

# CAREGIVER NEWS



Newsletter Published by Rosa's Chante Assisted Living

**November 2020**



[www.caregivernewstucson.com](http://www.caregivernewstucson.com)



## Welcome to November

Hello this is Anthony Diaz and am I ever thankful that you have joined us today to read this newsletter. I'm also thankful for my newsletter crew that means a lot to me, and I am thankful for those who read our Caregiver Newsletter. I am feeling thankful, so it must be November. What are you thankful for? I ask myself that often and this year has been interesting for us and what we ended up with has been an awful lot of gratitude. So I hope you enjoy the newsletter and remember to take November to look around and be grateful for the things you have for you never know when they could disappear.

Be grateful for your loving families, be grateful for those you care for and be grateful that you have all the opportunities you do have even during these unpredictable times. Thank you from all of us at Rosa's, we hope you can enjoy your holiday season with all who you love with a little creativity to make it happen.

Also, keep a look out for Caregiver News' newest adventure to be announced soon! In the meantime, eat some turkey and pie!

*Anthony Diaz*



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November 11, 2020  
Noon – 1:00p.m.



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# Trans 101

## Becoming a Better Ally

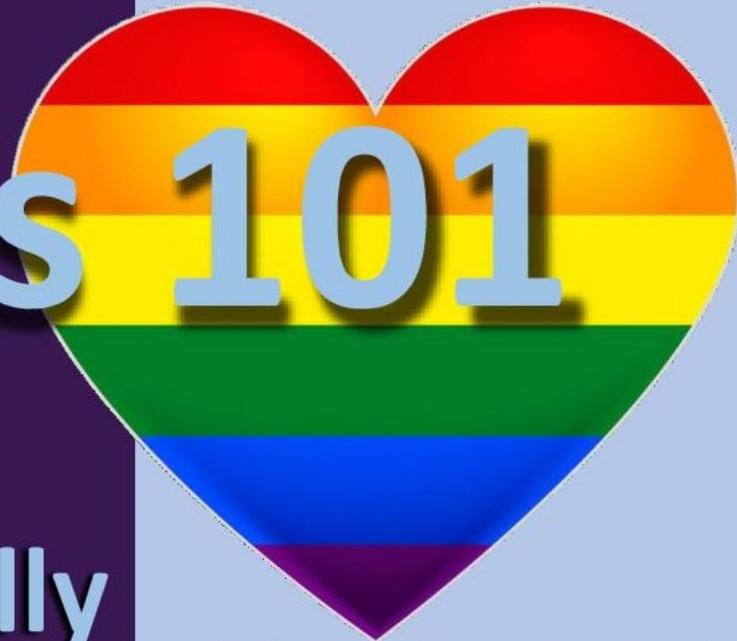
*Free virtual training  
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AJ Tiedeman, Program Manager

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Gather a better understanding of  
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Learn about the transphobia that the  
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This is an especially good session for  
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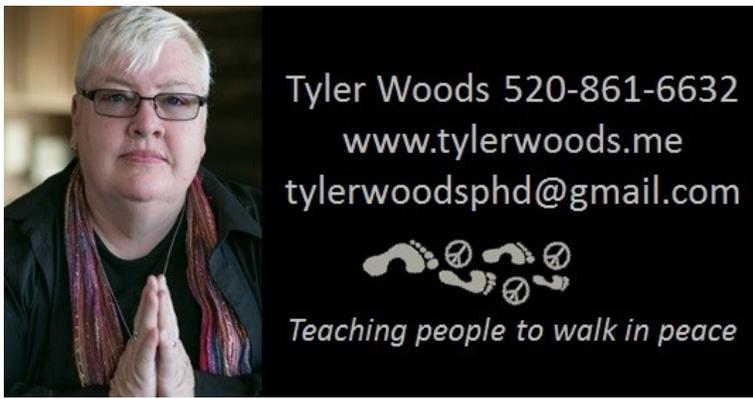
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## Peace During Holidays By Tyler Woods

Welcome to November, the beginning of the holiday season. Finding inner peace, especially during the holidays can be difficult. Sometimes life turns us upside down and inside out. So how do you find peace? I look to help people, to write songs, to make jokes to lighten things up, to offer advice when it is wanted and to help my community out.

