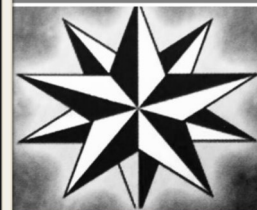


CAREGIVER NEWS



CAREGIVER NEWS

Newsletter Published by Rosa's Chante Assisted Living

April 2023

www.caregivernewstucson.com



Welcome to April!

Well happy April, also happy April Fools day, Good Friday and Easter. What I love about April is decorating the house in lively spring colors like pastel blues, yellows, greens and purple and now Rosa's looks like the easter bunny came and decorated our home in colors and festive eggs.

Spring is a wonderful time to get our clients out in the mild sun to grab fresh air, look at blooming plants, check on the bunnies and watch the birds fly around. It is eye candy for the soul. Be sure to enjoy ideal outdoor activities to calm the mind, and give your skin a good dose of vitamin D.

While you are at it, take Caregiver Newsletter outside with you and look at some of the great resources there are and think about advertising with us and be part of one of the largest growing caregiver newsletter there is. Online we get plenty of people who are reading and checking out the advertisements, so contact me to be part of this growing newsletter and begin advertising, and we always have interesting articles for example this month we are covering alcohol awareness month and caregivers, as well as the importance of pets in hospice and the vital issue of healthcare decisions.

Meanwhile I want to wish people a happy spring, a good Easter and a wonderful month.

Anthony Diaz



WHEELS 'N' REELS

SATURDAY
APRIL 22
6:00 PM



**FREE
TEEN
EVENT**

Movie: Spider-Man: No Way Home (PG-13)

Quail Creek-Veterans Municipal Park

For more information: (520) 445-7850 | sahuaritaparksandrec.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: Friday, April 21st, 2023

Time: 10 AM to 11:30 AM

Location: PCOA Marian Lupu Building, 8467 E. Broadway Blvd

Room: CALC Conference Room

RSVP: McKenna, 520.790.7573 ext. 1722

Register: <https://letstalkapr23.eventbrite.com>

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

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

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PRESENTS:

JUST HOW MUCH HURT CAN YOU TAKE?

Professional caregivers are trained to provide assistance with activities of daily living. Establishing boundaries is equally important, yet we see caregivers grieve the loss of "customers". Join us as Murray Flagg, PhD, shares his knowledge and expertise to teach coping mechanisms.

Register at:

**Thursday, April 27th
12:00 p.m.**

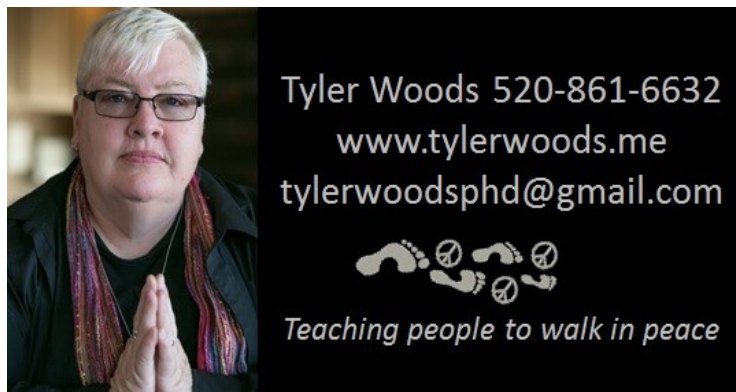
<https://conta.cc/3n1WgSO>
520-284-9334
abarney@harmonyhospice.org

This educational event will be hosted by our friends at



8151 E. Speedway Blvd.
Tucson, AZ 85710

FREE NCI CEU



April is Alcohol Awareness Month

By: Tyler Woods

Happy April, I know it is springtime and Easter and bees are buzzing, and bunnies are hopping and there are so many things in April including a topic we rarely talk about. April is Alcohol Awareness Month. Hi, my name is Tyler Woods, and I have been free from alcohol for 33 years. Here's the thing, nurses and caregivers have a high rate of alcoholism.

