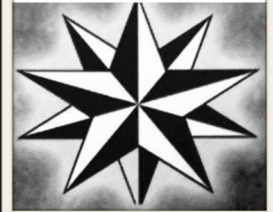


CAREGIVER NEWS



# CAREGIVER NEWS

Newsletter Published by Rosa's Chante Assisted Living

June 2023



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

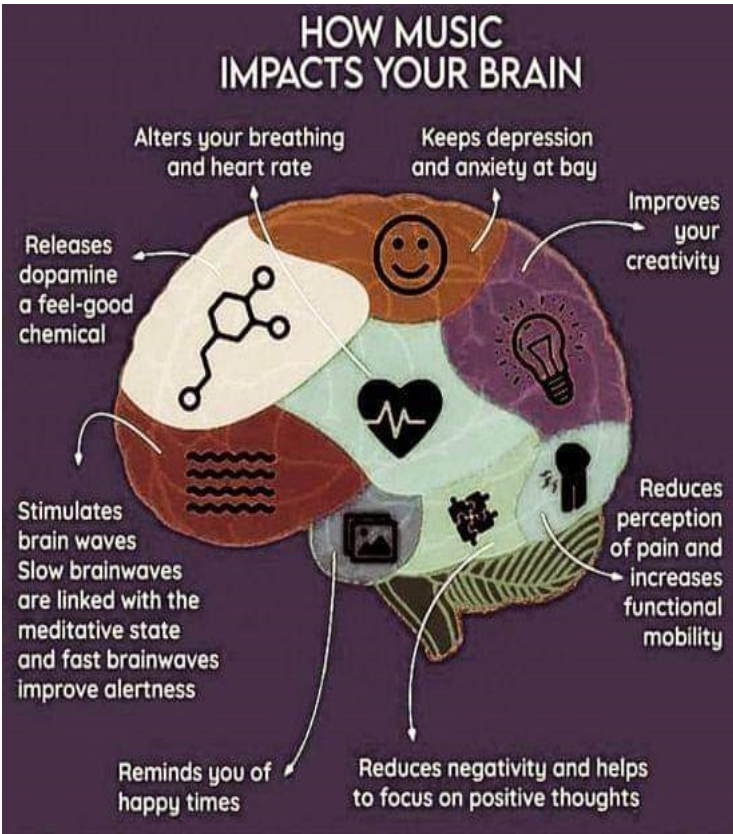


## Welcome to June!

Welcome to June where the heat is on and so is the air conditioner. You hear that summer is a great time to be active, but I must tell you that for seniors, it is not the greatest time so be sure to hydrate and keep people cool. Speaking of cool, I am glad that June is Post traumatic Stress Disorder (PTSD) Awareness Month. There may be many people who suffer from PTSD in assisted living homes so be sure to read the article we posted in this month's issue. Our bunnies are doing well and our residents are finding joy in watching them grow and they seem to be quiet entertained by them.

I would like to remind you if you want to advertise in our newsletter, it is reaching thousands of people and our prices are quite fair. You can contact me or Leslie Ford if you would like to put an ad in our newsletter. That is what help keep it alive and well and offering caregivers the information that is so vital to them. Happy summer to you all and remember to stay cool

*Anthony Diaz*



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

LA LINEA ART STUDIO ON MORLEY

# ART SMARTS

**SUMMER 2023** 32 N. Morley Avenue Nogales AZ. 85621

**Tuesday & Thursday**  
Start: June 6th  
End: July 13th  
4:00 to 5:30 pm  
Ages 12+

Please register:

**REGISTRATION**

## ART IN THE PARK

A fun and friendly art class on mural history and technique

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(limited availability)

BYTE is able to offer its courses for free thanks to the generous support of:

Border Youth Tennis Exchange [/bytetennis](https://www.facebook.com/bytetennis)

[Info@bytetennis.org](mailto:Info@bytetennis.org) [www.bytetennis.org](http://www.bytetennis.org)



TUESDAY, JUNE 27TH  
12 - 1:00 P.M.

