

CAREGIVER NEWS

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

*Celebrating 30 Years
of
Caregiving at Rosa's Chante
Assisted Living Home!*





Welcome to September!

Hello everyone and welcome to September. This is our 30 year anniversary issue if you have not guessed from the cover! 30 years is a long time. It is three decades, 360 months, 1,560 weeks, 10,950 days, but who's counting. I am very happy and quite proud that I am celebrating being at Rosa's Assisted Living Home for 30 wonderful years and in this issue, I want you all to celebrate with me. I also want to thank our community for making it possible and for reaching out to me for help and knowledge. Caregiving is compassion and offers satisfaction and brings happiness to be able to help others.

Caregiving is one of the most incredible acts of love there is. Providing support, assistance, and companionship to an aging loved one is a remarkable thing to do.

Experiencing joy while caregiving isn't always easy but after time, it gets easier and you develop more joy and every moment of joy fills our tanks a bit so we can keep going.

I want to thank all those in our community that have helped, my staff, my teams and my associates as well as my writers and advertisers for the Caregiver Newsletter and all the people who make the caregiver community a little better. Thank you again for making my thirty years so wonderful.

Anthony Diaz



1 in 3 seniors

**DIES WITH
ALZHEIMER'S**
or another Dementia.

ALZHEIMER'S ASSOCIATION®

If you would like to advertise with Caregiver News, our rates are per month:

\$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

September 10th, 2022 is World Suicide Prevention Day

Virtually join the Tucson Indian Center and it's partners for a day of Suicide Prevention education, awareness, and resources.

DO YOU KNOW SUICIDAL WARNING SIGNS?

Take a moment  to remember:

To Register follow link below:

<https://www.surveymonkey.com/r/FBX6M9X>



988

NATIONAL SUICIDE PREVENTION LIFELINE

Do you know local mental health resources?



**FOR MORE INFORMATION:
DREW HARRIS
520884-7131 EXT 2236
DHARRIS@TICENTER.ORG**



FREE CEU



Hosts a **FREE** educational lunch event

EMOTIONAL VS. PHYSICAL PAIN

Presented by: Murray Flagg, PhD.

How many of us have experienced physical pain, without knowing the cause? Emotional pain can manifest itself in physical pain and at times, can even be more debilitating. In this one hour training, you will learn to become more aware of emotional pain in yourself and loved ones. Learn to identify the signs of experiencing emotional and *not* physical pain.

Thursday, September 28, 2022

12:00 - 1:00 p.m.

Harmony Hospice TUCSON

1200 N. El Dorado Pl.

Ste. B-200

Tucson, AZ 85715



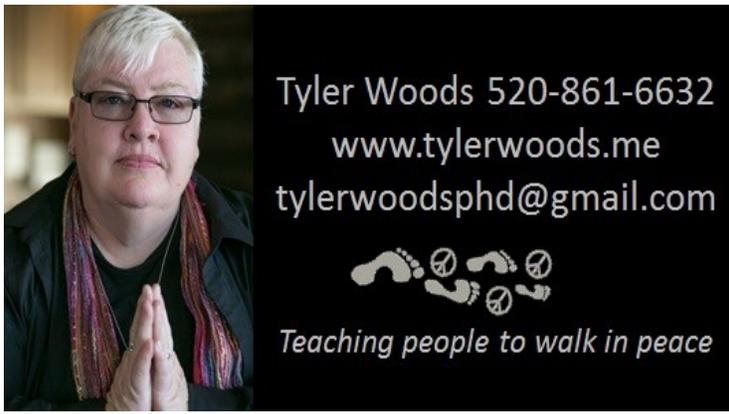
**Light Lunch Courtesy of
our Friends at**

To Register **CLICK HERE** or

520-284-9334

ABarney@harmonyhospice.org





Tyler Woods 520-861-6632
www.tylerwoods.me
tylerwoodsphd@gmail.com



Teaching people to walk in peace

Compassion — “The Essence of Caregiving”

By Tyler Woods

I look around Rosa's Assisted Living and notice that the kitchen has new appliances and new paint. It should after all it has been there for 30 years. Rosa's has had several facelifts. The staff work hard, and Anthony sits with a client after washing her hair showing her the birds and asking her to name them. The client looks back at me and smiles. She feels a sense of being needed and Anthony smiles back at her. That my friends is compassion in action and compassion is the number one tool needed to be a good caregiver.

Compassionate people do not only sympathize and empathize, but they also actively help alleviate the sufferings of others. In other words, compassion is not only about thoughts, feelings, and emotions, but also about actions and solutions. Its power is connecting us with what's difficult—it offers us an approach that differs from the turning away that we usually do.

