



CAREGIVER NEWS

Newsletter Published by Rosa's Chante Assisted Living

November 2017



www.caregivernewstucson.com



Happy November



Hello and Happy Thanksgiving and welcome to the Caregivers Newsletter. Thank you all so much for being part of it. Hi, this is Anthony Diaz of Rosa Chante's Assisted Living Home and as I write this, I think of my family and friends and my heart is big. I have two grandchildren and a wonderful family. I have friends, and a wife of 25 years. I have so much to be grateful for. I say that and realize that this holiday season, there is something in the air that is even more yummy smelling than the scent of pumpkin spice and that is gratitude and being thankful. I think at times it might sound like a corny concept, but gratitude and being thankful is truly an effective way to combat stress and this time of year, we have a great deal of stresses as caregivers.

As we enter the holiday season, it's time to take a breather from the craziness that is life and reflect on what we're truly thankful for. As caregivers, I believe that we are especially good at this. We learn to be thankful daily, we have to because others depend on us to share with them our gratitude. When I think of what gratitude means for me it means thankfulness, counting our blessings, noticing some of life's simple pleasures, and acknowledging everything that you receive, even if it is a gentle smile from a grandchild. It means learning to live your life as if everything were a miracle and counting every miracle that happens. Most important, it means being aware on a continuous basis of how much you've been given. I think most important it means that being thankful unlocks the fullness of life. As caregivers, it turns what we have into enough, and more. Being thankful means we get to bring in peace for today, and creates hope for tomorrow. This time of year I also must take note, that I am thankful for pie! Happy thanksgiving all.



LaTonya T. Watkins

Placement Liaison
Monarch Placement
& Consulting Service LLC

Free Assisted Living Assessments,
Tours & Case Management

520-304-1849



Inn at Civano

Mary Pagel
Innatcivano@gmail.com

Finest Bed and Breakfast Hotel in SE Tucson, Arizona
10448 E. Seven Generations Way Tucson AZ 85747

520-296-5428
800-682-1905

<http://innatcivano.com>

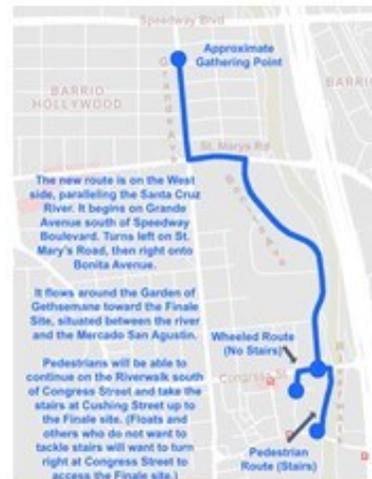
Harmony HOSPICE

— YOUR COMMUNITY. YOUR HOSPICE. —

www.harmonyhospice.org



Don't forget to look for our ice truck at all souls procession
Tue, October 24,
6:30pm – 9:00pm



Upcoming Events



Harmony Hospice Community Center is the home for our community education and support groups. Please check the calendar below for Harmony Hospice Events and for community partner events. www.harmonyhospice.org/community-center

There Is Nothing Like Home



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

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.



Tucson Senior Placement

Practical Solutions to Enhance Quality of Life for Seniors and Their Families

Placement Options for:

Independent Living, Assisted Living or Dementia/Memory Care

- I will guide you through the process of selecting a senior living environment.
 - There is no cost to seniors or their families for my services.
- Certified Dementia Practitioner/Alzheimer's Support Group Facilitator

Robin Coats

520.373.0349

TucsonSeniorPlacement.com

Taking Care of Self for The Holiday

While this time of year we are preparing turkey, stuffing, gravy, cranberry sauce, green bean casserole, yams, and let's not even mention the desserts, you have to ask yourself how are you set for dealing with being a caregiver over the holiday? Thanksgiving is a time for family and celebration and most caregivers know and understand it is time consuming and emotional.

There are several things caregivers should watch out for so they themselves can have a good Thanksgiving. Anticipate your own holiday. It could be wise to mentally put yourself in a protective bubble, letting negative energy bounce off without hurting, annoying or distressing you. Speaking of letting negative energy bounce off you, make sure you take time to exercise. It can boost your mood and endurance. Even something as simple as walking in a shopping mall, dancing to holiday music, or stretching or doing jumping jacks while watching holiday movies can help.