# CONFLICT MANAGEMENT FREE CEU

## WHAT YOU'LL LEARN



Techniques to recognize and address conflict within yourself. After this one-hour course you will leave the room feeling confident in both your personal and work life.

The main objectives of this course are:

- Gain a clear understanding of the structure, nature and methods of managing interpersonal and organizational conflict.
- Become aware of the impact of mismanaged conflict upon teams, personal relationships, organizations, cultures.
- Gain an understanding of the 5 Methods of Conflict Management.
- The power of “I” verses “You” Language.
- Participate in dialogue that assists in understanding process of Forgiveness, Reconciliation and Restoration.

Presenter: Murray Flagg, PhD, Director of Spiritual Counselor and Education

## TO REGISTER:

520-284-9334

<https://conta.cc/3VL8uNO>

[abarney@harmonyhospice.org](mailto:abarney@harmonyhospice.org)

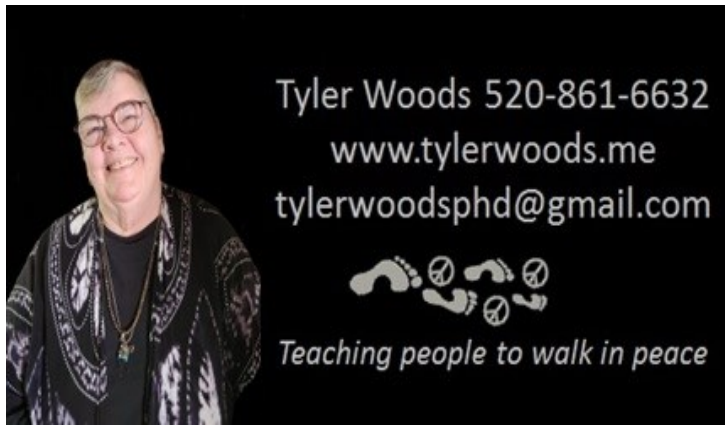
*This educational event and is hosted by our friends at*



**THE FORUM**  
AT TUSCON

2500 N Rosemont Blvd  
Tucson, AZ, 85712

*Light lunch will be  
provided*



## PTSD Awareness Month—By Tyler Woods

June is Post-Traumatic Stress Disorder (PTSD) awareness month. PTSD is defined by the American Psychological Association as an anxiety problem that develops in some people after extremely traumatic events, such as combat, crime, an accident, sexual abuse, violent personal assaults, natural or human-caused disasters, or natural disaster. Trauma is the root cause PTSD.

My father suffered from PTSD, and he never got the treatment he needed. Some people experience trauma, and often no one recognizes the signs of PTSD and caregivers should know more about this disorder not only to work with those who may suffer from it better, and also to understand their discomfort and irritability. Older Veterans report more somatic complaints such as appetite, sleep, or memory problems and fewer PTSD symptoms (especially arousal and numbing symptoms); they also report less depression, hostility, and guilt than younger Veterans. Older adults who experienced trauma later in life report more avoidance, sleep problems, and hyperarousal than younger adults.

### Did you know that:

- \* 20% of those who witness or experience a traumatic event will develop PTSD
- \* 1 in 13 people will develop PTSD at some point in their life
- \* Over 8 million people have PTSD in a given year
- \* 10 of every 100 women develop PTSD sometime in their lives compared with about 4 of every 100 men
- \* The condition is not limited to wartime and obvious traumas
- \* Caregivers can develop symptoms too.

### Some Signs of PTSD

- Feeling nervous, restless or tense
- Having a sense of impending danger, panic or doom
- Having an increased heart rate
- Breathing rapidly (hyperventilation)
- Sweating
- Trembling
- Feeling weak or tired
- Trouble concentrating or thinking about anything other than the present worry
- Having trouble sleeping
- Experiencing gastrointestinal (GI) problems
- Having difficulty controlling worry
- Having the urge to avoid things that trigger anxiety

There is a lot you can do to help with PTSD and make sure you understand the symptoms in the elderly so you can better serve them and this condition.





