

CAREGIVER NEWS



Newsletter Published by Rosa's Chante Assisted Living

February 2022

www.caregivernewstucson.com



Welcome to February

The coolness of February is here and February 14, Valentine's Day is upon us. Candies, flowers dinners all surrounding the heart and love. It should not surprise you that February is designated as American Heart Month to advocate for cardiovascular health and raise awareness about heart disease.

This month is the perfect time to learn more about your heart, how to take care of it, and how to detect signals of cardiovascular disease. And there are ways that seniors and our elderly adults can fully embrace heart health.

Catch the article on heart health on page 8, and be sure to get checked because as caregivers we forget those simple things that make us tick.

I hope you all have a great month and that this February keeps you warm and healthy. And don't forget, our newsletter is our whole caregiver community's access to what is happening in our community. Please consider advertising with us and/or providing important, current information that would be helpful to us all!

Anthony Diaz

Tucson BMX

Feb 5th

From 10am to 1pm

Car and Bike Show

FIT Bike Raffle

BAD LUCK ROLLERS C.

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

THE UNIVERSITY OF ARIZONA
Cooperative Extension

FREE VIRTUAL PARENTING WORKSHOP

POSITIVE DISCIPLINE

FOR FAMILIES WITH TEENS

The 6-session workshops gives you tools to help your Teens develop self-discipline, responsibility, cooperation, and problem-solving skills!

Where: Zoom (register for link)
When: Thursdays at 6:00-7:30pm
Dates: 2/17, 2/24, 3/3, 3/10, 3/17, 3/24

Registration is required at <https://forms.gle/6rz1MFEIH9eikrQ8>

Contact **Cate Gore** (cgore@arizona.edu) or **Cassie Burrue** (cassieb@ag.arizona.edu) with any questions about upcoming classes.

TAKE A POSITIVE APPROACH

The positive discipline program focuses on using kindness, firmness, dignity and respect. After this workshop, you will feel empowered with skills to reduce problematic behaviors while strengthening your teen's life skills. To learn more, visit <https://extension.arizona.edu/positive-discipline-workshops>.

The University of Arizona is an equal opportunity, affirmative action institution. The University does not discriminate on the basis of race, color, religion, sex, national origin, age, disability, veteran status, sexual orientation, gender identity, or genetic information in its programs and activities.



Join us for February's Food for
Thought!

**WEDNESDAY, FEBRUARY 16, 2022, 12PM
TO 1PM**

WHAT YOU SHOULD KNOW ABOUT LYMPHEDEMA

Laura Peters, RN, LMT, LT

Laura is a licensed holistic nurse, massage therapist, and lymphedema therapist. She will discuss what the symptoms are, what to do if symptoms occur, how to wear a compression garment, and what the treatments for lymphedema are.

Join us online or in person at our Tucson location. Call or email Audra Barney at abarney@harmonyhospice.org or 520-904-9103



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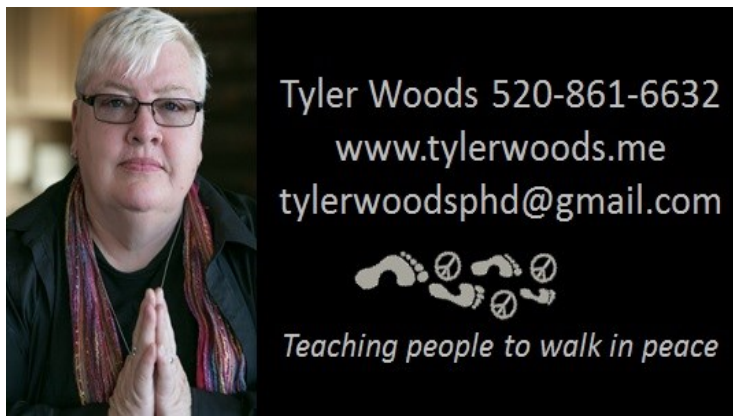
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Caregiver Stress Syndrome —By Tyler Woods

Caregiver stress syndrome is a condition characterized by physical, mental and emotional exhaustion. It typically results from a person neglecting their own physical and emotional health because they are focused on caring for an ill, injured or disabled loved one.

There are several factors that can play a role in caregiver stress syndrome. For some caregivers, the constant demands of caring for a person who has a serious illness can result in burnout.

For others, the lack of boundaries between their roles as a caregiver and a spouse, child, or other loved one can be challenging.

Caregiver stress syndrome is strongly associated with negative health outcomes. Between 40 to 70% of caregivers suffer from depression, while many caregivers also have anxiety because of the stress associated with providing care. Anger and irritability are also common symptoms of caregiver stress syndrome. The chronic stress may also lead to high blood pressure, diabetes, and a compromised immune system.

