



CAREGIVER NEWS

Newsletter Published by Rosa's Chante Assisted Living

May 2021

www.caregivernewstucson.com



Welcome to May!

Hello and welcome to our May edition of the caregiver newsletter. Outside of the wonderful smells that May has to offer, (and lots of allergies), May is a reminder that summer is coming. With summer coming, it means we all need to take steps to prevent heat stress on days when the sun is blazing such as keeping the water glasses full and the cooling on as well. May brings us many reasons to celebrate. May 5th is Cinco de Mayo and an invitation to enjoy the culture and the foods of our neighbors. Mother's Day falls on May 9th this year so be sure to celebrate in honoring the mothers in your life.

Also, as Covid vaccinations are reaching the larger population I want to remind everyone to still maintain some of the protocols that have kept us healthy during this past year. Please continue to wear your masks and social distancing as we all start venturing out into the larger community.

I want to take the time to thank all of you for making our Caregivers Newsletter so important and because of all the ads, and readers we can continue to give you news sources and events that are related to caregiving. Our newsletters try to include tips, articles, and helpful advice that can assist caregivers with the numerous daily care tasks including the often overlooked caring for yourself. If you would like an ad, or to make sure you can share it and read it, contact me or look to the bottom of the page for ad information, or go to www.caregiversnewstucson.com or www.Rosaschanteassistedliving.com to read our newsletter online.

Once again welcome to May and sending out a happy Mother's Day to all the mothers I know.

Anthony Diaz

SONORAN PREVENTION WORKS

Overdose Prevention Training

Free training & kits

Sign-up info at spwaz.org/upcoming-trainings

Wednesday May 19th 4p-6p

cthomas@spwaz.org
520-402-7748

If you would like to advertise with Caregiver News, our rates are:

\$50.00 business card \$150.00 1/4 page
\$300.00 1/2 page \$500.00 whole page,
For special rates please contact:

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

Are you 24 or younger and looking for a job?

... more education and training?
... or just some help sorting it all out?

The Pima County Youth Employment Center will help you jump start your career!

Get job help through:

- Paid work experiences and internships
- A Summer Youth Employment Program
- Job search assistance

More schooling with:

- Tutoring
- High school enrollment or GED assistance

Counseling and support

- Free career workshops
- One-on-one visits with a case manager
- Career counseling
- Help learning more about yourself: skills, strengths and work style

We may even be able to offer you tuition assistance, bus passes and other career support!

Youth Center orientations are offered Tuesdays and Wednesdays
Sign up at 520-724-9649

PIMA COUNTY ONE-STOP CAREER CENTER **ARIZONA @WORK PIMA COUNTY**

A proud partner of the **americanjobcenter** network

Equal opportunity employment/program - Auxiliary aids and services are available upon request for persons with disabilities.

May 21, 2021
Noon – 1:00p.m.



Harmony
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— YOUR COMMUNITY. YOUR HOSPICE. —

Alzheimer's



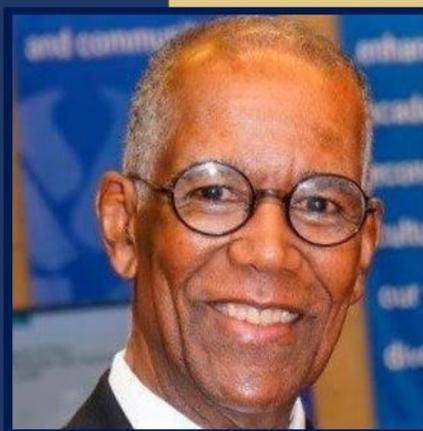
*Virtual Webinar
hosted by Harmony Hospice*

RSVP Required:

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

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

www.harmonyhospice.org



We'll also share helpful resources to enhance the quality of life for everyone.

