



CAREGIVER NEWS

Newsletter Published by Rosa's Chante Assisted Living **November 2018**





Hi, this is Anthony Diaz saying welcome to November. I think we all know November is about Thanksgiving and getting ready to greet the Holidays. The smells of pumpkin spice, hot apple cider and the warmth of a fireplace and cozy slippers are almost upon us. It is a time to be with family and friends, cozy down and prepare for the holiday season.

November however is much more than Thanksgiving. Did you know that November is also National Family Caregivers Month. I would as a caregiver and a adult home provider want to say happy caregivers' month to all the caregivers that work endless to make sure their loved ones are cared for. It is also National Hospice Month and we are so grateful for our local hospice workers and all the care they give for those who are facing end of life. It is also about National Alzheimer's Disease Awareness Month and we certainly work with this a great deal at Rosa's Chante.

You could say November is all about seniors and caregivers. No wonder it is a month based on gratitude and being thankful. So this year, as you prepare your pies and turkey, make sure you take the time to thank a caregiver, or participate in the Alzheimer's walk, or drop off some goodies at a hospice or a senior care home or nursing home. Our seniors love to be remembered during this time of year when the focus is on holidays.

A reminder, thanks to our pals from World War I who introduced us to Daylight Savings Time, some people will be given a whole extra hour of sleep in November. It only makes sense that the best month of the year gets a little extra time. Do not forget to set those clocks. Of course, here in Arizona we just smile at everyone and look at our clock and know we do not have to set our time however, we do need to remind ourselves that time is changing.

We here at Rosa's want to wish you all a happy Thanksgiving and hope that you enjoy your holiday and we are thankful for all those who read our newsletter and spread the good word about caregivers.



Anthony Diaz

Read our Newsletter and play the game for a one time win of FREE business card ad!

Where could Snoopy be hiding? The first to find Snoopy will receive a Free Business Card ad for one month! Drop Leslie a line on when and where you found Snoopy at leslie2renew@gmail.com

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November 14, 2018
Noon – 1:00p.m.

Alzheimer's Awareness Month



Overview of Alzheimers & Dementia

*Free training hosted by
Harmony Hospice.*

www.harmonyhospice.org

***Someone in the U.S. develops
alzheimers every 68 seconds!***

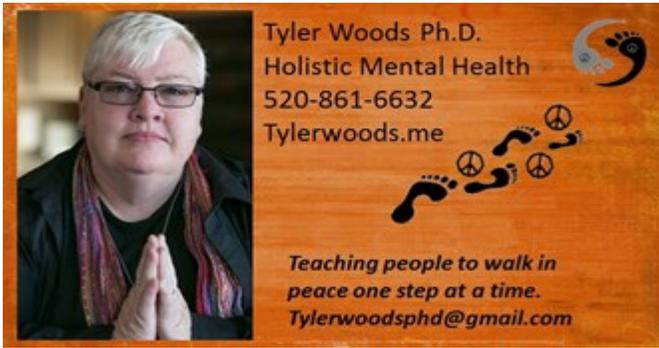
Harmony Hospice
1200 N El Dorado Place, Suite B200
Tucson, Arizona 85715

***Presenter: Lisa Brazil, Community Resource
Manager, Alzheimer's Association of
Southern Arizona***

RSVP Required:

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

Honoring life by providing compassionate care, comfort & dignity.



Gratitude—by Tyler Woods

We are entering my favorite month. For me the weather is perfect and I love Thanksgiving. It is my favorite holiday. My spouse and I every year feed people who do not have family and we gather around friends and people we love. Oh the food is wonderful. The smells and the taste.

I love it if the weather is cooler and we are bundled up surrounded by people, smells and fun. Gratitude is a powerful emotion, one that can make your life better.

They say that people who regularly practice gratitude by taking a moment to reflect upon the things they're thankful for have more positive emotions, feel much more alive and well and they sleep better, they also have more compassion and kindness, and believe it or not, have stronger immune systems. I have to say that being grateful has the power to block out negative emotions and make you feel joy. Y So the question I am sure people are asking is how do you practice gratitude. I can tell you it is more simple than you could ever imagine.

