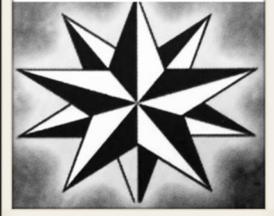


CAREGIVER NEWS



# CAREGIVER NEWS

Newsletter Published by Rosa's Chante Assisted Living

**December 2021**



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



## Welcome to December!

Hi Anthony Diaz here, and I can't believe we are already in December! Where does the time go? This time of year can be hard for many, so I like to put out a little reminder to take advantage of the time you may have with family and friends over the holidays and to treat each other kindly and treasure what we share with each other. These past couple of years have certainly tested us, but we all can still give thanks for what we do have and what we can look forward to in the coming months.

Speaking of looking forward, keep your eyes open for our newly updated web site at [www.rosaschanteassistedliving.com](http://www.rosaschanteassistedliving.com), and of course Caregiver News will continue to grow and provide great opportunities for your advertising as well as information useful for all aspects of caring for someone else and ourselves, and community events and workshops. We always are looking for YOUR expertise! In the meantime have a great holiday season and Merry Christmas to all!

*Anthony Diaz*



Tucson Parks and Recreation and the North Pole Present...

### Santa's Calling

The special child(ren) in your life, ages 4-8, will have an opportunity to speak with Santa and listen to his elves hard at work on Dec. 7-9.

**Register Now!**  
[tucsonaz.gov/parks](http://tucsonaz.gov/parks)  
 Deadline to register: Dec. 4

Tucson Parks and Recreation  
A Nationally Accredited Agency



## Luminaria Nights

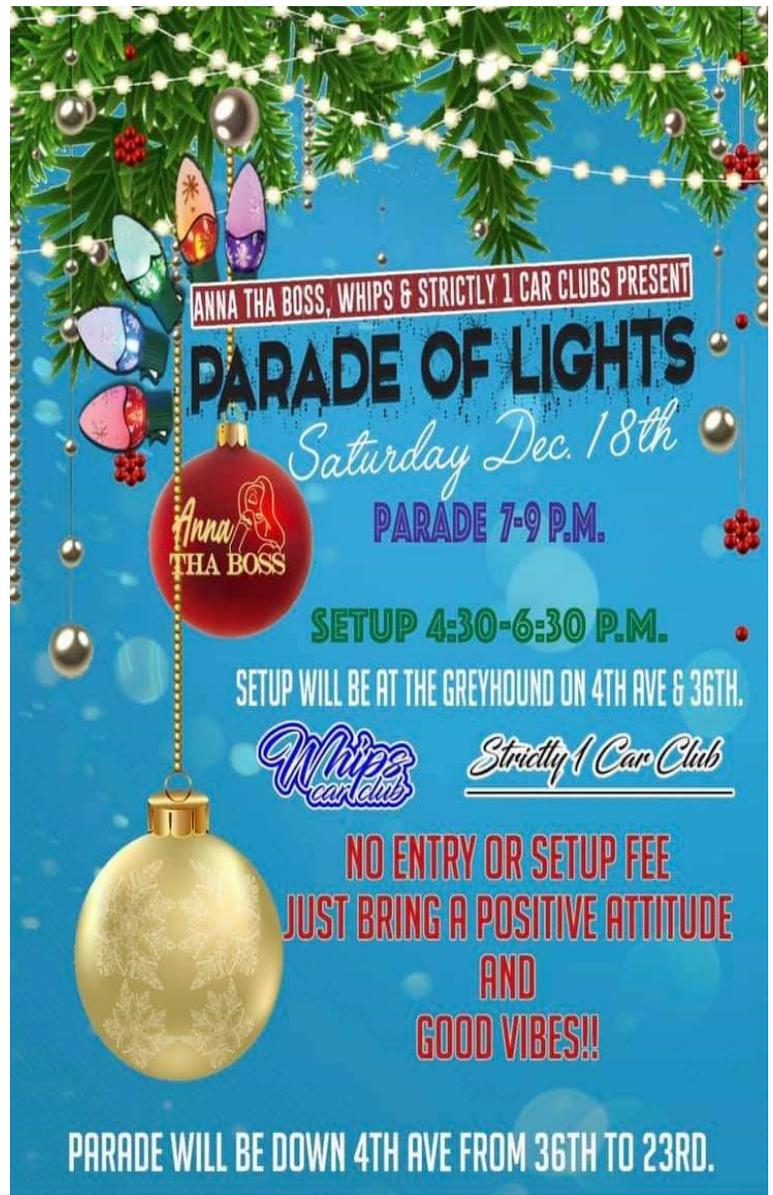
DECEMBER 3-4, 2021  
4 PM TO 10 PM

village of  
**TUBAC**  
1752

If you would like to advertise with Caregiver News, ~~blawstqtesranates~~ 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](mailto:leslie2renew@gmail.com)  
520-237-4055