Special Guest Presenter:

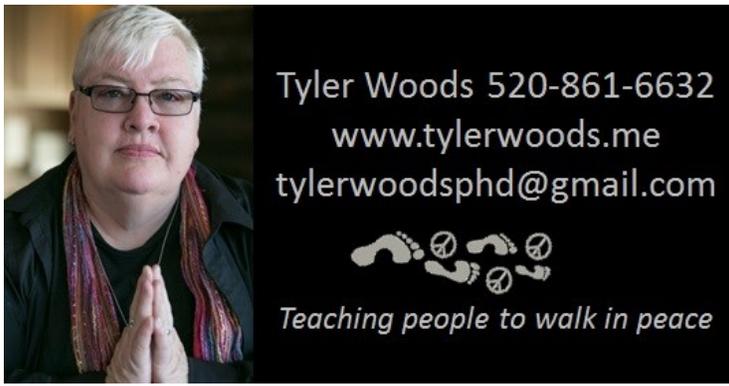
Bill Counts

Alzheimer's Association
Community Educator and
Founder, LTCl Advisors

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

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Mindfulness and Breathing—

By Tyler Woods

Mindfulness can be a helpful tool when working with aging seniors. Studies have confirmed that cognition, memory and brain health inevitably decline with age. A healthy lifestyle that combines a good nutritious diet and regular mental stimulation can help prevent and slow the progression of many neurological conditions that happen with age.

Reducing stress and anxiety plays a significant role in improving and protecting brain health. Mindfulness activities such as breathing, walking, and meditation if the senior is able can be used to promote a healthier brain. These activities can be done from the comfort of home or in a group setting and act as an effective way to stimulate the brain while providing stress relief.

Mindfulness breathing is probably one of the best mindfulness activities a senior can do. Normally when I work with a senior client, I say hello to them and suggest they take a slow deep breath and blow it out. I do this because I know breathing is an essential function of life, but it's so much more than that. How well you breathe can affect your strength and stamina, your sleep, and even your mood. According to the National Institutes of Health, controlled breathing can be especially beneficial for older adults. They often do not remember to take the time to breathe deeply.

Deep slow breathing helps us slow our heart rate and decrease natural chemicals that can improve focus and attention. Healthy blood flow and circulation is so very important as we age. When we breathe deeply it helps blood carry oxygen from one part of the body to another. Studies have shown seniors who take deep intentional breaths have increased oxygen flow to vital organs.

By making a conscious effort to practice daily deep breathing, you can activate your parasympathetic nervous system, making you feel more relaxed and calmer. Feeling calmer is not only beneficial for our mental health, but our physical health as well. Deep breathing helps with sleeping. When one's breathing suffers, so does his or her quality of sleep and studies have pointed to a correlation between deep breathing throughout the day and improved sleep at night.

Here are the three simple breathing techniques you can try with a senior you love.

1. Falling out breathing: Inhale then sigh. Just let the air naturally flow out of your mouth.
2. Box breathing: Inhale for 4 counts, hold 4 counts, exhale for 4 counts.
3. Deep breathing; Inhale as deep as you can, count to three and exhale as deep as you can.

These three exercises are great for those with memory issues, and it only takes a minute and can be helpful if you take the time to do it with a senior a few times a day. Mindful breathing, which is simply the art of paying attention to the breathing. Seniors are often affected the most by poor breathing since elders can lose up to 20 percent of their blood oxygen levels just by aging and breathing exercises can help increase blood oxygen, decrease stress, and improve overall physical and mental health.





Sometimes, life's challenges can be hard to face alone.

TMC Geropsychiatric Center offers a short-term, inpatient mental health program for older adults in a caring, compassionate environment.

Our highly trained health professionals specialize in treating disorders related to aging, such as depression, dementia and adjustment difficulties. An older adult may be in need of treatment when experiencing severely disordered behavior that is out of the norm with their typical behavior.

Examples may include:

- Major depression, anxiety, panic attacks or nervousness that affects their ability to function
- Rapid onset of significant impaired reality, such as hallucinations, delusions, depression, mania or catatonia
- Recent suicide attempt or risk of suicide
- Inability to care for self or to cope with stressful situations

We can help. To learn more, please call 324-4600.



