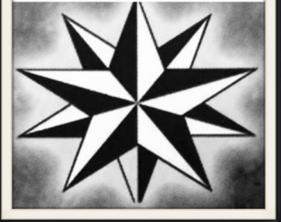


CAREGIVER NEWS



CAREGIVER NEWS

Newsletter Published by Rosa's Chante Assisted Living

March 2020

www.caregivernewstucson.com



Welcome to March

I find it difficult to believe that March is upon us. Yes, wear the green and celebrate St Patrick's day and speaking of green it is the month of spring which begins between March 19-21. In Arizona what does that mean? Well according to my friend Leslie Ford, who is also a gardener, March is a time to plant beets, carrots, radishes, tomatoes, sweet potatoes, spinach, kale and squashes. So, wear the green and plant the green.

Green means luck and signifies growth, rebirth, and fertility. Green is universally associated with nature and so we here at Rosa's wish you a green kind of month. Did you know that March as the third month of the year and named after Mars? Neither did I someone told me, but it is fun information to know. Caregiver news loves to offer fun yet helpful information. I want to remind you if you would like to place an ad, or write a story for us, please contact me or Leslie Ford as we are always looking for insightful information that can help caregivers.

For now, we wish you all a happy March!



Anthony Diaz



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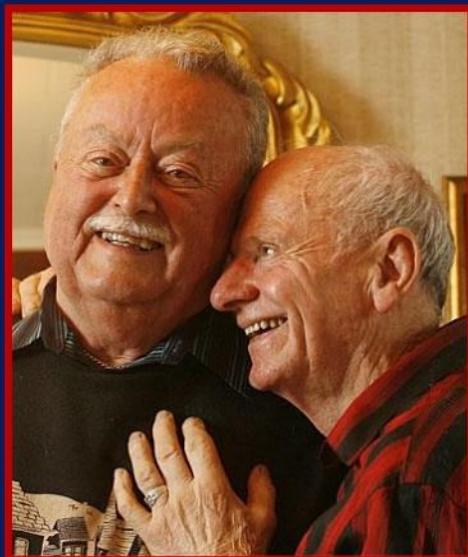
Catalina Location
3430 E. Graham St.
Tucson, AZ 85739

<https://www.momanddadplace.com>

March 18, 2020
Noon – 1:00p.m.



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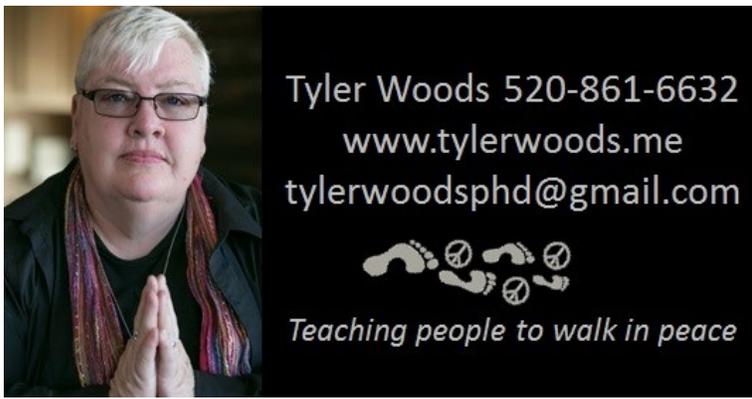
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Caregiver's Caring for Themselves — Tyler Woods

It's March which means it is the wearing of the green and celebrations. Oh, it is fun to cook corned beef and cabbage and be with friends. For those who drink, it could be a great day to have a few green beers and get home safely. One must be careful though because this little green holiday is one of the major drinking holidays.

It is one thing you do not see us write a lot about here in the caregivers' newsletter but clearly one that should be addressed because substance abuse and alcoholism is big with caregivers.

Being a caregiver is one of the most selfless roles anyone can fulfill. In many cases, it means putting someone else's needs above your own, sacrificing your time and peace of mind, and finding higher levels of patience and understanding. It can create a sense of purpose, but it can also be very taxing and physically burdensome.

