



# CAREGIVER NEWS

Newsletter Published by Rosa's Chante Assisted Living **June 2022**



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



## Welcome to June!

Hi this is Anthony and welcome to triple digit weather whether you like it or not pardon the pun, but we have to have some fun when it's this hot. I want to remind everybody how important it is to keep your clients hydrated and cool during the summer months that are coming ahead of us. Humidity and the rains or lack of rains can cause a lot of distress for seniors and for caregivers so be sure to hydrate and keep yourself and those under your care cool.

At Rosa's we have done and will do things like ice cream socials, making ice cream or fruity freezy iced drinks or whatever we can to stay nice and hydrated and cool. I invite you to find cool ideas to keep cool with this weather.

And, just for fun, did you know that June 2nd is National Rocky Road day, which reinforces the idea that ice cream is good summer fun. No matter what you do to make summer fun for all, remember that caring for you the caregiver as well as those under your care is the priority.

**Family Fun Night**

FOOD FREE GAMES FUN

Raffle  
Board Games  
Video Games  
Hot Shots Basketball Tournament  
Arts and Crafts  
Billiards, foosball, ping pong

**JUNE 24  
6-8 P.M.**

**Donna Liggins Center  
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If you would like to advertise with Caregiver News, our rates are:

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For special rates please contact:

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520-237-4055**

*Anthony Diaz*

**Café at The Katie**

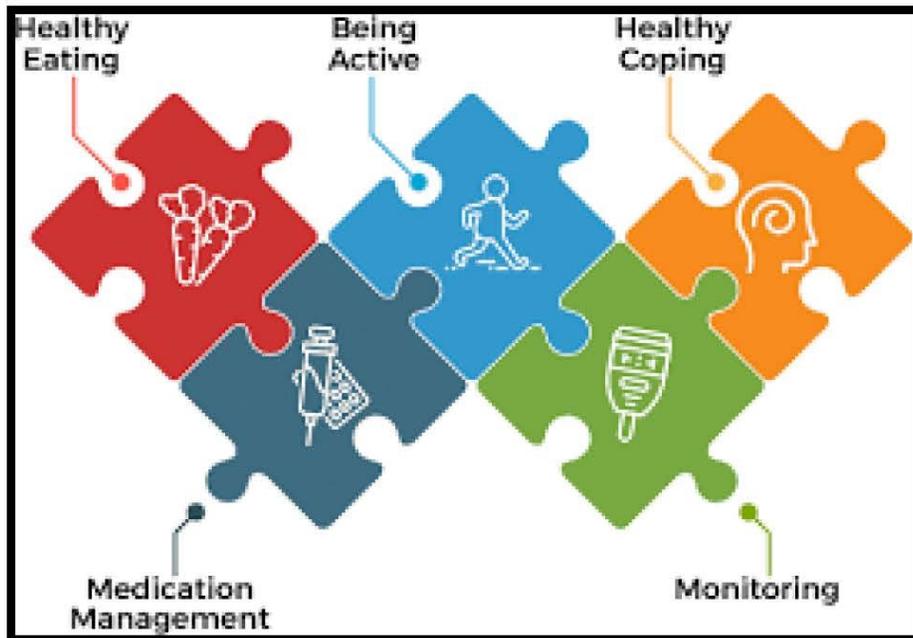
A welcoming place for those experiencing memory loss, their friends, family, and caregivers. Be part of our community. We invite you to come socialize with others in a safe, supportive and fun environment.

**JUNE**  
will be all things  
music - live music,  
singalongs and games!

Memory Cafés are a space for all to feel safe, valued and respected. This Memory Café is in partnership with Senior Pride.

**SOUTHERN ARIZONA SENIOR PRIDE**      **Dementia Capable Southern Arizona**      **PCOA** Aging with Pride  
Anchored at PCOA

**DATE/TIME:** Wednesday, June 22, 10-11am  
**LOCATION:** 600 S. Country Club Rd., Tucson, AZ 85716  
**RSVPs are encouraged:** <https://cafeatthekatie.eventbrite.com>  
For more information, please contact Nicole Thomas, 520.790.7573 x1739 or [nthomas@pcoa.org](mailto:nthomas@pcoa.org)



