



# CAREGIVER NEWS

Newsletter Published by Rosa's Chante Assisted Living

February 2023

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



## Welcome to February!

Well, hello and welcome to the second month in 2023. The weather certainly showed her ability to keep us nice and cold the past few weeks that is for certain! This month keep in mind it is Valentine's Day so be sure to let your loved one participate in this day. It is also heart awareness month so it could be a great idea to have that ticker checked. Make a family event out of it. It's Super Bowl as well so make sure your residents and the ones you are caregiving participate in watching it with a nice Super Bowl BBQ or fun meal and snacks.

I also would like to add that it is canned month day and this is a great opportunity for me to talk about donating canned goods to the food bank. In Arizona many seniors go hungry.

The Commodity Senior Food Program is a monthly box program aimed to meet the needs of older adults. They need our help though so take this month to donate canned goods to the Tucson Food Bank.

I want to put a special happy birthday wish to our Caregiver News editor Leslie Ford for making sure Caregiver News gets out and you are able to get it. If you would like to advertise or write for Caregiver News let me or Leslie know and we will get your add our article out there. Enjoy this month.

*Anthony Diaz*



**Memory loss that affects day-to-day abilities**



Get a **FREE** screening!

Call the PCOA helpline:  
**520-790-7262**

Online referral form:  
**dcsa.pcoa.org**



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

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Leslie Ford at [leslie2renew@gmail.com](mailto:leslie2renew@gmail.com)  
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# SPIRITUAL SUPPORT GROUPS



*We continue to provide grief support groups at no cost for our community.*

*Anticipatory Grief occurs before an impending loss of a loved one.*

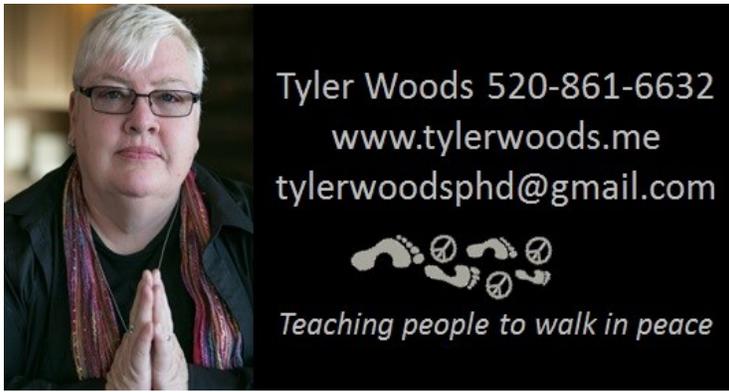
*Grief is an 8-week session to assist you navigating the stages of grief (attending all sessions is not required).*

*Pet grief greatly impacts us, learn about the realities and challenges associated with grief for our furry and feathered friends.*



We're here to answer your questions, please contact  
Rev. Murray Flagg  
520-284-9334  
[mflagg@harmonyhospice.org](mailto:mflagg@harmonyhospice.org)

[www.harmonyhospice.org](http://www.harmonyhospice.org)



## Caregiving and Technology By Tyler Woods

I am a tech head! I must admit it that I love modern technology. Ever since I was a little kid I have been fascinated with technology. If it wasn't created yet I would find a way to make it. I try to put myself in my grandmother's shoes but no thank you. She did not have technology. No dishwasher, no blender, mixer, no crockpot or instant pot or air fryer, no microwave oven, cell phone, no cable, no computers or tablets. Let's face it, they did not have what we have today and here is what they are missing.

Whether you know it or not, if you have a tablet or computer, you have technology at your fingertips. Multiple uses may include word processing to keep care notes, medications, a database for tracking information or access to the internet for email to communicate with your loved one. You can also participate in an online support group, research health information, share digital photo albums and much more.

Organizing can be difficult if you are a caregiver, own an adult care home, or are just working with someone who needs your assistance. I use Dropbox for keeping my information and it syncs to all your devices. I also use Evernote to organize all my items and sync it to all my devices and share it with whoever I need to. There are literally tons of apps you can use search the internet to see what is right for you. I like the ability to share and to organize.