Caregiving is a physically, mentally, and emotionally demanding job. Whether you are a professional caregiver or a non-paid family caregiver, the toll it takes on your own well-being can be significant. In fact, caregivers often develop health problems of their own. One of which is alcohol or substance abuse. It is estimated that as many as 15% of health care professionals will experience some form of substance abuse during their career. People who care for a senior with Alzheimer's disease or a related form of dementia are at especially high risk for abusing drugs or alcohol. Not to worry because there is help.

The emotional and physical demands involved with caregiving can strain even the most resilient person. That's why it's so important to take advantage of the many resources and tools available to help you provide care for your loved one. Remember, if you don't take care of yourself, you won't be able to care for anyone else. If you are working with a family member or even in a public facility as a caregiver, alcoholism can happen. So today, I want to share about caregiver tips and perhaps it can be helpful. First, accept help. Be prepared with a list of ways that others can help you, and let the helper choose what he or she would like to do. For instance, a friend may offer to take the person you care for on a walk a couple of times a week.

Begin to reach out to a friend or family member that can help run an errand, pick up your groceries or cook for you. Also, focus on what you are able to provide. It's normal to feel guilty sometimes but understand that no one is a "perfect" caregiver. Believe that you are doing the best you can and making the best decisions you can at any given time. Oh, and please, set realistic goals. Break large tasks into smaller steps that you can do one at a time. Prioritize, make lists and establish a daily routine. Begin to say no to requests that are draining, such as hosting holiday meals. You may also want to get connected and find out about caregiving resources in your community.

Happy St Patrick's day and please remember do not drink and drive.

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 2020 GREEN VALLEY HEALTH FAIR
 West Social Center
MONDAY, MARCH 9, 2020
 8am – 12pm
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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

What Is It About Humor?

Hi this is Leslie Ford. Recently, Dr Tyler Woods came to me and said someone recognized her from the videos that her and Anthony Diaz make each week. She saw they snickered and said everywhere I go somebody recognizes me from the video, "I feel like a celebrity in the caregiver world." When I asked her why her and Anthony recorded these little video clips, she explained to me that they do it because they want to take an opportunity to educate the public and, most importantly, to have a sense of humor with it. If you don't know Tyler and Anthony, they're like a brother and sister team. They laugh at everything especially when something's not going well because they understand that humor is the best medicine that can be offered. Tyler told me that humor helps prevent caregiver burnout too. When you think about it caregiver burnout is just around the corner for any one of us. We all know what the warning signs look like, exhaustion, withdrawal, irritability, not feeding ourselves correctly, sleep deprivation and the list goes on as well the reasons bringing on the burnout. Find our way to a bit of humor and not only do we lighten up the mood for ourselves, but everyone around us an opportunity to giggle and laugh!

When you think about it laughter not only enhances the use of our lungs, it stimulates our other organs in our body as well. Also, more importantly, laughter releases endorphins in our brain such as cortisol and epinephrine as well as dopamine and serotonin all of which help alleviate our stress levels and enhances our sense of well-being.

As you address your own stress levels, thinking about those we all care for humor is such an incredibly important tool. Just think about it, working with memory impaired seniors can bring on humorous situations daily, and often, the residents themselves recognize how funny or silly they can be or even turn a joke on their caregivers. And, if you as caretakers, nurses, caseworkers, hospice workers and administrators need to redirect a resident from a possible spiral into a destructive behavior with cracking a joke or creating some other kind of diversion, truly there is nothing like starting a round of laughter to calm everyone down.

Laughing and humor play an important role in our interactions with other people, whether as in a caregiving situation, professionally or simply breaking the ice with a stranger. Humor and laughter can create a bond between all of us. I'm glad that Tyler and Anthony do these videos because inevitably at least once a week it gives me a little something to laugh about.



Come learn about this life-changing opportunity!

- | | |
|---|--|
| <p>Seniors helping Seniors with:</p> <ul style="list-style-type: none"> - Companionship - Limited transportation - Sharing an activity - Exercising or going for a walk - Writing, reading, & filling out forms - Respite for family caregivers | <p>Eligible* volunteers receive:</p> <ul style="list-style-type: none"> - \$3.00/hr. (tax-exempt) - Mileage reimbursement - Paid holidays - Accrued paid time off - Supplemental auto ins. - Community recognition |
|---|--|

*Volunteers 55 or older, who can serve a minimum of 15 hours a week, must income qualify and pass a background check and health screening.

Date: Wednesday, March 10, 2020 10 a.m. - 11 a.m.

