



CAREGIVER NEWS

Newsletter Published by Rosa's Chante Assisted Living

January 2021





Welcome to January 2021!

The Christmas decorations and trees have been taken down and packed up, and we are gearing up for our new year! Yes, 2020 was filled with unforeseen and unheard of challenges, but we all weathered through the year, and I personally am looking forward to a healthy, productive year. Sure, we still have to be aware that the Covid virus is still very active, and we must continue with our efforts to keep our caregivers, clients and residents as safe as possible. However, we do have vaccines becoming more widely available, which should help slow down the spread of the virus.

I'm looking forward to the new adventures that a new year always presents one of which is the launch of Simply Classy Caregivers, which is a website hosting platform that is designed to serve our caregiving community. We will be building and maintaining websites, in a simply easy to use format much like my own websites at www.rosaschanteassistedliving.com and www.caregivernewstucson.com. Leslie Ford, Tyler Woods and myself will be heading up this new project.

Finally, I want to wish all of our readers, writers, advertisers a Happy New Year and I look forward to another successful year of Caregiver News!

Banner Health

COVID Trends | November 2020

Is it flu, cold, allergies or COVID?

Anthony Diaz

Symptoms	COVID-19 Symptoms mild to severe	Influenza (flu) Abrupt onset of symptoms	Common Cold Gradual onset of symptoms	Seasonal Allergies Symptoms change based on environment
Fever	Yes	Yes	Rare	Sometimes
Cough	Yes (dry)	Yes (dry)	Mild	Yes
Sneezing	No	No	Yes	Yes
Runny Nose/ Congestion	Rare	Sometimes	Yes	Yes
Sore throat	Sometimes	Sometimes	Yes	No
Diarrhea	Rare	Sometimes	No	No
Body aches	Sometimes	Yes	Yes	No
Shortness of breath/difficulty breathing	Yes	Rare	Rare	Rare
Loss of taste and smell	Yes	Rare	Rare	Rare

Adapted from CDC, Intermountain Health

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:

Grama's HOME
 Assisted Living with a Heart.
520-349-2248



*All it takes is a little TLC
 Our residents seem to wake up
 and start living all over again.*
 Call Valerie Scott Plan a visit to Grama's Home

January 18, 2021
Noon – 1:00p.m.



Harmony
HOSPICE
— YOUR COMMUNITY. YOUR HOSPICE. —

Healthy Relationships



Free CEU offered

*Virtual training
hosted by Harmony Hospice*

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



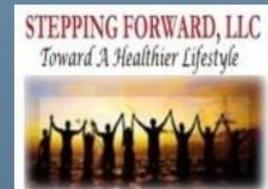
www.harmonyhospice.org

What do healthy relationships look like? Join us for an interactive discussion on how we can be empowered to have healthier relationships, starting with ourselves.



Special Guest Presenter

Lilly Mees
Founder and CEO
Stepping Forward, LLC

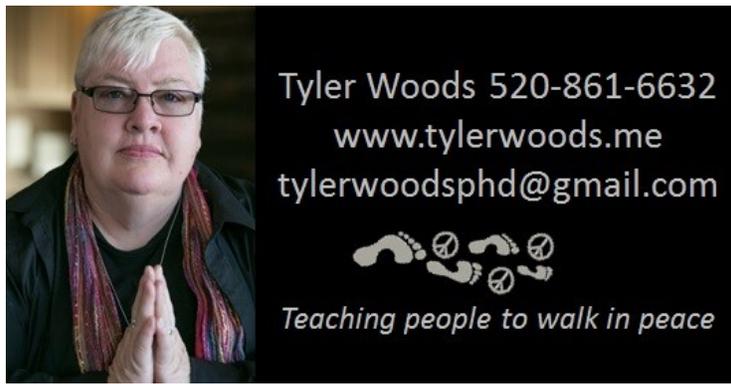


RSVP Required:

Call Kenya (520) 284-9334 or email kromero@harmonyhospice.org

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

1200 North El Dorado Place, Suite B-200 Tucson, Arizona 85715 (520) 284-9334



New Year's Resolutions, or Better Yet Intentions

By: Tyler Woods

Well happy 2021, they say it cannot be worse than 2020. It certainly could and that is why it is important to be careful what you wish for. New Years' holiday is often marked by fireworks, parades, and reflection upon the last year while looking ahead to the future's possibilities.