I get that we find ourselves overthinking in certain situations during the holidays. The more we try to remember everything we have to do, the more we tend to forget. This can be frustrating and heavy on the emotions. Slowing us down and making us lose focus on the bigger picture.

Part of being human is experiencing the challenges life throws at us all. Sometimes you are prepared for them and other times you're completely blindsided. Here's the good news: while it's impossible to have complete and utter control over what happens to you, you can control your emotional reaction to whatever external events you face with peace.

When times are tough, you may become anxious about an uncertain future or ruminate over a past filled with regret. Happiness exists only in the present, again, mindfulness, and with that said, you have to remain in the now long enough to experience it. Enter mindfulness. Mindfulness has been shown to improve emotional well-being as it grounds you in the present moment. The practice helps you become more mindful of your thoughts, giving you the opportunity to catch negative thoughts and release them rather than allowing them to snowball. Your ability to do this will strengthen with practice and will be particularly helpful when a challenge comes your way.

How do we find peace during the holidays? Number one just breathe...We know what it is like not to breathe so just breathe for yourself. Deep long breaths. Then think about being flexible. The ability to be open and adapt to life's demands, can benefit your psychological well-being. Another way to find peace is you aren't wired to tackle life's hardships on your own. You will find peace from a strong social support network, particularly when you've hit a rough patch. I know it is difficult during the holidays. Studies show when you are with a positive family or friends your cortisol levels are raised, and self-worth increases. Friends and family should lift you up, ignite joy, and make your life better just by being a part of it. If the company you keep tends to bring you down and add stress to your life---walk away!





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## Finding Gratitude

Reason's to be grateful for Covid-19. Say what???! Grateful for Covid? No way. Well, not grateful for Covid, but grateful for what it has taught us and how we have come together to deal with it. As Thanksgiving approaches, let's look for the silver lining and think about what we have learned from this pandemic. Our awareness of what we are grateful for may help get us through the winter.

Maybe Thanksgiving is just what we need as many of us reach Covid fatigue. Thanksgiving will be celebrated differently this year, but the holiday and time to pause and give thought to what we are grateful for is not lost. What are you grateful for this year? Who are you grateful for? What have you learned about yourself, your family, your community?

Many families have learned to do things together that they would not have done unless stuck at home together. Many have re-discovered hobbies and outdoor activities that they have not done for a long time. Some have renewed their commitment to be more physically active. Some have started helping neighbors they did not know. People have pooled resources to help each other out. Covid has forced us to find new ways to show other people that we care. What are you doing differently?

You may not be able to have the big family get togethers that usually happen in November. How else can you be together? What new ways have you used to stay in touch with those you cannot see in person? How have you let them know that you care?

Have you shown those caregivers taking care of your family that you are grateful for all that they do? Care giving is a very rewarding but also very taxing job. Currently many people may have higher emotional needs due to Covid fatigue. Emotions tend to run high during the holidays. Let us keep supporting those in caregiving positions and remember that they are making sacrifices to care for our loved ones especially when we cannot be there to support them.

