



CAREGIVER NEWS

Newsletter Published by Rosa's Chante Assisted Living

January 2020

www.caregivernewstucson.com



Happy New Year and Best Wishes from All of Us at Rosa's

Hello everyone and happy New Year. Here at Rosa's we hope your holidays were kind to you. I first want to thank everyone who has been so kind and has helped me and my family during this time of grief. Your support has been a gift in and of itself, and I cannot thank you all enough. If I have not returned your calls or am not myself yet, do not worry, I will be back--in time.

Holidays are over and new goals are being set. Make sure you have set up your new year's goals to accommodate you and your needs.

Ring in the new year is cause for spending time with friends and family, and for looking back. A lot can happen in a year and between the good, the bad, and the ugly, I hope your goals are achievable. 2020 is a time of new beginnings and a fresh start. It comes with a time of reflection. A new year is like a blank book, and the pen is in your hands. It is your chance to write a beautiful story for yourself.

Anthony Diaz



At Mom and Dad Place Senior Living communities,
families know their loved ones will be in the best hands possible.

For Pricing and Availability Call (520) 940-5535

Shannon Rd Location
9980 N. Shannon Rd.
Tucson, AZ 85742



Catalina Location
3430 E. Graham St.
Tucson, AZ 85739

Houghton Location
2655 S Mario Ranch Lane
Tucson, AZ 85730

<https://www.momanddadplace.com>

support@momanddadplace.com

Congratulations
Brianna Henderson

Tucson Hispanic Chamber of Commerce

40 UNDER 40

Arizona Daily Star



40 Under 40
2019 Awardee

Staff, friends, and family are proud to congratulate Brianna on her 40 Under 40 award.



Harmoney
HOSPICE

YOUR COMMUNITY. YOUR HOSPICE.



This newsletter issue is lovingly dedicated to Austin Diaz. Austin was an excellent son to his parents, he was a wonderful caregiver, a brother, a biker, an uncle, a friend and he leaves behind memories that touch our hearts so deep that we can see him daily in our memories, in our hearts and in our souls. He cared a great deal for his parents. His gentle attention to the residents at Rosa's was noted by any who came to visit. He loved his dog very much and shared her with the residents. He had a group of biker friends that accompanied him to his final resting place, and he will always be remembered as a kind, loving and a very gentle man who touched the lives of many.

Our deepest condolences to the Diaz Family and all those who loved him, and many loved him.



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

Happy New Year 2020 and Celebrating 2019!



Happy new year! Happy 2020! A new year and a new decade! It's a good time to set new goals and plan for the year. What did you hope to do last year that didn't happen? What's something you want to learn or do differently?

Before you look ahead, let's not forget that it's also a good time to look back at everything you accomplished and all that went well in 2019. Sometimes we're so focused on doing better and doing more that we forget to celebrate all that we've done and be grateful.

You survived 365 days! That is a huge accomplishment for any caregiver. Yay!

As a caregiver you probably wake up to a full plate every day and it's important to give yourself credit for all that you do. You have one of the most stressful jobs and it's 24/7. You probably don't get enough time for yourself to regroup because you're focused on what your loved one needs.

Since this is 2020, how about making a list of twenty positive things from 2019. Make a list of things that went well. Think of the accomplishments - no matter how small, good memories that you will cherish, little things that made life easier, or friends who may have helped.

Celebrate every accomplishment; they add up! Does a list of twenty things sound like too many? Break it down.

Think of five things you do for your loved one every day. I'm sure you do way more than five, but for this list you only need to think of five. You may not recognize how many times you multi-task and how good you are at juggling. Pat yourself on the back! Five things a day times 365 days. That's 1,825 things a year, and again, that's *only five of the many things you do every day!*

Think about five times shared with your loved one, or with friends who provided moral support. Think of those moments when you felt connected. They don't have to be big moments, just moments that got your attention and made you realize how important each of those people is in your life.

Think of five times in 2019 that made you laugh or smile. When things are difficult, finding the humor can help get you through the moment, and in the future remembering those silly times in the past may help you again.

Lastly, think of five things you've done for yourself in 2019. Oops! This list may come up short. Caregivers tend to be last on their list. So maybe this is your list for 2020. Make a list of five little things that might make your life easier. Maybe someone to provide a bit of respite so you can get a break and not worry about your loved one? Maybe a caregiver support group to talk with others in your situation?

