

# CAREGIVER NEWS



Newsletter Published by Rosa's Chante Assisted Living

**March 2022**

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



## Welcome to March

Hi all, yes it is March and St Patty's Day is around the corner. Did you know that the person who was to become St Patrick was kidnapped by pirates from somewhere in Great Britain and sold into slavery. Also, the four leaf clover much associated with Ireland has some meaning assigned to each of its four leaves hope, faith, love and luck. There are a lot of facts and fiction about the famously celebrated St Patrick and no one will ever really know what is the truth. What we do know is we celebrate the early beginnings of spring and a lot of people drink a lot of beer.

As spring approaches, and the green of March is, especially for us here in Az, it is time to start

getting our gardens going. Here at Rosa's we will be getting our mobile, waist high beds ready to plant a variety of vegetables and flowers. Our residents truly enjoy having and activity where they can participate in the care of their own gardens. They can water the (with supervision for some), they can weed them, and those who simply enjoy being outside can enjoy the beauty of these little garden beds. This is all good for their cognition and wellbeing in general.

I hope you all have a great month, and we here at Caregiver News thank you all for your continued participation and support.

*Anthony Diaz*



## OV SAFE RETURN PROGRAM

The **OV SAFE RETURN** program is a community resource service provided by the Oro Valley Police Department for members of the vulnerable population community who work, live, go to school, or receive treatment within the Town of Oro Valley. This would include, but is not limited to, children or adults who may have a diagnosis of:

- Autism
- Down Syndrome
- Dementia
- Alzheimer's

This program will provide parents and caretakers with a mechanism to share crucial information with police officers who are responding to calls for service involving these individuals. Information on the vulnerable person, their parent(s) or responsible caretaker, and an additional safe contact person will be collected through the registration form. A current photograph of the registered individual is requested to assist in locating the registered person if he or she is ever missing.

**FOR MORE INFORMATION PLEASE CONTACT:**

COMMUNITY RESOURCES UNIT  
 (520) 229-5080  
 CRU@OROVALLEYAZ.GOV



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](mailto:leslie2renew@gmail.com)  
520-237-4055



8th ANNUAL MVBC

DOOR CAR CLUB BLANNERS MOUNTAIN VIEW BAPTIST CHURCH

# CAR SHOW

SATURDAY, APRIL 2 10 A.M. - 2 P.M.

MOUNTAIN VIEW BAPTIST CHURCH  
 3500 W. OVERTON ROAD

18 TROPHY CLASSES • 75+ VEHICLES LAST TIME  
 FOOD FOR PURCHASE • MUSIC • RAFFLES

\$10 REGISTRATION FEE  
 REGISTER AT [MVBCTUCSON.ORG](http://MVBCTUCSON.ORG)  
 OR DAY-OF STARTING AT 8 A.M.

CONTACT: ROYANN 520-471-1447

YOUR SUPPORT HELPS TEENS GO TO CAMP!





## Healthcare, Benefits, and Owner Opportunities/Challenges

**KEVIN K TAMLYN** | HEALTHCARE SOLUTIONS TEAM, Inc. | [HST Website](#)  
*Health, Life, Income & Asset Protection, LTC, & Medicare*

**Kevin will review what is on the horizon and how to plan a foundation for success!**

**Join us on Wednesday, March 16, 2022, at 12:00pm, to learn more.**

**(This will be an online event)**

### What is Top of Mind for Business Owners:

- Rising Healthcare Prices
- Higher Taxes
- HR Efficiency

### New Legislation for Healthcare:

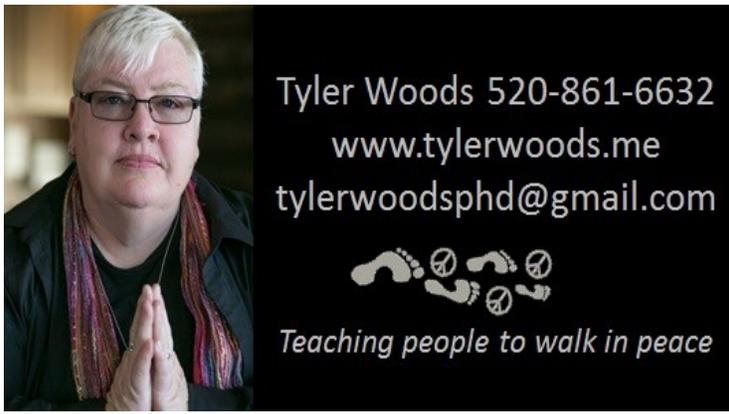
- American Rescue Plan Act
- Stimulus Help
- ICHRA, QSEHRA taking away from business owner
- Employer Contribution Options