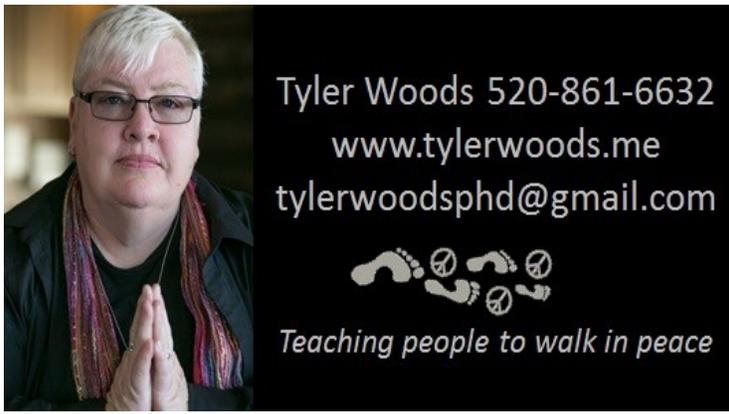
## “DIABETES SELF-MANAGEMENT”

Lily Mees will be discussing several self-care behaviors that will empower those with Diabetes to improve their health.

This will be an online event.

**Wednesday, June 8, 2022**  
**12pm-1pm**

**Call or email to register [abarney@harmonyhospice.org](mailto:abarney@harmonyhospice.org)**  
**520-904-6103**



## Tips to Help Someone with Dementia

By Tyler Woods

Caring for someone with dementia poses many challenges for families and caregivers. People with dementia from conditions such as Alzheimer's and related diseases have a progressive biological brain disorder that makes it more and more difficult for them to remember things, think clearly, communicate with others, and take care of themselves. It is important to know and understand dementia to better care for the people you are taking care of.

How we talk to people with dementia is vital. There are certain ways of talking to them that will help them better understand you. Use simple words and sentences. Speak slowly, distinctly, and in a reassuring tone. Refrain from raising your voice higher or louder; instead, pitch your voice lower. If she doesn't understand the first time, use the same wording to repeat your message or question. Ask one question at a time; those with yes or no answers work best.

Refrain from asking open-ended questions or giving too many choices. An example could be "would you like to wear your green short or your red shirt?" then show them the two shirts and let them know they can point at it, and they have a choice. It is important that you are patient in waiting for your loved one's reply. If they are struggling for an answer, it's okay to suggest words. Watch for nonverbal cues and body language and respond appropriately. Always strive to listen for the meaning and feelings that underlie the words.

Break down all activities into a series of steps as it makes tasks much more manageable. You can encourage your loved one to do what they can by gently reminding them of steps they tend to forget. You can assist with steps they no longer able to accomplish on own by using visual cues, such as showing them with your hand how to put their shirt on, or how to brush their hair. It is important to allow the person to do as much as possible. This helps them with cognition skills.

Be positive. Instead of saying, "Don't do that," say, "Let's try this." Your attitude and body language communicate your feelings and thoughts more strongly than your words do. Set a positive mood by speaking to them in a pleasant and respectful manner. Use facial expressions, tone of voice, and physical touch to help convey your message. People with dementia often feel confused, anxious, and unsure of themselves.

Remember people with dementia often get reality confused and may recall things that never really occurred. Avoid trying to convince them they are wrong. Stay focused on the feelings they are demonstrating (which are real) and respond with verbal and physical expressions of comfort, support, and reassurance. Be positive and use as much praise as you can.

Finally, it is key to remember what works today, may not tomorrow. The factors that create troubling behaviors, and the natural progression of the disease process, mean that solutions that are effective today may need to be modified tomorrow—or may no longer work at all. The key to managing difficult behaviors is being creative and flexible in your strategies to address a given issue.

I think the best way to deal with dementia is to walk in their shoes so to speak. When I am working with dementia clients, I put myself in their place. I ask myself how I would like to be treated if it were me. How would I like to be talked to and understood? That is how I want to treat that person. With respect, kindness and understanding.





**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.**



## Dignity of Risk- Respect.

Beth Fuller, BSW, CMC    TLC Coordination and Advocacy

Ever notice how it seems easier to see how to fix other people's problems. "Well, if only they would..." or "They should...". We may quickly identify solutions for the challenges we see others face, especially when we are responsible for caring for that person. Their actions affect our work. We may not know or understand their priorities.

As a geriatric care manager, I am an obligated reporter, which means that I am legally obligated to report to Adult Protective Services, any abuse, neglect (including self-neglect) or exploitation of a vulnerable person. If the person understands the risks and consequences and I will also advocate for them to continue to make their own choices and offer supportive services with safety in mind.

Seniors face a challenging time of life when daily tasks can become difficult to manage, and they may have lost or given up control of many things.