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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.

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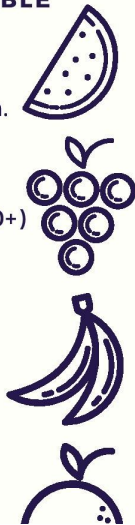


[tmcaz.com](http://tmcaz.com)

# SENIOR SHOPPING HOURS

BELOW ARE LOCATIONS OFFERING HOURS DEDICATED TO SENIOR AND VULNERABLE POPULATION ONLY SHOPPING.

- AJ's Fine Foods:** Wednesdays 5-6 a.m. (65+)
- Albertsons:** Tuesdays and Thursdays 7-9 a.m.
- Bashas:** Wednesdays 6-7 a.m. (65+)
- Cardenas:** Every day 7-8 a.m.
- Costco:** Tuesdays and Thursdays 8-9 a.m. (60+)
- Dollar General:** First hour every day
- Food City:** Wednesdays 5-6 a.m. (65+)
- Frys:** Monday-Thursday 6-7 a.m.
- Safeway:** Tuesdays and Thursdays 7-9 a.m.
- Target:** First hour every Wednesday
- Walmart:** First hour every Tuesday (60+)
- Whole Foods:** First hour every day (60+)



THE TUCSON JUNETEENTH FESTIVAL  
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Mass Choir of Tucson

**SUNDAY, JUNE 11TH**

PIMA COLLEGE WEST  
PROSCENIUM THEATER  
3 PM - 6 PM

Come & join us before the concert for free food and fellowship from 1 PM - 3 PM

FOR MORE INFORMATION ON HOW TO BECOME A VENDOR OR AN ENTERTAINER AT OUR MAIN EVENT, VISIT OUR WEBSITE OR REACH OUT TO:

VENDORS@TUCSONJUNE19.ORG  
ENTERTAINMENT@TUCSONJUNE19.ORG  
WWW.TUCSONJUNE19.ORG



## POTLUCK RETURNS

Saturday, June 3, 2023  
12 to 2 pm

Everyone is welcome.

We desire to include all of the incredible diversity within our community.

We are so excited to bring all of us together again for a meal and visit.

### Cornerstone Fellowship Social Hall

2902 N. Geronimo Ave. - and Laguna  
(near First Ave. and Glenn)



Masks are optional.



Bring a dish to share. Please make a note of all ingredients to accompany your dish.

Registration Required:

Use This Link to Register:

<https://soazseniorpride.org/event/potluck/>

More information: [info@soazseniorpride.org](mailto:info@soazseniorpride.org) or 520-312-8923

Please Join Us!

**SOUTHERN ARIZONA SENIOR PRIDE**

Pride is Ageless. Celebrate!

# WHAT IS PTSD?

Posttraumatic stress disorder, or PTSD, is a mental health concern that some people develop after they see or experience a traumatic event.



**7 to 8%**

of the U.S. population will have PTSD at some point in their lives.



What it's like to have PTSD may be different for everyone. There are four types of PTSD symptoms.



**Reliving or re-experiencing the event**

- Nightmares
- Flashbacks
- Triggers



**Hyperarousal or being on guard**

- Being jittery or overly alert
- Difficulty sleeping or concentrating
- Feeling angry or irritable



**Avoidance**

- Avoiding crowds
- Avoiding certain smells, sights, or sounds
- Avoiding talking or thinking about the event



**Negative changes in beliefs and feelings**

- Losing interest in things you used to enjoy
- Feeling guilty or ashamed
- Unable to trust others



## Do you have PTSD Symptoms?

- Hear Veterans share their experiences with PTSD and PTSD treatment at **AboutFace**
- Learn about and compare effective treatment options using the **PTSD Treatment Decision Aid**
- Explore the National Center for PTSD website for information, videos, and tools to help manage PTSD: [www.ptsd.va.gov](http://www.ptsd.va.gov)

