CAREGIVER NEWS

Newsletter Published by Rosa's Chante Assisted Living **December 2020**

www.caregivernewstucson.com

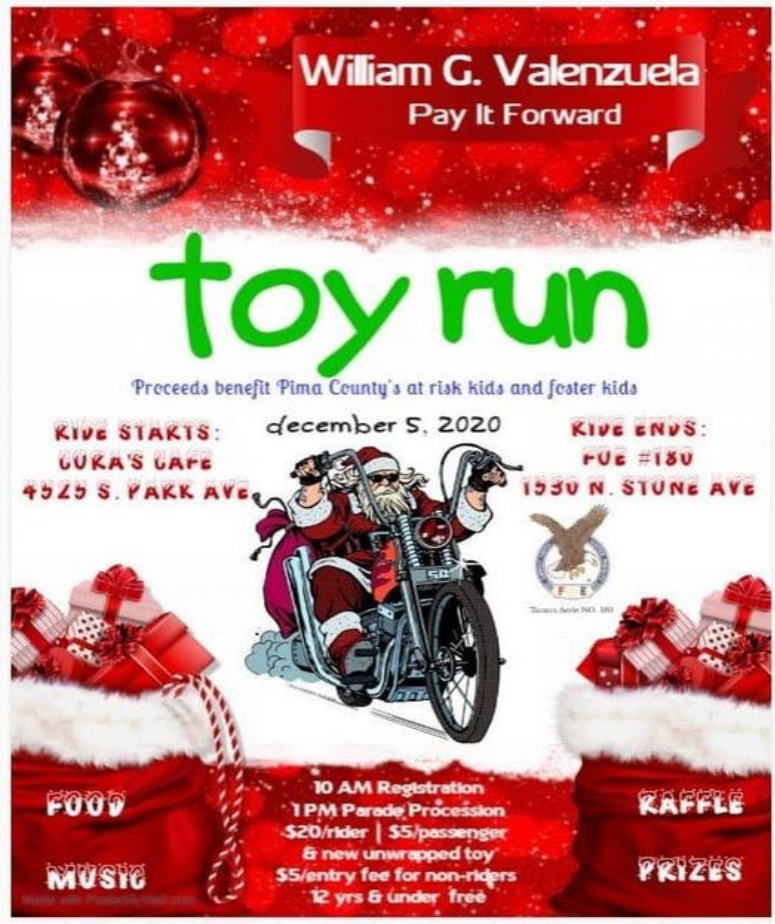
Welcome to December

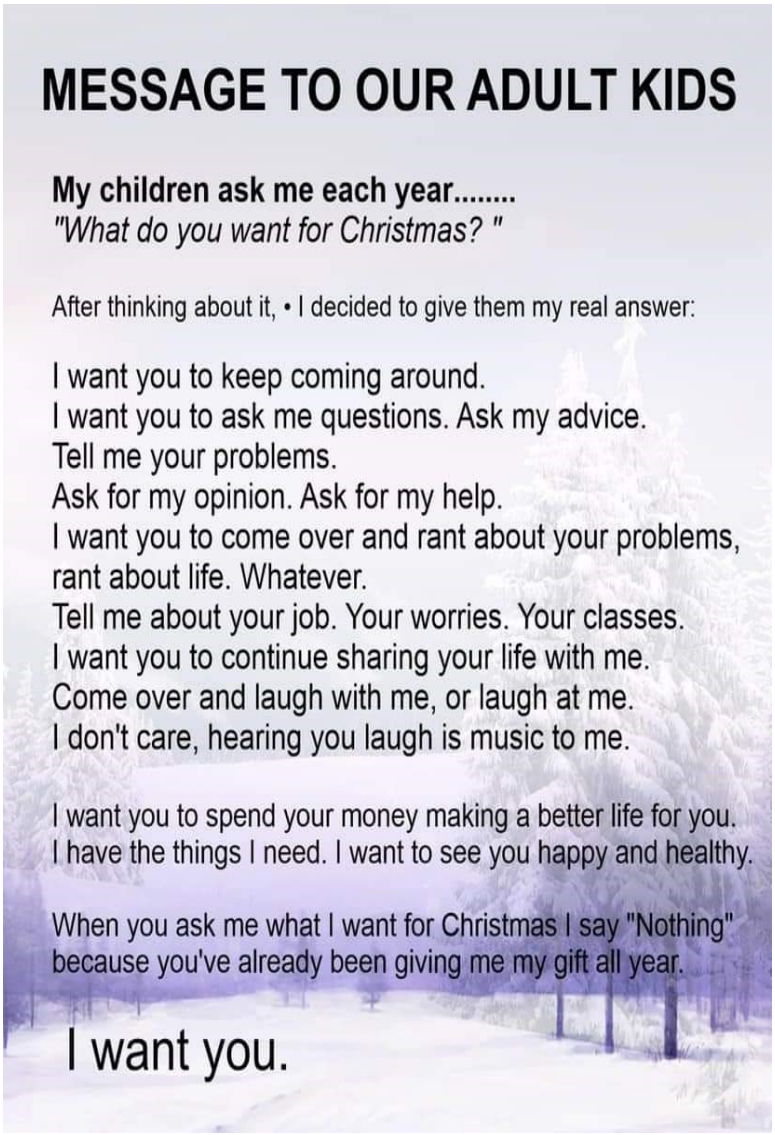
Hello and happy holidays. This has proven to be an interesting year I am sure you all would agree. I want to thank all those who have worked so hard to keep Covid at bay! We all know the task is not easy, and now with Covid on the rise, we know holidays will be different. Here is the thing though, we all have each other in very many ways, and I would like to personally thank each and every one of you for helping me and my family through this year of many transitions including life and death. With that said, we here at Rosa's want to wish you all a very happy holiday. I know it will be celebrated differently for so many, however, the miracle of the holidays will remain. As you know, I spare no space to decorate Rosa's as it is important to make our residents feel the