Caregiving, either professionally in skilled nursing facilities, home health, hospice or informally taking care of a loved one at home, comes with many burdens and stressors. Simply put, it's not easy. Some experts say that between 15% of caregivers will develop some type of substance abuse disorder during their time as a caregiver and that number is probably low.

Caregiving isn't easy, in fact it is a very difficult job. We caregivers know and understand that. A hard day of assisting an elderly person with eating, dressing, toileting, and bathing can take a toll on you. Add administering medications and ensuring proper nutrition and hydration, getting to doctors' appointments, and doing household chores can all be challenging. Days feel like weeks, and you forgot to take care of you. I mean after all; you do the same chores and routines day after day. You feel exhausted both mentally and physically. You go into the kitchen and pull a cold beer or pour a glass of wine or even mix a relaxing cocktail to unwind and let the stress of the day just go away, well except you may need three or four drinks to let go.

What so wrong with that? Take it from this recovering alcoholic that over time we get confused, we may even experience some kind of memory loss, impaired thinking and poor decision-making and judgement. Let's face it none of that is helpful for caregivers who must remain mentally alert and physically able. Plus, too much alcohol use can also lead to mental health issues like anxiety and major depression, and even dementia.

You can't adequately care for a loved one if you're not healthy and abusing substances is not a healthy way to cope with the stress. Substance abuse is a mental health condition that requires professional help. You cannot do it alone. Therapy or some sort of group can be helpful if you feel you are drinking too much. Don't let pride get in the way of asking for help. In situations where others cannot or will not step in to assume the caregiving role, reach out for assistance.

You can seek help or attend a variety of meetings and also do small things that might include things like taking a walk around the block, having coffee with a friend, or working on a project that relaxes you. Finding support is such critical tool for long-term recovery, especially for caregivers who often struggle with isolation. Consider joining a self-help group that can provide support and guidance for those living with an addiction. I know the journey may not be easy and you can expect some setbacks, but you will learn healthy coping strategies so you can have wellness and let's face it, you and your loved one don't deserve any less.

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AWARENESS
MONTH**

APRIL





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Sunday April 16th
2 pm to 4 pm

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compassion & choices

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FREE, suggested \$5 donation BeforeIDieTucson.com
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Anamax Park
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Recognizing National Healthcare Decisions Day

It's almost here again. That very important day in April that makes a lot of people anxious.

The work of thinking about the details, getting documents together and making sure it all gets done. No, I'm not talking about April 15th and taxes. I'm talking about April 16th, National Healthcare Decisions Day. Decisions that a lot of people dread more than doing their taxes.

There's good news. There's no pressure of a deadline. April 16th is just a day set to help bring attention to how important it is to think about the choices you have and make decisions.

Our lives are full of wishes and choices and we think of those as positive things. Why would we think negatively about things we like or want? Making healthcare decisions can be a positive thing. It's making sure you get what you want.

Making sure you get what you want when you cannot make your wishes known is important. That's true not just about medical treatments you may or may not want, but little things, like what kind of pillow you like, how tight you like bedsheets around your feet, or what temperature is comfortable for you to sleep? You need to make sure someone knows those details that make you comfortable.

Start by thinking about things that you like and are important to you. Spending time with your family and friends? Your pets? What music that you like? Is there a place that you like to go to relax? Favorite movies or books? Are there clothes that are your go-to comfort clothes? Think of things that bring you comfort when you're not feeling so good.

Who do you trust the most or makes you feel at peace? Is there a close friend or family member with whom you can speak openly? It's important that you name someone you trust to make decisions as you would make them, or who would follow your wishes if you weren't able to communicate.

Many people don't want to burden someone with that task. The way to make that job easier is to make sure your wishes and priorities are well known. The clearer you make your wishes, the easier the job of acting as your agent will be. You can prepare a Living Will which will spell out your wishes. Five Wishes is another option to spell out what you want and who you want to make decisions for you, if you are not able.

