



CAREGIVER NEWS

Newsletter Published by Rosa's Chante Assisted Living

December 2022

www.caregivernewstucson.com



Welcome to December!

Hi all Anthony Diaz here and can you all believe that it is December already! I know, this is all part of aging that our years seem to pass by at lightning speed, but still for it to be December already what a fast year!

We have certainly seen our ups and downs this year as all that illness and Covid appeared to be in retreat. We all started to open up our lives again with residents being able to start some of their social activities outside the house for those who are able, and we could allow family and friends to come to Rosa's and visit with their loved ones.

However, lest we become too comfortable with all this, we must remember that winter is upon us and all that illness can start again, and boom we are being advised to go into lockdown again.

On a lighter note, we have taken some time to freshen up our place and as always our Christmas decoration displays are up and the residents are looking forward to their holiday season.

We also look forward to seeing you all at our annual Christmas party. It should be fun and entertaining as well as a good time to network with our fellow caregiving community.

All of us here at Rosa's Chante and Caregiver News would like to wish you all a very Merry Christmas and a Happy Holiday Season, and we look forward to serving you in the coming year!

We'd like to thank our readers, writers, and most importantly our advertisers for their continued support with which we would not have this little newsletter! Thank you all!



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Anthony Diaz

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PLAY**

Saturday, Dec. 3rd | 10 AM - 12 PM
North Santa Cruz Park
All Ages | Free

For more information:
www.SahuaritaParksandRec.org | (520) 445 7850



PRESENTS:

Food for Thought - Wound & Skin Care

Wednesday
December 7, 2022
12:00 - 1:00 PM AZ Time
WEBINAR

--This training does NOT offer a CEU --

Each year, more than 2.5 million people in the United States develop pressure ulcers. These skin lesions bring pain, associated risk for serious infection, and increased health care utilization.*

Pressure ulcers, more commonly known as bedsores, normally occur as a result of maintaining the same position for long periods of time. There are treatments available for those suffering from pressure ulcers. Dr. Kay will be providing an overview on pressure ulcers, treatments, and techniques to provide relief.

*Agency for Healthcare Research and Quality

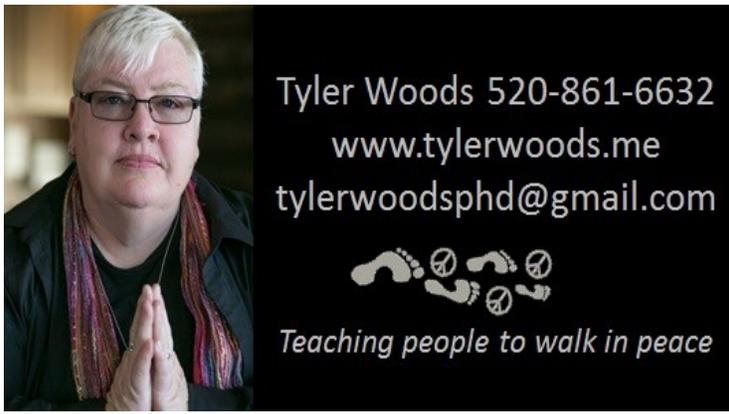
About the presenter:

Dr. David Kay, founder and CEO, is committed to bringing the highest quality care to you. David is fellowship trained in Geriatric Medicine and Palliative and Hospice care at the world renown UCLA Medical Center.



- To Register:**
- abarney@harmonyhospice.org
 - (520) 284-9334
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Preventing Caregiver Blues During the Holidays By Tyler Woods

Last month was Thanksgiving and this month is the December Holidays and though the holiday season is a time for family, friends, and tons of running, and doing, and lots of activities, it can also be a stressful time for many people, especially seniors and their family caregivers. In fact, it can cause depression, burnout, anger, resentment, health, and mental health issues.

Some of it is due to unrealistic expectations, loneliness, depression, sadness, reflection on losses, concern about an uncertain future, failing to get enough sleep, or not eating right and these are just a few reasons that may cause caregiver blues over the holidays.

