



# CAREGIVER NEWS

Newsletter Published by Rosa's Chante Assisted Living

February 2020



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



## Welcome to February!

Well happy February to everyone. I know this month is about cupid and hearts, and flowers and chocolate; however, the real topic of this month is love. Not love like flowers, or a dinner out or gifts, no not that kind of love. The kind of love that we should never take for granted. You see, what I've learned in the last 2 months about love is we simply must express love more often. We think sometimes when we see our wife, or parents, our daughters or sons that they will always be there and they know how much we love them, so we rarely express it. I think I have learned in the past few months that love requires an expression. Not just taking it for granted. Take it from me that love has a different meaning for me than it did for years. Do not be the kind of person that says I wish I would have said I love you more.

JUST SAY IT! DON'T WAIT! Not everyone are mind readers. Express it. Tell your spouse you love them daily, tell your children when they walk out the door that you love them. You never know if it will be the last thing they hear. Yes, love is in the air in February, and my gift to you is to tell you how important it is to express love.

Also, we would like to encourage you our readers and our advertisers to help our newsletter become an even bigger tool and resource for our community. So, if you would like to advertise with us or are interested in contributing your perspective and knowledge on caregiving in all its forms, please contact me at diazanthonyv66@gmail.com or Leslie Ford at leslie2renew@gmail.com.

Now that is out of the way, we here at Rosa's Chante wish you a very happy Valentine's day, and yes, we hope you get that box of chocolates!

*Anthony Diaz*



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<https://www.momanddadplace.com>

February 19, 2020  
Noon – 1:00p.m.



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# Anxiety & Depression

*Free training hosted by  
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[www.harmonyhospice.org](http://www.harmonyhospice.org)

**Do you know what signs to look for in older adults suffering from anxiety and depression?**

Learn the triggers and what you can do to help decrease anxiety and depression in older adults.

**Presenter:** Robin Saiz  
Account Executive  
Angels Care Home Health

**RSVP Required:**  
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*Teaching people to walk in peace*

## The Science of Love

Ahh it is February, and love is in the air. Valentine's Day is the time of the year when we take the time to celebrate love and the people who are meaningful to us. Early in life, our first experience of love is through the warmth, nurturing, and affection we receive through the contact and touch from our mothers and fathers. They say love is what makes the world go around. Well I am unsure about that, but love certainly makes hormones go around.

Scientists don't see love as an emotion. Boy are these poor scientists missing out! They see it as a set of processes that activate the reward center in the brain. Therefore, people have such strong physiological responses when we are attracted to another because the human brain supports this reaction. The body's reward system is influenced by the central nervous system and by what is in the bloodstream, such as the level of various neurotransmitters. So, do we say I'm in love or I'm having a neurotransmitter reaction to you?

Norepinephrine increases that give us a rush of excitement, nervousness, energy and motivation to pursue our romantic partner. This also produces physical symptoms like a racing heart, flushed skin and sweaty palms. Serotonin decreases, which can improve mood. Serotonin is an important neurotransmitter in regulating mood, sexual desire, and function, appetite, sleep, memory, social behavior and learning. Let's talk about the love hormone called oxytocin, it's been recorded that the first stages of romantic attachment has significantly higher levels of oxytocin. Who knew there was so much science behind love?

Keep the dopamine flowing in a long-term relationship. You can do this by having date nights, taking lessons, or going on trips in which you do novel and exciting things together. Perhaps you go hiking in Costa Rica, climb a rock-climbing wall, or go and see a thrilling movie. Keep the oxytocin flowing with intimacy. Write cards and notes, hug and kiss, think of your partner when she's not around, share your hopes and dreams, and support those of your partner.

We take love for granted. There is so much to know about love. For instance, did you know that research has shown mindfulness can improve the ability to love. Especially when paired with compassion meditation, mindfulness decreases activity in the fear and anger regions of the brain. It triggers positive feelings such as empathy, and helps us to become more interconnected with others, including our romantic partners.

Let's not forget that love improves our health. While romantic love is not the only option for boosting your overall health, having some form of love in your life is crucial to living a long and healthy life. Research has repeatedly shown that those who experience intense loneliness and disconnectedness are at a much higher risk for an early demise. Those who are deeply emotionally attached to someone tend to feel fitter and live longer. Love is hard to define, tough to find, and difficult to hold onto. However, science holds valuable lessons that can demystify this complicated emotion and make it easier to find a meaningful, lasting love of your own.





**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**



## Lost in the Maze of Elder Care?

How do you know what you need if you don't know what's out there or what it all means?

