



# CAREGIVER NEWS

Newsletter Published by Rosa's Chante Assisted Living

January 2023

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



## Welcome to January 2023!

Hello everyone and I sure hope you had a wonderful holiday. Our holiday party was great fun, and we enjoyed those who could make it. It was wonderful seeing so many of you. I hope your holidays were good and you are getting ready to look at what 2023 has to offer. We here at Rosa's are taking down our decorations and getting ready to put the house back in order as I am sure many of you are doing the same.

We have been doing some work at Rosa's putting a fresh coat of paint on, installing new appliances, and making our home beautiful and a happy environment for our residents.

It is that time of year where we set goals and intentions and with the work done on Rosa's. We also have been enjoying our bunnies at the home and our residents continue to enjoy the bunnies and engage with them. It always brings such joy to see their faces as they interact with them.

I hope you all had a wonderful holiday season and have positive intentions and goals you have set for this new year. I want to encourage you to run ads in our newsletter so we can keep the caregiving community informed about what is happening in this community. You can contact myself or Leslie Ford to request an ad and we will get that going for you. We here at Rosa's wish you all a very Happy New Year and hope it is filled with peace and joy.

*Anthony Diaz*

**63%**  
of lost dogs are found  
**less than a mile** from  
their home. 16% are  
**less than 400 feet.\***

If you have found a lost dog who appears friendly and healthy, try to find their owner first rather than bring them immediately to the animal shelter. When you find a stray, Text "FOUND" to 833-552-0591.

**PIMA COUNTY**  
ANIMAL CARE CENTER

4000 N. Silverbell Rd. • 520-724-5900 • [pima.gov/animalcare](http://pima.gov/animalcare)

\*Human Animal Support Services  
Photo by Michael Kloth

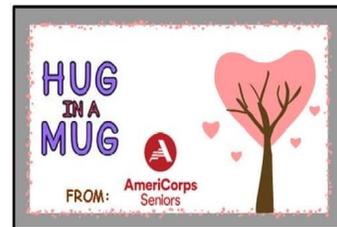


## HUG IN A MUG

Donate your unwanted, gently-used, or new mugs to brighten someone's day!

Donate now – Jan. 13<sup>th</sup>

Mugs will be filled with goodies and delivered to homebound older adults by Senior Companion volunteers in the month of February.



We appreciate your support! Due to the limited number of volunteers, this project allows us to reach out to those who do not have a Senior Companion.

Mugs or goodies accepted at our PCOA offices:

8467 E. Broadway Blvd., Tucson, AZ 85710  
600 S. Country Club Rd., Tucson, AZ 85716

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

\$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](mailto:leslie2renew@gmail.com)  
520-237-4055

# Harmony HOSPICE

— YOUR COMMUNITY. YOUR HOSPICE. —

FREE  
CEU

## FOOD FOR THOUGHT

### DIVERSITY OR INCLUSION

There are significant differences between a diverse organization/group/company and one that is inclusive as well as equitable. In this workshop, we will provide a foundation for developing a "centered set" as opposed to a "bounded set" group. We will equip you with the necessary tools to create a climate of inclusion and equity within a diverse community.

Presenter: Murray Flagg, PhD, Harmony Hospice Director of Spiritual Care, Bereavement and Education

#### FREE VIRTUAL EVENT

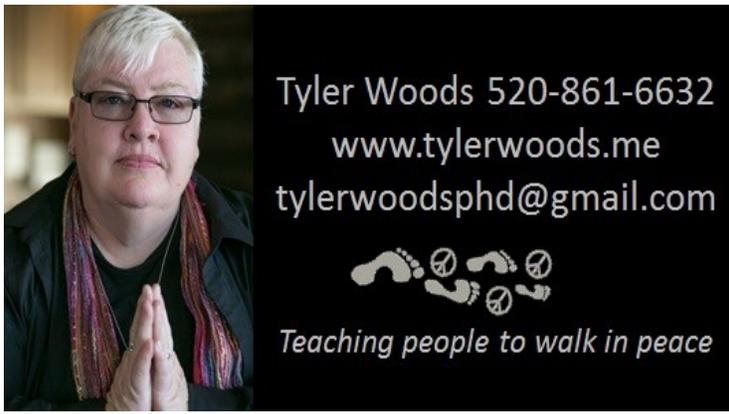
Wednesday, January 18, 2023  
Noon to 1PM