A caregiver has one major requirement and that is compassion. This means the caregiver has a caring heart and it also means they seek out resources to improve their quality of care. After all, to do caregiving duties successfully, a caregiver should have compassion, not just for others but for self as well.

I could tell Anthony loved working with that client and the birds and he also felt a sense of self-compassion for himself. Great move on his part because self-compassion is a must when having any kind of compassion. We all know that caring for someone is a pure act of love, kindness and compassion. When compassion and caring merge together as one, we develop caregiver compassion and compassion has been described as the “essence of caregiving.”

As a psychotherapist I do quite a bit of what is called positive psychology. The primary foundation of positive psychology's focus is on the promotion of positive emotions, traits, and behaviors that ultimately foster positive wellbeing. This includes helping people maintain compassion. When you experience compassion for other people, you feel their pain and want to find a way to relieve their suffering. These feelings compel you to take action to do what you can to make the situation better. I cannot emphasize how important compassion is in any field of work and caregiving is clearly one of them. That is because compassion can have a positive impact on your life, ranging from improving your relationships to boosting your overall happiness.

Remember, there is no right or wrong way to caregiving. The only thing that counts is that you do the best you can in any given moment. Many caregivers have the tendency to want to give, give, and then give some more. However, it's also important to remember that when all you do is focus on others, you're running the risk of depleting your reserves spiritually, emotionally, physically, and mentally. Remember, to care for another person is to open yourself up to a whole new world of wonderful opportunities and remarkably difficult challenges.

Central Cupboard Food Distribution



9 AM - 11 AM
Helping Families
With FREE Food



2nd and 4th
Saturday of
the month

Tucson Central Church
404 S Columbus Blvd.
Tucson, AZ 85711
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2022 Walk to End Alzheimer's - Tucson and Green Valley/Sahuarita, AZ

October 22, 2022

We're walking in 2022 — and we
invite you to join us.

Tucson

Time and Place

Registration 8:00am	Gene C. Reid Park
Ceremony 9:00am	900 S. Randolph Way
Walk 9:30am	Tucson, AZ 85716



#ENDALZ #Walk2EndAlz



For more information call or email:
Vanessa Santa Cruz 520.230.1754 vdacruz@alz.org

Also visit:

https://act.alz.org/site/TR?sid=23932&type=fr_informational&pg=informational&fr_id=15393



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Happy 30 Years Anthony — An Interview —

By Tyler Woods

Who would have thought that Anthony Diaz would have been such a wonderful caregiver and outspoken person in the field of caregiving? After all, Anthony aspired to be an actor in Hollywood. Anthony once said to his mother, “When you see me you will pay to see me.” Meaning he would be seen on the big screen. However, what can you say for a Texan boy who grew up watching his parents be caregivers in an assisted living home back in Texas.

Anthony said that he had compassion and it meant far more to him than acting and watching his parents do what they did so wonderfully, Anthony went to college, and then took over Rosa’s in his twenties. He learned the fine art of caring with compassion, and even an academy award would never be a dream for a young man whose heart was bigger than his dreams.

I met Anthony over eight years ago when my father was a resident for a short time. I was nervous having to put my father in the home while my mother was healing from a broken hip. Anthony spent some time with me reassuring me that my father would be okay. He answered every single question I asked, and we ended up laughing and I felt at such ease. My father received the care he needed, and I was impressed with Rosa’s.

Anthony soon asked me to join his team to work with the residents as a counselor to make sure his people had all their mental health needs cared for. I was thrilled to be part of this wonderful team. I was given the opportunity to apply geriatric care to my knowledge and skills and Anthony became a great mentor in teaching me as I sought out other education to learn more about caring for the elderly and memory care.

I asked Anthony what was the most difficult thing about running an assisted living home? He answered that it is the commitment. He explained at some homes the owner just manages the daily operations from their office away from the home, Anthony said he is there all the time making sure everything is taken care of. Anthony said he does everything his team does. He does not just sit at his desk he is working side by side with his team and his residents. Anthony said, “I want my business to be recognized as truly family oriented and the owner to be just as involved as anyone else.” He takes pride in his work and home.

I asked him what the greatest thing about owning an assisted living home was and he stated, “It is really fulfilling, and it is a thankless job.” Anthony said the residents’ thanks are more than enough for him. His residents thank him often because he makes sure the residents have what they need. Anthony said, “I have learned as society's needs evolve, so do the residents. Today is nothing like it was 30 years ago!” Anthony has had no problem giving residents what they need from internet to outdoor movies, gardening, an outdoor beverage fridge, a rabbit run where residents can watch and feed rabbits including baby bunnies. He also provides activities like ice cream socials, music, and a variety of things that make his residents happy and keeps them involved in life.