Created to CARE

Furniture Fitted to Need

Let's say you have noticed that your aging parent or loved one is having trouble getting out of chairs, bed, off the toilet, in and out of the car, etc. There are solutions available to help provide the aid that your loved one may need. However, if you are challenged with buying furniture for an elderly person, there are a few things you should keep in mind as you start your search.

First, how is that person's health and physical condition? Can he or she easily rise from and sit down into a chair? If not, furniture with special options are available. The seats of chairs and recliners rise to a higher level with the push of a button. The elderly person can simply back against it, then lower himself down to a seated position by pushing another button. Furniture technology is great!

Another thing to consider when picking out furniture for an elderly person is the fabric or upholstery on the item. If the elderly person tends to slide out of seating easily, a couch with a slick leather upholstery might not be as good a choice as one with a textured fabric. The texture of the fabric can help prevent slipping out of the seating.

Make sure the furniture you pick out for an elderly person is easy to clean. If they have other health issues that might mean occasional soiling of the furniture, they will need to be able to clean it quickly and thoroughly.

Most important when buying furniture for an elderly person is to remember that even though his or her eyesight might be a little less than it once was, the furniture should still be appealing to his or her taste. If your grandfather hates floral fabric, don't buy him a room full of furniture with huge magnolia blossoms on it just because you happen to like it. If you are incorporating this furniture into your living quarters, and you and the elderly person who will be sharing your space disagree on furniture tastes, do your best to get the new furniture in a complementary shade or fabric. It doesn't have to be an exact match. Use a solid blue lift chair to coordinate with your blue, burgundy and green floral sofa and loveseat. Make every effort to respect his or her taste while accommodating any special needs.

If you are buying furniture for an elderly or special needs person, ask questions of your furniture rep. Tell them about your special needs and concerns. Furniture sales reps are trained to help you fill your needs. If your local furniture store doesn't carry what you need, chances are the salesperson can refer you to a website or medical supply store that does. If ordering furniture from a website, be sure you know all the shipping and handling costs up front. Also, find out warranty information. Don't overlook medical supply stores in your furniture quest. In addition to medical necessities such as oxygen tanks, portable toilets and wheelchairs, many carry furniture items like lift chairs and recliners that can greatly improve comfort and quality of life.

If at all possible, take the elderly person you are buying furniture for on your shopping trip. Ask for input. This will ensure your furniture purchase is one you'll be happy with for a long time.





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Associate Broker

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Office: (520) 577-7433
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Beth Fuller, BSW, CMC
Owner/Care Manager

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(no text)

Beth@TucsonLifeCare.com
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Hospice Education &
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An Arizona NonProfit
Organization dedicated to
providing legal assistance
to people who are living
with a terminal illness
or HIV Positive



'Hospice Legal Line'

We provide free and reduced fee legal
care for those who qualify.

For more information or to volunteer or donate

Call (520) 333-5774

HospiceLegalLine@gmail.com



HospiceLegalLine.org

TUCSON SENIOR PLACEMENT

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OPTIONS FOR:
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TUCSONSENIORPLACEMENT.COM

INSIGHTS on Aging



Aging & Healthcare Experts

Your Community Resource

Insights on Aging provides education, training and moderated discussions regarding the many resources for senior living options for the greater Tucson community.

Healthcare Experts & Educators

Insights on Aging is a three-member panel of professionals who have combined their expertise to help serve seniors, their families and caregivers in our community. These dedicated and dynamic educators are versed in all areas of aging with special emphasis on housing and placement issues for seniors as well as home healthcare, the emotional and psychological concerns of older adults, compassionate end of life care, and grief counseling for seniors, their families and support networks.

Available for Presentations

Insights on Aging educators are available to speak to your organization or group. Please contact us for available dates, times and suggested topics specific to your needs. We are your advocates and will keep you informed and help you to stay current in a complex system of care. We are here to help you navigate thru the process of senior living options.



