



Newsletter Published by Rosa's Chante Assisted Living

March 2019

www.caregivernewstucson.com



Hello and welcome to March. Did we just have a snowstorm in Tucson? We sure did and we broke records for the snow fall in Arizona. It was a pretty wonderful thing to watch and our residents got a big kick out of it watching it from the warm kitchen inside Rosa's. It was fun looking at all the pictures and watching people react like children to the cold wintery powdery substance falling from the sky. It is indeed a rare sight to see in Tucson. Here is the question though. Why am I talking about a snowstorm that happened last week? That is easy spring happens this month. That is right, with March being here, it means more than just the luck of the Irish of St. Patrick's Day, it means spring has sprung. Days become longer and weather gets warmer in the temperate zone because the earth tilts towards the Sun. Plants grow and flowers bloom, birds chirp, and spring represents the sights, smells and sounds.

Why am I happy about spring? Because there is so much to hear, smell and see. For instance, birds migrate south during the winter so spring brings about the wonderful sounds of the variety of birds have to offer us, which if you are a caregiver, it can be soothing. Many animals reproduce in the spring, when temperatures are warmer and food is plentiful. Baby bunnies, ducklings, chipmunks, and other animals come around during spring. Studies have found that seeing cute animals can have positive effects on humans.

Warmer temperatures mean you can spend more time outside. Research has found that being in nature slows your heart rate and makes you more relaxed, which slows your blood pressure and there is strong research that indicates there is something special about spring's effect on your brain. It makes the brain calmer and more active. The research also says that spending 30 minutes or more outside in warm, sunny spring weather creates higher mood and better memory.

There are so many wonderful advantages to spring that I want to remind you all to enjoy it and utilize to better your health and wellbeing as well as the health and well beings of those who you are caring for. So wear green and eat some corn beef and cabbage, enjoy Mardi Gras, welcome earth day and make sure you enjoy the spring of 2019. It should be wonderful with all the weather we have had this year and we here at Rosa's wish you and very happy spring.

Anthony Diaz

FREE FAMILY FUN DAY!!

MARCH 16, 2019
11 AM - 3 PM
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March 20, 2019
Noon – 1:00p.m.



Planning Ahead for Solo Seniors

Free training hosted by
Harmony Hospice.



www.harmonyhospice.org

Harmony Hospice
1200 N El Dorado Place, Suite B200
Tucson, Arizona 85715

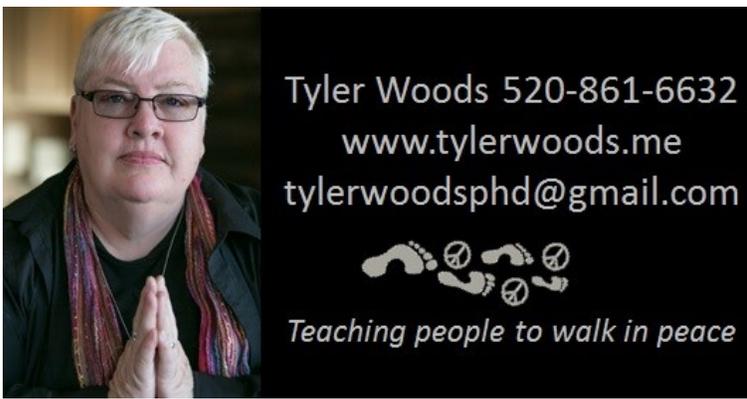
You're alone and aging!

Medical decision-making is important and planning ahead is vital for solo seniors. Learn about advance directives and choosing an effective surrogate.

Special Guest Presenter:
Elise Bajohr, Care Manager
Jewish Family and Children Services of So. Az.

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

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The Benefits of Meditation for Seniors and Caregivers

I run a meditation group with people from the age of 25-70. I love running this group as I see how it changes people no matter what age. Did you know meditation changes the grey matter in the brain? For many seniors, learning what meditation is not, makes it easier to understand what meditation is.

For example, meditation is not about “emptying your mind”, sitting lotus-style, seriously I have not sat with my legs crossed for over 30 years! It does not mean chanting meaningless words. Instead, meditating is finding a quiet place and start the process of relaxing. By simply sitting for a few minutes and breathing slowly and deeply you have already started meditating. The next step is focusing your mind on one thing to begin calming your mind. You can focus on your breathing or an image you find particularly relaxing like: a placid lake at sunset or a campfire at night. Try to resist allowing random thoughts to enter your mind by concentrating on a single image or on your breathing. So why am I talking about meditation? It is good for seniors and it is GREAT for caregivers however, why should I talk let me tell you why you may want to teach your seniors meditation.