Anyone over 18 can complete a Healthcare Power of Attorney. It might be easier to do as a family activity. Sometimes hearing other's thoughts sparks a discussion. Having such a discussion will not cause anything to happen. Not having a discussion will not prevent anything from happening. The Conversation Project has examples of ways to get a discussion started and lots of helpful information. <https://theconversationproject.org/> Healthcare power of attorney, and living will forms are available to download for free on the Arizona Attorney General's website: [LCP-Complete-Packet-fillable.pdf \(azag.gov\)](https://www.azag.gov/LCP-Complete-Packet-fillable.pdf) If you would like assistance with the forms, we are available to help.

If you want to make sure you get what you want, make your wishes known now.

Beth Fuller BSW, CMC

TLC Coordination and Advocacy





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Patients no longer have to worry about transportation, or not feeling well enough to make an appointment, or having a loved one to take off work to bring them to a doctor's office.



WHEN EVERY MOMENT COUNTS

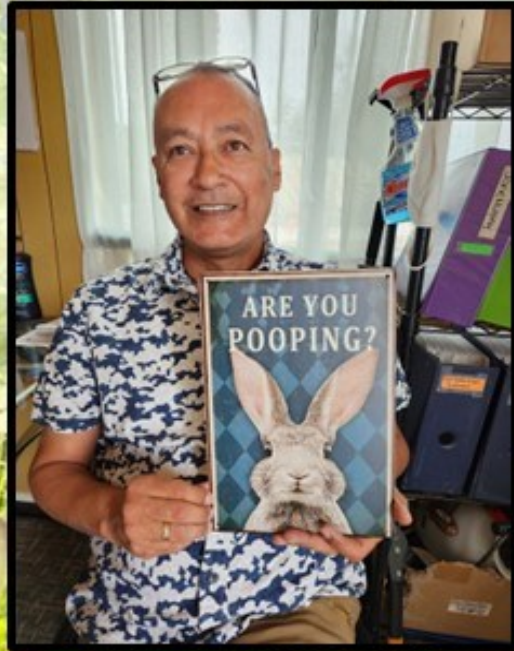
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writers, and advertisers
from all of us at
Rosa's Chante Assisted Living Home



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The Benefits of Pet Therapy for Hospice Patients

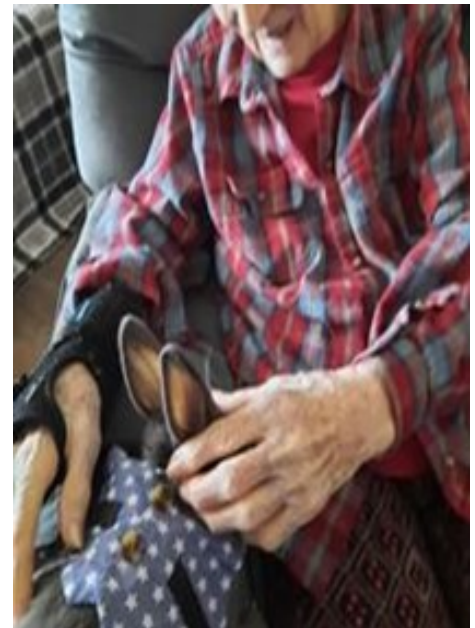
Cuddling and petting an animal can reduce anxiety, lower blood pressure, and ease depression. Pet therapy can help release endorphins, those feel-good hormones that produce a calming effect. The primary goal of hospice care is to provide comfort, and pet therapy is an ideal option for patients. Therapy pets can also help the staff and social workers establish a relationship with their patients, which sometimes helps them open up more and address difficult issues.

Hospice care provides a great opportunity to share time with individuals who are in their final stages of life. Therapy dogs spend around 30 minutes with each patient. Therapy pets can provide comfort for patients who feel isolated or depressed. The dogs will snuggle, lay with them, and offer companionship and affection. The approach of hospice is a celebration of one's life and relationships. Patients have the opportunity to reflect on their life and legacy that they want to leave behind, which is a beautiful thing. It brings joy to the hospice team to find new ways to support their patients and families while they find peace and joy along their end-of-life journey. Therapy animals can also be used as part of grief support and bereavement counseling.