I start each day writing down a few things I am grateful for. I also belong to www.tinygratitude.com which sends me a reminder daily in my email to be grateful for one thing. It makes me think and feel gratitude each day. It is important to establish a daily practice of noticing what you are grateful for. Another habit I have is daily I tell someone you love them and how much you appreciate them and give them a compliment. I also do a good deed daily and it brings me such gratitude and others as well.

I am a volunteer for so many thing. I donate a great deal of time volunteering because it makes me feel gratitude and I get to see gratitude in action. The other way I practice gratitude daily is I focus the positive and not the negative. There is enough negativity in this world so I often find myself suggesting to people as well as myself to replace complaints with gratitude. It certainly makes me feel better and I have come to realize that gratitude quickly dissolve in the chaos of the day. What if we let the things that we are grateful for, guide US into action, into being of service to ensure that everyone in our community or in the world could have those very things that we hold so near and dear to us? What if our acts of gratitude created the opportunity for others to experience all that we are grateful for?

As caregivers and helpers, we need to have a positive attitude and try not to burn out. A daily dose of gratitude can certainly be what the doctor ordered and we can clearly get more done, feel better and have more joy if we practice little things that create gratitude. So happy Thanksgiving to everyone and I have one question, what are you grateful for?



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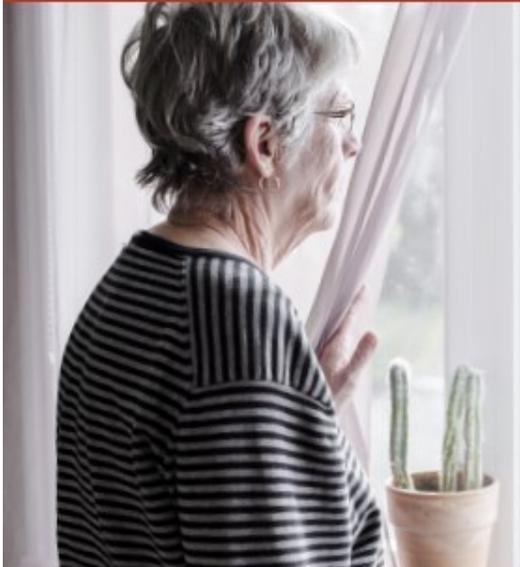
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The Best Activities To Stimulate Mentally Ill Seniors

As a caregiver, it is difficult to summon up the energy to do what is in the best interests of the senior that you are looking after at times. It can be extremely exhausting because you have undergone enough mental stimulation to last a lifetime in just a few weeks. However, if you can keep elderly people with mental illnesses occupied, then you are half way to ward winning the battle.

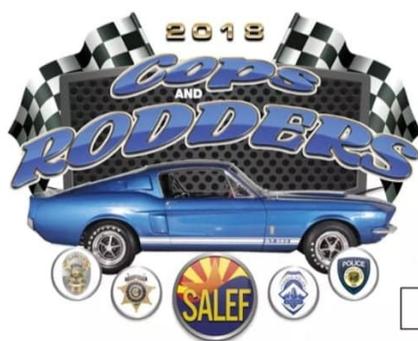
Mental stimulation of the mentally ill seniors in your care can work wonders for your mental health as well as theirs. Playing with them, which is essentially what it is, will provide you with a welcome break from your usual caring routine. Setting aside a specific time frame every few days will also ensure that you are doing something fun with them. For the senior, it often proves to be the highlight of their week because they finally recognize something and respond to it. It breaks the monotony for them and can actively be used to calm them. They also see a light every now and then in the dark tunnel of the mind, and they can often remember it and look forward to it.

It is important to mentally stimulate elderly people in your care to keep their minds as sharp and active as possible. Seniors with Alzheimer's Disease, Parkinson's Disease and dementia, amongst other ailments, must exercise their minds as often as possible and finding the right ways to achieve this could take forever, unless you have a little bit of help and advice. Medical research has found that some forms of stimulation are better than others because of the way in which the mind responds to certain stimuli.