ANNA THA BOSS, WHIPS & STRICTLY 1 CAR CLUBS PRESENT

## PARADE OF LIGHTS

Saturday Dec. 18th  
PARADE 7-9 P.M.

SETUP 4:30-6:30 P.M.

SETUP WILL BE AT THE GREYHOUND ON 4TH AVE & 36TH.

*Anna Tha Boss*      *Whips car club*      *Strictly 1 Car Club*

**NO ENTRY OR SETUP FEE  
JUST BRING A POSITIVE ATTITUDE  
AND  
GOOD VIBES!!**

PARADE WILL BE DOWN 4TH AVE FROM 36TH TO 23RD.

Dec. 15, 2021  
12p.m – 1p.m.

**Presents:**

# **Food for Thought - De-escalating Behaviors in Neurocognitive Disorders - Behaviors as communication**

**Virtual Webinar Panel Discussion**

We invite you to join The ElderHealth team in this panel discussion where they will address your questions and concerns on the topic of Communication and Neurocognitive Disorders.

Join us as we learn ...

- How to understand behavior as communication, with communication defined as how people relate to one another, how needs and feelings are expressed and how thoughts and information is exchanged.
- Importance of non-verbal cues in helping to anticipate and prepare for responses to challenging behaviors.
- How to use a relaxed, conversational format as care partner or caregiver..

**RSVP Required:**

Call (520) 284-9334

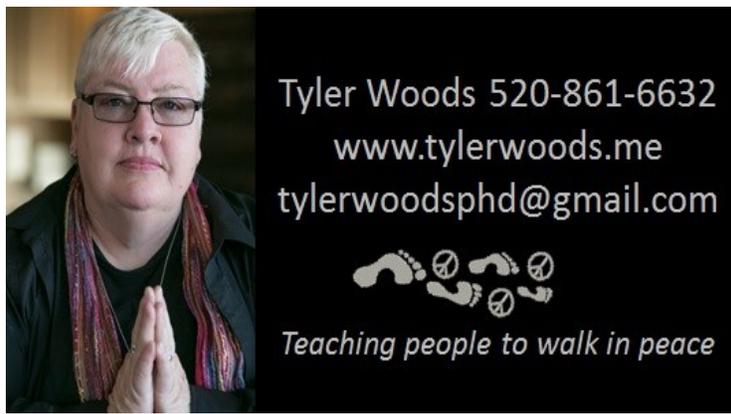
After registration, you will receive instructions on how to connect to this virtual webinar.



**Panelists:**

Corinne Self MD  
Melissa Koon NP  
Peggy Schmidt NP  
Laura Aylmer LCSW

*Honoring life by providing compassionate care, comfort, and dignity.*



## Help Keep Holidays Bright for All By: Tyler Woods

Welcome to December. I was thinking about writing about may your holidays be bright, and all the great things were are supposed to say around the holidays. Being a psychotherapist though, I just cannot with a good heart write about the most joyous time of the year because for many people in assisted living homes, and caregivers, it is a difficult time of the year.

I don't mean to stomp on your stocking however, it is so important to have people realize that the holidays can make caregivers over-extended and the people they are caring for depressed.

We do not have to use our imagination to look too far as to why people become depressed and unhappy this time of the year. For the people we care for, they are unable to do the things that once meant holidays to them such as shop, cook, put up decorations and visit family and friends. Many of our seniors are homebound or in some sort of nursing home or assisted living homes so they are limited. I want to share what I saw the other day at Rosa's Chante. A staff was pulling decorations out of bins. Of course, Anthony Diaz puts up anywhere from six to a dozen trees. The resident was sitting in her wheelchair smiling away and I asked her what she was smiling about. She looked at me and said, "Well look!" I watched her watching the staff pull Christmas trees from the large storage box and fluff them up. Each time she fluffed, the client smiled and giggled. "Isn't it beautiful" she said. I told her indeed it was.