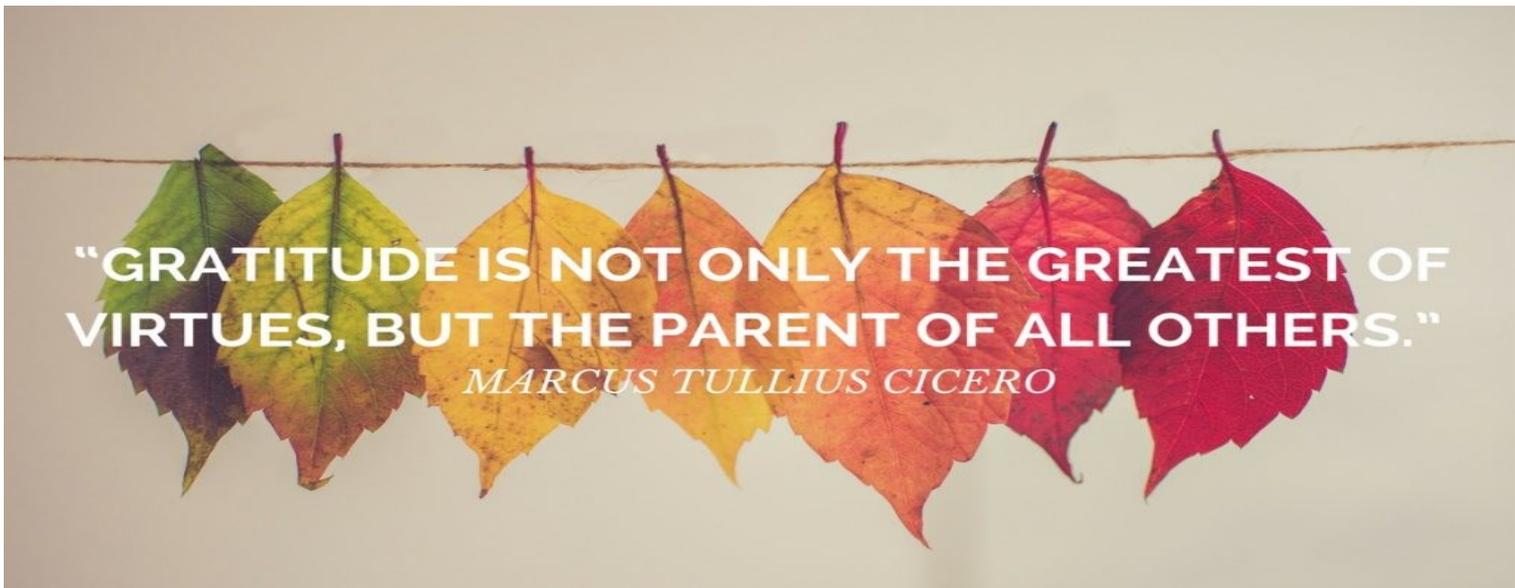
Do not forget self-care! Often during the holidays, we focus on others, but self-care is more important than ever to get through this. How are you coping? What extra steps will you take to take care of yourself so that you can be there for those you love? Get enough sleep, hydrate, get some exercise. Go for a walk, a little dose of nature and go a long way. And how fortunate are we in Tucson that we can enjoy nature all year long?

Remember to be grateful that we are all in this together. We can be grateful that we have each other, even if we are not together. Give thought to those you are grateful to have in your life and let them know how much they mean to you.

Let us be grateful for the good things that have come out of this pandemic.

Beth Fuller, BSW, CMC

TLC Coordination and Advocacy



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**Beth Fuller, BSW, CMC**  
Owner/Care Manager

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## How to Get Your Home Ready For The Holidays

The main trick is to start early, so that you actually have time to enjoy your holidays. Things always take longer than you think they're going to, and by starting early you won't be stressed out.

Here are a few steps you can take to help get your house ready for the holidays:

1. Take an afternoon and go through your boxes of decorations. Decide which ones you are going to use. I don't always use the same decorations every year; sometimes I rotate certain things.
1. (Cont'd) Also, if there is anything that needs to be repaired or replaced, make a list and schedule a time to take care of that.
2. As you're going through your decorations, think about each room in your house and which decorations or holiday items go in each room. Have you moved furniture? Do you have new furniture? Are you going to be able to put everything where it was last year? You may need to make some adjustments to accommodate everything you are planning to use or display.
3. Survey each room and make a plan to move anything you need to in order to have room for the temporary decorations. For example, every year, I move the furniture piece that's under our picture window to another place in the living room so that I can put our Christmas tree in front of the window. I need to make sure that the space I'm moving the furniture to is clear (meaning, find a place for the stuff that's accumulated there since last year) and also that the furniture I'm moving is cleaned off in preparation for that.
4. Don't forget the outside decorations. Do a quick survey to make sure you don't need to replace anything and that you still have room for what you want to use.
5. And, as always, you can declutter as you go. Declutter decorations that have outlived their usefulness, and declutter any things that have accumulated throughout the house that you don't want or need.
6. Prepare for house guests. Make sure that they have fresh sheets and blankets on the bed and fresh towels in the bathroom. Another nice touch is to have a small basket in their room with a few bottles of water, snacks or their favorite candy, some tissues and hand sanitizer, and maybe some over-the-counter headache/stomach/allergy remedies.
7. Clean out your refrigerator. Do a deep clean of the fridge and freezer, and make note of what meals you can make with the food you already have on hand so that you can use it up and make room for the things you'll be making for your holiday feasts.
8. Take care of any outstanding home maintenance. Do your gutters need to be cleaned out? Does your yard need tending to? Do you need to change that lightbulb in the closet in the guest room or repot those plants that are getting out of control? Do the windows need to be washed? Do the carpets need to be cleaned? Think about all of these things and make a schedule beforehand so that you're not scrambling to do everything at once the week before the holiday.
9. Stock up on essentials. Paper towels, toilet paper, napkins, and hand soap are all good things to have extras of on hand. Also, if you are having house guests, pick up some extra toothpaste, toothbrushes, body wash or soap, shampoo, and conditioner. Although everyone usually brings their own toiletries, they also usually forget something. Having these things on hand will keep them (or you) from having to run out and pick those items up.
10. If you're going to be having little ones visit, consider child-proofing your home. At the very least, make sure the outlets are covered and any cleaning supplies are unreachable or in a locked cabinet.
11. Make a safety checklist. Make sure your smoke detectors and carbon monoxide detectors are working and have fresh batteries. Make sure you have a first aid kit, and that you move it to the kitchen for quick and easy access. Do you have a fire extinguisher? Make sure it's filled, and keep it in the kitchen. If you don't have one, now is a good time to get one. And if you're having a lot of guests, it's a good idea to have a set of jumper cables on hand – just in case.