Home health, home care, senior care, elder care, advocates, case managers, care managers, concierge service, agents, placement specialists, organizers, transitional assistants, and the list goes on and on!

Here's a reference guide:

Home **Health** usually refers to skilled services that may be covered by Medicare or your insurance. These services include nursing, physical, occupational or speech therapy.

Home **Care** is usually non-skilled care provided by one of the following: a certified nursing assistant, a nursing assistant, a caregiver, homemaker, companion. They can usually transport you and provide care and assistance in your home or wherever you are. You may use home care services to supplement a residential placement or by itself to help you remain at home.

**Elder, Senior, geriatric care**- I think it's safe to say that all these terms refer to any kind of care for someone over the age 65, but possibly younger.

**Fiduciaries**- Can manage your affairs. Licensed fiduciaries in Arizona are supervised by the AZ Supreme Court.

**Day Programs**- Usually provide partial or full-day activities for older adults that require some supervision, while the family or caregiver gets a break.

**Independent Living**: This usually refers to living in a retirement community but not receiving any care other than possibly meals in the dining room and transportation to stores and appointments.

**Assisted Living**: This usually refers to a residential setting where some assistance with activities of daily living is provided.

**Activities of daily living**: Eating, dressing, bathing, transferring, walking, incontinence care. (Some insurance policies may include different activities or have specific definitions.)

**Advocates**-ensure that your rights and wishes are respected, especially when you are weak or ill. Many different services include some type of advocacy.

**Organizers**- Can help you get your house, office and papers organized.

**Transitional Assistants**- May assist you when you are in

transition from hospital or rehab to home, home to a retirement community or assisted living. There are transitional services specific to getting you through a move.

**Concierge** services may help coordinate a variety of services.

**Placement Specialists** assist in finding a higher or different level of care and residential placement.

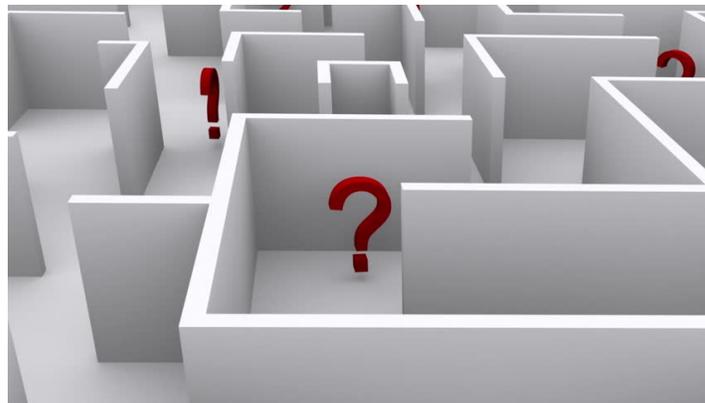
**Case Managers** typically coordinate services within an agency or facility and may coordinate discharge home or to another facility.

**Care Managers** or coordinators assist with a broad range of things starting with care for the individual, but may include home, finances, legal, family, health, social, and coordination of local resources. They typically are involved for a longer time and follow their clients wherever they go. They can help you decide what services will best meet your needs.

There are many resources to help guide you to services that might meet your needs. Pima Council on Aging is a great starting place! The Caregiver News also offers information about many helpful resources.

Regardless of who choose, always ask about experience, check credentials and references.

Beth M. Fuller, BSW CMC  
Aging Life Care Expert®  
TLC Coordination & Advocacy





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Owner/Care Manager

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## Free T.N.R. Workshop

Hosted by No Kill Pima County

Murphy Wilmot Library - 530 N Wilmot

**Everything you want to know about  
Trap Neuter Return & Community Cats!**

Saturday, February 15  
Doors open at 3pm  
Workshop from 3:15-4:45pm



## Out of Love—By Leslie Ford 2006

I do this out of love. I go to the hospital. I look at my dying mother well, technically, she is not exactly dying at the moment; she is in a drug induced coma—brought on by a messed up biopsy during which the

technician nicked her liver, causing her abdomen to fill up with bile and negating any chance of receiving a life-prolonging surgery. She will die. This is inevitable. She has pancreatic cancer. Generally, people do not survive long with this cancerous disease.

I am not a particularly good caregiver. I do this out of love. I hold her hand as I watch her dream, or converse with the other side, or thrash about, threatening her lifelines, in nightmare. I tell her it is okay to leave. I tell her that, unless she feels as though her business isn't finished here yet, she has my permission to go—to pass from this plane of existence. However, I am not the only one; others have their own permissions to grant in their own process of letting go.

