

CAREGIVER NEWS



Newsletter Published by Rosa's Chante Assisted Living

May 2023



www.caregivernewstucson.com



Welcome to May!

Hi all and welcome to May. We have Mother's Day and Cinco de Mayo as well as Arthritis Awareness Month, Better Sleep Month, Mental Health Awareness Month, National Walking Month, and Women's Health Care Month. We have a couple articles this month highlighting a couple of these topics.

Are we all taking a little time for ourselves this month? Let's take advantage of what is left of the nice weather and enjoy the cool mornings and evenings.

Here at Rosa's we have our hands full of baby bunnies. Our residents all seem to enjoy the daily goings on of the rabbits and are interested in watching the babies grow.

And, as always, we at Caregiver News and Rosa's Chante thank you our advertisers, writers, and readers for your continued interest in our newsletter.

Anthony Diaz



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

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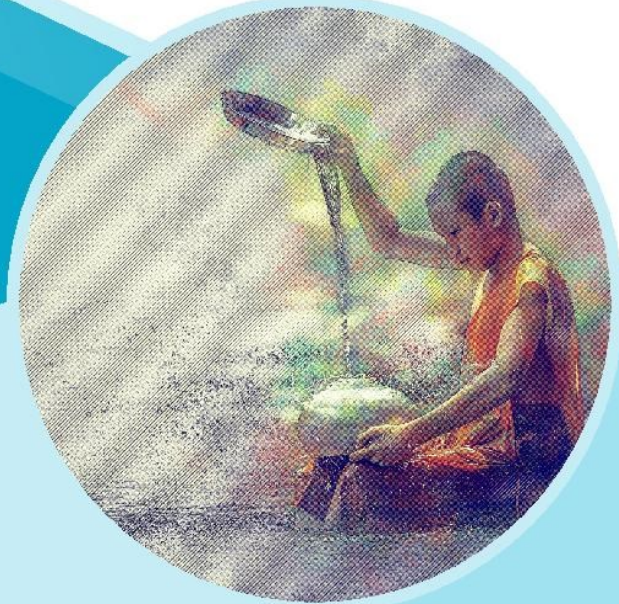
If you are interested in hosting Soul Sessions for your staff, residents, and their family members please reach out to:

Audra Barney

Director of Marketing and Communications

C: 520-904-6103

abarney@harmonyhospice.org



About Murray Flagg, PhD

Director of Education and Spiritual Care for Harmony Hospice has years of professional and academic experience in the fields of communication and organizational dynamics, with positions ranging from pastoral ministry to human resource mentoring and development. A gifted communicator, with a passion for lifelong learning, Dr. Flagg is also an effective and innovative teacher. With a strong background in administration and public relations, he has also served as consultant for corporations and not-for-profit organizations in the fields of leadership development and team building. Murray while an ordained clergy person is also a shamanic and Ho'oponopono practitioner.



Working with Mentally Ill Seniors Pt 1

By—Tyler Woods

Caregivers find it difficult to summon up the energy to do what is in the best interests of the senior that they are looking after at times. It can be extremely exhausting because they have undergone enough mental stimulation to last a lifetime in just a few weeks. However, if you can keep elderly people with mental illnesses occupied, then you are halfway there.

As a mental health provider, I have learned that mental stimulation of the mentally ill seniors can work wonders for your own mental health as well as theirs. Playing with them, which is essentially what it is, will provide you with a welcome break from your usual caring routine. Setting aside a specific time frame every few days will also ensure that you are doing something fun with them.

For the seniors, it often proves to be the highlight of their week because they finally recognize something and respond to it. It breaks the monotony for them and can actively be used to calm them. They also see a light every now and then in the dark tunnel of the mind, and they can often remember it and look forward to it.

It is important to mentally stimulate elderly people in your care to keep their minds as sharp and active as possible. Seniors with Alzheimer's Disease, Parkinson's Disease and dementia, amongst other ailments, must exercise their minds as often as possible and finding the right ways to achieve this could take forever, unless you have a little bit of help and advice. Medical research has found that some forms of stimulation are better than others because of the way in which the mind responds to certain stimuli.


Bright colors have been found to work best by the various studies that have been carried out. Playing with brightly colored balls has worked wonders in keeping their mind active. In fact, if you ask them to do something while they are concentrating on the colors, will more often than not result in them doing it. This exercise is, of course, purely for fun because it has no direct meaning attached to it.

However, there are certain activities that do have meaning and can also be used to exercise them physically as well as mentally. Examples of games that are brightly colored and serve a purpose are puzzles. You can find large pieces of jigsaw puzzles and if they are able, help them put them together. Not only do the colors draw their eye, but you can also encourage the individual senior to try and place the piece, with a little help of course!