We provide a home safety assessment to identify risks and daily tasks that could be easier or safer. We then offer suggestions on how to make those risks or tasks safer, or easier. We point out things like fall risks such as rugs or extension cords. We sometimes see crowded pathways through the house that do not allow for a walker. We observe that the person sleeps on the far side of the bed from the bathroom and learn that they get up in the dark. All things that seem easy to fix, right? (Remove the rugs, move the extension cords, change sides of the bed.)

It is just as important to know the person's priorities as it is to know the risks. Understanding the person's priorities helps to offer acceptable solutions. We may not know the significance of the rug, or that the spouse used to sleep on the other side of the bed, and it provides comfort to remain on the other side. We do not say "let's get rid of..." anything. We may suggest hanging the special rug or turning the bed, to find an acceptable solution. Or we leave things as the person wants them.

It can be frustrating for care providers to watch someone at risk when it makes the job more challenging, and when safer solutions are available. Sometimes respecting the dignity of risk and allowing people to make their own decisions results in accidents that we may have predicted. We try to prevent crises and try to be prepared for when they occur.

What would be your motivation to get up if you were not allowed to make any decisions for yourself? If someone understands the risks and consequences, they are allowed to make unwise decisions.

Acknowledging the risks, and allowing the dignity of risk, while being prepared to help when allowed, tells the person that you respect them, and it contributes to their quality of life.

In our roles as care *providers*, we are there to support independence with safety in mind, while respecting dignity of risk and personal choice.

## Principles of Dignity of Risk

### Assumed capacity



### Reasonable support



### Tolerance for risk



### Best interest & preferences





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

520-305-4454  
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# Volunteers Needed

**Are you 55 years or older and living in the community?**

If YES, you are invited to participate in a research study to help us learn how the University of Arizona can better respond to the interests and needs of older adults. The information you provide will be used to create a UArizona Guide for developing age-friendly and responsive resources, services, programs, and research, now and in the future. Your participation is voluntary, and the data collected are confidential.

To register please use the link below to provide some basic information about yourself and select a date to participate in a 90-minute focus group via Zoom.

<https://redcap.uaahs.arizona.edu/surveys/?s=LKKP8CAHA4WYXFAA>

Participants will be voluntarily included in a drawing, and 10 winners will be selected to win a \$10 gift card. Please call 520-626-5804 if you have any questions.

*An Institutional Review Board responsible for human subjects research at The University of Arizona reviewed this research project and found it to be acceptable, according to applicable state and federal regulations and University policies designed to protect the rights and welfare of participants in research.*

CONGRATULATIONS!  
2022  
GRADUATES



AT HOME MEDICAL CARE LLC

At Home Medical Care  
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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.

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

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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  
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tmcaz.com/hospice

 TMC HealthCare

 MAYO CLINIC  
CARE NETWORK  
Member

# A Matter of Balance

Many older adults become concerned about their balance and falling as they age.

**A Matter of Balance** is a program designed to reduce the fear of falling and increase activity levels among older adults. It includes 8 two-hour sessions for a small group of 8-15 participants led by a trained facilitator.



## Who should attend?

The program is designed to benefit older adults who:

- Are concerned about falls
- Have sustained falls in the past
- Restrict activities because of concerns about falling
- Are interested in improving flexibility, balance and strength
- Are age 60 or older, community-dwelling and able to problem solve

## What do participants learn?

The program enables participants to achieve significant goals. They gain confidence by learning to:

- Overcome the fear of falling and learn to view falls as controllable
- Set goals for increasing activity
- Recognize fall hazards
- Make changes to reduce fall risk at home
- Exercise to increase strength and balance



**Contribution:** \$30 (covers your book & supplies)



**A MATTER OF  
BALANCE**

MANAGING CONCERNS ABOUT FALLS

*The Katie*

**KATIE DUSENBERRY  
Healthy Aging Center  
by PCOA**

*"The activities and workshop material were just what I needed to stay active and independent - thank you!"*

– Mark

**Location:** PCOA Healthy Aging Center (The Katie), 600 S. Country Club Rd.

**Date:** May 31, June 2, 7, 9, 14, 16, 21, 23

**Days:** Tuesdays & Thursdays

**Time:** 1:30 – 3:30 pm

**Register:** <https://balancekatiemay22.eventbrite.com>

For more information and to register, contact Jennie, (520) 305-3410.

