CAREGIVER NEWS

Newsletter Published by Rosa'sChante Assisted Living 2018

www.caregivernewstucson.com

Hi this is Anthony Diaz and Welcome to 2018. I like to take time when a new year comes to take a look back so I can look forward. As I look back at 2017 there are many things that I think about. I try to remember with kindness in my heart, the people that we have lost. Working in this field as many of you know, we lose people. At times it is difficult, and it makes us realize new doors are opening.

I like to look at the good things that have happened this past year and try to make them better. For instance, our newsletter is reaching more and more people and I have become overwhelmed at times as to how many people really do read this. We continue to make the news letter bigger and better and we count on you, the community, to help us build it and you all have been wonderful helping us grow the newsletter and I look forward to seeing how well it does in 2018.

I am proud of The Eastside Assisted Living Alliance, which is a grass root effort of paying it forward and helping each other as small locally-owned assisted living homes here in Tucson. Our idea is to plant a seed of cooperation and communication between these neighborhood homes to better serve our residents as well as use our combined experience as a community. I look forward to so much more in 2018 with this.

In addition I have been enjoying being available for consulting with other assisted living owners and managers regarding any issue related to the operation of their business. I am is uniquely qualified to assist others in establishing their own assisted living businesses, from start-up to long term assistance. I am glad I am knowledgeable about the entire Tucson area assisted living community, owners and managers, and I enjoy helping others find the most appropriate and safe placement for their loved one.

We have had a few setbacks like anyone and here at Rosa's we make lemonade out of lemons. No matter what we are faced with, we make it work, and even better than it was before. So am grateful that so many people have been there for us, as we have been for them, to make working in caregiving just a little bit better. So I wish you all the happiest of New Years and hope it is a joyful one.

A Look at 2017

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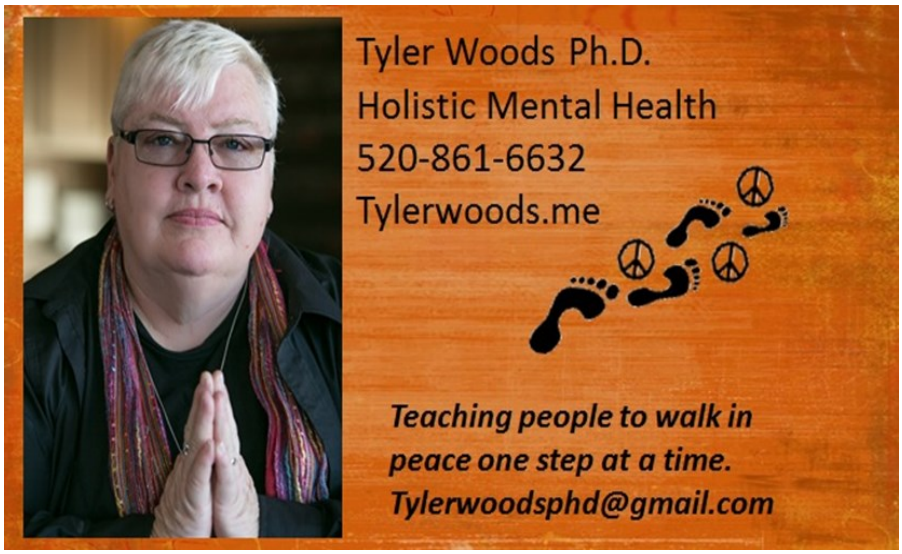