Bright colors have been found to work best by the various studies that have been carried out. Playing with rag dolls, and brightly colored balls have worked wonders in keeping their mind active. In fact, if you ask them to do something whilst they are concentrating on the colors will more often than not result in them doing it. This exercise is, of course, purely for fun because it has no direct meaning attached to it. However, there are certain activities that do have meaning and can also be used to exercise them physically as well as mentally. Examples of games that are brightly colored and serve a purpose are puzzles. You can find large piece jigsaw puzzles of clown and balloons. Not only do the colors draw their eye, but you can also encourage the individual senior to try and place the piece, with a little help of course!

Outdoor activities that involve animals are also perfect activities for mentally disabled seniors. For example, walking a dog will afford them responsibility and give some meaning to what they are doing, as well as enhancing their perception of themselves effectively. The responsibility of looking after another living creature can brighten up even their darkest days. Dogs are perfect for such activities because they are loving and affectionate and provide a warm and loving response to any fuss and attention they receive. Obviously, any such activities must be carried out under close supervision to ensure that the safety of all is maintained.

It is important that you, as a carer, do all you can to make sure that seniors in your care remain in the best of health as far as is under your control. Activities like the one above can be fun for both the caregiver and receiver. They have integral benefits and tend to bring the best out in seniors with mental diseases and illnesses.



Nov 3rd, 2018

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Anthony Diaz Owner/ Administrator
2631 Blackmoon Dr
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Caregiver Training Rule Changes

Changes overview

What is the intent for the rule change?

1. Cost reduction for students
2. Reduction in required hours without compromising standards
3. Giving credit for other training students previously took
4. Including other similar workforce people
5. Option for facilities to train CNA's LNA's and CMA's to caregivers
6. Gives students three opportunities to pass knowledge exam
7. Requires training programs to maintain an annual 70% first-time student pass rate
8. Rule changes takes effect on November 10, 2018

What are the changes to the current caregiver training?

- Current caregiver training:
- Current hours include 104 hours in 14 modules that include 88 hours of classroom of which 26 could be taught by distance learning and 16 hours of skills training.
- Change includes 62 hours in 14 modules (no change on curriculum) that requires 50 hours of classroom of which 20 could be taught by distance learning and 12 hours if skills training.

What are the changes for CNA, LNA (bridge)

1. For current training programs a reduction from 22 hours to 16 hours in medication and pass the required examination.
2. Facilities could get approval to teach their own or potential new hire CNA's, LNA's, a 16 hour medication management training class using a NP, RN, LPN, MD, DO, or Pharmacist. The student would still have to pass the required examination.

Other workforce inclusions for training hour reductions

- The caregiver training program never included a reduction in hours for Direct Care Worker (DCW) training like it did for CNA's. This rule change would include that workforce potential.
- The change requires 38 hours in specific modules of which 20 of those hours could be distance learning, and pass the state examination.

What else is included with the proposed rules?

1. Changes in NHA reciprocity requirements.
2. Changes in NHA initial requirements to include MBA's
3. Changes in both initial and reciprocity to include a Health Services Executive (HSE) credential
4. Email address requirement

Why Email addresses?

- On May 15th the Board went to an eLicensing platform which will require email addresses so notices and correspondence can be sent electronically.
- The portal URL is: <https://elicense.az.gov/>
- The eLicensing platform will allow managers and administrators to renew licenses and certificates, make service requests (duplicate certificate, Individual CEU request, notice of appointment, etc.) and pay online.
- New applicants will use the portal submit applications and attachments, and pay online.
- Complaints can be submitted through the portal.
- License search can also be done in the portal.