Anthony chose to be a memory unit because it fascinated him, and he said he learns from what fascinates him. He does an excellent job with working with memory impaired residents and his residents tend to always smile a lot.

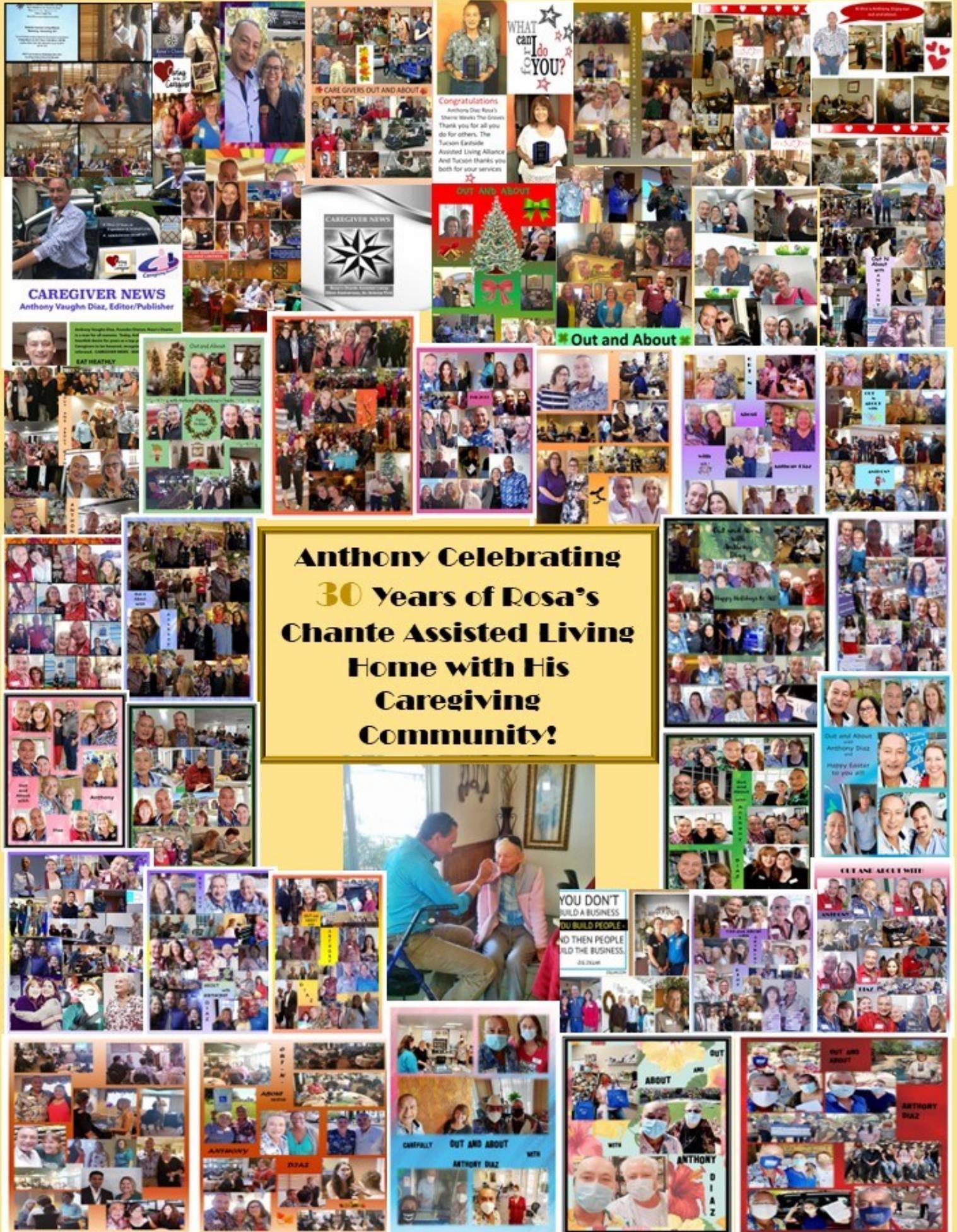
I did ask the burning question why the pink flamingos at Rosa’s. Anthony laughed and explained many residents came from Florida and it is so dry in Tucson, and he said, “I wanted to bring a part of Florida to them.” So, the flamingo mystery has been solved as we enter Rosa’s 30-year Anniversary.