This is how we keep our relatives and loved ones from getting the holidays blues. We involve them as much as we can. We let them watch, or decorate, we let them frost cookies, and watch holiday shows. We let them feel like the holidays are not passing them by rather, they are part of the holiday because they are involved. Our seniors have many memories of holidays gone past and it is vital we continue to let them create new memories as they age. The holidays are about starting new traditions and memories so be sure to involved them in everything that you can. Yes, it may take a little more time, but our loved ones are well worth it.

Caregivers begin to feel overwhelmed and scattered. They find they do not have time to do everything that has to be done and still deal with their own family. It is important for caregivers to make sure they use time management skills so they can do everything they need to do and still have time to take care of their own selves. Managing time is essential during the holidays and can prevent burn out and prevent CES (crabby elf syndrome). After all this is the most wonderful time of the year. Manage your time!

Another thing caregivers can do is to allow others to help them. Because caregivers are so used to carrying the weight so to speak, they rarely ask for help. Perhaps a new holiday tradition is to allow people to step in and help you out. Maybe they can watch the person you are caring for while you go out shopping or help cook a meal or two. Caregivers can also do things like shop online and have their loved one if they are able, to shop online with them. If you know a caregiver, maybe you can gift them a gift certificate for a massage or some type of self-care item. You can gift them with a certificate for a housecleaning, a dinner out, or a meal prep service.

Holidays do not have to mean getting the blues, it can mean changing the way we do things in order to keep not only our loved ones in mind, but to help the caregivers thrive. I do wish everyone a Happy Holiday and a joyful New Year. I also wish people the gift of taking care of themselves and look for ways to release stress, depression and fatigue. Be sure to stay tune to 2022 Caregiver News to learn more ways to help you and the ones you are caring for.





**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.**



**Created to CARE**



# Winter Street Fair

December 10th-12th 2021



ART BY DAVID LOZEAU



2<sup>nd</sup> Annual

Inside/ outside

## Christmas Market

Supporting our Homeless Veterans

December 18<sup>th</sup>, 2021  
9am to 3pm

**F.O.E. #180**  
**1530 N Stone Ave**

60+ vendors, Raffles Plus More  
Free pictures with Santa Claus  
12pm-2pm

Sponsored by



William G. Valenzuela

## Pay it Forward Tucson TOY RUN

serving at risk youth and foster children



Saturday  
Dec 4, 2021

Ride Starts:  
Cora's Cafe  
4525 S. Park Ave

Ride End:  
FOE 180  
1530 N. Stone Ave



Powered by: **TEP**

- 10 am Registration
  - 1pm Parade Procession
  - \$20/ rider \$5/ Passenger
  - & New unwrapped TOY
  - \$5 entry fee for non-riders
  - 12 yrs & under Free
- RAFFLES**  
**PRIZES**

## City of Nogales Christmas Light Parade

Saturday, December 4<sup>th</sup>, 2021  
6:00pm  
Downtown Nogales

Theme:  
**"Together This Christmas"**

Grand Marshall:  
**Dr. Eladio Pereira, MD**  
Mariposa Community Health Center

Entry forms now available, call 287-6571 for additional information



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(no text)

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to people who are living  
with a terminal illness  
or HIV Positive



## 'Hospice Legal Line'

We provide free and reduced fee legal  
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HospiceLegalLine@gmail.com

HospiceLegalLine.org

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Service for Seniors and Their Families*

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520.373.0349



TUCSONSENIORPLACEMENT.COM

16th Annual

# Vail Jingle Trail 5K Run/1 Mile Walk

## Santa's Little Helper 1K

**December 11, 2021**  
**Course:**  
 Mica Mountain High School Cross Country Course on campus

**Features:**

- Long-sleeved T-shirt guaranteed to all who pre-register by 11/29/21
- Awards to top 3 finishers in 5k divisions
- Finishers treat to all Santa's Little Helper runners
- Bells to all participants
- Award to first Overall Male & Female
- Holiday music & light refreshments
- On-line registration

**Benefiting:**  
 Mica Mountain High School Cross Country Team &  
**TOYS FOR TOTS**

**For more information contact:**  
 Josh Farr  
 farrj@vailschooldistrict.org

## Food for Thought

**Wednesday, December 15, 2021 from 12:00 PM to 1:00PM**  
**De-escalating Behaviors in Neurocognitive Disorders.**  
**Behaviors as communication WEBINAR**

- Are you caring for someone diagnosed with Alzheimer's disease or other neurocognitive disorder?
- Are you frustrated and experiencing feelings of anger or sadness as you struggle to understand the changing communication style of your loved one?
- Are you looking for ways to better understand and respond to the meaning behind behaviors that present in varying degrees at each stage of the disease?
- Do you wonder how to respond when questions are repetitive?
- Are you looking for information that will help you decipher the needs, desires, knowledge and feelings being expressed?