What email to look for

- Emails were sent out to all of the Board's managers and administrators giving an individual security code along with instructions on how to register in the portal so you will be able to use eLicensing.
- Those managers who did not have an email address with the Board were sent a mailed letter requesting their email address.
- It is important to set your account up as soon as you get the communication email giving you your security code.
- Once registered in the portal you will have access to all available eLicensing options.
- If your email address has changed or you want to use a different email, you need to email the Board with the new email address before you register.
- At this time, any change in email address has to be done by the Board.

Contact Information

- For those that have not heard, we have moved. The new location is a secured building. Items can be dropped off at counter window 6 on the first floor. If you need to meet with a staff person, please make an appointment prior to dropping by. All our phone numbers and email addresses are the same.
- Website: www.aznciaboard.us
- Email: information@aznciaboard.us
- 1740 W. Adams, Suite 2490
- Phoenix, AZ 85007



TOP TEN DEFICIENCIES

- 1: Medication Services: R9-10-816.B.3.b. (16GE)
A medication administered to a resident: Is administered in compliance with a medication order
- 2: Residency and Residency Agreements: R9-10-807.B.1.a-b (07AJ)
Documentation dated within 90 days before acceptance 1. If an individual is requesting or is expected to receive supervisory care services, personal care services, or directed care services: a. Includes whether the individual requires: i. Continuous medical services, ii. Continuous or intermittent nursing services, or iii. Restraints; and b. Is dated and signed by: a. i. Physician, ii. Registered nurse practitioner, iii. Registered nurse, or iv. Physician assistant
- 3: Emergency and Safety Standards: R9-10-818.A.4. (18BU)
Disaster drill each shift, every 3 months
- 4: Medication Services: R9-10-816.F.1. (16KA)
Medication is stored in a separate locked room, closet, cabinet, or self-contained unit used only for medication storage;
- 5: Environmental Standards: R9-10-819.A.11. (19CO)
Poisonous or toxic materials stored by the assisted living facility are maintained in labeled containers in a locked area separate from food preparation and storage, dining areas, and medications and are inaccessible to residents;
- 6: Emergency and Safety Standards: R9-10-818.A.2. (18AU)
The disaster plan required in subsection (A)(1) is reviewed at least once every 12 months;
- 7: Residency and Residency Agreements: R9-10-807.A.1-2. (07AA)
Proof of resident's freedom from infectious TB before or within seven calendar days after the resident's date of occupancy, and As specified in R9-10-113.
- 8: Personnel: R9-10-806.A.7.a-b. (06DO)
A manager, a caregiver, and an assistant caregiver, or an employee or a volunteer who has or is expected to have more than eight hours per week of direct interaction with residents provides evidence of freedom from infectious tuberculosis: a. On or before the date the individual begins providing services at or on behalf of the assisted living facility, and b. As specified in R9-10-113;
- 9: Residency and Residency Agreements: R9-10-807.D.8. (07DU)
Before or at the time of an individual's acceptance by an assisted living facility, a manager shall ensure that there is a documented residency agreement with the assisted living facility that includes: 8. The policy and procedure for an assisted living facility to terminate residency;
- 10: Medical Records: R9-10-811.C.17. (11GU)
a resident's medical record contains: Documentation of notification of the resident of the availability of vaccination for influenza and pneumonia, according to A.R.S. § 36-406(1)(d);

<http://www.azdhs.gov/als/residential/>

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- How to document your decisions so your wants will be made known when appropriate
- How to revise and update any advance care plans you might have already

Thursday, November 8, 2018
8:30-10:30 am
Abrams Public Health Building: Rooms 1106 and 1108
3950 S. Country Club Road (at Ajo Way)

Pre-registration for this FREE workshop is required. Register online at
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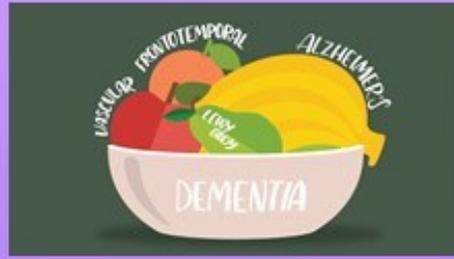