Symptoms of caregiver stress symptoms may include changes in appetite, feeling blue or depressed and even at times hopeless. Caregivers may feel irritable, or helpless, withdrawal from friends and family, a change in sleep patterns, compromised immune system and getting sick more often, overreacting to minor nuisances and overindulging in alcohol, food or smoking, neglecting your own needs feelings of wanting to hurt yourself or the person for whom you are caring, loss of interest in activities previously enjoyed, emotional and physical exhaustion.

If you find you have some of these symptoms, be sure to take a small break. While you may believe that you can handle it all by yourself, the reality is that nobody can. You can lighten your load by outsourcing what you can. Next try to focus on taking care of yourself. Schedule appointments with your own medical professionals. If you are not healthy, you will not be able to care for your loved one. Make sure that you are eating well, getting plenty of sleep, and drinking lots of water. Self-care also means taking time for your emotional health.

If you feel you may have caregiver stress syndrome, try to focus on what you are able to do rather than what you have not done. Believe that you are doing the best you can and making the best decisions you can at any given time. This may help you set realistic goals. Most importantly, don't let your friendships get lost in the shuffle of caregiving. These relationships will help keep you positive. If it's difficult to leave the house, invite friends over to visit with you over coffee, tea, or dinner. This will help you because the simple act of expressing what you're going through can be very cathartic and it can strengthen your bond.

I am a fan of meditation and the simple act of breathing and letting go of stress is powerful. Mindful meditation is a particularly helpful, soothing practice for caregivers. This practice involves slowing yourself down enough to pay close attention to your thinking and feelings, almost as if you're an outsider looking in. If you're a caregiver who feels powerless and overwhelmed, mindful meditation allows you to tune into yourself and boost your own well-being. The most important thing to do is to understand that the act of breathing deeply can help you gain focus. Meditation can be helpful for caregivers' mental, emotional, and even physical health. So, the next time you're feeling stressed, stop, and take a deep breath and say, "I got this."

COPING WITH CAREGIVER BURNOUT

Main Causes

- Prioritize the needs and interests of their loved ones
- Have unrealistic expectations
- Lack of support from family
- Juggle multiple commitments



Signs of burnout

- Anxiety, depression
- Constantly feeling exhausted
- Neglecting your wellbeing
- Falling sick more often
- Changes in sleep patterns
- Changes in appetite/weight

...and more

Prevention Tips

- Set realistic expectations
- Embrace your role as caregiver
- Practise self-care
- Join a caregiver support group
- Take regular breaks
- Relax and meditate

...and more





**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

Marana High School Auto Club Grand Car Show



March 19th In The Kohl's South Lot At The Arizona Pavilions

(I-10 and Cortaro Rd)

Pre- Registration \$10.00, entries must be received by March 11th!

Mailing information on registration form.

Day of Show \$15.00

Trophies 1st, 2nd, and 3rd All Categories!!!

Registration/Set up: 8AM-10AM

Car Show: 10AM-2PM

Categories:

CLASSICS (Before 1979) **Modern** (1980+) **Import** **Student**

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Choose one category listed above for your vehicle

This is a fundraising event, there will be **NO** refunds

This is a rain or shine event!!!

Spring Time Shopping at Kohl's!

Email c.j.citro@maranausd.org

for registration form

Skilled Math Tutoring Program

<https://err.math.arizona.edu/zoom-tutors>

TUSD African American Student Services is inviting you to join us, AmeriCorps STEMM Program, and the University of Arizona Office of Science Mathematics and the Center for Recruitment & Retention of Mathematics Teachers for

FREE skilled online math tutoring.



Spring Dates January 10—May 13

2nd Grade to 12th

Mondays

4:00pm—6:00pm

Jamie Ganem

Algebra 1 & 2

Pre-Calc &

College Algebra

5:00pm—7:00pm

Nikaya Coleman

Math for

Grades 2-5

Tuesdays

6:00pm—7:30pm

Victor Vigbedorh

Algebra 1&2

Pre-Calc

Calculus

Wednesdays

3:30pm—5:30pm

Jamie Ganem

Algebra 1 & 2

Pre-Calc

College Algebra

5:30pm—8:00pm

Finlay Parsons

Algebra 1 & 2

Pre-Calc

College Algebra

Thursdays

3:00pm—4:00pm

Nikaya Coleman

Grades 2-5

Friday

4:00pm—6:00pm

Nikaya Coleman

Grades 2-5

6:00pm—8:30pm

Victor Vigbedorh

Algebra 1&2

Pre-Calc

Calculus

Saturday

8:00am—10:00am

Victor Vigbedorh

Algebra 1&2

Pre-Calc

Calculus

9:00am—11:00am

Kiki Frye

Grades 3-5

Sunday

9:00am—11:00am

Kiki Frye

Grades 3-5

Pro-Tip:

Click Tutor Name on website

to Access Zoom

Any questions about the program may be directed to

mhosten@math.arizona.edu or call 520.621.6866



COLLEGE OF SCIENCE

MATHEMATICS



AmeriCorps



Blood Drive

**The Church of Jesus Christ of Latter Day Saints
Corona Building**

Cultural Hall
700 W. Sahuarita Rd.
Vail, AZ 85641

**Wednesday, February 2, 2022
12:00 p.m. to 4:30 p.m.**



**American
Red Cross**

Sacred Heart HOME HEALTHCARE

We hope you can join us

Friday, February 25,

4:00-7:00pm

for a collaborative

Open House with Agape Hospice.

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Please RSVP

by 2/4/22

email: Tina.Stolenberg@sacredhearthh.com

Agape Hospice

Sacred Heart Home Healthcare

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Owner/Care Manager

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February Is American Heart Month: Heart-Healthy Tips for Seniors

The month of February is a great month to highlight heart health because of Valentine's Day and thus since 1963 February is designated as American Heart Month to advocate and educate people about cardiovascular health and raise awareness and fight against heart disease.

In honor of American Heart Month, we will take a look at some of the ways you can help improve your heart health. Even if you're currently living with heart disease, there are many things you can do to improve your odds of living a long and healthful life.

"Heart disease" and "cardiovascular disease" can be used interchangeably to describe the various conditions that affect your heart. These include blood vessel diseases, heart rhythm problems, and congenital heart defects.

The most common form of heart disease in the United States is coronary artery disease (CAD), which happens when the arteries that supply blood to the heart become hardened and narrowed due to a buildup of cholesterol, known as plaque. CAD can lead to health issues such as heart attack, heart failure, angina (chest pain), stroke, and irregular heartbeat.

One in four people will die from heart disease every year. Heart disease can strike anyone, but some people may be more at risk than others. Some of the most common risk factors for heart disease are High blood pressure, High cholesterol, Diabetes, Obesity, Poor diet, Family History, Inactive lifestyle, Cigarette smoking or, or Excessive alcohol consumption.

Heart disease is still the main source of death not only in the United States but in the whole world, and according to the Centers for Disease Control and Prevention (CDC), many of these deaths would have been preventable with proper preventative care.

Although there are various forms of heart disease, they share common symptoms and warning signs. It's important to learn these symptoms to receive a prompt diagnosis and medical treatment. Symptoms of an emergency may include:

- Chest pain, discomfort or an uncomfortable pressure in the chest
- Shortness of breath
- Pain in the upper body, arms, back, neck, jaw or upper stomach
- Feeling nauseous or vomiting
- Sweating; or cold sweats
- Weakness, light-headedness, feeling faint or dizzy
- Feeling very full or having indigestion
- Fatigue or exhaustion
- An irregular heartbeat, palpitations, or increased heart rate

Risk factors often develop as you age; things such as high blood pressure and high cholesterol increase your chances of having a stroke or developing heart disease. Whether your senior loved ones live at

home, in an assisted living community or at a nursing home, you can make healthy changes to lower the risk of developing heart disease. Likewise, controlling and preventing risk factors are that much more important if you already suffer from heart disease.

The American Heart Association provides Heart Healthy Tips for Seniors for improving your heart health. It's possible to reduce the risk for heart disease by making certain lifestyle changes and managing medical conditions sooner rather than later.

Get enough exercise. Physical activity is one of the best ways to improve heart health. The American Heart Association recommends that individuals perform at least 150 minutes per week of moderate exercise.

Eat a heart-healthy diet. Load up on fresh fruits and vegetables while limiting saturated fats, salt, and foods containing cholesterol, like fatty meats. A Mediterranean diet focuses on eating a diet rich in fresh fruit and vegetables, whole grains, nuts, and fish and seafood instead of red and processed meats.

Watch your numbers. Get regular check-ups to monitor health conditions that affect the heart, including high blood pressure, high cholesterol, and diabetes, and make sure they're under control with medication.

Watch your weight. To help prevent heart disease, maintain a healthy body weight for your size. Too many pounds can add up to increased heart disease risk.

Get better sleep. It's critical for seniors (and everyone) to have a good night's sleep. Most experts say that seniors should sleep between seven and nine hours each night. Sleep is beneficial for brain functionality, metabolism, immune functionality and emotional well-being.