National Center for PTSD  
POSTTRAUMATIC STRESS DISORDER

VA U.S. Department of Veterans Affairs



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## OVPD TEEN ACADEMY 2023 - 1

### WHO:

- Ages 13-17
- Students at: IRHS, CDO, Casas Christian School, Immaculate Heart, Pusch Ridge Academy, BASIS Oro Valley, Cross, Wilson, & Coronado Middle School

### WHAT:

- Experience a S.W.A.T. demo
- Watch the K-9 in action
- Learn about the drone program
- And so much more!

### WHEN:

- June 26 - 28, 2023
- 8:00 AM - 3:00 PM
- (Graduation June 28 from 3:00 - 4:00PM)

### WHERE:

- Oro Valley Police Department  
11000 N. La Canada Dr.  
Oro Valley, AZ 85737

### COST:

- FREE!
- Lunch, snacks, & drinks provided!

**REGISTER:** Contact Officer Michael Kleinberg at (520) 229-5086 or at [mkleinberg@orovalleyaz.gov](mailto:mkleinberg@orovalleyaz.gov)

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## An Aging Life Care Manager™

Are you a senior and know you need help, but don't know where to start? A care manager may be able to assist.

The definition of "care manager" may be different depending on who is talking. It is important to know the person's role, training, and scope of service before you hire a care manager.

### An Aging Life

Care Manager™ is a member of the professional Aging Life Care Association® formerly known as the National Association of Professional Geriatric Care Managers, which has a strict code of ethics and standards of practice. Certifications require continuing education. Aging Life Care Professionals™ do not accept any referral fees.

Aging Life Care Managers™ consider health, housing, family, finances, legal needs, local resources, advocacy, and crisis intervention to customize services for their clients and make appropriate referrals. They coordinate services, monitor for any adjustments needed and keep families, doctors or whomever is authorized, informed. They plan to prevent crises but are available to jump in if one occurs.

Advocacy and knowledge of local resources are key for care managers addressing clients' needs. Coordinating medical appointments, discharge from hospital or rehab, arranging home care, finding the appropriate level of care including hospice, assisting with long term care claims, identifying other benefits are only some tasks where care managers can assist.

Many industries are dealing with staffing issues, including doctors' offices and pharmacies. That can mean long phone hold times to reach providers, being directed to a portal, and unexpected shortened hours at pharmacies. Once authorization is in place, care managers can troubleshoot with doctors' offices and pharmacies.

If all involved doctors don't have an accurate picture of how their patient is functioning at home, versus how the patient presents and what is reported at medical appointments, the doctors can't make informed decisions about care. Sometimes patients don't think to keep all doctors informed of the outcome of other appointments, or medication changes. Prescriptions are sometimes filled, but not taken, or different doctors use different pharmacies and are not aware another doctor is prescribing the same medication or one that might be contraindicated.

Care managers are knowledgeable about options for mobile services including private chefs or meal delivery, house call doctors, labs, x-rays, dentists, audiologists, hairdressers, pet groomers and pet sitters.

Concerned about driving? We can advise families about different driving evaluations so that drivers know for sure if they are safe.

Care managers assist with end-of-life planning and help explore choices they have. Discussion includes the benefits of naming agents to make decisions, if they are no longer able, and problems that can occur if that is not done. Care managers know local Elderlaw attorneys and make referrals if someone needs legal guidance or documents prepared.

Time off work, and travel to sort things out and arrange services can be costly. It is equally difficult to manage long distance to ensure the services are going well and don't need adjustment. A local care manager can save families money and provide peace of mind.

A care manager can help keep clients, their families and all their providers informed and on the same page.