### Healthcare Options:

- Traditional Group Plans
- New Group Plans
- Faith Based Plans & Community Sharing Plans
- Individual Plan Options
- Medicare Planning for 65 and Older
- Long Term Care, LTD, STD, Life Insurance



**Email [abarney@harmonyhospice.org](mailto:abarney@harmonyhospice.org) or call 520-904-6103 for more information or to register**



## Early Warning Signs for Dementia –By Tyler Woods

Although as we age, we all start to forget where we put things, or words start falling out of your head, or suddenly you do not know how to get to a place that you have been to time and time again. However, when these small slips of memory start becoming more frequent and disruptive to one's daily life it is definitely time to take a look at what else could be involved.

Dementia in and of itself is not a disease, it is a catch-all term for changes in the brain that can cause a loss of functioning that affects daily life.

Some of the effects of dementia are diminished focus, inability to pay attention, lessening language skills, problem-solving and visual perception. It also can cause weakened ability to control emotions thus leading to personality changes.

With that said, if you start to notice that someone you know is displaying consistent changes in their behavior etc, it may be time to seek medical help and diagnosis. There are tests that can be performed, as well as checking for other factors that may mimic the onset of the dementia symptoms, such as a bad reaction to a medication, or perhaps an infection. In this case, with treatment the symptoms may be resolved.

Some of the warning signs identified by dementia and mental health experts are:

- **Difficulty with everyday tasks.** Although we all make mistakes, people with dementia may find it increasingly difficult to do things like keep track of monthly bills or follow a recipe while cooking, the Alzheimer's Association says. It may also become hard to concentrate on one is doing, take much longer to do things or have trouble finishing them.
- **Repetition.** Asking a question over and over or telling the same story multiple times are common indicators of mild to moderate Alzheimer's or dementia.
- **Communication problems.** You might notice that someone is having trouble initiating or following conversations or stops in the middle of a thought or struggles to think of words or the name of objects.
- **Getting lost.** People with dementia may have difficulty with visual and spatial abilities. This can show up as problems like getting lost while driving.
- **Personality changes.** A loved one who begins acting unusually anxious, confused, fearful or suspicious; becomes upset easily; or loses interest in activities and seems depressed can be a sign for concern.
- **Confusion about time and place.** Loved ones who forget where they are or can't remember how they got there should be taken into account. Another sign is disorientation about time — like forgetting what day of the week it is.
- **Troubling behavior.** If your family member seems to be making poor decisions when handling money, neglecting self-care by cleaning themselves or brushing their hair.

Some people who experience memory loss or have difficulty with attention, decision-making language or reasoning may have a condition known as mild cognitive impairment. The condition causes a noticeable decline, but the changes are less severe than with dementia and a person can still perform normal daily activities.

People with mild cognitive impairment are at an increased risk of developing dementia. If you are noticing that a loved one is displaying symptoms, there is help available. Start with a primary care physician, from there it can be decided to start running tests like lab tests, brain scans, psychiatric evaluations, and genetic tests. All of which can aid in diagnosing what is going on and then a plan for care can be developed.

There are many resources available with information and care facilities that specialize in memory care. It is important to be informed to then make the hard decisions necessary to provide the most helpful care for your loved one.



**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**

## Shubitz Family Clinic - Free Medical Care Resource

Hello Child Parent Center's Families,

UArizona Health Sciences has provided medical care to hundreds of families in need during the pandemic.

It's through free student-run clinics with a commitment to underserved people, also known as CUP clinics.