Many people celebrate New Year's in the company of loved ones, involving traditions meant to bring luck and success in the upcoming year. Many cultures celebrate this happy day in their own unique way. Me, I celebrate by watching a few fireworks on TV and being in bed by 9:00pm.

A new year is a great opportunity to reflect on your growth of the previous year. It's a good time to review what you've learned and how you've grown through the inevitable challenges life presents. Oh, and we certainly saw a lot of changes and pain in 2020. Many of us hope to make those changes with resolutions we make, which mainly concern diet, exercise, bad habits, and other issues concerning personal wellness. I gave up making New Year's Resolutions a quite a few years back when I realized that they rarely, if ever, work. How often have you got around to December 31st and looked back over the past year and congratulated yourself for sticking to that New Year Resolution that you made last December? RARELY, if ever! In fact, many Americans make New Year's resolutions each year yet only 8% of them succeed--How grim is that.

The reason they didn't work for me was because they were all about giving something up for an entire year, which is utterly impossible for most of us. Typically, a resolution is based on what you think you need. Then we focus on what a failure we are rather than the successes we really are. How about instead of resolutions you set New Year's intentions?

Setting and living your intentions allows you to focus on who you are in the moment, to recognize and live your values, and to raise your emotional energy, which in turn raises your energy. Setting intentions is a powerful way to achieve success and happiness. They can help you do that. They provide a roadmap and reminder for how to live out each day. Intentions give you purpose, as well as the inspiration and motivation to achieve your goals. The practice of setting intentions can change your life.

There are several things you can do to set an intention. First, setting monthly goal not just because short-term goals are more easily attainable but also because as you set yourself to accomplish smaller tasks, you also build up your self-esteem, raising the bar as you move forward. New Year's intentions work far better than the ominous task of resolutions and does not set us up to fail! Living a full life isn't about making some half-hearted decisions that don't really mean anything. That's not what truly confident people do. Instead, make confident choices based on what really matters to you, and jump in with both feet. If we set up more short-term intentions, we increase accountability. So, have a Happy New Year and set some short-term intentions and give yourself time and room for improvement.





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

Early Signs of Dementia

Dementia encompasses several conditions and can be described as a group of these conditions. In effect, the term dementia is used to describe progressive memory loss that can alter the daily life of affected individuals. Memory loss, difficulty performing simple tasks and a general disorientation are also included in the description of this condition. At a more severe stage, people are known to lose their speech too. While most commonly the elderly are prone to developing this condition, in a few rare cases, younger individuals may develop it too. There are several types of dementia, and while the individual symptoms may vary, all of them usually have a common start. These signs have been explained here.

Studies have shown that women are more prone to developing dementia and its related conditions than men. However, one may notice the onset of the signs and symptoms in men too, which are not very different from those in women. The signs and symptoms of dementia are usually overlooked by people in the initial stages. It is only when these symptoms get severe that people tend to take the condition a little more seriously. As mentioned earlier, dementia usually occurs in the elderly and may be considered as one of the many effects of aging. Before this condition worsens, it is important to be aware of its early signs, because this condition cannot be completely treated, but its increase in intensity over time can be delayed to a certain extent.

Short-Term Memory Loss: One of the first signs of dementia is short-term memory loss. The inability to remember what one was doing a few hours ago, what one ate for lunch, or where one was is a common symptom at the onset of this condition.

Disorientation: Another symptom is that those suffering from this condition often find themselves disoriented in relation to the place they are in or the time. They may suddenly begin to wonder how they landed up at a particular place, though they have been there all the while.

Confusion: Such individuals are also often confused because of their short-term memory loss and disorientation. This is one of the symptoms of senile dementia. They fail to understand what their course of action should be, and often end up doing things without meaning to do so, or understanding what they are actually doing.

Engaging in Repetitive Behavior: Because they slowly lose their memory, those exhibiting the signs of dementia may engage in repetitive behavior. For instance, they may forget that they have taken a medicine and take it again, or they may forget that they have eaten and eat again. Such signs should be taken seriously as repeating certain behaviors can be harmful.

Misplacing Belongings: In the early stages of dementia, it is common for those affected to misplace their belongings. They may lock their cupboards and misplace the keys, or remove their ring while bathing and forget where they kept it.

Sudden Mood Swings: Another sign is their sudden mood swings. Because of the confusion and memory loss, they are likely to become suspicious of others around them, or simply withdraw socially and may not display much emotion. These conditions may alter their personality greatly.