# Sahuarita Stars & Stripes



LASER SHOW | FIREWORKS  
LIVE MUSIC | CAR SHOW  
ROLLING THUNDER PARADE  
BEER & WINE | VENDORS  
FOOD TRUCKS

July 4th  
5 PM - 9 PM

Town Hall  
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## 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

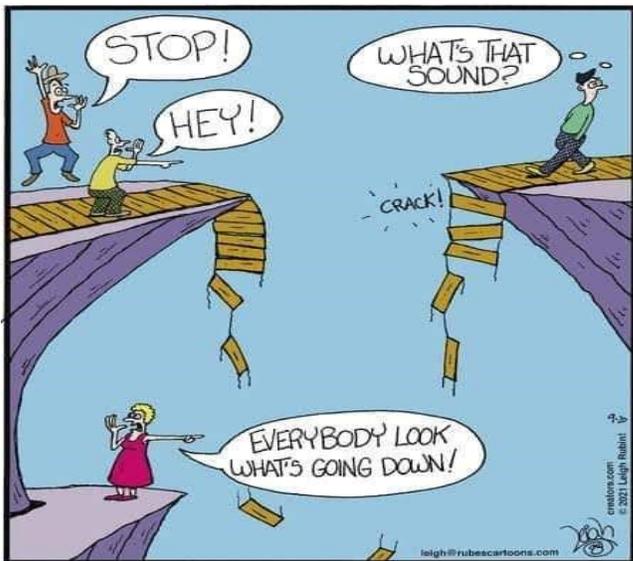
520 - 351 - 2724

community@soazseniorpride.org

Referrals Encouraged.

<https://soazseniorpride.org/>

# Humor Corner



There's something happening here,  
for what it's worth.



# Recipe Corner

## How to Make 3-Ingredient Banana Bread

### Ingredients

- 3-4 very ripe bananas
- 1 box (15.25 ounces) yellow cake mix
- 2 large eggs

You can add some mix-ins to make each batch of banana bread special. It won't be "3-ingredient" banana bread, but it will be tasty! Add a teaspoon or two of cinnamon or pumpkin pie spice for flavor. For texture, toss in a handful of toasted nuts, chocolate chips or even dried fruit.

### Directions

Step 1: Mash the bananas

The key to flavorful banana bread is using very ripe bananas. As the skin darkens, the banana flavor becomes more pronounced. You'll need 1-1/2 cups of mashed bananas for this recipe, so I used about 3 ripe bananas.

Step 2: Mix with cake mix and eggs

In a large bowl, combine the mashed bananas with the cake mix and two eggs. Mix well until the ingredients are combined.

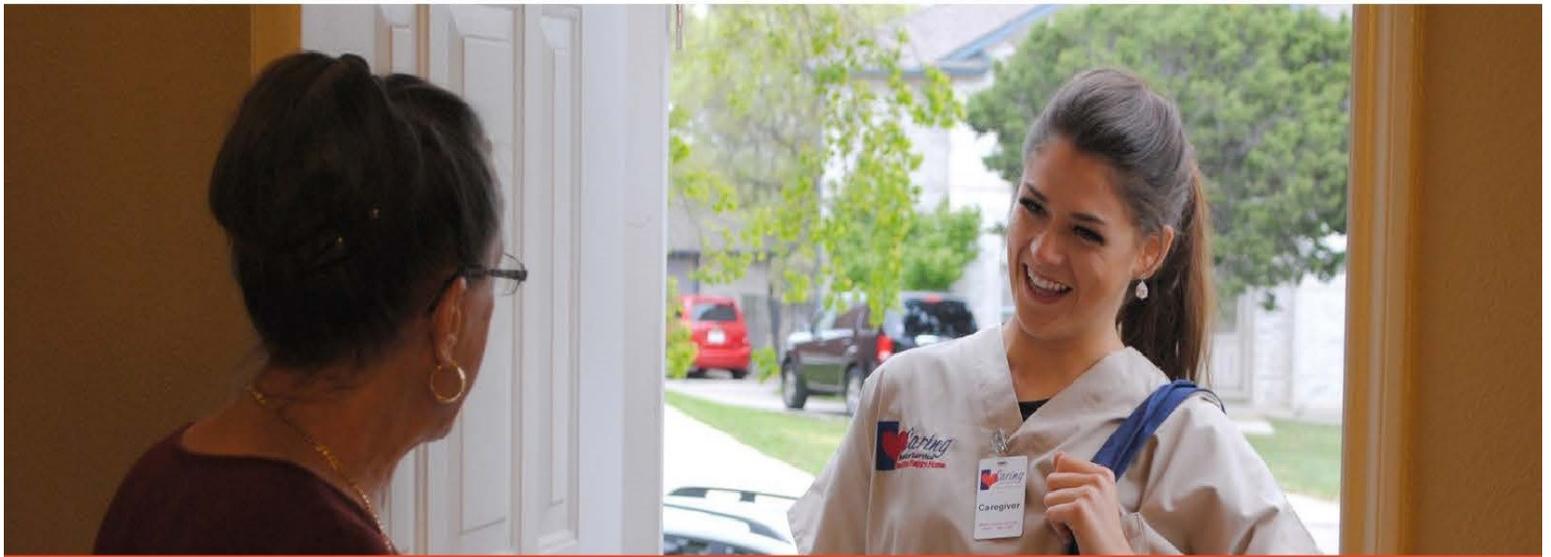
Step 3: Bake and enjoy

Transfer the batter to a greased 9x5 inch loaf pan. Bake in a preheated 350°F oven for 45 minutes or until a tester inserted in the center of the loaf comes out clean.