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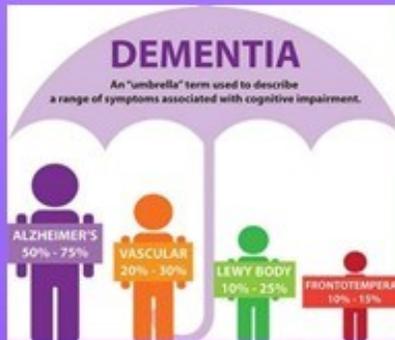
EARLY DETECTION MATTERS

- 1 Memory loss that disrupts daily life
- 2 Challenges in planning or solving problems
- 3 Difficulty completing familiar tasks at home, at work or at leisure
- 4 Confusion with time or place
- 5 Trouble understanding visual images and spatial relationships
- 6 New problems with words in speaking or writing
- 7 Misplacing things and losing the ability to retrace steps
- 8 Decreased or poor judgement
- 9 Withdrawal from work or social activities
- 10 Changes in mood and personality



Dementia Behaviors

EARLY STAGES	MIDDLE STAGES	LATE STAGES
Difficulties with: <ul style="list-style-type: none"> • Balancing a household budget • Planning and organizing • Managing medications. 	Difficulties with: <ul style="list-style-type: none"> • Communication and the conduct of routine living activities become all the more difficult, and the caregivers can expect good days and days that are not so good. 	Difficulties with: <ul style="list-style-type: none"> • Fully lose their ability to communicate • Problems eating and swallowing • Susceptible to infections, most notably pneumonia
Needs: <ul style="list-style-type: none"> • Care and patients will then be needed to help the Dementia-driven individual stay as independent as possible for the longest duration. 	Required: <ul style="list-style-type: none"> • Increasingly greater level of care and support. 	



National Organization:
<https://www.alz.org/>

WALK TO END ALZHEIMER'S

alzheimer's association®

2018 Walk to End Alzheimer's - Tucson, AZ

Take the first step to a world without Alzheimer's.

November 10, 2018 | Registration at 8am | Ceremony at 9am

Reid Park
 900 S Randolph Way
 Tucson, AZ 85716

Contact:
 Nadine Hanson
 520-322-6601

nahanson@alz.org

Desert SW Chapter:
<https://www.alz.org/dsw>



Alzheimer's	Dementia
Unknown cause "Amyloid cascade hypothesis" is most widely discussed and researched hypothesis today	Many causes Diseases, stroke, thyroid issues, vitamin deficiencies, reactions to medications, and brain tumors
Irreversible There are no drugs that can cure Alzheimer's, we can only improve symptoms or slow progression	Potentially reversible some forms of dementia can be reversed and managed, such as those caused by drugs/alcohol & metabolic disorders



<h1>5,400,000</h1> <p>The number of Americans currently living with Alzheimer's disease.</p>	<h1>\$236 Billion</h1> <p>The estimated cost of caring for Alzheimer's patients in the United States in 2016.</p>
<h1>6</h1> <p>The ranking of Alzheimer's among the leading causes of death in the United States.</p>	<h1>1 in 9</h1> <p>The number of Americans over 65 who have Alzheimer's.</p>

For further information about Tucson's Walk go to:
http://act.alz.org/site/TR?sid=23932&type=fr_informational&pg=informational&fr_id=11054



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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 loved one to take off work to bring them to a doctor's office.



Beth Fuller, BSW, CMC

Owner/Care Manager

520-305-4454

(no text)