Fear not there are some great ways to deal with these blues and burn out over the holidays. I would suggest first that you set realistic expectations for yourself and your family. You need to remember that it's okay to say "no" should never equal guilt so do not feel guilty about saying no. Identify two or three holiday activities you and the senior in your care would like to do over the holidays and stick to those things. Over doing it serves no one any sort of purpose.

Here is a biggie when it comes time to holiday burn out with caregivers and is so under used and that is learning to ask for help. It is a four-letter word that can make or break you to be frank. Ask for help! You would be surprised how many people will be willing to assist and help if you ask. Just remember to be specific with what you need help with and ask. The worst people can say and do is no, and that is okay as well however you will never know if you don't ask.

I am a huge fan of self-care during the holidays and also throughout the year. If you are a caregiver, then you understand how important it is to create time to care for yourselves. This will help you stay healthy, recharge, and avoid caregiver burnout. Carve out time to stop, breathe, and feel the joy of the season. Take time to get outdoors, to exercise, and to do something uplifting for yourself.

There is nothing wrong with seeking additional support if you're experiencing caregiver stress or burnout that seems beyond that of the holidays, it may be time to seek counseling, or some sort of relaxation like meditation classes or yoga classes and find time to rest and recharge. Being social can help you recharge and get additional support. It is important to find time to interact with family and friends and have fun, laugh, and focus on something other than your caregiving responsibilities.

Avoid overstimulation. If you're a caregiver for a person with Alzheimer's or dementia, avoid overly stimulating environments which can increase his/her stress, and yours. Avoid shopping over the weekends or hosting large gatherings that will escalate your stress levels.

Eat right and exercise. Watch what you eat and drink. Certainly, treat yourself this holiday season, but avoid the temptation to overeat those holiday goodies or overindulge in alcoholic beverages. Plus, make time to exercise. Take a walk, ride your bike, or get to the health club for yoga or a swim class. Exercise can be a tremendous benefit to your physical and emotional health.

Use your free hours meaningfully When not at work, caregivers should learn to spend their time outside the work environment. Engage in social activities with friends and family, build other interests that can help with relaxation and rejuvenation. It is important to have adequate amounts of sleep time each day as this will help the body recover from stress. So, gift yourself with yourself and taking care of you this year!





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The Legends of Dingleberry Continue By Leslie Ford



Once upon a time in a faraway land, wait, wait, stop, stop right there I thought we took care of this in the last adventure of Dame Dingleberry. Aside from the discovery that Sir Dingleberry is indeed and Dame! But enough of all that let's get on with our story.

Dame Dingleberry was spending most of her time in the office as she had earned a promotion as an office aid to the king. Now, Dame Dingleberry did miss hanging around

with the other folks that would talk about and admire her great beauty and general all-out specialness, but she liked the fact that she had been promoted...and then one morning the babies were brought in.

Dame Dingleberry decided to just collectively call them the littles as it had become clear that it was her duty to guide them in their growth. Now as much as Dame Dingleberry preferred her usual duties and activities for her king, but she realized that this job of guiding and teaching the littles as they grow was very important as well.

Now, one only had to look around the kingdom of Rosa's Chante and notice that it was time for Christmas that great festive holiday that everyone around humans and animals alike seem to get all excited about. Dame Dingleberry had a fascination with the lights but all the Christmas trees and the dangly, shiny things made for a jolly time for everyone.

As Dame Dingleberry looked about her between the littles and all the shiny land, she was reminded of a story that she was told a long time ago about her ancestors and her great, great, great grandfather who had been, as the story goes, the general assistant rabbit to Santa Claus himself.

Dame Dingleberry gathered the little's around her and began to tell her tale:

In a faraway land, and this time it really was kind of faraway. Farmer Rabbit went around gathering carrots and turnips and this and that that all the villagers, rabbits and people would eat over the coming holidays. Farmer Rabbit had been around for a long time now and wore his old sombrero like a like a wise old rabbit. He knew that if he did not gather all these fine vegetables and get them out to feed the land, that it would be a very cold long winter for all. And he didn't mind hopping around and making all those he met smile!