**TO REGISTER:** Call 520-284-9334  
Email [abarney@harmonyhospice.org](mailto:abarney@harmonyhospice.org)  
Follow this link  
<https://conta.cc/3OLBOPW>



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

1200 N. El Dorado Place, Ste B-200, Tucson, Az 85715



## Welcome to The Holiday Blues — By Tyler Woods

We are packing the tree up or taking its remains to the dumps, decorations are being put away until next year and we are preparing to take all the outside decorations down. Family and friends have left, and our house is quiet and still again. Then it hits you, the holidays are over, and sadness has replaced joy. Welcome to the holiday blues.

Don't worry you are not alone because 64% of people report experiencing the post-holiday blues at some point in their lives.

The fields of medicine and psychology have investigated and studied these holiday blues so they can help people feel better sooner. You have spent the past month shopping, attending and hosting social events, having expectations, missing loved ones, and going broke. Of course, you are going to feel some sort of depression, anxiety or blues. It is important to know why you are feeling them to help you get that winter spirit back.

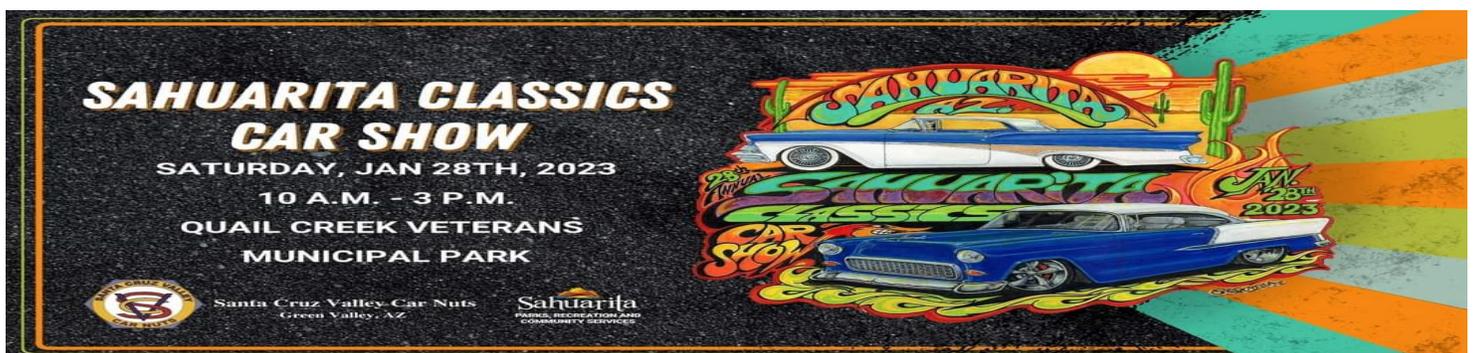
First let's look at the holiday. For many people it means a few extra drinks of the holiday punch. Drinking alcohol is often part of holiday celebrations, and alcohol has been shown to contribute to symptoms of depression. People drink twice as much alcohol over the holidays and alcohol is a great tool to create depression because it affects your neurotransmitters and blood sugars. So, if you drink, you may want to slow down to stop those blues. Push plenty of fluids, get good rest and it could help you feel better sooner.

Another reason we get depressed or feel the blues after the holidays is we overate. We binged, ate cookies and fudge, indulged in too many carbs and too little protein. Lack of protein in your diet prevents your body from making enough of those neurotransmitters, and that would change how your brain works. With low levels of dopamine and serotonin, you may feel depressed or overly aggressive. So best get back on a healthy diet that includes more protein and less sugar.