Yet another great tip for caregivers at holiday time is to know your own best stress outlets. Only you know what works best for you as a stress reliever. It may be writing in a journal, laughing at a funny movie, talking with a friend, going for a walk or sharing your thoughts on social media such as Facebook. Make a list of outlets you can keep handy when you start to feel stressed out.

Finally plan ahead and focus on what is most meaningful. When you are a caregiver there is no time for perfection and it is not the goal of any of the holidays — joy is! Cramming more into your already crazy schedule can push you over the edge, so consider what is really doable before you commit. Simplify your holiday activities by setting limits and you'll be OK. When all else fails, eat pie!



Tyler Woods Ph.D.
Holistic Mental Health
520-861-6632
Tylerwoods.me



*Teaching people to walk in
peace one step at a time.*
Tylerwoodsphd@gmail.com





What is a “Plan B” and Why Do I Need One?

Simply stated, “**Plan B**” is a back-up plan in the event of a crisis or emergency. Many people live independently for years and then something happens and they end up in the hospital and/or a skilled nursing facility and are unable to return home. That's when I get the call that goes something like this, “My mom is getting kicked out of rehab tomorrow, what do I do?” Unfortunately, there is no single right answer because it depends on the situation.

In order to *react* in this situation it's best to be *proactive* before you are in crisis. If you've done your research and looked at the various options available and also included the person who needs care, then the decision should be clear. This makes for a much easier transition. Keep in mind that no one wants to figure out Plan B when they or their family member is in crisis and under a tremendous amount of stress.

I recommend talking with your parents or if you're thinking of a Plan B for you and/or your spouse, have a conversation and figure out what will work best not only for you, but for your family as they will most likely be visiting and participating in your care.

Consider the following when putting together your “Plan B”:

How will we pay for a care? Keep in mind Independent, Assisted Living, Memory care and Behavioral Health communities are NOT covered by Medicare, but are private pay. There are funding options such as VA Aid and Attendance and ALTCS...IF you qualify. It's best to speak to a local, reputable Referral Agent to discuss your options. It's best to have your paperwork in order before you're ready move forward.

What type of care do we need? Options Include:

- Living with Family
- Adult Day Care
- Respite Care
- In Home Care with professional caregivers
- Moving to an Independent or Assisted Living Community
- Secured Memory Care
- Behavioral Health, etc.

Again, speak to a local referral agent who is familiar with the options and can serve as a resource to help you find the best fit for you or a family member.

How much time do we have to make this happen?

Again, it depends on the situation, but usually it's a week or more, I would advise 10 days to be on the safe side. If you're moving to a community, then you need doctor's orders which may or may not require a doctor's appointment. A current medication list is required as well as a TB Test. In most cases it's best to also have your Powers of Attorney in order and that includes: Medical, Financial, Health care and if dementia is an issue, it's also very beneficial to have a Mental Health POA. In some cases you may also have to give 30-days' notice at your current community or apartment, so plan ahead and add in some extra time in case things don't go as smoothly as you would like.

*If you're in crisis and try to rush the process it will not work! Any community who will accept you without proper paperwork, medications and documentation is not reputable and if you move there, you may find you're not getting the care and services you were promised.

The Final Decision?

Reach out to your resources: Referral Agents, Marketing Directors at Communities, your Physician, Social Workers, Case Managers, and anyone involved in you or your family member's care. Ask neighbors and/or friends who have been in your situation and gather as much information as you can, but ultimately go on your gut instinct. You have the honor and privilege of making this decision for yourself or a family member and you should feel good about it!