She fights back from that dark place that no one will ever acknowledge. My mother was always a fighter when it came to being threatened in some way or another. When she told stories of her childhood, she'd conclude with her triumph over some adversary, often some boy who had underestimated her prowess. She taught her daughters to fight. She made sure we knew that we could do and be anything we desired. Now, as she comes back from her versed-induced semi-death, she purposefully expels her catheter, flashes me an impish grin, and goes to re-hab. I visit her every day to check in as she recovers her strength. I applaud her determination. She thinks that she has this cancer beat. She knows, intellectually, that this is an untruth, but she wants to go home. I, on the other hand, approach her enthusiastic turn with trepidation. Everyone clamors around as if witnessing a miracle. She gets to go home after that awful ordeal. But I am already tired. I will do all that I can to make her comfortable at home. I don't really know how to pull this off. I can only mimic what I have seen others do: get good home care, cook food she can tolerate—which is limited because the cancer effects the taste, smell, and texture of the food—and make sure that she is surrounded by reminders of how much she is loved by all. I do this out of love.

I drive down to Green Valley as often as I can between work, and classes, and home. I try to resolve her spats with the homecare workers. I clean, run errands, and cook. I gently brush her long silver hair, careful to cover the scar she still carries a vanity over. I take her to the bathroom because the cancer makes her think she has to go all the time. Mom says she doesn't hurt much. She tries to have a somewhat normal life, but she resents having strange people in her home all the time, taking care of her needs. She is a stubborn,

independent woman who has had a lot of her choices stripped out of her hands in a matter of weeks. I feel as though she wants me to stay with her, and I agonize over this. I can't just stop my life, and I am weighed down by the oppression of self-imposed guilt. But I do this out of love, a love that cannot be quantified, a love that is as elusive as the source of the cancer eating at my mother.

The relatives are coming. Almost all of them are coming for Thanksgiving. We are going to have a whopping party, at my mother's little house. My aunt says this will work. She is an organizer of supreme magnitude. I worry about my mother's strength. My mom says this will be fun, but I am the only one who sees her regularly, and I know this festive reprieve will take a toll. But they all come, my partner, my sisters, their husbands and children, my aunt her husband and children and their children, her ex-husband, some friends; they all come, and we eat. Mom can only eat a little potato and some fruit. Fruit seems to be the only food that doesn't smell or taste, "like the cancer," she says. It's ironic that her pancreas, which processes the intake of food and turns the sugars and carbohydrates into insulin, now, only allows her to take in sugar. The doctors say that she can no longer digest protein correctly. We gather around her shrinking frame and pour all of our love into her as her eyes start to show the next turn. We all do this out of love.

She cannot really go outside anymore, even for little walks. Walking has always been her serenity. As a child, she wandered the canyons and valleys of her native southern California, and she continued her walking rituals wherever in the world her life-travels took her. Putting her in a wheelchair, to go around the block, is too tiring, for her, and for me. But one good day, we go out to lunch because as much as she liked walking, she liked going out to eat even more. Meals were a time of great socialization over a glass of wine and intellectual conversation. My youngest sister and I load Mom up in the car and go out to one of Green Valley's meager dining facilities. She takes small little bites of whatever she ordered, and amazingly enough she can eat the Crème Brule. I ask her if she wants to ride up to Madera Canyon, a place reminiscent of southern California. We drive up the canyon, not too far because I don't want her to catch a chill, but far enough to be in the Sycamores and Oaks. I wheel her down a path to the creek, which happens to have water trickling by. We sit quietly for a while, allowing her to remember the peace she used to feel, and then it is time to go home. I am trying to provide my Mother with little pieces of peace to help her when she must leave. I do these things out of love.

**Part 1: To Be Continued**



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Amphitheater Public Schools
www.amphi.com Programs & Services/Parents as Teachers

Do you have children age five and younger?

Parents as Teachers is here to help!

Studies have shown that a child's experiences in the first few years of life are critical. The Amphi Parents as Teachers Program provides parent education by trained educators through home visitation. We focus on the first years, providing pregnant women and families with young children early childhood information and support.

Who can enroll?

- Any family who meet program eligibility requirements and live in the Amphitheater Community with children ages prenatal - 5 years
A family's decision to participate is completely voluntary and free

When you enroll you will receive:

- Personal Home Visits - your parent educator will share information regarding parenting tips, your child's development, and plan learning activities for you and your child to prepare him for kindergarten
Family Group Connections - gives you an opportunity to meet other parents and children, explore parenting issues, share ideas, and spend time as a family doing activities
Developmental Screenings - identifies your child's strengths and abilities to be sure he or she is ready for kindergarten
Health Screenings - assesses your child's vision, hearing, and general health
Community Resources - connects you with resources and events for your family



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Parent Educator Coordinator
(520) 696-4095

Are you a family caregiver or have an elderly parent?