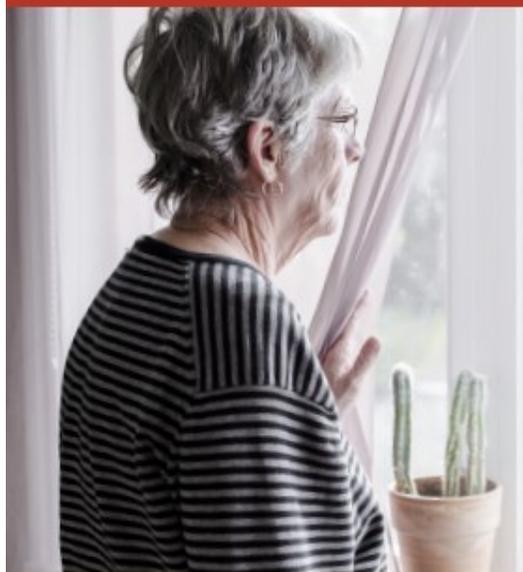
- 1) **Mood Enhancement:** Feelings of depression and loneliness are common in the elderly. These conditions are often linked to the normal changes involved in aging. Regardless of the cause, meditation has been shown to reduce negative feelings and amplify more positive emotions.
- 2) **Improved Digestive Function:** Deep breathing is a vital part of meditation, and the action helps improve circulation while boosting blood oxygen levels. Seniors suffering from digestive issues will experience almost immediate relief once they engage in regular meditation.
- 3) **Slowing Alzheimer’s Progression:** A recent double-blind study showed that breathing exercises and meditation may combine to slow the progression of Alzheimer’s disease and dementia. It is believed that meditation may protect the brain against the damaging effects of stress and anxiety.
- 4) **Anti-Inflammatory Action:** Stress causes inflammation, which can ultimately lead to a variety of debilitating conditions including arthritis, asthma, heart disease and psoriasis. Relaxation through meditation can help prevent these conditions from developing by lowering the stress response.
- 5) **Promotes a Sense of Calm:** Meditation can help seniors organize thoughts and gain perspective.
- 6) **Improved Memory:** Memory centers in the brain are stimulated during meditation. Since one of the most common afflictions of old age is memory loss, meditating on a daily basis can help improve both short and long-term memory.
- 7) **Lowers Blood Pressure:** As a group, older Americans suffer a much higher rate of high blood pressure when compared to the general population. Meditation helps lower blood pressure by inhibiting the effect of stress hormones.
- 8) **Managing Chronic Pain:** Chronic pain can be devastating, not only physically but also mentally. There can be a mental downward spiral when plagued with questions such as: What happens if I don’t get better? What if it gets worse? These questions that can spiral out of control can actually make the pain worse. But with mindfulness meditation techniques the mind can be calmed and the pain reduced. According to a Psychology Today article, clinical trials have shown individuals can reduce chronic pain by 57% using mindfulness meditation and advanced meditators can reduce it by over 90%.

Bottom line, research has shown meditation works well with seniors and it is simple and easy way to promote positive health care, emotions and behaviors.



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experiencing an acute emotional
or behavioral challenge?*

The TMC Geropsychiatric Center is your partner, your resource and your specialist.

Your Partner

We work with senior and assisted living centers, as well as with families, to strengthen outcomes.

- Establish communication with your adult home or community
- Ensure residents return safely
- Maintain and coordinate continuity of care

Your Resource

The highly trained and skilled TMC staff are available to you.

- Public presentations to residents, staff and families
- Workshops for your professional staff
- Answer your questions about acute behavior and symptoms

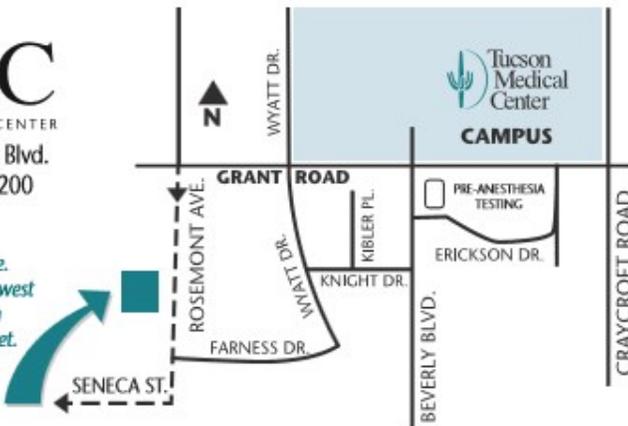
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We specialize in treating acute behavioral disorders related to aging, such as dementia and depression.

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Transitioning from a House Full of Personal Items to a Room at Most

There will most likely be a time when it becomes necessary for you as a caregiver to talk with an elderly or disabled person about deciding what personal items can be brought with a person who is transitioning from living at home that is filled with their furniture, personal items and memories to an assisted living facility, a nursing home or some other arrangement that is outside of the person in care's private home. We know that this is a touchy and troubling topic for many seniors or disabled people to understand and deal with, but it is also absolutely necessary to look at and address.

