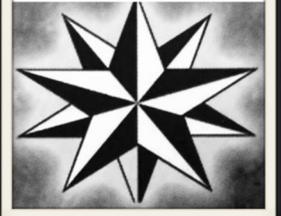


CAREGIVER NEWS



CAREGIVER NEWS

Newsletter Published by Rosa's Chante Assisted Living

November 2022

www.caregivernewstucson.com



Welcome to November

Hi all, Anthony Diaz here and yes it is November! We are all dusting off our warmer clothes and getting ready to begin the holiday season. Thanksgiving is right around the corner and we are all reminded of all we have to give thanks for! For me, I am always grateful for my family, friends, coworkers, colleagues, and residents old and new here at Rosa's.

November is also recognized as National Long-Term Care Awareness Month as well as National Family Caregivers Month both of which are important to point out and acknowledge as all of us caregivers, assisted living homes, etc are vital to our aging community.

In this issue, we have a couple of great topics being covered by our writers as well as a fun Out and About which has been a long time since we have had these kind of opportunities. We are also featuring some helpful community resources that may be useful to pass along. And, not the least, our Annual Christmas celebration invite. So please enjoy, and if you would like to advertise or write for us you can contact me or Leslie for more information. Thank you all for your participation in our Newsletter!

Anthony Diaz



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

\$50.00 business card \$150.00 1/4 page
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SOUTHERN ARIZONA SYMPHONY ORCHESTRA
Classical Symphonic Music

MORE INFORMATION AT
WWW.SAACA.ORG



PRESENTS: Understanding Dementia with Behaviors



Presenters:



Anthony Vaughn Diaz,
Owner/Manager of Rosa's
Chante Assisted Living



Brianna Henderson
LMSW, Owner/CEO
of Harmony Hospice

Wednesday
November 9, 2022
12:00 - 1:00 PM AZ Time
Virtual & Limited Seating at
1200 N. El Dorado Pl., Ste B-200
Tucson, AZ 85715

--This training does NOT
offer a CEU --

Providing care for someone who has been diagnosed with dementia can be quite challenging, even for those who are professional caregivers. In this training, we will discuss what to look for, such as repeated words or statements, and/or repeated activities. We will also review what may be triggering such behaviors and how to address them.

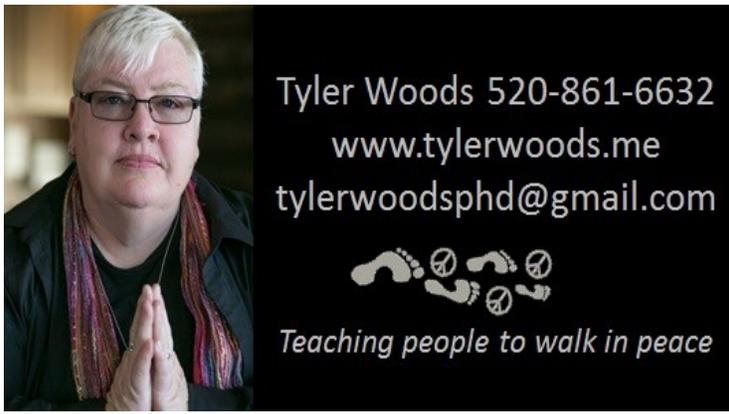
Join us as Anthony Vaughn Diaz and Brianna Henderson teach us on the do's and don'ts while caring for someone with dementia.

Lunch
Sponsored for
in-person
attendees by our
friends at



To Register:

- abarney@harmonyhospice.org
- (520) 284-9334
- [Click Here](#)



Myths and Facts About Hospice Care—

By Tyler Woods

I have family members from aunts and uncles to parents to friends to clients that believe hospice care means you are just in hospice care to die. This is far from true, and it is time we start looking at hospice and what it is really about. Hospice care is totally focused on caring, not curing. Meaning the goal is to help patients get the best quality of life in the time remaining.

Hospice staff care for any type of physical and emotional symptoms that cause pain, discomfort and distress. The care is specifically designed around the patient's needs and wishes. The patient's loved ones receive support as well.

Americans may be fearful of the word "hospice" without truly understanding the benefits. Hospice professionals hear it every day: "Please don't mention hospice. I don't want hospice. Please don't say the 'H' word." Why? One reason is that we have medicalized dying. In addition, there are major misconceptions and misunderstandings about what hospice is and what it provides. Hospice is a philosophy of care based on the principle that all people have the right to die pain free and with dignity. Today I want to look at some myths and facts about hospice care.