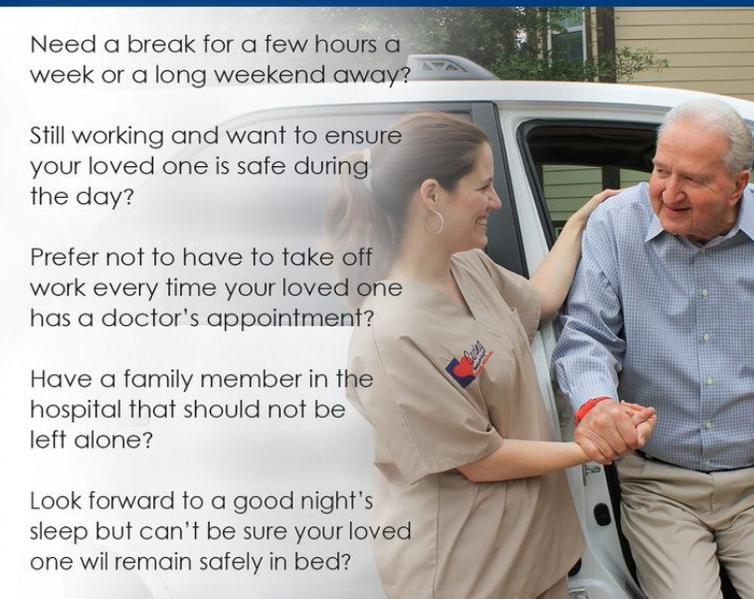
Need a break for a few hours a week or a long weekend away?

Still working and want to ensure your loved one is safe during the day?

Prefer not to have to take off work every time your loved one has a doctor's appointment?

Have a family member in the hospital that should not be left alone?

Look forward to a good night's sleep but can't be sure your loved one will remain safely in bed?



Caring Senior Service can help!



Call us at 520-428-0143
We are always available
24 hours/7 days a week



# Oro Valley Police Explorer Program



The Oro Valley Police Explorer Program is comprised of young men and women who have completed the eighth grade and are 14 through 20 years of age. As a Police Explorer, youth gain insight and hands on experience through activities related to the field of Law Enforcement. Oro Valley Police Explorers meet every Monday evening and receive training from certified police officers on topics ranging from patrol based activities like traffic stops, to SWAT response scenarios. Oro Valley Police Explorers participate in many community events, ranging from foot patrols and traffic control at Ironwood and CDO high school football games to traffic control at major events like Tour de Tucson and high school graduations. Explorers also help keep the community safe through programs like Safe Treats. Explorers also participate in a mock police academy, Police Explorer competitions, as well as a Communications and Leadership retreat.

For any further questions and information on how to join, please contact Officer Wendy Davis at (520) 401-8534



# RESOURCE FAIR & TOWN HALL

## NATIONAL SALUTE TO VETERAN PATIENTS



♥ Creates an opportunity for the community to pay tribute and express appreciation to America's Veterans.

♥ Increases community awareness of the VA medical facility's mission.

♥ Encourages citizens to become involved in the care of Veterans through the VA Voluntary Service Program.

**February 6, 2020, 12:00 p.m. - 3:00 p.m.**  
**Southern Arizona VA Health Care System**  
**Building 4, R.E. Lindsey Jr. Auditorium**  
**3601 S. 6th Ave., Tucson, AZ 85723**

**POC: Public Affairs (520) 629-1819**

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# Showing Our Love for the Community!

Please join us for a **Community Appreciation Open House!**

**When: Tuesday, February 4, 2020**  
**from 11:00am-1:00pm**

- ★ 11am-1pm: Come & go - tours & refreshments
- ★ 12pm: Student speaker

**Where: 1642 N. Alvernon Way,**  
**Multi-Purpose Room**

- ★ Please RSVP to Deb Ramsey,  
at [dramsey@yoto.org](mailto:dramsey@yoto.org).



# OVERDOSE PREVENTION and NALOXONE TRAINING

**Thursday, March 5, 2020**  
2:30 pm – 4:30 pm  
**PCOA Healthy Aging Center**  
**600 S. Country Club Rd., Tucson, AZ**  
**Christopher Thomas, Trainer**  
Sonoran Prevention Works  
520-402-7748  
[cthomas@spwaz.org](mailto:cthomas@spwaz.org)  
To register go to  
<https://pcoaoverdoseprevention.eventbrite.com>

Learn more about how to prevent, recognize and respond to an opioid overdose, including how to use the life-saving medication Naloxone/Narcan.