For more information contact:

Anthony Diaz (520) 360-4450
Robin Coats (520) 373-0349

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Caregivers

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- Monthly Management

simplyclassycaregivers@gmail.com

Coronavirus (COVID-19) Funeral Assistance

The COVID-19 pandemic has brought overwhelming grief to many families. At FEMA, our mission is to help people before, during and after disasters. We are dedicated to helping ease some of the financial stress and burden caused by the virus.

FEMA is providing financial assistance for COVID-19-related funeral expenses incurred after January 20, 2020.



Which expenses will qualify for reimbursement?

Examples of eligible expenses for funeral services and interment or cremation may include, but not limited to:

- Transportation for up to two people to identify the deceased individual
- The transfer of remains, a casket or urn
- A burial plot or cremation niche
- A marker or headstone
- Clergy or officiant services
- The arrangement of a funeral ceremony
- The use of funeral home equipment or staff
- Cremation or interment costs
- Costs associated with producing multiple death certificates

What information do I need to provide to FEMA?

Please have the following information before contacting FEMA to apply:

- Your name, social security number, date of birth, mailing address and contact phone numbers.
- The name, social security number and date of birth for each deceased individual.
- The location or address where the deceased individual passed away.
- Documentation and receipts for any assistance already received from other sources, including burial or funeral insurance, donations, voluntary agencies, other government programs or non-profit organizations.
- If you and another person both incurred funeral expenses for the same deceased individual(s), you can also provide that person as a co-applicant — include their name, social security number and date of birth on the application.

HOW DO I APPLY FOR THIS ASSISTANCE?

Call FEMA's COVID-19 Funeral Assistance Helpline at 1-844-684-6333 (TTY: 800-462-7585) from 9 a.m. to 9 p.m. ET, Monday - Friday and begin the application process.

For fastest service following your application, you can begin submitting documentation online through [Disasterassistance.gov](https://disasterassistance.gov) by fax 855-261-3452.

Documents may also be mailed to: COVID-19 Funeral Assistance, P.O. Box 10001, Hyattsville, MD 20782



FEMA

FREQUENTLY ASKED QUESTIONS

You can also visit us online at FEMA.gov/funeral-assistance/faq. Information is provided in several languages both by telephone and the website.



Volunteers Needed

Become a Senior Companion today and make independence a reality for homebound older adults!

Don't miss this life-changing opportunity!

Seniors helping Seniors with:

- Companionship
- Limited transportation
- Sharing an activity
- Exercising or going for a walk
- Writing, reading, & filling out forms
- Respite for family caregivers

Eligible* volunteers receive:

- \$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.

Learn to use a computer tablet & serve safely from home!

Free training & a Samsung tablet to use while serving

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



Independence. Vitality. Respect.

8467 E. Broadway Blvd.
Tucson, AZ 85710-4009

520.305.3453
520.790.7577 Fax

sgonzalez@pcoa.org
pcoa.org

Gramma's HOME

Assisted Living with a Heart.

520-349-2248



*All it takes is a little TLC
Our residents seem to wake up
and start living all over again.*

Call Valerie Scott Plan a visit to Grama's Home



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Assisted Living Home Caregiver

Please consider participating in a study that is interested in exploring the learning and technology interests of assisted living home caregivers.

- > Are you a Certified Caregiver?
- > Have you worked in assisted living homes for at least 6 months?
- > Are you at least 18 years of age?
- > Speak English?
- > Be willing to share your opinions?



What it involves: One interview lasting Approx. 60 – 1 ½ hours*

When: Scheduled between March to July 2021

Where: TBD – your preference

**Participants will receive a thank you and \$40.00*

Want to learn more and see if you qualify??

Contact Christina Wyles RN

cwyles@email.arizona.edu 520-626-2475

An Institutional Review Board responsible for human subject research at The University of Arizona reviewed this research project and found it to be acceptable, according to applicable state and federal regulations and University policies designed to protect the rights and welfare of participants in research.



Discharged from the Hospital?

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

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

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

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

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

Personal Care includes:

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

Who benefits most from our Discharge Recovery Program?