You may feel the blues because you have been so busy, and your life is so hectic and suddenly in a blink it is over. There you are without company, no more endless shopping, parties are over, all the cookie baking, and food prep is over, and you sit and look around it there it is, QUIET and you wonder what you are supposed to do with all that quiet. Enjoy it. You will adjust automatically, and you will be feeling better in no time. Get out with friends and have some non-holiday fun!

A big cause of the blues is financial strain. The financial burden of the holidays can create excessive stress during a season intended to be full of joy, connection and generosity. Polls show that almost 90% of Americans feel anxiety or stress about the holidays and a survey done by the American Psychological Association, money and finances are the number one cause of stress and the holiday blues. Perhaps next year a solid financial plan could be helpful. For now, put yourself on a budget and feel good about how you spend for the rest of the year.

Finally, expectations can really cause harm. We all have them over the holidays and sometimes we feel let down. It is okay! If you're disappointed, allow yourself to be disappointed without trying to blame anyone else for the way you're feeling. Expectations are an illusion. By trying to please everyone, we end pleasing no one — ourselves included. A good way to cope with expectations is to understand it is better to expect the unexpected. I think to cope with expectations we need to treat ourselves kindly. Be kind and walk in peace with yourself and others.





# YOU FIRST



Introducing **TMC Health**, an integrated network of care throughout Southern Arizona. Working together to improve health care access, convenience and transparency while delivering compassionate state-of-the-art medicine to you and your family at every age and stage of life.

Look to TMC Health to deliver on the promise of better health care. Not for profit, for you.

————— **A system of care that puts YOU FIRST.** —————



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



Out  
and  
About  
with



Anthony  
Diaz





2890 E Skyline Dr. # 250  
Tucson, AZ 85718

RESIDENTIAL BROKERAGE

**Meg Sax, CRB, CRS**  
Associate Broker

Cell: (520) 891-6911  
Office: (520) 577-7433  
meg@megsax.com

Owned by a subsidiary of NRT LLC



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

520-305-4454  
(no text)

Beth@TucsonLifeCare.com  
www.TucsonLifeCare.com

### TLC Coordination & Advocacy

Tucson, Green Valley, Marana, Oro Valley & Saddlebrooke

Ethical, Compassionate  
Advocacy  
Assessment  
Consultation  
Coordination of Care

3849 E. Broadway #266 Tucson, AZ 85716  
Fax: 520-373-5143  
www.tucsonlifecare.com



Hospice Education &  
Legal Partnership, Inc.

An Arizona NonProfit  
Organization dedicated to  
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

# TUCSON SENIOR PLACEMENT

*A No Cost Referral and Placement  
Service for Seniors and Their Families*

OPTIONS FOR:  
INDEPENDENT OR  
ASSISTED LIVING  
MEMORY CARE  
BEHAVIORAL HEALTH

ROBIN COATS, OWNER  
520.373.0349



TUCSONSENIORPLACEMENT.COM



## Start by Taking Just Five Minutes a Day for Self Care

**Beth Fuller**

Happy New Year! Here we go again, right? Are we going to do this year like we have every other year or try to make this one different?

One goal everyone would benefit from is taking just one step towards better self-care. Improving self-care is the best first step to help you achieve any other goals you might have. It just takes one step to get started.

Happy New Year! Here we go again, right? Are we going to do this year like we have every other year or try to make this one different?

One goal everyone would benefit from is taking just one step towards better self-care. Improving self-care is the best first step to help you achieve any other goals you might have. It just takes one step to get started.

Let's start! Can you commit to just five minutes a day for yourself? Even if that means staying up five minutes later or getting up five minutes earlier to think only about your needs, it is important work!

Just sit five minutes with your eyes closed or look outside without your phone and without interruptions, or better yet, take a five-minute walk. Just five minutes can give you a break to breathe and not think about the needs of others. Just look and listen to what is around you.