Outdoor activities that involve animals perhaps like rabbits and birds or dogs, are also perfect activities for mentally disabled seniors. For example, playing a dog will afford them responsibility and give some meaning to what they are doing, as well as enhancing their perception of themselves effectively. Bunnies can bring them laughter and joy and at Rosa's that is just what we do!

The responsibility of looking after another living creature can brighten up even their darkest days. At Rosa's they even name the bunnies. Dogs are great for some because they are loving and affectionate and provide a warm and loving response to any fuss and attention they receive. Obviously, any such activities must be carried out under close supervision to ensure that the safety of all is maintained.

It is important that you, as a caregiver, do all you can to make sure that seniors in your care remain in the best of health as far as is under your control. Activities like the one above can be fun for both the caregiver and receiver. They have integral benefits and tend to bring the best out in seniors with mental diseases and illnesses. Never underestimate the power of activities! Once you have tried an activity with a degree of success then be sure to inject a variety of activities into your routine so that the senior in question does not get bored too easily. Keeping it all fresh for them will help you do your job that little bit better!



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Sat, May 20, 2023 Showtime 11a-2p

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Judging 10:30a-12p
Trophies 1p-2p**

Pre-registration thru Sat, May 6th to Receive \$5 Discount

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SUNNYSIDE Unified School District

Contact Info: dcopfamily@gmail.com 520-273-5522 www.dcopfamily.org

FREE Community Water Safety Day

Sun, May 7 1-5pm

Bounce house & yard games with DJ

Open to the public: lap pool, kiddie pool, and splash pad PLUS vendors, food + more!

Pre-register by visiting bit.ly/watersafetydayatthej

Tucson Medical Center

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The Corner Market—A small corner of history in Tucson By Leslie Ford

Ringed by the more “modern” buildings that comprise downtown Tucson are the remnants of the old barrios. Family homes and other structures built of adobe mud bricks with an outer coating of stucco survive in varying degrees of repair or decay, depending on investors’ interest or generations of family neglect. These neighborhoods hold such names as Elysian Grove, Barrio Libro, Anita, or El Presidio. Many of the old families moved to the East side of town in the 1950’s under the impression they were moving up in the world, and some of these families have now moved back to reclaim their heritage as something of value. Some of these barrios no longer exist, replaced by such conveniences as the Tucson Convention Center.

And some of the unattended properties are bought up by lawyers and artists with the intent to restore and renovate them, changing their initial functions from being the framework of little communities to housing commodities, but, nonetheless, preserved.

One such building sits on the northwest corner of Franklin and Meyer Streets. To drive by, it can easily be overlooked as I undoubtedly did for many years. But on one occasion, in the moonlit early morning hours, “The Corner Market” became forever visible to me. A friend and I often rode our bicycles through the old neighborhoods on our way to do some early morning baking for a downtown restaurant. She, a baker and cook, and I, an insomniac, would meander around and on this one morning we stopped at this corner. I looked up and read the faded black lettering. The stucco was stained and flaking, and the green-painted wood trim outlining the splintering door was worn with time. As my gaze stretched back from the corner-entrance opening, I noted the unpainted wood-slatted storage attics, and a fenced yard area. The building actually took up a good part of the corner. Whoever lived inside, and I have no doubt that people lived inside there, pinned up old sheets to cover the long, tall windows on either side of the door. I sat on the stoop, heedless of the trespass, smoked a cigarette and looked at my surroundings from the market’s entrance. It seemed that I could sense the connectivity that a corner market generated. I imagined the barrio residents dropping by on their way home in the afternoons to purchase maybe a little corn flour or sugar and ask about the news of the day. Other neighbors would drop in and perhaps share a cola and talk about their day’s work—the market as a hub of activity that could be approached from any direction, friendly, necessary.

I don’t know when this market closed and became another broken-down remnant of Tucson’s history, but at least the building is still standing with the potential for those lawyers or artists to come in and claim it as valuable.

Since the day that “The Corner Market” made itself known to me whenever someone comes to visit or I simply want to show someone the Tucson I enjoy, I take them by that corner during my eclectic barrio tour. I have no way of knowing if anyone is even minutely as moved as I. But as I weave in and out of the narrow streets, nearly hidden from common view, I try to infuse my tourists with some of the enthusiasm I feel for the little glimpses of a simpler time when neighbors shopped, talked, and lived together as a community.



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A Matter of Balance

Many older adults become concerned about their balance and falling as they age.

A Matter of Balance is a program designed to reduce the fear of falling and increase activity levels among older adults. It includes 8 two-hour sessions for a small group of 8-15 participants led by a trained facilitator.



Who should attend?