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

3055534

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

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

WHAT ARE THE SYMPTOMS OF CELIAC DISEASE?

HAVE THESE SYMPTOMS? DON'T WAIT. GET TESTED.

ORAL

BAD BREATH
GUM DISEASE
MOUTH SORES
MOUTH ULCERS
SWOLLEN GUMS
TONGUE SORES
TOOTH ENAMEL EROSION

BEHAVIORAL

ADD
ANXIETY
BRAIN FOG
DEPRESSION
IRRITABILITY
IRRATIONAL ANGER
LONELINESS/ISOLATION
LOSS OF INTEREST IN ACTIVITIES
MEMORY LOSS
MOOD SWINGS
NIGHT TERRORS
PANIC ATTACKS
SHORT TEMPER
SUICIDAL

FEMALE-SPECIFIC

BREAST TENDERNESS
EARLY MENOPAUSE
FREQUENT MISCARRIAGES
HORMONAL LEVEL SWINGS
HEAVY, PAINFUL PERIODS
INFERTILITY
SWOLLEN BLADDER/CERVIX

INTESTINAL

ACID REFLUX
BLOATING
CONSTIPATION
DIARRHEA
GAS THAT WOULD CLEAR A ROOM
LOSS OF APPETITE
NAUSEA
STOMACH PAIN

JOINT/MUSCLE

ATAXIA
BACK PAIN
BURNING SENSATION IN THE JOINTS
JOINT PAIN/STIFFNESS/SWELLING
LEG CRAMPS
MUSCLE SPASMS
SWELLING IN HANDS AND FEET

VITAMIN DEFICIENCIES

ANEMIA (LOW IRON)
LOW CALCIUM
LOW VITAMIN B12
LOW VITAMIN D

SKIN

ACNE
BRITTLE NAILS
BRUISING
BURNING SCALP
DANDRUFF
DARK CIRCLES UNDER THE EYES
ECZEMA
FLAKEY SKIN AROUND THE EYES
HIVES
PALE SKIN
SKIN CANCER
SKIN RASHES

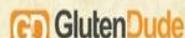
MISCELLANEOUS

ASTHMA
BLADDER INFECTIONS
BLURRED VISION
CHILLS & FEVERS
CHRONIC FATIGUE
DANDRUFF
COUGHING
DIZZINESS/VERTIGO
FAINTING
FLUCTUATING WEIGHT
GERD
HAIR LOSS
HEADACHES
HEARTBURN
HEMORRHOIDS
HIGH BLOOD PRESSURE
HYPOTHYROIDISM
IRREGULAR HEARTBEAT
LOW BLOOD SUGAR
MIGRAINES
NIGHT SWEATS
RACING HEART
SEIZURES
SINUS PRESSURE
SLEEPING ISSUES

* SYMPTOMS IN RED WERE MENTIONED THE MOST OFTEN

Source:

These symptoms were provided by over 130 people currently living with celiac disease. Only symptoms that were mentioned more than once were listed. To see all of the responses, go to: <http://glutendude.com/ceeliac/what-are-your-specific-ceeliac-symptoms/>

 **GlutenDude**
THE BAKED GOODS ABOUT LIVING GLUTEN FREE
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Back2School Car Show hosted by DCOP



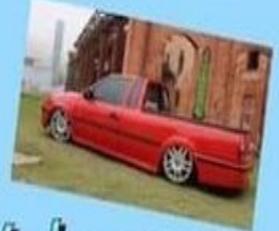
WE WILL BE COLLECTING
SCHOOL SUPPLIES FOR
PUEBLO GARDENS PREK-8



Saturday May 15, 2021



Showtime 11a-2p
Free Public Event
2615 S 6th Ave, Tucson
Santa Rosa



All Vehicles Welcome

Cars/Trucks \$20

Motorcycles/Bikes/Pedals \$15

Roll In
930a-1030a

Judging
12p-1p

Trophy's
130p-2p

Space is Limited

Early Car Show Pre-Registration Application by
May 1st-Receives \$5 off Entry Fee

Contact DCOP at: 520-273-5522 dcopfamily@gmail.com

Family Fun!