If you have questions about this topic or would like more information on local resources to help you develop a “Plan B”, give me a call. Robin Coats, Tucson Senior Placement 520.373.0349



ROSA'S CHANTE

ASSISTED LIVING (520) 751-1998

2631 S. BLACKMOON DR. TUCSON AZ 85730

www.rosaschanteassistedliving.com

**Certified
staff and
owners**

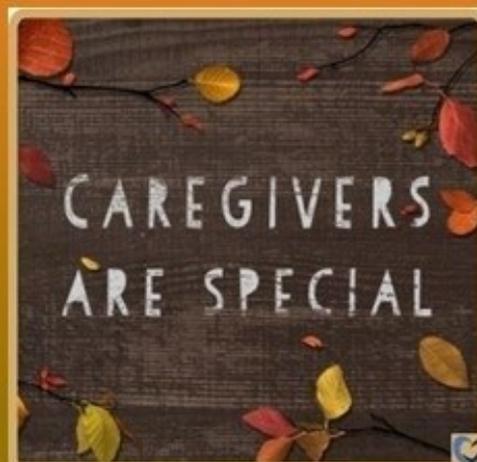


On call 24/7

Administrator Anthony Vaughn Diaz

Rosa's Chante is an award winning adult care home that uses caring and compassion for over 25 years, you can be assured that your loved one will receive only the finest and most comprehensive services available in any assisted living .

**Lovely Furnishings
Shaded Patio
Enclosed Safe Backyard
Security for Wanderers
Onsite beautician and
Podiatrist available**



**Full time Certified
Manager
Alzheimer's and
Dementia Care
Behavioral care
Hospice care**

Pumpkin is Good for You

Pumpkin is a highly nutrient-dense food. It is rich in vitamins and minerals but low in calories. Pumpkin seeds, leaves and juices all pack a powerful nutritional punch. There are many ways pumpkin can be incorporated into desserts, soups, salads, preserves, and even as a substitute for butter. Eating pumpkin is good for the heart. The fiber, potassium, and vitamin C content in pumpkin all support heart health. Studies suggest that consuming enough potassium may be almost as important as decreasing sodium intake for the treatment of hypertension, or high blood pressure. One half-cup of canned pumpkin has about 40 calories. During the holiday season, we know it is easy to pack on a few extra pounds from indulging in holiday treats. A good way to slash calories and fat from a holiday dish is to use pumpkin instead of extra sugar, butter or oil.



Recipe Corner

Three Ingredient Pumpkin Bread

- 1 Box yellow cake mix
- 2 Tbsp pumpkin pie spice
- 1 Can pumpkin puree

Preheat your oven to 350 degrees F.

Grease 1 loaf pan and set aside.

In a bowl, sift together the cake mix and pumpkin pie spice mix.

Add the pumpkin puree and mix. Your batter will be very thick.

Transfer your batter to the greased loaf pan and smoot with a spatula to ensure your batter is level.

Cook for 50-60 minutes or until a toothpick comes out clean.

Cool on a wire rack and enjoy!

**Gramma's
HOME**
Assisted Living for Your Loved Ones.
520-349-2248



**“Let me help
you with your
hospice needs”**



Joanne Hartmann
Patient Navigator

Cell 520.345.1580
johartmann@emblemhospice.com

2292 W. Magee Road
Suite #200
Tucson, AZ 85742

Phone 520.297.1460
Fax 520.297.1547



WHAT
can I
do
for YOU?
★ ★ ★ ★ ★

Congratulations

Anthony Diaz Rosa's
Sherre Weeks The Groves
Thank you for all you
do for others. The
Tucson Eastside
Assisted Living Alliance
And Tucson thanks you
both for your services





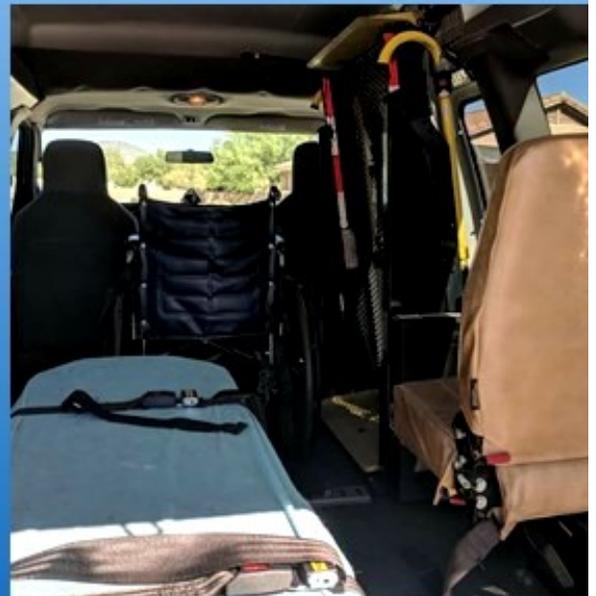
*"Caring for Our Native Culture
One Person at a Time."*

Pure West Medical
Transport
CPR Certified
First Aid
Licensed & Insured
Drivers
Reliable and Friendly
HIPPA Compliant
Available 24/7

We are excited to announce that starting December 1st, 2017 we will be equipped with wheelchair lift access as well as gurney transport.