It was then that Santa came through and saw what an industrious little rabbit Farmer Rabbit was and how very talented he was at gathering for those who needed him. So, Santa thought what a good idea to hire such a very quick little busy rabbit to go around and make sure that everything he needed to take to the children and rabbits and deer and all those of the land what they needed

and wanted for the holiday the yuletide so all could feel warm and full as winter closed in upon them.

Santa approached Farmer Rabbit and asked would you like a job? I think you are the most talented rabbit I have ever, ever come across and I think you would be a great asset to my team in helping get everything that is needed out into our land.

Now, Farmer Rabbit thought who is this dude and why is he looking at me? I'm just an old sombrero wearing farmer rabbit, why would big old red nosed, belly laughing human be interested in me?

Santa told Farmer Rabbit that he was the most magical little rabbit he had ever met and that he glowed with kindness and with caring and that he thought that with these qualities he would be such an asset to all those around the great land, and so would he please consider his offer. Farmer Rabbit pulled his sombrero down low over his brow and thought a little bit longer and thought why not? Why not give this a chance so he took hold of his old sombrero and off he hopped with Santa.

Farmer Rabbit became Sir Elf Dingleberry, and the Dingleberry name was born. He took his job very seriously as he wanted to make sure that he did all that he could do for all that those around him as he gathered and passed out carrots and turnips and celery and greens and all kinds of good little droppings for all those around.

And though all those good things made a lot of the inhabitants of the land very, very happy, there were those who had to have onions or sour berries. Sometimes, one's behavior does require onions and sour berries to remind oneself to straighten out one's attitude. Sir Elf Dingleberry knew that this was the best thing for those that needed that. Who knew, maybe by next year they'll be able to have the carrots and celery and turnips and greens and all those things that they like so much. But for that time being, onions and sour berries would have to do.

Needless to say, Sir Elf Dingleberry, though a bit teased and made fun of for his funny ears and floppy hop and big sombrero that he always wore, became a legend of the land and he was a very happy rabbit!

Thus began the great legacy that Dame Dingleberry was a part of, and she was just beginning to realize how important her job was with the King of Rosa's Chante land.

In her reverie and telling of the story, Dame Dingleberry had forgotten about all those littles that were rapt with her story, and she tapped them all lightly with a twinkle in her eye and an adjustment to her bow and told them to go off and play in their magical land because soon they could become the next helpers for the great Santa. With that, Dame Dingleberry hopped over to the old chest buried in a corner and pulled out a tattered and worn sombrero and put it on her head.



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AMY AND CHRISTINE DUET

3:00 - 5:00 PM

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Presented by

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6:30pm
Armory Park, 220 S. 6th Avenue

Themed crafts start at 6 PM

Please bring a blanket or chair.
Seating is on outdoor basketball court.

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Rated PG

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All About Caring Senior Service

CARING SENIOR SERVICE can help your crisis!! Its Friday at 4 pm --- your loved one is being discharged in an hour. Do You: Panic—thinking, I can't do this right now. I have my son to get to soccer and a date with my husband.

Know – this is going to take much longer than an hour to get his medications, get them on isolation as they need to be quarantined, and I don't want to be exposed if I can help it.

Stress –Over getting their medical supplies and get them fed and settled for the evening.

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DECEMBER 17TH
12 PM - 8 PM

WINTERFEST

Sahuarita
PARKS, RECREATION AND
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The poster features a dark blue background with white snowflake patterns and evergreen trees. The text is arranged in a central, framed area with decorative geometric symbols.



