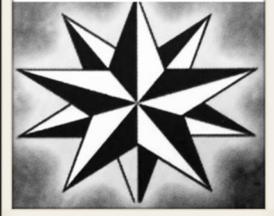


CAREGIVER NEWS



CAREGIVER NEWS

Newsletter Published by Rosa's Chante Assisted Living

March 2021

HAPPY
St. Patrick's Day

"may the luck of the Irish be with you"

www.caregivernewstucson.com



Welcome to March!

Hi everyone, this is Anthony Diaz, fully vaccinated and proud to say Rosa's is on board with most of our folks having both vaccines. We want to thank Walgreens and the wonderful folks that came to the home and worked as a team to ensure Rosa's was vaccinated and good to go. We thank all those who helped make it run so smoothly. I want to say welcome to March and we hope you wear your green and eat plenty of corned beef and cabbage and have safe fun. Our residents as well as our staff are enjoying this wonderful weather and that means outdoor activities are good to go. We have a variety of games, fun, even remote-control cars for our residents to let their inner child out and play and have lots of fun.

This warmer weather is also great for those aches and pains our residents get. Enjoy this weather and think of all the pleasurable things you can do when the weather is just perfect like this.

I want to remind you all that if you want to advertise in our caregiver newsletter contact me or Leslie Ford. If you want to have us build you a caregiver webpage, talk to us we are now part of Simply Classy Caregivers Webpage and Designs. We enjoy finding ways to serve our community. Please enjoy your month of March and enjoy this month's issue



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OF SOUTHERN ARIZONA

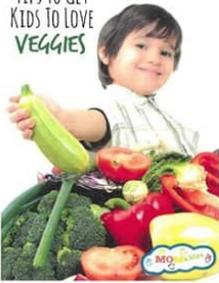


JOIN US FOR A FREE ENVISION SCHOOL FOOD PANTRY MARKET

A farmers' market-style distribution of assorted foods for students and their families

CPLC Community Schools
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TIPS TO GET KIDS TO LOVE VEGGIES



Friday 1x/month from 11:00 a.m. to 1:00 p.m.
January 29, 2021
February 19, 2021
March 26, 2021
April 30, 2021
May 28 2021

Join us for free food for families, resources, and nutrition education!

Please stay in your car as we bring your fresh veggies to your car.

Anthony Diaz

Tot Shots



Every 2nd & 4th Saturday **9 AM - 12 PM**



Free Clinic Services for Uninsured Children under age 18
Servicios clínicos gratuitos para niños menores de 18 años sin seguro de salud

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Walk-ins welcome!

*due to the COVID-19 pandemic, we highly recommend scheduling an appointment at 520.981.1142

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Questions? Contact us 520-981-1142

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Leslie Ford at leslie2renew@gmail.com
520-237-4055

March 24, 2021
Noon – 1:00p.m.



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What's in Your Future?



A Holistic Approach to Financial Planning

Now that we've settled into 2021, you're invited to join us for an informative presentation on managing your finances.

This month's special guest, David Fortin found a passion for the financial services industry when he and his wife went through a **debt free journey** in 2014. Since then, he's been focused on helping people gain control of their finances and preparing for their financial future.

*Virtual training
hosted by Harmony Hospice*

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



David Fortin

Financial Representative
Northwestern Mutual

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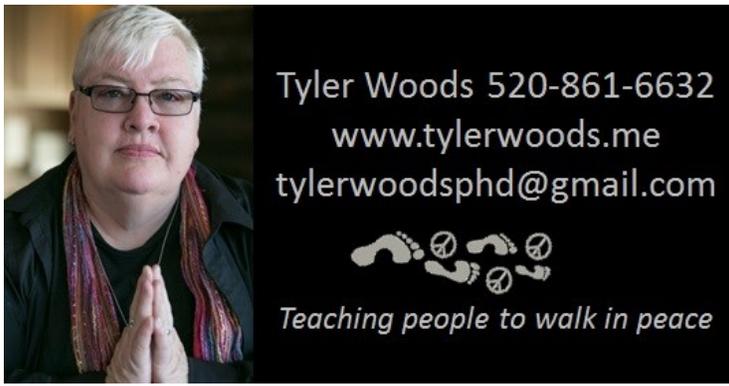
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Vaccination Time! By Tyler Woods

I am excited March is here. Excited for so many reasons. Yep I will be 31 years sober on St Patrick day and that is a joy because I see how alcoholism induces early onset of dementia and dementia related illness. How joyful I am! With that said, I have never felt more happy and joyful as of February 19 as it was my final COVID-19 vaccine.