Vendors

Raffles



Music by DJ Joey Sanchez, Tejano Tucson Radio



AT HOME MEDICAL CARE LLC

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

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

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

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

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

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

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

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

There is Nothing Like Home



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

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

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

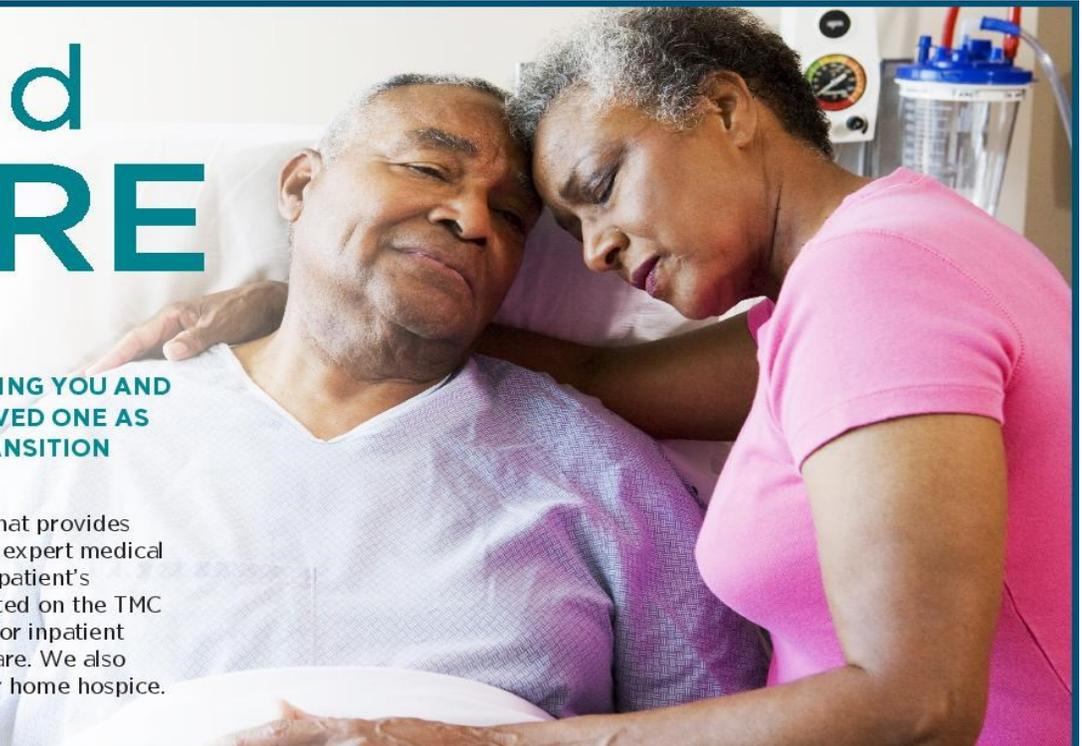
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SUPPORTING YOU AND
YOUR LOVED ONE AS
THEY TRANSITION

Compassion • Dignity • Love

We have a team-oriented approach that provides both spiritual and emotional support, expert medical care and pain management to fit the patient's wishes and need. Peppi's House, located on the TMC Campus, is welcoming and available for inpatient symptom management and respite care. We also service Tucson and Outlying areas for home hospice.