**The ElderHealth team will come together to address your questions and concerns on the topic of Communication and Neurocognitive Disorders.**

- The main focus of the webinar will be understanding behavior as communication, with communication defined as how people relate to one another, how needs and feelings are expressed and how thoughts and information is exchanged.
- Focus will also be given to the importance of non-verbal cues in helping to anticipate and prepare for responses to challenging behaviors.

**Panelists: Corinne Self MD, Melissa Koon NP, Peggy Schmidt NP, and Laura Aylmer LCSW**

This will be an online event:  
 Contact Audra Barney for more information  
 520-284-9334  
 abarney@harmonyhospice.org

# WINTER WONDERLAND

**DEC. 17TH**  
**6 - 8 PM**

LIGHTS  
 CAROLING  
 FREE HOT COCOA  
 LIVING NATIVITY

**FOOTHILLS COMMUNITY CHURCH**  
 3301 W OVERTON RD

## FREE PRODUCE GIVEAWAYS

**December 17th**  
**Unleashed Christian Church**  
**265 W. Valencia Rd**  
**8 a.m. - 10 a.m.**

*No documentation required*  
*Does not count towards your monthly allotment of emergency food*

# ICS WINTER FEST

LIVE MUSIC • RAFFLE • SWEET TREATS  
 "SEASON'S GREETINGS" FROM ICS STAFF

Friday, December 3rd  
 2820 W. Ina Rd  
 3-4 pm drive through  
 4:30 - 6pm walk through

Please RSVP to  
 Celena Robles at 520.526.9304 or  
 crobles@icstucson.org

**Atria**  
 BELL COURT GARDENS

Saturday, Jan 8 – Sunday, Jan 29, 2022

# 50+ SENIOR OLYMPIC FESTIVAL

We want to encourage all seniors to stay active and healthy.

Registration for Senior Olympics will run from November 15 - December 30th.

ezeereg.com

# 'Tis the Season 2021

Saturday, December 4<sup>th</sup>, 2021

13105 E Colossal Cave Rd

Vail, AZ 85641

1:30 pm – 5:30 pm (Cars arrive by 1:00 pm)

Toy Donation OR \$5 Registration Fee

Donations/Raffle to benefit the revitalization of the

1908 Old Vail Store & Post Office



Top 12 Christmas Decoration Awards

Free Petting Zoo, Vendor Fair, Food Trucks

Dash Plaques

Any Questions Contact Bill: 520-237-6180



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[www.facebook.com/zackschmitzplc](https://www.facebook.com/zackschmitzplc)



## Coming Up In December

### Youth/Teen Programs

Tot Time | Ages 2-5

Register by Dec 2 at Noon

Wednesday KidZone | Ages 6-12

Dec 1, 8, 15

Register by the day prior at Noon

Frosty's Winter Break Fun Clubs | Ages 6-14

Dec 20-22 (Half Day)

Register by Dec 19 at Noon

Dec 27-30 (Full Day)

Register by Dec 26 at Noon

### Family Programs / Events

Live Music at the Lake

Dec 4 | 5 p.m.

Gingerbread House Workshop

Dec 7 | 5:30 p.m.

Register by Dec 6 at Noon

Drive - In Movie | The Polar Express

Dec 11 | 7:30 p.m.

Winter Festival and Lights Parade

Dec 18 | 5 p.m.

For More Information & to Register Online:

[www.sahuaritaaz.gov/parksandrec](http://www.sahuaritaaz.gov/parksandrec)

By Phone: 520-445-7850

# Gramma's HOME

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Our residents seem to wake up  
and start living all over again.

Call Valerie Scott Plan a visit to Grama's Home



Join Us for Our Annual  
Christmas Party!  
We Are Also Celebrating the  
Retirement of  
Christina D. Kocurek!