I love the Echo. I personally have three Echos in my house. One in the back of the house, one with a small screen to watch recipes in the kitchen and one in my living room for my listening pleasure. Did you know you can call out and have Alexa control the lights or adjust smart appliance settings. Seniors with smart technology can control the thermostat, turn on the TV, adjust the oven temperature, monitor security systems, and a special system called Alexa Together which focuses on caregiving.

Home automation is yet another tool. Automated door locks, security alarms, surveillance cameras, and other security apparatus enable seniors to remain safe and sound with virtually no effort required on their part. Security cameras not only permit individuals to keep an eye on the property but also allow caregivers to observe their loved ones from elsewhere when they have to step away for a while.

Wearable sensors provide a wealth of capabilities for remote monitoring without being intrusive. Motion detectors can alert caregivers when their loved one has stopped moving for a long period of time. Other types of sensing devices can keep track of unusual activity, send alerts if the temperature deviates from previously established ranges and tie into the lighting system to dim and brighten various rooms based upon the resident's movement around the house. Smart watches as well as cell phones can help you communicate and monitor loved ones.

Health tracking tools that help track appointments, health records, insurance and more. Tools like HealthVault and Mayo Health Manager provide a single location for caregivers to store and organize health information and prepare for emergencies.

No matter what your need is, there is certainly going to be technology at your fingertips to help you manage your life and the people you caregiver. Technology is affordable these days and makes a caregiver life much easier. What are you waiting for? Get techno savvy and make your life much easier.





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[tmcaz.com](http://tmcaz.com)



## Truths and Misconceptions about Hospice By, Audra Barney

Misconception: Hospice is a death sentence

Truth:

Hospice provides time to prepare for death

Hospice recognizes dying as part of the normal process of living

Hospice affirms life and neither hastens nor postpones death

Misconception: Hospice means I must stay in a hospital

Truth:

Hospice care is provided wherever the patient calls home!

Home or a loved one's home

Nursing facility

Assisted living facility

Retirement community

Misconception: Hospice is expensive

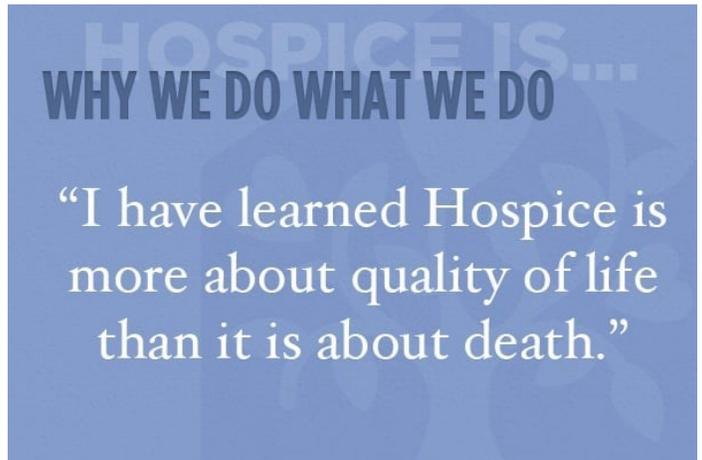
Truth:

Hospice is covered by insurance

Medicare

Medicaid

Private insurance and HMO's



The term hospice can be scary and misunderstood, and for most people it means imminent death. That is not always the case and sometimes people do not begin hospice care soon enough to take full advantage of the services and help it offers. Hospice care is an option when other therapies like rehab are too difficult and may cause more symptoms.

The focus of hospice is on the relief of a terminally ill patient's symptoms and to help with emotional and spiritual support during the final stages of life. Hospice care follows the patient's wishes and helps ease the distress at the end of life.

The hospice team will develop a plan of care, manage pain and symptoms, help with emotional, psychosocial and spiritual aspects of dying and caregiving. The team will teach the family how to provide care, advocate for the patient and family, and provide bereavement counseling.

The philosophy of hospice care is to provide compassionate care for people in the last phases of incurable disease or aging, so they can live as fully and comfortably as possible.