Families who do not have health insurance or unable to go to a clinic for care can attend this FREE clinic.

UArizona Health Sciences medical students give free medical care to underserved in dire times.

CUP Clinics Schedule:

Mental Health Clinic: Every Monday, 6:00-9:00 PM

Shubitz Family Clinic: Every Tuesday, 6:00-9:00 PM

Women's Clinic: 3 Wednesdays a month, 6:00-9:00 PM

Integrative Medicine: First Thursday of every month, 6:00- 9:00 PM

LGBTQ+ Clinic: Second Thursday of every month, 5:30-9:30 PM

Shubitz Clinic is a family medicine clinic that provides free primary healthcare services to uninsured patients in Tucson.

It is run by the University of Arizona College of Medicine – Tucson medical students who provide care under the supervision of volunteer physicians.

We serve patients who have no other source of healthcare, and as such, we do not accept patients with health insurance plans, including AHCCCS.

Shubitz Family Clinic Services:

We are able to offer the following services to patients free of charge:

- Routine health care screenings, including physical exams, well women check-up's, prenatal visits, and pediatric sports physicals
- Management of diabetes, hypertension, asthma, and other chronic conditions
- Vaccines and flu shots for children
- Prescription management
- Health education
- Lab work for our patients
- Referrals for glaucoma exams and mental health services
- Information on other community health resources
- Assistance with enrollment in AHCCCS if patient qualifies
- And much more!

**For more information:** <https://uacupclinics.medicine.arizona.edu/clinics/shubitz-family-clinic>

**Call for appointments: (520) 393-9336**

**Location** Shubitz Clinic is located at the CUP Clinic located in the College of Medicine. Enter thru the South Entrance of the College of Medicine and to straight down the hallway. The clinic will be on the left hand side, Room 2304. Free parking is available in the Health Sciences Garage off of Campbell after 5 p.m.

**CUP Clinics**

**1501 N. Campbell Ave, Room 2304**

**Tucson, AZ 85719**



**COLLEGE OF MEDICINE TUCSON**

**CUP**

**Commitment to Underserved People**



2890 E Skyline Dr. # 250  
Tucson, AZ 85718

RESIDENTIAL BROKERAGE

**Meg Sax, CRB, CRS**  
Associate Broker

Cell: (520) 891-6911  
Office: (520) 577-7433  
meg@megsax.com

Owned by a subsidiary of NRT LLC



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

520-305-4454  
(no text)

Beth@TucsonLifeCare.com  
www.TucsonLifeCare.com

### TLC Coordination & Advocacy

Tucson, Green Valley, Marana, Oro Valley & Saddlebrooke

Ethical, Compassionate  
Advocacy  
Assessment  
Consultation  
Coordination of Care

3849 E. Broadway #266 Tucson, AZ 85716  
Fax: 520-373-5143  
www.tucsonlifecare.com



*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  
Fax: 520-298-2115

<https://gloriasassistedlivingtucson.com>



# TUCSON SENIOR PLACEMENT

*A No Cost Referral and Placement  
Service for Seniors and Their Families*

OPTIONS FOR:  
INDEPENDENT OR  
ASSISTED LIVING  
MEMORY CARE  
BEHAVIORAL HEALTH

ROBIN COATS, OWNER  
520.373.0349



TUCSONSENIORPLACEMENT.COM

# CPR CLASS

Rincon Valley Fire District will offer a **free** non-certification CPR Class for residents on:

**Saturday March 5th**

**Community Room**  
14550 E Sands Ranch Rd.  
Vail, AZ 85641  
8 a.m. to 10 a.m.



Save a life, sign up today!

[WWW.RINCONVALLEYFD.ORG](http://WWW.RINCONVALLEYFD.ORG)

\* Everyone in your party must be registered. Children 10 and up are permitted to attend, but must be accompanied by an adult and must be registered.