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photo by Kay Smith



Judy Jennings and Judy O'Brien

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<https://soazseniorpride.org/>

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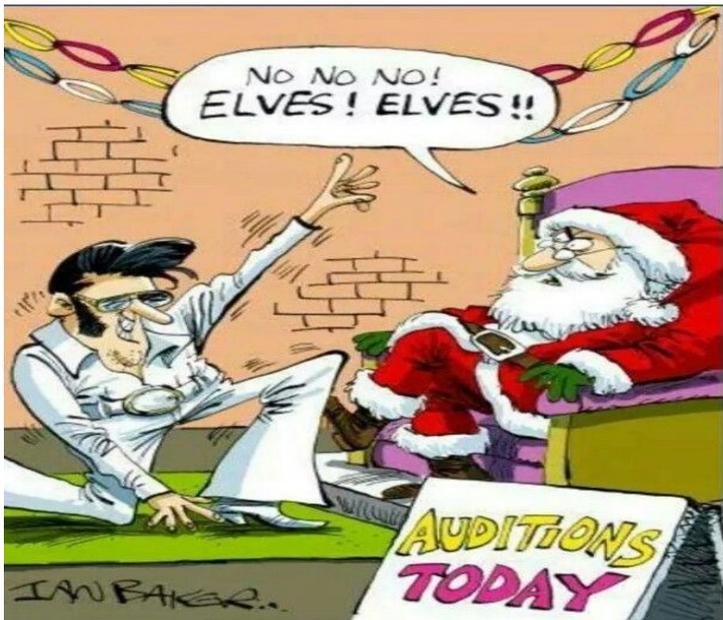
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Humor Corner



Joe Lennon 12.3.20 facebook.com/joepetelennon

WELL, THIS IS AWKWARD...

Recipe Corner

Lemon and Gingersnap Icebox Cake

Ingredients

- Ginger Snaps
- Lemon Curd
- Heavy Cream

Directions

Whip 4 cups heavy cream and 1½ cups lemon curd with an electric mixer in a large bowl until the cream is whipped and holds stiff peaks. On a plate, layer the whipped cream mixture with 1 lb. gingersnaps, arranging the cookies and cream into layers, creating a 4-inch-tall round, the size of a regular 9-inch cake. Frost the outside with a layer of the cream and then refrigerate overnight (at least 8 hours). Before serving, decorate the cake with more lemon curd and sprinkle with crushed gingersnaps.

Source: <https://www.buzzfeed.com/lindsayhunt/one-two-three-dessert> Recipe by Lindsay Hunt



3-Ingredient Spinach Green Onion Dip

Ingredients

- 1 (10 ounce) package frozen spinach, thawed with all the water squeezed out
- 1 (16 ounce) container sour cream (light sour cream works too)
- 1 (1.12 ounce) green onion dip mix
- 1/2 teaspoon red pepper flakes (optional)

Directions

Place the sour cream in a medium bowl. Using a whisk, blend the sour cream together until smooth. Add the spinach, green onion dip mix, and red pepper flakes (if using) and mix together using a spatula. Refrigerate the dip for at least 1 hour to allow the flavors to come together. I decorated mine with chopped scallions but this is purely optional.

Source: <https://littlespicejar.com/3-ingredient-spinach-green-onion-dip/>





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Proudly presents:

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2022 By: Barbra Robinson

Thursday Dec 15th, 7:00 PM.

Friday Dec 16th, 7:00 PM.

Saturday Dec 17th, 7:00 PM.

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2022

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Please RSVP by December 5th

Holiday
Party Attire
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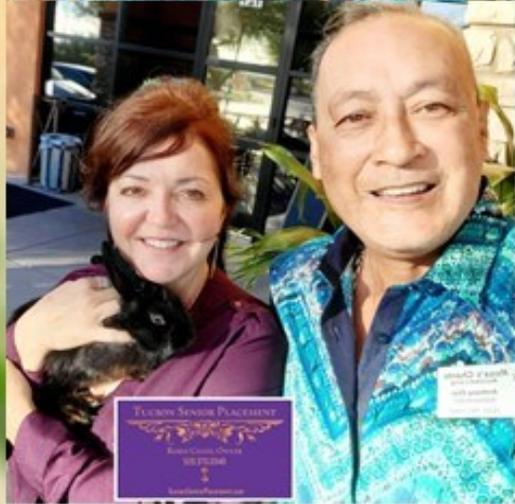
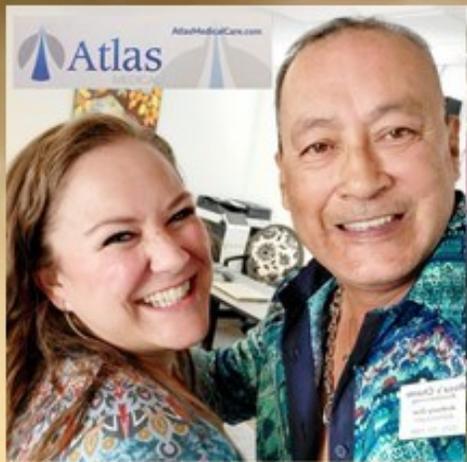
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*Out and About
with
Anthony Diaz
Merry
Christmas
and
Happy Holidays
to all*