The benefits of having hospice care are having Medicare certified staff who can explain what is going on, and how to care for a loved one towards the end of life. Hospice care is not giving up, it is choosing to have a voice and some control during the last stages of one's life. (NHPCO, 2023)

For more information or questions about hospice, please contact Harmony Hospice at 520-284-9334 or [info@harmonyhospice.org](mailto:info@harmonyhospice.org)



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Tucson, AZ 85718

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Hospice Education &  
Legal Partnership, Inc.

An Arizona NonProfit  
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providing legal assistance  
to people who are living  
with a terminal illness  
or HIV Positive



## 'Hospice Legal Line'

We provide free and reduced fee legal  
care for those who qualify.

For more information or to volunteer or donate

**Call (520) 355-3356**

HospiceLegalLine@gmail.com

HospiceLegalLine.org

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# Tucson Fire Department Cadet Program

Tucson Fire Department - Commitment to Excellence

## Career Opportunity

Choosing a career can be a difficult choice. Tucson Fire Department Cadet Program offers high school students the opportunity to gain knowledge and experience in the firefighting profession.

## Commitment

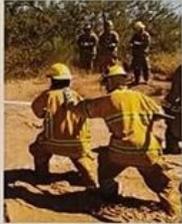
- Maintain 80% on all exams
- Participate in **ALL** hands on activities (including physical education)

FOLLOW ALL RULES AND REGULATIONS OF THE TUCSON FIRE DEPARTMENT, THE LAWS OF:

The City of Tucson  
The State of Arizona  
The United States Federal Government

## Requirements

- Good Character
- Good physical condition
- 14 – 18 years of age
- Provide own transportation
- If still in high school, Recommendation by vocational or career counselor



## HOW TO APPLY

An application can be obtained via our website at:  
<https://www.tucsonaz.gov/fire/cadet-program>  
Email inquiries: [Adriana.Tovar@tucsonaz.gov](mailto:Adriana.Tovar@tucsonaz.gov)

## Education

Classroom education as well as hands on training in:

- Fire Prevention
- Hose and Hose Handling
- Fire Science
- Aerial Ladder Climbing
- Medical Emergencies
- Contact with the Tucson Fire Department on a regular basis

## Benefits

- Earn ride-along privileges
- Opportunity to Become a Cadet Lieutenant
- A Mentoring Program; Should you decide to test for a position of the Tucson Fire Department
- Represent the Tucson Fire Department during community service activities

## Selection Process

Applicants must successfully complete a multi-step entrance procedure consisting of:

- Application filled completely and delivered by posted closing date
- One-hundred word essay on: "Why I want to be a Tucson Fire Department Cadet"
- A fifteen minute interview

Differently Abled Entertainment's

# Jammin' & Gems DAF at Harker's Museum & Movie Set

FREE EVENT  
Music all day!  
Vendors!  
Food & Fun!

Sunday, February 5  
11am to 5pm

our own  
Groovy Little  
Gem Show

6031 Fontana Ave. Tucson, AZ 85706

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



Register at

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

March 4, 2023

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 4, 2023 at the following times
  - 8:00 am
  - 8:30 am
  - 10:00 am
  - 10:30 am

SAFE  
KIDS  
PIMA COUNTY

Tucson  
Medical  
Center



Governor's Office of Highway  
Safety  
ARIZONA

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

## CONTINENTAL CIVICS CLUB CAR SHOW & CRAFT FAIR



SATURDAY, FEB. 11th.

1991 E White House Canyon dr  
Green Valley AZ 85614

10:00 A.M-2:00 P.M BEST IN SHOW AWARD

<https://www.eventbrite.com/e/continental-civics-club-car-show-craft-fair-tickets-505696049497>



**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?

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.



**WHEN EVERY MOMENT COUNTS**

— COMPASSION • DIGNITY • LOVE —

Providing both spiritual and emotional support for your loved one, our team approach provides expert medical care and pain management to fit the patient's needs and wishes. 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](http://tmcaz.com/hospice)**

**TMC HEALTH | YOU FIRST**



# Senior GAME & CARD CLUB

Mondays  
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Anamax Recreation Center  
Ages 18+ | Free

Join us at Anamax Recreation center  
for fun and games!