CPR Saves Lives by Tyler Woods PhD

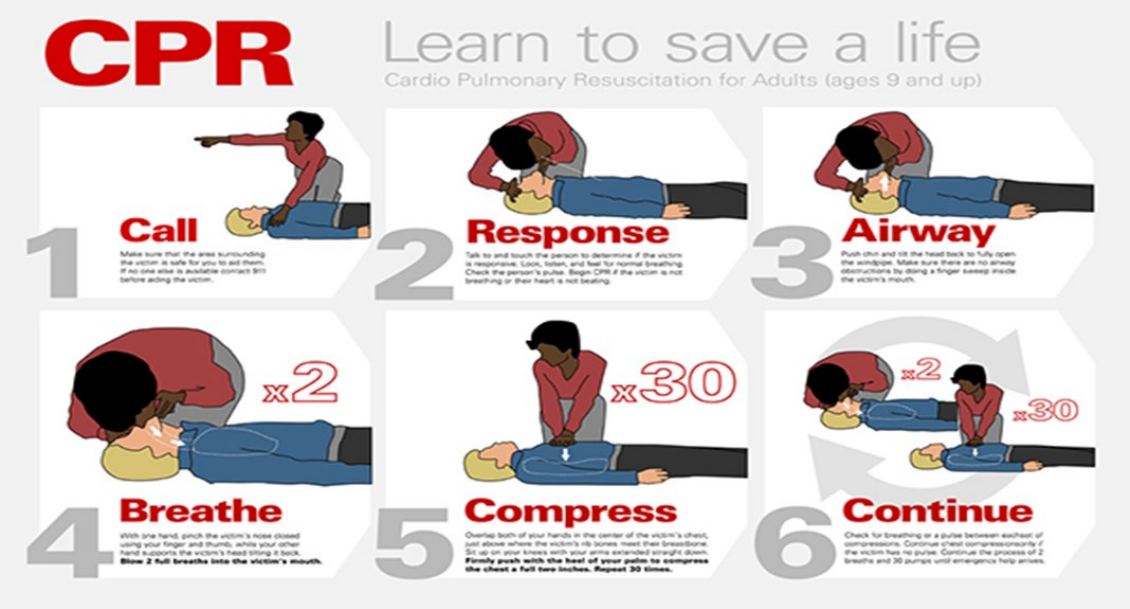
It was New Year's Eve 1988, and I was tired because I was sitting in a first Aid/CPR class all day for work. I just wanted to go home and celebrate New Year's with friends. As I was turning the corner, I saw a man collapse.

Everyone at the bus stop just standing there. I pulled over and put my brand new training of CPR to work instantly as someone was able to get to a phone and call the paramedics. By the time the paramedics got there, the man was breathing and I took off rushing home telling everyone I had taken CPR and saved a life all in a day!

What is on your goal list for New Years? How about learning CPR and saving a life? For every minute a person is "down" without getting cardiopulmonary resuscitation (CPR), their chances of survival DECREASE by 7-10%. That's why you and a loved one may want to learn CPR. The question you need to ask yourself is what would you do if your child was choking? What would you do if your father or husband goes into cardiac arrest? Did you know that immediately performing CPR will greatly increase chances for survival? Yes CPR saves lives. More than 300,000 people have cardiac arrests in the United States every year and only about 8% of people who experience cardiac arrest outside of a hospital live through it. If these victims receive CPR from a bystander immediately, their chances of survival can triple. It is sad to report that according to the AHA, 70% of Americans do not feel comfortable providing CPR in an emergency situation. This is a widespread tragedy, as hands-only CPR is easy and fast to learn.

National statistics have shown that only 15 to 30 percent of people who experience sudden cardiac arrests outside of hospitals receive bystander CPR. Another reason people report they do not perform CPR is because of concerns performing mouth-to-mouth resuscitation. In 2010 the guidelines for performing CPR were changed, and they now say that those who do not feel comfortable, or who have not received formal training, should attempt hands-only CPR.

Emergencies always seem to occur at the most unexpected times, and they have a way of making you feel helpless and confused. When you complete CPR training, you will have the skills and knowledge necessary to perform CPR in an emergency situation. You'll also have the confidence you need to make good decisions and do everything possible to help. Turn to CPR Down South to get some of the best training in Tucson with Dave and Kim. https://cprdownsouth.com. I will never forget my experience and here is hoping you won't have the experience but it is good to have the training if you do.