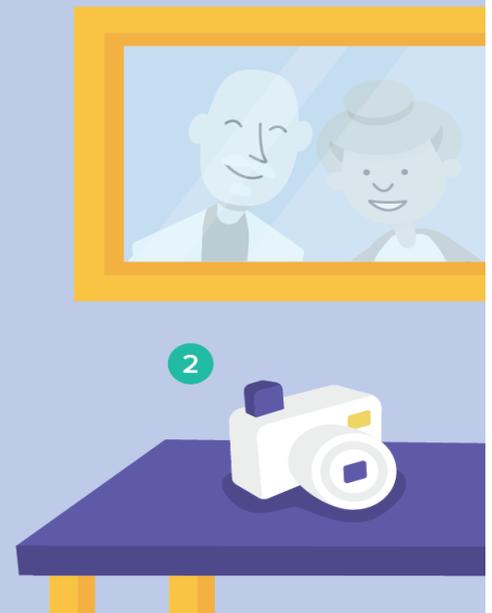
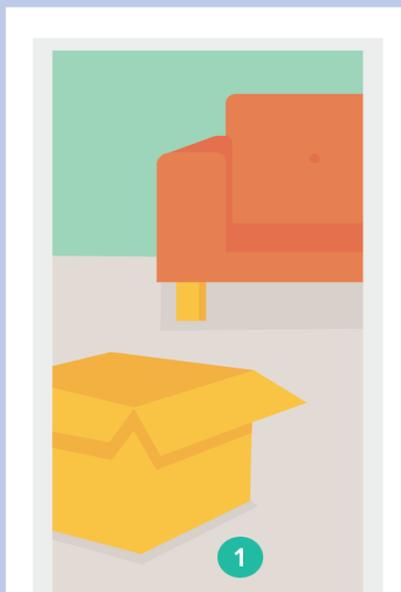
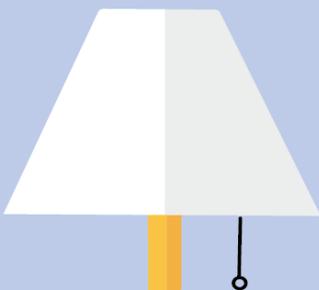
Transitioning from a house full of personal items to a room at most is often a very stressful process for all involved in helping and making the move. Try to find ways to keep the stress and other emotional disruptiveness to a minimum by planning.

When the sorting process begins, keep in mind the size of the place, an apartment is going to have more space than a room; however, most any place is going to be smaller or space challenged than the home one is being moved from. Check with the facility to find out what they already have available for use or any restrictions on electronics, coffee pots, or valuable personal items. If one is moving into an assisted living apartment, there will often be room enough for a few pieces of furniture; however, a small assisted living home will often only have enough room for a few personal items with a dresser and closet space for clothes.

In the best scenario, there will have been a plan already made about how and where one will be moving to; therefore, lessening the stress a bit when it comes time to make the move. However, this is not always the case, and you or your loved ones may be faced with what feels like an undoable amount of work to take the necessary steps to manage a move. In this case, do some research and use any resources available in your area to help you with your decisions will be immensely because transitioning from a house full of personal items to a room at most can be a daunting task.



- 1 Pack room by room
- 2 Take pictures





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Develop Your Skills to Care for The Elderly: Wound Care

If you care for an elderly member of your family, you will fully understand that maintaining his or her health is extremely hard work and you will often feel like you are fighting an uphill battle that looks endless with no chance of winning! It takes dedication and sheer hard work to gain the advantage sometimes, and even then, something will inevitably crop up to send you back to stage one again. Seniors are like children in many ways as a result. They are frequently getting into situations that can and will end up with some sort of minor injury. This applies to every senior with a mental or physical disability. One of the main reasons behind it is that elderly people who need constant care are prone to losing sight of their own mortality, like children, and do not maintain realistic attitudes towards what they can do. It is essential, therefore, that any caregiver has a basic knowledge of wound care.

Cuts and scrapes are perhaps the most common results of accidents amongst the elderly in care. They can be seemingly small and barely be noticed by the elderly person on the receiving end. However, all cuts and scrapes can easily become a more significant injury if they are not treated as soon as they occur. All wounds should be cleaned, disinfected and dressed as soon as they happen. It is no good leaving them until a few hours or days later because the damage can already be done by then. I know that this sounds pretty serious, but also ridiculous at the same time. After all, we are just talking about cuts, grazes and scrapes. However, it is often the small things that are overlooked and come back to haunt you. It is therefore important to remember that any physical injury that a senior sustains can become serious if given the opportunity. As a result, caregivers must be extremely vigilant and administer first aid and general care as required.