- Training is geared toward professionals:
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  - Counselors and Social Workers
  - Professionals Working with Older Adults
  - Direct Care Workers
  - Direct Service Staff
  - Peer Professionals

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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.

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.

# Gramma's HOME

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# Humor Corner

FACEBOOK.COM/GIBBLEGUTS

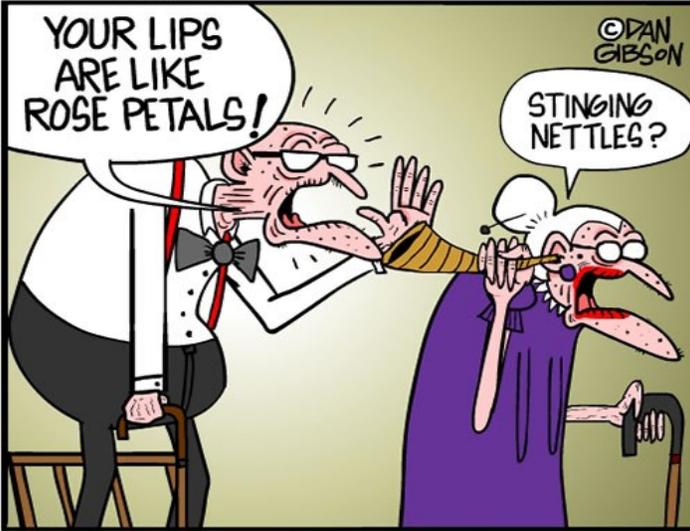
By Dan Gibson



Are you sure that your doing this 'Spooning me in bed' thing right?

GIBBLEGUTS.COM

By Dan Gibson



Tillie's Valentine's Day date whispering sweet nothings in her ear.

# Recipe Corner

## 2-Ingredient Cream Cheese Pancakes

14 3-inch pancakes Calories: 45kcal

### Ingredients

4 ounces cream cheese  
4 eggs

Optional: vanilla or cinnamon I rarely add anything but eggs and cream cheese, but these are fun to try



### Instructions

1. Put the eggs and cream cheese into the blender. If you want any additional flavors, add them now. Blend until smooth. (This takes just a few moments.) Let the batter rest a moment while the griddle heats. Butter the hot skillet or griddle and start by pouring just an 1/8 cup (or two tablespoons) of the mixture onto the hot surface. Remember that it will spread out a lot; these are very thin pancakes.

2. Cook them for just a couple minutes on the first side, just until golden, and then carefully flip and cook another minute or so on the other. Once you have a feel for the way these cook, proceed to make them as big or small as you like. Plate them and then sprinkle, drizzle or dust with the topping of your choice. Enjoy!

Nutrition Calories: 45kcal | Protein: 2g | Fat: 3g | Saturated Fat: 1g | Cholesterol: 55mg | Sodium: 43mg | Potassium: 28mg | Vitamin A: 175IU | Calcium: 15mg | Iron: 0.3mg

Source: 2-Ingredient Cream Cheese Pancakes <https://barefeetinthekitchen.com/delicate-cream-cheese-pancakes>

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**GREATER HEALTH EDUCATION ASSOCIATION**  
27th Annual  
2020 GREEN VALLEY HEALTH FAIR  
West Social Center  
MONDAY, MARCH 9, 2020  
8am – 12pm  
Free Community Event

# 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

Are you enabling or helping? Ask yourself.

## Enabling

- Lying to others and yourself about the addict's behavior
- Putting the addict's needs before your own
- Bailing the addict out of messes they've created
- Giving the addict money
- "Parenting" the addict and feeling resentful about it
- Doing things for the addict that they should be doing themselves (taking care of chores, bills, kids, etc.)

## Helping

- Admitting to yourself that the addiction won't go away on its own
- Putting your needs first—Getting support (Al-Anon, a therapist)
- Letting the addict experience consequences for their behavior
- Giving the addict love, not money
- Setting healthy boundaries for yourself
- Giving the addict space to take control of their own lives



**SATURDAY, APRIL 4TH**  
**KINO SPORTS COMPLEX**  
**7:30 CHECK-IN**



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- \* Covered patio, gardens
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- \* Dementia care
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Anthony Diaz Owner/ Administrator  
2631 Blackmoon Dr  
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