Cool in the pan on a wire rack for 10 minutes, then invert onto the rack to cool completely before slicing.

Source: <https://www.tasteofhome.com/article/3-ingredient-banana-bread/>





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**3RD OF JULY!**  
 SUNDAY ★ 5:00 – 9:30PM

CROSSROADS AT SILVERBELL DIST. PARK  
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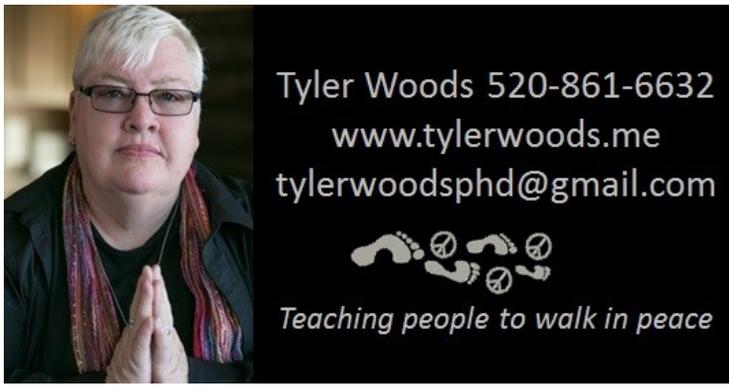
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## Safe Summer for Seniors in Our Care—

By Tyler Woods Encore article

The summer months can be difficult for seniors because as we age, our physiology changes in ways that boosts sensitivity to summer's heat, humidity and sun exposure. In fact, according to research conducted at Duke University, more than 80% of heat-related deaths occur in people over 60.

In addition to physiological factors like reduced sensitivity to thirst, poorer circulation and higher incidence of chronic conditions, seniors are especially vulnerable to heat-related illnesses due to social isolation.

Seniors are more susceptible to dehydration than younger people because they don't sweat or recognize thirst as effectively as they used to, plus, many seniors take diuretics, which cause the body to lose fluids. To prevent dehydration, it is recommended that caregivers make sure seniors drink plenty of water before heading outdoors and throughout any time spent in the sun. Be sure if seniors do go outside to have a hat and sunscreen with at least 30 SPF and broad-spectrum protection from both UVA and UVB rays.

So, what can a caregiver or assisted living home do to have fun and stay cool? Many homes do ice cream socials. These are downright fun and guess what, summer wouldn't be complete without ice cream! An ice cream social is a great way to engage with others while cooling off with a sweet treat. Furthermore, ice cream might have a few health benefits when you buy the no sugar added which is my fav personally. Root beer floats are great, and you can use diet root beer. Use your imagination there are so many cool treats to make people cool off while having fun.

Reading is a fantastic activity for seniors during any season, but especially during the summer. Aging adults can read while outside in the shade or inside in the comfort of AC. Reading might be difficult depending on eyesight or other factors, so you could use a blue tooth device and download the audio of the book and your seniors will be entertained for hours. If books are not their idea of fun, movies certainly hit the nail on the head. Movies during the heat of the day is fun and add a popsicle or slush drink with pretzels to make it even more fun. With streaming now and Netflix you can never go wrong with a movie.

Please feel free to write to Anthony Diaz or our newsletter editor Leslie Ford to make suggestions that you find work really well in your home. We are always willing to share. You can contact Anthony at [rosaschanteaz@gmail.com](mailto:rosaschanteaz@gmail.com) or Leslie Ford at [leslie2new@gmail.com](mailto:leslie2new@gmail.com). They both would love to hear from you and how you do summer at your place as a caregiver.

# PARENTS' NIGHT OUT x 5

June 13-17, 2022

6:00-8:30 pm

All kids kindergarten through  
twelfth grade are invited!

**Music, Games, Bible Study, Crafts & More!**

Register Now!

[www.shoeladyssweetnuthins.com/adventure-island-vbs.html](http://www.shoeladyssweetnuthins.com/adventure-island-vbs.html)



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