Friday December 10th  
6: to 10:30 pm  
at the

**Viscount Suite Hotel**

4855 S Broadway Blvd  
Tucson 85711

Rsvp by December 6th  
Appetizers - Entertainment -  
Cash Bar - Raffles  
Holiday Party Attire

Sponsored by:

Bonnie's Home Care 520-312-6415

Rosa's Chante Assisted Living Home 520-360-4450



**Tombstone Light Parade**  
**Saturday, December 11, 2021**  
**Start: 6:00 pm**





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.

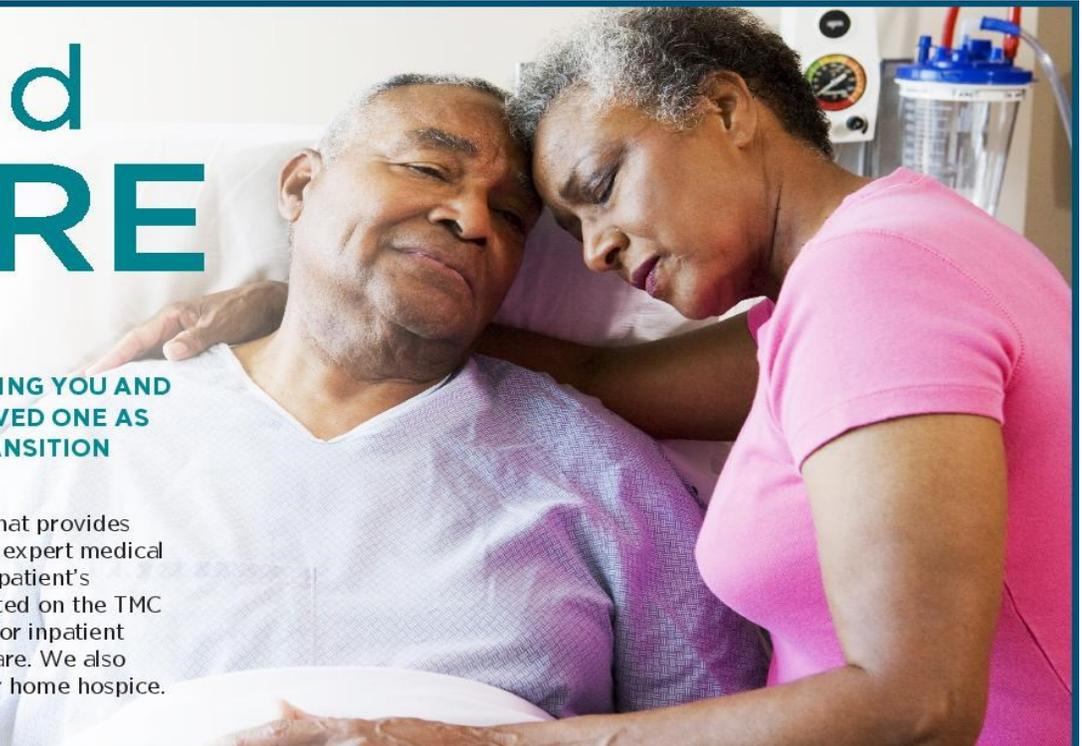
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SUPPORTING YOU AND  
YOUR LOVED ONE AS  
THEY TRANSITION