Getting my vaccine was far more exciting than anything I can recall that ever happened to me. I know, I know call it age, or call it global pandemic relief, what I know is I have had both vaccines and though I will still be as careful by, wearing my mask, disinfecting my house and all my groceries, I feel much safer and more protected.

Before I got the first vaccine, I decided to research a bit and today, I want to tell you what I learned about the vaccines. The Pfizer-BioNTech vaccine is recommended for people aged 16 years and older and is 95% effective at preventing symptomatic Covid-19, after the second dose. Moderna vaccine is recommended to 18 years and older and the Moderna vaccine is 94.1% effective at preventing symptomatic Covid-19, after the second dose. Both vaccines require two doses, but the time between doses is different. People receive the second dose of the Pfizer vaccine at least 21 days after the first dose. The time between Moderna doses is at least 28 days. Both the Pfizer and Moderna vaccines are made using messenger RNA, or mRNA, a technology that delivers a bit of genetic code to cells — in effect, a recipe to make the surface protein (known as spike) on the SARS-2 virus. The proteins made with the mRNA instructions activate the immune system, teaching it to see the spike protein as foreign and develop antibodies and other immunity weapons with which to fight it.

The J&J vaccine uses a different approach to instruct human cells to make the SARS-2 spike protein, which then triggers an immune response. It is what's known as a viral vectored vaccine. A harmless adenovirus — from a large family of viruses, some of which cause common colds — has been engineered to carry the genetic code for the SARS-2 spike protein. The J&J one-dose vaccine was 72% effective in the United States and 66% effective overall at preventing moderate to severe illness. The company said the single-shot vaccine was 85% effective overall against the most serious symptoms and protective against moderate to severe COVID-19 infections overall from 28 days after injection.

Side effects include:

Pfizer's COVID-19 vaccine, the following side effects are listed as a possibility:

- Injection site pain, swelling, or redness
- Tiredness Headache
- Muscle pain Chills
- Joint pain Fever
- Nausea Swollen lymph nodes



Moderna's COVID-19 vaccine, the following symptoms are listed as potential side effects:

- Injection site pain, swelling, or redness
- Tiredness Headache
- Muscle pain Joint pain
- Chills Fever
- Nausea/vomiting

J&J vaccine, the following symptoms are listed as potential side effects:

- Headaches Fatigue
- Muscle pain Nausea
- Fever



I hope this helps you with your decision as to if offered a choice, which vaccine would be right for you and your loved one. Now, don't forget to get vaccinated and have a happy greenderful March!



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.



Organizing Your Closet and Your Shoes

The obvious place to begin is by getting rid of things that either don't fit or you just don't wear anymore, and those are usually easy choices. But sometimes certain items are more difficult.

Here are some questions to ask yourself before you decide what to do with each piece of clothing:

Do you love it? If the answer is yes, and it's still in good condition, keep it. If it's not in good condition, can it be repaired?

If yes, put it aside so that you can take it in to be fixed. If it can't be repaired, even though you love it, it needs to go.

If you love it and it's in good condition, ask yourself the next question before you make your final decision.

Do you wear it? If you love it but never wear it, it's just taking up space and should go. Figure out whether you want to donate it or sell it, and then do that.

Another question to ask yourself is **Does it fit?** Sometimes we have a piece of clothing that we love, and the only reason we're not wearing it currently is because it doesn't fit anymore. If this is the case, can it be altered to fit? If not, be honest — if it doesn't fit because you've gained or lost weight, are you realistically going to wear it again? If it's been in your closet for 3 years and you haven't worn it in that time because of the fit, then it should go.

If you're still unsure about which items to part with, here's another tip that might help: Turn all of your hangers around backwards on the rod. Every time you wear something, when you put it back in the closet, put the hanger facing the correct way.

At the end of 3 months, take out every piece of clothing that is still on a backwards-facing hanger and decide whether to sell or donate it. Because chances are, if you haven't worn it in the period of time you chose, you're not going to.

Now let's talk about your shoes. You probably have more shoes than you'll ever wear.

Pull out every pair of shoes you have. This includes all footwear — boots, clogs, running shoes or sneakers, dressy shoes, and everyday shoes. Set aside any shoes that you haven't worn in the last 5 years — or more. Do the same for shoes that you haven't worn in the last year and the last six months.

Start with the 5 years or more pile. Ask yourself if you're really going to ever wear them again. You may have even forgotten that you had them. If you do rediscover some shoes, and you want to wear them again, put them in the "keep" pile so that you can put them into your regular rotation. If you're not going to wear them again, consider donating them or taking them to a consignment shop.