Place: PCOA - Katie Dusenberry Healthy Aging Center
600 S. Country Club Rd.
Tucson, AZ 85716

Please call PCOA 520-305-3453 for more information.



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SUNDAY MARCH 29TH 3-6PM
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<p>STAGE 3 DAKOTA WILLIAMS & THE MESSAGE ZNORA PAUL OPOCENSKY PROJECT</p>	<p>STAGE 4 WITHIN THE FAITH KRISTIE CUNNINGHAM THE JANE HEIRS</p>

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Out of Love Part 2—By Leslie Ford 2006

We limp through Christmas, her coherence lagging. By sheer will she puts on a mask, representing the face of life to make it through my youngest sister's birthday—so as not to mar my sister's memory. We hire a couple of musicians to come and play some classical music, her very own concert in the living room. She says that the music reminds her of when she was a child. She tells us of how her father and his musician friends would play through the long evenings, filling their family home with music. My sister and I clap and smile; we do this out of love. We smile as the skeleton sitting next to us smiles in imitation of the person she once was.

Then we begin the final descent. My mother, mere months ago a relatively vital woman, looks more of the other side than this, a shell of her former petite self. I wrap her in one of her beautiful hand-knit shawls; the yards of yarn dwarf her frame. My aunt says she can see the faces of ancestors past as my mother recedes from this life. I look at this vulnerable being as I try to make her comfortable and comfort myself by saying that I do this out of love.

She keeps calling the Fire Department. She tells them the homecare workers are poisoning her. She accuses me of wanting to euthanize her. We can't seem to regulate her blood sugar. The hospice nurse says that this is a part of the breaking down of the pancreas. By now, we also know that the cancer has spread to her liver and possibly her brain. I try to instruct her and the care workers that taking a bite of something, anything, may help regulate the fluctuation, but she is stubborn, and she refuses to trust us. She keeps saying things that have very little to do with the here and now. I remind her that she is loved and that the strangeness she feels has to do with the cancer, that her perceptions of conspiracy are not real.

I am at work and get yet another call from another worker who has fled. My mother is alone. I am in Tucson. My sister is in Rio Rico down by Nogales, and my mother has locked out the health-care worker and called 911, again—quite a feat for someone who is barely mobile at this point. I call a neighbor and beg her to sit with mom until my sister can get there. I call hospice, and we concur that she can no longer stay at the house. I have to break a promise. Out of love, I have to make—trick—my mother into going to a nursing home to die. The hospice people assure me that she has maybe a week or so left. She is making way for the end run. The hospice people call her mindset, her delusional break, “pre-terminal psychosis.” I call it the bardo, a Tibetan term referring to the facing of one's fears before they die. Her delusions revolve around “the bad guys;” her version of the people her ex-husband, the criminologist, studied and wrote about. She has decided that it was they who infected her with this cancer, and it was they who were orchestrating this whole surreal drama. My sister bums a cigarette from a neighbor and gives it our mother to smoke, hoping she will calm down, and then convinces her that the nursing home's transport-driver is taking her to a “safe-house” where the “bad guys” can't reach her.

I visit her every day. The nursing home people sedate mom with Haldol. She instructs me to watch the vents because the bad guys can come through them. She snaps at me to turn with my back to her, facing out while she uses the bathroom. She hands me her toilet paper and pleads with me to “hide the evidence,” and when I assure her that this is not necessary, she says she “pities my naivety.” Every day less and less of my mother remains. My sister asks her if she is enjoying her romp through her delusions, and she tells me mom grinned and said “yes.” Like some great last adventure through the spy novels and bad guys that so consumed her imagination. But, nevertheless, I am torn up by the process of a dying mind.

She comes out of the psychosis. My partner and I wheel her outside. We can only see the hospital across the way and a small section of sky, but I want to provide my mother with something to look at, different than the place that is not home. She asks to go home. I tell her we can't let that happen right now.

My partner asks her if she wants a cigarette. She says “You bet I do. What, is it going to do, kill me?” She smokes and coughs all the way through that cigarette until there is only the filter left. My partner asks if she is angry, and she says, “I'm dammed angry.” We don't pursue any further explanation. We all have our own ideas. At this moment she knows she is loved. This is the last day of knowing.