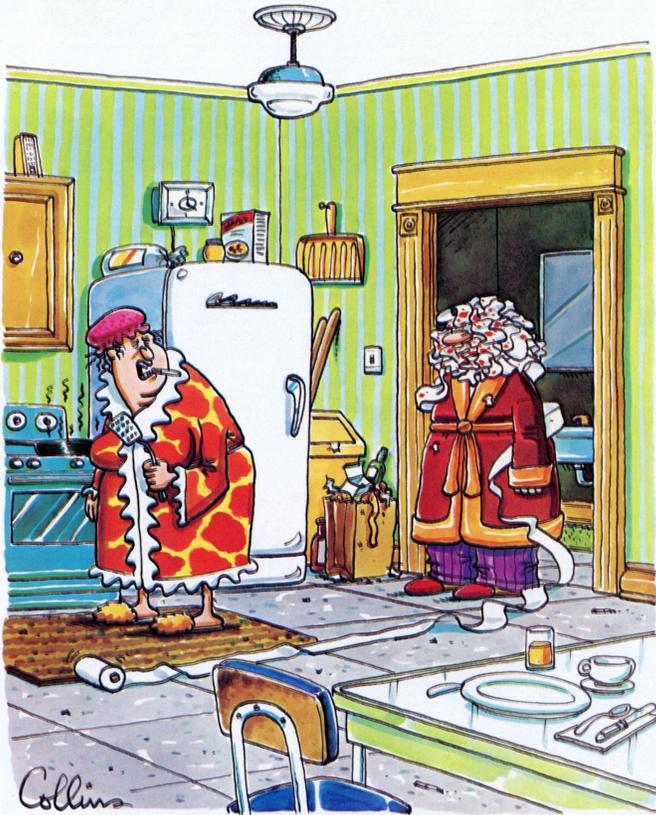


TMC Hospice • Peppi's House
520.324.2438
tmcaz.com/hospice

TMC HealthCare

MAYO CLINIC
CARE NETWORK
Member

Humor Corner



"Why don't you just grow a beard?"



Recipe Corner



Peanut butter Cups

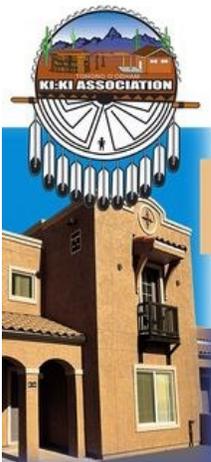
Ingredients:

3 tablespoons powdered sugar, sifted
1/2 cup creamy peanut butter
1 cup chocolate, melted

Instructions:

Prepare a cupcake tin with 6 liners.
Stir peanut butter and powdered sugar together until smooth.
Spread 1 to 2 tbsp of chocolate in the bottom of each cupcake liner.
Dollop 1 to 2 tsp of the peanut butter mixture on top of the chocolate.
Cover each dollop of peanut butter with more chocolate and smooth out the top.
Refrigerate for 1 hour or until chocolate has hardened.
Remove peanut butter cups from the liners.

Source: <https://www.mother.ly/lifestyle/baking-recipes-for-moms/5-peanut-butter-cups>



EMERGENCY RENTAL ASSISTANCE PROGRAM

TOKA is happy to announce funding availability to assist distressed renters living in rental or lease purchase housing units.

1. Who is eligible to receive assistance under the Act?

To be eligible, a household must be income qualified and obligated to pay rent on a residential dwelling and provide documentation of the following:

- i. One or more individuals within the household has qualified for unemployment benefits or experienced a reduction in household income, incurred significant costs, or experienced other financial hardship due, directly or indirectly, to the COVID-19 outbreak;
- ii. One or more individuals within the household can demonstrate a risk of experiencing homelessness or housing instability; and
- iii. The household has a household income at or below 80% of area median income.

2. Financial Assistance pursuant to the ERA Program means:

- i. Rent (including lease purchase payments);
- ii. Rental arrears (including lease purchase payment arrears);
- iii. Utilities and home energy costs, including electricity, gas, water and sewer, trash removal, fuel oil;
- iv. Utilities and home energy costs arrears; and
- v. Other expenses related to rental or lease purchase housing incurred due, directly or indirectly, to the novel coronavirus disease (COVID-19) pandemic.

To get started please visit our web site and download ERA Application Form and send. For additional information please call 1(844) ERA-TOKA or 1(844) 372-8652.

This project is being supported, in whole or in part, by federal award number TDO21ERA1048A awarded to the Tohono O'odham KiKi Association by the U.S. Department of the Treasury.