Lack of Judgment: Lack of judgment may be one of the early signs of dementia. For instance, a good cook, when affected by dementia may add little or no salt to the food, or may lose judgment of how much to add, or how long to cook the food. In situations like driving too, this judgment may be affected.

Loss of Command Over Language: Those suffering from this condition may slowly forget certain words as part of speech, and may substitute them with the words they can remember. These words and the sentences formed using them may or may not make sense.

Loss of Drive: Finally, the symptoms of dementia may include a complete loss of drive and initiative to perform any activities they previously enjoyed. Over time, they are likely to lose initiative to perform even basic tasks. For instance, they may have to be prompted to eat food and the like.

As you can see, all the early signs of dementia can be overlooked easily. Also, these signs are not just common in the elderly. As mentioned earlier, though common in seniors, younger people too can develop it. If these symptoms are noticed more often than not, it is a good idea to visit a doctor or a psychiatrist to discover and treat the problem. Because dementia is caused due to a rapid degeneration of brain cells (either due to aging or a lack of oxygen to the brain, or for any other reason), it is important that it be treated correctly at the earliest. The doctor may administer a test to understand the cause of the condition and treat it. The treatment for this condition basically depends on its cause.

There are also some things the affected individual can do to keep this condition at bay, particularly if it strikes at a younger age. If the aforementioned signs are spotted, a visit to a doctor is a must. However, other things can be done to keep it under control. Engaging in activities that keep the brain active and including some brain power foods in the diet, will help prevent the condition from worsening. Again, only this will not help, and it is important that the affected individual receives the appropriate treatment and medication for the condition at the earliest.



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



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



Protect Yourself

AVOID COVID-19 Vaccine Scams

As COVID-19 vaccine distribution begins,
here are signs of potential scams:

- You are asked to pay out of pocket to get the vaccine.
- You are asked to pay to put your name on a vaccine waiting list or to get early access.
- Advertisements for vaccines through social media platforms, email, telephone calls, online, or from unsolicited/unknown sources.
- Marketers offering to sell or ship doses of the vaccine for payment.

✓ **Protect Yourself. Do not give out your personal information to unknown sources.**

! If you believe you have been the victim of COVID-19 fraud, immediately report it to:

- HHS-OIG Hotline: 1-800-HHS-TIPS | tips.hhs.gov
- FBI Hotline: 1-800-CALL-FBI | ic3.gov
- CMS/Medicare Hotline: 1-800-MEDICARE



For accurate, up-to-date information about COVID-19, visit:

oig.hhs.gov/coronavirus
fbi.gov/coronavirus
justice.gov/coronavirus



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



Realistically Decluttering and Organizing for the New Year

So, here we are. 2020 is finally over, and I know that a lot of people are VERY happy about that. Here's hoping that 2021 will be better.

Now that the holidays are over, it's time to come up with a decluttering plan for the new year. I know it can seem daunting, but making a plan is the best way to make sure that you get it done.

The easiest way to make a decluttering plan is to sit down with a piece of paper and list every room of your house. Leave space under each entry. If you have never decluttered, you might need several pieces of paper.

Once you have all of the rooms of your house listed, also list any closets or other spaces (like garages or storage units) that will need to be addressed as well. Make sure you leave room under each one to write things down. Under each entry, put down everything you'll need to go through to thoroughly declutter.

Here's an example. For the kitchen, you would write down drawers, cabinets, countertops, under the sink, and pantry, if you have one. Don't forget to add your refrigerator and freezer to the list. I'm sure you have something in the freezer that has been shoved to the back and forgotten. Ask me how I know.

Once you've listed everything that needs to be gone through in the whole house, estimate how long you think each task is going to take. And then add at least 30 minutes to each of your estimates for your smaller tasks, and at least an hour to each of your estimates for your bigger tasks.

I'm not kidding.

Decluttering, if you're actually taking the time to think about the things you're dealing with as you go along, ALWAYS, ALWAYS, ALWAYS takes longer than you think it's going to. Why? Because life happens. You might get a phone call right in the middle of what you're doing. Or one of your kids might need you for something. Or, as happened to me once or twice, you might come across something of sentimental value that causes an emotional reaction, and you need to stop for a little while.