We wait. We listen to her breathing, now that of a person whose body is shutting down. There are no more trips outside. There are no more conversations. There is only waiting. My other sisters haven't arrived yet from Maine; my aunt isn't here yet either. My mother had told her not to come back until her birthday. Mom feels pain now. Her kidneys are shutting down. Her mouth is dry and blistering from the “stove-pipe” breathing. Her skin is disappearing. Her body still fights. My partner, youngest sister, and I tell her it's okay to leave, that we love her. We tell her we will be okay.

My sisters and aunt come. They are stepping into the end of what I have seen all the way through. They are shocked by the change. We grant permission to the hospice people to please give her morphine. Please, just keep giving her more. And we watch as the soul struggles to free itself of the body. Out of love, I leave. I know she won't let go until some of us leave the room. She still wants to take care of us.

Two days before her 66th birthday, she died. For all intents and purposes, we have euthanized her with legal morphine. My aunt had told her that it was her birthday. Apparently, this was a goal and pact the two of them had made. I go back to the nursing home to collect the sister that stayed, sign the papers that will allow the body to go to the crematorium, cut a tiny lock of her beautiful hair for another sister, and say goodbye to one of my best friends. Our time together, as mother and daughter is ended, at least on this plane. We were comrades in survival. She protected me and I her, no matter what, and now she's gone. Who would provide this security for me now?

As I go through her things and settle the estate, I wonder where the four, precious months—September through January—went. I wonder about the stories and memories there never seemed to be enough time to revisit. My mom had said at one point that “Dying is a full-time job.” The time we did spend was nearly all taken up in the chores of daily activity: food, drink, toilet, medicine, and then settle her back in bed as it would be time for me to leave. We only had those few extra moments, events, outings, and meals that we all tried to provide. I tried to give her something to think about other than that her life was being snatched, quickly away from her. Out of love, I tried.

The two-year anniversary of my mother's death recently passed, and I write this story because her life and mine still, and forever, intertwines. As I come to terms with my grief over her absence, and the knowing that her presence has simply changed in form, I am reminded that she left my sisters and I with one last lesson, that of how to die. As her mother before taught her, so she taught us. She, who had given us everything in her power, gave us this also. And, out of love, my sisters and I continue on, proving every day that we are fine, and missing her, and mourning her, and that we contain her strengths, determination, intelligence, and independence. We are all daughters of our wise matriarch, and that in unity we carry the essence of our mother with us. And I can only hope that I am as dignified in life and death as I believe she was.





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Non Emergency Medical Transportation (NEMT) is a covered service for Medicaid members who do not have their own transportation or means to arrange for their own transportation.

If you cannot secure your own transportation to a covered health service appointment, consider these other options:

- Ask a family member or friend
- Take the bus
- Walk or bike
- Take the light rail
- Use a rideshare (like Uber or Lyft)
- Carpool



When you have no other transportation options, call your health plan Member Services number on your insurance card to arrange for Non-Emergency Medical Transportation.

When you call, be prepared to provide the following details:

What is the providers address and phone number?

Do you need specific healthcare accommodations such as an oxygen tank, IV, or other accessibility needs?

What is the date and time of your appointment?

Does the driver need to pick you up from a specific place?

Do you use a wheelchair, stretcher, walker or other mobility device?

Do you need help getting to the car?

Do you need a notification call when the driver arrives?

Does your child require a car seat or booster seat?

The Arizona Health Care Cost Containment System (AHCCCS) is committed to ensuring the availability of timely, quality health care. If you know of an AHCCCS member who is unable to access health services, or if you have a concern about the quality of care, please call your AHCCCS health care plan's Member Services number. If your concern is not resolved, please call AHCCCS Clinical Resolution Unit at 602-364-4558, or 1-800-867-5308.

End-of-life Care

Presented by: David Fife, MDiv., Director of Social Services
& Jommel Fischer, BSN, RN, Director of Nursing

&

Dementia: The Struggle is Real

Presented by: Dr. Rebecca Powell, MD, HMDC, Associate Medical Director
& Piper Frithsen, M.Admin, RN, Administrator

TWO SESSIONS AVAILABLE

Tuesday, March 10, 2020

9:00 a.m. - 1:30 p.m.

Registration begins at 8:30 a.m.