### 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

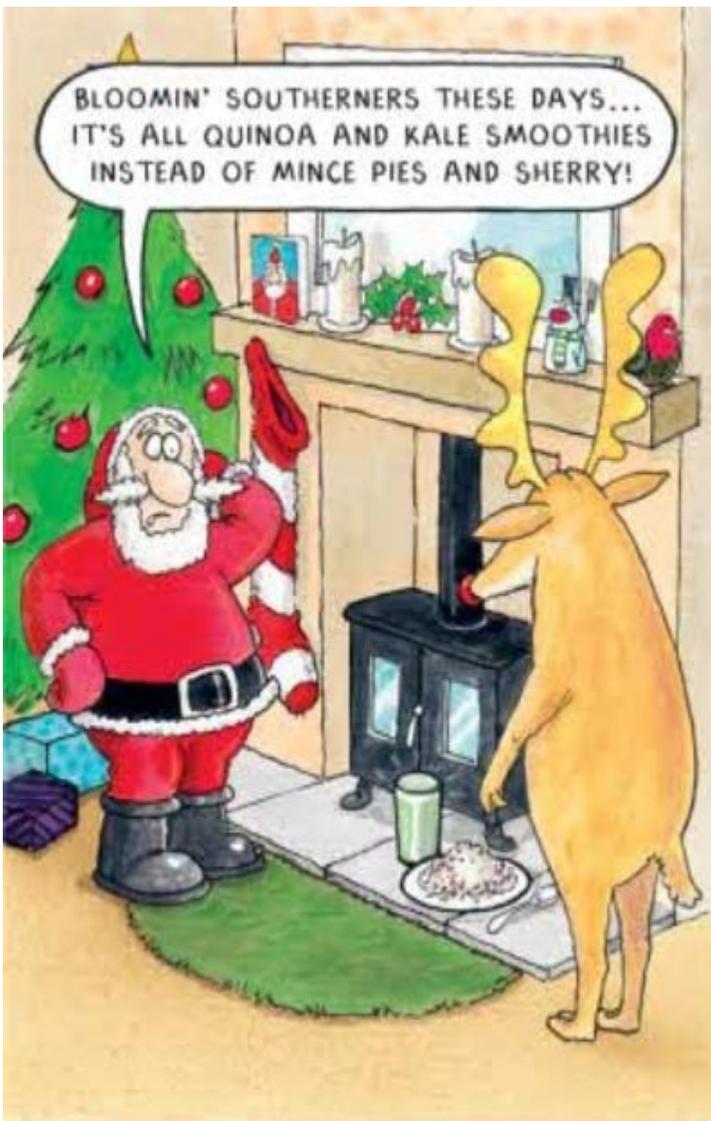
# Humor Corner

GIBBLEGUTS.COM

By Dan Gibson



It was the perfect storm...An old man in statically-charged fuzzy bear slippers, shuffles by a tinder-dry Christmas tree, after eating a bean burrito for lunch.



# Recipe Corner



## 3-Ingredient Apple Danish

### Ingredients

- 2 apples cored cored peeled quartered
- 1/3 cup raw caster sugar, plus extra for dusting
- 2 sheets puff pastry

### Method

Preheat oven to 220C (200C fan-forced).

Peel, core and quarter apples. Place in a medium saucepan with a splash of water. Cover and cook over medium heat for 4 minutes or until apples have softened slightly. Remove from heat and stir through sugar. Set aside to cool.

Cut each pastry sheet in half, then each half into three even rectangles. Brush the border of one rectangle with water. Top with a big spoonful of cooked apple. Take another pastry rectangle and cut a few slits across it, being careful not to cut all the way across. Place this piece over the apple, pressing the two pieces of pastry together firmly around all of the edges.

Repeat with remaining ingredients until you have six parcels, then place them on an oven tray lined with baking paper. Sprinkle the tops with extra sugar. Bake for 12-15 minutes or until puffed and golden.

Source: <https://www.bestrecipes.com.au/recipes/3-ingredient-apple-danish-recipe/rklck4gf>

# 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



Sedona Garden Assisted Living is located in an established, desirable Northwest Tucson location. It is conveniently close to Northwest Hospital and Medical Center, and multiple specialty Doctor offices, as well as Foothills Mall and many popular restaurants.

Owner/Manager, Krystal Saucedo, is known for providing loving, personalized care for residents requiring assistance at all levels of care. If you, or a loved one, are seeking a warm, caring and family-centered home, please contact Krystal at 520.971.2539 for a personal tour.



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## Gloria's Assisted Living LLC

*"My Residents are My Family"*

Gloria Foley Owner and Caretaker  
3340 S Watson Dr, Tucson AZ, 85730

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

<https://gloriasassistedlivingtucson.com>



## SOUTHERN ARIZONA SENIOR PRIDE



## Community Cares Program-Tucson

Community Cares Program-Tucson provides visits (by phone and in-home) to LGBTQI+ adults 55+ and people with disabilities who are isolated, homebound or in a care community.

photo by Kay Smith



Judy Jennings and Judy O'Brien

**520 - 351 - 2724**

[community@soazseniorpride.org](mailto:community@soazseniorpride.org)