It may take several days before you can stop thinking about the needs of others or tasks that need to be done and focus on your own needs - even for five minutes a day. You deserve it and will not be letting anyone down by taking a tiny break.

Just being aware of your surroundings might bring you a tiny bit of joy. Notice the birds chirping or the flowers blooming in the neighbor's yard? Remember cloud watching as a kid? Just noticing things outside your routine focus can provide a tiny break in your stressful day.

If you are a caregiver, you literally may not get a day off. Is it possible to take the person you care for out for ride or a wheelchair walk through the neighborhood? Or is there a volunteer who could stay with your loved one to give you just a few minutes to yourself to relax and still know your loved one is safe? Giving yourself a break from your day-to-day routine of caring for others will probably improve your outlook. It doesn't have to be long. The minutes add up. Just five minutes a day totals over 30 hours in a year.

Once you can focus on yourself even for five minutes, you might make a short list of things you enjoy doing or maybe something you want to learn. It really helps to write things down. Start your daily break looking at your list. It can help keep your goals in mind, so you recognize opportunities when they appear. If you don't have your goals in mind, opportunities to help achieve them might be right in front of you but get missed because they are in the background of your daily life.

Once you conquer five minutes a day for you, try for ten. Think of it not only as self-care but as a way to help improve how you do your job. If you can, gradually increase the time you give yourself every day.

Once you begin to take short breaks and feel the benefits, hopefully it will encourage you to find more time for selfcare. Try to get 2023 off to a great start by taking care of yourself first.





**AT HOME MEDICAL CARE LLC**

**At Home Medical Care  
Michelle Rafferty ANP-BC  
Makes House Calls  
(520) 940-1119**

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.



 **TMC HOSPICE**   
AT HOME & PEPPY'S HOUSE

**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)

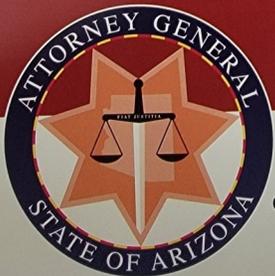
**TMC HEALTH | YOU FIRST**

# GIFT CARD SCAM PREVENTION PROGRAM

FREE RESOURCES AVAILABLE



Protect yourself from scammers by requesting free educational resources related to gift card scams. The information provided will inform you of the warning signs and tactics scammers use to con their victims. The Arizona Attorney General's Office will mail the resources directly to you. For questions about this program or to request these free resources, please call or email the Community Outreach team.



CONTACT US:

COMMUNITYOUTREACH@AZAG.GOV  
602.542.2123  
WWW.AZAG.GOV

# SELF-CARE for the caregiver



## Self-Compassion

Treat yourself with the same kindness as a good friend

## Breath Awareness

Stop, relax, close your eyes, slow your breathing, and focus on each breath for 10 minutes



## Mind-Body

Try a mind-body practice like yoga, tai chi, meditation, and deep relaxation techniques

## Eating and Sleeping

Eat well and create a routine to get a more restful sleep



## Social Connection

Stay in touch with family and friends. Find support through caregiver support groups



adapted from <https://www.health.harvard.edu/blog/self-care-for-the-caregiver-2018101715003>



¡Un programa de recreación móvil llegará a un parque cerca de usted!  
**A mobile recreation program is coming to a park near you!**



➔ [Tucsonaz.gov/parks](http://Tucsonaz.gov/parks) [@ReadySetRec](https://www.facebook.com/ReadySetRec) [@ReadySetRec](https://www.instagram.com/ReadySetRec) #ReadySetRec

