



CAREGIVER NEWS

Newsletter Published by Rosa's Chante Assisted Living

March 2023



www.caregivernewstucson.com



Welcome to March!

Hello and welcome to March. It is hard to believe it is March already as we prepare to turn Rosa's green to celebrate the luck of the Irish. March will soon bring us blooming flowers and colors as Monday, March 20, 2023 is the beginning of spring months. Many people begin their gardens in March and here at Rosa's we are looking forward to all of our foliage beginning to bloom. March is also about daylight savings time and since in Arizona we do not have to change our time, it is important to remember it for those who live out of

You may notice that we have had a couple of new guest writers from Harmony Hospice last month and this with important facts and information about Hospice care. If you, our readers and advertisers have a topic that could be highlighted here in the Caregiver News to not only help our caregiver community, but our possible clientele and their families as well please contact me or Leslie Ford.

Have a great month from all of us at Rosa's Chante Assisted Living!!

Anthony Diaz



**30th Annual
GREEN VALLEY HEALTH FAIR**
Green Valley Recreation West Social Center
Monday, March 6th, 2023
9 AM - 1 PM

Gramma's HOME

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ONLINE WEBINAR

**MARCH 30TH 2023
12:00 - 1:00PM**

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OBJECTIVES:

UNDERSTANDING OF STRESS



IMPACT AND MANAGEMENT



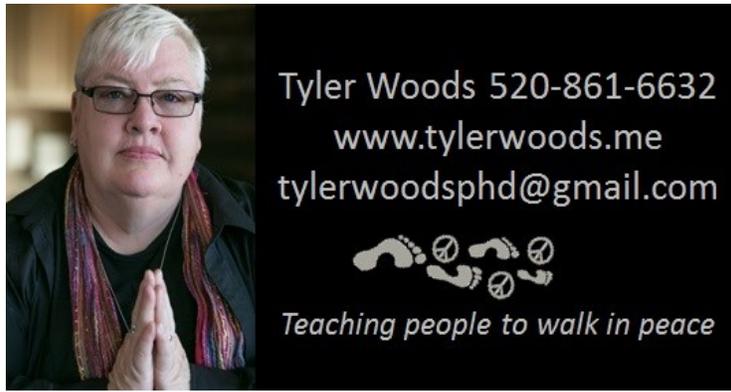
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Taking Care of Our Emotional Wellbeing

By Tyler Woods

Caregiving of any type can affect our mental health. When we talk about mental health, we are talking about how we feel with regard to our psychological and emotional well-being. Our mental health influences how we think, feel, and behave in daily life.

It also affects our ability to handle stress, face and overcome challenges, and recover from difficulties and setbacks. The best way to have positive mental health is to build resilience.

People who are emotionally and mentally resilient have the tools for coping with difficult situations and maintaining a positive outlook and being a caregiver, we may feel some setbacks with our mental wellbeing. Resilience is the ability to adapt to difficult situations. When stress, adversity or trauma strikes, you still experience anger, grief, and pain, but you're able to keep functioning.

First on the list is to practice self-care and make yourself a priority. It is vital that you take care of yourself. Engaging in a self-care routine has been clinically proven to reduce or eliminate anxiety and depression, reduce stress, improve concentration, minimize frustration and anger, increase happiness, improve energy, and more. In order to do this, it is important to make sure you eat a healthy diet and that you get some movement which can help decrease depression and anxiety and improve moods and get good sleep and rest.

Next it is vital to make sure your narrative is positive. When something bad happens, we often relive the event over and over in our heads, rehashing the pain or the anger and this is called rumination and it doesn't move us forward toward healing and growth. When you realize you're starting to ruminate, finding a distraction like going for a walk, talking to a friend, or doing something you enjoy can break your thought cycle. Look around you, quickly choose something else to do, and don't give it a second thought. For me, I play with my dog, and it always tends to break any kind of thought cycle because it makes me happy.

What can help you build strong resilience is to face your fears. The sympathetic nervous system is activated when you feel afraid, and this causes physical symptoms like an elevated heart rate and rapid, shallow breathing. Learn to breathe through the fear. Try the 4-7-8 technique which involves breathing in for four counts, holding that breath for seven counts and exhaling for eight counts. Do that for at least 4 or 5 times. You can also educate yourself about the facts and the risks of what scares you. The key to facing your fears is to take one small step at a time.