[WWW.RINCONVALLEYFD.ORG](http://WWW.RINCONVALLEYFD.ORG)

(520) 647-3760

BENSON CLEAN & BEAUTIFUL PRESENTS

# CLASSIC CARS OFF MAIN

5 Classes:  
Pre- 1970 cars  
Post -1970 cars  
Motorcycles  
Trucks  
Rat Rods

# CAR SHOW



**SATURDAY March 19, 2022**  
**8:00-2:00**

Lion's Park  
435 N. Adams Ave.  
Benson AZ 85602

Food vendors & Live Music by  
Dave Owens Band

For more info Contact: **Cindy @ 520-631-5507** or  
email [BensonCandB@gmail.com](mailto:BensonCandB@gmail.com)

# Pima County Cares Resource Fair



**March 5, 2022**

**Freedom Park Basketball Court**  
5000 E. 29th Street  
10 a.m. to 1 p.m.

- Over 20 vendors
- COVID-19 vaccines
- Food
- Application assistance for utility & rental aid
- Children's games
- Eviction prevention help
- Job resources
- Giveaways
- Educational resources
- Preschool scholarships

+ More!



This is an Equal Opportunity Employment Program. Auxiliary aids and services are available upon request to individuals with disabilities. This project is being supported, in whole or in part, by federal award number 32 RP00001 awarded to Pima County by the U.S. Department of the Treasury.



# CAPE CHASE SUPERHERO ADAPTIVE RACE

WHAT'S YOUR SUPER POWER?!!

JOIN MARANA PARKS AND RECREATION FOR THE ONE OF A KIND SUPERHERO ADAPTIVE FUN RUN. THIS IS A RACE FOR ANYONE AND EVERYONE WHO IS READY TO REVEAL THEIR SECRET IDENTITIES AND CONQUER OUR COURSE OF INCLUSIVE OBSTACLES.

**SATURDAY,**  
**MARCH 12, 2022**

### LOCATION

Ora Mae Harn District Park  
13250 North Lon Adams Road

### COSTS

Pre Registration: \$15.00  
Event Day Registration: \$25.00

### EVENT DAY

- Check-in: 6:30 a.m. - 7:30 a.m.
- Race times will begin at 8:00 a.m. and will be staggered in 15 minute increments
- Strollers & Leashed dogs are welcome
- Race CAPES are only guaranteed/included for the first 200 participants registered for the event

NOTE: Race Times will be available for sign up on a first come, first serve basis at Packet Pick Up, which will take place on Thursday March 10, 2022 at Marana Community Center (13250 North Lon Adams Road) from 4:30 p.m. - 6:30 p.m.