Encuentra las camionetas  
Follow us to find the vans

### JANUARY 2023

1/03	Joaquin Murrieta Park	3-5 p.m.	1/09	Palo Verde Park	3-5 p.m.	1/17	Bravo Park	3-5 p.m.	1/23	Ochoa Park	3-5 p.m.
1/03	Jesse Owens Park	3-5 p.m.	1/09	McCormick Park	3-5 p.m.	1/17	Tahoe Park	3-5 p.m.	1/24	Harold Bell Wright Park	3-5 p.m.
1/03	San Antonio Park	3-5 p.m.	1/09	Cherry Ave. Park	3-5 p.m.	1/18	Ormsby Park	3-5 p.m.	1/24	Wilshire Heights Park	3-5 p.m.
1/03	Swan Park	3-5 p.m.	1/10	Harold Bell Wright Park	3-5 p.m.	1/18	Rio Vista Park	3-5 p.m.	1/25	Menlo Park	3-5 p.m.
1/04	Menlo Park	3-5 p.m.	1/10	Mirasol Park	3-5 p.m.	1/18	Parkview Park	3-5 p.m.	1/25	Mansfield Park	3-5 p.m.
1/04	Harold Bell Wright Park	3-5 p.m.	1/10	Highland Vista Park	3-5 p.m.	1/18	Miramonte Park	3-5 p.m.	1/25	Silverlode Park	3-5 p.m.
1/04	Conner Park	3-5 p.m.	1/11	Grijalva Park	3-5 p.m.	1/19	Riverview Park	3-5 p.m.	1/25	Hoffman Park	3-5 p.m.
1/04	Harriet Johnson Park	3-5 p.m.	1/11	Morris K. Udall Park	3-5 p.m.	1/19	Harold Bell Wright Park	3-5 p.m.	1/26	Joaquin Murrieta Park	3-5 p.m.
1/05	Palo Verde Park	3-5 p.m.	1/11	Jacinto Park	3-5 p.m.	1/19	Escalante Park	3-5 p.m.	1/26	Groves Park	3-5 p.m.
1/05	Lincoln Regional Park	3-5 p.m.	1/11	Merle J. Toumey Park	3-5 p.m.	1/19	Santa Rosa Park	3-5 p.m.	1/27	Lincoln Regional Park	3-5 p.m.
1/05	Country Club Annex Park	3-5 p.m.	1/12	Bonita Park	3-5 p.m.	1/20	Palo Verde Park	3-5 p.m.	1/27	Cherry Ave. Park	3-5 p.m.
1/06	Francisco Elias Esquer Park	3-5 p.m.	1/12	Jesse Owens Park	3-5 p.m.	1/20	Amphi Park	3-5 p.m.	1/28	Jacobs Park	9-11 a.m.
1/06	Todd Harris Park	3-5 p.m.	1/12	Michael Perry Park	3-5 p.m.	1/20	Purple Heart Park	3-5 p.m.	1/28	Vista del Prado Park	9-11 a.m.
1/06	Catalina Park	3-5 p.m.	1/12	Bristol Park	3-5 p.m.	1/21	Limberlost Park	9-11 a.m.	1/28	Safford School	Noon-2 p.m.
1/07	Mission Manor Park	9-11 a.m.	1/13	Rolling Hills Park	3-5 p.m.	1/21	Freedman Park	9-11 a.m.	1/30	Palo Verde Park	3-5 p.m.
1/07	La Madera Park	9-11 a.m.	1/13	Alvernon Park	3-5 p.m.	1/21	Armory Park	9 a.m.-1 p.m.	1/30	Francisco Elias Esquer Park	3-5 p.m.
1/07	Purple Heart Park	9-11 a.m.	1/14	Columbus Park	9-11 a.m.	1/23	Herrera/Quiroz Park	3-5 p.m.	1/31	Morris K. Udall Park	3-5 p.m.
1/07	Manuel Herrera Jr. Park	9-11 a.m.	1/14	Lakeside Park	9-11 a.m.	1/23	Palo Verde Park	3-5 p.m.	1/31	Linden Park	3-5 p.m.
1/09	Sarah Ann Miller Park	3-5 p.m.	1/17	Jesse Owens Park	3-5 p.m.	1/23	Mitchell Park	3-5 p.m.			