The Caregiver News offers many resources that can help. A huge THANK YOU to Anthony Diaz for this helpful publication!

Beth Fuller, BSW, CMC

TLC Coordination & Advocacy





2890 E Skyline Dr. # 250
Tucson, AZ 85718

RESIDENTIAL BROKERAGE

Meg Sax, CRB, CRS
Associate Broker

Cell: (520) 891-6911
Office: (520) 577-7433
meg@megsax.com

Owned by a subsidiary of NRT LLC

TUCSON SENIOR PLACEMENT

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

OPTIONS FOR:
INDEPENDENT OR
ASSISTED LIVING
MEMORY CARE
BEHAVIORAL HEALTH

ROBIN COATS, OWNER
520.373.0349



TUCSONSENIORPLACEMENT.COM



Beth Fuller, BSW, CMC
Owner/Care Manager

520-305-4454
(no text)

Beth@TucsonLifeCare.com
www.TucsonLifeCare.com

TLC Coordination & Advocacy

Tucson, Green Valley, Marana, Oro Valley & Saddlebrooke

Ethical, Compassionate
Advocacy
Assessment
Consultation
Coordination of Care

2450 E. Speedway Blvd., Ste. 3, Tucson, AZ 85719
Fax: 520-373-5143

www.TucsonLifeCare.com

Gramma's HOME

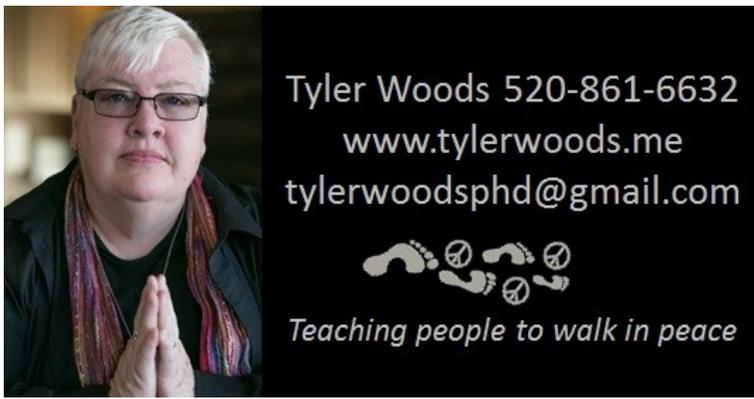
Assisted Living with a Heart.

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 Gramma's Home



Let's Talk Grief — By Tyler Woods

As caregivers we experience grief. How can we not? The people we care for eventually pass on. What can be difficult in life, is when a family member or someone we love dearly that we were not caregiving has passed on. In its simplest form, grief is the normal and emotional response to a loss that can be breathtakingly painful.

It is a deep anguish and sorrow. Everyone in their lifetime will experience grief and loss. It means we loved. It is the normal, natural and inevitable response to loss, and it affects every part of our life. It can be sudden or unexpected. It can be shocking and traumatic or natural and expected.

Grief is an emotional reaction to loss and can include deep sorrow that is painful. On the other hand, it can be a constant ache that seems never to leave, and it can fluctuate between sudden sharp painful emotions or slow ache that leaves you speechless. You can count on it coming in waves, leaving you gasping for breath. This is a natural emotional response to loss. It is sadness, guilt, numbness, anxiety, loneliness, disbelief, confusion, and a list that can be filled with endless emotions, and some emotions that cannot even be classified.

Grief does not have a schedule and its timing is uncontrollable. One reason is that grief is not a choice; it is not voluntary. Grief simply happens and is an automatic reaction. We do not ask for grief it visits us when someone we dearly loved has been taken from us. This reaction comes and goes in such intense waves that it flattens your emotional landscape like a great hurricane that leaves debris in its path. The feelings of loss sweep through you forever leaving you altered, and your outlook often forever changed.

I have specialized in traumatic grief for 21 years and what I have discovered are there are no steps to grief, and everyone is different. The bottom line, grief has dimensions. I have labeled this the three dimensions of grief. First phase Crisis is where we are unable to hardly function. The second phase The Emotional Phase, this is where our emotions wreak havoc in our lives and this phase lasts quite a while. Finally, the third phase The Transcending. This is where we transcend our grief. Your heart and true nature are resilient. You will live through your grief, and with conscious and constructive mourning you will integrate, heal and transcend it.