**Referrals Encouraged.**

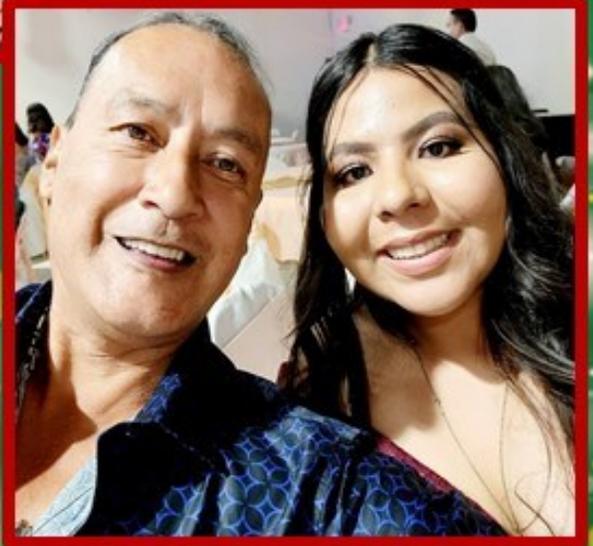
<https://soazseniorpride.org/>



**OUT  
AND  
ABOUT  
WITH**



**ANTHONY  
DIAZ**



# 7 Gifts to Get Your Loved Ones for the Holidays

2021 has been a hard year, and the pandemic may be putting a damper on your holiday spirits as well. Many places are still locked down to protect individuals from the virus. You may not be able to visit with your family like normal, which could mean missing out on time with your beloved grandparents or fun aunts and uncles. But that doesn't mean that this Christmas can't be merry! Giving gifts is a great way to make the holiday season brighter. But sometimes, it can be difficult to find the right gift idea. But don't worry! We've put together a list of the best gift ideas for your loved ones this Christmas.

**1. MINI GARDENING KIT** - There's something satisfying about harvesting herbs from your own garden. Seniors will love receiving a mini gardening kit full of herbs that they use frequently. And small herb gardens are something that they can cultivate indoors. It's a gift that will keep on giving.  
**Brand:** Spade To Fork **Source:** Amazon **Price:** \$34.97

**2. WINDOW BIRD FEEDER** - Many seniors tend to appreciate nature more as they get older. Some spend hours sitting on their porch or just looking out the window. Bring nature a bit closer to home with a window bird feeder. It can bring birds right up to the glass for close viewing.  
**Brand:** Birdicious **Source:** Amazon **Price:** \$30.68

**3. CONVERSATION STARTERS** - To keep the conversation going— even over the phone or on a video chat — give them this box of conversation starters. They will help you both get to

know each other a little better and foster love and appreciation.  
**Brand:** TableTopics **Source:** Amazon **Price:** \$25.00

**4. ACUPRESSURE FOOT MASSAGE SLIPPERS** - After a long day, your loved ones will love putting their feet into these slippers. They feature massage buttons that push on pressure points, resulting in ultimate relaxation. These slippers may also help soothe pain due to neuropathy, arthritis, and more.  
**Brand:** BYRIVER **Source:** Amazon **Price:** \$26.99

**5. COFFEE MUG WARMER** - No one likes to drink their hot drinks after they've cooled down. This beverage warmer is compact and will certainly come in handy.  
**Brand:** COSORI **Source:** Amazon **Price:** \$39.99

**6. NATURAL SOAP** - Everyone deserves to feel pampered — regardless of their age. Try gifting your loved one a set of natural soap. These soap bars smell amazing and help moisturize the skin. Plus, they even have an invigorating exfoliant inside.  
**Brand:** Bali Soap **Source:** Amazon **Price:** \$15.95

**7. Life Story Book** - Encourage your loved ones to reflect on their life and record meaningful moments with the My Life Story book. It's a journal that provides prompts for your loved one. When they've filled it out, your family will have a treasure that can be passed down for generations.  
**Brand & Source:** Uncommon Goods **Price:** \$30.00



Sometimes families need a **LITTLE EXTRA HELP.**

Our **IN-HOME CAREGIVERS** are ready to provide a Helping Hand.

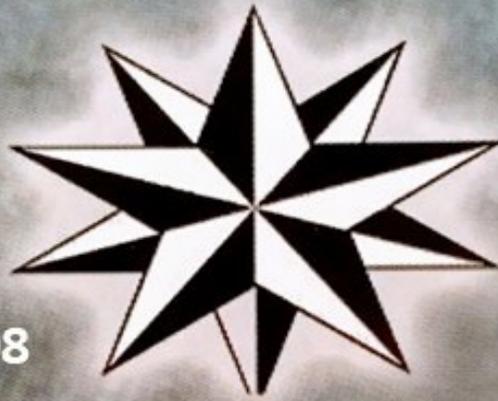


Personal Care  
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Meal Preparation  
Housekeeping

Medication Reminders  
Respite Care

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Fax 520-751-3767

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- \* Walk-in shower
- \* 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.rosaschanteassistedliving.com](http://www.rosaschanteassistedliving.com)