Reduce stress factors. Studies indicate that stress can compound many heart disease risks that older adults already face, like high blood pressure. Take the time to find healthy outlets to relieve stress and lower your risk of heart disease.

There are several health conditions can contribute to heart disease and increase your risk of having a heart attack. It is important to treat all other contributing health problems and keep them under control as part of one's prevention program. Some examples of preventative efforts that should be made include lower high blood pressure and high cholesterol levels; keep diabetes under control; take prescribed medications (nitrates, beta-blockers, or calcium channel blockers, baby aspirin).

American Heart Month should be used as a reminder to take care of your body and your health as you age, to reduce your risk of developing heart disease and other health conditions. It's never too late to choose to live a healthy lifestyle and reduce your heart disease risks.



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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.

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

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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.

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Member

Here is a caregiver's experience of this series:

"Dr. Boss' theory of ambiguous loss gave a name to what I confront daily. Although I continue to grieve and miss what used to be a wonderful partnership with my wife, I am now much more able to identify new joys in our life together. This has been life changing for me and helped me be more present and positive when I am caring for my spouse."

— Kim, Family Caregiver

2022

Thanks to our community partners



Duet
Partners in Health & Aging



PCOA
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by PCOA

Finding Meaning and Hope is designed for full-time, part-time, or long-distance informal caregivers of loved ones with dementia or other conditions where the care recipient is physically present but psychologically absent. The term coined by Dr. Boss to describe this is "ambiguous loss." It gives a name to the caregivers' ongoing experience of loss and grief.

The video series is the basis for structured weekly conversations led by a trained facilitator from the Pima Council on Aging (PCOA), Family Caregiver Support Program, to help equip caregivers with tools to reduce stress and build resilience. A 20-minute video with Dr. Boss and Family caregivers is shared at each class followed by discussion on the topic in the video. Here are the topics of what will be discussed.

- Week 1 - The Ambiguous Loss of Dementia: How Absence and Presence Coexist
- Week 2 - The Complications of Both Loss and Grief
- Week 3 - Stress, Coping, and Resiliency
- Week 4 - The Myth of Closure
- Week 5 - The Psychological Family
- Week 6 - Family Rituals, Celebrations, and Gatherings
- Week 7 - Seven Guidelines for the Journey, Part I
- Week 8 - Seven Guidelines for the Journey, Part II
- Week 9 - Delicious Ambiguity
- Week 10 - The Good-Enough Relationship



Finding Meaning and Hope

Join a group of fellow caregivers as we discuss the complexities of ongoing loss associated with caring for someone with dementia and what to do about it. You will learn skills to help you stay strong, healthy, resilient, and positive so you can navigate the journey with healing and hope. This discussion series features videos based on the groundbreaking book, *Loving Someone Who Has Dementia: How to Find Hope While Coping with Stress and Grief* by Paulina Boss, Ph.D., the nation's leading expert on caregiver grief.

Video Discussion Series Details:

Where: The Katie Dusenberry Healthy Aging Center
600 S Country Club Rd., Tucson, 85716

When: Wednesdays, January 5 through March 9
Time: 1:00 - 2:30 pm

These classes are offered in a safe and confidential environment in which to share, develop friendships and build support for being a resilient caregiver.

Register through Eventbrite at
[https://findingmeaningandhopejan22.
eventbrite.com](https://findingmeaningandhopejan22.eventbrite.com)

For more information or to register in person, contact Deb Waring at PCOA 520-790-7573 ext 3407, dwarling@pcoa.org.

Class size is limited.
Pre-registration is required.



Youth Council Career Expo



Virtual Event

Wednesday, Feb. 9, 2022 • 1-3 p.m.



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- Medical Assistant
- Automated Industrial Technology

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NAMI Walks Southern Arizona

is happening April 2nd 2022!

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www.namiwalks.org/southernarizona

Become a Team Captain or Walker today and
come together for mental health for all!



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.



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SOUTHERN ARIZONA SENIOR PRIDE



Community Cares Program-Tucson

Community Cares Program-Tucson provides visits (by phone and in-home) to LGBTQ+ 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

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Referrals Encouraged.

