships, some medical insurance, long-term care insurance or tax credits for dependent care. Medicare doesn't cover adult day care. The majority of these centers are non-profit. This will vary according to location. Transportation will often be provided.

The next step up in care, if the elderly are not living with friends or family, is assisted living. It is for seniors who are somewhat independent and who need more care than a retirement community has available. The focus is on allowing for individual residents' independence, need for privacy, choice, and safety. The services offered are personal (bathing, dressing, transferring, toileting, and eating), health care (which also involves management of medications), social and physical activities, 24-hour supervision, education, laundry, linen, housekeeping, unit maintenance, shopping, meal preparation, money management and transportation.

A potential resident is assessed according to physical and cognitive abilities, mental awareness, medical history (including medications being taken) and some personal history to find out if assisted living is a good option. Family members are encouraged to continue being a

part of the resident's life and are welcome to attend social activities throughout the year and on holidays. Usually assisted living places have a full-time nurse and trained staff. Meals are eaten in a dining room and assistance is given when needed. Activities are planned throughout the day and residents have the choice to attend or not. Assisted care is regulated by the state.

Sources of funding can include personal funds, assistance for families, Social Security, Medicaid, and long-term care insurance. The cost varies, depending on the size of the unit, the services needed and location.

The nursing home is the most intensive in care. The residents have definite physical needs. They usually have physical or mental disorders or happen to be unable to move around, bathe or prepare their own meals. Their activities of daily living are minimal and low functioning. As a general rule, there will be no recovery or ability to take care of themselves, so assistance is a necessity for most or all daily activities and medical needs.

Nurses and nursing aids are available round the clock. Because of the residents' needs, nursing homes are staffed with that in mind. There is full management of medication and it is administered according to a physician's orders. A person can obtain a private room if he/she is paying with private funds. Meals are brought to them or residents are taken to the dining area. Besides full assistance, nursing homes offer rehabilitative services, exercise, social activities, laundry, housekeeping, and prepared meals. Families and friends are encouraged to visit.

The cost depends on where the home is and what the surcharge is that is attached for private payers versus Medicare and Medicaid. Approximately 70% of nursing home costs are paid by the state and federal governments. The government pays part or all of the fees for about 85% of the residents. Another funding option is long-term care insurance. The cost varies depending on the location and the services required.

In summary, adult day care involves hours of care, while assisted living and nursing homes offer more care progressively. It helps to research all the residential and financial options. AARP is a valuable source, as well as Medicare. There are a wealth of websites that will help relatives and friends find the right place for their loved ones as well as lists of companies and people that have a network to draw from. Quality care of our elderly is essential. Knowing what can be done is being done, brings a sense of peace of mind.

You are cordially invited to our  
**2nd Annual Christmas Party**  
 Friday December 7th 2018 6:00 - 10:00 pm  
**Viscount Suite Hotel**  
 4855 S. Broadway Tucson Az 85711  
 Appetizers - Entertainment - Cash Bar  
 Holiday Party Attire - Raffles

RSVP by December 5th 2018 to:  
 Bonnie's Home Care 520-312-6415  
 Desert Dreams Adult Care Home 520-271-4566  
 Rosa's Chante Assisted Living 520-360-4450





# Planning Well

Thursday, December 13th  
 1:00pm-3:00pm  
 Our Saviour's Lutheran Church  
 1200 N. Campbell Ave.  
 In the Activity Building

★ We will raffle off **FIFTEEN**  
**\$50 GIFT CARDS to Fry's!** ★  
*(Just for registered CarePartners living with HIV  
 who have not already received a gift card at a  
 Planning Well class in the past)*

★ Snacks and drinks provided★

RSVP by December 11th!  
 299-6647 ext 205 or  
 LinkVolunteer@tihan.org

Thank you to Our Saviour's  
 Lutheran Church,  
 a major sponsor of this program.

## About Anthony Diaz

Anthony Diaz, Owner and Manager of Rosa's Chante Assisted Living, has been highly active and involved in all matters affecting assisted living homes in Tucson since 1990. Anthony is known as the quintessential assisted living manager and knowledgeable consultant to the entire assisted living community. He is always seeking to keep current on state rules and regulations regarding assisted living, and he has a stellar reputation as a friend and confidant to other assisted living home owners and managers.

Anthony is quoted as saying, "I live and breathe assisted living", and his commitment to Rosa's Chante, as well as the entire assisted living community, is a testament to that. Anthony is often called upon by other owners and managers for advice and consulting for their businesses.