Once you have a more realistic time frame for each task, look at your calendar and figure out when you'll be able to do each task, and schedule it. Let's face it: it's soooooo easy to say, "I'm going to clean off the bookshelves and figure out which books to donate and which books to keep, and I'm going to dust before I put everything back." The problem with saying that is that you can keep saying it and not doing it. If you say, "This Saturday I'm going to spend the entire morning working on the bookshelves" it's more convincing. And trust me, most of us can use some convincing when it comes to cleaning things out and decluttering. My business is helping people get organized, and I still sometimes resist doing it for myself.

Make the declaration to do the work, and then put it on your calendar. Treat it like it's a business appointment. Don't be late, and don't skip it.

If you have a lot to declutter, or if it's your first time decluttering, you might find that it's going to take you quite some time to get through everything. That's totally ok. Just because you are starting to declutter, it's not a race. There is no time limit, other than what you impose on yourself. Don't get discouraged if you can only manage an hour each weekend and it looks like it's going to take you the next six months to cover every area that you want to.

For now, just make your plan, and get the tasks scheduled.

And remember, when decluttering, it's ok to start slowly, and it's ok to start small. If you can only manage one kitchen drawer on any given day, don't worry about it. Think about what you DID get done. You can do one drawer each day until they're all done. Then you can move on to cabinets and other areas of the kitchen or pantry. Continue with one small thing per day, and before you know it you will have the entire kitchen completed and you can move on to another room or area of your house.

As Glennon Doyle says, "We can do hard things." You can do this.

Lisa Sealey is an organizing expert. For more information about her and what she has to offer, go to her website at www.lisasealey.com. You can also sign up for her weekly newsletter at www.lisasealey.com/newsletter.



Discharged from the Hospital?

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

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

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

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

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

Personal Care Includes:

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

Who benefits most from our Discharge Recovery Program?

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

3055534

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

©2017 All Rights Reserved. Caring Senior Service

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



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**

PRIZES

LIVE MUSIC

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

March 11, 2021
@ 9am – 5pm

VENDORS

FOOD TRUCKS

Foothills
 REHABILITATION CENTER
 And
 (You're Name Here)

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

RAFFLES

2020 Grad Contests
\$1,000 Grand Prize
2nd Annual Health Fair

Celebration of 2020
 With
The placement of our
TIME CAPSULE
 Sponsored by
Placita at Home Care

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

10 Caregiver Confessions

News flash: no one is perfect. It would be great if caregiving always brought out the best in people and their hearts were always in the right place. But let's be real.

Caregivers struggle, at least occasionally, and may even have had some thoughts they are not proud of. It is important to remember that thoughts are not actions, but they can be an emotional thermometer. Why are you having these thoughts and what are these thoughts telling you?

Have you ever felt like this?





AT HOME MEDICAL CARE LLC

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

Medical house calls also appeal to patients that are too sick to drive to the doctor's office; or patients who fear getting sick while sitting in a waiting room full of germs; or patients that don't want to face the traffic that ensues while driving to the doctor's office.

Home visits allow for a more one-on-one relationship with your provider.

Why not be seen in the comfort of your own home for the same cost?

A provider that is totally committed to treating patients in their own home.

A provider that has worked in the community for 20 years.

A provider that understands all the obstacles of living in your own home after a serious illness or injury.

A provider who has a wonderful network of community agencies to assist with your care if needed.

There is Nothing Like Home



Home Medical Care L.L.C. is a house calls practice that is owned and operated by an adult geriatric nurse practitioner who has been treating patients in their homes for 25 years. Over the past 25 years, it became more and more obvious that patients should not have to neglect their medical needs just because they cannot get to their doctor's office.

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

Patients no longer have to worry about transportation, or not feeling well enough to make an appointment, or having a love one to take off work to bring them to a doctor's office.