Any caregiver should attend a basic first aid course very early on in their role. Community colleges often provide basic first aid courses that cover all of the information that you need to know about administering it at a moment's notice in any situation. Some of the content of these courses is common sense, but if an instructor stresses it to you, you are more likely to remember it when you are called upon. It never hurts to refresh information that you have learnt previously either. Even if you have been on a course in the last couple of years, you should look into taking another one that is more specific for your new role. Any course will include wound care as a basic requirement.

Another important element of wound care is ensuring that the elderly individual in your care is completely up to date with any necessary shots. Tetanus is especially important because it is perhaps the easiest serious infection to contract. The bug only needs a small open wound to spread through the body via the bloodstream. This fact also serves to reinforce the point that infection control through wound care cannot be underestimated and dismissed as an unimportant concern.

Wound care is easy enough to learn for any caregiver and there is very little practice required in order for you to get it right. It therefore demands little of you time by can pay dividends when you look at how devastating any number of infections and bugs can be.



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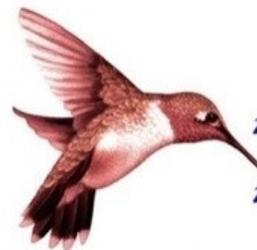
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Caring For The Elderly: Working With Their Money

If you are the primary caregiver for an elderly relative, you will soon come to realize that your responsibility is not limited to their personal health. You will quickly discover that you will ultimately be expected to take care of their lives in general, which includes everything from regularly scheduled appointments and social events, to their finances. The latter will usually be one of your more important concerns, whether you feel comfortable with the idea of being responsible for someone else's money or not. In an ideal world, there will be very little to this and you will not need to spend much time on it because of wealth that your senior relative has accumulated over the years. However, in reality, it rarely plays out that way. You will effectively have to budget for them over the course of the time that they are in your charge.

Before you can even begin to start budgeting for your elderly relative, you need to work out exactly where they stand with their finances. You can do this by getting organized and drawing up an effective set of accounts that you can work with on a weekly basis. These accounts do not have to be professional by any means, as long as you can fully understand and follow them. You should look at all of the household bills and payments towards outstanding debts as well as any other outgoings over the 12 months before you actually took over that particular set of finances.

Taking income from pensions and other sources into account, you should take the previous years' outgoings as a good indicator of what you can expect to pay out in the coming year as well as the amount of expendable wealth that you will be left with for general provisions. Income is a vital key to your ability to budget. You must research the source of this money to ensure that bank credits will remain at the same amount. If you fail to do this, you could possibly find yourself in a financial mess on behalf of your elderly relative and that would certainly throw a spanner in the works as far as your budgeting is concerned. However, if you do complete the necessary research then you can then begin budgeting from there.

It may also be worth setting aside some money every month to put into a rainy day savings fund on behalf of the elderly relative under your care. None of us know what the future holds for us, and in some ways we should be thankful for it. However, if your relative does need specialist care or treatment and has to pay for it, then you may find yourself in an impossible situation. Seniors often have to sell their homes in order to get the medical care that they need, whether that is in the form of home help or medication, so it is best to avoid this by preparing them financially for every eventuality.

Budgeting on behalf of an elderly relative under your care may indeed prove to be a pain, especially if you are striving to fulfil all of their other needs at the same time. However, it is very necessary to give them a helping hand in this department because they may otherwise find that they have no heating, water or even roof over their head. Utility companies are notoriously unsympathetic if bills do not get paid and thus it may prove extremely prudent to begin budgeting from the very first day that you accept the role as primary caregiver. It will certainly pay dividends in the long term.

**Tucson Fire's Tucson Collaborative Community Care (TC-3)
Quarterly Partner Meeting**

Tuesday, March 19th, 2019
10:00-11:30 A.M.

 Tucson Fire Headquarters
300 S. Fire Central Place
Room 121

Meeting Sponsor:  **mercy care**

RSVP to Natalie Becker
Natalie.Becker@tucsonaz.gov
by **Friday, March 8th**
Please include your name,
organization, # of people attending



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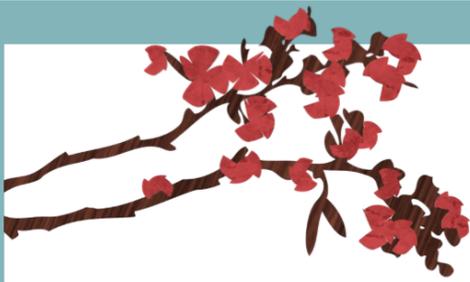

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INSIGHTS ON AGING

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For More Information Contact:

Robin Coats, Tucson Senior Placement

520.373.0349 TucsonSeniorPlacement.com

Anthony Diaz, Rosa's Chante Assisted Living

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Look for our monthly ad in "Caregiver News"



April 14, 2019

3:30 pm - 5:30 pm
 Medella Vina Ranch
 4450 South Houghton Road, Tucson

\$50 per person
\$80 per pair of tickets

For more information on tickets or sponsorships, contact Letty at 520.322.6601 or llopez@alz.org

alz.org/dsw

IF YOU BUILD IT THEY WILL COME

3 Year Anniversary

Friday March 22, 2019
11:00 a.m. - 1:00 p.m.
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Refreshments provided while supplies last
 Open house with tours • Parking in Lot A

POC: Kelly Laurich, Fisher House Manager (520) 838-3680 • Arizona.fisherhouse@va.gov

MENTAL HEALTH RESOURCES.

YOU DON'T HAVE TO GO IT ALONE

If you're struggling, please reach out. You are not alone, and there's people who are there for you.

Suicide Prevention Hotline
1-800-273-8255

Suicide Prevention Textline
741741

Veteran Crisis Line
1-800-273-8255

Press 1
Text
838255

Crisis Resource Center (Tucson)
1-520-301-2400

Community Wide Crisis Line (Tucson and Surrounding Areas)
1-520-622-6000 or 1-866-495-6735

The Trevor Project
1-866-488-7386

The GLBT National Youth Talkline (Youth Serving Youth Through The Age 25)
1-800-246-7743

The National Runaway Safeline
1-800-RUNAWAY (1-800-786-2929)

Rainn
1-800-656-4673

2018 ALZHEIMER'S DISEASE FACTS AND FIGURES

ALZHEIMER'S DISEASE IS THE

6TH leading cause of death in the United States

16.1 MILLION AMERICANS provide unpaid care for people with Alzheimer's or other dementias

These caregivers provided an estimated **18.4 BILLION HOURS** of care valued at over **\$232 BILLION**

Between 2000 and 2015 deaths from heart disease have decreased **11%** while deaths from Alzheimer's disease have increased **123%**

1 IN 3 seniors dies with Alzheimer's or another dementia

It kills more than breast cancer and prostate cancer **COMBINED**

EARLY AND ACCURATE DIAGNOSIS COULD SAVE UP TO

\$7.9 TRILLION in medical and care costs

IN 2018, Alzheimer's and other dementias will cost the nation **\$277 BILLION**

BY 2050, these costs could rise as high as **\$1.1 TRILLION**

5.7 MILLION Americans are living with Alzheimer's

BY 2050, this number is projected to rise to nearly **14 MILLION**

EVERY 65 SECONDS someone in the United States develops the disease

alzheimers association®
THE BRAINS BEHIND SAVING YOURS.™



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(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.

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

A provider that understands all the obstacles of living in your own

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.

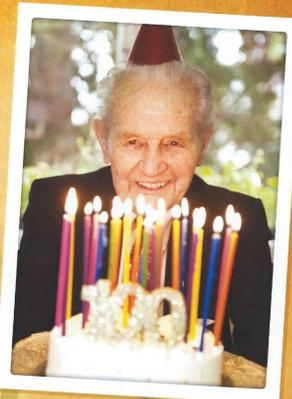
Having a house calls provider allows patients more flexibility with their medical needs.

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.



Do you know someone who has been on this earth 100 years?

Let's Celebrate Their Life at the Salute to Centenarians



Friday, May 3, 2019

TMC Marshall Conference Center
5301 E. Grant Road

Call Jan Baker at (520) 790-0504 or email jbaker@pcoa.org, to submit the individual's name by Friday, March 8, 2019
For local citizens age 99 and over



¿Conoces a alguien que ha estado en este mundo por 100 años?

Celebremos su Vida en el Homenaje a los Centenarios



Viernes 3 de Mayo de 2019

Centro de Conferencias Marshall de TMC
5301 E. Grant Road

Llame a Jan Baker al (520) 790-0504 o envíe un correo electrónico a jbaker@pcoa.org para proporcionar el nombre de la persona a más tardar el viernes 8 de Marzo de 2019.
Para personas de 99 años de edad o más que vivan en esta región



Activities for Seniors with Dementia

Seniors with dementia still retain and maintain a level of concentration which helps them to perform basic daily activities such as carrying out routine tasks, comprehending questions and interacting in conversations and activities. Activities if executed well, offer them a sense of responsibility and independence. These group tasks also arouse enthusiasm and a sense of achievement, especially when they feel they have been successful at a task.

This characteristic is predominantly displayed, while participating in group activities. More alert seniors feel purposeful, when requested to help and support other seniors who are facing difficulties performing a task. Much like a class monitor who has been appointed the task of keeping the class under control through fun activities.