7 Gifts to Get Your Loved Ones for the Holidays

2022 has been a hard year, and the pandemic may be putting a damper on your holiday spirits as well. Many places are still locked down to protect individuals from the virus. You may not be able to visit with your family like normal, which could mean missing out on time with your beloved grandparents or fun aunts and uncles. But that doesn't mean that this Christmas can't be merry! Giving gifts is a great way to make the holiday season brighter. But sometimes, it can be difficult to find the right gift idea. But don't worry! We've put together a list of the best gift ideas for your loved ones this Christmas.

1. MINI GARDENING KIT - There's something satisfying about harvesting herbs from your own garden. Seniors will love receiving a mini gardening kit full of herbs that they use frequently. And small herb gardens are something that they can cultivate indoors. It's a gift that will keep on giving.
Brand: Spade To Fork **Source:** Amazon **Price:** \$34.97

2. WINDOW BIRD FEEDER - Many seniors tend to appreciate nature more as they get older. Some spend hours sitting on their porch or just looking out the window. Bring nature a bit closer to home with a window bird feeder. It can bring birds right up to the glass for close viewing.
Brand: Birdicious **Source:** Amazon **Price:** \$30.68

3. CONVERSATION STARTERS - To keep the conversation going— even over the phone or on a video chat — give them this box of conversation starters. They will help you both get to

know each other a little better and foster love and appreciation.
Brand: TableTopics **Source:** Amazon **Price:** \$25.00

4. ACUPRESSURE FOOT MASSAGE SLIPPERS - After a long day, your loved ones will love putting their feet into these slippers. They feature massage buttons that push on pressure points, resulting in ultimate relaxation. These slippers may also help soothe pain due to neuropathy, arthritis, and more.
Brand: BYRIVER **Source:** Amazon **Price:** \$26.99

5. COFFEE MUG WARMER - No one likes to drink their hot drinks after they've cooled down. This beverage warmer is compact and will certainly come in handy.
Brand: COSORI **Source:** Amazon **Price:** \$39.99

6. NATURAL SOAP - Everyone deserves to feel pampered — regardless of their age. Try gifting your loved one a set of natural soap. These soap bars smell amazing and help moisturize the skin. Plus, they even have an invigorating exfoliant inside.
Brand: Bali Soap **Source:** Amazon **Price:** \$15.95

7. Life Story Book - Encourage your loved ones to reflect on their life and record meaningful moments with the My Life Story book. It's a journal that provides prompts for your loved one. When they've filled it out, your family will have a treasure that can be passed down for generations.
Brand & Source: Uncommon Goods **Price:** \$30.00



Sometimes families need a **LITTLE EXTRA HELP.**

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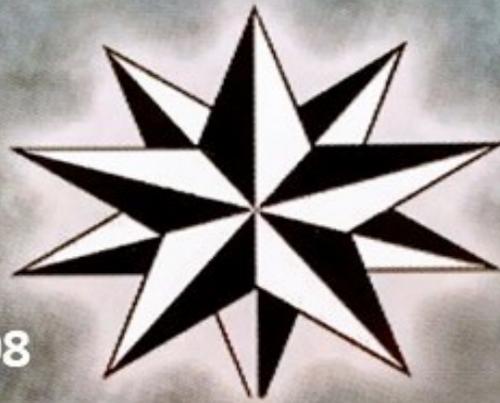


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