I want to remind you all that beginning in the new year, Caregiver's will be taking on a website hosting business that will be caregiver and assisted living home focused. Go to https://rosaschanteassistedliving.com/ or https://www.caregivernewstucson.com/ to peek at what we could build for you.

In the meantime, be kind to one another and enjoy celebrating our holidays! **Merry Christmas all!**

Anthony Diaz





If you would like to advertise with Caregiver News, our rates are:

$50.00 business card $150.00 1/4 page
$300.00 1/2 page $500.00 whole page,
For special rates please contact:

Leslie Ford at leslie2renew@gmail.com
520-237-4055

Wishing our friends & community partners

Happy Holidays

Harmony HOSPICE

YOUR COMMUNITY. YOUR HOSPICE.

www.harmonyhospice.org

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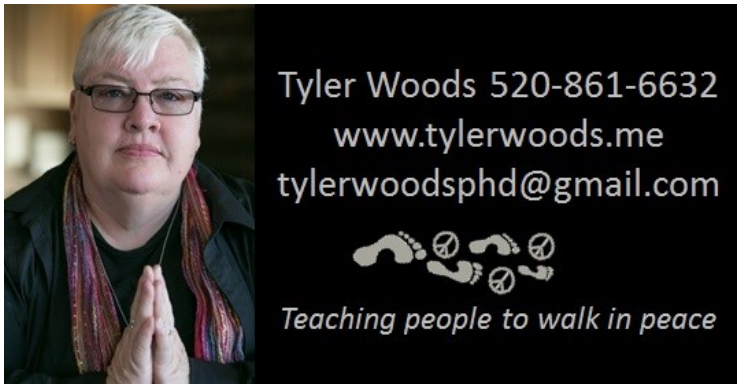

Successful Holidays During Covid By Tyler Woods

December is here, and so is Covid. We all know and understand that the COVID-19 pandemic has been stressful and isolating for many people. The holiday season is looking different for families and caregivers, due to the COVID-19 pandemic. There's a lot more to factor in for everyone's health and safety, and many families are adapting gatherings during the upcoming holiday, and it can be an opportunity to reconnect with family and friends.

This holiday season consider how your holiday plans can be modified to reduce the spread of COVID-19 to keep your friends, families, and communities healthy and safe.

As caregivers, we need to balance our loved ones mental and physical health, keeping them safe while also keeping them connected. Nearly half of family caregivers say the pandemic has had a negative effect on their loved ones mental health, and three-quarters worry about the risk of COVID-19 exposure at holiday get-togethers, according to a new AARP report on how COVID-19 is affecting holiday plans. So today, I would like to offer tips to get you through the most wonderful time of the year. Yes, we can still celebrate our holidays and have fun, however, we need to take precautions especially if we are care takers.