The first thing you need to realize is that people with dementia are not physically disabled. They are mentally slower but they are not ill. Which means that they feel everything around them and perhaps a lot more. We need to treat them with respect and compassion, and that is the first step towards helping them. Below are some ideas to keep seniors with dementia active.

1. Help Them Enjoy Their Work: Almost all seniors with some type of dementia or the other enjoy doing activities related or similar to what they have always enjoyed and taken pleasure doing. For instance if someone always enjoyed cooking, the best thing to do is to let them do small chores in the kitchen. These activities could include small jobs such as tossing the salad, washing the vegetables, wiping the spoons, asking them if the food tastes perfect or if there are any more ingredients needed.

This would absolutely thrill them, as they would feel they are contributing to something and are being helpful. If suppose a senior always enjoyed politics, ask him to recite the daily political affairs in the state or country to the other seniors or family members. All family members must pay adequate attention while the seniors are saying something. Like children they tend to feel hurt and feel ignored if left unattended. If you read between the lines, you would realize that the entire objective is to help them stay alert, and keep them motivated. Help them feel good about themselves.

2. Reminiscence: Let them flip through old family photographs and ask them to tell more about those experiences and what all they remember doing there. Do not force them though. If they want to discuss it they will, otherwise some just prefer sitting in silence while they absorb the significance of the photos from their own past. This can also be a fun activity when a group of seniors are sitting together and one person discusses sad and funny stories from their past. It helps keep the memory sharp, especially while remembering faces and people related to them.

3. Music Therapy: When in solitude, put on their favorite music for them. Soothing music has proven to help calm down aggressive traits among

seniors with dementia. It also helps reduce their fears of being harmed or abandoned. If it's a peppy track, encourage them to dance, if they enjoy dancing.

4. Animal Therapy: Having a loyal pet like a dog can prove a blessing for seniors with dementia, the reason being that dogs make loyal companions. Dogs also have this peculiar knack of sensing distress in their master, therefore it has been observed that the dog will encourage physical activity in his master. Many seniors go out for long walks with their dogs, which provides crucial mental as well as physical exercise to them, which is essential for their overall well-being. If you cannot afford to have a pet for each individual, it would be nice to take the elderly patients, out for a visit to the zoo, and let them enjoy watching and speaking to the animals. Animals help calm these individuals. However, please keep them away from animals that induce fear and might scare them. These include snakes, other reptiles, octopus and large spiders, etc.

5. Memory Games: Make them play kid games such as Crazy Eights, Chutes & Ladder, Monopoly, Old Maid, and Candyland, etc. They seem to be really indulgent and interactive while playing these games with one another. You need not have a large group; instead playing individually with them also works effectively. Play games that involve catching a balloon and then passing it forward by pushing it in the air. Ask them the meaning of quotations, such as "To be or not to be", ask them what does that statement mean to them and where did it originate. You'd be surprised how smart they really are and how much they still remember. Ask them logical questions such as, "The opposite of North is South", now ask them which city is in the north of the place they are living in, and which places fall to the south of their place.

6. Odd One Out: This game can be one of the most interesting as well as educational activities for senior citizens. The odd one out, can help keep them busy for hours if they really enjoy it. The worst thing that most seniors with dementia fear is, not having anything to do. It makes them feel lost and useless. It is our duty to not let them feel that way. Make them play a game where they have to separate all the similar things in one side and make categories of all the odd things. For example give them a box of coins, pebbles, candies, M&Ms, bottle lids. Now demonstrate how to play the game. All the coins go into one heap, while all the candies go to the heap consisting of candies alone, and so on and so forth. Make children join in with this fun, ask grandchildren to help sort out the heap with their grandparents.

All it takes is a little bit of effort and a lot of patience to help these seniors gain more control over their lives. Providing care for these individuals can be tough, but you have to stay calm and realize that they need your help more than they can express in words.

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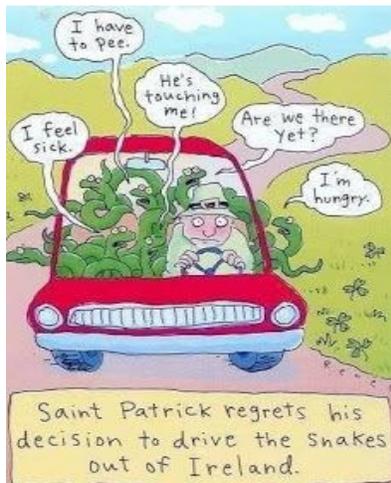


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Humor Corner

Recipe Corner



Ask Anthony

Dear Anthony, I could not help but notice a video you posted that involved a pink flamingo and you and Dr. Woods laughing. I have to tell you it brightened my day and I was laughing along. Will you be doing more? Please say yes!