To APPLY and find more information:

Visit our website at www.tokahousing.org

Office: 520-383-2202
1(844) ERA-TOKA
1(844) 372-8652

era@tokahousing.org
dlopez@tokahousing.org



Sedona Garden Assisted Living is located in an established, desirable Northwest Tucson location. It is conveniently close to Northwest Hospital and Medical Center, and multiple specialty Doctor offices, as well as Foothills Mall and many popular restaurants.

Owner/Manager, Krystal Saucedo, is known for providing loving, personalized care for residents requiring assistance at all levels of care. If you, or a loved one, are seeking a warm, caring and family-centered home, please contact Krystal at 520.971.2539 for a personal tour.



cell (520) 971-2539 • home (520) 887-3421 • fax (520) 844-3421 • mail 5931 N. Jaynes Circle, Tucson AZ 85741 sedonagarden.com



Gloria's Assisted Living LLC

"My Residents are My Family"

Gloria Foley Owner and Caretaker
3340 S Watson Dr, Tucson AZ, 85730

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Home: 520-298-1195
Fax: 520-298-2115

<https://gloriasassistedlivingtucson.com>



SOUTHERN ARIZONA SENIOR PRIDE



Community Cares Program-Tucson

Community Cares Program-Tucson provides visits (by phone and in-home) to LGBTQI+ adults 55+ and people with disabilities who are isolated, homebound or in a care community.

photo by Kay Smith



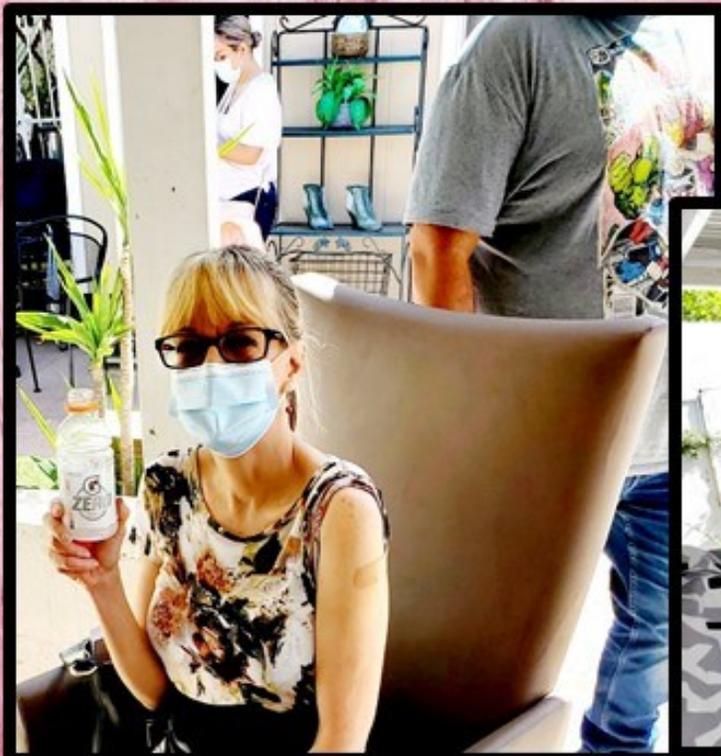
Judy Jennings and Judy O'Brien

520 - 351 - 2724

community@soazseniorpride.org

Referrals Encouraged.

<https://soazseniorpride.org/>



Vaccinations Continue!



Out and About
with

Anthony Diaz



24 HOURS ON CALL



Phone 520-751-1998

Fax 520-751-3767

Rosa's Chante Assisted Living

- * Local business
- * "Open Door" policy for Visitors
- * Full time Certified Manager
- * Tempting Home Prepared Meals
- * Walk-in shower
- * Wide, tiled hallways
- * Fun activities
- * Covered patio, gardens
- * Private & semi-private rooms
- * Secured facility
- * Behavioral care
- * Dementia care
- * Hospice care
- * 24/7 Onsite awake, Certified Caregivers



Anthony Diaz Owner/ Administrator
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