Patrick Sullivan owner
Member of The
Tohono O'odham
Nation
PHX: (602) 702-3667
TUC: (520) 838-4200
FAX: (520) 844-6900





**OUT
AND
ABOUT**



*Andes Tax &
Accounting*

Andes Tax & Accounting, Inc.
Cindy Andes, President & CEO
8765 East Broadway Boulevard
Tucson, AZ 85710
(520) 546-1405
cindy@andestax.com
www.andestax.com



Join Our Fast-growing Newsletter
Advertise Today in Caregiver News!
Contact Anthony Diaz at:
(520) 360-4450
diazanthonyv66@gmail.com or
Leslie Ford at:
(520-237-4055
leslie2renew@gmail.com



Beware of Caregiver Stress and Be Proactive in Your Care Too

We all know that the demands of caregiving can be overwhelming. It's stressful. If the stress of caregiving is left unchecked, it can take a toll on your health, relationships, and state of mind—eventually leading to burnout. When you're burned out, it's tough to do anything, let alone look after someone else. That's why taking care of yourself isn't a luxury, it's a necessity.

There are plenty of things you can do to rein in the stress of caregiving and regain a sense of balance, joy, and hope in your life. As a busy caregiver, leisure time may seem like an impossible luxury. But you owe it to yourself—as well as to the person you're caring for—to carve it into your schedule. Give yourself permission to rest and to do things that you enjoy on a daily basis. You will be a better caregiver for it. There's a difference between being busy and being productive. If you're not regularly taking time-off to de-stress and recharge your batteries, you'll end up getting less done in the long run. After a break, you should feel more energetic and focused, so you'll quickly make up for your relaxation time. 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. Be sure to take advantage of free workshops in town. Join a club, garden, join a yoga group, take up painting or hiking or whatever it is that makes you want to get out and get away for a while. Caregiving is a difficult task and running a home, or just being an independent caregiver can be difficult to be sure to get involved with some community workshops or adventures. You will feel better!



November 2017 Events and Workshops



Check Out The Botanical Gardens Classes for stress relief for example:

Tai Chi November: 4-Class Series 11/03/2017 10:30 am to 11:30 am or

Mindful Yoga: Tuesdays or Thursdays, November 2017

11/02/2017 8 a.m. to 9 a.m. for more scheduled classes got to

<https://www.tucsonbotanical.org/class-schedule/>

The Community Food Bank of Southern Arizona always has an interesting workshop schedule.

Check out the November Workshops at

[http://www.communityfoodbank.org/Our-Work/Programs/Garden-](http://www.communityfoodbank.org/Our-Work/Programs/Garden-Workshops/Workshops)

[Workshops/Workshops](http://www.communityfoodbank.org/Our-Work/Programs/Garden-Workshops/Workshops)



Laughter does good medicine

Abrams Public Health Center

Diabetes Prevention and Education Center

Room D143, First Floor

3950 S. Country Club Rd. Tucson, AZ 85714

For questions, concerns or valued feedback please contact

230CARE at (800) 230-CARE(2273) or the program coordinator at (520) 626-1609.

We recommend people register or call ahead in the event of a change of schedule

Fran's Birthday Celebration: A fundraising concert featuring Desert Voices and a diverse group of Tucson musicians will be held November 11, 2017, 7pm, St Mark's Presbyterian Church, 3809 E. Third St. Tucson, AZ 85716

Tickets \$20.00 desertvoices.org (Ticket sales will benefit both Desert Voices and St Mark's.)

Also Tickets for Desert Voices Winter Concert are Available now for Purchase