Rosa's Chante Assisted Living offers many services unknown to other assisted living facilities, due to Anthony's continued insistence on providing the highest level of care to his residents. You can read about the premier services offered by going to his website at [rosaschanteassistedliving.com](http://rosaschanteassistedliving.com).

Along with all the other activities and involvement in assisted living care of Rosa's Chante and consulting with and to other assisted living facilities and homes, Anthony Diaz launched The Caregiver News newsletter in April 2017. This newsletter provides an opportunity for caregiving facilities, supportive businesses and others to advertise who they are and what they do as well as providing timely and educational information concerning all aspects of caregiving for the aging and ill. Caregiver News is published monthly and can be found at [rosaschanteassistedliving.com](http://rosaschanteassistedliving.com) and [Caregivernewsstucson.com](http://Caregivernewsstucson.com) websites, as well as in print.

# Save the Date!

Pima Animal Care Center presents:  
**Party with the Pets**  
 Thanks for being part of our PACC  
**Sunday, December 2, 2018**  
 11 a.m. - 4 p.m. • 4000 N. Silverbell Rd.

Pet adoptions • Kids Activities  
 Behind the Scene Tours • Music  
 Giveaways • Dedication Ceremony




Photos by M. Kloth



# Pima Council On Aging

1 hr • ⚙️



## "Honoring a Life: Advance Care Planning Conversations"

*How do you hope to spend the final stage of your life?  
Have you planned adequately for any medical situations that might arise for you?  
Who else needs to know what your wishes are so that you can receive what you want?*

Attend this free two-hour workshop and learn...

- Why deciding what kind of healthcare you want late in life is so important
- How to talk to your loved ones and healthcare professionals about what you want
- How to document your decisions so your wants will be made known when appropriate
- How to revise and update any advance care plans you might have already

Enhance your present by planning your future, then get on with living!

December 11, 2018

2-4pm

PCOA- 8467 E. Broadway

CALC room

Have questions about "Honoring a Life"? Want to register for the workshop? Please contact End of Life Specialist Adreanna. Space is limited. Register in Advance!

Adreanna Molina

546-2018



Like Us On Facebook

Stuff The Bus

# Miracle on 31st Street Car Show

and CAR HOOP  
Hop Brought To You By:

Santa Claus & THE GRINCH

Calling All Clubs & Solo Riders

## Saturday December 15, 2018

Cars | Trucks | Motorcycles | Hot Rods | Imports | Classics | LowRiders & more  
Roll In 9am-11am Show 12pm-4pm  
Food - Fun - Bowling - Music - Jumping Castles

event location  
**CACTUS BOWL**

Music Provided by:  
**Cota Productions**  
(520)273-8895

SANTA CLAUS WILL BE TAKING PICTURES WITH THE KIDS.

3665 S 16th Ave, Tucson, AZ 85713 FREE TO THE PUBLIC  
Please Come Out & Help Us Stuff The Bus With Unwrapped Toys.  
Registration For Car Show Is A \$10 Minimum Donation

Special Thank You To Our Sponsors



Like Us On Facebook /MIRACLEON31STREET

Miracle on 31st Street

# Ramon's Miracle On 31st Street

## 48th Annual Toy Giveaway

Saturday December 22 2018

This Event Will Be Held At  
**The Casino Del Sol AVA Amphitheater**  
Festivities For The Kids  
MUSIC | FOOD | RAFFLES | FACE PAINTING | FUN

IF YOU WOULD LIKE TO MAKE A DONATION TO HELP OUT IN THIS EVENT PLEASE DO SO AT  
2019 W AJO WAY TUCSON, AZ 85713  
for more information please call  
(520)288-8340 or (520)971-8271




## Volunteers Needed

Become a Senior Companion today and make independence a reality for homebound older adults!



Some services Senior Companions provide:

- sharing an activity
- exercising or going for a walk
- escorting someone to a medical appointment
- shopping together or running errands
- writing letters, reading, and filling out forms
- sharing a meal
- helping with light grooming
- providing respite for family caregivers

Volunteers 55 or older, who can serve a minimum of 15 hours a week, must income qualify and pass a background check and health screening. An hourly stipend and mileage reimbursement are available.

Please call PCOA 520-305-3453 for more information.



Independence. Vitality. Respect.

8467 E. Broadway Blvd.  
Tucson, AZ 85710-4009

520.305.3453  
520.790.7577 Fax

sgonzalez@pcoa.org  
pcoa.org