Beth@TucsonLifeCare.com

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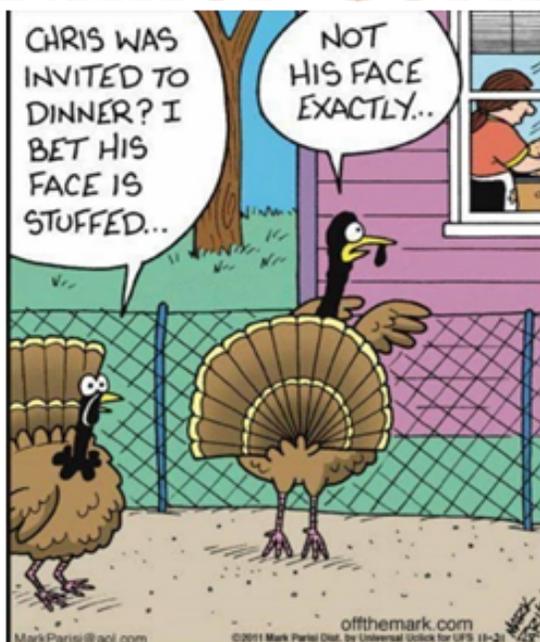
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Humor Corner



Ask Anthony

Dear Anthony,

Q. how do you calm down someone with Dementia?

A. Calm down the environment noise and lighting. Monitor personal comfort, simplify task and routines.

Q. How long can Dementia patients live?

A. The progression of Alzheimer's Disease on average people live eight to ten years from the first symptoms emerge. However, life expectancy varies considerably depending on how old a person is when symptoms begin.

Recipe Corner

Crescent Cherry Cheesecake Cobbler

INGREDIENTS

- 1 (8 oz) tube crescent rolls
- 12 oz. (1 1/2 blocks) cream cheese, softened
- 3/4 cup granulated sugar, divided use
- 1 tsp. vanilla extract
- 1 (21 oz) can cherry pie filling
- 1/4 cup (1/2 stick) unsalted butter, melted



DIRECTIONS

Preheat oven to 350F degrees. Spray an 8x8 baking dish with nonstick cooking spray. Unroll the crescent rolls. Line four (4) of them in the bottom of the baking dish. Cover the bottom entirely and seal the seams as best as possible. Next, combine cream cheese and 1/2 cup sugar. Beat with an electric mixer until smooth. Then add in vanilla and mix again. Spread cream cheese mixture over crescent rolls in the baking dish. Then pour pie filling on top of cream cheese layer. Spread it around evenly. Finally, top with remaining crescent roll dough. Do your best to stretch it out on top and seal the seams of the crescent rolls. Pour melted butter on the top of the crescent rolls. Then sprinkle 1/4 cup sugar evenly over the melted butter. Bake for about 35-45 minutes. Top should be golden brown.

Source: https://www.thecountrycook.net/crescent-cherry-cheese-cobbler/?fbclid=IwAR2huNHNMBMOT9MQI1D40KXPLSVAnX1y7uDjhIBnx_akc8JcOTBbKb2L5Vc



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Care for Caregivers

If you're caring for an aging parent or facing the challenges of assisting a loved one or friend who is chronically ill, disabled or elderly, you are not alone. You are one of the 22 million Americans who care for an older adult. Caregivers provide 80 percent of in-home care, but unlike nurses and home health aids, they are unpaid for their labor of love.

"Caregiving is a difficult job that can take a toll on relationships, jobs and emotional well-being," says Dr. Elizabeth Clark, executive director of the National Association of Social Workers. "Those who care for others need to be sure to take care of themselves, as well."

Here are some important tips for caregivers:

Don't Be Afraid to Ask For Help. We tend to wait until we are in crisis before asking for help and consultation. Seek out the help of a licensed clinical social worker or other trained professional.

It's Not Easy to Tell Your Parents What to Do: The most difficult thing about caring for a parent is the day you have to tell them they need to have help, they can no longer drive or they may have to move from their home. Discuss long-term care wishes and desires before any decline happens.

Take Care of Your Mental Health: It is not unusual to feel frustrated with your parents or children when they refuse your input and help. Seek a referral to a professional who can help you cope with your personal issues and frustrations.

Stay Informed: We live in a world of constant change. Medications and treatments are constantly changing and the only way to keep up-to-date is to stay informed with the latest news. Attend local caregiver conferences, participate in support groups, speak with friends and relatives, and talk with professionals in the field of gerontology and geriatrics.