Finally, the best way you can build resilience is through self-compassion which involves offering compassion to ourselves by confronting our own suffering with an attitude of warmth and kindness and without judgment. Self-compassion is a practice of goodwill, not good feelings. That is important to remember with self-compassion. We must mindfully accept that things can be hurtful or painful and embrace ourselves with kindness and care in response, remembering that imperfection is part of the shared human experience. So, care for yourself as you'd treat others.





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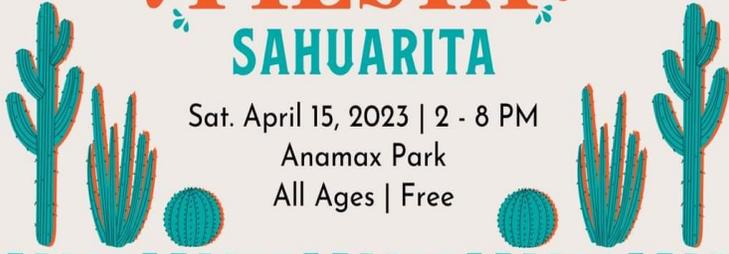
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tmcaz.com

FIESTA SAHUARITA

Sat. April 15, 2023 | 2 - 8 PM
Anamax Park
All Ages | Free



Saturday March 18th Marana Founders' Day Parade & Car Show



- Parade participants are encouraged to toss candy out to the crowd! Please check event page for parade details!!
- Pre-Registration available at www.ObsessionsCarClub.com
- Day of event Registration also available

www.ObsessionsCarClub.com



Desert Bluegrass Festival

March 10, 11, 12, 2023

Gladden Farms Community Park ~ 12205 N Tangerine Farms Rd ~ Marana, AZ

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someone who has
been on this earth
100 years?

36th
ANNIVERSARY
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or email SeniorServices@tmcaz.com,
to submit the individual's name by
Friday, March 3, 2023.

For local citizens age 99 and over

We look forward to documenting and sharing
their stories in our commemorative tribute book.

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APRIL 8TH | 9 - 11:30 A.M.
QUAIL CREEK - VETERANS MUNICIPAL PARK
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- EGG-HUNT
- PICTURES WITH THE BUNNY
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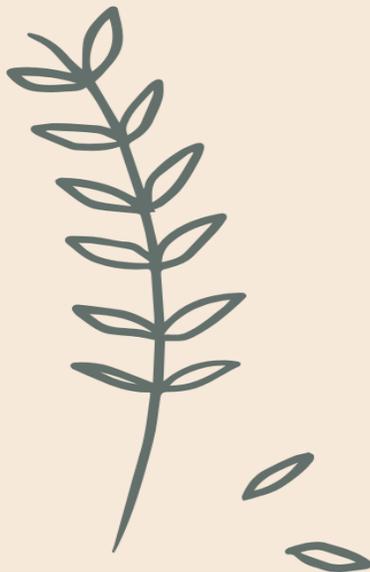
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Self-Care

SELF-CARE IS ANY ACTIVITY THAT WE DO TO TAKE CARE OF OUR MENTAL, EMOTIONAL, & PHYSICAL HEALTH.

Self-care is not something that we force ourselves to do, or something we don't enjoy doing. Self-care is something that refuels us, rather than takes from us.

THREE GOLDEN RULES OF SELF-CARE

Stick to the basics. Over time you will find your own routine and will be able to implement more forms of self-care that works best for you

Self-care is an active choice - so treat it as such! Add activities to your calendar, & announce your plans to increase commitment. Actively seek opportunities for self-care.

Be aware of what you do, why you do it, how it feels, and what the outcomes are. If you don't see something as self-care, it won't work as such.

Do you have more citrus than you know what to do with?
Donate it to families in our community!