Myth: Hospice means giving up hope.

Fact: Hospice does not mean "giving up hope," but can help people revise what they may hope for.

Myth: Hospice is a place.

Fact: Hospice care usually takes place in the home but can be provided in any environment in which you live, including nursing homes, assisted living facilities, and residential care facilities.

Myth: Hospice means that the patient will soon die.

Fact: Receiving hospice care does not mean giving up hope or that death is imminent. The earlier an individual receives hospice care, the more opportunity there is to stabilize the medical condition and address other needs.

Myth: Individuals have to give up their own doctor.

Fact: Individuals may keep their own physician, who will work closely with the Hospice team of healthcare professionals, including physicians, nurses, and pharmacists.

Myth: Individuals can only receive hospice for six months; therefore, enrollment should be delayed as long as possible.

Fact: Medicare, Medicaid, and most private insurance pays for hospice care as long as the individual meets the medical criteria, which may result in receiving hospice care longer than six months.

Myth: Hospice provides 24-hour care.

Fact: Hospice care is based upon intermittent visits but is available 24 hours a day, 7 days a week for support and care.

Myth: Families have to pay for hospice care.

Fact: Hospice care is covered by Medicare, Medicaid and most private insurances. Home Health & Hospice Care wants all families to have access to hospice care, regardless of their ability to pay.

Be sure to talk to a local hospice to get your questions and concerns answered!



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Christ Church United Methodist Food Bank	85711	327-1116
Christian Faith Center	85712	722-2217
Community Food Back Green Valley	85614	625-5252
Community Food Bank	85713	622-0525
El Pueblo Neighborhood Center	85714	791-4629
Ellobo Services	85741	744-7168
Fred Archer Neighborhood Center	85713	791-4353
Grace-St. Paul's Joseph's Pantry	85719	327-6857
Greater Littletown Human Resource	85706	574-2263
House of Neighborly Service	85713	623-0100
Interfaith Community Services	85741	297-6049
Marana Community Food Bank	85653	682-3001
New Spirit Lutheran Church	85710	296-2461
Northwest Center	85705	791-3247
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Picture Rock Community Center	85743	682-7166
Pio Decimo Center	85701	624-0551
Primavera Foundation	85713	882-9668
Quince Douglas Senior Center & Tucson Urban League	85713	791-2507
Rose Family Center	85714	908-4431
St. Paul's UMC Food Bank Referral	85710	296-1927
St. Vincent de Paul - St. Monica	85756	741-1230
SW Family Resource & Wellness Center	85757	908-3980
The Salvation Army Hospitality	85705	622-5411
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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 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.



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TMC Hospice - Peppi's House
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Accommodations- Are we moving forward?

There are many people who do not use computers or cell phones, and they are left behind as that becomes the way to stay in touch with medical providers. Once you do reach the office, you may not be able complete the exam you went for. Accommodations beneficial to everyone, could be part of communication systems and medical exam room design, but that is often not the case.

As care managers we coordinate and attend all kinds of appointments with our clients. Record long hold time on the phone, after a lengthy voice mail with multiple options, is common for many businesses.

Auto-attendants may offer to call you back. If you are trying to avoid scammers, you may not answer the call back from an unidentified or unfamiliar number. The auto attendant for many offices directs you to their website or portal to schedule appointments. If you do not have a computer or have difficulty navigating new tasks, then creating a profile, getting a code (which usually requires a cell phone or going to email and back to the portal page), can be overwhelming. It used to just be a phone call. If you are tired or do not feel well or are busy caring for someone, getting through to a live person can be very difficult and taxing. Some simply give up.

We try to complete all necessary forms in advance. Frequently, they are only available online for completion or to download. Again, a computer or cell phone and know how needed. Once you get to an appointment, it can be frustrating to navigate user unfriendly offices or equipment, even though the doorways and rooms may meet ADA standards. Some offices have wheelchair friendly rooms, but because the rooms are assigned to the next person in line not the next person in need, often wheelchair folks must wait longer until one is free. Creative scheduling cues might help.

People in wheelchairs or those who need help with transfers, may be unable to navigate regular (higher) exam tables with a step up, dental chairs and chairs for ophthalmologic tests. Why exam tables or at least some in every office, do not have adjustable height without a step is a mystery to me.