The first thing to remember this holiday season is to stay safe. There are some fun and safe ways to spend time with your loved ones when there is a pandemic. Be sure to remember that you can have a holiday party via Zoom. This is a secure way to meet and greet family without exposing them. If you generally call your loved one once a week, up your game. If your family gatherings were centered around the few days immediately surrounding a holiday, try spreading out activities over the coming weeks instead.

A rather kind thing you can do is to continue some sort of tradition. There is comfort in the familiarity of holiday traditions. Ask loved ones what seasonal rituals are most important and fulfilling for them and get creative about ways to incorporate them. Is it baking cookies, having holiday music or watching a favorite holiday program? Your job as a caregiver is to ask the questions about traditions. You can create a mood with holiday decorations. At Rosa's we never have to worry about that because Anthony goes out of his way to decorate and maintain the holiday spirit.

Consider lowering your holiday expectations and obligations this year. We always have high expectations for the holidays however, this year lowering those expectations could actually be healthy.

Even with maintaining traditions like music, cookies, Holiday specials, make sure you wear a mask in public settings. Avoid close contact by staying at least 6 feet apart (about 2 arm lengths) from anyone who is not from your household. Wash your hands often with soap and water for at least 20 seconds or use hand sanitizer. Most important, use your imagination to be with family during the holiday.

TMC
GEROPSYCHIATRIC CENTER

Sometimes, life's challenges can be hard to face alone.

TMC Geropsychiatric Center offers a short-term, inpatient mental health program for older adults in a caring, compassionate environment.

Our highly trained health professionals specialize in treating disorders related to aging, such as depression, dementia and adjustment difficulties. An older adult may be in need of treatment when experiencing severely disordered behavior that is out of the norm with their typical behavior.

Examples may include:

- Major depression, anxiety, panic attacks or nervousness that affects their ability to function
- Rapid onset of significant impaired reality, such as hallucinations, delusions, depression, mania or catatonia
- Recent suicide attempt or risk of suicide
- Inability to care for self or to cope with stressful situations

We can help. To learn more, please call 324-4600.

TMC HealthCare | MAYO CLINIC CARE NETWORK Member

Created to **CARE**

Traditions! Old and New

Traditions! It is the time of year loaded with traditions regardless of what holiday you are celebrating. This year is difficult for many since the traditions and rituals we are used to are not possible in the same way. There will be a new year and sometime we will be together again with our loved ones. Until then, this year is a great opportunity to try out new and old ways to share the holidays and let folks know we love and care about them.

Traditions change over time. Think of some of the old ones that few people do anymore that might be fun to bring back. Regardless of what holiday you celebrate here are some activities that anyone might enjoy:

-Remembering caroling? From a ***safe distance*** it might be a nice way for those in your immediate bubble to brighten someone's day. Stand at a window or in front of the house and sing a few seasonal songs.

-Popcorn and cranberries to decorate a tree? Stringing popcorn and dried fruit or making peanut butter/bird seed ornaments or suet balls and decorating an outdoor tree for someone who cannot get out might make the birds happy and provide some entertainment for the person inside.

-Paper garlands, anyone? Maybe the kids can cut the strips of paper and write messages or draw pictures and send the chain to someone to hang in their house or surprise a neighbor by decorating an outdoor tree.

-Secret Santa is an easy way to let someone know they are not forgotten. Painted rocks, tiny ornaments, or just a kind note to leave for someone to find.

-Missing Grandpa's best side dish or Grandma's pie? Honor them by asking for the secret recipe and let them know how much you love it (and them). Maybe send them a picture of your finished product.

Have a relative in a community that is on lock down? Ask the community what kinds of things the residents are enjoying most and how you can contribute. Most assisted living facilities are offering Zoom or video chats. Do not be discouraged if your older loved one does not want to participate. It is just not something they are familiar with. If they prefer a phone call, let it be a phone call. Cards and letters are always appreciated. Printed photos or those drawn with love by grandchildren can really brighten someone's day.

Ask what kind of things the caregivers enjoy most and remember to support them, too. Caregivers this year especially, can use some extra support. They may have lost hours or be working long hours due to Covid-19. It is an especially challenging year for those trying to keep both our loved ones and their own families safe.