FOR DETAILS & TO REGISTER  
SCAN HERE



AT HOME MEDICAL CARE LLC

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

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

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

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

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

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

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

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

## There is Nothing Like Home



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

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

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

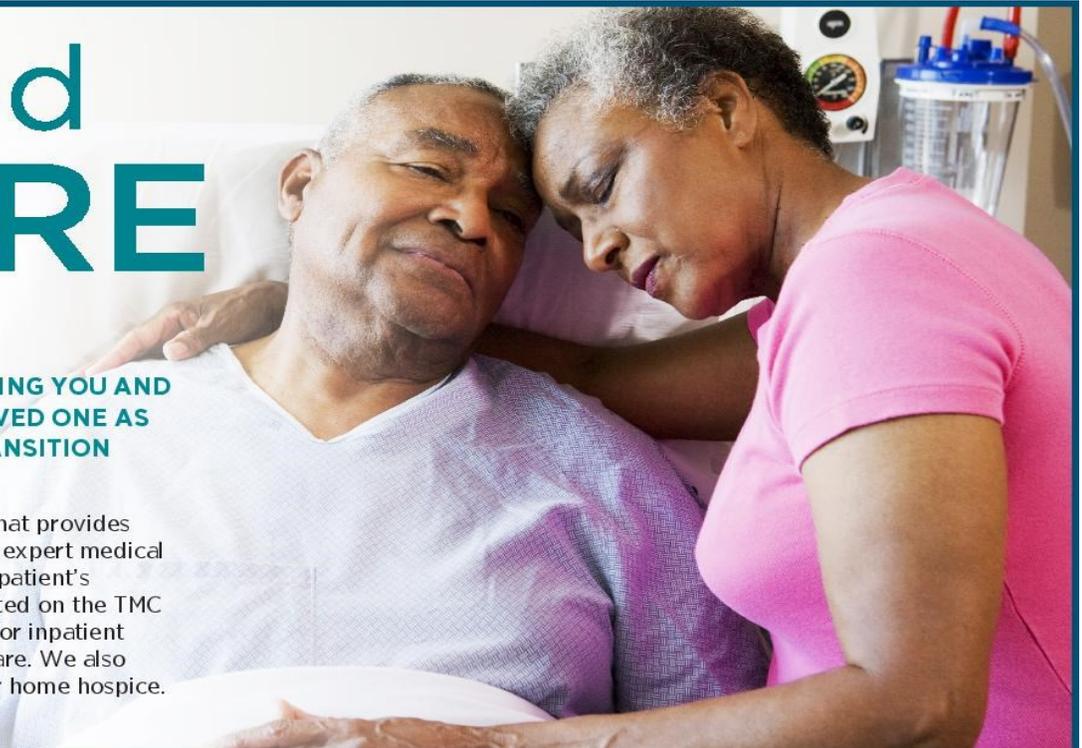
# Created to CARE



SUPPORTING YOU AND  
YOUR LOVED ONE AS  
THEY TRANSITION

### Compassion • Dignity • Love

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



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

TMC HealthCare

MAYO CLINIC  
CARE NETWORK  
Member

Sign up for our Child Passenger Safety class and receive a Free Car Seat



Register at

<https://www.tmcas.com/events/carseatgiveaway>

March 12, 2022

at Tucson Police Department  
1310 W Miracle Mile Rd

- Space is limited so pre-registration is required
- One car seat per registrant
- Must attend full 1.5 hour class to qualify to receive free car seat
- Prior child care arrangements must be made as children are not allowed in
- Classes are on March 12, 2022 at the following times
  - 8:00 am
  - 8:30 am
  - 10:00 am
  - 10:30 am



For more information, please call 520.324.4110 or email [jessica.mitchell@tmcas.com](mailto:jessica.mitchell@tmcas.com)

2022

Calling all La Frontera  
**Stigma Stompers**

Sat., April 2nd  
Kennedy Park  
Fiesta Area  
3359 S La Cholla Blvd.  
Tucson



Join the NAMI Southern Arizona mental health walk to raise funds and awareness to help change perceptions about mental health.

Staff, Clients, Friends and PETS are eligible to enter.

Sign them up online!

CLICK HERE to join the Stigma Stompers



Every person who walks gets a **FREE** LFC T-shirt. Please sign up each member of your family or team individually, so we get credit. And any pets you sign up and bring to the Walk count too.



For more information contact  
Randy Van Nostrand  
[randy.vannostrand@lafrontera.org](mailto:randy.vannostrand@lafrontera.org)  
(520) 429-4300

# HELP!

We need animal food!  
Wet, Dry, Dog, Cat

Drop off location is:  
Southern Arizona Animal Food Bank  
6212 E. Speedway  
(Monterey Village Shopping Center)

Monetary donations can be made on:  
[www.saaaf.org](http://www.saaaf.org)

"FEEDING ANIMALS ONE AT A TIME"



520-268-7299

[Info@saaaf.org](mailto:Info@saaaf.org)



## FREE PAINTER TRAINING

Hosted by Sherwin Williams

Become more marketable in the construction industry.

"Home Work" has helped thousands of men and women across the country learn the skills needed to land good-paying jobs in the painting industry.

The city of Tucson and Pima County One-Stop are collaborating with Sherwin Williams to provide this **FREE** painter training.

**PARTICIPANTS WILL:**

- Attend two days of classroom instruction
- Get two days of hands-on training
- Learn about lead-paint safety and awareness
- Take the Renovate, Repair and Paint (RRP) exam
- Receive interior and exterior painting tools

Potential trainees must have some trade background and be at least 18 years of age.

Lunch will be provided every day.

Every participant will receive a certificate and an Environmental Protection Agency certification upon completion of the course.

"This program can open up a world of possibilities about who you can become."