You can find a member of the Aging Life Care Association® in your area here: <https://www.aginglifecare.org/>

Beth Fuller, BSW, CMC

Aging Life Care Manager™

TLC Coordination and Advocacy



# Gramma's HOME

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Our residents seem to wake up  
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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

**520 - 351 - 2724**

[community@soazseniorpride.org](mailto:community@soazseniorpride.org)

Referrals Encouraged.

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Michelle Rafferty ANP-BC  
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(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**

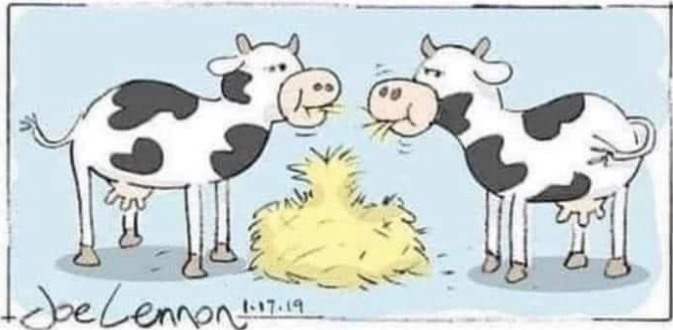
— COMPASSION • DIGNITY • LOVE —

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. Peppy'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.

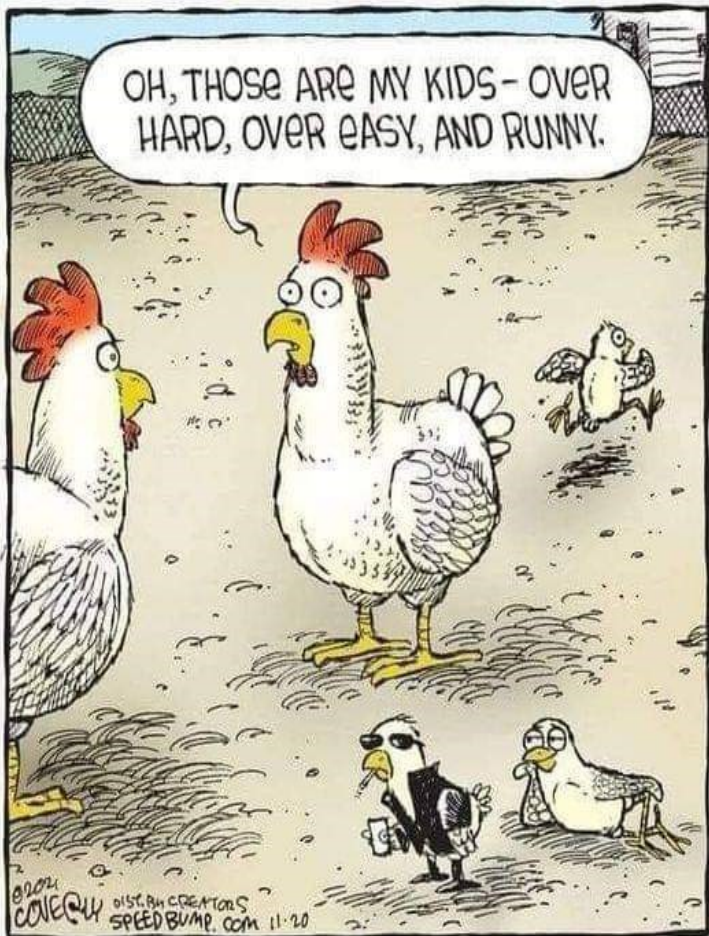
TMC Hospice - Peppy's House  
520.324.2438 • [tmcaz.com/hospice](http://tmcaz.com/hospice)

 | **YOU FIRST**

# Humor Corner



HAY, CHEWED



# Recipe Corner

## 3-Ingredient One-Pot Lemon Pasta with Rotisserie Chicken

### Ingredients

- 4 cups water
- 8 ounces whole-grain linguine or fettuccine, broken in half
- 2 tablespoons olive oil
- 1/4 teaspoon salt
- 1 teaspoon lemon zest
- 2 1/2 tablespoons lemon juice
- 1/4 teaspoon cracked black pepper
- 2 cups shredded rotisserie chicken
- Chopped fresh basil for garnish

### Directions

Combine water, pasta, oil and salt in a large Dutch oven or heavy pot. Bring to a rolling boil over high heat, then reduce heat to medium and simmer uncovered, stirring often, until the pasta is tender and most of the liquid has been absorbed, about 12 minutes.