This is an untraditional year. Let us know what new traditions your family started this year or old ones you rediscovered and how they made this year special.

Best wishes to all for a safe holiday season, with an extra special thanks to all the caregivers.

Beth Fuller, BSW, CMC
TLC Coordination and Advocacy

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Owner/Care Manager

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Beth@TucsonLifeCare.com
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MAT Waiver Training

To prescribe buprenorphine, one of three medications approved by the FDA for the treatment of opioid use disorder, physicians are required to complete 8 hours of training in order to apply to the Drug Enforcement Agency for a waiver.

This course will provide prescribers with the full 8 hours of required MAT training.

Nurse Practitioners (NP), **Clinical Nurse Specialists** (CNS), **Certified Registered Nurse Anesthetists** (CRNA), **Certified Nurse Midwives** (CNM) and **Physician Assistants** (PA) are required to complete 24 hours of training including the 8 hour MAT training.

Participants can obtain eight (8) hours of continuing education units (see pg. 2 for additional information).

At the conclusion of this activity participants should be able to:

- Screen and identify patients with OUD and define evidence-based treatments.
- Discuss the pharmacology of opioids as it relates to treatment of opioid use disorder (OUD) patients.
- Describe the fundamentals of office-based opioid treatment including the treatment of the co-morbid patient.
- Explain the process of buprenorphine induction as well as stabilization and maintenance.
- Discuss all FDA approved antagonist and agonist medications to treat OUD.
- Discuss basic office protocols including medical record documentation and confidentially.
- Utilize evidence-based resources to ensure providers have the confidence to prescribe buprenorphine for patients with OUD.
- Recognize the importance of obtaining a waiver to begin treating patients with OUD.

Monday and Wednesday,
December 14 and 16
1 pm - 5 pm each day

Instructors:
Monica Faria, MD & Michael Dekker, DO
Arizona Society of Addiction Medicine

Location:
Online VIA Zoom Meetings

CMEs: 8 hours (free!)

No Cost to Attend

Registration link:
https://na.eventscloud.com/ehome/index.php?eventid=580735&

Register Here

AAAP is the DATA 2000 sponsor for this training.

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PCSS Providers Clinical Support System

ASU Center for Applied Behavioral Health Policy
Arizona State University

TUCSON SENIOR PLACEMENT

A No Cost Referral and Placement Service for Seniors and Their Families

OPTIONS FOR:
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MEMORY CARE
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CARING SENIOR SERVICE can help your crisis!!

Its Friday at 4 pm --- your loved one is being discharged in an hour. **Do You:**

Panic—thinking, I can't do this right now. I have my son to get to soccer and a date with my husband.

Know – this is going to take much longer than an hour to get his medications, get them on isolation as they need to be quarantined, and I don't want to be exposed if I can help it,

Stress –0ver getting their medical supplies and get them fed and settled for the evening.