What we know is Anthony has spent 30 years working with memory impaired adults and helping them live as well as die. He has been a caregiver and with passion in his heart, through thick or thin, through miracles or tragedies in his life, he has always dressed up and shown up. Though Anthony does not like accolades, he is to be honored for his hard work and his community outreach. Anthony said, “I like my community and I like my associates. I have a desire to do what I do, and I do not need accolades.”

Anthony has a strong community outreach, he does the Caregiver Newsletter, and he goes above and beyond to help the community be better caregivers and give residents the opportunity to live in a place just like home.

Happy 30 years Anthony and the Tucson community and caregiving community are much better because of your time, wisdom and energy. Yes, Anthony, that was a complement, you will be okay!

**Anthony Celebrating
30 Years of Rosa's
Chante Assisted Living
Home with His
Caregiving
Community!**



CAREGIVER NEWS
Anthony Vaughn Diaz, Editor/Publisher



WHAT CAN I DO FOR YOU?

Congratulations
Anthony Diaz Rosa's
30th Birthday. The Owners
Thank you for all you
do for others. The
Tucson Eastside
Assisted Living Alliance
And Tucson thanks you
both for your services



Out and About

**YOU DON'T
BUILD A BUSINESS
YOU BUILD PEOPLE
AND THEN PEOPLE
BUILD THE BUSINESS.**
ZIG ZAG



SEE AN AGELY WIFE

CAREFULLY OUT AND ABOUT WITH ANTHONY DIAZ

OUT AND ABOUT WITH ANTHONY DIAZ

ANTHONY DIAZ

Start your engines ladies!



Pima County Attorney's Office

Are you available two evenings a month to work with youth who have committed a minor offense?

If so, the Pima County Attorney's Office is looking for volunteers who would enjoy:

- ✓ Guiding youth to make positive life choices
- ✓ Helping youth gain insight about their actions
- ✓ Working with community members in a team setting

The CJB Program is a unique, restorative justice alternative to the traditional Juvenile Court process. The restorative justice approach uses strength-based exercises to help youth identify and repair the harm caused by their actions.



For more information on volunteering, please call

Jordanna Carvalho at 724-4108 or email

Jordanna.Carvalho@pcao.pima.gov



This automotive car care class provides hands-on experience to:

- Empower the participants by giving them the confidence to perform her own light automotive maintenance.
- Gives women the language they need to communicate and understand technical jargon.

Women will learn:

- How to change a tire
- How to check fluids and add if necessary
- The basic understanding of how an engine works
- The basic knowledge of the braking system i.e. rotors, pads, drums, shoes, calipers
- Battery maintenance
- How to check belts
- Fuses
- How to replace wiper blades

WHO: Women only
WHEN: September 22, 2022
5:00 p.m. - 7:30 p.m.

WHERE: Police Department
Training Room

Seating limited to 20 participants.

Presented by:



Please contact Ofc. M. Kleinberg to RSVP at cru@orovalleyaz.gov or (520) 229-5080

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8:00-2:00

Lion's Park
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For more info Contact: Cindy @ 520-631-5507 or email BensonCandB@gmail.com



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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.



TMC HOSPICE 
AT HOME & PEPPY'S HOUSE

WHEN EVERY MOMENT COUNTS

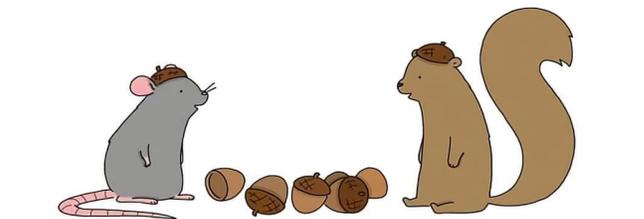
— COMPASSION • DIGNITY • LOVE —

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TMC Hospice - Peppi's House
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TMC HEALTH | YOU FIRST

Humor Corner



Recipe Corner



Pistachio Mallow Salad

Ingredients

- 1 carton (16 ounces) whipped topping
- 1 package (3.4 ounces) instant pistachio pudding mix
- 6 to 7 drops green food coloring, optional
- 3 cups miniature marshmallows
- 1 can (20 ounces) pineapple tidbits, undrained
- 1/2 cup chopped pistachios or walnuts
- Additional whipped topping, optional

Directions

In a large bowl, combine whipped topping, pudding mix and food coloring if desired. Fold in the marshmallows and pineapple. Cover and refrigerate for at least 2 hours. Just before serving, top with additional whipped topping if desired, sprinkle with nuts.

