



CAREGIVER NEWS

Newsletter Published by Rosa's Chante Assisted Living

May 2020



COVID-19 and Tucson's Front Line Worker Experiences A photo essay © Kathleen Dreier Photography

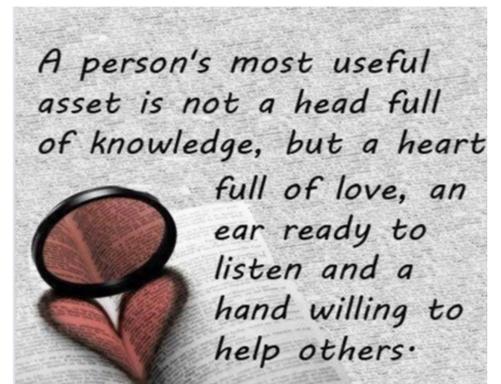
"It is not easy these days to own and run a home for assisted living. I just buried my youngest son in November, I have no desire to bury anyone else so I take this seriously. I take it seriously for the sake of my family, my residents, my staff my community and for myself. It is exhausting trying to 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

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May 27, 2020
Noon – 1:00p.m.



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Corona Virus, Social Distancing and Mental Wellness

By—Tyler Woods

Nearly half of all Americans feel that the coronavirus pandemic has had a negative impact on their mental health, according to a new poll. It is not surprising that anxiety levels have soared. If we look at the month of April, we will see 95 percent of Americans have been ordered to stay home, 16 million Americans have lost their jobs, and recently, the death toll has skyrocketed. I get the question often what is it like to be a therapist during a time of so much stress and uncertainty?

In all my years of education and experience, I was never taught how to handle a pandemic, however, it is pretty much how do we handle anxiety and uncertainty in this world right now. I am honored to be considered an essential worker. I am grateful that the work I am doing has been deemed important enough to be recognized in that category. The pandemic raises a lot of questions about the reverberating affects it will have on all of us. I personally have seen the impact of increased anxiety, depression, and a triggering of past traumas. This is bound to take an emotional toll that must be assessed for and addressed continually. So, let's address some issues.

The first thing I want to address is for the sake of your own health and our clients or residents' health is first and foremost, seek out reliable information about the coronavirus. That might not come from our government as much as doctors and people in the medical field and experts. This is why I feel safe working at Rosa's because Anthony Diaz get's the most informative up-to-date information, and he runs his home based on that. It is important for me to see such wonderful guidelines that he has placed based on accurate information. On the other hand, it is important not to get too much news and to limit the amount of time you spend watching the news. Try to stick to more positive things to watch and listen to. In fact, turn the computer and TV off and just enjoy.

It's called social distancing; however, this should be called physical distancing because socially we need one another right now. Take this time to reconnect with friends and loved ones while socially distancing. We all need to practice social distancing, but there are so many ways to connect despite that. Make a date with an old friend to eat dinner over Facetime or Skype. Do a group game night, dinner, or just hang out on Zoom. I have seen some people doing Zoom dance parties, game night and other things. In fact, I have seen people get more connected since this pandemic has happened. Make sure you reach out and call a friend or family member.

Use your newfound time to benefit yourself. For instance, if you've been advised to telecommute or stay home, you've been granted more time in your day. Use that time well. I play in four bands that no longer play out, so I have free time. I use that to do things like tackle that closet reorganization, I have been gardening and growing my food, I have been painting my kitchen and bathroom and I have taken up a new hobby. I finally have some time to do the things I never have time for. Who knows, you may just re-discover a passion or a new form of self-care that got lost in the shuffle. I am now walking and enjoying more and more movement that I rarely had time to do.

With the added time you now have, you can go to bed on time or hop on that exercise bike for a bit. Keeping your body healthy helps protect everyone around you by boosting your immune system and decreasing your anxiety. Now is certainly a great time to learn a meditative practice, it is calming and is about breathing which helps our lungs. It is especially important to get good nutrition, sleep, and exercise. All this could be a wonderful distraction and a distraction can get you away from the cycle of negative thoughts that feed anxiety and depression.

Doing something positive to manage anxiety is a healthy coping strategy. Focus on positive thoughts. Choose to focus on the positive things in your life, instead of dwelling on how bad this all is. Finally, consider starting each day by listing things you are thankful for. Maintain a sense of hope, work to accept changes as they occur and try to keep problems in perspective. Use your moral compass or spiritual life for support. If you draw strength from a belief system, it can bring you comfort during difficult times. That is how we therapists are coping with Coronavirus by helping others and walking our talk. Be well.



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.



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Integrity Treatment Solutions continues the struggle with other small business effected by Coronavirus. Being considered an essential business our doors remain open for those in need of Oxygen, CPAP therapy, Nebulizer treatments, and Incontinence Supplies.