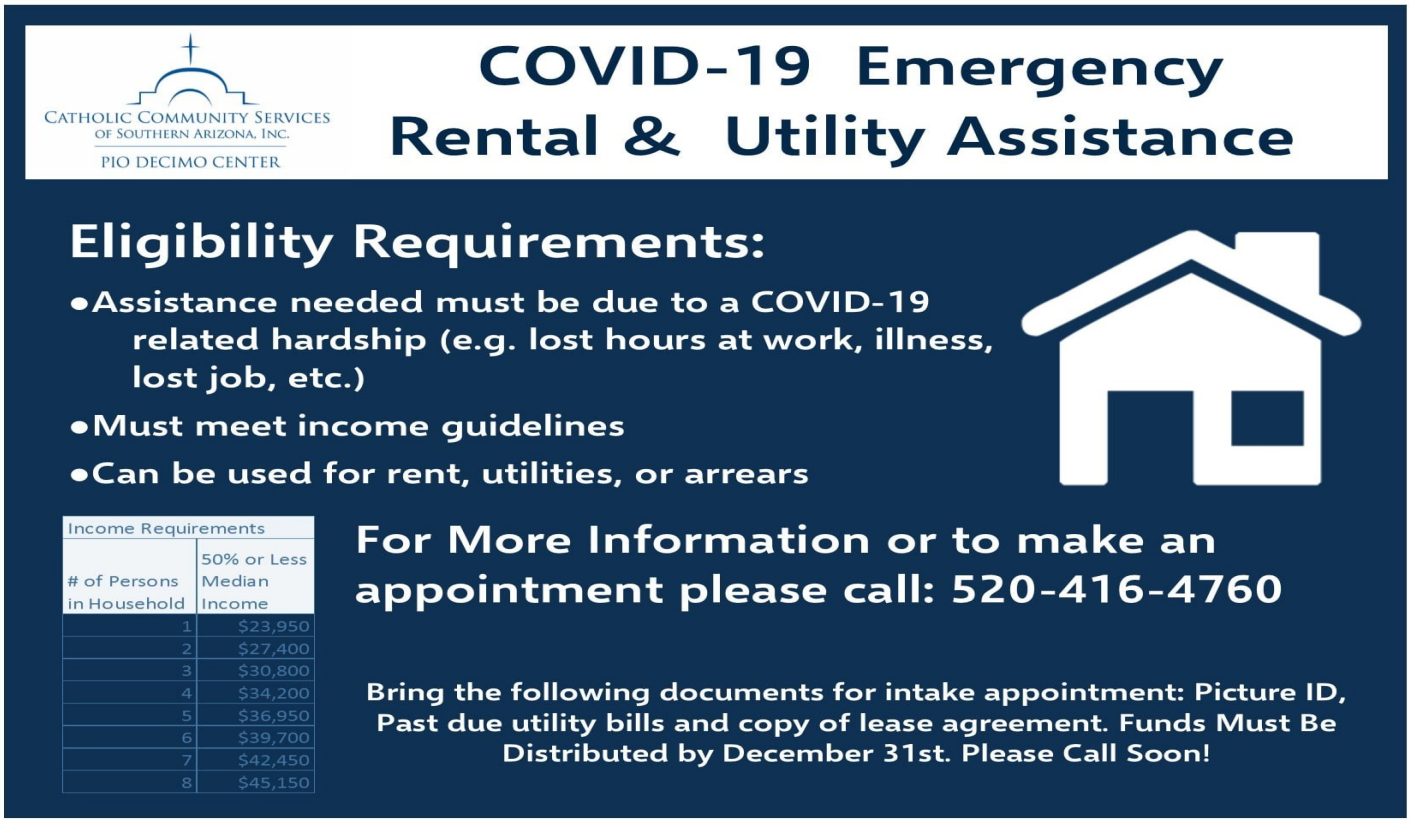
CARING SENIOR SERVICE CAN HELP!! We call it: **Transition -- Safe Discharge Recovery Plan** transitioning from SNF or Hospital to Home, keeping a client Healthy, Happy, and Home.

CARING SENIOR SERVICE makes the transition home so easy and helps reduce the risk of going back for a preventable reason. The chance of being readmitted into a hospital for a preventable reason is highest in the first few weeks of discharge.

Caring Senior Service's Caregivers are trained in different diseases and medical procedures and what to look out for that can cause a re-admission. A tablet is provided by **Caring Senior Service** in the home for communication between the family, caregiver, and Admin Office staff and even other medical providers involved in their care. Caregivers are background checked every 6 months, and training through modules help our caregiver's adept at handling complex patients and disease path. Which is why **Caring Senior Service** is used by many hospices in homes and facilities. We offer Care management and Safety Evaluations prior to a discharge date along with:

- Pre-discharge Home Safety Assessment
- Transportation Home at time of Discharge
- Transportation to Pharmacy for Medication Pick-up
- Assistance in Scheduling Follow-Up Appointments
- Transportation to Follow-up Appointments
- Personal Care including: Meal Prep, Medication Reminders, Bathing, Dressing, Toileting
- Transfer and Ambulation Assistance
- Light Housekeeping

Let **CARING SENIOR SERVICE** show you how we can keep you or a family member **HEALTHY. HAPPY. HOME CALL (520) 428-0143**
Now servicing Northwest Tucson from our new additional office at Ina/ Oracle



Do you need help with grocery shopping?

With COVID-19, it is important for people 60 years of age and older to avoid trips outside of their home and to maximize physical distancing.

Requirements:

- 60 years of age or older
- Annual income at or below 200% of the federal poverty level ($25,520/person/year)

Call PCOA's Helpline at (520) 790-7262 or email help@pcoa.org

*Requirements may differ for people who do not reside within the City of Tucson

PCOA Aging well for life

This program is in partnership with the City of Tucson through $500,000 of federal CARES Act Funds.