We will all be faced with grief. It is important to know grief has no order, grief has no stages, there is no time limit to grief and grief just is. Grief is love. The bottom line for grief whether it was traumatic, unexpected or was expected is that grief can be a burden, but also an anchor. You get used to the weight and how strongly it holds you in place.



**“Let me help
you with
your hospice
needs”**



Joanne Hartmann
Patient Navigator
johartmann@emblemhospice.com
Cell 520.345.1580

7225 N Oracle Road
Suite 202
Tucson, AZ 85704
Phone 520.297.1460
Fax 520.297.1547



SOUTHERN ARIZONA SENIOR PRIDE

1632 N. Country Club Rd.
Tucson, Arizona 85716

Phone: 520-312-8923 • E-Mail: info@soazseniorpride.org
Facebook: soazseniorpride • Website: soazseniorpride.org

Senior Pride is the leading organization connecting LGBTQI+ older adults in our community.

Pride is Ageless. Celebrate!

◆ Homebound and isolated?

We can help with *friendly visits and phone calls.*

◆ Do you have a power of attorney, a living will?

Attend Senior Pride "Honoring A Life" Workshops.



See our Website and Facebook or give us a call.



ZACK & SCHMITZ, PLC — ATTORNEYS AT LAW —

NEW LOCATION JUNE 3, 2019

4400 E Broadway, Suite 307, Tucson, AZ 85711

(520) 664-3420

www.TucsonEstatePlanning.com

GUARDIANSHIP & CONSERVATORSHIP
WILLS & TRUSTS • ELDER LAW • PROBATE

RONALD ZACK, ESQ* • SHANELLE SCHMITZ, ESQ
*CERTIFIED SPECIALIST IN ESTATE AND TRUST LAW

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!



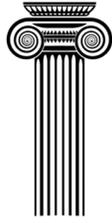
Call us at **520-428-0143**

We are always available
24 hours/7 days a week



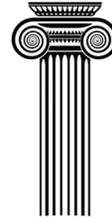
Andes Tax & Accounting

Andes Tax & Accounting, Inc.
Cindy Andes, President & CEO
8765 East Broadway Boulevard
Tucson, AZ 85710
(520) 546-1405
cindy@andestax.com
www.andestax.com



Pillars and Time

A small tale of cats by Leslie Ford



Sitting atop a pillar, at the edge of the yard, Mystic Minnie sunned himself and looked out upon the world. He was unquestionably considered the wisest cat of the neighborhood. Soon, the young kittens would gather around the yard to listen to the old cat tell tales. As pillar-keeper, Minnie would willingly do so partly because he liked a good story, and partly because he thought it was his responsibility.

The neighborhood kittens had been talking amongst themselves about why Minnie was always sitting up on that pillar, so one day they elected a particularly bold tailless youth to challenge the sun-soaking old cat with questions.

“Why do you sit up there all day?” asked young B2.

“This is the best place to warm myself in the sun, and I can watch what goes on around the world,” answered Minnie.

“What’s so important to be watching all the time?”

“Well, for one thing, I can look out after you as you learn how to be a cat and maybe, if I choose to, warn you of the dangers lurking and unknown.”

“Ah, I’m not scared of anything. I’m fierce, and I’m quick.”

“Be that as it may, but there are many things you know nothing of. Do you ever wonder why you run so fast to climb as high as you can up that tree?”

“I’m playing, it’s fun.”

“Actually, climbing is an important skill, necessary for escaping an enemy or catching prey.”

“Okay, whatever you say, see ya,” and B2 bounded off with his friends, barely hearing Minnie as he quietly added, “Someday you’ll remember this.”

B2 had an itch, he wasn’t quite sure what or where it was, but something was nagging him as he wrestled and ran the day away. Long into the night, after the two-legged put dinner out, B2 kept thinking about his conversation with the old cat. The next morning, before his friends could rope him into the day’s play, B2 went to see the wise one.

“What did you mean when you said catch prey?” he sheepishly asked.

“Good day little one, sleep well?” Minnie was feeling a bit cattish.

“Come on, what does that mean?”

“Your nature is to hunt birds, mice, and bugs to feed yourself.”

“But I have plenty to eat, the two-legged that lives in the house puts food and water out here every day. I’m never hungry.”