For more info on citrus donation drop-off dates visit:
communityfoodbank.org/citrus

SUPER CITRUS SATURDAYS



COMMUNITY FOOD BANK OF SOUTHERN ARIZONA



TMA SPRING ARTISANS MARKET

MARCH 3-5, 2023
FRIDAY-SATURDAY, 10AM-5PM
SUNDAY, 10AM-4PM

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TucsonMuseumofArt.org



Join us to learn more about living well by preparing well for dying and death. "Let's Talk about Living and Dying" is an interactive and informative training that will help you to:

- Understand end of life care planning
- Make informed healthcare decisions
- Select and complete the advance directives that meet your needs
- Pick the person who will advocate for your healthcare wishes
- Develop strategies for completing, storing, and reviewing your advance directives

Let's Talk about Living and Dying will be presented:

Date: Tuesday, March 21st, 2023
Time: 3 PM to 4:30 PM
Location: PCOA Katie Dusenberry Healthy Aging Center, 600 S. Country Club Rd
Room: TEP Community Room
RSVP: McKenna, 520.790.7573 ext. 1722
Register: <https://letstalkjan23.eventbrite.com>

PCOA Helpline: (520) 790-7262
Website: endoflife.pcoa.org



AT HOME MEDICAL CARE LLC

**At Home Medical Care
Michelle Rafferty ANP-BC
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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
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<http://gloriasassistedlivingtucson.com>



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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.



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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

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Referrals Encouraged.

<https://soazseniorpride.org/>

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HOSPICE and PALLIATIVE CARE

What are the similarities? What are the differences?

The definition of hospice care is compassionate comfort care (as opposed to curative care) for people facing a terminal illness with a prognosis of six months or less, based on their physician's estimate if the disease runs its course as expected.

The definition of palliative care is compassionate comfort care that provides relief from the symptoms and physical and mental stress of a serious or life-limiting illness. Palliative care can be offered at any point in the patient's illness. It can be pursued at diagnosis, during curative treatment and follow-up, and at the end of life.

Both offer pain and symptom relief but the goals of care are different. Hospice is focused on comfort care without cure, either because the patient no longer has curative options or chooses not to pursue treatment because side effects outweigh benefits. Palliative care is comfort care with or without curative intent. Both palliative and hospice reduce stress, offer complex symptom relief and utilize a team of providers and have been shown in studies to improve quality of life.

Hospice care costs are paid 100 percent by Medicare, Medicaid and private insurance; hospice is the only Medicare benefit that includes pharmaceuticals, medical equipment, 24/7 access to care, nursing, social services, chaplain visits, grief support following a death and other services deemed appropriate by the hospice agency. By comparison, palliative care costs, whether from office visits or prescription charges can vary depending on insurance. Palliative services are paid by insurance or the patient.

Hospice Care Eligibility Because of Medicare requirements, hospice is typically utilized by patients with a life expectancy of six months or less. A patient's doctor and a hospice medical director work together to determine life expectancy.	Palliative Eligibility Palliative care is for people at any stage of illness. The illness is not required to be life-limiting. Like hospice, palliative care addresses a patient's physical, emotional, social, and spiritual needs.
Goal of Care Patients in hospice are not seeking a cure for their illness. Their goal is managing pain and other symptoms to improve quality of life with the time they have remaining.	Goal of Care Palliative care patients can seek treatment to cure their illness or prolong life while getting medical help to manage their pain and other symptoms.
Why Patients Choose Hospice Patients sometimes decide they no longer want to go through painful or difficult treatments that may not improve or extend their life.	Why Patients Choose Palliative Care Patients are commonly seeking relief from pain, fatigue, nausea or the stress that comes with a serious illness or the side effects from medical treatment.

Harmony Hospice and Palliative Care programs offer a great spectrum of care supervised by our Physician Medical Director. Our Medical Director organizes and coordinates the care team and is responsible for the overall direction of care of our interdisciplinary team. The team includes Nurse Practitioners that provide and supervise patient care also. Nurses with years of experience regularly visit patients in their homes and direct and perform the day-to-day care. Nurses can be RN's or LPN's who are supervised closely by RN's. We have nurses with experience in wound care for complicated wounds and to help prevent common wounds. Hospice aides visit several times a week to attend to personal health care needs including assistance with bathing and feeding.

We have a team of social workers that address physical, mental, social and spiritual well-being in all disease stages, and accompany the patient throughout their journey with us. They conduct home visits help coordinate care and may act as an advocate with medical providers. They help patients and their families navigate planning for end-of-life care; understand their treatment plan and be vocal about their needs; manage the stresses of debilitating physical illnesses, including emotional, familial and financial; overcome crisis situations; and connect to other support services.