Due to customers staying at home; who have lost their jobs; decreased income; family members taking care of other family members; parents struggling with their children out of school trying a new way to educate from home; healthcare providers working overtime; employees at grocery stores extending their hours, and last but certainly not least our Adult Care Homes and Assisted Livings trying desperately to keep all their seniors at double arms lengths to protect them. And the list goes on. No one is forgotten. This has impacted us all in one way or another. We are in this together.

Our business has found a shortage in ordering specific equipment due to the high demand in other states. Some of the equipment we are seeing a shortage in are oxygen concentrators and specific types of positive airway management devices such as BiPAPs. Equipment such as Nebulizers, Portable Oxygen Concentrators, Respiratory devices such as CPAP Equipment and Masks are available. We have a selection of Incontinent Supplies such as Pull Ups, Diapers, Disposable and Washable Chux, and Wipes. Gloves have been a challenge but we continue to get small orders in week to week.

We at Integrity Treatment Solutions are trying to do our part in some small but significant way to our community. We have been issuing courtesy bags with a couple of surgical masks with gloves. We have small bottles of hand sanitizer to go with the courtesy bags. These items will continue to be given while we can continue to order from our vendors and while we continue to struggle through this Pandemic.

We run short but continue to order Kn95 masks. I am hopeful we can continue to order and have in stock. However, as we all know the struggle is real and the situation can change from day to day. I suggest before you visit to call and see if we still have supplies you are interested in our store.

Integrity Treatment Solutions works closely with CPR Down South who continue to provide CPR/AED and First Aid Classes for those with certifications expiring. Class size has decreased to four per class to avoid a large class room full of students.

If we can be of help with specific supplies or CPR classes please feel free to give us a call and we will work with you to try and accommodate your needs.

May you all be well and healthy and help those in need. Kim and David Krepp



business/corporate



community



family/weddings



influencers

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Caring, Compassion, Generosity and Understanding During This Time

The Corona Virus has changed all our lives. It's been difficult for everyone, but it has also brought people together as priorities realigned. Care giving is necessary to get us through life challenges like this.

Corona brought of us many to a screeching halt in our normal activities. We have had to give up our routine and stay home, but caregivers and other essential workers have had to work even more to help keep us all safe.

Many non-essential workers had to become full-time caregivers for their families while under shelter-at-home, whether they are also continuing their regular job from home or were furloughed or laid off.

Many people who normally do not have time, have stepped up to volunteer and find ways to help others. Neighbors have offered to shop for those at higher risk, help with yard work and are checking on people they may not have previously known. Resources and supplies are being shared with those in need.

Retirement and assisted living communities have done their best to entertain and keep the residents from further isolation by using creativity, technology and thinking outside the box. They had to quickly respond to the new and different needs of their residents who now only have remote support from their families. Activity directors came up with new ways to engage residents while keeping them at safe distances. The nursing and healthcare staff have stayed busy making sure everyone is following precautions and is routinely checked for any symptoms.

Mental health professionals are doing their best to provide supportive services to so many whose needs are now even greater.

It has been stressful for everyone, and for some it has allowed time to reconnect with people and activities they haven't had time for in a while. Selfcare is important especially in stressful times. Many people have taken advantage of free online tours or classes offered by museums and universities. There is a plethora of online videos for do-it-yourselfers on just about anything, including how to cut your own hair, make their own protective masks, or cook new recipes with what is in your cabinet. (Ask Anthony Diaz for his Yam Casserole recipe!) Some have rediscovered exercise to maintain their physical and mental health.

The new levels of caring, compassion and understanding, and the generosity of others to share all kinds of resources have been amazing.

We mourn the loss of those taken by Covid-19, as well as those who passed away from other causes during this time, without their families by their side. We will try to support the families who were not able to hold their loved ones to say goodbye. We will learn new ways to provide care and stay connected remotely when that is all that we can do. We will try to support those in the front lines who provide direct care to our loved ones and support the rest of us who cannot be there in person.

Thank you to the many different kinds of caregivers who care for our loved ones every day and have gone above and beyond during this crisis!

Beth Fuller, BSW, CMC
TLC Coordination and Advocacy

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- \$50.00 business card
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Beth Fuller, BSW, CMC

Owner/Care Manager

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Healthcare Workers Urgently Needed!