The program is designed to benefit older adults who:

- Are concerned about falls
- Have sustained falls in the past
- Restrict activities because of concerns about falling
- Are interested in improving flexibility, balance and strength
- Are age 60 or older, community-dwelling and able to problem solve

What do participants learn?

The program enables participants to achieve significant goals. They gain confidence by learning to:

- Overcome the fear of falling and learn to view falls as controllable
- Set goals for increasing activity
- Recognize fall hazards
- Make changes to reduce fall risk at home
- Exercise to increase strength and balance



Contribution: \$30 (covers your book & supplies)



**A MATTER OF
BALANCE**

MANAGING CONCERNS ABOUT FALLS

"The activities and workshop material were just what I needed to stay active and independent - thank you!"

— Mark



In Collaboration with Southern Arizona Senior Pride

Location: Cornerstone Fellowship, 2902 N. Geronimo

Date: May 16, 18, 23, 25, 30, June 1, 6, 8 **Days:** Tuesdays & Thursdays

Time: 10:00 a.m. to 12:00 p.m.

Register: <https://balancecornerstonemay23.eventbrite.com>

For more information and to register, contact Jennie, (520) 305-3410.



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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 loved one to take off work to bring them to a doctor's office.



WHEN EVERY MOMENT COUNTS

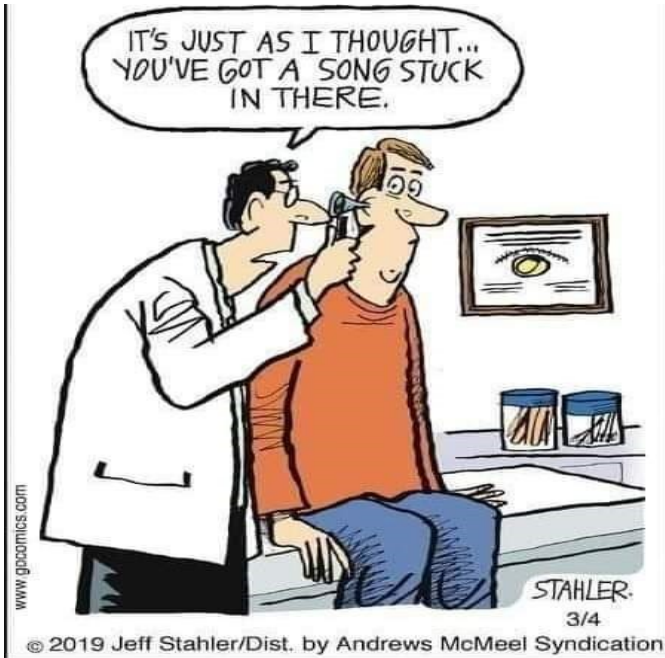
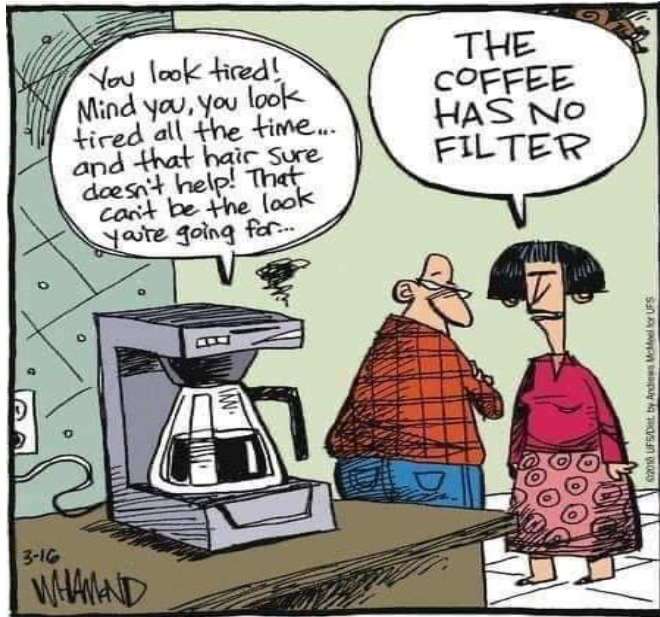
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TMC HEALTH | YOU FIRST

Humor Corner



Recipe Corner

3-ingredient Easy Creme Brulee

Ingredients

for 1 serving

for more servings just add ingredients in proportion (4 egg yolks, 2 cups milk etc)

½ cup vanilla ice cream

1 egg yolk

1 tablespoon sugar



Preparation

Preheat the oven to 325°F (160°C).

Scoop the ice cream in a microwave-safe bowl. Microwave the ice cream for 30 to 40 seconds or until completely melted. Allow to cool for 5 minutes.

Add the egg yolk into the melted ice cream and whisk well.