If you would like to attend, please contact Gabriel Lopez at 520-724-3733 or by email at [gabriel.lopez@pima.gov](mailto:gabriel.lopez@pima.gov) to set up an interview. Space is limited.

Starts: Monday, March 21  
Ends: Thursday, March 24  
Hours: 8:30 a.m. to 4 p.m. each day

**LOCATIONS:**

Classroom: 310 N. Commerce Park Loop (Sentinel Building)

Project: MLK Apartments  
55 N. Fifth Ave.



Equal Opportunity Employment Program: auxiliary aids and services are available upon request to individuals with disabilities.

10000-202003-1.A



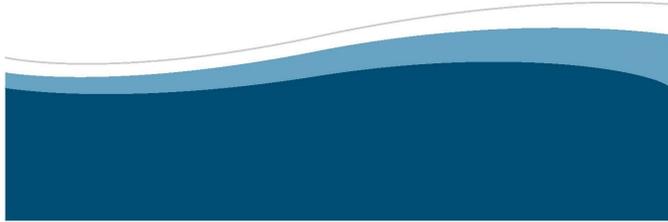
# CEU'S Coming Soon!

Conflict Management, April 13, 2022, 12P to 1P

Fall Prevention & Transfers, May 18, 2022, 12p to 1p

Diabetes Self Management, June 15, 2022, 12p to 1p

**These will be offered online. For more information or to sign up for our email list, please email [abarney@harmonyhospice.org](mailto:abarney@harmonyhospice.org)**



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

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



cell (620) 971-2539 • home (520) 887-3421 • fax (620) 844-3421 • mail 5931 N. Jaynes Circle, Tucson AZ 85741 [sedonagarden.com](http://sedonagarden.com)

**35<sup>th</sup>**  
ANNIVERSARY  
★ ★ ★ ★ ★

Do you know someone who has been on this earth 100 years?

*Let's Celebrate Their Life*

with our annual **Salute to Centenarians**



Call TMC for Seniors at (520) 324-1960 or email [SeniorServices@tmcaz.com](mailto:SeniorServices@tmcaz.com), to submit the individual's name by **Friday, March 18, 2022**.  
*For local citizens age 99 and over*

We look forward to documenting and sharing their stories digitally and in our commemorative tribute book.




## SOUTHERN ARIZONA SENIOR PRIDE



### Community Cares Program-Tucson

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



Photo by Kay Smith

Judy Jennings and Judy O'Brien

**520 -351-2724**  
[community@soazseniorpride.org](mailto:community@soazseniorpride.org)  
**Referrals Encouraged.**  
<https://soazseniorpride.org/>

# Humor Corner



off the mark.com

by Mark Parisi



# Recipe Corner



## St. Patrick's Day Fudge

### Ingredients

- 1- 14 ounce can Sweetened Condensed Milk
- 3 cups white chocolate chips
- 1.5 tsp vanilla extract
- make green using food coloring, and add sprinkles for garnish if desired

### Instructions

- In heavy sauce pan, mix sweetened condensed milk, chips, and vanilla on medium low heat, stirring until it melts together.
  - Stir in food coloring to make it green for St. Paddy's Day!
  - Line a 9x9 pan with parchment paper
  - Pour fudge mixture into pan
  - Wait for it to set up either in the fridge or on the counter
- Source: <https://www.eazypeazymealz.com/st-patricks-day-fudge-3-ingredients-1-pot/>

BE OUR VALENTINE



MAKE A HEART BEAT!

FREE CPR CLASS AT THE RINCON VALLEY FIRE DISTRICT  
SATURDAY MARCH 5TH  
8 A.M. TO 10 A.M.  
STATION 2: 14550 E SANDS RANCH RD  
VAL, AZ 85641





Sometimes families need a **LITTLE EXTRA HELP**.  
 Our **IN-HOME CAREGIVERS** are ready to provide a Helping Hand.