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

For more information, call  
**(602) 771- 2788** and ask for  
the nearest CSFP location

- Local CSFP Agencies:**
- [St. Mary's Food Bank Alliance Agency Services Team](#)  
Ph: (602) 343-3143
  - [Community Food Bank](#)  
Ph: (520) 449-8356  
Web: [communityfoodbank.org/CSFP](http://communityfoodbank.org/CSFP)
  - Tucson**  
3003 S. Country Club Rd.  
Tucson, AZ 85713
  - Marana**  
11734 W. Grier Rd.  
Marana, AZ 85653
  - Green Valley**  
250 Continental Rd.  
GreenValley, AZ 85614
  - Amado**  
28720 S. Nogales Hwy.  
Amado, AZ 85645

Equal Opportunity Employer/Program • Under Titles VI and VII of the Civil Rights Act of 1964 (Title VI & VII), and the Americans with Disabilities Act of 1990 (ADA), Section 504 of the Rehabilitation Act of 1973, the Age Discrimination Act of 1975, and Title II of the Genetic Information Nondiscrimination Act (GINA) of 2008; the Department prohibits discrimination in admissions, programs, services, activities, or employment based on race, color, religion, sex, national origin, age, disability, genetics and retaliation. The Department must make a reasonable accommodation to allow a person with a disability to take part in a program, service or activity. For example, this means if necessary, the Department must provide sign language interpreters for people who are deaf, a wheelchair accessible location, or enlarged print materials. It also means that the Department will take any other reasonable action that allows you to take part in and understand a program or activity, including making reasonable changes to an activity. If you believe that you will not be able to understand or take part in a program or activity because of your disability, please let us know of your disability needs in advance if at all possible. To request this document in alternative format or for further information about this policy, contact local office; TTY/TDD Services: 7-1-1. • Free language assistance for DES services is available upon request.

HRR-1044PAMINA (11-17)

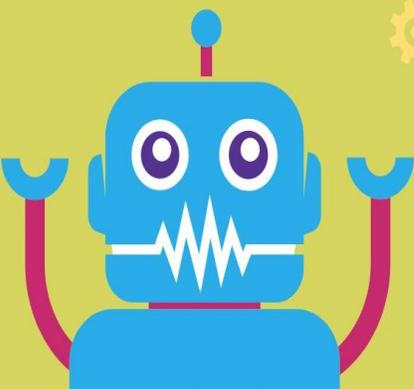


## Arizona Commodity Senior Food Program



### CSFP

Commodity Senior Food Program

# SCI-FEST

FREE ADMISSION  
**February 18**  
9am-1pm

200 S 6th Ave, Tucson AZ 85701



## 30th Annual GREEN VALLEY HEALTH FAIR

Green Valley Recreation West Social Center  
**Monday, March 6th, 2023**  
9 AM - 1 PM



FEATURING: THE MARK MILLER BAND

**FEB 10TH 2023**  
**6 PM - 9 PM**  
**SAHUARITA LAKE PARK**  
**ALL AGES | FREE**





# Gloria's Assisted Living LLC

"My Residents are My Family"

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<https://gloriasassistedlivingtucson.com>