Visite un parque y disfrute de juegos generales y módulos especiales en cada ubicación:  
Visit a park and enjoy general play and specialty modules at each location:



# Gloria's Assisted Living LLC

"My Residents are My Family"

Gloria Foley Owner and Caretaker  
3340 S Watson Dr. Tucson AZ, 85730

Mobile: 520-465-2869

Home: 520-298-1195

Fax: 520-298-2115

<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.

Owner/Manager, Krystal Saucedo, is known for providing loving, personalized care for residents requiring assistance at all levels of care. If you, or a loved one, are seeking a warm, caring and family-centered home, please contact Krystal at 520.971.2539 for a personal tour.



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 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](mailto:community@soazseniorpride.org)

Referrals Encouraged.

<https://soazseniorpride.org/>

## RONALD ZACK LAW, PLC



- ESTATE PLANNING
- WILLS & TRUSTS
- POWERS OF ATTORNEY
- GUARDIANSHIPS
- CONSERVATORSHIPS
- PROBATE LITIGATION
- ESTATE ADMINISTRATION
- TRUST ADMINISTRATION



520-999-3738

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



FOLLOW US

# 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 Gramma's Home

## 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.

CARING SENIOR SERVICE CAN HELP!! We call it: Transition -- Safe Discharge Recovery Plan transitioning from SNF or Hospital to Home, keeping a client Healthy, Happy, and Home.

CARING SENIOR SERVICE makes the transition home so easy and helps reduce the risk of going back for a preventable reason. The chance of being readmitted into a hospital for a preventable reason is highest in the first few weeks of discharge.

Caring Senior Service's Caregivers are trained in different diseases and medical procedures and what to look out for that can cause a re-admission. A tablet is provided by Caring Senior Service in the home for communication between the family, caregiver, and Admin Office staff and even other medical providers involved in their care.

Caregivers are background checked every 6 months, and training through modules help our caregiver's adept at handling complex patients and disease path. Which is why Caring Senior Service is used by many hospices in homes and facilities.

We offer Care management and Safety Evaluations prior to a discharge date along with:

- Pre-discharge Home Safety Assessment
- Transportation Home at time of Discharge
- Transportation to Pharmacy for Medication Pick-up
- Assistance in Scheduling Follow-Up Appointments
- Transportation to Follow-up Appointments
- Personal Care including: Meal Prep, Medication Reminders, Bathing, Dressing, Toileting
- Transfer and Ambulation Assistance
- Light Housekeeping

Let CARING SENIOR SERVICE show you how we can keep you or a family member HEALTHY. HAPPY. HOME  
CALL (520) 428-0143



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

Our **IN-HOME CAREGIVERS** are ready to provide a Helping Hand.