Stir in lemon zest, lemon juice, pepper and chicken. Serve topped with basil, if desired.

Source: <https://www.eatingwell.com/recipe/7915434/3-ingredient-one-pot-lemon-pasta-with-rotisserie-chicken/>



# AARP Memory Cafe



A welcoming space with activities, food, and coffee for those experiencing memory loss, their friends, families, and caregivers. We invite you to come socialize with others in a safe, supportive, and fun environment.



FRIDAY, JUNE 23RD, 2023

10-11:30 AM

AARP OFFICE

6700 N. ORACLE RD., SUITE 331

TUCSON, AZ 85704

REGISTRATION ENCOURAGED!

[HTTPS://RB.GY/UMIKO](https://rb.gy/umiko)

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## Safe Summer for Seniors in Our Care

The summer months can be difficult for seniors because as we age, our physiology changes in ways that boosts sensitivity to summer's heat, humidity and sun exposure. In fact, according to research conducted at Duke University, more than 80% of heat-related deaths occur in people over 60.

In addition to physiological factors like reduced sensitivity to thirst, poorer circulation and higher incidence of chronic conditions, seniors are especially vulnerable to heat-related illnesses due to social isolation.

Seniors are more susceptible to dehydration than younger people because they don't sweat or recognize thirst as effectively as they used to, plus, many seniors take diuretics, which cause the body to lose fluids. To prevent dehydration, it is recommended that caregivers make sure seniors drink plenty of water before heading outdoors and throughout any time spent in the sun. Be sure if seniors do go outside to have a hat and sunscreen with at least 30 SPF and broad-spectrum protection from both UVA and UVB rays.

So, what can a caregiver or assisted living home do to have fun and stay cool? Many homes do ice cream socials. These are downright fun and guess what, summer wouldn't be complete without ice cream! An ice cream social is a great way to engage with others while cooling off with a sweet treat. Furthermore, ice cream might have a few health benefits when you buy the no sugar added which is my fav personally. Root beer floats are great, and you can use diet root beer. Use your imagination there are so many cool treats to make people cool off while having fun.

Reading is a fantastic activity for seniors during any season, but especially during the summer. Aging adults can read while outside in the shade or inside in the comfort of AC. Reading might be difficult depending on eyesight or other factors, so you could use a blue tooth device and download the audio of the book and your seniors will be entertained for hours. If books are not their idea of fun, movies certainly hit the nail on the head. Movies during the heat of the day is fun and add a popsicle or slush drink with pretzels to make it even more fun. With streaming now and Netflix you can never go wrong with a movie.

Please feel free to write to Anthony Diaz or our newsletter editor Leslie Ford to make suggestions that you find work really well in your home. We are always willing to share. You can contact Anthony at [rosaschanteaz@gmail.com](mailto:rosaschanteaz@gmail.com) or Leslie Ford at [leslie2new@gmail.com](mailto:leslie2new@gmail.com). They both would love to hear from you and how you do summer at your place as a caregiver.

**Banner** | **aetna** presents  
PIMA COUNTY SHERIFF'S DEPARTMENT  
**BADGES AND BACKPACKS**

**Saturday, June 17<sup>th</sup>**  
**8am - 11am**  
**Tucson Convention Center - 260 S. Church Ave.**

Free Backpacks, school resources, and so much more!  
Backpacks first-come, first-serve. One (1) backpack per school-aged child.

Thanks to our sponsors!

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An Arizona NonProfit  
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or HIV Positive



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- \* Fun activities
- \* Covered patio, gardens
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- \* Hospice care
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