Some providers *insist* the patient be on the exam table or chair, but their staff are not allowed to help. Not everyone can afford to have someone with them to assist with transfers, and others may require more than one person to help.

In at least two ophthalmology practices recently, equipment design did not allow wheelchair bound patients to get close enough for all necessary tests.

As new offices are built, I hope office/equipment design includes accommodations that benefit everyone.

Technologic progress is wonderful, but there must be a way for everyone to be able to communicate with their providers.

Feedback is helpful. Let your providers know what you think in those post-visit surveys (that usually come in a text or email). Snail mail might still get attention.

Beth Fuller, BSW, CMC
TLC Coordination and Advocacy



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

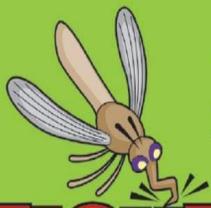


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Community Cares Program-Tucson

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

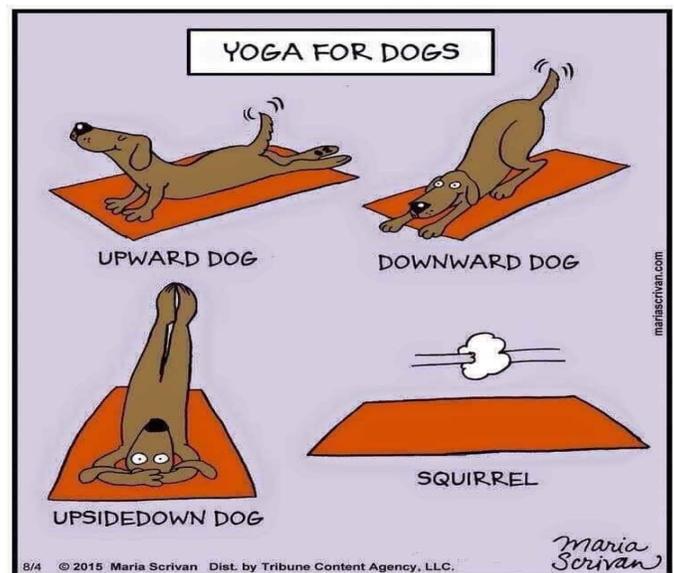
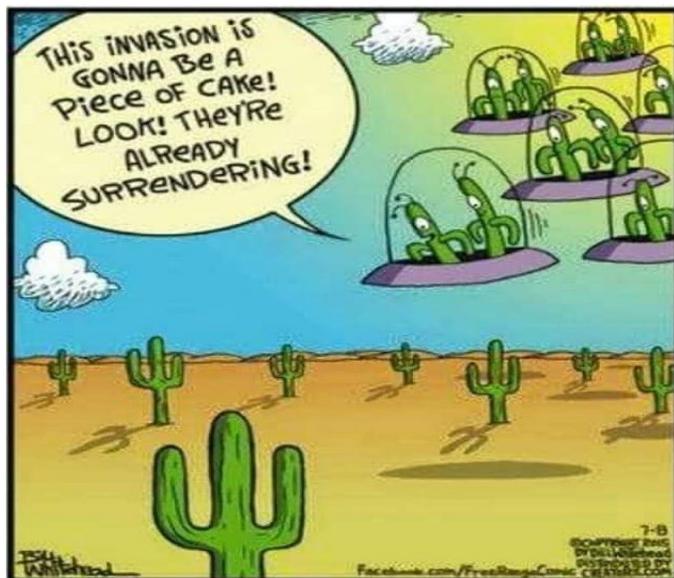
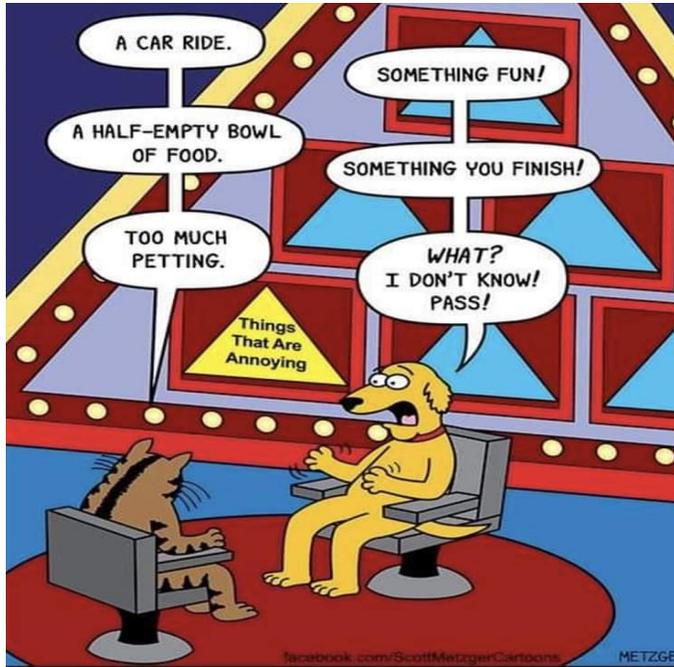
520 -351-2724