Take Time Out: Caregivers who experience feelings of burnout need to accept that occasionally they may need a break from their loved one in order to provide him or her with the best care.

Laugh: Humor and laughter are tremendous healers.

Hire Help: If possible, you may want to hire help. The most important thing is to find trustworthy people to provide assistance. Use recommended home care agencies, talk with friends about their experiences and interview professionals before deciding on the one you are going to retain.



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



Joanne Hartmann
Patient Navigator
johartmann@emblemhospice.com
Cell 520.345.1580

7225 N Oracle Road
Suite 202
Tucson, AZ 85704
Phone 520.297.1460
Fax 520.297.1547





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EL TOUR DE TUCSON

36th El Tour de Tucson

America's Largest Perimeter Bicycling Event for cyclists of all ages & abilities

Ride 100, 75, 50, or 25 miles and Fun Ride of 10, 4, 1 or 1/4 miles

Saturday, November 17, 2018

For the benefit of Easterseals Bike Foundation and 50 additional charities

www.perimeterbicycling.com info@perimeterbicycling.com
520-745-2033

You are cordially invited to our
2nd Annual Christmas Party
 Friday December 7th 2018 6:00 - 10:00 pm
Viseant Suite Hotel
 4855 S. Broadway Tucson Az 85711
 Appetizers - Entertainment - Cash Bar
 Holiday Party Attire - Raffles

RSVP by December 5th 2018 to:
 Bonnie's Home Care 520-312-6415
 Desert Dreams Adult Care Home 520-271-4566
 Rosa's Chante Assisted Living 520-360-4450

DÍA DE LOS MUERTOS

BARRIO VIEJO ELDERLY HOUSING

- Delicious Mexican Food
- Buñuelos
- Pastries
- Agua Frescas
- Face Painting
- Tosti Locos
- Raspados and more...

A Special Mass will take place by Father Steven Watson of Santa Cruz Parish @ 5 PM.

If you wish to display an Altar of your loved one or food table please contact Alicia Romero 520-623-4999 or by email at aromero@ccs-pio.org

Location:
 124 W. 18th St. Tucson, AZ 85701

FREE EVENT!! PLEASE JOIN US
 FRIDAY NOVEMBER 2ND, 2018
 4 PM - 9 PM

AUTISM SOCIETY

Improving the Lives of All Affected by Autism
 Southern Arizona

arizona complete health.

Present
Speaker Series Program for 2018

Join us to learn more about autism

Professional Panel of Experts in Autism

The autism journey requires many pieces to the puzzle. Join us as we gather top experts in autism for an open forum discussion on addressing your biggest concerns or questions.

Saturday, November 3, 2018

Community Expert Panel

- Kyle Meades
Speech Language Pathologist
- Andrew Gardner, PhD, BCBA-D
- Catherine Riley, MD
Developmental Pediatrics
- Vicki Smith, RN
Banner Health Navigator for Developmental Pediatrics
- Yvonne Bueno, MPH
Occupational Therapist
- David Jefferson
Founder of Parents Support Arizona Advocacy Group

Email your questions in advance to info@as-az.org

When:
 Select Saturdays
 Registration: 9am - 9:30am
 Program: 9:30am - 11:30am

Where:
 Intermountain Academy
 1100 W Fresno Street
 Tucson, AZ 85745

Cost:
 RSVP Today for this FREE event series!

REGISTRATION ON SITE
 Refer to as-az.org for details

www.as-az.org
 info@as-az.org
 (520) 770-1541



Presented by City of Tucson Parks and Recreation and Cigna

Family Festival in the Park!

B L A S T from the PAST

Reid Park
 Saturday, Nov. 17
 10 a.m. - 2 p.m.

FREE EVENT!
 Enjoy games, crafts, entertainment, face painting and swimming.
 Reid Park Zoo admission \$1 per person. All funds will go to Reid Park Zoo's Conservation Fund.

PLEASE BRING CANNED FOOD TO SUPPORT OUR LOCAL FOOD BANK!

Call 791-4873 for more information