The staff at Harmony Hospice enjoy bringing Mars, therapy bunny, Millie, therapy dog, and Nellie, therapy mini pony to our community assisted living, memory care, and skilled nursing facilities. It brings a lot of joy to us watching patients and residents interact with our therapy animals. Residents in the memory care units, who have cognitive deficits, especially love it! Many of them had horses growing up and when they see Nellie coming, they smile from ear to ear! They love to talk and reminisce about the horses they owned and cared for. Our therapy dog Millie will just lay at patients' feet and provide comfort and companionship. Patients with dementia can feel positive validation through holding or petting a therapy animal, and Mars, therapy bunny is perfect for this. Memory care patients enjoy holding him in their laps and petting his soft fur.

Audra Barney, Harmony Hospice

References: <https://www.socialworktoday.com/archive/012610p8.shtml>





EGGSTRAVAGANZA

April 8th from 10am-12pm

Sunset Pointe Park - 8535 N. Star Grass Dr.

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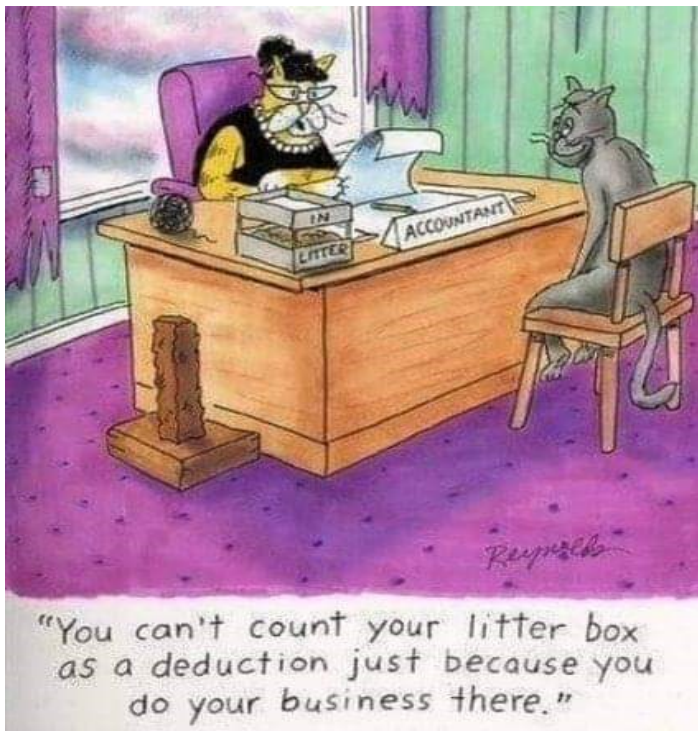
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Humor Corner

"My goodness, Roberta, they're just adorable ... And what precious Easter outfits!"



"You can't count your litter box as a deduction just because you do your business there."



Recipe Corner

Super Simple Scalloped Potatoes

Ingredients

3 cups heavy whipping cream
1-1/2 teaspoons salt
1/2 teaspoon pepper
1 teaspoon minced fresh thyme, optional
3 pounds russet potatoes, thinly sliced (about 10 cups)
Minced fresh parsley, optional



Directions

Preheat oven to 350°. In a large bowl, combine cream, salt, pepper and, if desired, thyme. Arrange potatoes in a greased 13x9-in. baking dish. Pour cream mixture over top.

Bake, uncovered, until potatoes are tender and top is lightly browned, 45-55 minutes. Let stand 10 minutes before serving. If desired, sprinkle with parsley.

Layered Lemon Pie

Ingredients

1 package (8 ounces) cream cheese, softened
1/2 cup sugar
1 can (15-3/4 ounces) lemon pie filling, divided
1 carton (8 ounces) frozen whipped topping, thawed
1 graham cracker crust (9 inches)



Directions

In a small bowl, beat cream cheese and sugar until smooth. Beat in half the pie filling. Fold in the whipped topping. Spoon into crust. Spread remaining pie filling over cream cheese layer. Refrigerate for at least 15 minutes before serving.

Source for both: <https://www.tasteofhome.com/collection/5-ingredient-easter-recipes/>



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