ZACK & SCHMITZ, PLC

ATTORNEYS AT LAW

NEW LOCATION JUNE 3, 2019

4400 E Broadway, Suite 307, Tucson, AZ 85711

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Grama's HOME

Assisted Living with a Heart.

520-349-2248

All it takes is a little TLC
Our residents seem to wake up and start living all over again.

Call Valerie Scott Plan a visit to Grama's Home

Discharged from the Hospital?

Stay healthy, happy, and home with our Safe Discharge Recovery Plan.

No one wants to get readmitted into the hospital after just getting home. Caring Senior Service can help reduce the risk of going back for a preventable reason.

Our Discharge Recovery Program helps make the transition home safe for seniors who need additional support.

Who benefits most from our Discharge Recovery Program?

- Seniors living alone
- Seniors who need help toileting or bathing
- Seniors with decreased cognitive abilities
- Seniors diagnosed with chronic or acute conditions
- Seniors that have repeat hospital admits in the past 6 months

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Our Safe Discharge Recovery Plan is designed to help Seniors Remain Home by providing:

- Pre-discharge Home Safety Assessment
- Transportation Home at time of Discharge
- Transportation to Pharmacy for Medication Pick-up
- Assistance in Scheduling Follow-up Appointments
- Transportation to Follow-up Appointments
- 4 or more hours a day of personal care

Personal Care includes:

- Meal Preparation
- Medication Reminders
- Ambulation Assistance
- Transfer Assistance
- Light Housekeeping
- Bathing & Toileting Assistance

The chance of being readmitted into the hospital for a preventable reason is highest for seniors the initial few weeks after discharge.

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Call Caring Senior Service at 520-428-0143 or visit us at caringseniorservice.com

Sahuarita PD Blood Drive

Thursday December 10, 2020
9AM – 3PM

Sahuarita Police Dept.
315 W Sahuarita Center Way
Sahuarita, AZ 85629

Face mask or face covering Required during the appointment.

AT HOME MEDICAL CARE LLC

At Home Medical Care
Michelle Rafferty ANP-BC
Makes House Calls
(520) 940-1119

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.
Why not be seen in the comfort of your own home for the same cost?
A provider that is totally committed to treating patients in their own home.
A provider that has worked in the community for 20 years.
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.