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

## SOUTHERN ARIZONA SENIOR PRIDE



### Community Cares Program-Tucson

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

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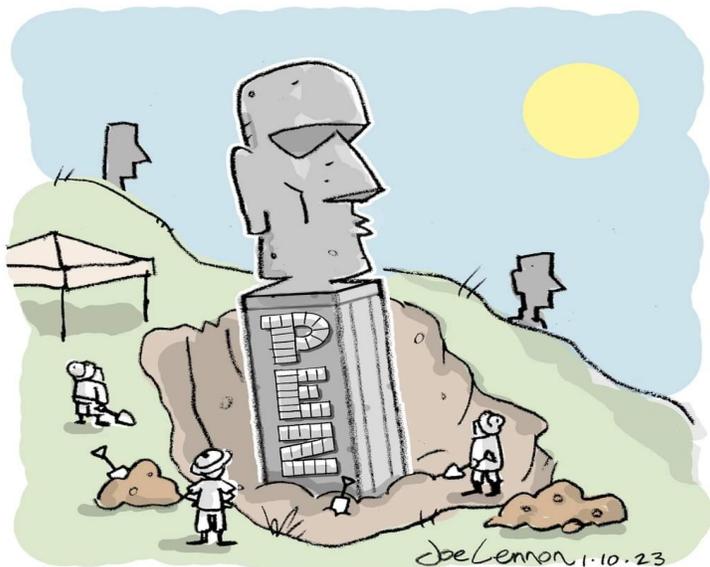
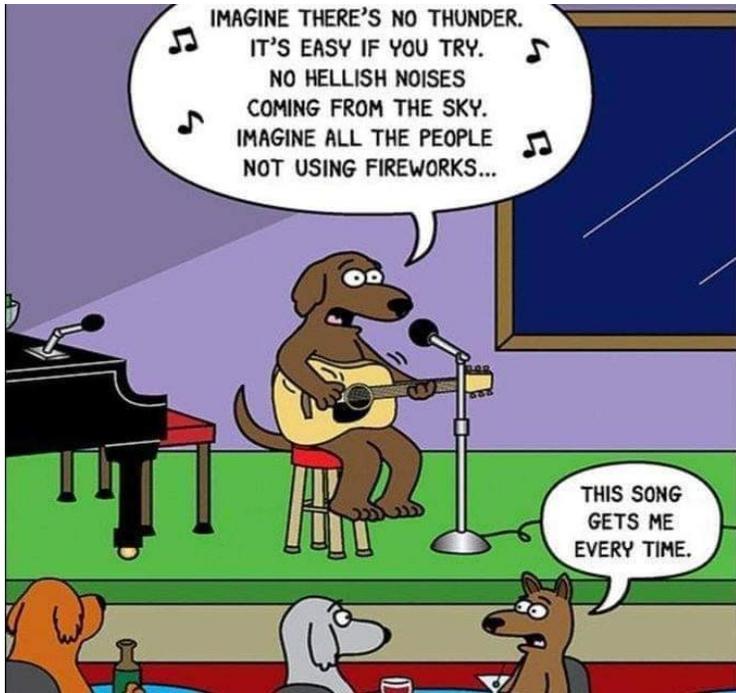
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# Humor Corner



# Recipe Corner

## Brown Butter Snickerdoodle Blondies

I know, not three ingredients but they look so yummy!

### Ingredients

- 1 stick unsalted butter
- 1 cup light brown sugar
- 1 teaspoon vanilla extract
- ½ teaspoon kosher salt
- 1 large egg
- 1 cup all-purpose flour
- 3 tablespoons granulated sugar
- 1 tablespoon ground cinnamon



### Directions

1. Preheat the oven to 350°F. Spray an 8-by-8-inch baking pan with nonstick spray.
2. In a small saucepan or skillet, melt the butter over medium heat, swirling and stirring with a silicone spatula until the milk solids are browned and it smells nutty, 5 to 10 minutes. Transfer to a medium bowl and cool slightly, about 5 minutes. Add the sugar, vanilla extract and salt, and whisk to combine. Add the egg and whisk until fully combined. Stir in the flour.
3. Transfer the batter to the prepared pan, using a silicone spatula to coax it into the corners and smooth the top (it's thick). In a small bowl, combine the granulated sugar and cinnamon; sprinkle on top of the blondies. Transfer to the oven and bake until golden-brown and just set, 20 to 25 minutes. Cool in the pan before slicing and serving. The blondies will keep in an airtight container for about 5 days.

Source: <https://www.purewow.com/recipes/brown-butter-snickerdoodle-blondies>



11240 E Shady Lane

**Training for caregivers or Training for managers?**

We can work with facilities to work out the best arrangements to help you acquire the staff you need. (in-house contracts, group applications, flexible schedule, on-going consultation)

ALTA is willing to arrange a payment plan.

The caregiver course is 62 hours (see breakdown below), and the manager course is 40 hours.

We feel the classes are best given in 4-hour sessions.

**Caregiving** 20 hours Distance Learning, 20 hours in person, 12 hours skills in person.

Schedule set for in person after completion of Distance Learning

In person classes and skills training:

In person classes and skills training:

January 30- February 3 time 12-4 and Feb 6-10 time 12-4

Call to arrange registration and getting curriculum

**Manager Training:**

February 6-February 10 February 13-February 17

Call to arrange registration and getting curriculum

**Training Programs:**

Do you have the latest requirements? Fall Prevention, TB Awareness

ALTA website: [altaconsultingandtraining.com](http://altaconsultingandtraining.com)

We invite you to visit and see some of the products you may need from us.