Source: <https://www.tasteofhome.com/recipes/pistachio-mallow-salad/>



ROSH HASHANAH

57 FALL 83

FESTIVAL

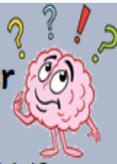
SATURDAY, SEPTEMBER 24



**6:30-8:30pm at
the Tucson J**

Especially for 4-10 year-
olds + their families
FREE; registration
required

Dementia and Alzheimer's Tip Corner



Welcome to our new series where each month we offer you some simple tips to care for the people you work with that have memory issues such as dementia and Alzheimer's. We hope this is helpful.

1. Keep things simple. Ask or say one thing at a time and keep it simple in fact as simple as you can. Do not give them multiple steps, give them simple one step tasks at a time.
2. Have a daily routine, so the person knows when certain things will happen. People with memory issues do not like surprises and count on routine.
3. Try not to show your frustration or anger. If you get upset, take deep breaths and count to 10. If it's safe, leave the room for a few minutes.

Remember; Every 65 seconds, someone in the US develops this disease. Learning simple tips can be passed down and be very helpful for you as a caregiver, to the person you are caregiving.



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.

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<http://gloriasassistedlivingtucson.com>



SOUTHERN ARIZONA SENIOR PRIDE



Community Cares Program-Tucson

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

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NIGHT

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FREE!
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Mr. Nature



Desert Music Project



Food Trucks, Cocktails



Fun, Games, Prizes

Wednesday, September 14th
6pm to 8pm



children's museum tucson

Children's Museum Tucson
200 S 6th Ave, Tucson, AZ 85701



RSVP NOW!
bit.ly/3ptwm8z

AUTISM ACADEMY BENEFIT CAR SHOW

Hosted by Obsessions Car Club

Come out and support raising funds for Autism Academy!

When: Saturday October 1st, 2022

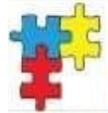
Where: 6880 E. Broadway Blvd. Tucson, AZ 85710

Time: 3:00p.m.-8:00p.m.

\$15 registration fee

Admission is FREE

www.obsessionscarclub.com



First Friday Shabbat

For Families



Fri, Sep 2
10-11:30am

At the Tucson J Splash Pad

Open to the public; children ages 3 months - 5 years and their parent/guardians!

Visit the link below for more info and to register
bit.ly/firstfridayshabbat

This event is presented in partnership with:



PJ Library is made possible by the Einstein-Sim, Allen & Marianne Langer, Loebel, Margolis, Rosenzweig, and Sharpe families, and the Jewish Federation of Southern Arizona in partnership with the Harold Grinspoon Foundation.

The Vail Preservation Society presents



Prickly Pear JAMBOREE

We are Vail! ¡Nosotros somos Vail!

This Year: Honoring Vail's Mexican-American Ranching Heritage

September 10, 2022

8:00 A.M. - Vail Preservation's ANNUAL PARADE!

14600 E. Colossal Cave Road to 14155 E. Via Rancho del Lago from Christ Lutheran Vail Church to Hacienda del Lago
NOTE: Colossal Cave Road will be CLOSED from 7:45-10:00 a.m.

Now join us for a great day at Hacienda del Lago, 14155 E. Via Rancho del Lago!

10:00 A.M.-2:00 P.M. - CLASSIC CAR SHOW

Presented by the Tucson Door Slammers Club



3:30 P.M.-Last Throw* - CORN HOLE SHOWDOWN

Double-elimination Tournament

*Jamboree ends at 8:30 p.m.

5:00-8:30 P.M. - PRICKLY PEAR BLOCK PARTY

DJ and Host: Ryan Johnson, Motion Music

Dance Music • Kid Zone! • Great Food! • Local Vendors

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Many thanks to Our Sponsors!



A Community-Powered Project of the Vail Preservation Society
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The Vail School District is neither endorsing nor promoting this program. The distribution of this flyer is provided as a public service to parents. District resources were not used to produce this flyer.



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 LIVE MUSIC: 2PM-11PM
LOS DE LA TECLA

Gramma's HOME

Assisted Living with a Heart.

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

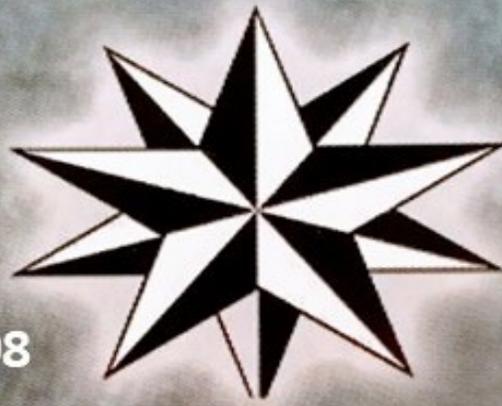
Call Valerie Scott Plan a visit to Grama's Home

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- * Dementia care
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*Celebrating Our
30th Anniversary*

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