“Life was different for us before the two-leggeds,” and then Minnie told the tale:

A long time ago, in a far away place, our ancestors were great hunters in a vast land. They were very big, fast, and cunning with many cousins of diverse colors, shapes, and customs. No other creature of the land challenged the ancestors’ mighty prowess. Then one day the humans came along. For a while, they lived side by side in awe and fear of each other. The humans had respect for our ancestors’ command of their world. But, one day, the two-leggeds took over dominion, and they became kings. They brought us into their lairs, put us on chains, and gave us fresh meat as offering for their reverence. In time, we became lazy and started to shrink, no longer wielding the power we once had. We became complacent, accepting the ease that the humans provided. If they want to worship and feed us so be it. But never has instinct, our very nature, been forgotten...

By this time a crowd had gathered, all intently listening to the old cat. They were mesmerized by the images the old pillar-cat drew. B2 was quiet. He didn’t know what to think about the things he’d heard.

“How do you know this stuff? Where do these tall tales come from?” B2 asked, “I can’t believe we were once as you say. You’re just an old pillar-sitter, lazing in the sun all day.”

“Someday you will know little one, now run along, go chase and tackle your friends as if they were a great herd of antelope running across the grassland,” and with that Minnie started cleaning himself to get comfortable for the day.



There is Nothing Like Home



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.

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.



(cont'd) B2 was uncharacteristically thoughtful as he stalked and pounced on his friends throughout the day. He looked warily upon the non-descript bowl of food the "human" set out for them. That night, he dreamt. He was huge, as big as the wolfhound next door. He was crouched low in the tall grass of a vast valley, eyeing a large herd of zebra, watching their every move. He spotted the weak one and circled around... And then B2 woke, empowered, yet disturbed by the vividness of his dream.

The next morning, and many mornings after, B2 went to listen to Minnie tell his tales. Sometimes the stories would be of his cousins, both near and far, the jaguars, bobcats, lions, tigers, and cheetahs. Sometimes they would be about the dangers of living in the human world, cars, vets, and mysterious disappearances. Sometimes the stories just meandered around everyday cat's life. Minnie told him of catnip, dust baths, and offspring. Then the old mystic would send B2 off to play because that was as important to a kitten's education as listening to an old cat tell stories. But he would always quietly add, "Someday you will remember."

As the days went by and B2 grew, he found he was way too busy to sit at the foot of the pillar all morning. He became much more interested in chasing after the sweet scent of some of his former wrestling mates. He soon forgot about the old storyteller. Occasionally, he would stop and chat about the weather, or a misfortune of some kind. Later he would send his offspring to go listen to the old pillar-cat tell tall tales.

And then one day B2 noticed that the pillar was empty; the old cat was nowhere to be seen. So he thought he would jump up, just to look around, and a strange feeling came over him, sort of like an itch. He started to clean himself and get ready for the day. Sitting atop a pillar, at the edge of the yard, B2 sunned himself and looked out upon the world. Soon, the young kittens would gather around the yard to listen to the old cat tell tales...

Reprinted from the Connection March 2004

Humor Corner

GIBBLEGUTS.COM

By Dan Gibson



Friday night drag racing at the senior's home.

Recipe Corner

Easy Elephant Ears



Ingredients

1/2 cup sugar

2 teaspoons ground cinnamon

1 package (17.3 ounces) frozen puff pastry, thawed

Directions

Preheat oven to 375°. Mix sugar and cinnamon.

On a lightly floured surface, roll one sheet of pastry into an 11x8-in. rectangle. Sprinkle with 1/4 cup cinnamon sugar. Working from short sides, roll up jelly-roll style toward the center. Wrap in plastic; freeze 10 minutes. Repeat.

Unwrap and cut dough into 1/2-in. slices; place on parchment paper-lined baking sheets. Bake 12-15 minutes or until crisp and golden brown. Remove to wire racks to cool.

Nutrition Facts

1 elephant ear: 87 calories, 4g fat (1g saturated fat), 0 cholesterol, 51mg sodium, 12g carbohydrate (3g sugars, 1g fiber), 1g protein.