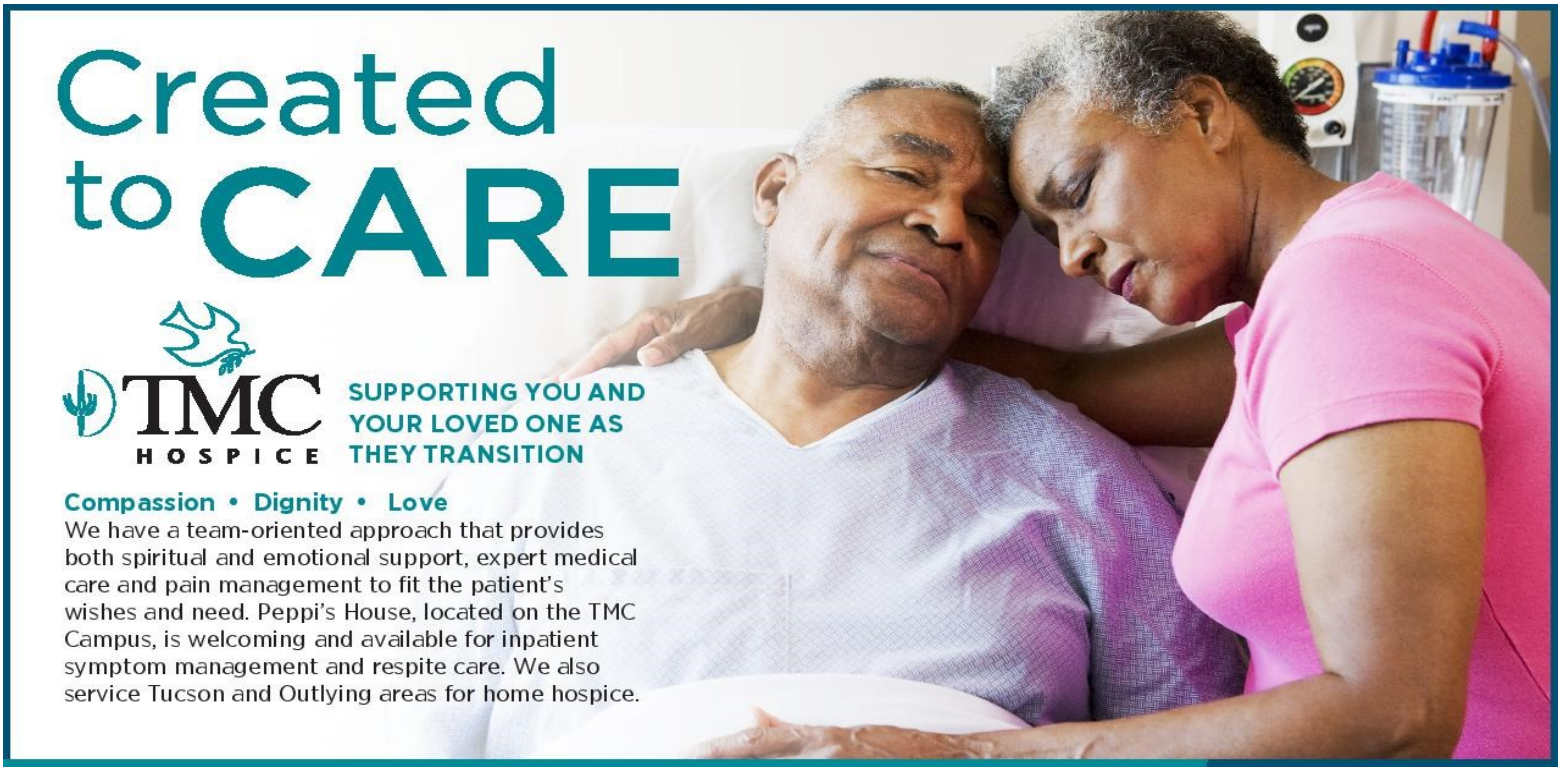
Created to CARE

TMC HOSPICE

SUPPORTING YOU AND YOUR LOVED ONE AS THEY TRANSITION

Compassion • Dignity • Love

We have a team-oriented approach that provides both spiritual and emotional support, expert medical care and pain management to fit the patient's wishes and need. Peppi's House, located on the TMC Campus, is welcoming and available for inpatient symptom management and respite care. We also service Tucson and Outlying areas for home hospice.



TMC Hospice • Peppi's House
520.324.2438
tmcaz.com/hospice

TMC HealthCare

MAYO CLINIC CARE NETWORK Member

INSIGHTS on Aging

Aging & Healthcare Experts

Your Community Resource

Insights on Aging provides education, training and moderated discussions regarding the many resources for senior living options for the greater Tucson community.

Healthcare Experts & Educators

Insights on Aging is a three-member panel of professionals who have combined their expertise to help serve seniors, their families and caregivers in our community. These dedicated and dynamic educators are versed in all areas of aging with special emphasis on housing and placement issues for seniors as well as home healthcare, the emotional and psychological concerns of older adults, compassionate end of life care, and grief counseling for seniors, their families and support networks.

Available for Presentations

Insights on Aging educators are available to speak to your organization or group. Please contact us for available dates, times and suggested topics specific to your needs. We are your advocates and will keep you informed and help you to stay current in a complex system of care. We are here to help you navigate thru the process of senior living options.

For more information contact:

Anthony Diaz (520) 360-4450
Robin Coats (520) 373-0349

VFW POST 549

HOLIDAY CRAFT FAIR

SATURDAY DECEMBER 5, 2020

9AM-1PM

30 LOCAL VENDORS

FOOD AVAILABLE!

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IF YOU HAVE ANY QUESTIONS
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Introducing...

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Arizona's *first*
specialized Covid+
Assisted Living Home

In partnership with

PIMA COUNTY
HEALTH DEPARTMENT

Caring for COVID+ older adults REGARDLESS of socioeconomic status

For more information call Brianna Henderson (520) 488-6068

STEP UP to JUSTICE
Pro Bono Law Center

Free Civil Legal Help For Tenants

Wish you could speak with an attorney about your eviction case for FREE?
Step Up To Justice (SU2J) offers a FREE Tenant clinic to the public. People will have the opportunity to meet one-on-one with an attorney about their eviction case.