This should get you started. And remember, it's never too early to plan.

Lisa Sealey is an organizing expert. To get a copy of her Ultimate Thanksgiving Planning Guide, go to [www.lisasealey.com/ultimatethanksgivingplanningguide](http://www.lisasealey.com/ultimatethanksgivingplanningguide)

## Do you need help with grocery shopping?



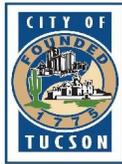
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### Requirements:

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- Annual income at or below 200% of the federal poverty level (\$25,520/person/year)

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\*Requirements may differ for people who do not reside within the City of Tucson



This program is in partnership with the City of Tucson through \$500,000 of federal CARES Act Funds.

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- Health and Wellness Checks** - Our Health and Wellness coach will call to provide physical wellness, mental well-being, nutrition, social interaction and general health screening. The coach will perform Health and Wellness check and arrange for a GreatCare Pro visit if assistance is needed at home.
- Medication Reminders** - Our automated system will call to remind to take medications, eat a meal or keep up with activity. If the automated call is unsuccessful, our Health and Wellness coach will follow-up with a call or contact family.
- GreatCare Pro Visits** - Our GreatCare Pro will come to perform requested tasks. Whether it is resupplying the refrigerator, doing laundry, cleaning the house or running errands, our GreatCare Pro will take care of it.

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*Aging & Healthcare Experts*



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## 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.

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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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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.

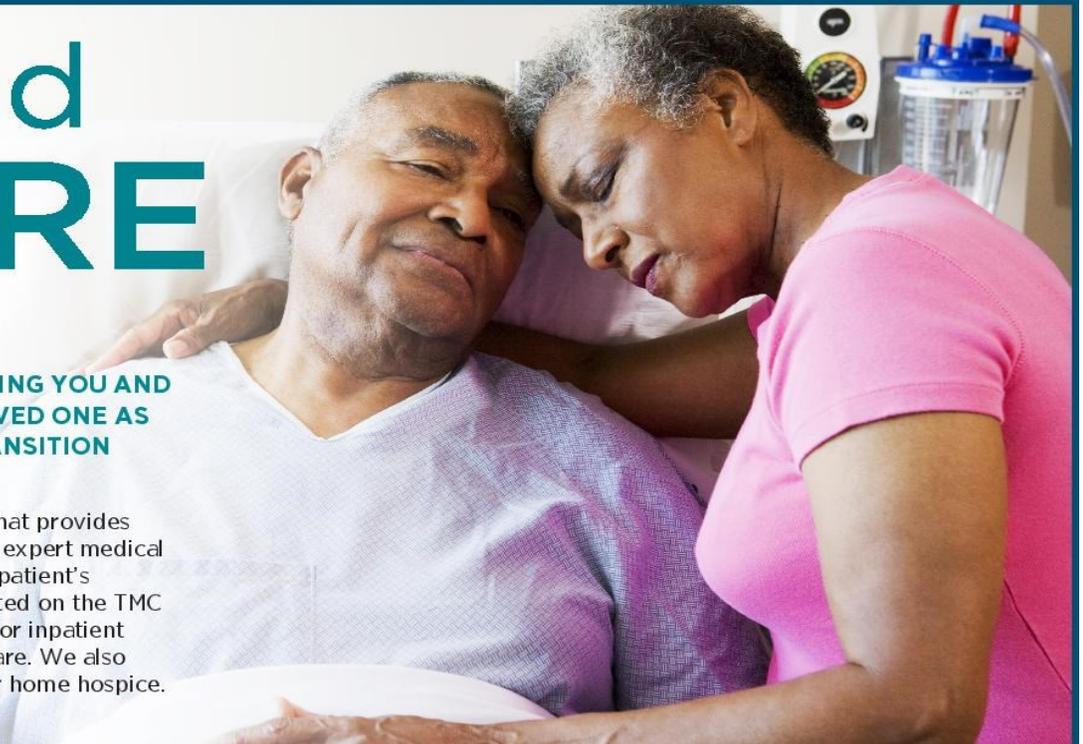
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TMC HealthCare