Call Audrey for pricing and payment arrangements. Anxious to help businesses set-up training and payment arrangements.

520-342-7310 email [audrey\\_barone41@hotmail.com](mailto:audrey_barone41@hotmail.com)



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# Starting a Neighbors Care Program in YOUR Community

In this giving season, many turn their thoughts into actions to helping others. And as you turn your calendar to 2023, perhaps you will resolve to help your community by connecting and supporting your neighbors! If this is your heart's desire, the Neighbors Care Alliance is here to assist you!

## What is the Neighbors Care Alliance (NCA)?

The Neighbors Care Alliance (NCA) is a coalition of Neighbors Care Programs (NCPs) sharing best practices and assistance for neighborhoods and faith communities to create and sustain their own volunteer programs. PCOA administers the NCA and provides ongoing, support, resources, and networking opportunities to qualifying Neighbors Care Programs in Tucson and Pima County.

## What is a Neighbors Care Program (NCP)?

A Neighbors Care Program (NCP) is a volunteer caregiving program that allows neighborhoods, residential communities, and faith communities to help older adults and people with disabilities to remain independently in their homes, as long as possible, through neighborly support. NCP volunteers provide friendly visits and phone calls, caregiver relief, transportation for appointments, shopping, or errand-running, or help with light housekeeping, meal preparation, simple house maintenance or yard work.

## Benefits of a Neighbors Care Program

- ❖ Allows many to live in their home and community longer
- ❖ Brings people closer together and makes communities stronger
- ❖ Provides comfort to family members knowing that someone is looking out for their loved one
- ❖ Provides rewarding opportunities to help others and give back to the community
- ❖ Creates strong networks of community partnerships and people-helping agencies
- ❖ Serves as a stepping stone to develop other community-building events



*"The greatness of a community is most accurately measured by the compassionate actions of its members."*

—Coretta Scott King

## The NCA and YOUR Community!

There are currently 15 NCPs throughout Pima County, with many more communities where neighbors informally (or formally) help their neighbors without NCA benefits. PCOA invites you and your neighbors to explore the Neighbors Care Alliance, and consider creating a valuable Neighbors Care Program in your own community! Join us for an informational session:

## How to Start a Neighbors Care Program (NCP)

**When:** Thursday, February 9 | 10 – 11 am

**Where:** *The Katie* | **KATIE DUSENBERRY  
Healthy Aging Center  
by PCOA**

600 S. Country Club Rd. | Tucson, 85716

**Registration is required:** <https://startncpfeb23.eventbrite.com>

The informational session will include highlights about the NCA's 20-year history, an introduction to some of our diverse NCPs, a review of NCA recommendations and benefits, and answers for your questions. Allow us to journey with you—and your neighbors—to create a Neighbors Care Program in your neighborhood! In so doing, you will connect with people who embody generosity and neighborly care in every season!

If you have questions, please contact Mary O'Donoghue, PCOA's Volunteer Services Coordinator at (520) 258-5062, or [modonoghue@pcoa.org](mailto:modonoghue@pcoa.org).

# Gramma's HOME

Assisted Living with a Heart.

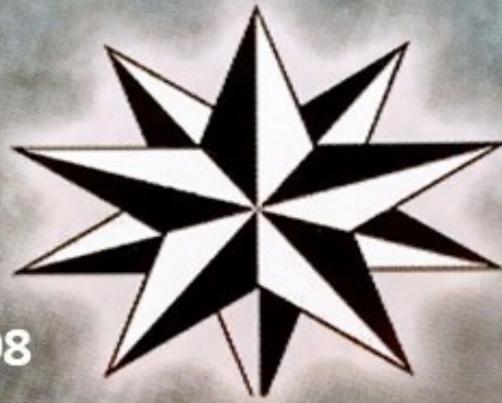
**520-349-2248**



*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



Anthony Diaz Owner/ Administrator  
2631 Blackmoon Dr  
Tucson Az, 85730

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