In order to attend SU2J's Tenant Clinic you must be:

(1) Representing yourself (do NOT have an attorney); and

(2) Involved in an eviction case; and

(3) Qualify as low-income

To schedule an appointment, please email Step Up to Justice at scheduling@stepuptojustice.org Type HOUSING HELP in your email subject line

When:	Clinic is held by appointment only.
Where:	By telephone or video conference
Eligibility:	This clinic is open to anyone who doesn't have an attorney, has a pending eviction and qualifies as low-income.

JOIN US FOR AN OUTDOOR COMMUNITY EVENT

MIRACLE ON QUEST STREET

SATURDAY, DECEMBER 12, 2020
5 PM – 9 PM
7570 N PASEO DEL NORTE
PARKING LOT OF ST. ODILIA'S

FOOD TRUCKS
HOLIDAY PLAY
PICTURES WITH SANTA
WINTER TRUNK OR TREAT
CANDY CANES AND COCOA
MUSIC BY TALENTED STUDENTS
AND MUCH MUCH MORE

STAGGERED ARRIVAL FOR SOCIAL DISTANCING

WEAR YOUR MOST FESTIVE HOLIDAY MASK!

13th Annual Toy Run

A Community Collaboration to Bring Christmas to Tucson Children

Saturday December 5th ▲ Registration 8:00 ▲ KSU 9:05

Elvira Elementary School - 250 W. Elvira Rd, 85756

See us on facebook or redsleightoyrun.com for new info

Questions? 520-405-1217

Single Rider $25
Double Rider $30

We are a non-profit 501c3 Organization ID# 81-3137255

Join Us On Your Motorcycle to Deliver Collected Presents Directly to Tucson Children

Please see our website for dropoff locations around Tucson

redsleightoyrun.com

Humor Corner

Recipe Corner

3-Ingredient Mini Christmas Cakes

Ingredients

1 kg mixed dried fruit

3 cups cranberry juice

3 cups self-raising flour

Directions

Combine mixed dried fruit and cranberry juice in a bowl. Stir well and allow to soak for 24 hours. Stir every 6-8 hours.

Preheat oven to 125C.

Stir flour into fruit mix and combine well. Add up to another cup of juice here if the fruit has absorbed all the liquid.

Spoon mixture into patty pans and bake for 25-35 minutes or until a skewer inserted in the middle of the cake comes out clean.

NOTES

Cranberry juice can be substituted with any juice, black coffee, tea (chai is particularly nice) or, for adult cupcakes, alcohol.

Glace cherries and almonds can be added to the mixture, but this is personal preference.

To bake this as a standalone cake, place in a 22cm lined pan and bake for 2.5 hours.

Source: https://www.bestrecipes.com.au/recipes/3-ingredient-mini-christmas-cakes-recipe/d6dc2lly

We here at Caregiver News want to wish all of our readers, writers, advertisers and everyone else a Happy Holiday Season. We are very grateful for all the support we receive, and we look forward to serving you in the coming year.
Merry Christmas from Anthony Diaz and his helpers!

PRIZES

LIVE MUSIC

Please Join Us For

A day to remember how we stood together as a community after a Year we'll never forget

March 11, 2021
@ 9am – 5pm

FOOD TRUCKS

VENDORS

Foothills
REHABILITATION CENTER
And
(You're Name Here)

Free vendor spaces available
Contact Cheryl at (520) 449-7371

RAFFLES

2020 Grad Contests
$1,000 Grand Prize
2nd Annual Health Fair
&
Celebration of 2020
With
The placement of our
TIME CAPSULE
Sponsored by
Placita at Home Care

Submit your entries to
Foothills Rehabilitation Center
2250 N. Craycroft rd

24 HOURS ON CALL

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Rosa's Chante
Assisted Living

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* Full time Certified Manager
* Tempting Home Prepared Meals
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* Wide, tiled hallways
* Fun activities
* Covered patio, gardens
* Private & semi-private rooms
* Secured facility
* Behavioral care
* Dementia care
* Hospice care
* 24/7 Onsite awake, Certified Caregivers

Anthony Diaz Owner/ Administrator
2631 Blackmoon Dr
Tucson Az, 85730
www.rosaschanteassisstedliving.com