Personal Care  
Transportation

Meal Preparation  
Housekeeping

Medication Reminders  
Respite Care

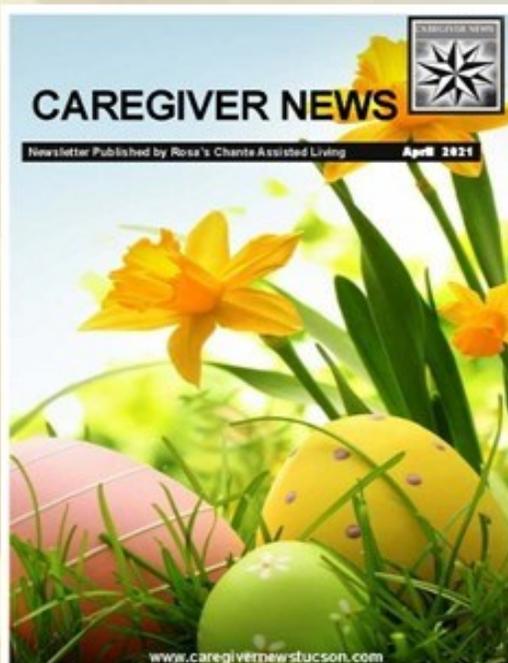
**CALL US TODAY! (520) 428-0143**

**Happy New Year 2023!**

**As we have tipped our hats to the year 2022, we all can say we've done our best!**

**Thus we celebrate our good fortune, and we keep looking forward!**

**Caregiver News wants to thank all of our writers and advertisers for you are what makes this newsletter!**

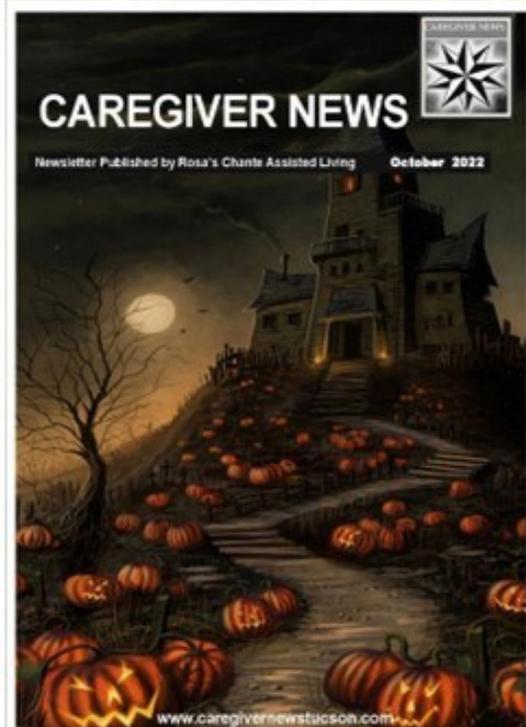
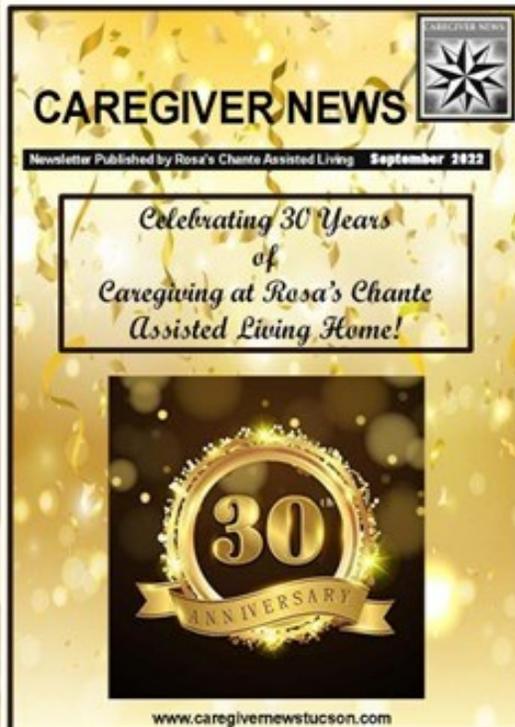


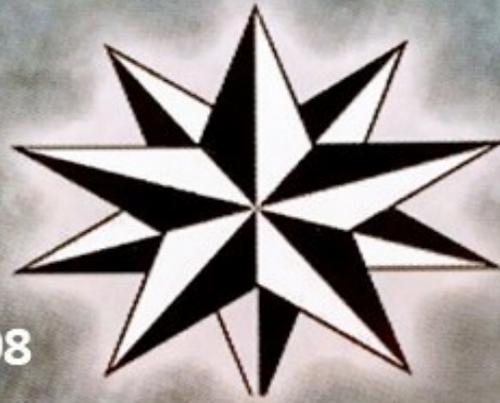
Happy New Year 2023!

However, let's highlight a very important celebration of 2022. It was Rosa's Chante Assisted Living Home's 30<sup>th</sup> Anniversary!

We have been blessed that we have been able to serve!

Let's Make 2023 a spectacular year for Caregiver News!





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)