Personal Care  
 Transportation

Meal Preparation  
 Housekeeping

Medication Reminders  
 Respite Care

**CALL US TODAY! (520) 428-0143**

**Ready, Set, REC!**

**SPRING KICKOFF EVENT**  
 Saturday, March 26  
 9 a.m.-Noon  
 Joaquin Murrieta Park

Enjoy coloring, origami, fitness, STEM, miniature golf, disc golf, gardening, yard games, and more. There will be raffle prizes, food trucks, and music.

**DIAMONDS IN THE DESERT**  
**Car show**  
 PRESENTED BY AMPHI H.S AND CDO H.S

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

**DATE: 3/5/2022**  
**LOCATION: TUCSON MALL**  
**TIME: 11:00AM - 3:00PM**  
 ENTRY FEE: \$20 PER VEHICLE  
**CLASSICS HOTRODS IMPORTS & MUSCLECARS**

# FREE TAX HELP

**FREE TAX HELP**  
 For anyone earning up to \$73,000 annually  
 Real Human Support

**IF YOU MADE \$73,000 OR LESS LAST YEAR, YOU DO NOT HAVE TO PAY TO FILE YOUR TAXES**

United Way of Tucson's Volunteer Income Tax Assistance (VITA) program can help you file for free.

VITA TAX PREPARATION SAVES TAXPAYERS AN AVERAGE OF \$250 PER RETURN  
 Learn more about VITA today!

# PROJECT GRADUATION FUNDRAISING EVENT

OVPD



GRFD

CHEER ON YOUR FAVORITE TEAM  
WITH A TEAM SHIRT!

50/50 RAFFLE

FOOD & SNACKS  
FOR PURCHASE



MARCH 4, 2022  
5 - 8 PM  
JAMES KRIEGH PARK  
23 W. CALLE CONCORDIA

# 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

New free 8-week series coming soon!



## Group Teen Triple P

Takes the guesswork out of parenting preteens and teens!

Virtually on Tuesdays

March 15th - May 3rd

10:00am - 11:00am

- Encourage appropriate behavior
- Improve coping skills
- Reduce conflict and power struggles
- Strengthen family relationships
- Manage challenging and risky behavior

Register here:  
<https://forms.gle/Zw6j3hzFqpSTAx717>



THE UNIVERSITY OF ARIZONA  
Cooperative Extension  
Family Engagement - Pima County



Prevent Child Abuse  
Arizona

## Women-in-Transition \$CHOLARSHIPS



The Women of Quail Creek will award scholarships to women who are at a transition point in their lives. Scholarships will be awarded to assist them in meeting specific educational goals. Applicants must show need for financial assistance.

2022 Scholarship Program (video): [youtube.com/watch?v=68RDuwY1ufg](https://www.youtube.com/watch?v=68RDuwY1ufg)



**WHO** Women-in-Transition · 21 years or older  
Must be a resident of Pima or Santa Cruz Counties



**WHAT** Applicants must be eligible for and/or accepted to an accredited post-secondary degree or certificate program



**WHERE** Application (including a "fillable form") is located on the website: [womenqc.com/scholarships](https://www.womenqc.com/scholarships)



**DEADLINE** Postmarked no later than: March 11, 2022



**WHEN** Recipients will be notified no later than: April 7, 2022



Questions?  
[scholarships@womenqc.com](mailto:scholarships@womenqc.com)

# Gramma's HOME

Assisted Living with a Heart.

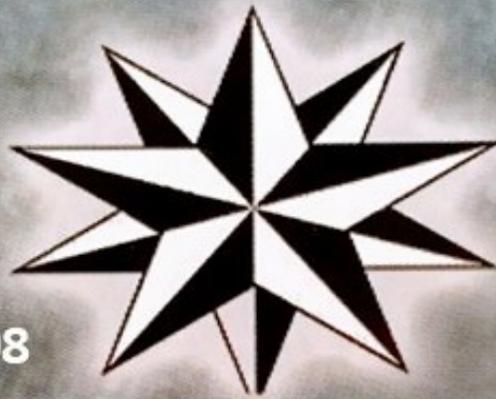
**520-349-2248**



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



Call Valerie Scott Plan a visit to Grama's Home



Phone 520-751-1998

Fax 520-751-3767

# Rosa's Chante Assisted Living

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



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