Created to CARE



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

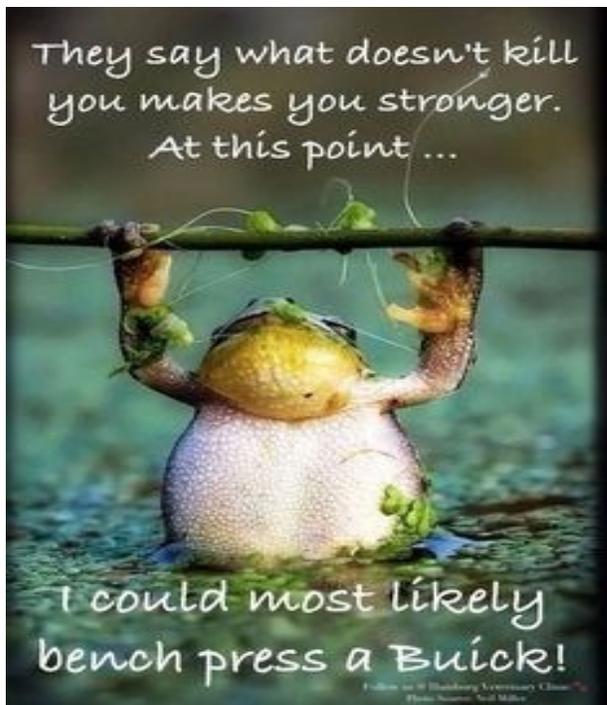
 TMC HealthCare

 MAYO CLINIC
CARE NETWORK
Member

Humor Corner

Fun New Year's Resolutions

1. Make vanilla pudding. Put in mayo jar. Eat in public.
2. Hire two private investigators. Get them to follow each other.
3. Wear shirt that says "Life." Hand out lemons on street corner.
4. Get into a crowded elevator and say "I bet you're all wondering why I gathered you here today."
5. Major in philosophy. Ask people WHY they would like fries with that.
6. Run into a store, ask what year it is. When someone answers, yell "It worked!" and run out cheering.
7. Become a doctor. Change last name to Acula.
8. Change name to Simon. Speak in third person.
9. Buy a parrot. Teach the parrot to say "Help! I've been turned into a parrot."
10. Follow joggers around in your car blasting "Eye of the Tiger" for encouragement.



Recipe Corner

3-Ingredient Cinnamon Monkey Bread with Berries



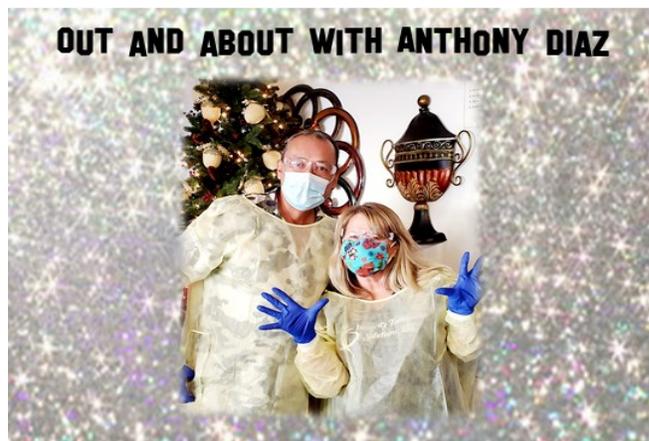
Ingredients

- 2 17.5-ounce cans refrigerated cinnamon rolls with icing (such as Pillsbury)
- 1/2 cup butter, melted
- 3 cups mixed frozen berries

Preparation

1. Preheat oven to 350° F. Grease a 15-cup Bundt pan.
2. Remove dough from can and separate cinnamon rolls (reserve icing packets). Cut each roll into quarters.
3. Toss dough with melted butter and mixed berries. Arrange dough and berry mixture in baking pan, pressing slightly.
4. Bake about 40 minutes, or until golden and slightly risen. Cool in pan about 15 to 20 minutes, before turning over onto serving platter.
5. Top with reserved icing, if desired, and serve immediately.

Source: <https://www.today.com/recipes/3-ingredient-cinnamon-monkey-bread-berries-recipe-t106517>



A Year in Review

of

our

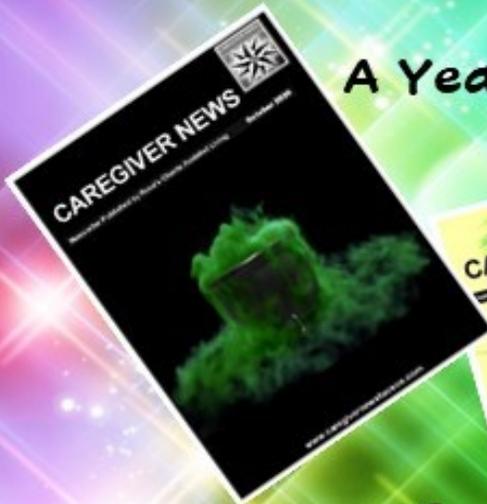
Caregiver News

Thank

You All

Say goodbye to 2020

Let's hope for a healthy year in 2021!



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

Simply *Classy*

Caregivers

Serving the caregiving community



- Digital Marketing
- Domain Name
- Web Design
- Monthly Management

simplyclassycaregivers@gmail.com

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



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

Kittycat