YES! Dr. Woods and I talked about it and we both agreed to do it. Funny moments can happen while you're caring for an older adult. Of course, chronic illnesses and devastating diseases are certainly no laughing matter. But even in the middle of the worst day, there's still room for laughter. It turns out that humor is a very effective way of dealing with the difficult often complex emotions that come with caregiving and aging. A common reason why caregivers resist looking for humor is that they feel guilty about laughing and joking. In truth, part of being a wonderful caregiver is to let yourself laugh and to encourage those under your care to laugh too. So yes, we will try out these humorous videos and see if it can brighten your day. It sure has brightened our day.

Ingredients

3 pounds new potatoes (about 30)
kosher salt and black pepper
1 cup whole milk
4 tablespoons unsalted butter
2 tablespoons olive oil
1 pound frozen pearl onions, thawed
1½ pounds ground beef chuck
¼ cup tomato paste
1 tablespoon Worcestershire sauce
¼ cup all-purpose flour
2 cups low-sodium chicken broth
1 medium butternut squash (about 2 pounds), peeled and cut into ¾-inch pieces
1 cup frozen peas

Instructions

Step 1 Heat oven to 350° F. Place the potatoes in a large pot, add enough cold water to cover by 1 inch, and bring to a boil. Add 1 teaspoon salt, reduce heat, and simmer until tender, 15 to 18 minutes. Drain and return the potatoes to the pot; add the milk, butter, ½ teaspoon salt, and ¼ teaspoon pepper and mash.

Step 2 Meanwhile, heat 1 tablespoon of the oil in a 5- to 6-quart Dutch oven over medium-high heat. Add the onions and cook, stirring often, until beginning to soften, 4 to 6 minutes; transfer to a medium bowl.

Step 3 Heat the remaining tablespoon of oil in the Dutch oven. Add the beef, ½ teaspoon salt, and ¼ teaspoon pepper and cook, breaking the beef up with a spoon, until no longer pink, 4 to 6 minutes; mix in the tomato paste and Worcestershire sauce. Sprinkle with the flour and cook, stirring, for 1 minute. Add the broth, squash, peas, and onions and bring to a simmer.

Step 4 Transfer the beef mixture to a 9-by-13-inch or some other 3-quart baking dish and top with the potatoes.

Step 5 Bake until the potatoes are lightly golden, the filling is bubbling, and the squash is tender, 40 to 45 minutes. Let cool for 5 minutes before serving.

Source: <https://www.realsimple.com/food-recipes/browse-all-recipes/cottage-pie-recipe>



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Please note the following information pertains to proposed amendments to existing Arizona House Bills HB2117 and HB2601. This content is for informational purposes only.

REFERENCE TITLE: **developmental homes: monitoring**

State of Arizona
House of Representatives
Fifty-fourth legislature
First Regular Session
2019

HB 2117

Introduced by
Representative Barto: Allen J. Bolick. Weninger

AN ACT

AMENDING TITLE 36, CHAPTER 5.1, ARTICLE 1, ARIZONA REVISED STATUES, BY ADDING SECTION 36-568;
RELATING TO DEVELOPMENTAL DISABILITIES