Thursday, March 12, 2020

9:00 a.m. - 1:30 p.m.

Registration begins at 8:30 a.m.

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Questions?? Call Stacy Alameda at 520.351.5406

Class Presenters



Dr. Rebecca Powell, MD, HMDC
Associate Medical Director
Dr. Powell is certified in internal medicine and has recently obtained her certification as a hospice medical director. She is the founder and chair of the Casa de la Luz Agitation committee, an innovative program that researches and recommends non-pharmacological interventions for treating agitation in patients with dementia.



David Fife, M.Div
Director of Social Services
David has been with Casa de la Luz since 2007. He served as a spiritual counselor prior to his work as director. David is an ordained Presbyterian minister, throughout his career he has sought to bring greater cross-cultural and inter-religious understanding in his work.



Piper Frithsen, M.Admin, RN
Administrator
With over 25 years of nursing experience including a variety of bedside and leadership positions. Piper is an active member of the Casa de la Luz Agitation Consult Team (ACT). She has enjoyed watching the success of the program and the positive outcomes in both our hospice and palliative care patients and families.



Jommel Fischer, BSN, RN
Director of Nursing
With 27 years in healthcare, Jommel has worked almost exclusively with seriously ill patients. As Nursing Director for Casa de la Luz, Jommel oversees nursing staff, including the admission and education departments.

*You will receive 4 CEU credits from the Arizona Board of Examiners of Nursing Care Institution Administrators and Assisted Living Facility Managers by attending one of the classes

Free Movies for Family Caregivers

The **Movies for Family Caregivers Series** seeks to provide a safe and nurturing environment for caregivers to learn, share, and find refreshment. Following each movie, PCOA staff will facilitate conversations in which caregivers can share their experiences, find comfort in support from others, and identify strategies to continue providing compassionate care to their loved one.



"Alive Inside" (78 Min)
Tuesday, March 24, 10:00 AM - 12:00 PM
PCOA Dusenberry Center, TEP Room, 600 S. Country Club Rd., Tucson

This movie is a joyous exploration of music's capacity to reawaken our souls and uncover the deepest parts of our humanity. This documentary chronicles the astonishing experiences of individuals around the country who have been revitalized and awakened by the simple act of listening to the music of their youth.

Register (limit 70): <https://PCOALiveInside.eventbrite.com>



"Caring for Your Parents" (115 Min)
Wednesday, June 17 from 5:00 - 8:00 PM
PCOA Dusenberry Center, TEP Room, 600 S. Country Club Rd., Tucson

This is a moving film that draws much-needed attention to the challenges of caring for aging parents. It underscores today's struggle to keep parents at home, tensions between siblings, and the complexity of shifting caregiver roles through an intimate look at five American families. In the end, the documentary contends that successful caregiving requires one primary ingredient—love.

Register (limit 70): <https://PCOACaringForYourParents.eventbrite.com>



"The Forgetting: A Portrait of Alzheimer's" (90 Min)
Friday, October 23, 10:00 AM - 12:30 PM
PCOA Dusenberry Center, TEP Room, 600 S. Country Club Rd., Tucson

This movie takes a dramatic, compassionate, all-encompassing look at this fearsome disease and aims to help all Americans better understand and cope with its impact. The documentary weaves together the intense real-world experiences of Alzheimer's patients and caregivers, the history and biology of Alzheimer's and the ongoing struggle to end the disease.

Register (limit 70): <https://PCOATheForgetting.eventbrite.com>

Free Family Fun Day Is Coming!

Kingdom Culture Community Church and Wonder World Jumping Castles are bringing you the Free Family Fun Day!



Free Family Fun Day is like having a birthday party with over 10 inflatables and all the popcorn and cotton candy you can eat... the best part is that it's free!

Information:
Date: March 21, 2020
Location: 2450 S. Kolb Rd.
Time: 10am-2pm

What to Expect:
- Over 10 inflatables
- Popcorn
- Cotton Candy
All for FREE!*

Kingdom Culture and Wonder World can't wait to meet you, so come on out! Bring the entire family and say hello to your new neighbors!

We will have local vendors and businesses selling their amazing goods and services, so make sure you plan to check them out!

*While supplies last To sponsor this event, go to kingdomejulture.org and hit the FFF7 tab to give.



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

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

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

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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.

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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
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