Do the same with the 1-year and six month piles. Once you've weeded out which shoes you're going to keep, it's time to think about organizing them. There are several ways to do this.

If you keep them on the closet floor, or even on a shelf of your closet, and you just place each pair next to each other, try turning one shoe in the opposite direction — meaning, put the toe of one shoe next to the heel of the other. This works best for high-heeled shoes, but it also will help with other shoes, particularly running shoes where the front is larger than the back. By turning one shoe in the other direction, each pair takes up less space than if you had them facing the same direction. It's not a lot, but it helps.

If space is at a premium, you can always use a shoe hanger that hangs on your closet rod next to your clothes. There are several types and varieties; pick which one works best for you. You can also utilize an over-the-door shoe organizer.

There are also more decorative ways to store your shoes.

You can use plastic bins or tubs and stack them. I recommend clear so that you can see what is in each bin or tub at a glance, which saves time when you're looking for a specific pair. There are also shoe racks that sit on the floor of your closet as well as larger, shoe-storage "solutions" such as furniture with cubby holes for each pair and fancy cabinets. If you Google shoe storage you'll find a ton of options.

Lisa Sealey is an organizing expert. Sign up for her newsletter at www.lisasealey.com/newsletter.



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COVID-19 and Tucson's Front Line Worker Experiences

A photo essay © Kathleen Dreier Photography

"It is not easy these days to own and run a home for assisted living. I just buried my youngest son in November, I have no desire to bury anyone else so I take this seriously. I take it seriously for the sake of my family, my residents, my staff my community and for myself. It is exhausting trying to keep things under control, not letting our residents see their family members is heartbreaking, however, my residents and their families are being great and they understand. I am now living here at the home to make sure I am providing the ultimate best and safe care I can for my residents.

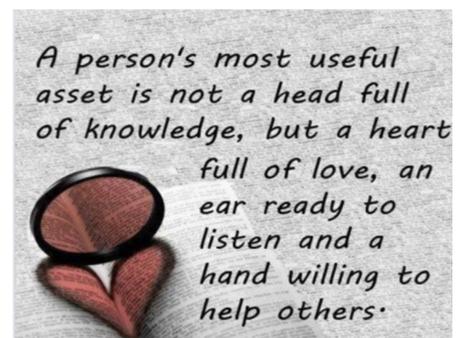
I know and understand that when the time comes that your elder loved one can no longer live alone, regardless of their specific needs, it can be heartbreaking and I realize people count on Rosa's Chante to provide the services you need and be safe. I stand proud in my professionalism and caring compassion for almost 28 years, and I want my residents and their families to know that they can be assured that their loved one is receiving the best and safest care during the coronavirus. I am not used to this kind of worrying, however, I will do whatever it takes to keep everyone one around me safe. I refuse to let the virus come near this house or my family and I feel like I am doing the best I can to protect and provide. No one said it was easy though!"

<https://rosaschanteassistedliving.com/>

<https://www.caregivernewstucson.com/>

~ Anthony Vaughn Diaz, Director, Rosa Chante Assisted Living

Photo credit: Kathleen Dreier Photography. Photo used with artist's permission.





Covid-19 Vaccination Round 2!
We do this for ourselves, our families and
our community!
We Are Not Afraid!

Humor Corner



Recipe Corner

Irish Potato Candy

Ingredients

- 1/4 cup butter, softened
- 1/2 (8 ounce) package cream cheese
- 1 teaspoon vanilla extract
- 4 cups confectioners' sugar
- 2 1/2 cups flaked coconut
- 1 tablespoon ground cinnamon



Directions

In a medium bowl, beat the butter and cream cheese together until smooth. Add the vanilla and confectioners' sugar; beat until smooth. Using your hands if necessary, mix in the coconut. Roll into balls or potato shapes, and roll in the cinnamon. Place onto a cookie sheet and chill to set. If desired, roll potatoes in cinnamon again for darker color.

Source: <https://www.allrecipes.com/recipe/16520/irish-potato-candy/>

Breakfast Cookies

INGREDIENTS

- 2 medium ripe bananas, mashed
- 1 cup of uncooked quick oats*
- 1/4 cup chocolate chips

DIRECTIONS

Preheat oven to 350°F. Spray a non-stick cookie sheet with cooking spray or use a Silpat. Combine the mashed bananas and oats in a bowl. Fold in the chocolate chips and place a tablespoon of each on the cookie sheet. Bake 15 minutes. Makes 16 cookies.





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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.

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

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

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

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- Transfer Assistance
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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:

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