1 Be it enacted by the legislature of the State of Arizona:
2 Section 1. Title 36. chapter 5.1. article 1. Arizona revised
3 Statues, is amended by adding section 36-568, to read:
4 36-536, Group homes: intermediate care facilities: electronic
5 monitoring: definition
6 A. A SERVICE PROVIDER THAT OPERATES A GROUP HOME OR AN INTERMEDIATE
7 CARE FACILITY FOR PERSONS WITH AN INTELLECTUAL DISABILITY MAY INSTALL
8 ELECTRONIC MONITORING DEVICES IN COMMON AREAS OF THE GROUP HOME OR
9 INTERMEDIATE CARE FACILITY. A SERVICE PROVIDER MUST ESTABLISH POLICIES
10 REGARDING THE GROUP HOME'S OR INTERMEDIATE CARE FACILITY'S USE OF
11 ELECTRONIC MONITORING BEFORE AN ELECTRONIC DEVICE IS INSTALLED
12 THAT INCLUDE AT A MINIMUM:
13 1. CONSENT REQUIREMENTS CONSISTENT WITH SECTION 13-3019.
14 2. PUBLIC DISCLOSURE THAT AN ELECTRONIC MONITORING DEVICE IS IN USE
15 ON THE PROPERTY.
16 3. THE MAINTANENCE AND RETENTION SCHEDULES OF THE VIDEO.
17 4. WHO MAY ACCESS THE VIDEO.
18 5. HOW CONFIDENTIALALITY AND PRIVACY ARE MAINTAINED'
19 6. HOW OFTEN THE VIDEO IS MONITORED OR BY THE SERVICE
20 PROVIDER OR THE SERVICE PROVIDER'S DESIGNEE.
21 B. THE SERVICE PROVIDER SHALL SUBMIT THE ELECTRONIC MONITORING
22 POLICIES ESTABLISHED PURSUANT TO SUBSECTION A OF THIS SECTION TO THE
23 DEPARTMENT BEFORE THE ELECTRONIC MONITORING DEVICE IS INSTALLED IN A GROUP
24 HOME OR INTERMEDIATE CARE FACILITY. IF A SERVICE PROVIDER USES AN
25 ELECTRONIC MONITORING DEVICE, THE SERVICE PROVIDER SHALL ESTABLISH
26 POLICIES CONSISTENT WITH SUBSECTION A OF THIS SECTION AND SUBMIT THE
27 POLICIES TO THE DEPARTMENT WITHIN NINETY DAYS AFTER THE EFFECTIVE DATE OF
28 THIS SECTION.
29 C. FOR THE PURPOSES OF THIS SECTION, "ELECTRONIC MONITORING
30 DEVICE":
31 1. MEANS A VIDEO SURVEILLANCE CAMERA INSTALLED IN A COMMON AREA OF
32 A GROUP HOME OR INTERMEDIATE CARE FACILITY.
33 2. DOES NOT INCLUDE AN ELECTRONIC, MECHANICAL OR OTHER DEVICE THAT
34 IS SPECIFICALLY USED FOR THE NONCONSENSUAL INTERCEPTION OF WIRE OR
35 ELECTRONIC COMMUNICATIONS.

Please note the following information pertains to proposed amendments to existing Arizona House Bills HB2117 and HB2601. This content is for informational purposes only.

REFERENCE TITLE: **referral agents; senior placements**

State of Arizona
House of Representatives
Fifty-fourth legislature
First Regular Session
2019

HB 22601

Introduced by
Representative Lawrence

AN ACT

**AMENDING TITLE 36, CHAPTER 4, ARTICLE 6, ARIZONA REVISED STATUTES, BY ADDING SECTION 36-446.15;
RELATING TO LONGTERM CARE SERVICES**

Be it enacted by the legislature of the State of Arizona:

Section 1. Title 36. chapter 4, article 6. Arizona Revised Statues, is amended by adding section 36-446.15, to read:

36-446.15, **Placement and referral agents; requirements; agent of record; definitions**

A. AN AGENT MAY NOT RECEIVE MORE THAN ONE MOVE-IN FEE PER RESIDENT AT ANY TIME WITHOUT DOCUMENTATION FROM THE RESIDENT'S PRIMARY CARE PRACTITIONER STATING A CHANGE IN THE RESIDENT'S LEVEL OF CARE.

B. A PERSON OF THE PERSON'S POWER OF ATTORNEY HAS THE RIGHT TO NAME AN AGENT AS THE PERSON'S AGENT OF RECORD WITH AN ASSISTED LIVING FACILITY OR NURSING CARE INSTITUTION AND MAY CHANGE THE AGENT OF RECORD AT ANY TIME.

C: A PERSON MAY OPT OUT OF AN AGENT'S SERVICE AT ANY TIME IF THE PERSON IS NOT SATISFIED WITH THE AGENT'S SERVICE. IF A PERSON OPTS OUT OF AN AGENT'S SERVICE, AN ASSISTED LIVING FACILITY OR NURSING CARE INSTITUTION HAS NO OBLIGATION TO PAY THE AGENT'S COMMISSION.

D. AN AGENT MUST VISIT AN ASSISTED LIVING FACILITY OR NURSING CARE INSTITUTION IN PERSON BEFORE CONTRACTING WITH THE FACILITY OR INSTITUTION OR REFERRING ANY POTENTIAL OR INSTITUTION IN PERSON EACH YEAR AND BEFORE MAKING ANY REFERRAL IF THERE HAS BEEN A CHANGE IN OWNERSHIP SINCE THE LAST TIME THE AGENT MADE A REFERRAL.

E. FOR THE PURPOSES OF THIS SECTION:

1. "AGENT" MEANS A PLACEMENT AND REFERRAL AGENT.

2. "AGENT OF RECORD" MEANS THE AGENT THAT A PERSON RECOGNIZES AS THE PERSON'S AGENT OF CHOICE.

3. "OPT OUT" MEANS A PERSON ENDS ALL RELATIONSHIPS WITH AN AGENT, INCLUDING THE AGENT RECALLING ALL REFERRALS FROM ASSISTED LIVING FACILITIES AND NURSING CARE INSTITUTIONS.

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