Pour the mixture into a ramekin. Place the ramekin in a pan. Pour hot water into the pan to come roughly halfway up the sides of the ramekin.

Bake for 40-50 minutes. The crème brûlée should be set, but still a little jiggly in the middle. Remove the ramekins from the roasting pan, allow to cool to room temperature, cover with plastic wrap and refrigerate for at least 2 hours, and up to 3 days.

Remove the crème brûlée from the refrigerator for at least 30 minutes before browning the sugar on top.

Sprinkle a tablespoon of sugar on top of each crème brûlée. Using a torch, melt the sugar to form a crispy top. If you don't have a torch, you can broil the crème brûlée to melt the sugar. Keep an eye on it, to make sure you don't over cook it. Allow the crème brûlée to sit for at least 5 minutes before serving.

You can also make various flavor by using different ice cream flavors. If you are using flavored ice cream, use 1 egg instead of 1 yolk.

Source: <https://tasty.co/recipe/3-ingredient-creme-brulee>

"Tucson Indian center celebrating 60 years of service"

Amphi NAEP

Tucson Indian Center



Social Pow Wow

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Headwoman- Angelina Cruz Alvarez
Head Young Man- Nathan Littlechild Jr.
Head Young Lady- Naliya Littlechild
Northern Drum- Starpoint
Southern Drum- Kenneth Cozad Sr.
Host Gourd- Southwest Gourd Society
Master of Ceremonies- Rick Yazzie
Arena Director- Nathan Littlechild Sr.
Blessing- Quinton Antone

*Inviting all Royalties & Children Dancers

EVENT CONTACT:

Kimberly Daingkau-Begay- kbegay@amphi.com
Mark Gaxiola- mgaxiola@ticenter.org

MAY 6TH, 2023

**AMPHITHEATER HIGH SCHOOL
(SMALL GYM)
125 W YAVAPAI RD**

brought to you by **The Tucson Indian Center**
and **Amphitheater Native American
Education Program**

AGENDA

9:30am-10:30am- TIC Fun Run



12:30pm-1:00pm- Registration

2:00pm-4:00pm- Gourd Dance

4:00pm-5:00pm- Supper Break

- Youth Activities

5:00pm-7:00pm- Grand Entry

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Arthritis Awareness Month

May is Arthritis Awareness Month. What does this mean for you and me? Let's take a look at the numbers. According to a blog on the Arthritis Foundation website over 50 million Americans are affected by one form or another of this disease.

Arthritis by The Numbers:

- Nearly 53 million adults have doctor-diagnosed arthritis; that number is expected to grow to 67 million by 2030.
- Almost 300,000 babies, kids and teens have arthritis or a rheumatic condition.
- Arthritis is the nation's No. 1 cause of disability.
- Working-age men and women (ages 18 to 64) with arthritis are less likely to be employed than those of the same age without arthritis.
- 1/3 of working-age people with arthritis have limitations in their ability to work, the type of work they can do or whether they can work part time or full time.
- People with osteoarthritis and rheumatoid arthritis –two major kinds of arthritis – miss a combined 172 million workdays every year.
- Arthritis and related conditions account for more than \$156 billion annually in lost wages and medical expenses.
- There are nearly 1 million hospitalizations each year due to arthritis.
- 57% of adults with heart disease have arthritis.
- 52% of adults with diabetes have arthritis.
- 44% of adults with high blood pressure have arthritis.
- 36% of adults who are obese have arthritis.
- 1/3 of adults with arthritis age 45 and older have either anxiety or depression.



Source: <http://blog.arthritis.org/news/arthritis-awareness-month/>

In general, there are several major types of arthritis: Osteoarthritis (OA), i.e., wear and tear; Rheumatoid Arthritis (RA) i.e., autoimmune inflammation etc.; and Childhood Arthritis, can be hard to detect as pain is not necessarily recognized up front. Then there is also psoriatic arthritis (PsA) inflammation of the skin that affects the joints, Gout, a buildup of uric acid in joints, and Lupus, an autoimmune disorder that can affect many parts of the body. Each of these and many other conditions associated with arthritis all cause pain, and we all know the long-term effects that chronic pain can have on our daily outlook of life.

Highlighting awareness to just how many people are impacted by some form of arthritis can and will hopefully open up resources, remedies, self-health involvement and relief to those whose lives are debilitated by this disease. Physical activity, counseling to aid in maintaining good mental health, taking good care of one's diet, working with professionals to aid in pain management, and of course, balance, not overdoing anything are all ways we can participate in our own well-being, which is necessary for all of us in our quality of life.



Hospice Education &
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An Arizona NonProfit
Organization dedicated to
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to people who are living
with a terminal illness
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