Our spiritual care team provides compassionate care services that support patients and families through the end-of-life and grieving process. Whatever an individual's belief system or cultural tradition may be and whether they consider themselves to be religious or not, we are trained to assess individual needs through active listening and to meet each person wherever they are in their own understanding. As a team we meet weekly together to share and coordinate the care for our patients.

Author: Daniel Casto, MD

I have been a Family Physician for 30 years and am delighted to work with Harmony Hospice for the past 3 years as their Medical Director. The team we have assembled is the best in Tucson and is demonstrated by the outstanding personal compassionate care we give. We are committed to taking care of your like our own family.



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Humor Corner

off the mark.com

by Mark Parisi



Recipe Corner

Flaky Ryeben

Bites

Ingredients

Rolls



1 can (8 oz) refrigerated Pillsbury™ Original Crescent Rolls (8 Count) or 1 can (8 oz) refrigerated Pillsbury™ Original Crescent Dough Sheet

1/4 lb thinly sliced corned beef

1/2 cup finely shredded Swiss cheese (2 oz)

1/3 cup sauerkraut, well drained

Dipping Sauce

1/2 cup Thousand Island dressing

1 tablespoon milk

Steps

1 Heat oven to 375°F.

2 If using crescent rolls: Unroll dough into 2 long rectangles. Press each to form 12-inch-long rectangle; press perforations to seal. If using dough sheet: Unroll dough; cut into 2 long rectangles. Press each to form 12-inch-long rectangle.

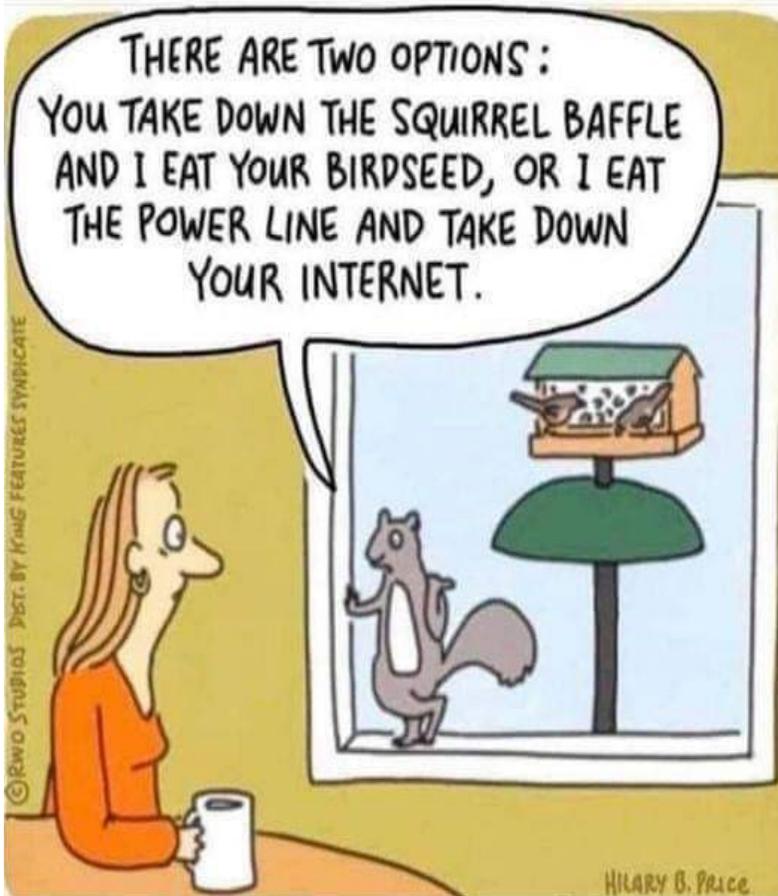
3 Layer half of corned beef on each dough rectangle, cutting to fit if necessary. Top each with cheese and sauerkraut. Starting at long side, roll up each tightly; seal long edges. Place, seam side down, on ungreased cookie sheet; tuck edges under.

4 Bake 12 to 14 minutes or until golden brown.

5 Meanwhile, in small bowl, mix dipping sauce ingredients.

6 To serve, cut warm rolls into 1-inch slices; place on serving platter. Serve with dipping sauce.

Source: <https://www.pillsbury.com/recipes/flaky-ryeben-bites/c45f6cee-126c-4fab-9cb9-0b9011f5e5f0>



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- * Secured facility
- * Behavioral care
- * Dementia care
- * Hospice care
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DAY



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