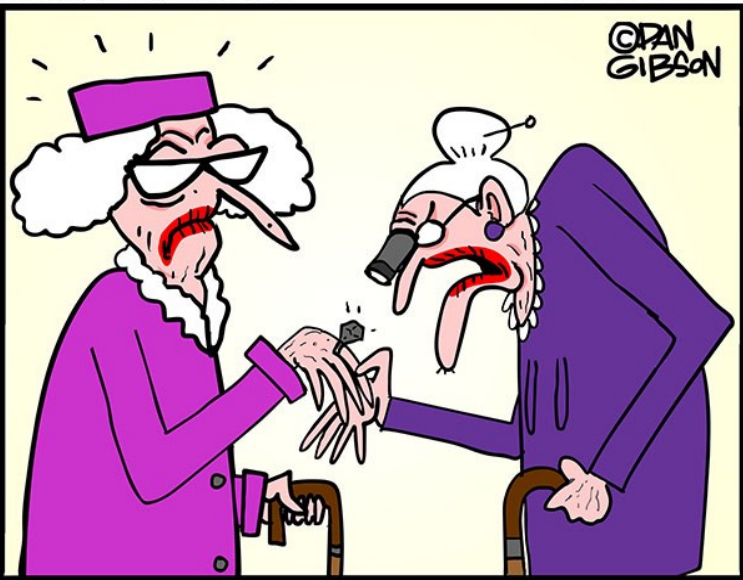
<https://soazseniorpride.org/>

Humor Corner



GIBBLEGUTS.COM

By Dan Gibson



I hate to tell you this but... Your Valentine gave you an old kidney stone glued to a beer can pull ring.



"These little ones are mice.... These over here are hamsters.... Ooh! This must be a gerbil!"

Recipe Corner

3 Ingredient No Bake Cookies



Ingredients

- 1 box vanilla wafer cookies (you will need approximately 40)
- 12 ounces white chocolate chips or white candy melts (1 package)
- red sugar sprinkles

Instructions

Melt the white chocolate chips in the microwave, on 50% power, stirring often, until smooth.

12 ounces white chocolate chips or white candy melts

Dip each vanilla wafer cookie in the melted chocolate, covering completely. 1 box vanilla wafer cookies Place the coated cookie on wax paper, and sprinkle with red sugar. red sugar sprinkles When all the cookies are coated and sprinkled, place the wax paper in the refrigerator for an hour to allow the white chocolate to harden.

Store finished cookies in an airtight covered container.

Source: <https://dizzybusyandhungry.com/3-ingredient-valentine-crunch-cookies/>



Foods to Boost Your Immune System

It's that time of year again when we all start spending a bit more time indoors due to the chilly weather. Unfortunately, the fall and winter months are a time when viruses and illness spread. That's why it's important to keep your immune system healthy and fueled so it can fight off infections and help you stay healthy. To boost your immune system, try incorporating these foods into your diet. Hopefully, with a little extra help from these healthy foods, your body can fight off a cold, the flu, COVID-19, and other infections that might spread this year.

ORANGES - Oranges are high in vitamin C, which can help build your immune system. While other citrus fruits — like grapefruit, lemons, limes, etc. — are also high in vitamin C, oranges have the highest concentration of this powerful vitamin. The recommended dietary allowance of vitamin C is 90 mg for adult men and 75 mg for adult women. However, this recommendation can change based on your unique health circumstances.

Vitamin C is also known as ascorbic acid, and it is a micro-nutrient that your body cannot produce on its own. So, you need to get it from the food you eat. Studies have shown that vitamin C plays an important role in repairing tissue in the body; it can help heal wounds and maintain healthy bones. It can help keep your skin healthy, which is the body's first barrier against infections. Plus, vitamin C has been shown to help with your immune system's defense response, helping you fight off infection more effectively.

BLUEBERRIES - Blueberries might be small, but they can pack a punch! They are high in flavonoids, which are antioxidants that can help boost your immune system. Flavonoids help keep your blood vessels healthy, enhance the benefits of vitamin C, protect cells from damage, and prevent inflammation. Research has also shown that flavonoids help the immune system fight upper respiratory tract infections, including the common cold.

In addition to being high in flavonoids, blueberries are also a source of vitamin C, vitamin A, fiber, and manganese. They also contain pterostilbene, a compound that helps combat bacterial infections, further boosting your immune system when you need it most.

RED BELL PEPPERS - Fruits aren't the only source of vitamin C. Red bell peppers are also high in vitamin C, so you can add these veggies to your diet to help you reach your daily allowance. But you should actually eat these veggies raw to get the full benefit because roasting red bell peppers reduces their vitamin C content by up to 25%.

Red bell peppers are also a great source of beta-carotene and vitamin A. Vitamin A is known to help heal wounds, support white blood cell growth, and support your skin cells. Likewise, beta-carotene has been shown to increase cells in your immune system and promote their activity in fighting infection.



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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



Gloria's Assisted Living LLC

"My Residents are My Family"

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

Mobile: 520-465-2869

Home: 520-298-1195

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