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- Nursing Assistants •
- Licensed Practical Nurses •
- Registered Nurses •
- Anyone who has some sort of background in healthcare that would like to help during this critical time •

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Questions? Email donna.ruthruff@pima.gov or call 520-724-7622



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Humor Corner

Recipe Corner



No-Bake Peanut Butter Oatmeal Bars

Ingredients

- 1 cup creamy peanut butter
- 3/4 cup honey
- 3 cups old-fashioned oats

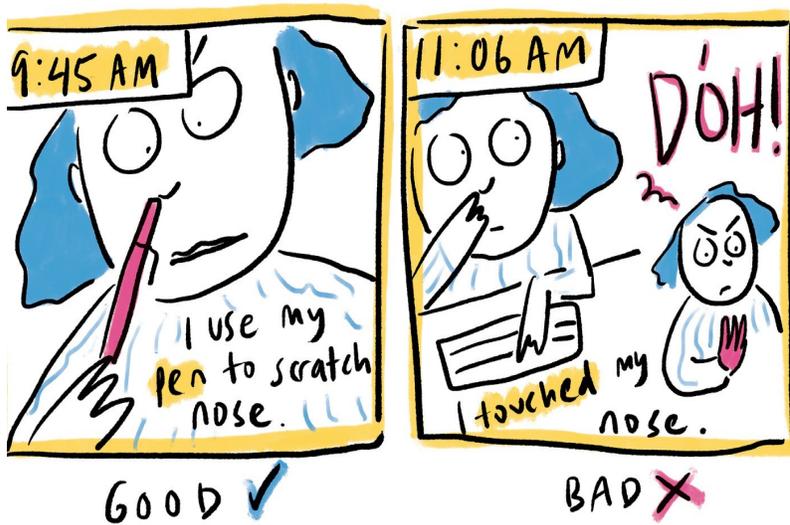
Directions

In a small saucepan, combine peanut butter and honey. Cook and stir over medium-low heat until melted and blended. Remove from heat; stir in oats. Spread into a greased 9-in. square pan; press lightly. Cool to room temperature; cover and chill for 1 hour.

Nutrition Facts

1 bar: 355 calories, 17g fat (3g saturated fat), 0 cholesterol, 122mg sodium, 47g carbohydrate (27g sugars, 4g fiber), 10g protein.

Source: <https://www.tasteofhome.com/recipes/no-bake-peanut-butter-oatmeal-bars/>



I would like to thank everyone who contributed to this month's issue of Caregiver News! You all help make this newsletter a vibrant, fun, informative part of the caregiving community. Please continue to advertise with us, write for us and share your invaluable experience and knowledge!





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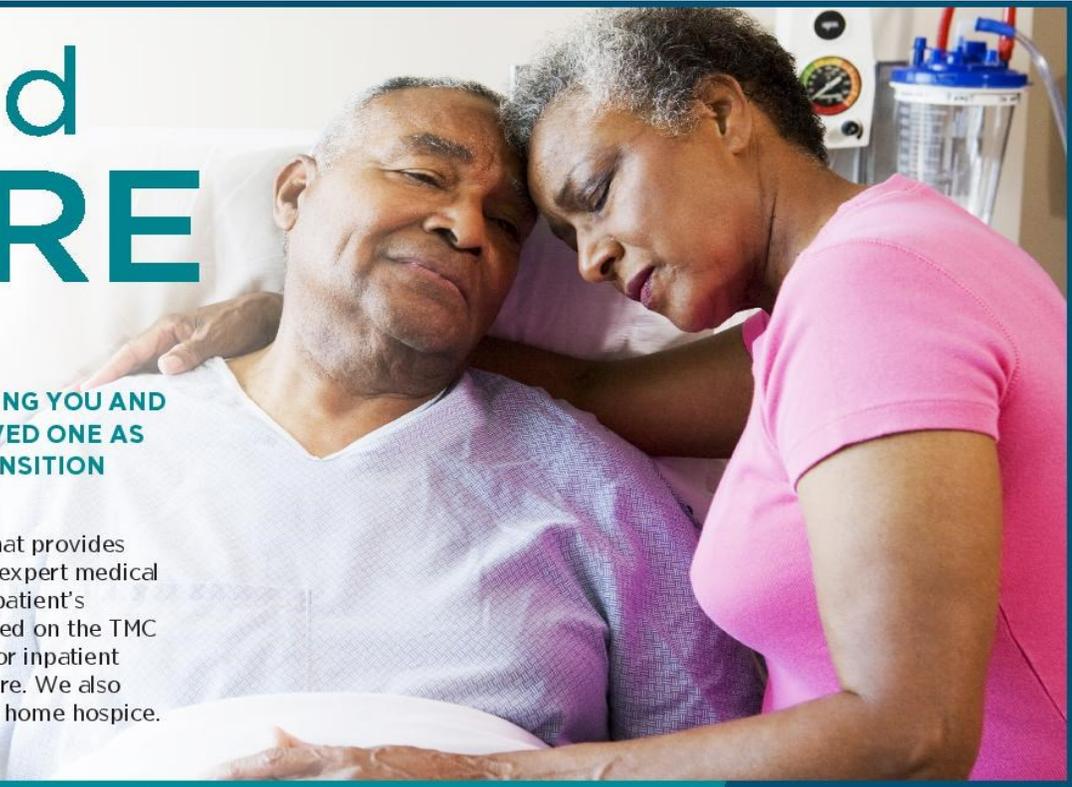
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