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

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Rosa's Chante Assisted Living

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You are Cordially Invited to Attend The Eastside Assisted Living Alliance
Friday January 19, 2018 11:30 AM to 1:00 PM
Location: Macayo's 7040 E. Broadway Blvd 85710
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RSVP must be done by Wednesday 17th, 2018
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Speakers:

Valerie Scott – Grama's Home
Anthony Diaz – Rosa's Chante Assisted Living
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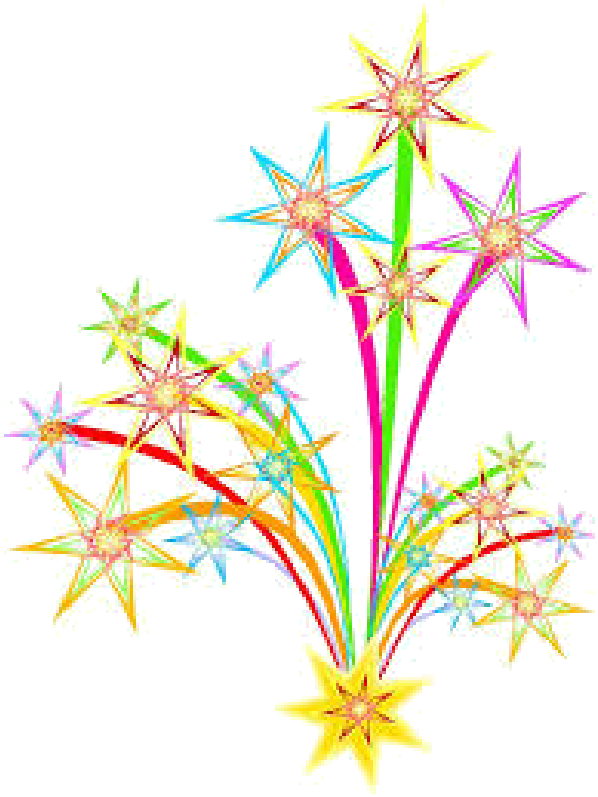

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Five Ways To Maintain Mental Health Whilst Caring For The Elderly

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 hours of every day. Some will want you at their bec 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 he 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.

3 ingredient sugar cookies

1 stick plus 2 tbsp. salted butter
1/3 cup sugar
1 cup all-purpose flour
Preheat oven to 325°.

Use an electric mixer to cream the sugar and butter, whipping the two until the butter is almost white and the mixture is light and fluffy, almost like a slightly gritty frosting, then stir in flour.
Form the cookies into 1" balls, placing them about 2 inches apart on a baking sheet. If using sprinkles, flatten cookies into a disc shape and top with sprinkles.
Bake for 15 to 17 minutes, or until the edges of the cookies are lightly golden.

A New Year's resolution is something that goes in one year and out the other.

Keep the smile, Leave the tear, Hold the laugh, Leave the pain, Think of joy, Forget the fear. Be joyous, cause its a New Year.

What do you tell someone you didn't see at New Year's Eve? I haven't seen you for a year!

What happened to the Irish man who thought about the evils of drinking in the New Year? He gave up thinking.

What's the problem with jogging on New Years Eve? The ice falls out of your drinks!

Knock Knock! Whos there? Mary and Abby! Mary and Abby who? Mary christmas and a Abby new year.

Resolve to care for yourself too

The new year brings a fresh start. For many people, that means making New Year's resolutions. Now is the perfect time to resolve to take better care of yourself while you're caring for your older adult.

3 New Year's resolutions for caregivers

This year, protect your health and well-being by making self-care a priority. Here are three New Year's resolutions to help you take better care of yourself and suggestions for how to make them happen.

1. Get help so you're not doing everything by yourself. Stop doing it aall by yourself. DELIGATE DELIGATE DELIGATE!

2. Take at least 20 minutes for yourself EVERY day. In that time work on things like Improve reducing stress by going on a 5 or 10 minute walk.

3. Schedule regular breaks. PERIOD!

4. Prioritize your own physical and mental health. Yes as caregivers we tend to be big-hearted people however, the chronic, daily stress experienced by many caregivers means they're also at greater risk of many serious illnesses.

5. Spend more quality time with your loved one. If you're like many family caregivers, you're so busy taking care of your loved one's daily needs that you're not really spending quality time together. Rather than letting the hours with your loved one get consumed by monotonous care tasks, make a point of getting out with people you love.

6. Be kind to yourself. Shake off any self-criticism or guilt that you aren't doing all you could be doing. Remind yourself daily that you're doing the best you can for your loved one and your family.

These resolutions might not be the perfect fit for everyone, but they're meant to inspire you to find ways to care for yourself. As the saying goes, "you can't pour from an empty cup." The healthier and happier you are, the better caregiver you can be.

If you would like to advertise with caregiver news contact
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