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# Humor Corner

# Recipe Corner



## Sweet Potato Casserole with Maple Pecans

### INGREDIENTS

- Olive oil (for pan)
- 5 1/2 pounds sweet potatoes, peeled, cut into 1 1/2" pieces
- 2 teaspoons kosher salt, divided, plus more
- 1 1/4 cups pure maple syrup, divided
- 2 cups pecan halves (about 7 ounces)
- 1 1/2 teaspoons freshly ground black pepper, divided

### PREPARATION

Preheat oven to 350°F. Oil a 3-qt. baking dish. Cook potatoes in a large pot of boiling salted water until very tender, about 12 minutes. Drain; let sit in colander 15 minutes.

Meanwhile, heat 1/2 cup syrup in a large skillet over medium-high. Add pecans, 3/4 tsp. salt, and 1 tsp. pepper and cook, stirring constantly, until syrup has evaporated and pecans are glazed, about 5 minutes. Transfer to a parchment-lined rimmed baking sheet and let cool.

Purée potatoes, 1 1/2 cups water, and remaining 3/4 cup syrup, 1 1/4 tsp. salt, and 1/2 tsp. pepper in a food processor until smooth. Transfer potato mixture to prepared baking dish.

Coarsely chop pecans and sprinkle evenly over potato mixture.

Bake casserole until top is lightly browned, about 40 minutes. Let sit 15 minutes before serving.

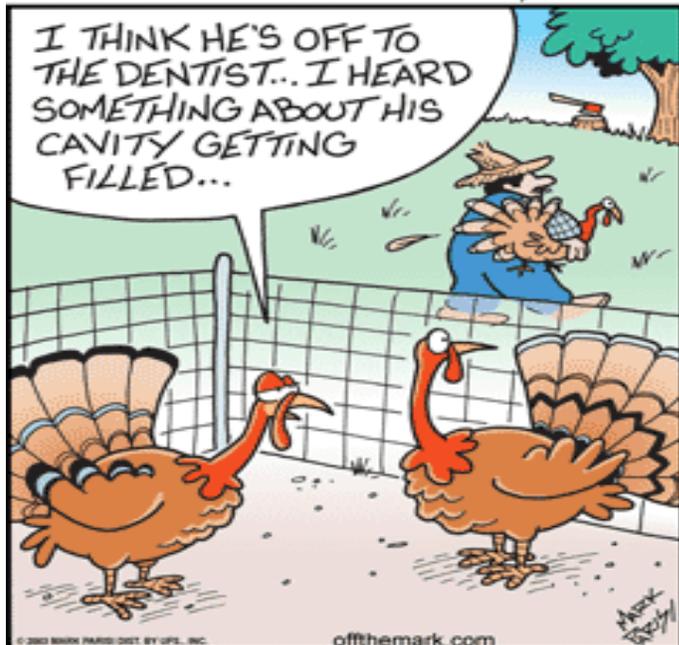
### Do Ahead

Casserole can be assembled, without topping, 2 days ahead; cover and chill. Candied pecans can be made 2 days ahead; store in an airtight container at room temperature.

Source: <https://www.epicurious.com/recipes/food/views/3-ingredient-sweet-potato-casserole-with-maple-pecans>



## off the mark.com by Mark Parisi



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Or call 24/7 HELPLINE 800.272.3900

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