Source: <https://www.tasteofhome.com/recipes/easy-elephant-ears/>

Eugene P. Tashquith Sr. Livestock Complex • Sells, AZ (Hwy 86 Milepost 110)

82ND ANNUAL
TOHONO O'ODHAM NATION RODEO & FAIR
O'ODHAM
WAPKIAL
HA-PAS

Miss Tohono O'odham
Nation Pageant
January 19, 2020

JANUARY 30, - FEBRUARY 2, 2020

All Indian Rodeo, All Indian Jr. Rodeo, All Indian Women's Rodeo, All Indian Masters Rodeo,
Exceptional Rodeo, O'odham Wapkiak Team Roping, Wild Horse Race

Business Expo, Arts & Crafts, Basketball Tournaments, Carnival, Live Entertainment,
Exhibits, Fun Run/Walk, Parade, Pow Wow, Traditional Dances, Traditional Games,
Waila Contest, Community Day, Food Vendors, Fair and much more...

30th Annual Women's Toka Tournament

Parade Theme:
Si has ha'etid hegam mo wud m-gewKday
"Honoring the People Who Inspire Us"

For more information visit www.tohono-nsn.gov or call the Tohono O'odham Nation Rodeo and Fair Office 520-383-2588

Persons attending and participating in the Rodeo and Fair assume all risks including, but not limited to
illness, injury, death or property loss and agree not to hold the Tohono O'odham Nation, its agents,
event sponsors and volunteers liable.

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



Out n
About
with

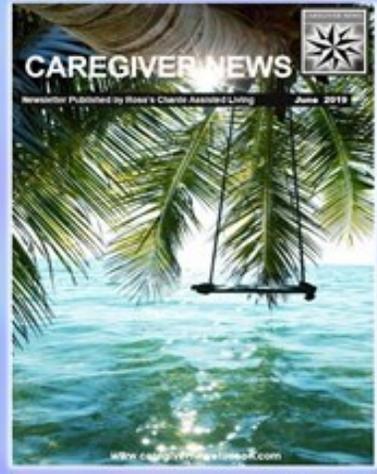


A
n
t
h
o
n
y

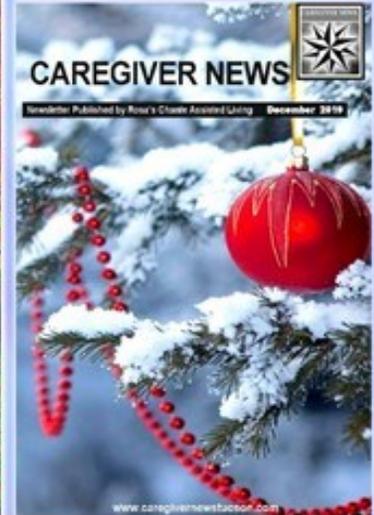
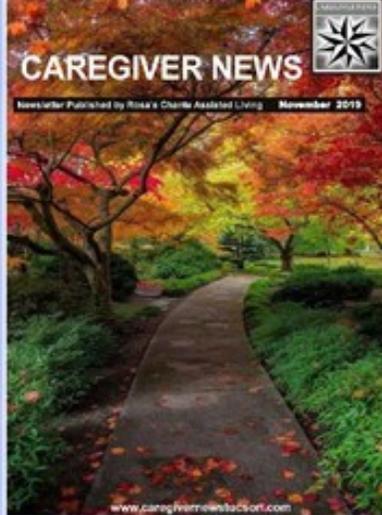
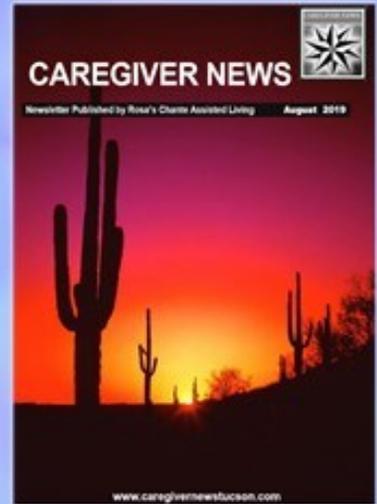




Congratulations Anthony for another year of publishing an informative, colorful, and useful newsletter to the Caregivers' community! Let's make the next year even better!



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



24 HOURS ON CALL



Phone 520-751-1998

Fax 520-751-3767

Rosa's Chante Assisted Living

- * Local business
- * "Open Door" policy for Visitors
- * Full time Certified Manager
- * Tempting Home Prepared Meals
- * 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



**HAPPY
NEW YEAR
2020**

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