community@soazseniorpride.org

Referrals Encouraged.

<https://soazseniorpride.org/>

Humor Corner



Recipe Corner

3-Ingredient Slow-Cooker Pumpkin Cake

Ingredients

- 2 (15-ounce) cans pumpkin puree
- 1 package spice cake mix
- 1 cup butte

Instructions

Put pumpkin, spice cake mix, and butter into your slow cooker in that order, kind of making sure each layer is level. Cook on high for 2 hours before opening to thoroughly mix the ingredients. Cook on high for another hour and serve in bowls topped with ice cream.

Source: <http://willowbirdbaking.com/2015/10/11/3-ingredient-slow-cooker-pumpkin-cake/>



Caramel Apple Cream Cheese Spread

Ingredients

- 8 ounces cream cheese
- 1/2 cup (or more) caramel sauce (homemade or store-bought)
- 1/2 cup (or more) toffee bits
- sliced apples, pears, pretzels for serving (at least 4-5 apples)

Instructions

1. Place cream cheese on a serving dish. If you'd like, shape into a round and indent in the center to hold more caramel. Pour as much caramel sauce as you want evenly over cream cheese. Sprinkle with a generous helping of toffee bits.

2. Serve with sliced apples, pears, or pretzels.

Source: <https://shewearsmanyhats.com/easy-caramel-apple-cream-cheese-spread>



LIVING WITH DEMENTIA

1. Agree, never argue
2. Divert, never reason
3. Distract, never shame
4. Reassure, never lecture
5. Reminisce, never say "remember"
6. Repeat, never say "I told you"
7. Do what they can do, never say "you can't"
8. Ask, never demand
9. Encourage, never condescend
10. Reinforce, never force

Huey, 1996

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2022

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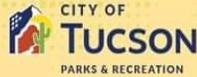
Rosa's Chante Assisted Living Home (520) 360-4450

Saturday and Sunday
Nov. 26-27, 2022



Holiday

Arts and Craft Fair
in Reid Park



Our NAMI Basics class is a free educational program that will show you tools, resources, and navigation techniques of the mental health system over 6 class sessions.

NAMI Basics is a 6-session education program for parents, caregivers & other family who provide care for youth (ages 20 and younger) who are experiencing mental health symptoms. This program is free to participants, 99% of whom say they would recommend the program to others.

This class will be a Spanish language class, Bases y Fundamentos, on Tuesday evenings at 6pm from November 1 through December 13 and will be taught through Zoom.

This class is taught by other parents and caregivers who have the same lived experience. You're not alone, help is here.

For more information please contact Ann Lettes or Rocio Castellanos at alettes@namisa.org or rcastellanos@namisa.org



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6:30PM FREE

Presented by
RIO NUEVO

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- ... that going to the grocery store is like a mini-vacation
- ... what "running on empty" really means
- ... the resentment, frustration, love, loneliness, anxiety and fear
- ... how much you feel depended upon

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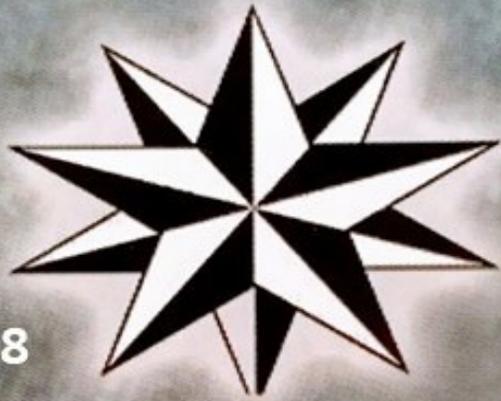


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